

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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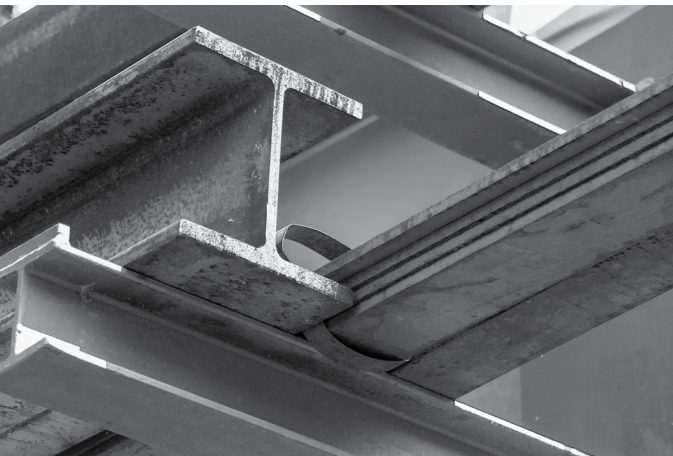
STAY AHEAD
OF THE GAME
WITH OUR

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



RD123
LAT PULLDOWN

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



RS613
POWER RACK

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

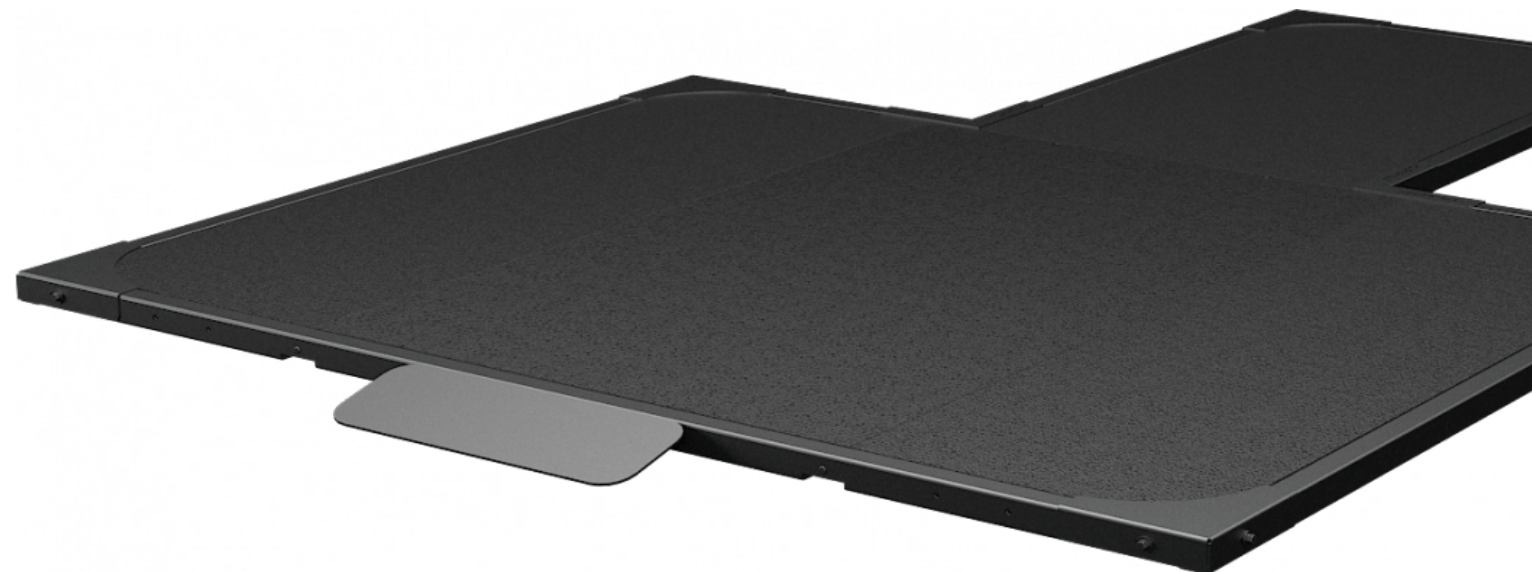


WEIGHTLIFTING PLATFORMS



PROTECTION AND NOISE REDUCTION.

