



ATLANTIS[®]
FEEL THE STRENGTH

STRENGTH EQUIPMENT



PRODUCT CATALOG



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THE ATLANTIS STORY

When Canadian bodybuilding champion Raymond Sansoucy built his first piece of equipment in 1982, he had no idea his tiny company would one day become Canada's largest commercial strength equipment manufacturer.

After several pilgrimages south of the border to study the contents of countless health clubs and gyms, he felt he had accumulated enough data and inspiration to make his first pieces. "It was very difficult at first; we had to improvise because components were scarce and everything was new to us. I was also running my gym and doing my degree at night, so sometimes I had to finish pads at 4:00 AM so I could deliver that day." As business improved, the firm moved to larger locations in order to keep up with new demand from other provinces and the United States. By 1998 the company had finally settled in its current 68,000-square-foot facility north of Montreal where approximately 65 employees now work. Atlantis also owns and operates a 50,000-square-foot commercial gym that doubles as a showroom and testing facility. It houses nearly the entire product line and thus allows the company to validate design concepts in a functional and relevant setting.

It is this rich and unique history that enables Atlantis to understand strength equipment from the designer's perspective, the user's perspective, and the facility-owner's perspective. These three points-of-view fuel Atlantis' mission; which is **to design and produce the best-performing strength equipment in the industry.**

For over 35 years, Atlantis has been producing strength equipment — and *only* strength equipment — making us one of the foremost strength specialists in the world. Atlantis machines are renowned for their smooth and optimal movement, sturdy feel, and durability.

Working with Atlantis, you can choose from one of the broadest and most unique ranges of strength equipment in the industry to create the perfect blend for your facility. We also have the ability to customize many of the pieces to your specifications. We take pride in knowing that you'll **feel the difference** with Atlantis.

FEEL THE STRENGTH!

PRECISION SERIES

The Precision Series is where it all began, it is Atlantis' signature series of products. Loaded with features that enable an optimal and comfortable workout, the series is **unparalleled in terms of the user experience.**

“

I have been using Atlantis equipment to train my clients for several decades. It has been instrumental in building strength in several Olympic Medalists and World-Record-Holders. Atlantis equipment is the best stuff on the market because of the superior biomechanics and durability; they are everything you want in strength equipment.

”



**CHARLES R.
POLIQUIN**

World-Renowned
Strength Coach

PRECISION SELECTORIZED

C-403

HORIZONTAL LEG PRESS

LENGTH	WIDTH	HEIGHT
91" / 231cm	39" / 99 cm	81" / 206 cm
WEIGHT	WEIGHT STACK	
995 lbs / 451 kg	410 lbs / 186 kg	



C-105

LEG EXTENSION

LENGTH	WIDTH	HEIGHT
46" / 117 cm	38" / 97 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
602 lbs / 273 kg	310 lbs / 141 kg	



C-107

STANDING LEG CURL

LENGTH	WIDTH	HEIGHT
47" / 119 cm	40" / 102 cm	57" / 145 cm
WEIGHT	WEIGHT STACK	
388 lbs / 176 kg	130 lbs / 59 kg	



C-108

SEATED LEG CURL

LENGTH	WIDTH	HEIGHT
62" / 157 cm	41" / 104 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
546 lbs / 248 kg	205 lbs / 93 kg	



PRECISION SELECTORIZED

C-106

LYING LEG CURL

LENGTH	WIDTH	HEIGHT
64" / 163 cm	37" / 94 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
485 lbs / 220 kg	205 lbs / 93 kg	



C-118

KNEELING LEG CURL

LENGTH	WIDTH	HEIGHT
48" / 122 cm	53" / 135 cm	61" / 155 cm
WEIGHT	WEIGHT STACK	
385 lbs / 175 kg	130 lbs / 59 kg	



C-122

GLUTE MACHINE

LENGTH	WIDTH	HEIGHT
67" / 170 cm	42" / 107 cm	63" / 160 cm
WEIGHT	WEIGHT STACK	
499 lbs / 226 kg	205 lbs / 93 kg	



C-113

TOTAL HIP

LENGTH	WIDTH	HEIGHT
47" / 119 cm	52" / 132 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
633 lbs / 287 kg	320 lbs / 145 kg	



PRECISION SELECTORIZED

C-329

ADDUCTOR / ABDUCTOR COMBO

LENGTH	WIDTH	HEIGHT
81" / 206 cm	80" / 203 cm	61" / 155 cm
WEIGHT	WEIGHT STACK	
665 lbs / 302 kg	310 lbs / 141 kg	



P-140

SEATED CONVERGING CHEST PRESS

LENGTH	WIDTH	HEIGHT
59" / 150 cm	60" / 152 cm	73" / 185 cm
WEIGHT	WEIGHT STACK	
719 lbs / 326 kg	310 lbs / 141 kg	



P-141

LYING CONVERGING CHEST PRESS

LENGTH	WIDTH	HEIGHT
74" / 188 cm	57" / 145 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
611 lbs / 277 kg	250 lbs / 113 kg	



P-143

INCLINE CONVERGING CHEST PRESS

LENGTH	WIDTH	HEIGHT
91" / 231 cm	63" / 160 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
742 lbs / 337 kg	250 lbs / 113 kg	



PRECISION SELECTORIZED

P-144

PULLOVER

LENGTH
78" / 198 cm

WIDTH
43" / 109 cm

HEIGHT
68" / 173 cm

WEIGHT
653 lbs / 296 kg

WEIGHT STACK
250 lbs / 113 kg



P-156

PEC / REAR DELT FLY COMBO

LENGTH
53" / 135 cm

WIDTH
42" / 107 cm

HEIGHT
81" / 206 cm

WEIGHT
602 lbs / 273 kg

WEIGHT STACK
310 lbs / 141 kg



P-242

PEC DEC

LENGTH
49" / 124 cm

WIDTH
45" / 114 cm

HEIGHT
81" / 206 cm

WEIGHT
553 lbs / 251 kg

WEIGHT STACK
250 lbs / 113 kg



P-356

VERTICAL PEC FLY

LENGTH
55" / 139 cm

WIDTH
52" / 132 cm

HEIGHT
81" / 206 cm

WEIGHT
735 lbs / 333 kg

WEIGHT STACK
310 lbs / 141 kg



PRECISION SELECTORIZED

D-131

ASSISTED CHIN / DIP

LENGTH	WIDTH	HEIGHT
56" / 142 cm	45" / 114 cm	91" / 231 cm
WEIGHT	WEIGHT STACK	
705 lbs / 320 kg	115 lbs / 52 kg	



