

# ATHLETIC 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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FOR RACKS & RIGS

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STAY AHEAD  
OF THE GAME  
WITH OUR

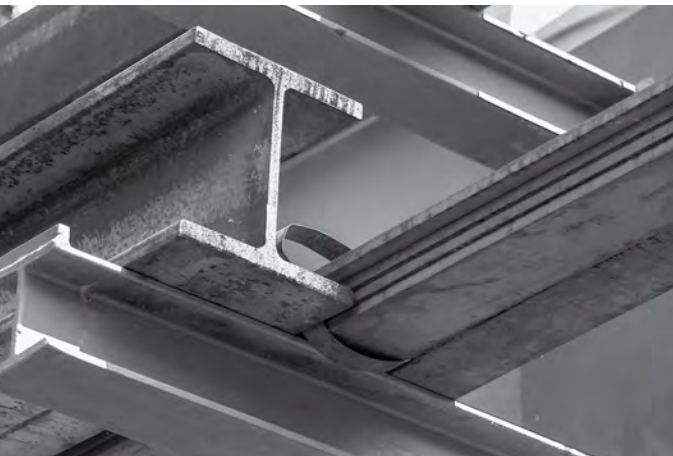
# ATHLETIC SERIES



Equipment and accessories designed with versatility in mind, creating endless possibilities and diversity of movement. The Athletic Series is here to enable the most of out of your gym's capabilities, this series will give you an edge over the competition.



# RACKS & RIGS



Atlantis Rack and Rig Systems are made with both 7-gauge and 11-gauge steel beams, with attachment slots on all four sides. These systems can be configured into several types of racks, and an endless variety of rig systems.

**C511**  
HALF RACK

WEIGHT	LENGTH
294 lb / 134 kg	61" / 154 cm
WIDTH	HEIGHT
65" / 166 cm	97" / 246 cm

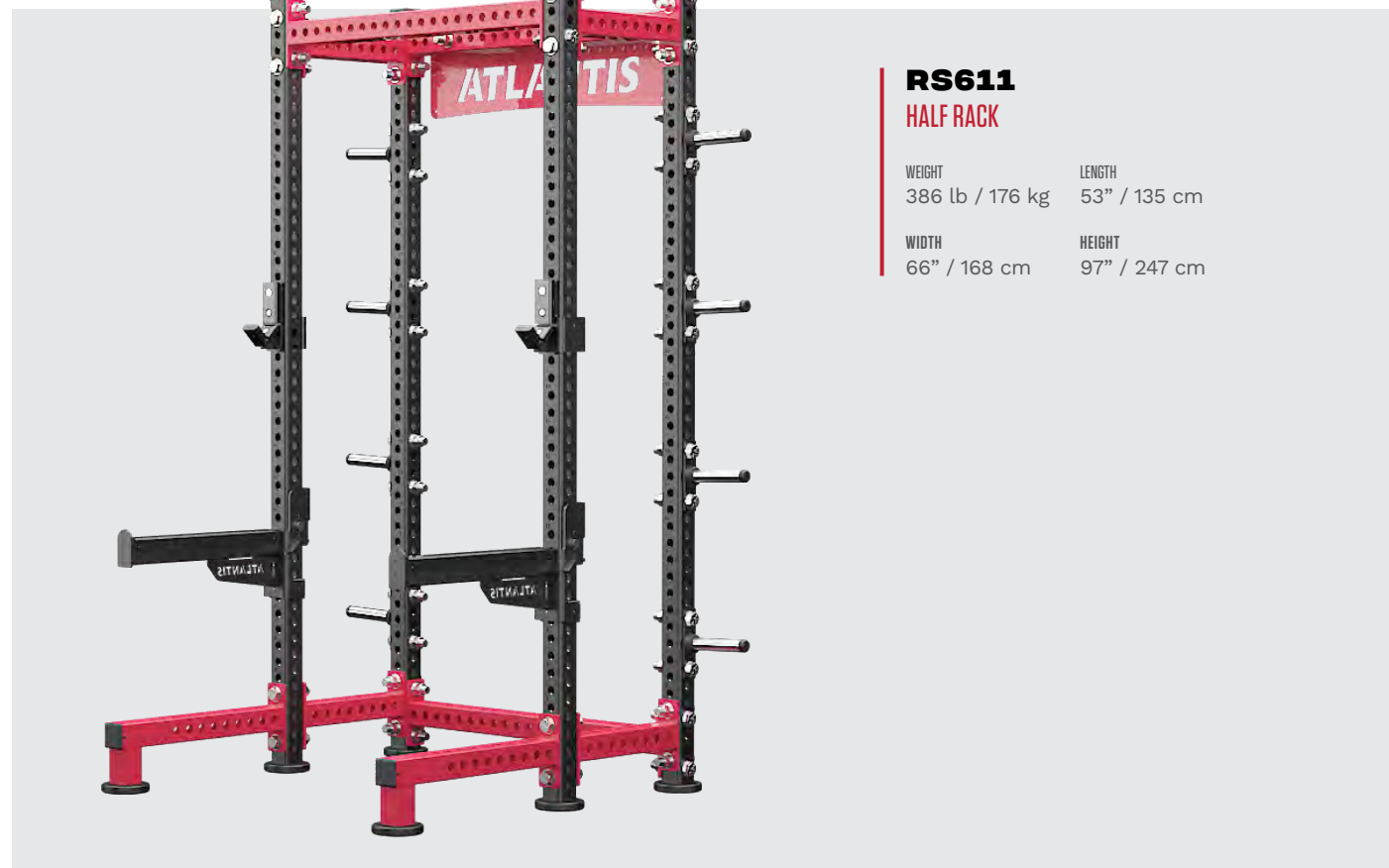


**C513**  
POWER RACK

WEIGHT	LENGTH
556 lb / 253 kg	80" / 204 cm
WIDTH	HEIGHT
65" / 166 cm	97" / 246 cm