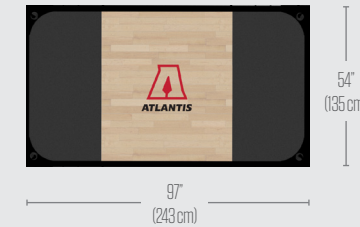
Lifting platforms provide a protected area against flooring damage from heavily loaded barbells and other free weights on their decline. While we at Atlantis Strength encourage the finest form, we know that shaping greatness is a journey in pushing for failure. This is our way of providing the right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

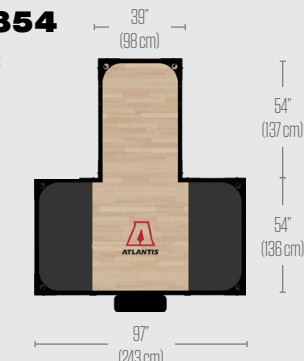


B7200



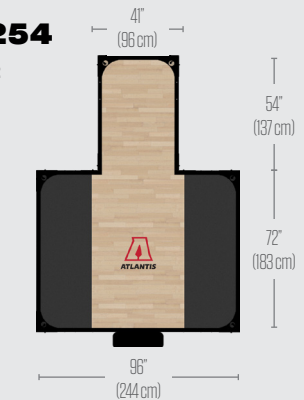
B4854

FITS WITH:
C511
RS611



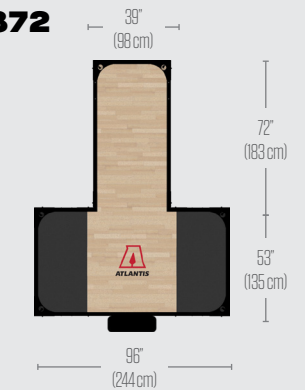
B7254

FITS WITH:
C511
RS611



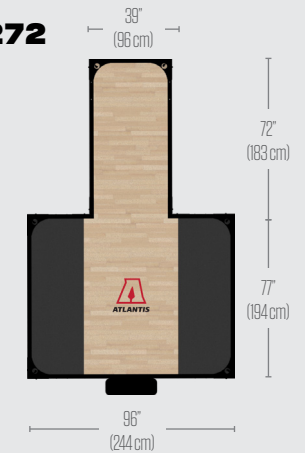
B4872

FITS WITH:
C513
RS613



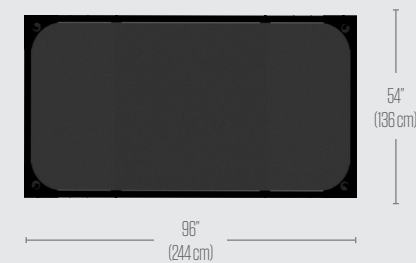
B7272

FITS WITH:
C513
RS613

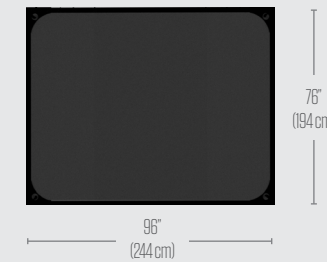


RUBBERIZED SURFACE (BLACK)