D-537

CONVERGING FIXED LAT PULLDOWN

LENGTH	WIDTH	HEIGHT
57" / 145 cm	47" / 119 cm	83" / 211 cm
WEIGHT	WEIGHT STACK	
658 lbs / 298 kg	310 lbs / 141 kg	



D-337

DIVERGING ROW

LENGTH	WIDTH	HEIGHT
67" / 170 cm	34" / 86 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
538 lbs / 244 kg	250 lbs / 113 kg	



D-433

VERTICAL ROW

LENGTH	WIDTH	HEIGHT
33" / 84 cm	45" / 114 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
520 lbs / 236 kg	310 lbs / 141 kg	



PRECISION SELECTORIZED

D-124 LOW ROW

LENGTH
90" / 229 cm

WIDTH
27" / 69 cm

HEIGHT
96" / 244 cm

WEIGHT
619 lbs / 281 kg

WEIGHT STACK
310 lbs / 141 kg



D-132 INCLINE ROW

LENGTH
72" / 183 cm

WIDTH
27" / 69 cm

HEIGHT
96" / 244 cm

WEIGHT
650 lbs / 295 kg

WEIGHT STACK
310 lbs / 141 kg



D-123 LAT PULLDOWN

LENGTH
50" / 127 cm

WIDTH
27" / 69 cm

HEIGHT
96" / 244 cm

WEIGHT
590 lbs / 268 kg

WEIGHT STACK
310 lbs / 141 kg



D-134 LOWER BACK EXTENSION

LENGTH
58" / 147 cm

WIDTH
40" / 102 cm

HEIGHT
68" / 173 cm

WEIGHT
607 lbs / 275 kg

WEIGHT STACK
310 lbs / 141 kg



PRECISION SELECTORIZED

B-157

BICEPS CURL

LENGTH
50" / 127 cm

WIDTH
40" / 102 cm

HEIGHT
61" / 155 cm

WEIGHT
457 lbs / 207 kg

WEIGHT STACK
205 lbs / 93 kg



B-158

HORIZONTAL CURL

LENGTH
64" / 163 cm

WIDTH
28" / 71 cm

HEIGHT
73" / 185 cm

WEIGHT
527 lbs / 239 kg

WEIGHT STACK
160 lbs / 73 kg



B-160

BICEPS ISOLATOR

LENGTH
56" / 142 cm

WIDTH
54" / 137 cm

HEIGHT
61" / 155 cm

WEIGHT
500 lbs / 227 kg

WEIGHT STACK
205 lbs / 93 kg



B-260

HORIZONTAL BICEPS ISOLATOR

LENGTH
35" / 89 cm

WIDTH
62" / 157 cm

HEIGHT
61" / 155 cm

WEIGHT
500 lbs / 227 kg

WEIGHT STACK
205 lbs / 93 kg



PRECISION SELECTORIZED

T-164

TRICEPS EXTENSION

LENGTH
48" / 122 cm

WIDTH
40" / 102 cm

HEIGHT
61" / 155 cm

WEIGHT
485 lbs / 220 kg

WEIGHT STACK
205 lbs / 93 kg



T-163

TRICEPS PUSHDOWN

LENGTH
78" / 198 cm

WIDTH
45" / 114 cm

HEIGHT
68" / 173 cm

WEIGHT
611 lbs / 277 kg

WEIGHT STACK
310 lbs / 141 kg



T-208

TRICEPS ISOLATOR

LENGTH
35" / 89 cm

WIDTH
56" / 142 cm

HEIGHT
61" / 155 cm

WEIGHT
474 lbs / 215 kg

WEIGHT STACK
205 lbs / 93 kg



T-162

OVERHEAD TRICEPS

LENGTH
69" / 175 cm

WIDTH
40" / 102 cm

HEIGHT
61" / 155 cm

WEIGHT
558 lbs / 253 kg

WEIGHT STACK
205 lbs / 93 kg



PRECISION SELECTORIZED

T-161

OVERHEAD TRICEPS (CABLE MOTION)

LENGTH	WIDTH	HEIGHT
84" / 213 cm	28" / 71 cm	73" / 185 cm
WEIGHT	WEIGHT STACK	
430 lbs / 195 kg	160 lbs / 73 kg	



T-215

INCLINE TRICEPS PUSHDOWN

LENGTH	WIDTH	HEIGHT
59" / 150 cm	28" / 71 cm	73" / 185 cm
WEIGHT	WEIGHT STACK	
440 lbs / 200 kg	250 lbs / 113 kg	



A-201

MULTI-FOREARM

LENGTH	WIDTH	HEIGHT
67" / 170 cm	38" / 97 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
515 lbs / 234 kg	205 lbs / 93 kg	



E-149

CONVERGING SHOULDER PRESS

LENGTH	WIDTH	HEIGHT
85" / 216 cm	59" / 150 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
724 lbs / 328 kg	250 lbs / 113 kg	



PRECISION SELECTORIZED

E-157

SEATED LATERAL RAISE

LENGTH
41" / 104 cm

WIDTH
49" / 124 cm

HEIGHT
61" / 155 cm

WEIGHT
375 lbs / 170 kg

WEIGHT STACK
205 lbs / 93 kg



E-252

STANDING LATERAL RAISE

LENGTH
50" / 127 cm

WIDTH
27" / 69 cm

HEIGHT
81" / 206 cm

WEIGHT
611 lbs / 277 kg

WEIGHT STACK
205 lbs / 93 kg



E-210

ROTATOR CUFF

LENGTH
55" / 140 cm

WIDTH
27" / 69 cm

HEIGHT
61" / 155 cm

WEIGHT
436 lbs / 198 kg

WEIGHT STACK
205 lbs / 93 kg



E-352

SEATED SIDE / REAR DELTOID

LENGTH
56" / 142 cm

WIDTH
54" / 137 cm

HEIGHT
61" / 155 cm

WEIGHT
537 lbs / 244 kg

WEIGHT STACK
205 lbs / 93 kg



PRECISION SELECTORIZED

A-301

DUAL SEATED CRUNCH

LENGTH	WIDTH	HEIGHT
56" / 142 cm	50" / 127 cm	65" / 165 cm
WEIGHT	WEIGHT STACK	
625 lbs / 283 kg	250 lbs / 113 kg	



A-305

SEATED CRUNCH

LENGTH	WIDTH	HEIGHT
50" / 127 cm	41" / 104 cm	61" / 155 cm
WEIGHT	WEIGHT STACK	
522 lbs / 237 kg	250 lbs / 113 kg	



