

BENCH EQUIPMENT



ATLANTIS

PRODUCT CATALOG

IT TAKES REP, AFTER REP, TO SHAPE GREATNESS.
HERE'S HOW WE CRAFTED OURS.



PERFECTING STRENGTH EQUIPMENT FOR OVER 40 YEARS

Atlantis was born from a passion for innovation and change. We aspire to break the mould of standard strength equipment in a desire to push the human body past any and all of its conceived limits. Our goal is to create our own success and leave an indisputable legacy in its wake. We strive to create legends.

That's why our vision at Atlantis Strength is to build the world's best-performing strength equipment. In this journey, we are committed to learning, diversifying, and improving in order to continuously offer equipment that is a cut above the rest. Our success lies in seeing our clients achieve greatness; your story can, and always will, help shape ours.

**WE AT ATLANTIS STRENGTH INVITE YOU
TO JOIN US IN OUR PASSION FOR FITNESS,
SELF IMPROVEMENT, AND MOST OF ALL,
IN SHAPING GREATNESS.**

1982

Canadian bodybuilding champion **Raymond Sansoucy** builds his first piece of equipment driven by the idea of increased efficiency and ergonomics.

1987

The **demand for Atlantis equipment continues to grow**, causing consistent upgrades to the Atlantis Strength facilities over 5 year intervals in order to meet the demand across Canada and into the United States.

1998

Atlantis finally settles into its current facility, north of Montreal, that we know and love today. At this point, the presence of our commercial gym now doubles as a **showroom and testing facility**, housing our entire product line.

2022

From humble beginnings, Atlantis Strength is now proudly **Canada's largest commercial strength equipment manufacturer.**

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ISOLATION BENCHES



Free weights and benches form the backbone of every strength training session. Made with paddings with the perfect hardness, our vast selection of benches will allow trainers to better isolate the various movements in their workout without compromising comfort.

BENCH SERIES

ISOLATION BENCHES

A169 STANDING LEG RAISE

BODY PART	WEIGHT	
Abdominals	149 lb / 68 kg	
LENGTH	WIDTH	HEIGHT
44" / 112 cm	30" / 74 cm	67" / 170 cm



A264 ADJUSTABLE SIT UP BENCH

BODY PART	WEIGHT	
Abdominals	94 lb / 43 kg	
LENGTH	WIDTH	HEIGHT
42" / 106 cm	35" / 89 cm	46" / 115 cm



B155 STANDING PREACHER CURL

BODY PART	WEIGHT	
Arms	130 lb / 60 kg	
LENGTH	WIDTH	HEIGHT
42" / 107 cm	48" / 121 cm	42" / 107 cm



B179
ADJUSTABLE DECLINE BENCH

BODY PART Abdominals	WEIGHT 102 lb / 47 kg	
LENGTH 66" / 167 cm	WIDTH 35" / 89 cm	HEIGHT 27" / 69 cm



B256
SEATED PREACHER CURL

BODY PART Arms	WEIGHT 106 lb / 49 kg	
LENGTH 36" / 92 cm	WIDTH 46" / 117 cm	HEIGHT 42" / 107 cm



C220
ADJUSTABLE SINGLE LEG SQUAT STAND

BODY PART Legs	WEIGHT 42 lb / 14 kg	
LENGTH 22" / 55 cm	WIDTH 35" / 89 cm	HEIGHT 22" / 56 cm



D128
INCLINE HYPER EXTENSION

BODY PART Legs	WEIGHT 198 lb / 90 kg	
LENGTH 48" / 122 cm	WIDTH 36" / 92 cm	HEIGHT 32" / 81 cm



C117
SISSY SQUAT

BODY PART Legs	WEIGHT 73 lb / 34 kg	
LENGTH 36" / 92 cm	WIDTH 28" / 72 cm	HEIGHT 22" / 56 cm



C120
SINGLE LEG SQUAT STAND (FIXED)

BODY PART Legs	WEIGHT 30 lb / 14 kg	
LENGTH 24" / 61 cm	WIDTH 32" / 82 cm	HEIGHT 20" / 51 cm