C4800

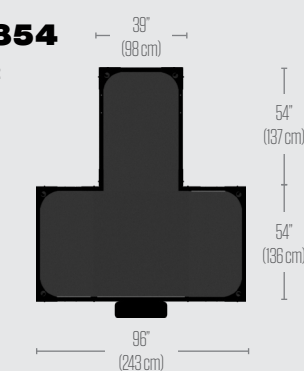


C7200



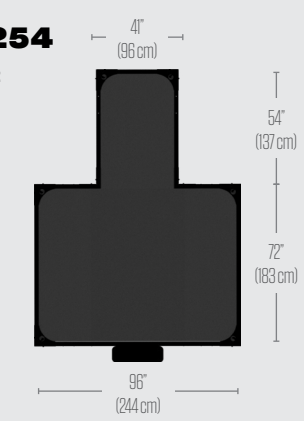
C4854

FITS WITH:
C511
RS611



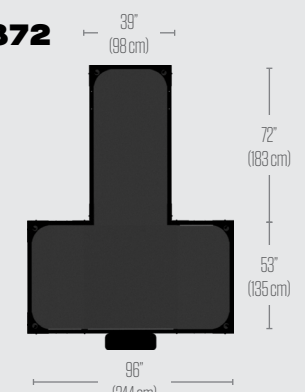
C7254

FITS WITH:
C511
RS611



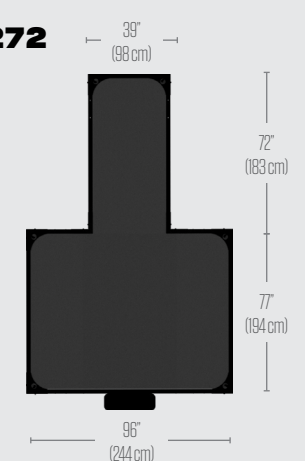
C4872

FITS WITH:
C513
RS613



C7272

FITS WITH:
C513
RS613

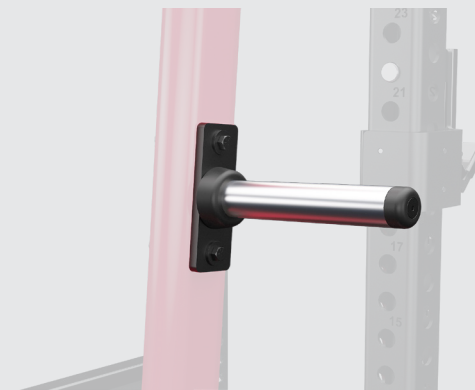


ACCESSORIES FOR RACKS & RIGS



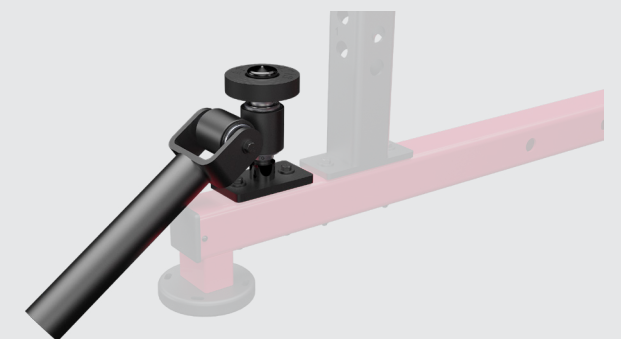
R100 PREMIUM WEIGHT STORAGE HORN

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



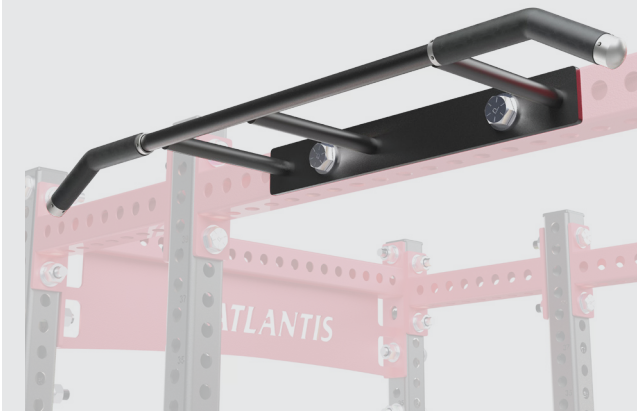
R702
FOUR HANDLE PULL-UP BAR

