

STRENGTH 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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PRO SERIES



Our **Pro series** gives you exactly what the name implies: access to high-performance, robust equipment with adjustable features for completely personalized workouts and high-caliber results.

GET READY TO TRAIN LIKE A PRO.

PRO SERIES

BODYWEIGHT AND BENCHES

B856 POLIQUIN SEATED PREACHER CURL

BODY PART
Arms

WEIGHT
210 lb / 96 kg

LENGTH
46" / 116 cm

WIDTH
49" / 123 cm

HEIGHT
39" / 99 cm



D828 DELUXE INCLINE HYPER EXTENSION

BODY PART Back	WEIGHT 220 lb / 100 kg	
LENGTH 65" / 165 cm	WIDTH 38" / 96 cm	HEIGHT 43" / 109 cm



D828F DELUXE INCLINE HYPER EXTENSION (FLAT VERSION)

BODY PART Back	WEIGHT 220 lb / 100 kg	
LENGTH 65" / 165 cm	WIDTH 38" / 96 cm	HEIGHT 43" / 109 cm





PW212
PENDULUM SQUAT PRO

BODY PART Legs	WEIGHT 761 lb / 346 kg	STARTING RESISTANCE 45 lb / 21 kg
LENGTH 95" / 241 cm	WIDTH 38" / 97 cm	HEIGHT 71" / 181 cm



PW412
HACK SQUAT PRO

BODY PART Legs	WEIGHT 868 lb / 395 kg	STARTING RESISTANCE 135 lb / 62 kg
LENGTH 105" / 265 cm	WIDTH 68" / 171 cm	HEIGHT 55" / 139 cm
MAX LOAD 1440 lb / 654 kg		



PW419
UNILATERAL LEG PRESS PRO

BODY PART Legs	WEIGHT 758 lb / 345 kg	STARTING RESISTANCE 45 lb / 21 kg
LENGTH 99" / 250 cm	WIDTH 63" / 161 cm	HEIGHT 63" / 159 cm



PW702
HIP THRUSTER PRO

BODY PART Legs	WEIGHT 394 lb / 180 kg	STARTING RESISTANCE 53 lb / 25 kg
LENGTH 74" / 187 cm	WIDTH 56" / 141 cm	HEIGHT 45" / 113 cm



PRECISION SERIES

EXPERIENCE PRECISE AND SUPERIOR MUSCLE EXHAUSTION.

Target the right muscles with our **Precision series** of selectorized equipment, designed to isolate and optimize each repetition. This series is all about squeezing every fiber of your muscles to help you achieve optimal results.



A201 MULTI-FOREARM

BODY PART Arms	WEIGHT 402 lb / 183 kg	WEIGHT STACK 205 lb / 93 kg
LENGTH 62" / 157 cm	WIDTH 38" / 96 cm	HEIGHT 74" / 187 cm



A274 ABDOMINAL ROTATION

BODY PART Abdominals	WEIGHT 413 lb / 188 kg	WEIGHT STACK 160 lb / 73 kg
LENGTH 49" / 123 cm	WIDTH 41" / 104 cm	HEIGHT 61" / 154 cm



A301 DUAL SEATED CRUNCH

BODY PART Abdominals	WEIGHT 712 lb / 324 kg	WEIGHT STACK 250 lb / 113 kg
LENGTH 54" / 138 cm	WIDTH 48" / 122 cm	HEIGHT 64" / 163 cm



B157 BICEPS CURL

BODY PART Arms	WEIGHT 457 lb / 208 kg	WEIGHT STACK 205 lb / 93 kg
LENGTH 51" / 128 cm	WIDTH 43" / 108 cm	HEIGHT 62" / 156 cm



B158
HORIZONTAL CURL

BODY PART	WEIGHT	WEIGHT STACK
Arms	527 lb / 240 kg	160 lb / 73 kg
LENGTH	WIDTH	HEIGHT
64" / 163 cm	29" / 72 cm	73" / 185 cm



B160
BICEPS ISOLATOR

BODY PART	WEIGHT	WEIGHT STACK
Arms	500 lb / 228 kg	205 lb / 93 kg
LENGTH	WIDTH	HEIGHT
57" / 145 cm	56" / 141 cm	61" / 154 cm



