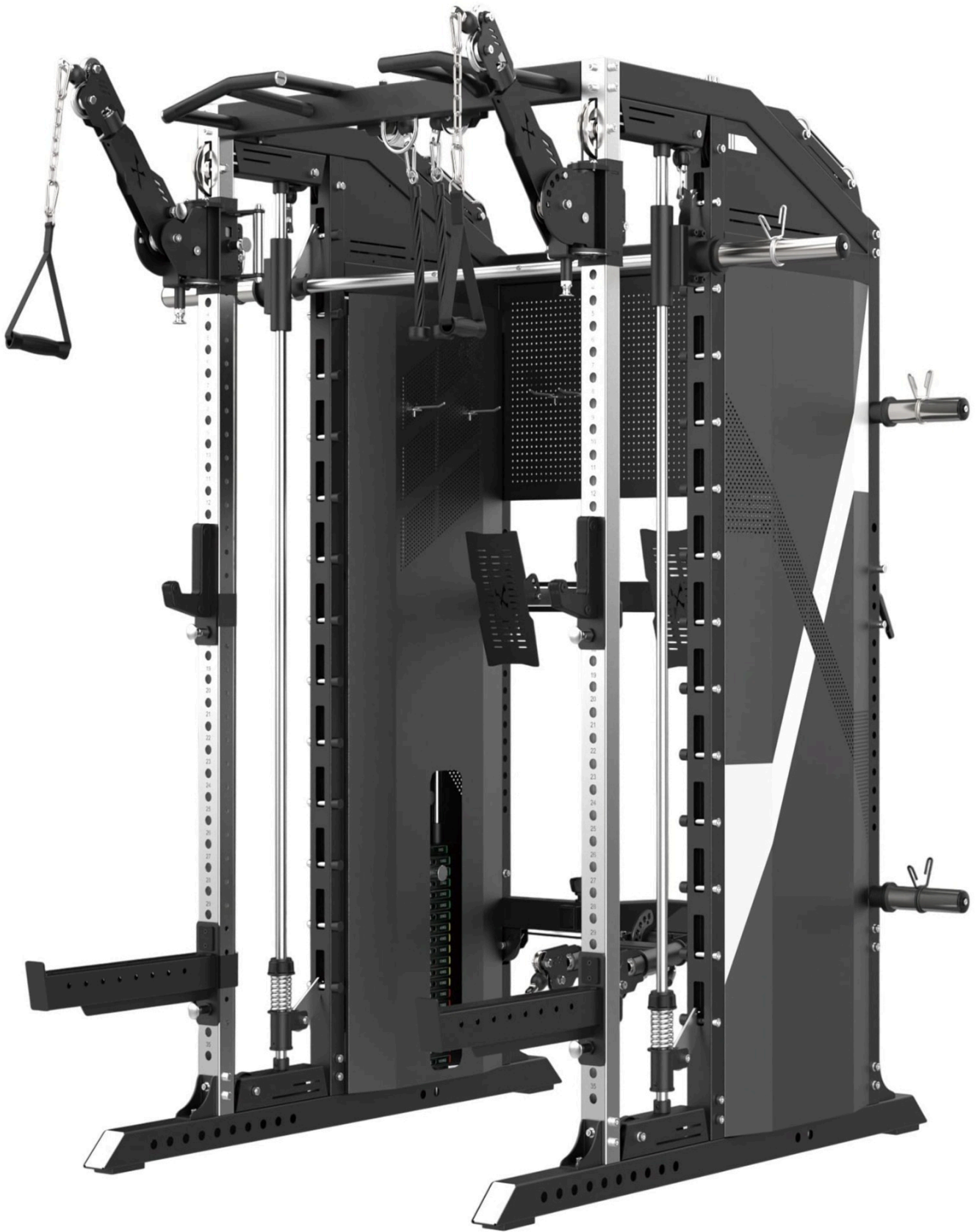




VIGOR TITAN X20 ALL IN 1 TRAINER

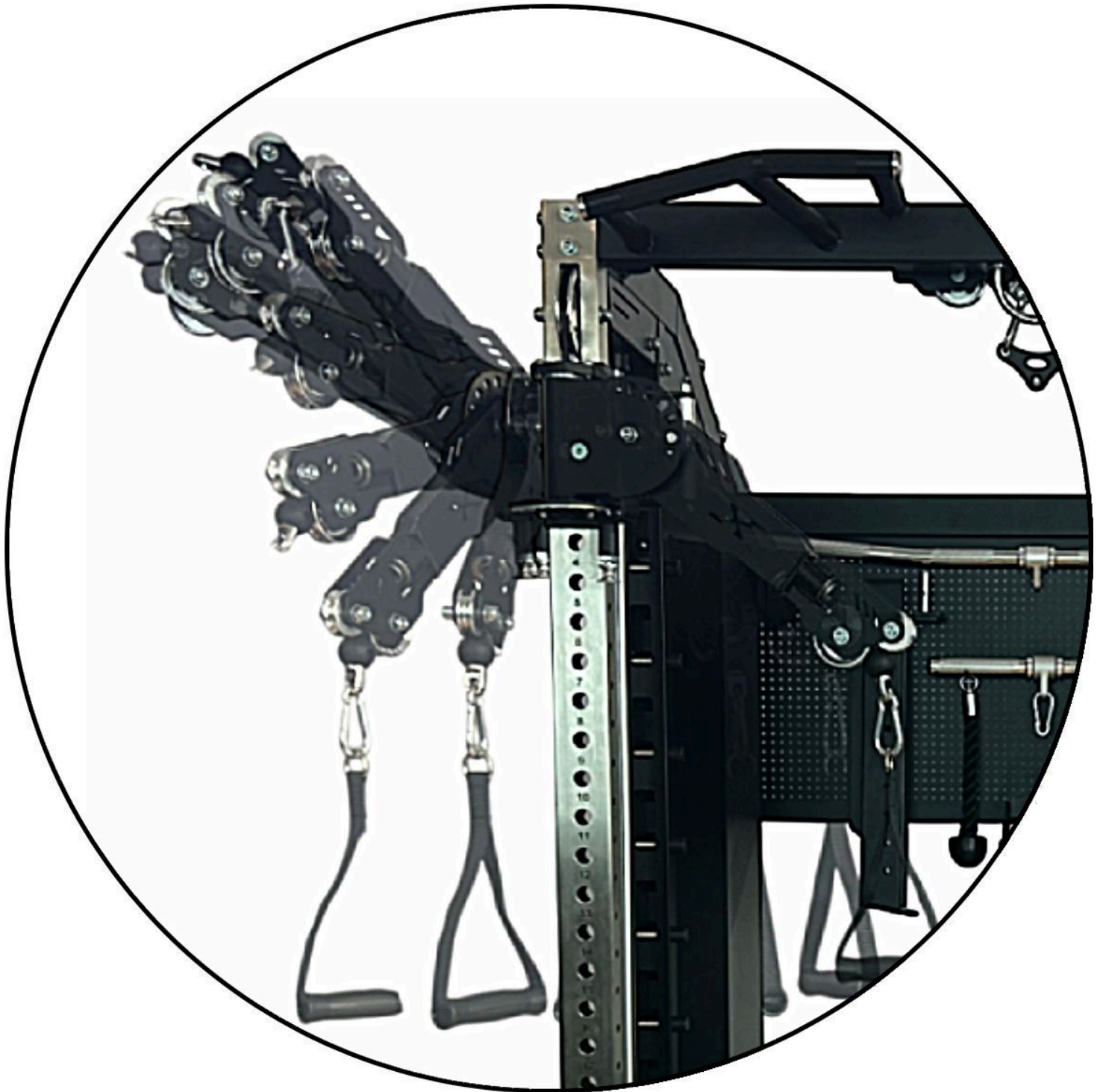
SKU: VT-X20





PRODUCT
DESCRIPTION

**2026 Latest Model • Unique functions • Ultra smooth