A-369

KNEE RAISE

LENGTH	WIDTH	HEIGHT
58" / 147 cm	37" / 94 cm	61" / 155 cm
WEIGHT	WEIGHT STACK	
455 lbs / 206 kg	160 lbs / 73 kg	



A-274

ABDOMINAL ROTATION

LENGTH	WIDTH	HEIGHT
42" / 107 cm	52" / 132 cm	61" / 155 cm
WEIGHT	WEIGHT STACK	
413 lbs / 187 kg	160 lbs / 73 kg	



PRECISION SELECTORIZED



From both a facility user and facility operator standpoint, Atlantis strength equipment has been amazing. In our busy, high-volume facility, the quality, durable Atlantis strength pieces are loved by users for their functionality, user-friendly nature as well as for effectively targeting and training specific muscle groups. The reliability of Atlantis equipment is greatly appreciated by users with equipment rarely out of order, making the life of the facility manager great too. All in all Atlantis is a terrific win-win!



DURHAM
COLLEGE

A-303 LYING ABDOMINAL

LENGTH	WIDTH	HEIGHT
58" / 147 cm	44" / 112 cm	61" / 155 cm
WEIGHT	WEIGHT STACK	
474 lbs / 215 kg	205 lbs / 93 kg	



M-118 STANDING CALF

LENGTH	WIDTH	HEIGHT
53" / 135 cm	31" / 79 cm	79" / 201 cm
WEIGHT	WEIGHT STACK	
646 lbs / 293 kg	400 lbs / 181 kg	



PRECISION PLATE-LOADED

C-401

40 DEGREE LEG PRESS

LENGTH	WIDTH	HEIGHT
104" / 264 cm	58" / 147 cm	59" / 150 cm
WEIGHT	STARTING WEIGHT	
617 lbs / 280 kg	125 lbs / 57 kg	



C-605

UNILATERAL LEG EXTENSION

LENGTH	WIDTH	HEIGHT
54" / 137 cm	59" / 150 cm	46" / 117 cm
WEIGHT		
211 lbs / 96 kg		



D-215

REVERSE HYPER EXTENSION

LENGTH	WIDTH	HEIGHT
68" / 173 cm	57" / 145 cm	65" / 165 cm
WEIGHT		
305 lbs / 138 kg		



C-606

UNILATERAL LYING LEG CURL

LENGTH	WIDTH	HEIGHT
72" / 183 cm	54" / 137 cm	29" / 74 cm
WEIGHT		
224 lbs / 101 kg		



PRECISION PLATE-LOADED

C-201 PIVOT PRESS

LENGTH	WIDTH	HEIGHT
88" / 224 cm	70" / 178 cm	58" / 147 cm
WEIGHT	STARTING WEIGHT	
466 lbs / 211 kg	80 lbs / 36 kg	



C-412 HACK SQUAT

LENGTH	WIDTH	HEIGHT
85" / 216 cm	58" / 147 cm	58" / 147 cm
WEIGHT	STARTING WEIGHT	
500 lbs / 227 kg	60 lbs / 27 kg	



C-423 HACK SQUAT / CALF RAISE

LENGTH	WIDTH	HEIGHT
86" / 218 cm	65" / 163 cm	59" / 150 cm
WEIGHT	STARTING WEIGHT	
525 lbs / 238 kg	70 lbs / 32 kg	



C-212 PENDULUM SQUAT

LENGTH	WIDTH	HEIGHT
94" / 239 cm	43" / 109 cm	63" / 160 cm
WEIGHT	STARTING WEIGHT	
565 lbs / 256 kg	50 lbs / 23 kg	



PRECISION PLATE-LOADED

C-111

POWER SQUAT

LENGTH	WIDTH	HEIGHT
81" / 206 cm	48" / 122 cm	70" / 178 cm
WEIGHT	STARTING WEIGHT	
410 lbs / 186 kg	35 lbs / 16 kg	



P-441

LYING CONVERGING BENCH PRESS

LENGTH	WIDTH	HEIGHT
75" / 191 cm	60" / 152 cm	40" / 102 cm
WEIGHT		
277 lbs / 126 kg		



P-443

INCLINE CONVERGING BENCH PRESS

LENGTH	WIDTH	HEIGHT
66" / 168 cm	59" / 150 cm	43" / 109 cm
WEIGHT		
275 lbs / 125 kg		



P-439

DECLINE / FLAT CONVERGING BENCH PRESS

LENGTH	WIDTH	HEIGHT
98" / 249 cm	62" / 157 cm	40" / 101 cm
WEIGHT		
324 lbs / 147 kg		



PRECISION PLATE-LOADED

D-125

INCLINE T-BAR ROW

LENGTH
71" / 180 cm

WIDTH
48" / 122 cm

HEIGHT
46" / 117 cm

WEIGHT
195 lbs / 88 kg



D-126

T-BAR ROW

LENGTH
75" / 191 cm

WIDTH
49" / 124 cm

HEIGHT
27" / 69 cm

WEIGHT
156 lbs / 71 kg



S-202

GRIP TRAINER

LENGTH
25" / 64 cm

WIDTH
34" / 87 cm

HEIGHT
36" / 92 cm

WEIGHT
45 lbs / 20 kg



E-449

CONVERGING SHOULDER PRESS

LENGTH
55" / 140 cm

WIDTH
60" / 152 cm

HEIGHT
52" / 132 cm

WEIGHT
270 lbs / 122 kg



PRECISION PLATE-LOADED

D-335

SHRUG & DEADLIFT MACHINE

LENGTH 59" / 150 cm
WIDTH 60" / 152 cm
HEIGHT 34" / 86 cm
WEIGHT 250 lbs / 113 kg



A-269

STANDING CRUNCH

LENGTH 44" / 112 cm
WIDTH 40" / 102 cm
HEIGHT 66" / 168 cm
WEIGHT 205 lbs / 93 kg



M-219

SEATED CALF

LENGTH 65" / 165 cm
WIDTH 47" / 119 cm
HEIGHT 38" / 97 cm
WEIGHT 178 lbs / 81 kg
STARTING WEIGHT 25 lbs / 11 kg



M-126

TIBIA DORSI FLEXION

LENGTH 15" / 38 cm
WIDTH 34" / 86 cm
HEIGHT 13" / 33 cm
WEIGHT 64 lbs / 29 kg



PRECISION PLATE-LOADED



I am always looking for different and unique pieces for my gym, I want my members to have a variety of options so that they enjoy their training. I bought the Atlantis Standing Lateral Raise a couple of years ago, and it's been a huge hit with my members. I have since purchased other Atlantis products and have been very happy with the quality of the product. I have been in the business a long time, and I know good equipment when I see it. Atlantis Strength equipment is among the best I have ever seen.



