

# 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

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



### D828F DELUXE INCLINE HYPER EXTENSION (FLAT VERSION)

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







**PW212**  
**PENDULUM SQUAT PRO**

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



**PW412**  
**HACK SQUAT PRO**

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



**PW419**  
**UNILATERAL LEG PRESS PRO**

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



**PW702**  
**HIP THRUSTER PRO**

<b>BODY PART</b> Legs	<b>WEIGHT</b> 394 lb / 180 kg	<b>STARTING RESISTANCE</b> 53 lb / 25 kg
<b>LENGTH</b> 74" / 187 cm	<b>WIDTH</b> 56" / 141 cm	<b>HEIGHT</b> 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	WEIGHT	WEIGHT STACK
Arms	402 lb / 183 kg	205 lb / 93 kg
LENGTH	WIDTH	HEIGHT
62" / 157 cm	38" / 96 cm	74" / 187 cm



### A274 ABDOMINAL ROTATION

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



### A301 DUAL SEATED CRUNCH

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



### B157 BICEPS CURL

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



**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



**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



**B257**  
STANDING BICEP CURL

BODY PART	WEIGHT	WEIGHT STACK
Arms	249 lb / 114 kg	195 lb / 89 kg
LENGTH	WIDTH	HEIGHT
64" / 161 cm	31" / 78 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



**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



**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



**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



**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



**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



**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



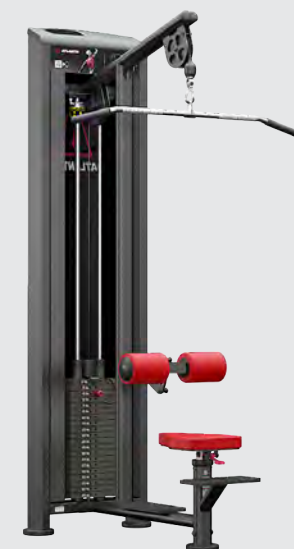
**C403**  
HORIZONTAL LEG PRESS

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



**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



**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



**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



**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



**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



**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



**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



**MS3**  
TRICEPS PULLEY

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



**MS2**  
ADJUSTABLE PULLEY

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



**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



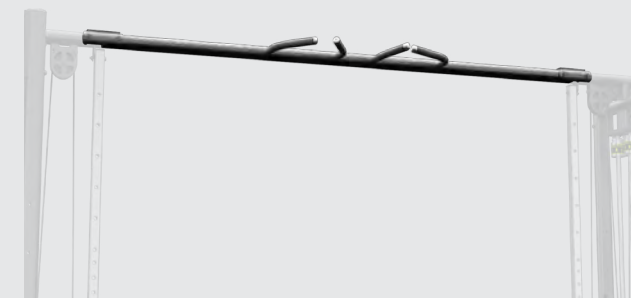
**MS8**  
INCLINE ROW (D132 MODEL)

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

<b>BODY PART</b>	<b>WEIGHT</b>	<b>WEIGHT STACK</b>
Chest	719 lb / 327 kg	310 lb / 141 kg
<b>LENGTH</b>	<b>WIDTH</b>	<b>HEIGHT</b>
59" / 150 cm	60" / 153 cm	73" / 186 cm



**P143**  
INCLINE CONVERGING CHEST PRESS

<b>BODY PART</b>	<b>WEIGHT</b>	<b>WEIGHT STACK</b>
Chest	742 lb / 338 kg	250 lb / 113 kg
<b>LENGTH</b>	<b>WIDTH</b>	<b>HEIGHT</b>
94" / 239 cm	65" / 163 cm	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

<b>BODY PART</b>	<b>WEIGHT</b>	<b>WEIGHT STACK</b>
Back	653 lb / 297 kg	250 lb / 113 kg
<b>LENGTH</b>	<b>WIDTH</b>	<b>HEIGHT</b>
74" / 187 cm	46" / 115 cm	69" / 174 cm



**P156**  
PEC / REAR DELT FLY COMBO

<b>BODY PART</b>	<b>WEIGHT</b>	<b>WEIGHT STACK</b>
Chest, Shoulders	602 lb / 274 kg	310 lb / 141 kg
<b>LENGTH</b>	<b>WIDTH</b>	<b>HEIGHT</b>
52" / 130 cm	27" / 69 cm	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

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



**C401**  
40 DEGREE LEG PRESS

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



**D125**  
INCLINE T-BAR ROW

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



**D126**  
T-BAR ROW WITH HANDLES

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



**C412**  
HACK SQUAT

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



**D215**  
REVERSE HYPER EXTENSION

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



**D335**  
SHRUG & DEADLIFT MACHINE

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





**D533**  
**SEAL ROW**

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



**E449**  
**CONVERGING SHOULDER PRESS**

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



**P441**  
**LYING CONVERGING BENCH PRESS**

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



**P443**  
**CONVERGING INCLINE BENCH PRESS**

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



**M219**  
**SEATED CALF**

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



**P439**  
**DECLINE / FLAT CONVERGING BENCH PRESS**

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



**PW104**  
**VERTICAL LEG PRESS**

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



**PW120**  
**TOTAL NECK**

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





**PW156**

**FLAT PEG FLY**

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



**PW163**

**TRICEPS PUSHDOWN**

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



**PW218**

**KNEELING LEG CURL**

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



**PW219**

**UNILATERAL LEG PRESS**

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







**PW256**  
INCLINE PEC FLY

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



**PW322**  
ASSISTED GLUTE AND HAM DEVELOPER

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



**PW319**  
SEATED CALF PRESS

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



**PW357**  
PREACHER CURL

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



**PW423**  
FRONT PULLDOWN

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





**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

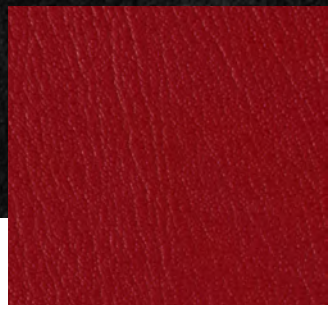
<b>BODY PART</b>	<b>WEIGHT</b>	<b>WEIGHT STACK</b>
Arms	440 lb / 200 kg	250 lb / 113 kg
<b>LENGTH</b>	<b>WIDTH</b>	<b>HEIGHT</b>
59" / 150 cm	29" / 72 cm	73" / 184 cm



## BOLTAFLX® UPHOLSTERY WITH PREFIXX® FINISH

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

<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> 518986 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 RGB: 188/180/150 #bcb496	<b>COFFEE CREAM</b> 518768 RGB: 190/169/128 #bea98d	<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 #5e87ab	<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: 129/99/64 #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: 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 #d4e8f8
<b>MARIGOLD</b> (523426) 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: 98/98/32 #623a20	<b>FUDGE</b> 517922 RGB: 52/39/37 #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 #1e2f56	<b>REGAL BLUE</b> 518705 RGB: 28/41/86 #1e2956	<b>BLUEJAY</b> 518703 RGB: 34/41/107 #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



**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.





# ***ATLANTIS***

4745, av. des Industries, Laval, Quebec (Canada) H7C 1A1

450 664-2285 · [info@atlantisstrength.com](mailto:info@atlantisstrength.com)

[atlantisstrength.com](http://atlantisstrength.com)



# SHAPE GREATNESS