D227
GLUTE AND HAM DEVELOPER

BODY PART Legs	WEIGHT 202 lb / 92 kg	
LENGTH 65" / 165 cm	WIDTH 35" / 89 cm	HEIGHT 49" / 124 cm



E348
SHOULDER PRESS (WITH PIVOT)

BODY PART **WEIGHT**
Shoulders 316 lb / 144 kg

LENGTH
75" / 190 cm

WIDTH
66" / 168 cm

HEIGHT
70" / 178 cm



M126
TIBIA DORSI FLEXION

BODY PART **WEIGHT** **STARTING RESISTANCE**
Legs 64 lb / 30 kg 24 lb / 11 kg

LENGTH **WIDTH** **HEIGHT**
15" / 39 cm 34" / 87 cm 13" / 34 cm



P237
OLYMPIC FLAT BENCH PRESS

BODY PART **WEIGHT**
Chest 174 lb / 80 kg

LENGTH **WIDTH** **HEIGHT**
67" / 171 cm 66" / 168 cm 49" / 125 cm



E548
STRAIGHT DUMBBELL BENCH WITH PIVOTS

BODY PART **WEIGHT**
Shoulders 210 lb / 96 kg

LENGTH
51" / 129 cm

WIDTH
34" / 87 cm

HEIGHT
52" / 131 cm



P238
OLYMPIC INCLINE BENCH PRESS

BODY PART **WEIGHT**
Chest 271 lb / 124 kg

LENGTH **WIDTH** **HEIGHT**
70" / 178 cm 67" / 168 cm 57" / 144 cm



P239
OLYMPIC FLAT / DECLINE BENCH PRESS

BODY PART **WEIGHT**
Chest 257 lb / 117 kg

LENGTH **WIDTH** **HEIGHT**
84" / 214 cm 66" / 168 cm 53" / 135 cm



P337
OLYMPIC FLAT BENCH PRESS (WITH PIVOT)

BODY PART **WEIGHT**
Chest 216 lb / 99 kg

LENGTH
71" / 181 cm

WIDTH
66" / 168 cm

HEIGHT
49" / 125 cm



P537
FLAT DUMBBELL BENCH WITH PIVOTS

BODY PART **WEIGHT**
Chest 290 lb / 132 kg

LENGTH **WIDTH** **HEIGHT**
57" / 144 cm 40" / 101 cm 44" / 112 cm



P538
INCLINE DUMBBELL BENCH WITH PIVOTS

BODY PART **WEIGHT**
Chest 210 lb / 96 kg

LENGTH **WIDTH** **HEIGHT**
57" / 143 cm 38" / 95 cm 45" / 115 cm



P338
OLYMPIC INCLINE BENCH PRESS (WITH PIVOT)

BODY PART **WEIGHT**
Chest 264 lb / 120 kg

LENGTH **WIDTH** **HEIGHT**
66" / 166 cm 67" / 168 cm 57" / 144 cm



P339
OLYMPIC FLAT / DECLINE BENCH PRESS (WITH PIVOT)

BODY PART **WEIGHT**
Chest 301 lb / 137 kg

LENGTH **WIDTH** **HEIGHT**
93" / 237 cm 66" / 168 cm 52" / 133 cm



P539
DECLINE DUMBBELL BENCH WITH PIVOTS

BODY PART **WEIGHT**
Chest 300 lb / 137 kg

LENGTH **WIDTH** **HEIGHT**
77" / 194 cm
43" / 109 cm
37" / 94 cm



MULTI- USE

Atlantis' multi-use benches don't have a fixed purpose associated to their design. These benches can be used as needed by the user while maintaining a sense of comfort and stability for any exercise.