DAVE DE YOUNG

Owner - Quads Gym in Chicago: A perennial member of the list of Top Gyms in the U.S.A.

N-120 TOTAL NECK

LENGTH
31" / 79 cm

WIDTH
54" / 137 cm

HEIGHT
60" / 152 cm

WEIGHT
200 lbs / 91 kg



E-155 SMITH MACHINE

LENGTH
54" / 137 cm

WIDTH
91" / 231 cm

HEIGHT
84" / 213 cm

WEIGHT
633 lbs / 287 kg



PRECISION BODYWEIGHT

D-128

INCLINE HYPER EXTENSION

LENGTH 50" / 127 cm
WIDTH 34" / 86 cm
HEIGHT 42" / 107 cm
WEIGHT 122 lbs / 58 kg



D-828

DELUXE INCLINE HYPER EXTENSION

LENGTH 67" / 170 cm
WIDTH 39" / 99 cm
HEIGHT 43" / 109 cm
WEIGHT 220 lbs / 100 kg



D-127

HYPER EXTENSION

LENGTH 65" / 165 cm
WIDTH 35" / 89 cm
HEIGHT 48" / 122 cm
WEIGHT 150 lbs / 68 kg



D-227

GLUTE & HAM DEVELOPER

LENGTH 66" / 168 cm
WIDTH 31" / 79 cm
HEIGHT 51" / 130 cm
WEIGHT 202 lbs / 92 kg



PRECISION BODYWEIGHT

C-206

LEG PLATFORM

LENGTH
33" / 84 cm

WIDTH
40" / 102 cm

HEIGHT
47" / 119 cm

WEIGHT
130 lbs / 59 kg



C-117

SISSY SQUAT

LENGTH
36" / 91 cm

WIDTH
28" / 71 cm

HEIGHT
22" / 56 cm

WEIGHT
73 lbs / 33 kg



C-120

SINGLE LEG SQUAT STAND (FIXED)

LENGTH
20" / 51 cm

WIDTH
30" / 76 cm

HEIGHT
25" / 64 cm

WEIGHT
40 lbs / 18 kg



M-123

CALF PLATFORM

LENGTH
15" / 38 cm

WIDTH
24" / 61 cm

HEIGHT
6" / 15 cm

WEIGHT
29 lbs / 13 kg



PRECISION BODYWEIGHT

P-245 DIP BARS

LENGTH
43" / 109 cm

WIDTH
38" / 97 cm

HEIGHT
56" / 142 cm

WEIGHT
164 lbs / 74 kg



Atlantis equipment has been pivotal in the development of our players and the success of our program.



PRESTON GREENE

Head S&C Coach
University of Florida
Gators
Men's Basketball

D-130 CHIN / DIP / LEG RAISE

LENGTH
50" / 127 cm

WIDTH
45" / 114 cm

HEIGHT
92" / 234 cm

WEIGHT
298 lbs / 135 kg



C-322 POOR MAN'S GLUTE & HAM DEVELOPER

LENGTH
39" / 99 cm

WIDTH
27" / 69 cm

HEIGHT
18" / 46 cm

WEIGHT
78 lbs / 36 kg



PRECISION BENCHES

B-275

FLAT BENCH

LENGTH 51" / 130 cm WIDTH 30" / 76 cm HEIGHT 16" / 41 cm

WEIGHT
70 lbs / 32 kg



B-176

LONG INCLINE BENCH

LENGTH 56" / 142 cm WIDTH 38" / 97 cm HEIGHT 48" / 122 cm

WEIGHT
110 lbs / 50 kg



B-179

ADJUSTABLE DECLINE BENCH

LENGTH 68" / 173 cm WIDTH 35" / 86 cm HEIGHT 27" / 69 cm

WEIGHT
102 lbs / 46 kg



B-100

UTILITY BENCH

LENGTH 23" / 58 cm WIDTH 21" / 53 cm HEIGHT 14" / 36 cm

WEIGHT
31 lbs / 14 kg



PRECISION BENCHES

B-178

STRAIGHT BENCH

LENGTH 50" / 127 cm
WIDTH 31" / 79 cm
HEIGHT 39" / 99 cm
WEIGHT 72 lbs / 33 kg



B-279

ADJUSTABLE BENCH (-15° TO +85°)

LENGTH 63" / 160 cm
WIDTH 37" / 94 cm
HEIGHT 35" / 89 cm
WEIGHT 129 lbs / 59 kg



B-177

ADJUSTABLE BENCH

LENGTH 47" / 119 cm
WIDTH 31" / 79 cm
HEIGHT 17" / 43 cm
WEIGHT 73 lbs / 33 kg



B-182

ADJUSTABLE FLAT BENCH

LENGTH 50" / 127 cm
WIDTH 30" / 76 cm
HEIGHT 25" / 64 cm
WEIGHT 75 lbs / 34 kg



PRECISION BENCHES

B-155

STANDING PREACHER CURL

LENGTH 42" / 107 cm
WIDTH 34" / 86 cm
HEIGHT 44" / 113 cm
WEIGHT 130 lbs / 59 kg



B-256

SEATED PREACHER CURL

LENGTH 36" / 91 cm
WIDTH 46" / 117 cm
HEIGHT 42" / 107 cm
WEIGHT 106 lbs / 48 kg



B-856

POLIQUIN SEATED PREACHER CURL

LENGTH 48" / 122 cm
WIDTH 45" / 114 cm
HEIGHT 45" / 114 cm
WEIGHT 130 lbs / 59 kg



E-348

SHOULDER PRESS (WITH PIVOT)

LENGTH 76" / 193 cm
WIDTH 67" / 170 cm
HEIGHT 71" / 180 cm
WEIGHT 316 lbs / 143 kg



PRECISION BENCHES

P-237

OLYMPIC FLAT BENCH PRESS

LENGTH 67" / 170 cm
WIDTH 66" / 168 cm
HEIGHT 49" / 124 cm
WEIGHT 174 lbs / 79 kg



P-337

OLYMPIC FLAT BENCH PRESS (WITH PIVOT)

LENGTH 71" / 180 cm
WIDTH 66" / 168 cm
HEIGHT 49" / 124 cm
WEIGHT 216 lbs / 98 kg