C105
LEG EXTENSION

BODY PART	WEIGHT	WEIGHT STACK
Legs	602 lb / 274 kg	310 lb / 141 kg
LENGTH	WIDTH	HEIGHT
46" / 117 cm	38" / 97 cm	68" / 173 cm



C106
LYING LEG CURL

BODY PART	WEIGHT	WEIGHT STACK
Legs	485 lb / 221 kg	205 lb / 93 kg
LENGTH	WIDTH	HEIGHT
66" / 168 cm	37" / 93 cm	69" / 174 cm



B260
HORIZONTAL BICEPS ISOLATOR

BODY PART	WEIGHT	WEIGHT STACK
Arms	500 lb / 228 kg	205 lb / 93 kg
LENGTH	WIDTH	HEIGHT
37" / 93 cm	62" / 158 cm	61" / 154 cm



B457
BICEPS-TRICEPS COMBO MACHINE

BODY PART	WEIGHT	WEIGHT STACK
Arms	375 lb / 171 kg	
LENGTH	WIDTH	HEIGHT
55" / 138 cm	46" / 116 cm	62" / 156 cm



C107
STANDING LEG CURL

BODY PART	WEIGHT	WEIGHT STACK
Legs	388 lb / 177 kg	130 lb / 59 kg
LENGTH	WIDTH	HEIGHT
57" / 145 cm	40" / 102 cm	57" / 145 cm



C108
SEATED LEG CURL

BODY PART	WEIGHT	WEIGHT STACK
Legs	546 lb / 249 kg	205 lb / 93 kg
LENGTH	WIDTH	HEIGHT
49" / 123 cm	41" / 103 cm	69" / 174 cm



C113
TOTAL HIP

BODY PART	WEIGHT	WEIGHT STACK
Legs	633 lb / 288 kg	320 lb / 145 kg
LENGTH	WIDTH	HEIGHT
50" / 126 cm	54" / 136 cm	68" / 172 cm



C118
KNEELING LEG CURL

BODY PART	WEIGHT	WEIGHT STACK
Legs	385 lb / 175 kg	130 lb / 59 kg
LENGTH	WIDTH	HEIGHT
53" / 133 cm	57" / 144 cm	62" / 156 cm



C329
ADDUCTOR / ABDUCTOR COMBO

BODY PART	WEIGHT	WEIGHT STACK
Legs	665 lb / 303 kg	310 lb / 141 kg
LENGTH	WIDTH	HEIGHT
77" / 195 cm	28" / 71 cm	61" / 154 cm



C403
HORIZONTAL LEG PRESS

BODY PART	WEIGHT	WEIGHT STACK
Legs	995 lb / 453 kg	410 lb / 186 kg
LENGTH	WIDTH	HEIGHT
92" / 233 cm	43" / 108 cm	82" / 207 cm



C122
GLUTE MACHINE

BODY PART	WEIGHT	WEIGHT STACK
Legs	499 lb / 227 kg	205 lb / 93 kg
LENGTH	WIDTH	HEIGHT
67" / 169 cm	44" / 112 cm	63" / 160 cm



C230
LEG EXTENSION / LEG CURL COMBO

BODY PART	WEIGHT	WEIGHT STACK
Legs	526 lb / 240 kg	205 lb / 93 kg
LENGTH	WIDTH	HEIGHT
51" / 128 cm	37" / 94 cm	69" / 174 cm



D123
LAT PULLDOWN

BODY PART	WEIGHT	WEIGHT STACK
Back	590 lb / 269 kg	310 lb / 141 kg
LENGTH	WIDTH	HEIGHT
50" / 126 cm	28" / 71 cm	95" / 242 cm



D124
LOW ROW

BODY PART	WEIGHT	WEIGHT STACK
Back	619 lb / 282 kg	310 lb / 281 kg
LENGTH	WIDTH	HEIGHT
90" / 229 cm	27" / 69 cm	95" / 242 cm