cables
- All in one Compact Trainer**



FlexMotion360

Omni Directional dual pulley system with 2:1 cable ratio



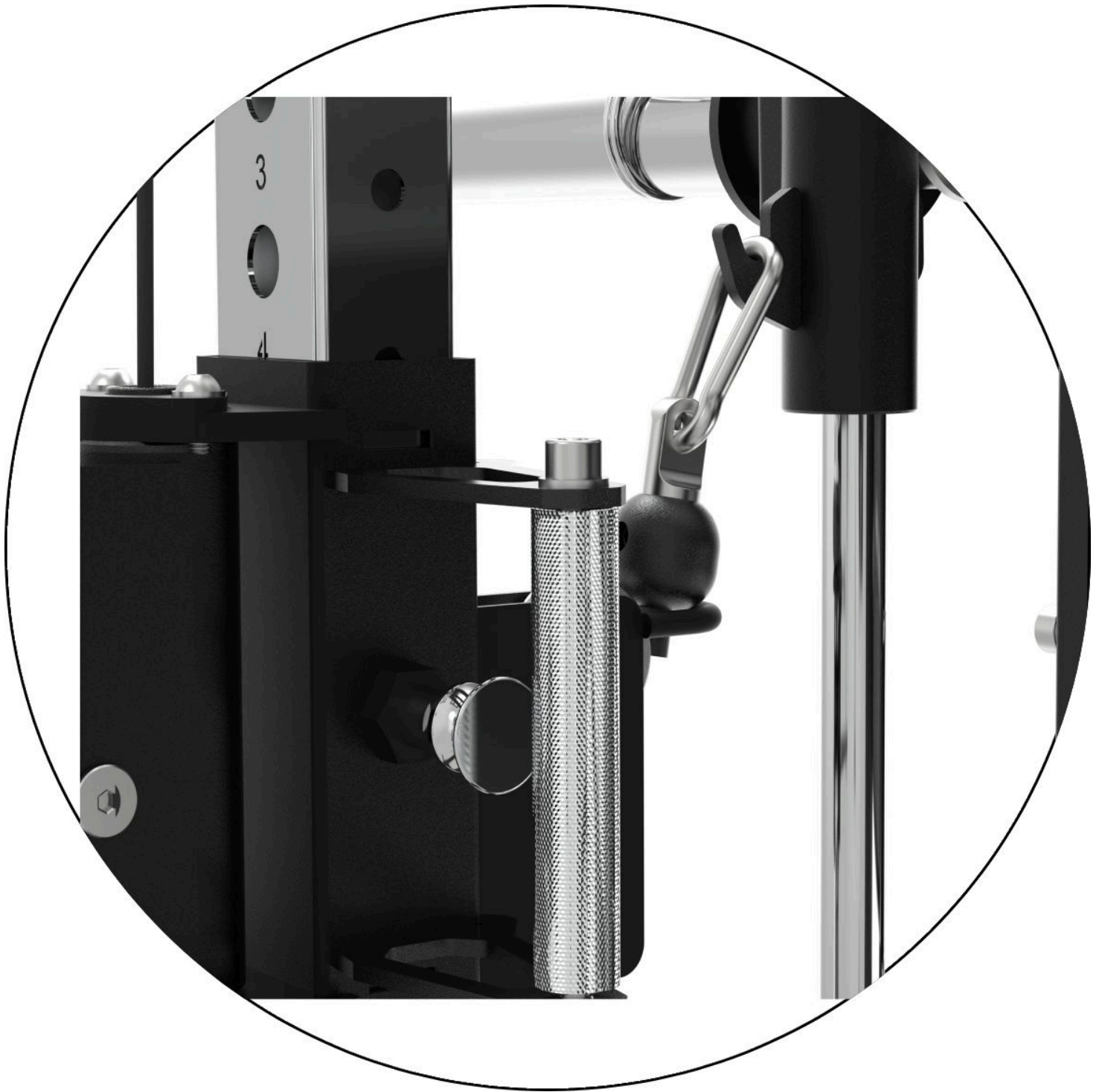
SmoothGlide Cable

Ultra smooth cables using aluminium for core system