P-238

OLYMPIC INCLINE BENCH PRESS

LENGTH 67" / 170 cm
WIDTH 66" / 168 cm
HEIGHT 57" / 145 cm
WEIGHT 271 lbs / 123 kg



P-338

OLYMPIC INCLINE BENCH PRESS (WITH PIVOT)

LENGTH 73" / 185 cm
WIDTH 66" / 168 cm
HEIGHT 57" / 145 cm
WEIGHT 264 lbs / 120 kg



PRECISION BENCHES

P-239

OLYMPIC FLAT / DECLINE BENCH PRESS

LENGTH 84" / 213 cm
WIDTH 66" / 168 cm
HEIGHT 53" / 135 cm
WEIGHT 243 lbs / 110 kg



P-339

OLYMPIC FLAT / DECLINE BENCH PRESS (WITH PIVOT)

LENGTH 93" / 236 cm
WIDTH 66" / 168 cm
HEIGHT 52" / 132 cm
WEIGHT 301 lbs / 137 kg



P-537

FLAT DUMBBELL BENCH WITH PIVOTS

LENGTH 58" / 147 cm
WIDTH 41" / 104 cm
HEIGHT 46" / 117 cm
WEIGHT 264 lbs / 120 kg



P-538

INCLINE DUMBBELL BENCH WITH PIVOTS

LENGTH 58" / 147 cm
WIDTH 38" / 97 cm
HEIGHT 48" / 122 cm
WEIGHT 210 lbs / 95 kg



PRECISION BENCHES

P-539

DECLINE DUMBBELL BENCH WITH PIVOTS

LENGTH 82" / 208 cm
WIDTH 40" / 102 cm
HEIGHT 43" / 109 cm
WEIGHT 300 lbs / 136 kg



E-548

STRAIGHT DUMBBELL BENCH WITH PIVOTS

LENGTH 54" / 137 cm
WIDTH 32" / 81 cm
HEIGHT 52" / 132 cm
WEIGHT 210 lbs / 95 kg



S-214

STRETCHING STATION

LENGTH 69" / 175 cm
WIDTH 75" / 191 cm
HEIGHT 91" / 231 cm
WEIGHT 356 lbs / 161 kg



T-375

TRICEPS BENCH

LENGTH 57" / 145 cm
WIDTH 30" / 76 cm
HEIGHT 18" / 46 cm
WEIGHT 67 lbs / 31 kg



PRECISION BENCHES

A-169

STANDING LEG RAISE

LENGTH
42" / 107 cm

WIDTH
29" / 74 cm

HEIGHT
63" / 160 cm

WEIGHT
149 lbs / 68 kg



A-569

STANDING LEG RAISE (WITH BOSU)

LENGTH
48" / 122 cm

WIDTH
30" / 76 cm

HEIGHT
64" / 163 cm

WEIGHT
187 lbs / 85 kg



A-664

ABDOMAX

LENGTH
72" / 183 cm

WIDTH
40" / 102 cm

HEIGHT
43" / 109 cm

WEIGHT
126 lbs / 57 kg



A-264

ADJUSTABLE SIT-UP BENCH

LENGTH
45" / 114 cm

WIDTH
36" / 91 cm

HEIGHT
43" / 109 cm

WEIGHT
94 lbs / 43 kg



R-261

OPTIONAL
Storage for 3 slam balls
(balls not included)



A-166 ADJUSTABLE DECLINE ABDOMINAL / LEG RAISE

LENGTH
74" / 188 cm

WIDTH
36" / 91 cm

HEIGHT
45" / 114 cm

WEIGHT
131 lbs / 59 kg



A-168

ADJUSTABLE LEG RAISE

LENGTH
69" / 175 cm

WIDTH
38" / 97 cm

HEIGHT
46" / 117 cm

WEIGHT
145 lbs / 66 kg



PRECISION STORAGE

S-186

DUMBBELL RACK (5 PAIRS)

LENGTH 28" / 71 cm WIDTH 96" / 244 cm HEIGHT 31" / 79 cm
WEIGHT 165 lbs / 75 kg



S-187

DUMBBELL RACK (10 PAIRS)

LENGTH 29" / 74 cm WIDTH 95" / 241 cm HEIGHT 31" / 79 cm
WEIGHT 230 lbs / 104 kg



S-189

DUMBBELL RACK (15 PAIRS)

LENGTH 28" / 71 cm WIDTH 96" / 244 cm HEIGHT 47" / 119 cm
WEIGHT 333 lbs / 151 kg



S-286

HEX DUMBBELL RACK (5 PAIRS)

LENGTH 28" / 71 cm WIDTH 95" / 241 cm HEIGHT 32" / 81 cm
WEIGHT 200 lbs / 91 kg



PRECISION STORAGE

S-287A

HEX DUMBBELL RACK (13 PAIRS)

LENGTH 29" / 74 cm WIDTH 95" / 241 cm HEIGHT 32" / 81 cm
WEIGHT 250 lbs / 113 kg



S-287B

HEX DUMBBELL RACK (10 PAIRS)

LENGTH 29" / 74 cm WIDTH 95" / 241 cm HEIGHT 32" / 81 cm
WEIGHT 250 lbs / 113 kg



S-289

HEX DUMBBELL RACK (15 PAIRS)

LENGTH 29" / 74 cm WIDTH 95" / 241 cm HEIGHT 48" / 122 cm
WEIGHT 333 lbs / 151 kg



S-290

TWO TIER KETTLEBELL RACK

LENGTH 28" / 71 cm WIDTH 40" / 102 cm HEIGHT 29" / 74 cm
WEIGHT 180 lbs / 82 kg



* Kettlebells not included

PRECISION STORAGE

S-291

THREE TIER KETTLEBELL RACK

LENGTH 52" / 133 cm
WIDTH 26" / 65 cm
HEIGHT 44" / 113 cm
WEIGHT 210 lbs / 95 kg



* Kettlebells not included

S-181

PLATE RACK

LENGTH 34" / 86 cm
WIDTH 30" / 76 cm
HEIGHT 46" / 117 cm
WEIGHT 75 lbs / 34 kg



S-481

PLATE RACK WITH SINGLE TORSO TRAINER

LENGTH 40" / 102 cm
WIDTH 21" / 53 cm
HEIGHT 59" / 150 cm
WEIGHT 102 lbs / 46 kg



S-482

PLATE RACK WITH DOUBLE TORSO TRAINER

LENGTH 40" / 102 cm
WIDTH 23" / 59 cm
HEIGHT 45" / 115 cm
WEIGHT 134 lbs / 61 kg



PRECISION STORAGE

S-182

OLYMPIC BAR HOLDER

LENGTH
24" / 61 cm

WIDTH
25" / 64 cm

HEIGHT
13" / 33 cm

WEIGHT
57 lbs / 26 kg



S-185

ACCESSORY RACK

LENGTH
24" / 61 cm

WIDTH
22" / 56 cm

HEIGHT
46" / 117 cm

WEIGHT
91 lbs / 41 kg



S-190

BARBELL RACK

LENGTH
32" / 81 cm

WIDTH
40" / 102 cm

HEIGHT
58" / 147 cm

WEIGHT
137 lbs / 62 kg



S-198

HEX DUMBBELL RACK (2.5 - 30 LBS / 1 - 12.5 KG)

