

PLATE loaded

Loaded with superior features:



Adjustable Start Position

Selected models allow adjustable start positions for perfect alignment and improved safety. Few other plate loaded lines offer this feature.



Intuitive Adjustment Markers

Intuitive markers, placed within easy view, make adjustments fast and simple.



Wear Guards

UHMW wear guards protect frames from leaning plates to keep equipment looking like new for as long as you own it.

Innovative design, superior biomechanics, space-efficient package

- Most space-efficient, user-friendly plate-loaded line in the industry
- Accommodates users of any size
- Designed to meet the needs of advanced users, without intimidating others

Advanced technology for a more effective workout

- Variable resistance improves safety and performance on many machines
- Dual Axis Technology on select machines lets users define the path of motion and boost muscle involvement
- Superior comfort and conditioning results
- Start position devices on select machines for safer workouts

Built tough to keep looking new

- Heavy-duty, fully welded frames
- Sealed bearing pivots for maximum performance and minimal maintenance
- Standard UHMW wearguards protect frame from leaning plates
- Replaceable wear covers
- Detailed instructional placards



5230 leg extension

- direct linkage system for smooth feel and variable resistance
- adjustment for seat back and tibia length ensure correct positioning



5450 seated calf

- seat moves with input arm
- knee pad adjusts for tibia length and range of motion
- quick release requires only 1/4 turn to engage



5560 45° calf

- fully enclosed bearing system with compact footprint
- loads hips while protecting lower back



5245 rotary calf

- seated position minimizes spinal compression
- rotary movement facilitates variable resistance
- footplate moves through the motion, eliminating need to roll foot over the edge



5341 smith press-fixed bar

- bar adjusts in 6" increments with safety stops every 3"
- bar is counter balanced for 15 lb take-off weight
- built-in weight storage



5321 leg press

- fully enclosed linear bearing system
- large non-skid footplate
- dual-height start positions
- three-position backrest



5235 squat press

- four-bar linkage maintains correct ankle position throughout motion
- direct transmission for variable resistance without linear bearings



5240 kneeling leg curl

- kneeling position aligns knee for biomechanically correct exercise
- single-leg training enhances focus on individual muscle group



5330 hack squat

- fully enclosed linear bearing system
- large non-skid footplate
- dual-height start position and hip-height plate loading



5221 advanced overhead

- choice of grips includes neutral position
- Dual Axis Technology and defined path of motion allows for resistance in two directions
- seat adjusts for torso length and range of motion



5227 converging chest

- converging path of motion
- independent arm motion for balanced strength development
- adjustable starting position for a broad range of user size and flexibility



5226 advanced chest

- adjustable start position lets user select range of motion for improved safety
- Dual Axis Technology and defined path of motion allows for resistance in two directions
- footrest improves comfort



5222 converging overhead

- converging path of motion
- independent arm motion for balanced strength development
- adjustable starting position for a broad range of user size and flexibility



5251 advanced incline

- adjustable start position for improved safety
- Dual Axis Technology and defined path of motion allows for resistance in two directions
- path of motion is comparable to a 30° incline
- horizontal handles encourage chest work



5252 converging incline

- converging path of motion
- independent arm motion for balanced strength development
- adjustable starting position for a broad range of user size and flexibility
- path of motion is comparable to a 30° incline

PLATE LOADED specifications



5255 rear delt

- “virtual pivot” arm lets hands follow natural path
- chest pad provides support and adjusts for arm length
- variable resistance ensures accurate strength profile



5265 row

- overhead pivot ensures correct motion
- neutral wrist motion maintained throughout motion
- variable resistance



5261 advanced pulldown

- Dual Axis Technology and defined path of motion allows for resistance in two directions
- dual handgrips for variety



5580 t-bar row

- plate loading from front and back of unit for true variable resistance
- dual handgrips for variety



5286 arm extension

- handles pivot to fit forearm length and allow neutral wrist position
- angled input arms fit users' natural carrying angle
- seat height adjusts for user height and upper arm length



5281 arm curl

- handles pivot to fit forearm length and allow neutral wrist position
- angled input arms fit users' natural carrying angle
- independent arm action allows unilateral exercise

5221	Advanced Overhead	Machine Weight 174 lb/79 kg Size 36" W x 46" L x 52" H/91 x 117 x 132 cm
5222	Converging Overhead Press	Machine Weight 182 lb/83 kg Size 51" W x 49" L x 52" H/130 x 125 x 132 cm
5226	Advanced Chest	Machine Weight 153 lb/69 kg Size 62" W x 75" L x 28" H/158 x 190 x 72 cm
5227	Converging Chest Press	Machine Weight 153 lb/69 kg Size 54" W x 57" L x 53" H/137 x 145 x 135 cm
5230	Leg Extension	Machine Weight 177 lb/80 kg Size 37" W x 71" L x 44" H/94 x 140 x 112 cm
5235	Squat Press	Machine Weight 382 lb/173 kg Size 63" W x 77" L x 44" H/160 x 196 x 112 cm
5240	Kneeling Leg Curl	Machine Weight 169 lb/77 kg Size 34" W x 47" L x 43" H/87 x 120 x 110 cm
5245	Rotary Calf	Machine Weight 194 lb/88 kg Size 37" W x 57" L x 43" H/94 x 145 x 109 cm
5251	Advanced Incline	Machine Weight 198 lb/90 kg Size 63" W x 64" L x 38" H/160 x 163 x 97 cm
5252	Converging Incline Press	Machine Weight 182 lb/83 kg Size 51" W x 61" L x 41" H/130 x 155 x 104 cm
5255	Rear Delt	Machine Weight 144 lb/65 kg Size 33" W x 57" L x 40" H/84 x 146 x 101 cm
5261	Advanced Pulldown	Machine Weight 240 lb/109 kg Size 44" W x 73" L x 76" H/112 x 186 x 193 cm
5265	Row	Machine Weight 260 lb/118 kg Size 34" W x 58" L x 73" H/86 x 148 x 185 cm
5281	Arm Curl	Machine Weight 153 lb/69 kg Size 60" W x 40" L x 56" H/152 x 102 x 142 cm
5286	Arm Extension	Machine Weight 202 lb/92 kg Size 60" W x 40" L x 56" H/152 x 102 x 142 cm
5321	Leg Press	Machine Weight 458 lb/208 kg Size 60" W x 77" L x 49" H/153 x 196 x 125 cm
5330	Hack Squat	Machine Weight 437 lb/198 kg Size 60" W x 77" L x 49" H/153 x 196 x 125 cm
5341	Smith	Machine Weight 545 lb/248 kg Size 84" W x 50" L x 84" H/214 x 127 x 214 cm
5450	Seated Calf	Machine Weight 113 lb/51 kg Size 23" W x 53" L x 36" H/59 x 135 x 92 cm
5560	45° Calf	Machine Weight 158 lb/72 kg Size 28" W x 56" L x 37" H/72 x 143 x 94 cm
5580	T-Bar Row	Machine Weight 162 lb/74 kg Size 33" W x 79" L x 23" H/84 x 201 x 59 cm