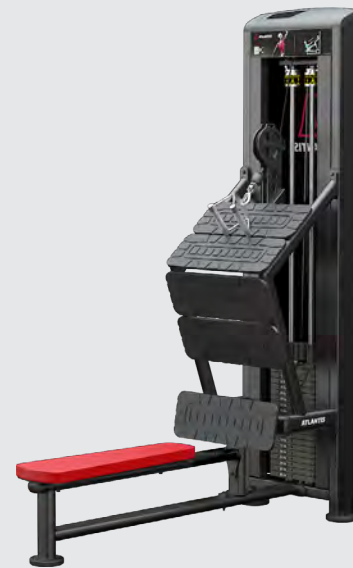
D131
ASSISTED CHIN / DIP

BODY PART	WEIGHT	WEIGHT STACK
Back	705 lb / 321 kg	115 lb / 52 kg
LENGTH	WIDTH	HEIGHT
57" / 144 cm	56" / 142 cm	92" / 234 cm



D132
INCLINE ROW

BODY PART	WEIGHT	WEIGHT STACK
Back	650 lb / 296 kg	310 lb / 141 kg
LENGTH	WIDTH	HEIGHT
72" / 181 cm	28" / 71 cm	95" / 242 cm



D438
LAT PULLDOWN / LOW ROW COMBO (HEAVY STACK)

BODY PART	WEIGHT	WEIGHT STACK
Back	689 lb / 314 kg	310 lb / 141 kg
LENGTH	WIDTH	HEIGHT
72" / 183 cm	28" / 71 cm	97" / 245 cm



E149
CONVERGING SHOULDER PRESS

BODY PART	WEIGHT	WEIGHT STACK
Shoulders	724 lb / 330 kg	250 lb / 113 kg
LENGTH	WIDTH	HEIGHT
84" / 213 cm	59" / 150 cm	68" / 172 cm



D337
DIVERGING ROW

BODY PART	WEIGHT	WEIGHT STACK
Back	538 lb / 245 kg	250 lb / 113 kg
LENGTH	WIDTH	HEIGHT
64" / 163 cm	34" / 86 cm	73" / 185 cm



D433
VERTICAL ROW

BODY PART	WEIGHT	WEIGHT STACK
Back	520 lb / 237 kg	310 lb / 141 kg
LENGTH	WIDTH	HEIGHT
33" / 84 cm	45" / 115 cm	68" / 173 cm



E252
STANDING LATERAL RAISE

BODY PART	WEIGHT	WEIGHT STACK
Shoulders	611 lb / 278 kg	205 lb / 93 kg
LENGTH	WIDTH	HEIGHT
50" / 127 cm	27" / 69 cm	81" / 206 cm



E352
SEATED SIDE / REAR DELTOID

BODY PART	WEIGHT	WEIGHT STACK
Shoulders	537 lb / 245 kg	205 lb / 93 kg
LENGTH	WIDTH	HEIGHT
56" / 143 cm	54" / 138 cm	61" / 155 cm



M118
STANDING CALF RAISE

BODY PART	WEIGHT	WEIGHT STACK
Calves	646 lb / 294 kg	400 lb / 181 kg
LENGTH	WIDTH	HEIGHT
51" / 128 cm	33" / 82 cm	74" / 187 cm



M318
INCLINE CALF RAISE

BODY PART	WEIGHT	STARTING RESISTANCE
Calves	426 lb / 194 kg	20 lb / 9 kg
LENGTH	WIDTH	HEIGHT
63" / 160 cm	39" / 97 cm	68" / 173 cm



MS4
HORIZONTAL BICEP CURL (B158 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Arms	527 lb / 240 kg	160 lb / 73 kg
LENGTH	WIDTH	HEIGHT
61" / 155 cm	28" / 70 cm	97" / 246 cm



MS2
ADJUSTABLE PULLEY

BODY PART	LENGTH	WIDTH	HEIGHT
Arms, Back, Shoulders, Legs	32" / 81 cm	24" / 61 cm	97" / 246 cm