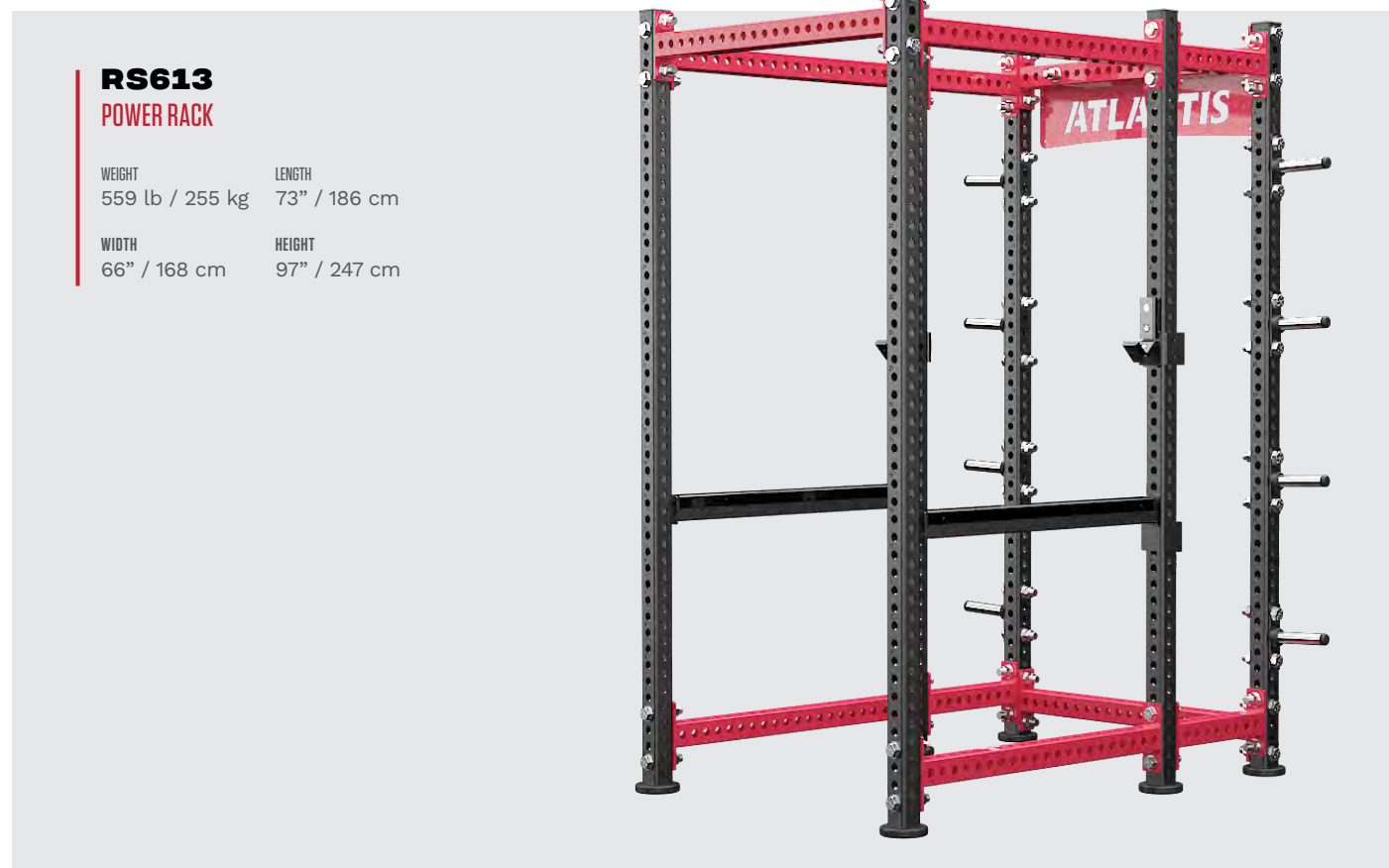






**RS611**  
**HALF RACK**

WEIGHT 386 lb / 176 kg      LENGTH 53" / 135 cm  
 WIDTH 66" / 168 cm      HEIGHT 97" / 247 cm



**RS613**  
**POWER RACK**

WEIGHT 559 lb / 255 kg      LENGTH 73" / 186 cm  
 WIDTH 66" / 168 cm      HEIGHT 97" / 247 cm



