PRODUCT SHEET
NOVEMBER 2026

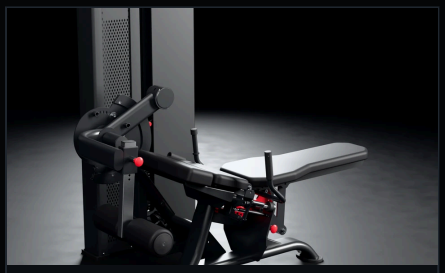


STOAD 01 · DEVELOPED IN NORWAY

LEG EXTENSION. SEATED AND RECLINED IN ONE MACHINE.

Recline the backrest and train with a more open hip angle – or sit upright as on a conventional machine.

POSITIONS	WEIGHT STACK	FOOTPRINT	WARRANTY	DELIVERY
2	**180 kg**	**1.5 m^2**	**5 years**	**6 months**
Seated and reclined in one machine	30 plates of 6 kg, marked at the pin hole	1170 × 1291 mm in the seated position	On frame and welds	Built to order. Price in the offer



01

SEATED AND RECLINED

Recline the backrest or sit upright. One machine, two positions.



02

ADJUSTS TO THE BODY

Backrest, seat and shin roller adjust independently.



03

INFORMED BY RESEARCH

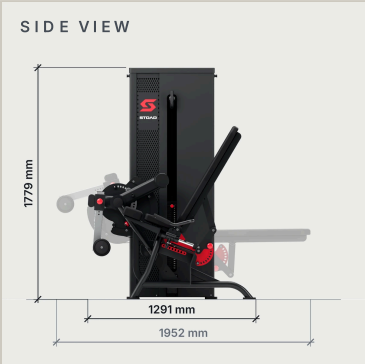
The idea builds on published studies of hip angle in leg extensions. The studies and their limitations are at stoadfitness.com/en/research.

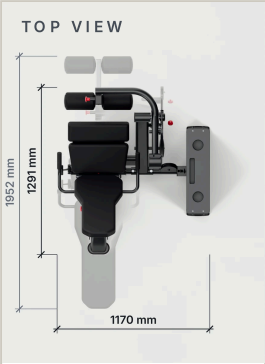
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STOAD AS · Førde, Norway · Org. no. 936 085 598

STOAD 01

DIMENSIONS AND SPACE





Height	**1779 mm**
Width	**1170 mm**
Length, seated	**1291 mm**
Length, reclined	**1599–1711 mm**
Greatest length in use	**1952 mm**
Weight stack	**180 kg · 30 plates of 6 kg**

Dimensions from the 3D model, 13 November 2026. The light outline shows the machine with the backrest reclined and the leg in motion. Machine weight and a dimensioned plan for your facility come with the offer.

STOAD 01

OFFER AND TERMS

PRICE
In a written offer
You get the price in the walkthrough and in a written offer.

INCLUDED
Machine with a 180 kg weight stack
Seated and reclined setups in one machine. Backrest, seat and shin roller adjust independently.

FREIGHT AND INSTALLATION
Quoted in the offer
We calculate freight, carry-in and installation from your address and access.

PAYMENT
50% at order, 50% before dispatch
The final part is paid only after the machine is confirmed finished and quality-checked. The deposit is refunded in full if we do not deliver by the date in the order confirmation.

DELIVERY TIME
6 months
Counted from receipt of the deposit. The machine is built to order.

WARRANTY
5, 3 and 1 years
5 years on frame, welds and fixed structural parts. 3 years on other mechanical parts. 1 year on cable, grips and pads. Covers defects in materials and workmanship.

SERVICE
Parts and labour during warranty
Warranty parts and their freight are covered during the warranty period. Warranty labour and travel within Norway are covered in the first year.

HOW TO ORDER

01
See the machine
15 minutes by phone or Google Meet.

02
Receive a written offer
Price, freight and installation listed separately.

03
Order
50% deposit. The machine goes into production.

04
Confirmed finished
The remaining 50% is then paid.

05
Delivery
The warranty starts when the machine is delivered.

Jesper Uhre Hammersvik, founder
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STOAD 01 is built to order. The images are 3D visualisations of the production model, and final specifications are confirmed in the offer.

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BOOK A 15-MINUTE WALKTHROUGH

stoadfitness.com/en/book

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