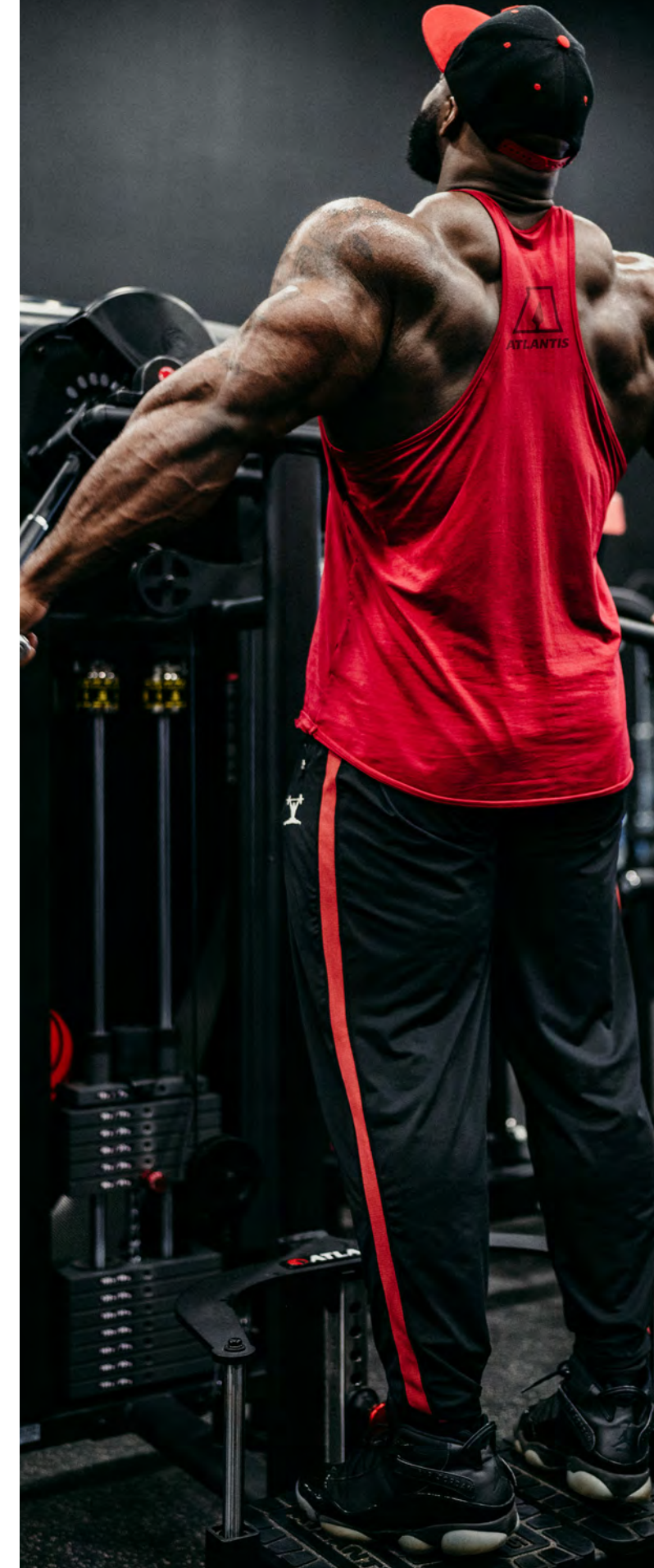
MS3
TRICEPS PULLEY

BODY PART	WIDTH	LENGTH	HEIGHT
Arms	26" / 65 cm	31" / 81 cm	97" / 246 cm



MS5
OVERHEAD TRICEPS (T161 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Arms	430 lb / 196 kg	160 lb / 73 kg
LENGTH	WIDTH	HEIGHT
79" / 199 cm	26" / 65 cm	97" / 246 cm



MS6

LAT PULLDOWN (D123 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Back	590 lb / 269 kg	310 lb / 141 kg
LENGTH	WIDTH	HEIGHT
62" / 157 cm	50" / 126 cm	98" / 249 cm



MS7

LOW ROW (D124 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Back	619 lb / 282 kg	310 lb / 141 kg
LENGTH	WIDTH	HEIGHT
90" / 229 cm	27" / 69 cm	95" / 242 cm



MS9

PEC / REAR DELT FLY (P156 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Chest, Shoulders	602 lb / 274 kg	310 lb / 141 kg
LENGTH	WIDTH	HEIGHT
48" / 122 cm	27" / 69 cm	97" / 246 cm



MS8

INCLINE ROW (D132 MODEL)