**RD123**  
**LAT PULLDOWN**

LENGTH 49" / 123 cm  
 WIDTH 23" / 57 cm  
 HEIGHT 97" / 245 cm



**RD124**  
**LOW ROW**

LENGTH 105" / 268 cm  
 WIDTH 19" / 47 cm  
 HEIGHT 97" / 245 cm



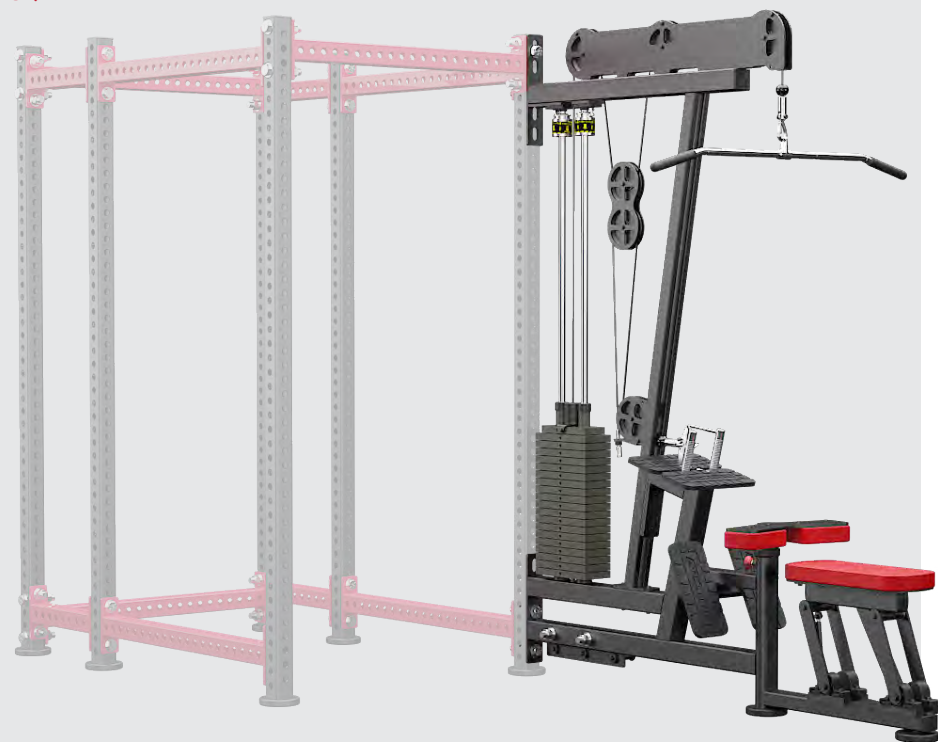
**RD438**

LAT PULLDOWN / LOW ROW COMBO (HEAVY STACK)

LENGTH  
79" / 201 cm

WIDTH  
21" / 54 cm

HEIGHT  
97" / 245 cm



**RX200-L  
RX200-R**

ADJUSTABLE PULLEY

LENGTH  
32" / 82 cm

WIDTH  
16" / 41 cm

HEIGHT  
96" / 244 cm



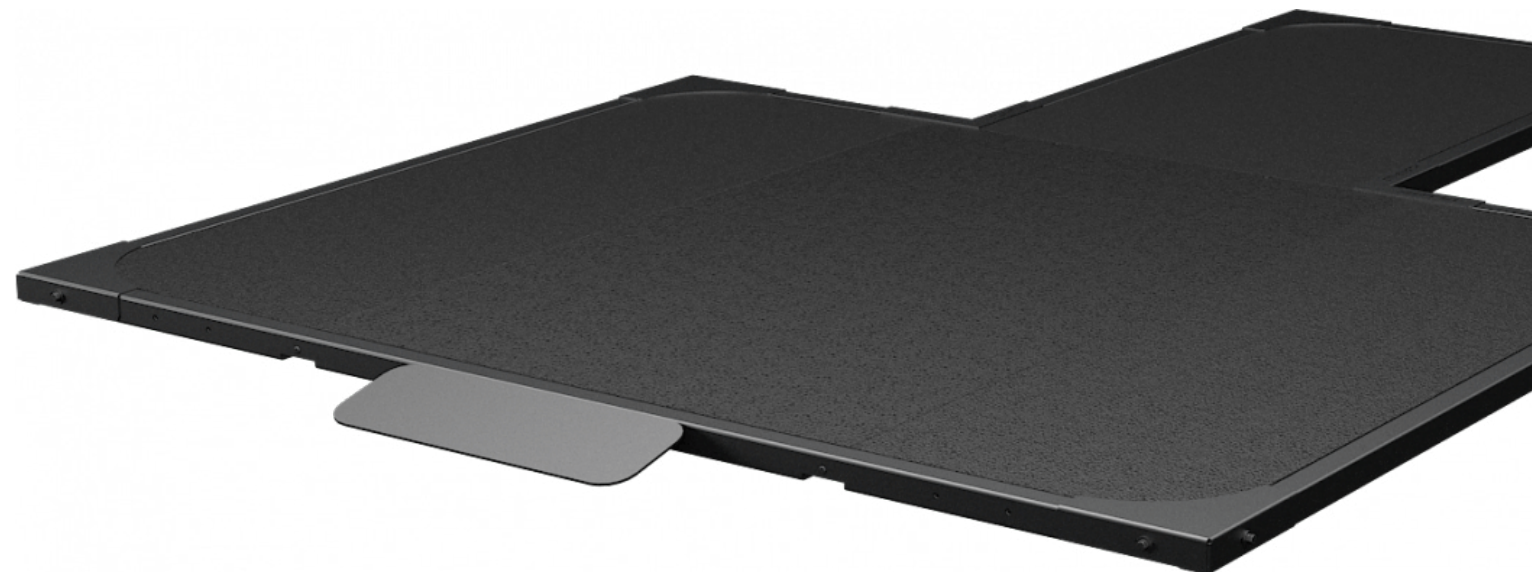


# WEIGHTLIFTING PLATFORMS



## PROTECTION AND NOISE REDUCTION.

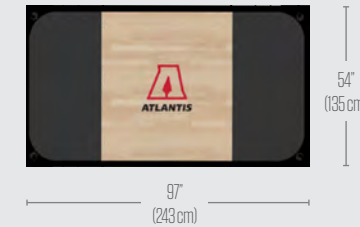
**Lifting platforms** provide a protected area against flooring damage from heavily loaded barbells and other free weights on their decline. While we at Atlantis Strength encourage the finest form, we know that shaping greatness is a journey in pushing for failure. This is our way of providing the right support for any impact.



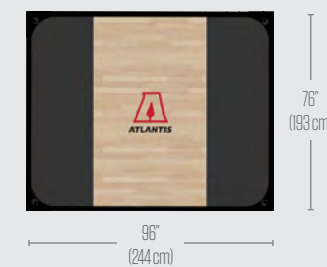
### HARDWOOD SURFACE

- Engineered wood (maple) surface covered with transparent satin finish. In addition, frame contour is made of steel offering superior durability.
- Atlantis logo by default. Custom logos are available (use product code R-201).