LENGTH
26" / 66 cm

WIDTH
36" / 91 cm

HEIGHT
41" / 104 cm

WEIGHT
121 lbs / 55 kg



Platforms fit in both
Precision Power Racks
and Rack & Rig Systems.

PLATFORMS

HARDWOOD SURFACE MAPLE

B4854

Fits with:
C-511
RS-611



B4872

Fits with:
C-513
RS-610
RS-613



B7200



B7254

Fits with:
C-511
RS-611



B7272

Fits with:
C-513
RS-610
RS-613



RUBBERIZED SURFACE BLACK

C4854

Fits with:
C-511
RS-611

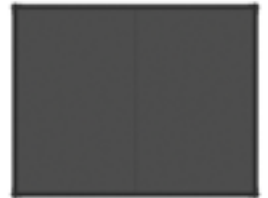


C4872

Fits with:
C-513
RS-610
RS-613



C7200



C7254

Fits with:
C-511
RS-611



C7272

Fits with:
C-513
RS-610
RS-613



PRECISION POWER RACKS

C-511 HALF RACK

LENGTH	WIDTH	HEIGHT
65" / 165 cm	59" / 150 cm	97" / 246 cm
WEIGHT		
294 lbs / 133 kg		



Atlantis Power Racks are the foundation of my training center. I absolutely love them.



JON SICORA
Owner, Spear Training Center



C-513 POWER RACK

LENGTH	WIDTH	HEIGHT
80" / 203 cm	67" / 170 cm	97" / 246 cm
WEIGHT		
556 lbs / 252 kg		

SHOWN WITH OPTIONAL POLIQUIN KIT*

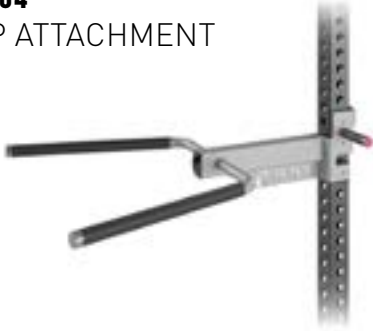
- 1 R-220**
POLIQUIN CAMBERED FAT GRIP PULL-UP BAR
- 2 R-221**
POLIQUIN NEUTRAL FAT GRIP PULL-UP BAR
- 3 R-218**
POLIQUIN LATERAL BARS (PAIR)



* These accessories are available individually

PRECISION POWER RACK ACCESSORIES

R-704
DIP ATTACHMENT



R-703
TECHNIQUE SCOOPS (PAIR)



R-225
SPOTTER PLATFORMS (PAIR)



R-714
STEP-UP PLATFORM



R-213 RESISTANCE BAND ATTACHMENTS -
TOP (PAIR)



R-212 RESISTANCE BAND ATTACHMENTS -
BOTTOM (PAIR)



R-709
SAFETY BARS 22" / 56 CM (PAIR)



R-707
V BAR CATCHES (PAIR)



R-215
ATLANTIS T-BAR ROW + T2 TORSO TRAINER



RACK & RIG SYSTEMS

Atlantis Rack and Rig Systems are made with 7-gauge steel. With holes on all 4 sides of the beam, these systems can be configured into several types of racks, and an endless variety of rig systems.

RS-613 POWER RACK

LENGTH 79" / 201 cm
 WIDTH 66" / 168 cm
 HEIGHT 97" / 246 cm
 WEIGHT 551 lbs / 250 kg



RS-610 MULTI RACK

LENGTH 74" / 188 cm
 WIDTH 66" / 168 cm
 HEIGHT 97" / 246 cm
 WEIGHT 559 lbs / 254 kg



RS-611 HALF RACK

LENGTH 55" / 140 cm
 WIDTH 66" / 168 cm
 HEIGHT 97" / 246 cm
 WEIGHT 386 lbs / 175 kg



RS-61311 DOUBLE RACK*

LENGTH 128" / 325 cm
 WIDTH 66" / 168 cm
 HEIGHT 97" / 246 cm
 WEIGHT 854 lbs / 387 kg



AVAILABLE CONFIGURATIONS

RS-613 + RS-613	RS-61313
RS-611 + RS-611	RS-61111
RS-610 + RS-610	RS-61010
*RS-613 + RS-611	RS-61311
RS-613 + RS-610	RS-61310
RS-611 + RS-610	RS-61110

■ Configuration shown on left

RACK & RIG SYSTEM ACCESSORIES

R-704
DIP ATTACHMENT



R-713 RESISTANCE BAND ATTACHMENTS -
TOP (PAIR)



R-703
TECHNIQUE SCOOPS (PAIR)



R-712 RESISTANCE BAND ATTACHMENTS -
BOTTOM (PAIR)



R-722
SPOTTER PLATFORMS (PAIR)



R-709
SAFETY BARS 22" / 56 CM (PAIR)



R-714
STEP-UP PLATFORM



R-707
V BAR CATCHES (PAIR)



R-715
ATLANTIS T-BAR ROW + T2 TORSO TRAINER



RACK & RIG SYSTEMS

PERSONAL RIG



STANDARD RIG



RACK & RIG SYSTEMS

| PREMIUM RIG



Please note that the Rig Systems shown on pg. 42-43 can be configured and customized in a wide variety of ways to optimize your space and needs. For more information on how, please contact us.

PERFORMANCE SERIES

The Performance Series meets the needs of those looking for a simpler selectorized line. It is compact and easy-to-use, but still made with the same durable and reliable componentry that produces the **renowned Atlantis feel**.



