

# 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

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



**B256**  
SEATED PREACHER CURL

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



**C220**  
ADJUSTABLE SINGLE LEG SQUAT STAND

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



**D128**  
INCLINE HYPER EXTENSION

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



**C117**  
SISSY SQUAT

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



**C120**  
SINGLE LEG SQUAT STAND (FIXED)

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



**D227**  
GLUTE AND HAM DEVELOPER

<b>BODY PART</b>	<b>WEIGHT</b>	
Legs	202 lb / 92 kg	
<b>LENGTH</b>	<b>WIDTH</b>	
65" / 165 cm	35" / 89 cm	
<b>HEIGHT</b>		
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: Chest  
WEIGHT: 216 lb / 99 kg

LENGTH: 71" / 181 cm

WIDTH: 66" / 168 cm

HEIGHT: 49" / 125 cm



**P537**  
FLAT DUMBBELL BENCH WITH PIVOTS

BODY PART: Chest  
WEIGHT: 290 lb / 132 kg

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



**P538**  
INCLINE DUMBBELL BENCH WITH PIVOTS

BODY PART: Chest  
WEIGHT: 210 lb / 96 kg

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



**P338**  
OLYMPIC INCLINE BENCH PRESS (WITH PIVOT)

BODY PART: Chest  
WEIGHT: 264 lb / 120 kg

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



**P339**  
OLYMPIC FLAT / DECLINE BENCH PRESS (WITH PIVOT)

BODY PART: Chest  
WEIGHT: 301 lb / 137 kg

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



**P539**  
DECLINE DUMBBELL BENCH WITH PIVOTS

BODY PART: Chest  
WEIGHT: 300 lb / 137 kg

LENGTH: 77" / 194 cm  
WIDTH: 43" / 109 cm  
HEIGHT: 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



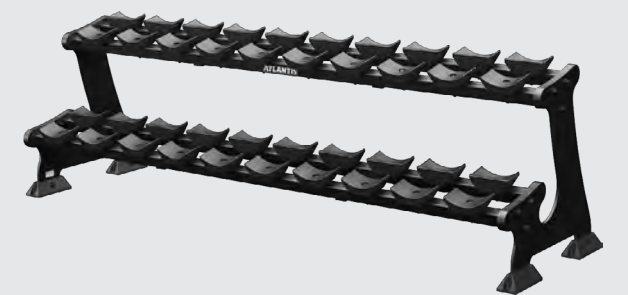
### S187 DUMBBELL RACK (10 PAIRS)

WEIGHT  
230 lb / 105 kg

LENGTH  
31" / 77 cm

WIDTH  
94" / 239 cm

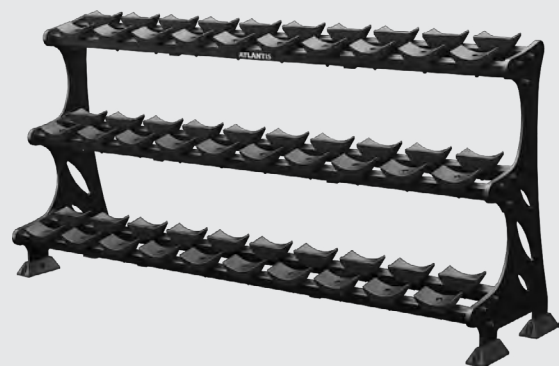
HEIGHT  
30" / 75 cm





**S189**  
DUMBBELL RACK (15 PAIRS)

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



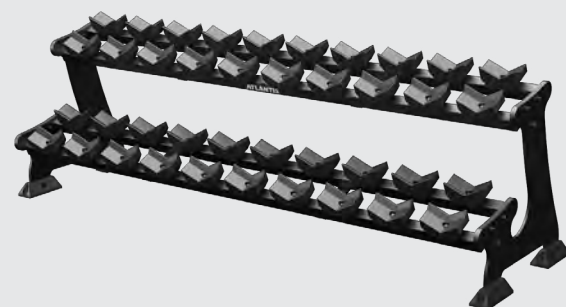
**S190**  
BARBELL RACK

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



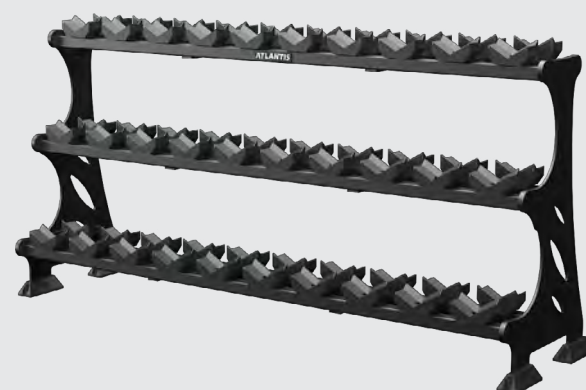
**S287B**  
HEX DUMBBELL RACK (10 PAIRS)

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

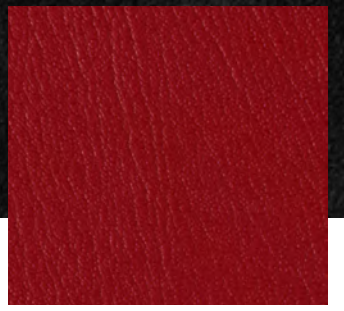




# UPHOLSTERY COLOUR CHART

## 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

<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: 88/151/160 #58ata0	<b>SEAFoAM</b> 518418 RGB: 102/143/116 #688f74
<b>LITE GREY</b> 518781 RGB: 189/192/200 #bdc0c8	<b>GRIS</b> 532615 RGB: 118/118/123 #76767b	<b>NATURAL</b> 517908 RGB: 188/180/150 #ccb496	<b>COFFEE CREAM</b> 518768 RGB: 190/169/128 #bea980	<b>CAMELBACK</b> 518423 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> 518762 RGB: 41/108/136 #296c88	<b>AQUA</b> 532616 RGB: 94/151/171 #5e97ab	<b>REFLECTION</b> 532612 RGB: 250/252/252 #fafafc
<b>GREY</b> 517423 RGB: 193/192/127 #85847f	<b>CADET</b> 518766 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: 129/98/64 #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: 49/55/57 #2b3739	<b>HARBOUR</b> 518778 RGB: 50/64/89 #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 #04e8f8
<b>MARIGOLD</b> 523426 RGB: 255/209/175 #ffd14b	<b>NASTURTIUM</b> 517921 RGB: 242/199/34 #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: 129/98/37 #342725	<b>SLATE</b> 517701 RGB: 55/57/57 #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: 5/41/62 #05293e	<b>COLONIAL BLUE</b> 518769 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: 239/82/37 #efe25	<b>MANZANITA</b> 521374 RGB: 148/52/31 #94341f	<b>PORT</b> 518792 RGB: 71/35/34 #472322	<b>BURGUNDY</b> 518765 RGB: 46/26/30 #2e1a1e	<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 #182f56	<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> 518767 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

## 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