#### B4800

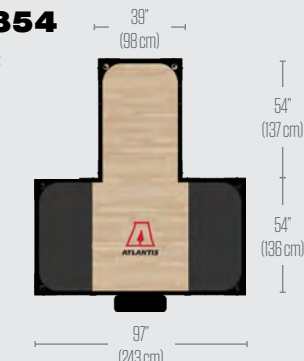


#### B7200



#### B4854

FITS WITH:  
C511  
RS611



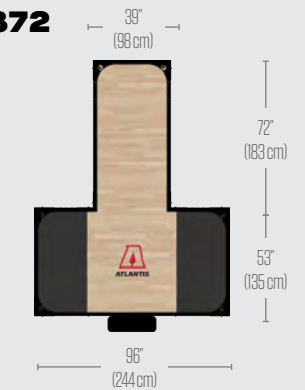
#### B7254

FITS WITH:  
C511  
RS611



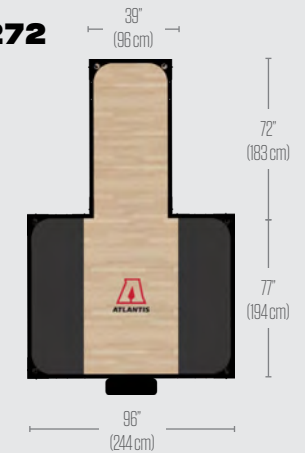
#### B4872

FITS WITH:  
C513  
RS613



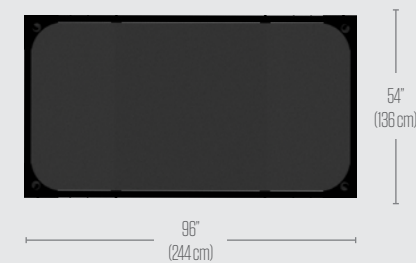
#### B7272

FITS WITH:  
C513  
RS613

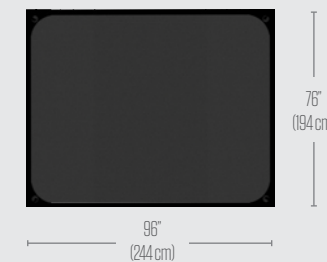


### RUBBERIZED SURFACE (BLACK)

#### C4800

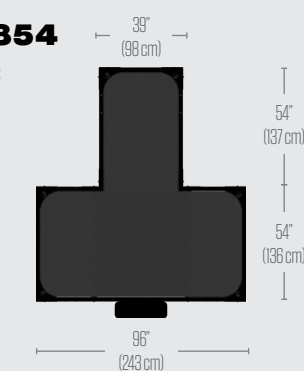


#### C7200



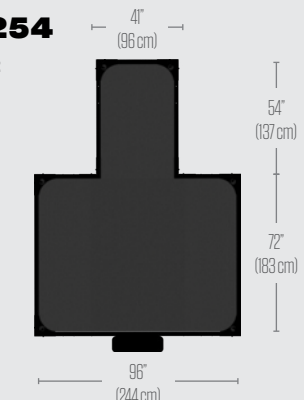
#### C4854

FITS WITH:  
C511  
RS611



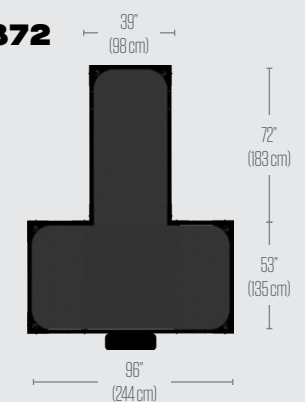
#### C7254

FITS WITH:  
C511  
RS611



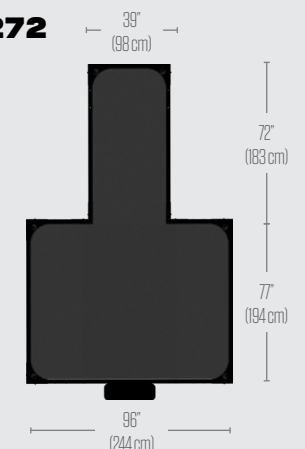
#### C4872

FITS WITH:  
C513  
RS613



#### C7272

FITS WITH:  
C513  
RS613



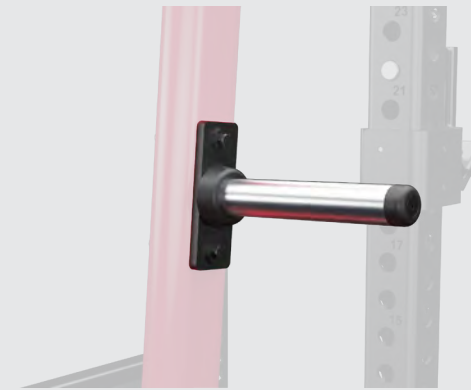


# ACCESSORIES FOR RACKS & RIGS



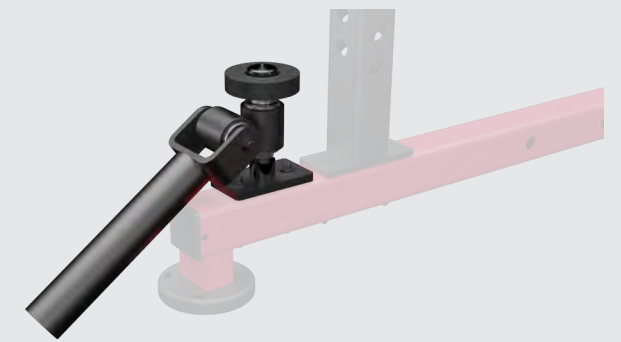
### R100 PREMIUM WEIGHT STORAGE HORN

TO USE WITH  
C511  
C513



### R215 LANDMINE

TO USE WITH  
C511  
C513



### R218 POLIQUIN LATERAL BARS (PAIR)

TO USE WITH  
C513



### R223 RESISTANCE BAND ATTACHMENTS (TOP, PAIR)

TO USE WITH  
C511



**ACCESSORIES  
SPECIFIC TO RACKS  
AND RIGS MADE BY  
ATLANTIS STRENGTH.**



**R700**  
PREMIUM WEIGHT STORAGE HORN

TO USE WITH  
RS611  
RS613



**R702**  
FOUR HANDLE PULL-UP BAR

TO USE WITH  
C511  
C513  
RS611  
RS613



**R706**  
CAMBERED / NEUTRAL PULL-UP BAR

TO USE WITH  
C511  
C513  
RS611  
RS613



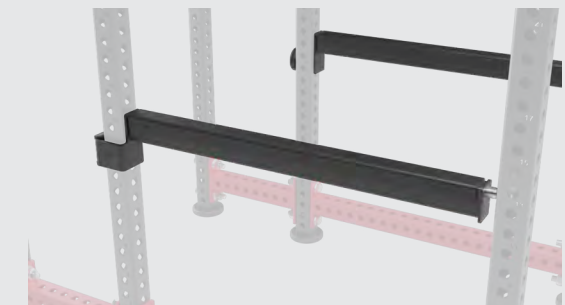
**R707**  
"V" BAR CATCHES (PAIR)