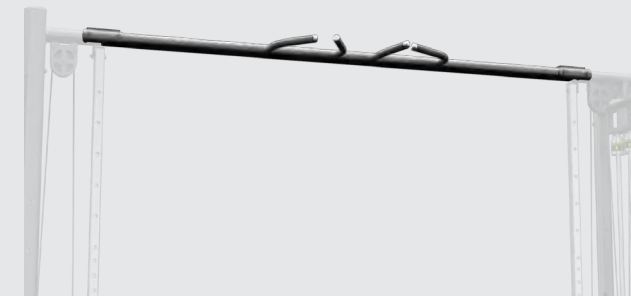
BODY PART	WEIGHT	WEIGHT STACK
Back	650 lb / 296 kg	310 lb / 141 kg
LENGTH	WIDTH	HEIGHT
69" / 175 cm	26" / 65 cm	97" / 246 cm



MS10

CHIN-UP BEAM

BODY PART	WEIGHT	HEIGHT
Arms, Back	46 lb / 21 kg	3" / 8 cm
LENGTH	WIDTH	HEIGHT
14" / 35 cm	107" / 272 cm	3" / 8 cm



MS12

UNILATERAL LAT PULLDOWN (NM500 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Back	488 lb / 222 kg	250 lb / 114 kg
LENGTH	WIDTH	HEIGHT
44" / 110 cm	24" / 61 cm	99" / 252 cm



MS13
UNILATERAL LOW ROW (NM510 MODEL)

BODY PART
Back

WEIGHT
532 lb / 242 kg

WEIGHT STACK
250 lb / 114 kg

LENGTH
102" / 260 cm

WIDTH
31" / 79 cm

HEIGHT
97" / 247 cm



P140
SEATED CONVERGING CHEST PRESS

BODY PART
Chest

WEIGHT
719 lb / 327 kg

WEIGHT STACK
310 lb / 141 kg

LENGTH
59" / 150 cm

WIDTH
60" / 153 cm

HEIGHT
73" / 186 cm



P143
INCLINE CONVERGING CHEST PRESS

BODY PART
Chest

WEIGHT
742 lb / 338 kg

WEIGHT STACK
250 lb / 113 kg

LENGTH
94" / 239 cm

WIDTH
65" / 163 cm

HEIGHT
73" / 184 cm



MS14
ADJUSTABLE DUAL PULLEY STATION (NM210 MODEL)

WEIGHT
509 lb / 232 kg

WEIGHT STACK
210 lb / 96 kg

LENGTH
61" / 155 cm

WIDTH
53" / 135 cm

HEIGHT
92" / 234 cm



P144
PULLOVER

BODY PART
Back

WEIGHT
653 lb / 297 kg

WEIGHT STACK
250 lb / 113 kg

LENGTH
74" / 187 cm

WIDTH
46" / 115 cm

HEIGHT
69" / 174 cm



P156
PEC / REAR DELT FLY COMBO

BODY PART
Chest, Shoulders

WEIGHT
602 lb / 274 kg

WEIGHT STACK
310 lb / 141 kg

LENGTH
52" / 130 cm

WIDTH
27" / 69 cm

HEIGHT
81" / 205 cm



P246
ADJUSTABLE CROSSOVER (2 STACKS)

STARTING RESISTANCE
60 lb / 28 kg

MAX LOAD
540 lb / 245 kg

LENGTH
160" / 405cm

WIDTH
34" / 86cm

HEIGHT
92" / 240cm



P250
MULTI-PRESS

BODY PART	WEIGHT	WEIGHT STACK
Chest	516 lb / 234 kg	205 lb / 93 kg
LENGTH	WIDTH	HEIGHT
79" / 199 cm	54" / 136 cm	69" / 174 cm



P356
VERTICAL PEC FLY

BODY PART	WEIGHT	WEIGHT STACK
Chest	735 lb / 335 kg	310 lb / 141 kg
LENGTH	WIDTH	HEIGHT
55" / 140 cm	51" / 130 cm	82" / 208 cm



P247
ADJUSTABLE CROSSOVER (4 STACKS)

STARTING RESISTANCE
60 lb / 28 kg

MAX LOAD
540 lb / 245 kg

LENGTH
216" / 548cm

WIDTH
35" / 88cm

HEIGHT
93" / 235cm



T161
OVERHEAD TRICEPS (CABLE MOTION)

BODY PART
Arms
WEIGHT
430 lb / 196 kg
WEIGHT STACK
160 lb / 73 kg
LENGTH
84" / 214 cm
WIDTH
28" / 72 cm
HEIGHT
73" / 186 cm



POWER SERIES



Heavyweight equipment made for heavy lifts. Our **Power series** puts the spotlight on plate-loaded equipment to drive strength development to a whole new level.