Atlantis equipment is made to suit the needs of a wide variety of users, making it a perfect match for our diverse clientele. The durability of the equipment is unmatched; many of our facilities have pieces that are over 15 years old and still functioning well. For these reasons the YMCA's of Quebec have been happy Atlantis customers for over 20 years.



**NÉHAL
NASSIF**

Vice-President, Health,
Fitness and Aquatics -
YMCA Quebec

PERFORMANCE

PE-403 (or PE-403H) LEG PRESS

LENGTH	WIDTH	HEIGHT
82" / 208 cm	42" / 107 cm	82" / 208 cm
WEIGHT	WEIGHT STACK	
842 lbs / 382 kg	310 lbs / 141 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
942 lbs / 427 kg	410 lbs / 186 kg	



PE-105 (or PE-105H) LEG EXTENSION

LENGTH	WIDTH	HEIGHT
51" / 130 cm	36" / 89 cm	61" / 155 cm
WEIGHT	WEIGHT STACK	
442 lbs / 200 kg	205 lbs / 93 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
547 lbs / 248 kg	310 lbs / 141 kg	



PE-108 (or PE-108H) SEATED LEG CURL

LENGTH	WIDTH	HEIGHT
61" / 155 cm	36" / 91 cm	61" / 155 cm
WEIGHT	WEIGHT STACK	
456 lbs / 207 kg	160 lbs / 73 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
501 lbs / 227 kg	205 lbs / 93 kg	



PE-106 (or PE-106H) LYING LEG CURL

LENGTH	WIDTH	HEIGHT
63" / 160 cm	33" / 84 cm	64" / 163 cm
WEIGHT	WEIGHT STACK	
405 lbs / 184 kg	160 lbs / 73 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
450 lbs / 204 kg	205 lbs / 93 kg	



PERFORMANCE

PE-222 (or PE-222H) GLUTE / KICK BACK

LENGTH	WIDTH	HEIGHT
50" / 127 cm	38" / 97 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
383 lbs / 174 kg	160 lbs / 73 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
473 lbs / 215 kg	250 lbs / 113 kg	



PE-225 (or PE-225H) SEATED LEG PRESS

LENGTH	WIDTH	HEIGHT
73" / 185 cm	32" / 81 cm	94" / 239 cm
WEIGHT	WEIGHT STACK	
625 lbs / 283 kg	310 lbs / 141 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
735 lbs / 333 kg	410 lbs / 186 kg	



PE-140 (or PE-140H) CHEST PRESS

LENGTH	WIDTH	HEIGHT
36" / 92 cm	58" / 147 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
532 lbs / 241 kg	205 lbs / 93 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
634 lbs / 288 kg	310 lbs / 141 kg	



PE-156 (or PE-156H) PEC / REAR DELT FLY

LENGTH	WIDTH	HEIGHT
48" / 122 cm	42" / 107 cm	76" / 193 cm
WEIGHT	WEIGHT STACK	
451 lbs / 205 kg	205 lbs / 93 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
556 lbs / 252 kg	310 lbs / 141 kg	



PERFORMANCE

PE-149 (or PE-149H) SHOULDER PRESS

LENGTH	WIDTH	HEIGHT
51" / 130 cm	52" / 132 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
475 lbs / 215 kg	160 lbs / 73 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
565 lbs / 256 kg	250 lbs / 113 kg	



PE-305 (or PE-305H) SEATED CRUNCH

LENGTH	WIDTH	HEIGHT
45" / 114 cm	43" / 109 cm	60" / 152 cm
WEIGHT	WEIGHT STACK	
476 lbs / 216 kg	205 lbs / 93 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
581 lbs / 264 kg	310 lbs / 141 kg	



PE-157 (or PE-157H) BICEPS CURL

LENGTH	WIDTH	HEIGHT
46" / 117 cm	39" / 99 cm	56" / 142 cm
WEIGHT	WEIGHT STACK	
392 lbs / 178 kg	160 lbs / 73 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
437 lbs / 198 kg	205 lbs / 93 kg	



PE-163 (or PE-163H) TRICEPS PUSHDOWN

LENGTH	WIDTH	HEIGHT
56" / 142 cm	39" / 99 cm	68" / 173 cm
WEIGHT	WEIGHT STACK	
440 lbs / 200 kg	205 lbs / 93 kg	
WEIGHT (H MODEL)	WEIGHT STACK (H MODEL)	
545 lbs / 247 kg	310 lbs / 141 kg	



PERFORMANCE



Atlantis equipment is what I chose when I opened my gym over 15 years ago, and I am a big fan of both the equipment and the company itself. Their passion for creating the best equipment is inspiring and they have always taken great care of me.



**BEN
PRENTISS**

Owner – Prentiss
Hockey Performance

PE-123 (or PE-123H) LAT PULLDOWN

LENGTH 57" / 145 cm	WIDTH 34" / 86 cm	HEIGHT 96" / 244 cm
WEIGHT 393 lbs / 178 kg	WEIGHT STACK 205 lbs / 93 kg	
WEIGHT (H MODEL) 498 lbs / 226 kg	WEIGHT STACK (H MODEL) 310 lbs / 141 kg	



PE-137 (or PE-137H) SEATED ROW

LENGTH 54" / 137 cm	WIDTH 46" / 117 cm	HEIGHT 72" / 183 cm
WEIGHT 460 lbs / 209 kg	WEIGHT STACK 205 lbs / 93 kg	
WEIGHT (H MODEL) 505 lbs / 229 kg	WEIGHT STACK (H MODEL) 250 lbs / 113 kg	



PE-134 (or PE-134H) LOWER BACK EXTENSION

LENGTH 59" / 150 cm	WIDTH 39" / 99 cm	HEIGHT 65" / 165 cm
WEIGHT 489 lbs / 222 kg	WEIGHT STACK 250 lbs / 113 kg	
WEIGHT (H MODEL) 549 lbs / 249 kg	WEIGHT STACK (H MODEL) 310 lbs / 141 kg	



POWER SERIES

Atlantis' Power Series distinguishes itself from other plate-loaded lines by offering a wider range of adjustability. Comfort, stability, and (of course) the proper strength curve, are what make the Power Series the **ideal choice for your plate-loaded needs.**

PW-511 BELT SQUAT

LENGTH	WIDTH	HEIGHT
61" / 155 cm	77" / 196 cm	49" / 124 cm
WEIGHT		
425 lbs / 193 kg		



PW-322 ASSISTED GLUTE & HAM DEVELOPER

LENGTH	WIDTH	HEIGHT
62" / 157 cm	54" / 137 cm	67" / 170 cm
WEIGHT		
270 lbs / 122 kg		