TO USE WITH  
C511  
C513  
RS611  
RS613



**R710**  
43" / 109 CM FLIP-DOWN SAFETIES (PAIR)

TO USE WITH  
RS613



**R704**  
DIP ATTACHMENT

TO USE WITH  
RS611  
RS613



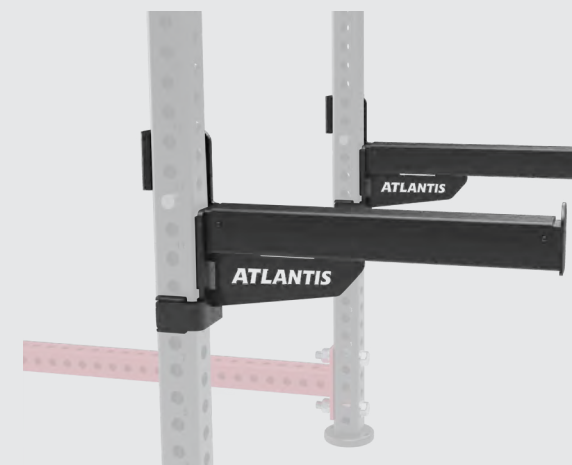
**R705**  
CAMBERED / NEUTRAL FAT GRIP PULL-UP BAR

TO USE WITH  
C511  
C513  
RS611  
RS613



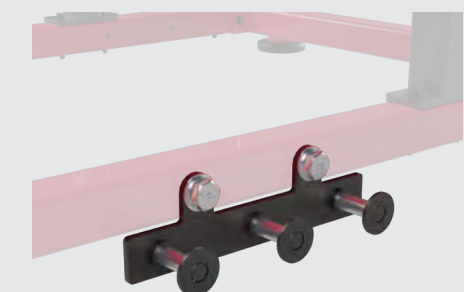
**R709**  
SAFETY BARS 22" / 61 CM - (PAIR)

TO USE WITH  
C511  
C513  
RS611  
RS613



**R712**  
RETRACTABLE RESISTANCE BAND PEGS - BOTTOM (PAIR)

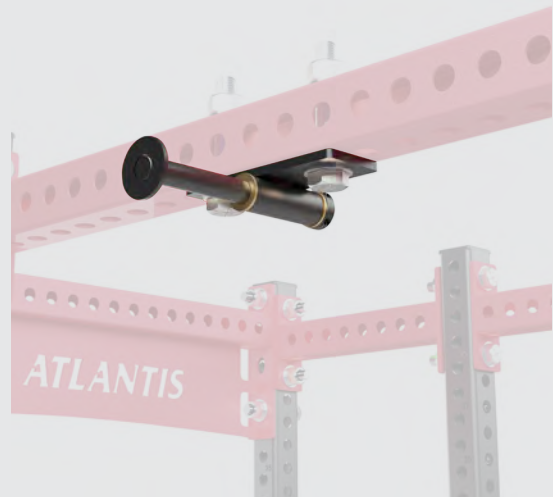
TO USE WITH  
C511  
C513  
RS611  
RS613





**R713**  
RETRACTABLE RESISTANCE BAND PEGS  
- TOP (PAIR)

TO USE WITH  
C513  
RS613



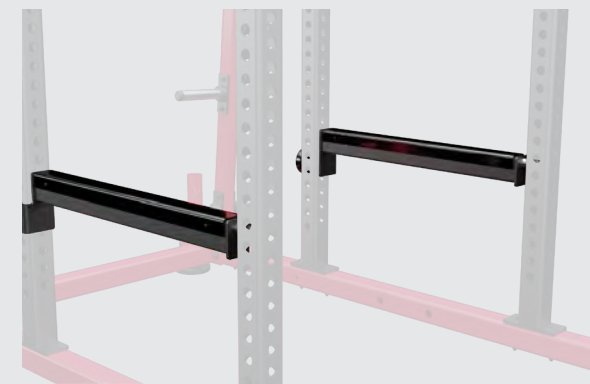
**R714**  
STEP-UP PLATFORM

TO USE WITH  
C511  
C513  
RS611  
RS613



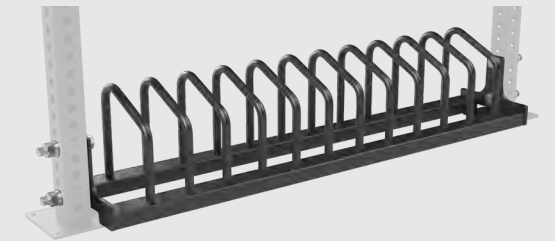
**R718**  
31" / 79 CM FLIP-DOWN SAFETIES (PAIR)

TO USE WITH  
C513



**R719**  
HORIZONTAL PLATE RACK

TO USE WITH  
RS611  
RS613



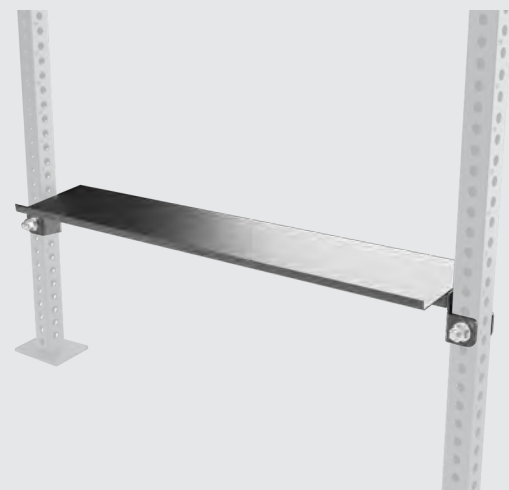
**R722**  
SPOTTER PLATFORMS (PAIR)