B100
UTILITY BENCH

WEIGHT 31 lb / 15 kg LENGTH 23" / 58 cm WIDTH 21" / 54 cm
HEIGHT 16" / 40 cm



B176
LONG INCLINE BENCH

WEIGHT 110 lb / 50 kg LENGTH 67" / 169 cm WIDTH 38" / 97 cm
HEIGHT 43" / 108 cm



B177
ADJUSTABLE BENCH

WEIGHT 73 lb / 34 kg
LENGTH 47" / 119 cm
WIDTH 30" / 77 cm
HEIGHT 17" / 44 cm



B178
STRAIGHT BENCH

WEIGHT
72 lb / 33 kg

LENGTH
50" / 127 cm

WIDTH
31" / 79 cm

HEIGHT
39" / 100 cm



B275
FLAT BENCH

WEIGHT
70 lb / 32 kg

LENGTH
51" / 130 cm

WIDTH
30" / 77 cm

HEIGHT
16" / 41 cm



STORAGE RACKS



Atlantis Strength offers a complete line of storage racks and solutions to keep your gym neatly organized. Choose from our latest storage racks for your dumbbells, barbells, kettlebells, weight plates, cable attachments and even exercise balls.

BENCH SERIES

STORAGE RACKS

S181 PLATE RACK

WEIGHT
75 lb / 35 kg

LENGTH
34" / 87 cm

WIDTH
30" / 77 cm

HEIGHT
46" / 117 cm



S182 OLYMPIC BAR HOLDER

WEIGHT
57 lb / 26 kg

LENGTH
24" / 61 cm

WIDTH
25" / 64 cm

HEIGHT
13" / 33 cm



S185 ACCESSORY RACK

WEIGHT
91 lb / 42 kg

LENGTH
24" / 61 cm

WIDTH
22" / 56 cm

HEIGHT
46" / 117 cm



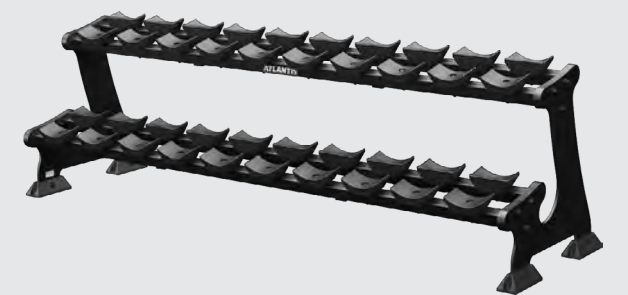
S187 DUMBBELL RACK (10 PAIRS)

WEIGHT
230 lb / 105 kg

LENGTH
31" / 77 cm

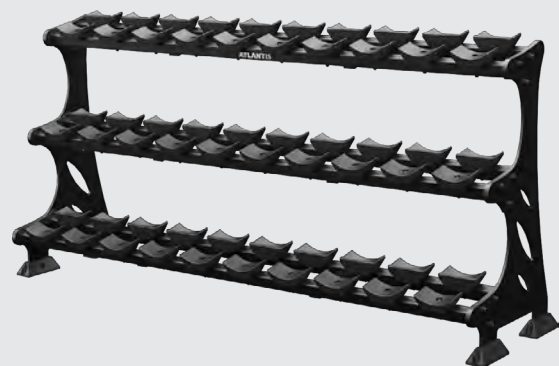
WIDTH
94" / 239 cm

HEIGHT
30" / 75 cm



S189
DUMBBELL RACK (15 PAIRS)