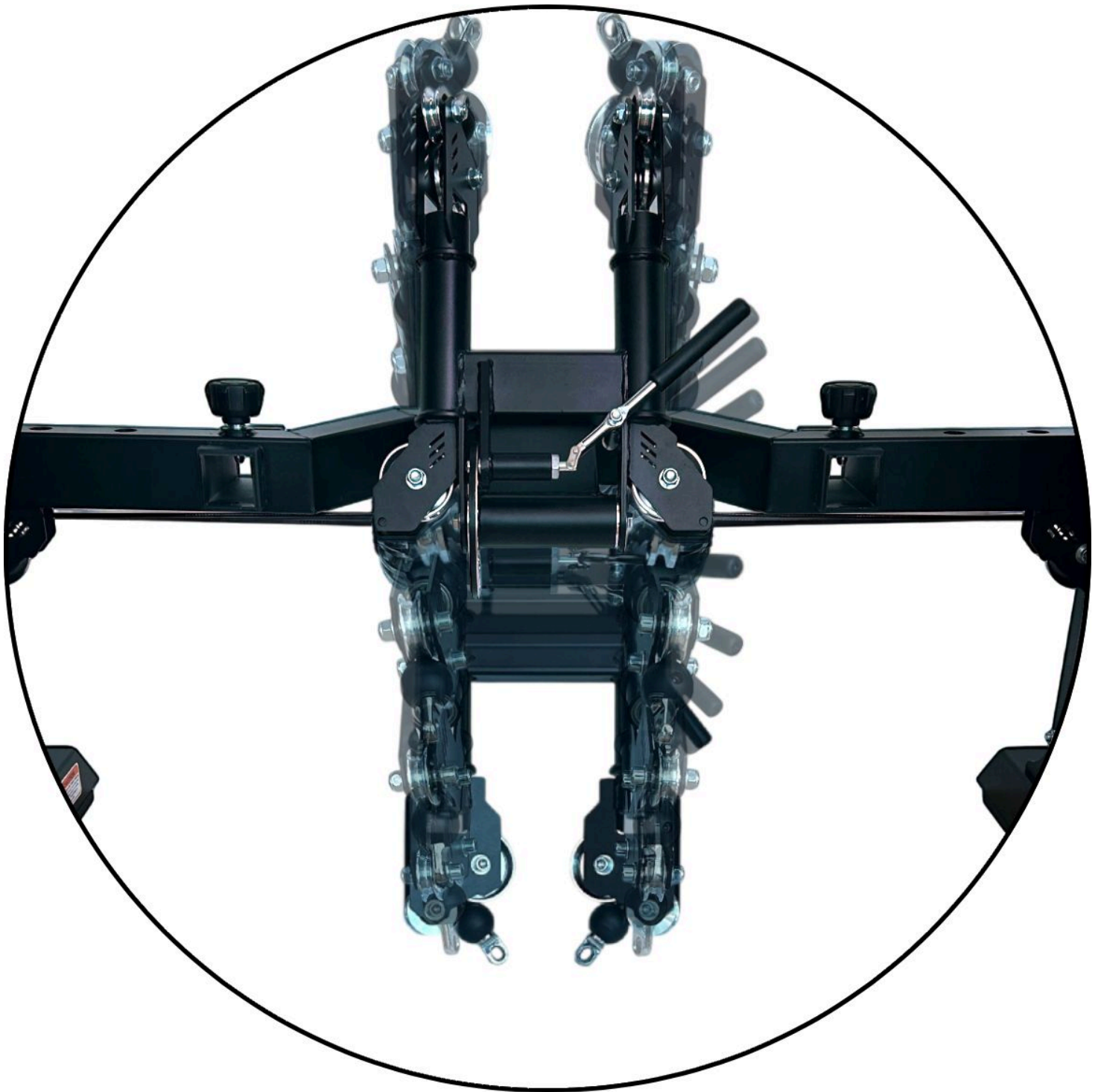
Counterbalanced Smith Bar

Extra cables provided to link weight stack to the smith bar to achieve 0kg starting weight



Stack Connected Smith

Connect existing weight stack to the smith bar without usage of additional weight plates



FlexSwing Pulley

Middle dual pulley is able to adjust to 11 different positions with 1:1 cable ratio for each outlet.