TO USE WITH
C511
C513
RS611
RS613



R706
CAMBERED / NEUTRAL PULL-UP BAR

TO USE WITH
C511
C513
RS611
RS613



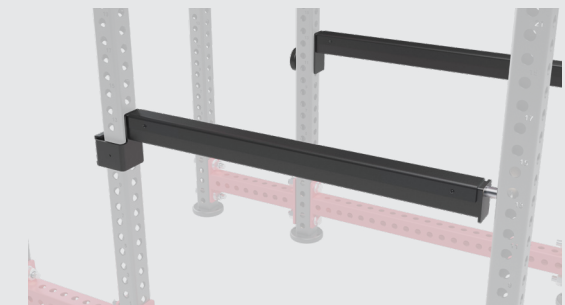
R707
"V" BAR CATCHES (PAIR)

TO USE WITH
C511
C513
RS611
RS613



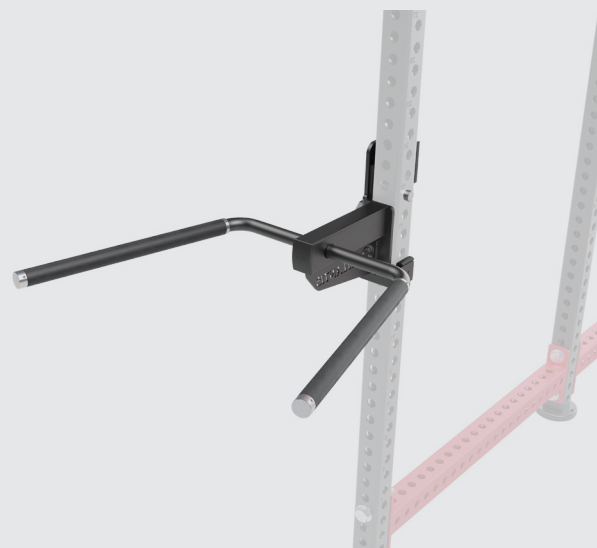
R710
43" / 109 CM FLIP-DOWN SAFETIES (PAIR)

TO USE WITH
RS613



R704
DIP ATTACHMENT

TO USE WITH
RS611
RS613



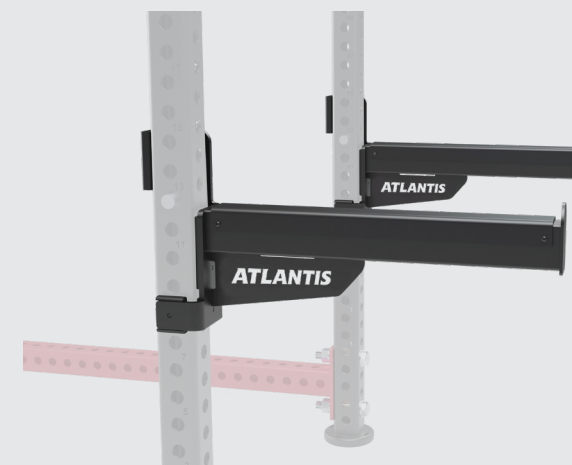
R705
CAMBERED / NEUTRAL FAT GRIP PULL-UP BAR

TO USE WITH
C511
C513
RS611
RS613



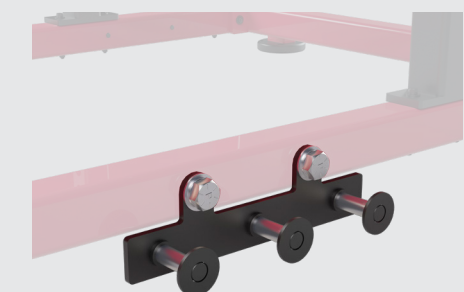
R709
SAFETY BARS 22" / 61 CM - (PAIR)