WEIGHT 333 lb / 152 kg LENGTH 28" / 72 cm WIDTH 94" / 239 cm
HEIGHT 47" / 120 cm



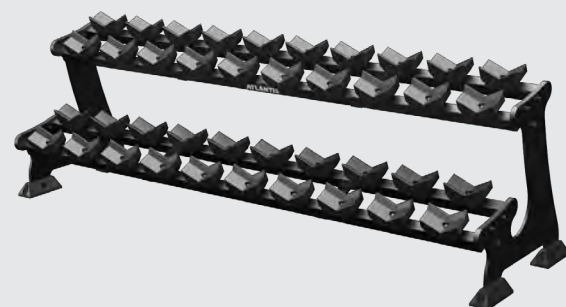
S190
BARBELL RACK

WEIGHT 137 lb / 63 kg LENGTH 32" / 82 cm WIDTH 40" / 102 cm
HEIGHT 58" / 148 cm



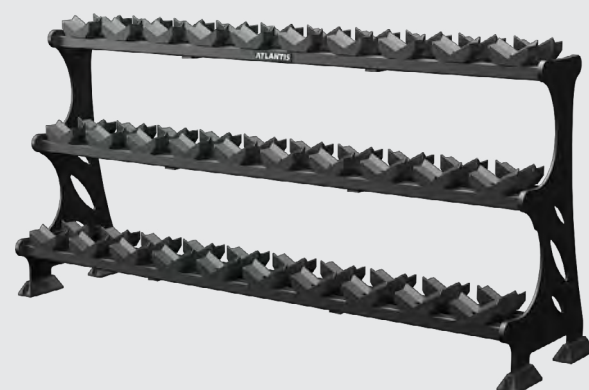
S287B
HEX DUMBBELL RACK (10 PAIRS)

WEIGHT 250 lb / 114 kg LENGTH 30" / 77 cm WIDTH 94" / 239 cm
HEIGHT 32" / 82 cm



S289
HEX DUMBBELL RACK (15 PAIRS)

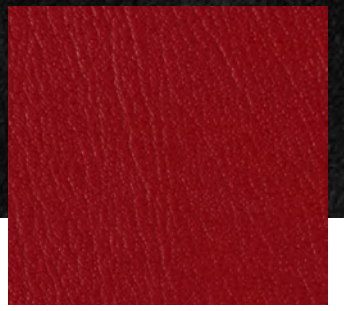
WEIGHT 333 lb / 152 kg LENGTH 27" / 69 cm WIDTH 95" / 242 cm
HEIGHT 47" / 120 cm



UPHOLSTERY COLOUR CHART

BOLTAFLX® UPHOLSTERY WITH PREFIXX® FINISH

- Prefixx protective finish for increased stain resistance and easy cleaning
- Mildew and bacteria resistant