MicroAdjust Spotter

Micro adjustable safety setup height for smith bar with up to 8 different precise positions

Connect with X20 Sliding Bench

Unlock even more training potential by connecting the **X20 Sliding Bench** to the **X20!** This versatile flat-to-incline bench features durable light-commercial upholstery and can be stored upright to save space. Expand your workout with a full range of functions, including **leg press, hack squat, leg extension, leg curl, crunch sit-up, and rowing**—all in one compact setup.



[Try it out in our showroom](#)

The **Vigor Titan X20** is one of the most advanced and versatile all-in-one gym stations on the market, designed to deliver a full commercial-grade training experience within a single, space-efficient machine. It combines multiple strength systems into one integrated setup, making it ideal for serious home gyms and light commercial use.

Core Training Stations

- **Power Rack** - Heavy-duty rack with long safety spotters for squats, bench press and barbell training.
 - **Smith Machine** - Integrated Smith system for guided lifting and safer solo workouts.
 - **Functional Trainer** - Dual adjustable cable pulleys for full-body functional and isolation exercises.

Advanced Features

- **Counterbalanced Smith Bar** - Near-zero starting weight for smoother movement and beginner-friendly training.
- **Weight-Stack-Connected Smith Bar** - Option to train directly off the weight stacks without plates.
- **Dual 90 kg Weight Stacks** - Smooth, consistent resistance with 1:1 and 2:1 cable ratios.
- **FlexSwing & Central Pulley System** - Multiple pulley positions for rows, belt squats, core work and more.
- **Adjustable Foot Plate** - Enables leg press, hack squat, rowing and lower-body movements.
 - **Micro-Adjust Smith Safety Spotters** - Fine height adjustments for optimal safety and range of motion.
 - **Multi-Grip Pull-Up Bar** - Supports various grip styles for upper-body training.

Performance & Versatility

With over **100 possible exercises**, the X20 supports everything from squats, bench press, deadlifts and lat pulldowns to cable flies, leg press, hack squats and core training. Optional accessories such as a sliding bench further expand its capabilities, allowing leg extensions, curls, sit-ups and rowing movements.

Total 10 cable outlets: 2 for dual adjustable arms, 2 for lat pulldown, 2 for middle row, 2 for counterbalance smith, 2 for weight stack connected smith.

Why Choose the Vigor Titan X20?

By combining a power rack, Smith machine, functional trainer and expandable lower-body systems into one robust unit, the Vigor Titan X20 replaces multiple standalone machines while saving space, cost and setup complexity — making it a true all-in-one strength training solution.

Future expandable add-ons include: Monolift, Jammer Arm, Vertical Leg Press

CONNECTED WEIGHT STACK SYSTEM



The Connected Smith System delivers the **ultimate training flexibility**. It seamlessly links the Smith bar to the built-in weight stack, letting you **harness the stack's resistance** directly—while still allowing for traditional weight plate loading on the bar. With this innovative setup, you can train entirely with the **weight stack**, load it up with **plates**, or **combine both** for a fully customized workout experience.

REMOVABLE SIDE SLEEVES

Perfect for those with limited space — the **Smith bar sleeves and weight storage** can be easily removed, reducing the machine's width by **36 cm on each side**. Enjoy a complete strength workout powered by the **built-in dual 90 kg weight stacks**, no extra plates required!