TO USE WITH
C511
C513
RS611
RS613



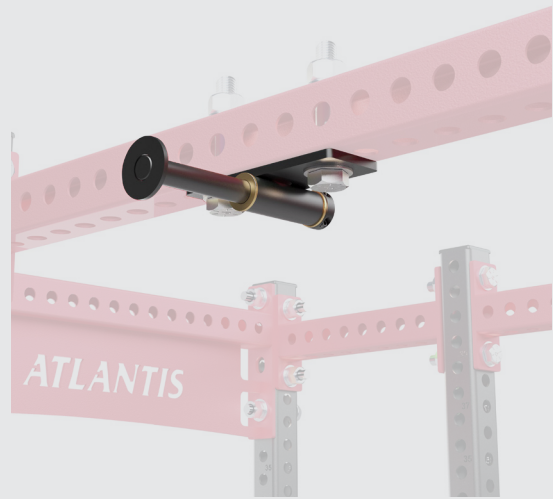
R712
RETRACTABLE RESISTANCE BAND PEGS - BOTTOM (PAIR)

TO USE WITH
C511
C513
RS611
RS613



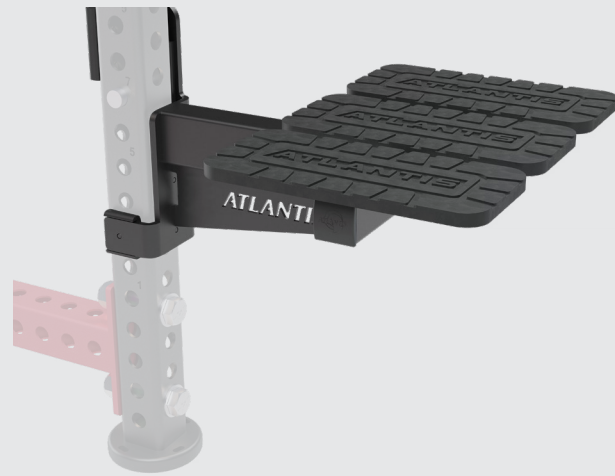
R713
RETRACTABLE RESISTANCE BAND PEGS
- TOP (PAIR)

TO USE WITH
 C513
 RS613



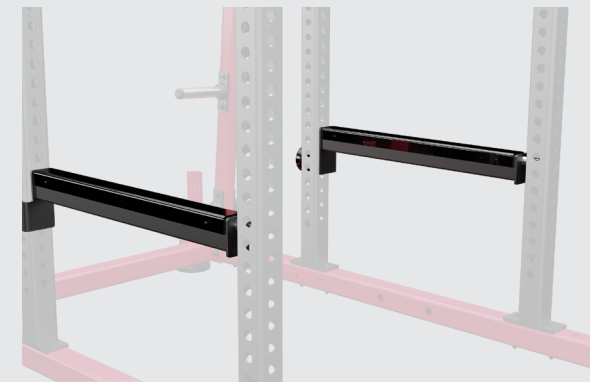
R714
STEP-UP PLATFORM

TO USE WITH
 C511
 C513
 RS611
 RS613



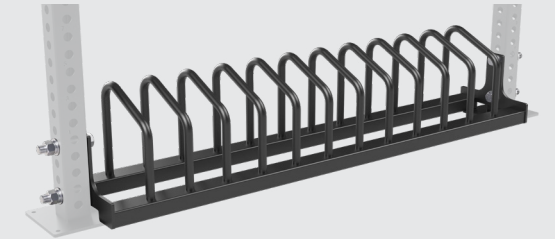
R718
31" / 79 CM FLIP-DOWN SAFETIES (PAIR)