NOW PILE UP THE PLATES AND HIT A NEW PR WITHOUT A SECOND THOUGHT.



C111 POWER SQUAT

BODY PART Legs	WEIGHT 410 lb / 187 kg	STARTING RESISTANCE 35 lb / 16 kg
LENGTH 85" / 214 cm	WIDTH 50" / 127 cm	HEIGHT 70" / 177 cm

C201 PIVOT PRESS

BODY PART Legs	WEIGHT 466 lb / 212 kg	STARTING RESISTANCE 80 lb / 37 kg
LENGTH 87" / 221 cm	WIDTH 72" / 181 cm	HEIGHT 59" / 149 cm



C212
PENDULUM SQUAT

BODY PART	STARTING RESISTANCE	MAX LOAD
Legs	45 lb / 21 kg	270 lb / 123 kg
WEIGHT	LENGTH	WIDTH
565 lb / 257 kg	96" / 242 cm	43" / 108 cm
HEIGHT	63" / 161 cm	



C401
40 DEGREE LEG PRESS

BODY PART	STARTING RESISTANCE	MAX LOAD
Legs	125 lb / 57 kg	1,530 lb / 694 kg
WEIGHT	LENGTH	WIDTH
617 lb / 281 kg	104" / 264 cm	58" / 148 cm
HEIGHT	60" / 151 cm	



D125
INCLINE T-BAR ROW

BODY PART	WEIGHT	STARTING RESISTANCE
Back	195 lb / 89 kg	45 lb / 21 kg
LENGTH	WIDTH	HEIGHT
73" / 186 cm	46" / 117 cm	46" / 115 cm



D126
T-BAR ROW WITH HANDLES

BODY PART	WEIGHT	STARTING WEIGHT
Back	165 lb / 75 kg	50 lb / 23 kg
LENGTH	WIDTH	HEIGHT
74" / 188 cm	50" / 126 cm	25" / 62 cm



C412
HACK SQUAT

BODY PART	WEIGHT
Legs	511 lb / 233 kg
STARTING RESISTANCE	60 lb / 28 kg
MAX LOAD	540 lb / 245 kg
LENGTH	89" / 226 cm
WIDTH	62" / 157 cm
HEIGHT	59" / 150 cm



D215
REVERSE HYPER EXTENSION

BODY PART	WEIGHT	STARTING WEIGHT
Back, Legs	315 lb / 144 kg	20 lb / 10 kg
LENGTH	WIDTH	HEIGHT
61" / 154 cm	52" / 133 cm	59" / 150 cm



D335
SHRUG & DEADLIFT MACHINE

BODY PART	WEIGHT	STARTING RESISTANCE
Back	250 lb / 114 kg	20 lb / 10 kg
LENGTH	WIDTH	HEIGHT
59" / 150 cm	60" / 153 cm	34" / 87 cm



D533
SEAL ROW

BODY PART	WEIGHT	
Back	206 lb / 94 kg	
LENGTH	WIDTH	HEIGHT
64" / 161 cm	52" / 131 cm	36" / 90 cm



E449
CONVERGING SHOULDER PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Shoulders	270 lb / 123 kg	23 lb / 11 kg
LENGTH	WIDTH	HEIGHT
55" / 140 cm	60" / 153 cm	52" / 133 cm



P441
LYING CONVERGING BENCH PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	277 lb / 126 kg	20 lb / 10 kg
LENGTH	WIDTH	HEIGHT
74" / 188 cm	59" / 150 cm	41" / 102 cm



P443
CONVERGING INCLINE BENCH PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	275 lb / 125 kg	24 lb / 11 kg
LENGTH	WIDTH	HEIGHT
65" / 164 cm	60" / 152 cm	43" / 109 cm



M219
SEATED CALF

BODY PART	WEIGHT	STARTING RESISTANCE
Calves	178 lb / 81 kg	25 lb / 12 kg
LENGTH	WIDTH	HEIGHT
63" / 159 cm	48" / 120 cm	39" / 99 cm



P439
DECLINE / FLAT CONVERGING BENCH PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	324 lb / 148 kg	25 lb / 12 kg
LENGTH	WIDTH	HEIGHT
90" / 228 cm	60" / 152 cm	41" / 104 cm