TO USE WITH  
C511  
C513  
RS611  
RS613



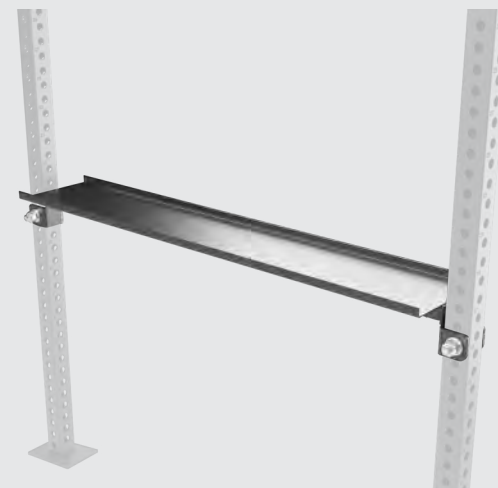
**R716**  
66" / 178 CM DUMBBELL SHELF

TO USE WITH  
RS611  
RS613



**R717**  
66" / 178 CM KETTLEBELL SHELF

TO USE WITH  
RS611  
RS613



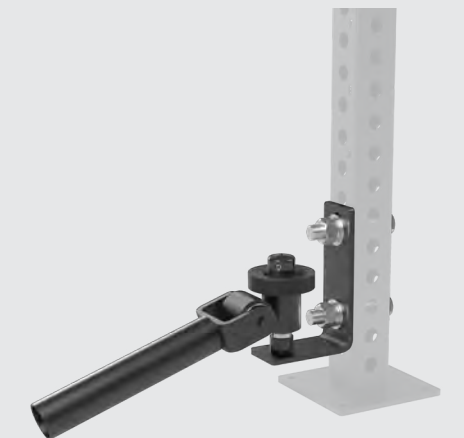
**R721**  
NEUTRAL FAT GRIP PULL-UP BAR

TO USE WITH  
C511  
C513  
RS611  
RS613



**R734**  
LANDMINE

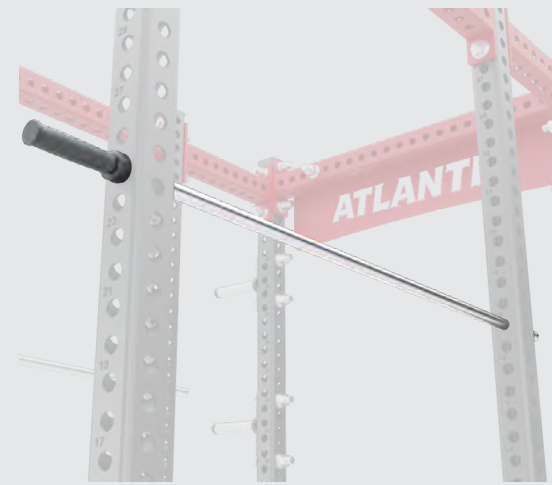
TO USE WITH  
RS611  
RS613





**R738**  
POLIQUIN LATERAL BARS (PAIR)

TO USE WITH  
RS613



**R740**  
CAMBERED PULL-UP BAR  
(2 HANDLES)

TO USE WITH  
C511  
C513  
RS611  
RS613



**R750**  
JAMMER ARMS (PAIR)

TO USE WITH  
RS613



**R751**  
ROTATING HANDLE PULL-UPS

TO USE WITH  
C511  
C513



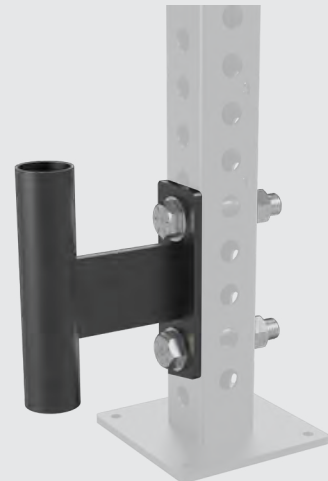
**R745**  
ROLLER PAD

TO USE WITH  
C511  
C513  
RS611  
RS613



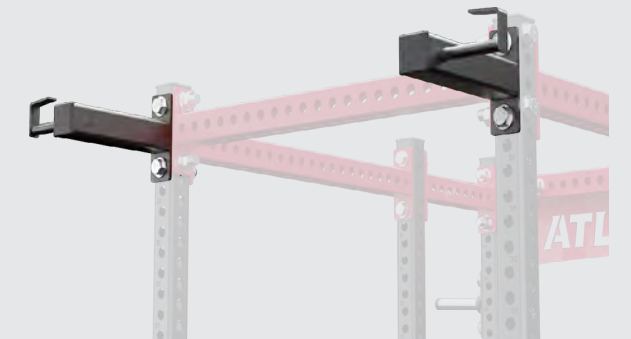
**R749**  
OLYMPIC BAR HOLDER

TO USE WITH  
RS611  
RS613



**R752**  
RESISTANCE BAND ATTACHMENTS - TOP (PAIR)

TO USE WITH  
RS611



**R753**  
ROTATING HANDLE PULL-UPS

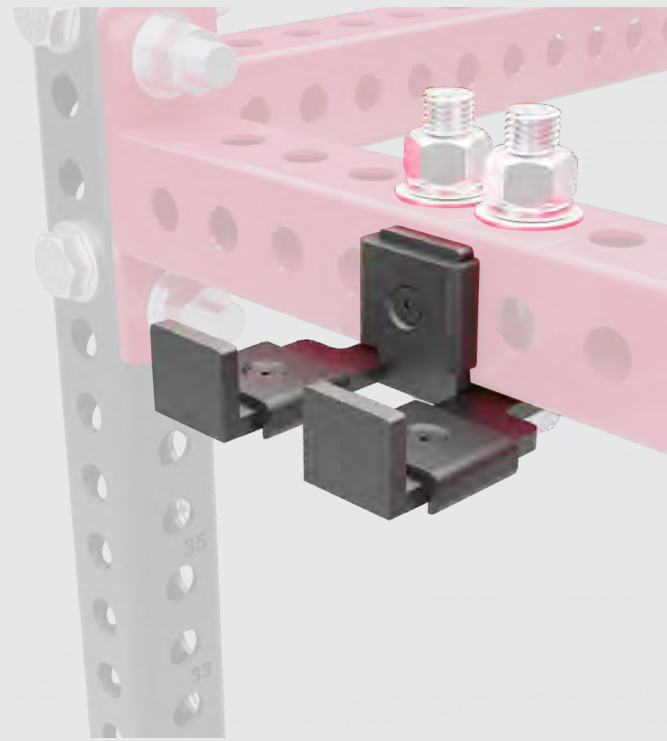
TO USE WITH  
RS611  
RS613





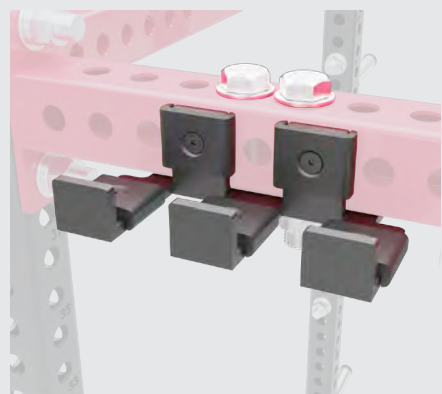
**R755**  
SINGLE HANGING BAR STORAGE

TO USE WITH  
RS611  
RS613



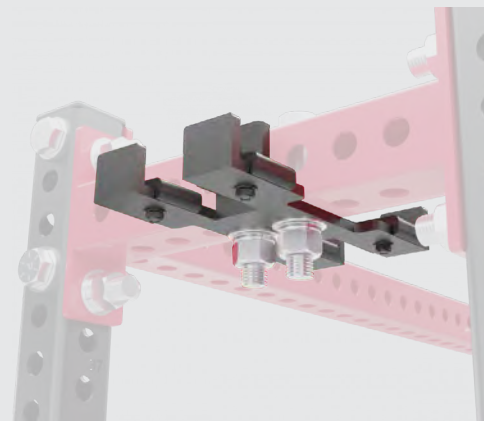
**R756**  
DOUBLE HANGING BAR STORAGE (SIDE-BY-SIDE)

TO USE WITH  
RS611  
RS613



**R757**  
DOUBLE HANGING BAR STORAGE (BACK-TO-BACK)

TO USE WITH  
RS611  
RS613