CANDY APPLE
518767
RGB: 168/31/35
#a81123

SNOW 517918 RGB: 255/255/255 #ffffff	WHITE 518802 RGB: 255/254/249 #ffffe9	WHEAT 532614 RGB: 210/213/167 #d2d5a7	BEIGE 518424 RGB: 204/199/170 #ccc7aa	GREEN TEA 518777 RGB: 148/151/118 #949776	LEAPFROG 518780 RGB: 111/153/70 #6f9946	GRASS 532618 RGB: 45/97/58 #2d613a	EMERALD 518772 RGB: 38/69/50 #264532	VIZCAYA PALM 518386 RGB: 70/94/85 #465e55	JADE 518421 RGB: 63/108/100 #3f6c64	LIGHT TEAL 518420 RGB: 88/161/160 #58a1a0	SEAFOAM 518418 RGB: 102/143/116 #668f74
LITE GREY 518781 RGB: 189/192/200 #bdc0c8	GRIS 532615 RGB: 118/118/123 #76767b	NATURAL 517908 RGB: 188/180/150 #ccb496	COFFEE CREAM 518768 RGB: 190/169/128 #bea98d	CAMELBACK 518423 RGB: 179/147/82 #b39352	SADDLE TAN 517730 RGB: 161/133/95 #a1855f	EVERGLADE 518773 RGB: 80/89/69 #505943	HUNTER GREEN 518779 RGB: 39/55/51 #273733	SEAGRASS 518419 RGB: 89/112/116 #597074	BLUE NILE 518762 RGB: 41/108/136 #296c88	AQUA 532616 RGB: 94/151/171 #5e87ab	REFLECTION 532612 RGB: 250/252/252 #fafafc
GREY 517423 RGB: 193/192/127 #85847f	CADET 518766 RGB: 93/100/108 #5d646c	PUMICE 518634 RGB: 152/148/135 #989487	BUCKSUDE 518636 RGB: 134/114/78 #86724e	OUTBACK 518790 RGB: 129/98/64 #81624d	TEA LEAF 518799 RGB: 78/73/59 #4e493b	RAINTREE 518794 RGB: 35/78/79 #234e4f	SPRUCE 518417 RGB: 49/55/57 #2b3739	HARBOUR 518778 RGB: 50/64/89 #324045	HORIZON BLUE 518635 RGB: 55/103/117 #376775	NEPTUNE 517424 RGB: 56/110/164 #386ea4	DREAM 532613 RGB: 212/232/248 #04e8f8
MARIGOLD (523426) RGB: 255/209/75 #ffd14b	NASTURTIUM 517921 RGB: 242/199/34 #f26322	DEEP CLAY 518771 RGB: 38/69/50 #264532	ALLSPICE 518760 RGB: 98/58/32 #623a2d	FUDGE 517922 RGB: 129/98/37 #342725	SLATE 517701 RGB: 55/57/57 #373939	BLACK 517420 RGB: 43/45/46 #2b2d2e	NAVY 517920 RGB: 23/33/46 #17212e	ROYAL BLUE 518796 RGB: 17/33/49 #112131	MIDNIGHT BLUE 518785 RGB: 5/41/62 #05293e	COLONIAL BLUE 518769 RGB: 16/62/86 #103e56	CERULEAN 532617 RGB: 48/93/171 #305dab
RED CENT 518795 RGB: 162/47/34 #a22122	PERSIMMON 518791 RGB: 239/82/37 #efe25	MANZANITA 521374 RGB: 148/52/31 #94341f	PORT 518792 RGB: 71/35/34 #472322	BURGUNDY 518765 RGB: 46/26/30 #2e1a1e	CHOCOLATE 518422 RGB: 59/41/31 #3b291f	CORDOVAN 518770 RGB: 51/28/33 #331c21	OTTER 518789 RGB: 33/29/30 #211d1e	BLUEBERRY 518763 RGB: 24/47/86 #182f56	REGAL BLUE 518705 RGB: 28/41/86 #1c2956	BLUEJAY 518703 RGB: 34/54/107 #22366b	MARINA 518784 RGB: 36/55/115 #243773
AMERICAN BEAUTY 520202 RGB: 208/35/39 #d02327	TOMATO 518800 RGB: 211/37/39 #d32527	VERY BERRY 523027 RGB: 176/39/59 #b0273b	BERRY 518761 RGB: 118/26/31 #761a1f	NEW BURGUNDY 518767 RGB: 84/25/25 #541919	GRAPE 518775 RGB: 74/25/48 #4a1930	MAGENTA 532619 RGB: 112/32/60 #70203c	PURPLE IRIS 517919 RGB: 61/41/80 #3d2950	WOOD VIOLET 518804 RGB: 83/62/79 #533e4f	COAL 518647 RGB: 61/59/75 #3d3e4b	BLACK PLUM 517421 RGB: 48/29/38 #301d26	NEW PURPLE 520053 RGB: 36/34/74 #24224a

FRAME COLOURS

STANDARD

#01 METEOR BLACK	#02 PHANTOM BLACK (Matte)	#12 ANVIL GREY (RAL 7043)	#13 CYCLONE GREY (RAL 7004)	#14 CHALK (RAL 9018)	#21 APOLLO WHITE	#31 ATLANTIC BLUE (RAL 5012)

PREMIUM

#09 ASH GREY (P7 Glimmer)	#15 KNIGHT GREY (Gun Metal)	#33 ADMIRAL BLUE (RAL 5005)	#41 CLOVER GREEN (RAL 6018)	#50 CANARY	#71 MATADOR

Please be advised that additional colour options are available upon request. The appearance of colours may vary depending on lighting conditions.



WARRANTY

10 YEARS

Structural frame and structural moving parts, welds & weight stack plates.

5 YEARS

Pulleys, bearings, bronze bushings and guide rods.

1 YEAR

Atlantis accessory bars/handles.

1 YEAR

Plastic bushings, rubber handgrips, belts, cables, weight stack pins, seat hydraulics and any other parts not specified within the itemized parts.

1 YEAR

Labor on the above-mentioned parts (certain restrictions apply)

180 DAYS

Upholstery.

90 DAYS

Distributed accessory bars and handles.

*Revised March 2018 / See Atlantis Owner's Manual for complete warranty coverage

All illustrations and specifications contained in this brochure are based on the latest product information available at the time of publication. Atlantis reserves the right to make changes at any time, without notice, in colours, materials, equipment, specifications and models.



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SHAPE GREATNESS