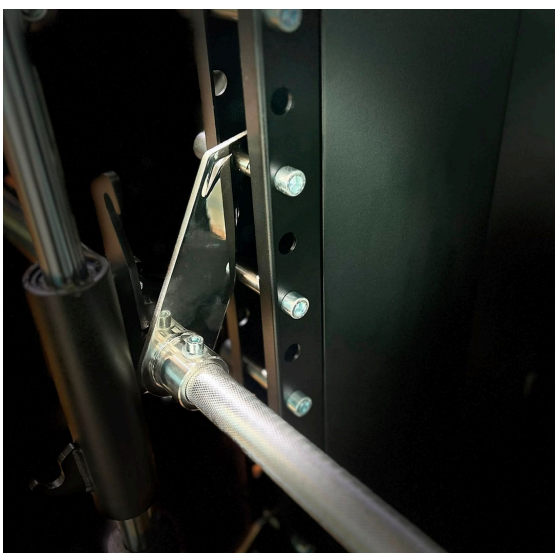
COUNTERBALANCED SMITH BAR



Using the **dedicated cable outlet**, the **weight stack** can be linked to the **Smith bar** to create a **counterbalance**, effectively offsetting the bar's original weight. This feature is perfect for users who prefer to start their training with **lighter resistance**.

Want a **true zero-start**? Just set both stacks to **18 kg** and enjoy a fully counterbalanced Smith bar—perfect for beginners, rehab training, or mastering your form with zero added weight.

SMITH BAR CATCH SYSTEM



The **X20** features a **unique and innovative catch adjustment system** designed to deliver a truly personalized training experience. While each Smith machine catch is positioned at **10 cm intervals**, additional adjustment holes are strategically placed between every catch position, allowing users to fine-tune the catches in **5 cm increments** up or down.

This provides **greater flexibility** to set the catches at the ideal height, enhancing **comfort, safety, and performance** during every workout. **Exclusive to the X20**, this specially engineered design ensures a **precise fit** for users of all sizes and training preferences.



SmoothGlide Cable



A **high-quality cable system** runs throughout the machine, featuring **ultra-smooth aluminium pulleys** in the main mechanism. The result is a **seamless, fluid cable motion** that rivals the performance and feel of commercial-grade equipment.

Don't take our word for it, try it yourself in our showroom!

MicroAdjust Spotter



Traditional Smith bar safety spotters often make it difficult to find the ideal height for the **perfect range of motion**. With the **innovative MicroAdjust Spotter design**, this issue is eliminated — allowing you to fine-tune the **Smith bar safety height** with **up to 8 precise micro-adjustments** on each level for a truly customized workout experience.

The system operates with a **pin-lock mechanism**, allowing you to easily secure it at different height settings by selecting from **multiple adjustment holes**. For even greater flexibility, an additional **bumper** is included to enable **larger height adjustments** when needed.

FlexMotion360

Omni Directional dual pulley system with 2:1 cable ratio allows pulleys to be adjusted **vertically (5 positions) and horizontally (9 positions)**, which allows training of every major muscle group.

Upper body: chest flies, triceps pushdowns, biceps curls, shoulder raises, rows, presses

Lower body: cable kickbacks, hip abductions, squats, lunges

Core: woodchoppers, rotations, crunches, anti-rotation holds

The ability to change the pulley height lets you



simulate **different movement paths and angles** — just like in real-life activities or sports.

CENTRALIZE LAT PULLDOWN CABLES



Effortlessly perform lat pulldowns using the **centralized cable system**. Each cable operates on a 2:1 ratio, and when combined, delivers a **true 1:1 resistance** for maximum strength training efficiency.

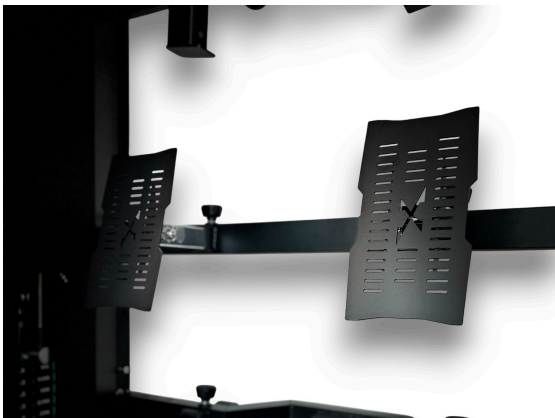
What sets this machine apart is its innovative **STACK CONNECTED SMITH** bar combined with the **MICROADJUST SPOTTER** system — allowing you to **precisely fine-tune the height and create the perfect anchor** for secure, powerful pulldowns.