# BODY-WEIGHT & BENCHES



**C206**  
LEG PLATFORM

WEIGHT	130 lb / 60 kg	LENGTH	33" / 84 cm
WIDTH	40" / 102 cm	HEIGHT	47" / 120 cm



**C322**  
POOR MAN'S GLUTE AND HAM DEVELOPER

WEIGHT	78 lb / 36 kg	LENGTH	48" / 122 cm
WIDTH	24" / 61 cm	HEIGHT	18" / 46 cm



The catalyst of every great work out starts with the old fashion body weight exercises, but with a slight Atlantis Strength upgrade.





**C706**  
ADJUSTABLE LEG PLATFORM WITH SLIDE ADJUSTMENT

WEIGHT	LENGTH
122 lb / 55 kg	31" / 80 cm
WIDTH	HEIGHT
30" / 76 cm	50" / 127 cm



**E155**  
SMITH MACHINE

WEIGHT	LENGTH
633 lb / 288 kg	54" / 137 cm
WIDTH	HEIGHT
85" / 216 cm	83" / 210 cm
STARTING RESISTANCE	
20 lb / 10 kg	



**R263**  
EXTREME SLED

WEIGHT
126 lb / 58 kg
LENGTH
52" / 132 cm
WIDTH
29" / 73 cm
HEIGHT
42" / 106 cm



**M123**  
CALF PLATFORM

WEIGHT	LENGTH
29 lb / 14 kg	15" / 37 cm
WIDTH	HEIGHT
25" / 64 cm	7" / 16 cm



**P245**  
DIP BARS

WEIGHT	LENGTH
164 lb / 75 kg	42" / 106 cm
WIDTH	HEIGHT
40" / 101 cm	57" / 144 cm



**R264**  
DELUXE FARMER'S WALK HANDLES

WEIGHT
90 lb / 41 kg
LENGTH
65" / 166 cm
WIDTH
10" / 26 cm
HEIGHT
24" / 61 cm





# UPHOLSTERY COLOUR CHART

**R400**  
**HEEL RAISE PLATFORM**

WEIGHT 16 lb / 7 kg      LENGTH 9" / 23 cm  
 WIDTH 24" / 61 cm      HEIGHT 2" / 5 cm



**R500**  
**OLYMPIC BAR JACK**

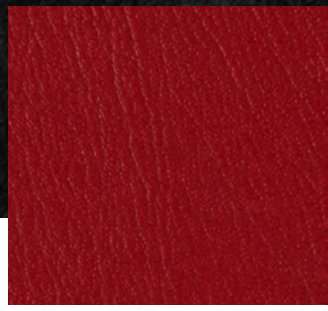
WEIGHT 9 lb / 4 kg      LENGTH 15" / 38 cm  
 WIDTH 6" / 15 cm      HEIGHT 12" / 30 cm