TO USE WITH
 C513



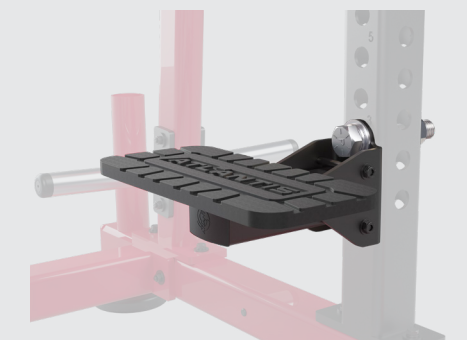
R719
HORIZONTAL PLATE RACK

TO USE WITH
 RS611
 RS613



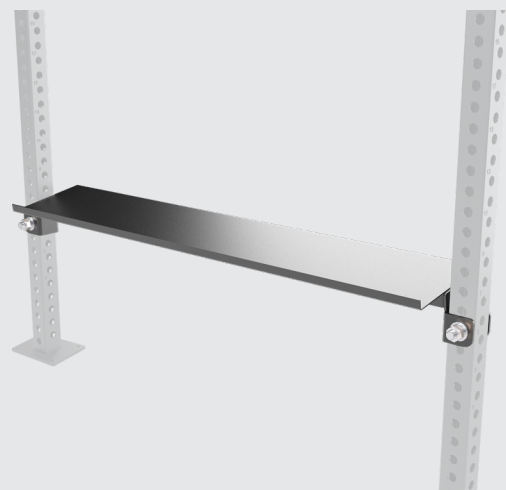
R722
SPOTTER PLATFORMS (PAIR)

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



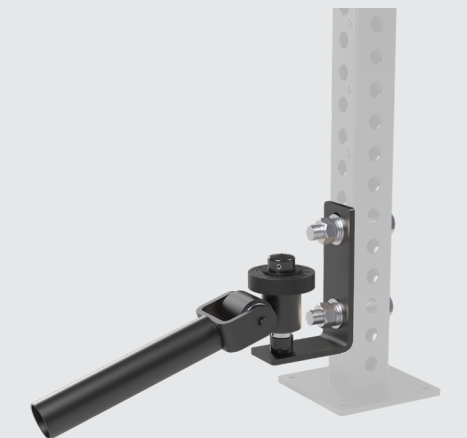
R721
NEUTRAL FAT GRIP PULL-UP BAR

TO USE WITH
 C511
 C513
 RS611
 RS613



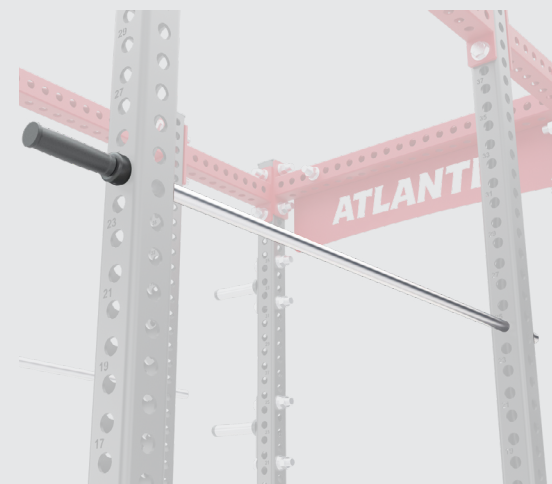
R734
LANDMINE

TO USE WITH
 RS611
 RS613



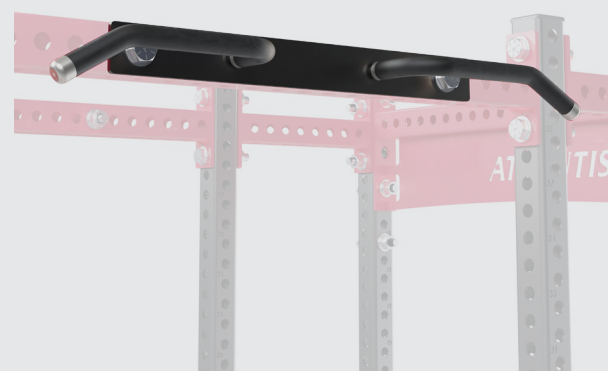
R738
POLIQUIN LATERAL BARS (PAIR)