PW104
VERTICAL LEG PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	412 lb / 188 kg	65 lb / 30 kg
LENGTH	WIDTH	HEIGHT
60" / 151 cm	86" / 217 cm	79" / 201 cm



PW120
TOTAL NECK

BODY PART	WEIGHT	
Neck	200 lb / 91 kg	
LENGTH	WIDTH	HEIGHT
34" / 86 cm	69" / 175 cm	61" / 155 cm



PW156
FLAT PEG FLY

BODY PART Chest	WEIGHT 233 lb / 106 kg	STARTING RESISTANCE 20 lb / 10 kg
LENGTH 79" / 200 cm	WIDTH 70" / 178 cm	HEIGHT 36" / 90 cm



PW163
TRICEPS PUSHDOWN

BODY PART Arms	WEIGHT 283 lb / 129 kg	
LENGTH 67" / 168 cm	WIDTH 48" / 122 cm	HEIGHT 43" / 107 cm



PW218
KNEELING LEG CURL

BODY PART Legs	WEIGHT 224 lb / 102 kg	MAX LOAD 200 lb / 91 kg
LENGTH 43" / 110 cm	WIDTH 43" / 110 cm	HEIGHT 46" / 117 cm



PW219
UNILATERAL LEG PRESS

BODY PART Legs	WEIGHT 600 lb / 273 kg	STARTING RESISTANCE 40 lb / 19 kg
LENGTH 104" / 265 cm	WIDTH 59" / 150 cm	HEIGHT 63" / 161 cm





PW256
INCLINE PEC FLY

BODY PART Chest	WEIGHT 242 lb / 110 kg	STARTING RESISTANCE 20 lb / 10 kg
LENGTH 76" / 193 cm	WIDTH 71" / 179 cm	HEIGHT 36" / 90 cm



PW322
ASSISTED GLUTE AND HAM DEVELOPER

BODY PART Legs	WEIGHT 270 lb / 123 kg	STARTING RESISTANCE 15 lb / 7 kg
LENGTH 53" / 134 cm	WIDTH 52" / 131 cm	HEIGHT 67" / 168 cm



PW319
SEATED CALF PRESS

BODY PART Calves	WEIGHT 220 lb / 100 kg	STARTING RESISTANCE 50 lb / 23 kg
LENGTH 66" / 168 cm	WIDTH 51" / 130 cm	HEIGHT 40" / 100 cm



PW357
PREACHER CURL

BODY PART Arms	WEIGHT 306 lb / 140 kg	LENGTH 53" / 135 cm	WIDTH 50" / 127 cm	HEIGHT 43" / 110 cm
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PW423
FRONT PULLDOWN

BODY PART Back	WEIGHT 329 lb / 150 kg	LENGTH 75" / 189 cm	WIDTH 44" / 111 cm	HEIGHT 82" / 208 cm
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PW437

ROW

BODY PART	WEIGHT	STARTING RESISTANCE
Back	290 lb / 132 kg	20 lb / 10 kg
LENGTH	WIDTH	HEIGHT
61" / 155 cm	65" / 165 cm	48" / 122 cm



PW449

SHOULDER PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Shoulders	306 lb / 140 kg	20 lb / 10 kg
LENGTH	WIDTH	HEIGHT
47" / 120 cm	62" / 158 cm	56" / 143 cm



PW602

HIP THRUSTER

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	275 lb / 125 kg	65 lb / 30 kg
LENGTH	WIDTH	HEIGHT
74" / 187 cm	55" / 138 cm	31" / 78 cm



PW637

LOW ROW

BODY PART	WEIGHT	STARTING RESISTANCE
Back	354 lb / 161 kg	18 lb / 9 kg
LENGTH	WIDTH	HEIGHT
59" / 148 cm	64" / 162 cm	62" / 157 cm



PW511

BELT SQUAT

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	425 lb / 194 kg	50 lb / 23 kg
LENGTH	WIDTH	HEIGHT
61" / 155 cm	78" / 197 cm	50" / 127 cm



PW549

VIKING PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Shoulders	275 lb / 125 kg	15 lb / 7 kg
LENGTH	WIDTH	HEIGHT
63" / 158 cm	51" / 130 cm	63" / 160 cm