**BOLTAFLX® UPHOLSTERY WITH PREFIXX® FINISH**

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

<b>SNOW</b> 517918 RGB: 255/255/255 #ffffff	<b>WHITE</b> 518802 RGB: 255/254/249 #ffffe9	<b>WHEAT</b> 532614 RGB: 210/213/167 #d2d5a7	<b>BEIGE</b> 518424 RGB: 204/199/170 #ccc7aa	<b>GREEN TEA</b> 518777 RGB: 148/151/118 #949776	<b>LEAPFROG</b> 518780 RGB: 111/153/70 #6f9946	<b>GRASS</b> 532618 RGB: 45/97/58 #2d613a	<b>EMERALD</b> 518772 RGB: 38/69/50 #264532	<b>VIZCAYA PALM</b> 518386 RGB: 70/94/85 #465e55	<b>JADE</b> 518421 RGB: 63/108/100 #3f6c64	<b>LIGHT TEAL</b> 518420 RGB: 88/161/160 #58ata0	<b>SEAFoAM</b> 518418 RGB: 102/143/116 #668f74
<b>LITE GREY</b> 518781 RGB: 189/192/200 #bdc0c8	<b>GRIS</b> 532615 RGB: 118/118/123 #76767b	<b>NATURAL</b> (517908) 518788 RGB: 188/180/150 #bcb496	<b>COFFEE CREAM</b> 518788 RGB: 190/169/128 #bea980	<b>CAMELBACK</b> (518423) 517730 RGB: 179/147/82 #b39352	<b>SADDLE TAN</b> 517730 RGB: 161/133/95 #a1855f	<b>EVERGLADE</b> 518773 RGB: 80/89/69 #505943	<b>HUNTER GREEN</b> 518779 RGB: 39/55/51 #273733	<b>SEAGRASS</b> 518419 RGB: 89/112/116 #597074	<b>BLUE NILE</b> 518782 RGB: 41/108/136 #296c88	<b>AQUA</b> 532616 RGB: 94/151/171 #5e97ab	<b>REFLECTION</b> 532612 RGB: 250/252/248 #fafafc
<b>GREY</b> 517423 RGB: 133/132/127 #85847f	<b>CADET</b> 518786 RGB: 93/100/108 #5d646c	<b>PUMICE</b> 518634 RGB: 152/148/135 #989487	<b>BUCKSUDE</b> 518636 RGB: 134/114/78 #86724e	<b>OUTBACK</b> 518790 RGB: 129/99/64 #816240	<b>TEA LEAF</b> 518799 RGB: 78/73/59 #4e493b	<b>RAINTREE</b> 518794 RGB: 35/78/79 #234e4f	<b>SPRUCE</b> 518417 RGB: 43/55/57 #2b3739	<b>HARBOUR</b> 518778 RGB: 50/64/69 #324045	<b>HORIZON BLUE</b> 518635 RGB: 55/103/117 #376775	<b>NEPTUNE</b> 517424 RGB: 56/110/164 #386ea4	<b>DREAM</b> 532613 RGB: 212/232/248 #d4e8f8
<b>MARIGOLD</b> (523426) 517921 RGB: 255/209/175 #ffd14b	<b>NASTURTIUM</b> 517921 RGB: 242/99/34 #f26322	<b>DEEP CLAY</b> 518771 RGB: 38/69/50 #264532	<b>ALLSPICE</b> 518760 RGB: 98/58/32 #623a20	<b>FUDGE</b> 517922 RGB: 52/39/37 #342725	<b>SLATE</b> 517701 RGB: 55/51/57 #373939	<b>BLACK</b> 517420 RGB: 43/45/46 #2b2d2e	<b>NAVY</b> 517920 RGB: 23/33/46 #17212e	<b>ROYAL BLUE</b> 518796 RGB: 17/33/49 #112131	<b>MIDNIGHT BLUE</b> 518785 RGB: 54/62 #05293e	<b>COLONIAL BLUE</b> 518789 RGB: 16/62/86 #103e56	<b>CERULEAN</b> 532617 RGB: 48/93/171 #305dab
<b>RED CENT</b> 518795 RGB: 162/47/34 #a22f22	<b>PERSIMMON</b> 518791 RGB: 239/62/37 #efe25	<b>MANZANITA</b> 521374 RGB: 148/52/31 #94341f	<b>PORT</b> 518792 RGB: 71/35/34 #472322	<b>BURGUNDY</b> 518785 RGB: 46/26/30 #2a1a1e	<b>CHOCOLATE</b> 518422 RGB: 59/41/31 #3b291f	<b>CORDOVAN</b> 518770 RGB: 51/28/33 #331c21	<b>OTTER</b> 518789 RGB: 33/29/30 #211d1e	<b>BLUEBERRY</b> 518763 RGB: 24/47/86 #1e2f56	<b>REGAL BLUE</b> 518705 RGB: 28/41/86 #1c2956	<b>BLUEJAY</b> 518703 RGB: 34/54/107 #22366b	<b>MARINA</b> 518784 RGB: 36/55/115 #243773
<b>AMERICAN BEAUTY</b> 520202 RGB: 208/35/39 #d02327	<b>TOMATO</b> 518800 RGB: 211/37/39 #d32527	<b>VERY BERRY</b> 523027 RGB: 176/39/59 #b0273b	<b>BERRY</b> 518761 RGB: 118/26/31 #761a1f	<b>NEW BURGUNDY</b> 518787 RGB: 84/25/25 #541919	<b>GRAPE</b> 518775 RGB: 74/25/48 #4a1930	<b>MAGENTA</b> 532619 RGB: 112/32/60 #70203c	<b>PURPLE IRIS</b> 517919 RGB: 61/41/80 #3d2950	<b>WOOD VIOLET</b> 518804 RGB: 83/62/79 #533e4f	<b>COAL</b> 518647 RGB: 61/59/75 #3d3e4b	<b>BLACK PLUM</b> 517421 RGB: 48/29/38 #301d26	<b>NEW PURPLE</b> 520053 RGB: 36/34/74 #24224a



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

## FRAME COLOURS

**STANDARD**

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

**PREMIUM**

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

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