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



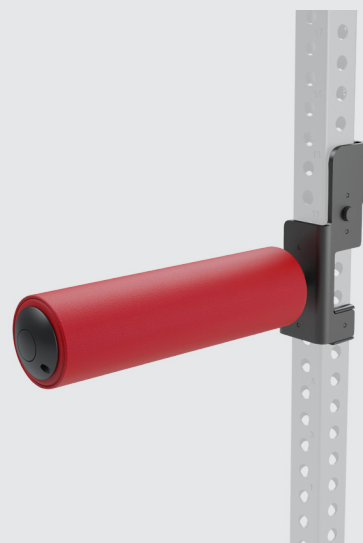
R751
ROTATING HANDLE PULL-UPS

TO USE WITH
C511
C513



R745
ROLLER PAD

TO USE WITH
C511
C513
RS611
RS613



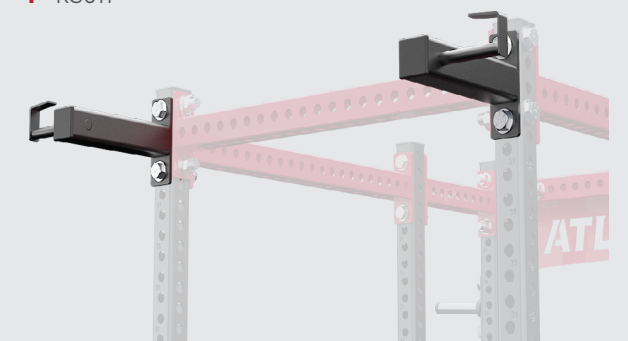
R749
OLYMPIC BAR HOLDER

TO USE WITH
RS611
RS613



R752
RESISTANCE BAND ATTACHMENTS - TOP (PAIR)