FlexSwing Pulley

The **middle dual pulley** system features **11 adjustable positions**, each with a **1:1 cable ratio** for precise and consistent resistance. This versatile setup supports a wide range of exercises, including **low rows, belt squats, and bench-connected leg press or hack squat** movements.

The adjustable design allows you to easily find your ideal position and fine-tune the **perfect training tension** every time.

Adjustable foot plate



The **adjustable foot plate** offers incredible versatility, adapting to multiple exercise styles depending on its position. When placed in the **middle position**, it provides stable support for **leg press and hack squat** movements. Adjust it to the **bottom position**, and it becomes the perfect platform for **rowing** exercises—maximizing functionality in every workout.

It can be adjusted **forward or backward** with **6 distance settings** and **3 tilt angles**, allowing you to fine-tune your setup for maximum comfort and performance.

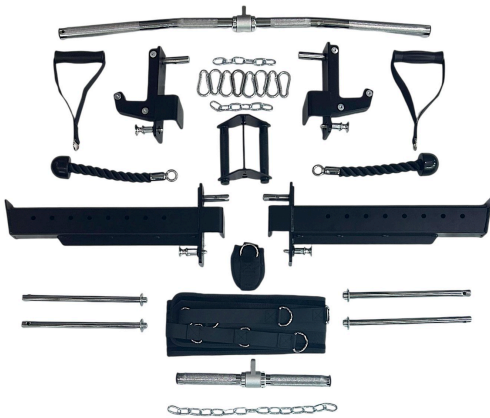


Half Rack



The **half rack** setup includes a pair of **J-hooks** and **Safety Spotters**, both designed to **lock securely** in place to prevent any swaying during use. The J-hooks feature a **sturdy support backing**, making it easy to rack your bar smoothly and confidently. The **52.4 cm safety spotters**—longer than most on the market—provide generous support and security throughout your lifts.