PW737

VERTICAL CHEST PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	464 lb / 210 kg	18 lb / 9 kg
LENGTH	WIDTH	HEIGHT
78" / 198 cm	73" / 184 cm	53" / 133 cm



PW739

DECLINE VERTICAL CHEST PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	464 lb / 210 kg	18 lb / 9 kg
LENGTH	WIDTH	HEIGHT
72" / 182 cm	74" / 186 cm	53" / 133 cm



NATURAL MOTION SERIES



NM200 FUNCTIONAL TRAINING SYSTEM

WEIGHT 915 lb / 416 kg	WEIGHT STACK 470 lb / 213 kg	
LENGTH 39" / 98 cm	WIDTH 84" / 214 cm	HEIGHT 92" / 234 cm



EXPERIENCE THE TRUE ESSENCE OF MOVEMENT WITH OUR NATURAL MOTION SERIES.

Our cable resistance equipment allows unrestricted movement, so each joint can move safely and effectively through its full range of motion. Upgrade your gym with our state-of-the-art machines and experience the primal treatment they provide.

NM205 DYNAMIC FUNCTIONAL TRAINING SYSTEM

WEIGHT 1,230 lb / 560 kg	WEIGHT STACK 800 lb / 363 kg	
LENGTH 39" / 98 cm	WIDTH 84" / 214 cm	HEIGHT 92" / 234 cm



NM500 UNILATERAL LAT PULLDOWN

BODY PART Back	WEIGHT 488 lb / 222 kg	WEIGHT STACK 250 lb / 113 kg
LENGTH 56" / 143 cm	WIDTH 30" / 77 cm	HEIGHT 96" / 244 cm



NM510
UNILATERAL LOW ROW

BODY PART
Back

WEIGHT
532 lb / 242 kg

WEIGHT STACK
250 lb / 113 kg

LENGTH
102" / 260 cm

WIDTH
31" / 79 cm

HEIGHT
97" / 247 cm



T163
TRICEPS PUSHDOWN

BODY PART
Arms

WEIGHT
611 lb / 278 kg

WEIGHT STACK
310 lb / 141 kg

LENGTH
77" / 196 cm

WIDTH
45" / 115 cm

HEIGHT
69" / 174 cm



T162
OVERHEAD TRICEPS

BODY PART
Arms

WEIGHT
558 lb / 254 kg

WEIGHT STACK
205 lb / 93 kg

LENGTH
67" / 169 cm

WIDTH
42" / 106 cm

HEIGHT
68" / 172 cm



T164
TRICEPS EXTENSION

BODY PART
Arms

WEIGHT
485 lb / 221 kg

WEIGHT STACK
205 lb / 93 kg

LENGTH
48" / 122 cm

WIDTH
40" / 102 cm

HEIGHT
61" / 155 cm



UPHOLSTERY COLOUR CHART

T215 INCLINE TRICEPS PUSHDOWN

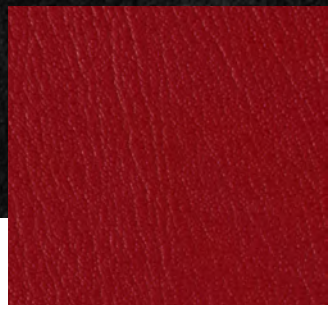
BODY PART	WEIGHT	WEIGHT STACK
Arms	440 lb / 200 kg	250 lb / 113 kg
LENGTH	WIDTH	HEIGHT
59" / 150 cm	29" / 72 cm	73" / 184 cm



BOLTAFLX® UPHOLSTERY WITH PREFIXX® FINISH

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

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 518986 RGB: 70/94/85 #465e55	JADE 518421 RGB: 63/108/100 #3f6c64	LIGHT TEAL 518420 RGB: 88/151/160 #58afa0	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 #bcb496	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 #5e97ab	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 #d4e8f8
MARIGOLD (523426) RGB: 255/209/175 #ffd14b	NASTURTIUM 517921 RGB: 242/99/34 #f26322	DEEP CLAY 518771 RGB: 38/69/50 #264532	ALLSPICE 518760 RGB: 98/95/32 #623a2d	FUDGE 517922 RGB: 52/39/37 #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 #1e2f56	REGAL BLUE 518705 RGB: 28/41/86 #1e2956	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



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

FRAME COLOURS

#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)	#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.



ATLANTIS

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SHAPE GREATNESS