TO USE WITH
RS611



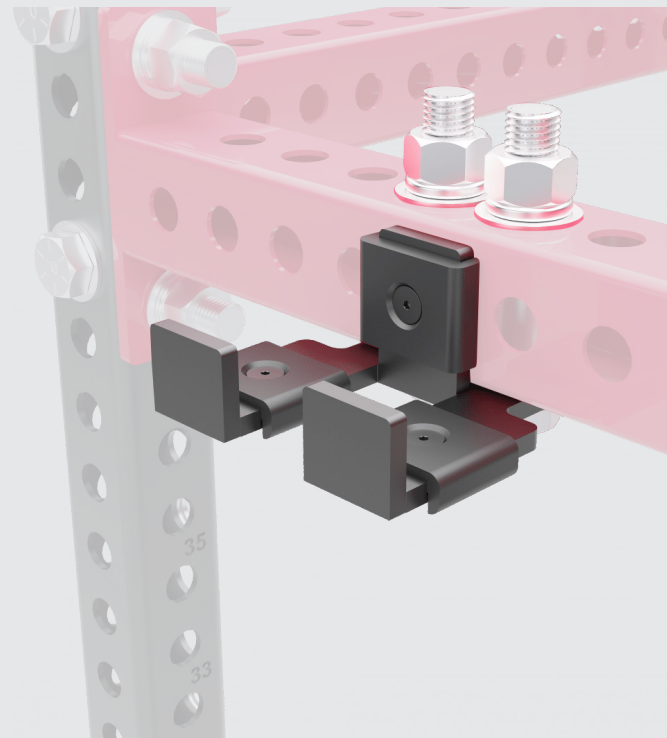
R753
ROTATING HANDLE PULL-UPS

TO USE WITH
RS611
RS613



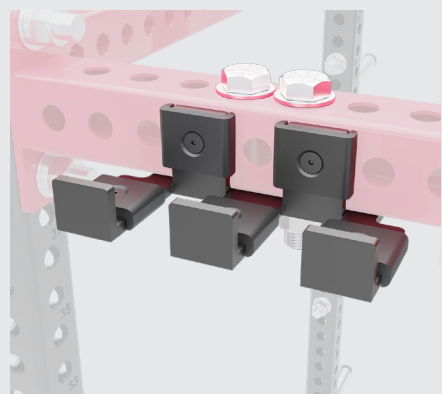
R755
SINGLE HANGING BAR STORAGE

TO USE WITH
RS611
RS613



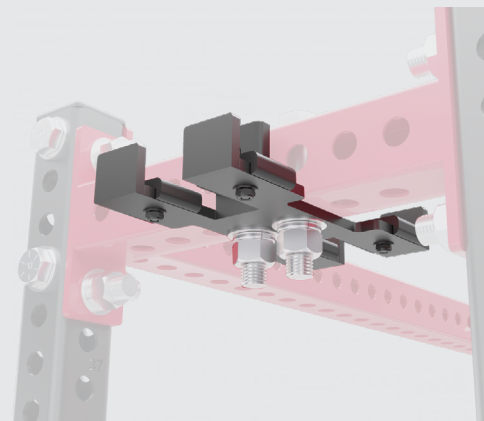
R756
DOUBLE HANGING BAR STORAGE (SIDE-BY-SIDE)

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



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 #66b774
LITE GREY 518781 RGB: 189/192/200 #bdc0c8	GRIS 532615 RGB: 118/118/123 #76767b	NATURAL (517908) 518788 RGB: 188/180/150 #bcb496	COFFEE CREAM 518788 RGB: 190/169/128 #bea980	CAMELBACK (518423) 517730 RGB: 179/147/82 #b39352	SADDLE TAN 517730 RGB: 161/139/95 #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 518782 RGB: 41/108/136 #296c88	AQUA 532616 RGB: 94/151/171 #5e97ab	REFLECTION 532612 RGB: 250/232/248 #fafcfc
GREY 517423 RGB: 133/132/127 #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 #816240	TEA LEAF 518799 RGB: 78/73/59 #4e493b	RAINTREE 518794 RGB: 35/78/79 #234e4f	SPRUCE 518417 RGB: 43/55/57 #2b3739	HARBOUR 518778 RGB: 50/64/69 #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) 517921 RGB: 255/209/175 #ffd14b	NASTURTIUM 517921 RGB: 242/99/34 #f26322	DEEP CLAY 518771 RGB: 38/69/50 #264532	ALLSPICE 518760 RGB: 98/58/32 #623a20	FUDGE 517922 RGB: 129/98/37 #342725	SLATE 517701 RGB: 55/51/57 #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 518789 RGB: 16/62/86 #103e56	CERULEAN 532617 RGB: 48/93/171 #305dab
RED CENT 518795 RGB: 182/47/34 #a22122	PERSIMMON 518791 RGB: 239/62/37 #efe25	MANZANITA 521374 RGB: 148/52/31 #94341f	PORT 518792 RGB: 71/35/34 #472322	BURGUNDY 518785 RGB: 46/26/30 #2a1a1e	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 518787 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 #3d3c4b	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**

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

STANDARD				PREMIUM		
#01 METEOR BLACK	#03 VULCAN BLACK	#12 ANVIL GREY (RAL 7043)	#13 CYCLONE GREY (RAL 7004)	#02 PHANTOM BLACK (Matte)	#09 ASH GREY (P7 Glimmer)	#15 KNIGHT GREY (Gun Metal)
#14 CHALK (RAL 9018)	#21 APOLLO WHITE	#31 ATLANTIC BLUE (RAL 5012)	#41 CLOVER GREEN (RAL 6018)	#50 CANARY	#71 MATADOR	#33 ADMIRAL BLUE (RAL 5005)



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

atlantisstrength.com



SHAPE GREATNESS