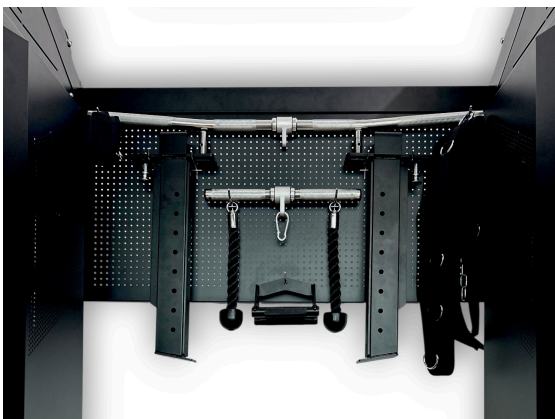
MULTIPLE ATTACHMENT OPTIONS



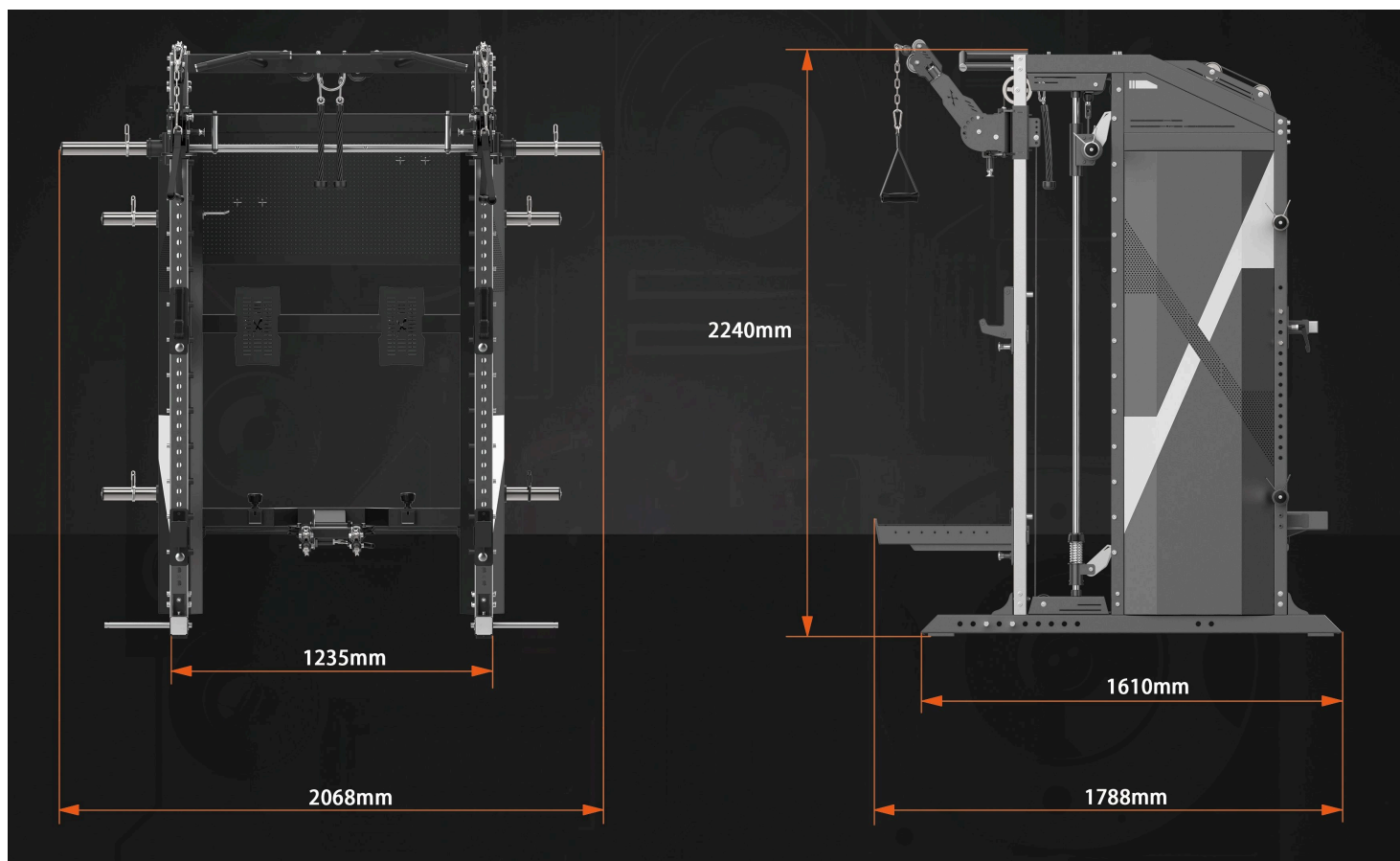
What's included:

- Short Bar
- Lat Pulldown Bar
- Triangle Attachment
 - Belt squat belt
 - Ankle strap
- Rope handles x 2
- Single PVC Stirrup Handles X 2
- Cable extension chains X 2
 - Cable Carabina X 8
 - J-Hooks X 1 (Pair)
 - Safeties X 1 (Pair)
- Double To Single Adaptor x 2
 - Band pegs x 4
- Pegboard Hooks x 10

EASILY STORE YOUR WEIGHTS AND ATTACHMENTS



The **X20** features a **large integrated pegboard** designed to neatly organize and display all included attachments. Users can easily **customize the layout** to match their personal training setup and preferences. The system also includes **six weight storage holders** and **one barbell holder**, keeping your space tidy and efficient.



Tech Specs

- **Half Rack Hole Adjustment** - 50mm Spacing. 35 Levels.
- **Dual Cable Adjustment** - 50mm Spacing. 34 adjustable cable position.
- **Smith bar Hook Catch** - 100mm Spacing. 16 Levels. Expandable to 29 Levels with 50mm Spacing.

ADDITIONAL INFORMATION

More Information

Product Weight	452kg
Product Dimension	206.8 x 178.8 x 224cm (Width x Depth x Height)
Max Load	250kg (Independently tested to EN 957 safety standards)
Warranty	Mainframe: Lifetime, Other parts: 2 years, Labour: 1 year