POWER

PW-104

VERTICAL LEG PRESS

LENGTH
76" / 193 cm

WIDTH
52" / 132 cm

HEIGHT
78" / 198 cm

WEIGHT
447 lbs / 203 kg



PW-218

KNEELING LEG CURL

LENGTH
43" / 109 cm

WIDTH
43" / 109 cm

HEIGHT
46" / 117 cm

WEIGHT
224 lbs / 102 kg



PW-219

UNILATERAL LEG PRESS

LENGTH
104" / 264 cm

WIDTH
59" / 150 cm

HEIGHT
63" / 160 cm

WEIGHT
584 lbs / 265 kg



PW-421

POWER RUNNER

LENGTH
76" / 193 cm

WIDTH
52" / 132 cm

HEIGHT
54" / 137 cm

WEIGHT
250 lbs / 113 kg



PW-122 INCLINE CALF

LENGTH 69" / 175 cm
WIDTH 48" / 122 cm
HEIGHT 54" / 137 cm
WEIGHT 252 lbs / 114 kg



PW-319 SEATED CALF PRESS

LENGTH 65" / 165 cm
WIDTH 52" / 132 cm
HEIGHT 39" / 99 cm
WEIGHT 220 lbs / 100 kg



PW-340 VERTICAL CHEST PRESS

LENGTH 65" / 165 cm
WIDTH 70" / 178 cm
HEIGHT 83" / 211 cm
WEIGHT 437 lbs / 198 kg



PW-443 INCLINE CHEST PRESS

LENGTH 76" / 193 cm
WIDTH 50" / 127 cm
HEIGHT 83" / 211 cm
WEIGHT 390 lbs / 177 kg



POWER

PW-439

DECLINE CHEST PRESS

LENGTH
72" / 183 cm

WIDTH
70" / 178 cm

HEIGHT
83" / 211 cm

WEIGHT
412 lbs / 187 kg



PW-501

JAMMER

LENGTH
73" / 185 cm

WIDTH
64" / 163 cm

HEIGHT
86" / 218 cm

WEIGHT
365 lbs / 165 kg



PW-449

SHOULDER PRESS

LENGTH
47" / 119 cm

WIDTH
62" / 157 cm

HEIGHT
56" / 142 cm

WEIGHT
306 lbs / 139 kg



PW-607

LYING CRUNCH

LENGTH
60" / 152 cm

WIDTH
42" / 107 cm

HEIGHT
43" / 109 cm

WEIGHT
145 lbs / 66 kg



PW-357

PREACHER CURL

LENGTH 53" / 135 cm
WIDTH 50" / 127 cm
HEIGHT 43.5" / 110 cm
WEIGHT 306 lbs / 139 kg



PW-163

TRICEPS PUSHDOWN

LENGTH 63" / 160 cm
WIDTH 48" / 122 cm
HEIGHT 40" / 102 cm
WEIGHT 258 lbs / 117 kg



PW-437

ROW

LENGTH 69" / 175 cm
WIDTH 57" / 145 cm
HEIGHT 48" / 122 cm
WEIGHT 290 lbs / 132 kg



PW-423

FRONT PULLDOWN

LENGTH 74" / 188 cm
WIDTH 42.5" / 108 cm
HEIGHT 81" / 206 cm
WEIGHT 324 lbs / 147 kg



NATURAL MOTION SERIES

The Natural Motion Series is Atlantis' cable motion series. It is made up of nine machines, including two types of dual adjustable pulleys. The user-defined path of motion is smooth and steady, providing a **dynamic and varied workout**.

NM-200

FUNCTIONAL TRAINING SYSTEM

LENGTH	WIDTH	HEIGHT
34" / 86 cm	64" / 163 cm	90" / 229 cm
WEIGHT	WEIGHT STACK	
915 lbs / 415 kg	2 X 235 lbs / 106 kg	



2:1 RATIO

NM-205

DYNAMIC FUNCTIONAL TRAINING SYSTEM

LENGTH	WIDTH	HEIGHT
34" / 86 cm	64" / 163 cm	90" / 229 cm
WEIGHT	WEIGHT STACK	
1230 lbs / 558 kg	2 X 400 lbs / 181 kg	



4:1 RATIO

NATURAL MOTION

NM-210

ADJUSTABLE PULLEY STATION

LENGTH	WIDTH	HEIGHT
61" / 155 cm	53" / 135 cm	92" / 234 cm
WEIGHT	WEIGHT STACK	
509 lbs / 231 kg	1 X 235 lbs / 106 kg	



NM-300

CHEST PRESS

LENGTH	WIDTH	HEIGHT
49" / 124 cm	46" / 117 cm	73" / 185 cm
WEIGHT	WEIGHT STACK	
399 lbs / 181 kg	205 lbs / 93 kg	



NM-400

SHOULDER PRESS

LENGTH	WIDTH	HEIGHT
54" / 137 cm	40" / 102 cm	73" / 185 cm
WEIGHT	WEIGHT STACK	
429 lbs / 195 kg	205 lbs / 93 kg	



NM-700

STANDING ABDOMINAL

LENGTH	WIDTH	HEIGHT
37" / 94 cm	30" / 76 cm	71" / 186 cm
WEIGHT	WEIGHT STACK	
203 lbs / 92 kg	205 lbs / 93 kg	



NATURAL MOTION

NM-510

UNILATERAL LOW ROW

LENGTH
102" / 259 cm

WIDTH
31" / 79 cm

HEIGHT
97" / 246 cm

WEIGHT
532 lbs / 242 kg

WEIGHT STACK
250 lbs / 113 kg



“

Features like variable-resistance cams that allow for the optimal resistance throughout the full range-of-motion, appeals not only to those striving to achieve maximum muscle development but also seniors and members with orthopaedic conditions. Thanks again for producing such wonderful equipment. Keep up the good work!

”



**DAVID J.
FASHINGBAUER**

Owner - Anytime Fitness,
Savannah and Pooler, Georgia, USA

NM-537

DIVERGING ROW & REAR DELT

LENGTH
67" / 170 cm

WIDTH
32" / 81 cm

HEIGHT
81" / 206 cm

WEIGHT
444 lbs / 201 kg

WEIGHT STACK
205 lbs / 93 kg



NM-500

UNILATERAL LAT PULLDOWN

LENGTH
56" / 142 cm

WIDTH
30" / 76 cm

HEIGHT
96" / 244 cm

WEIGHT
488 lbs / 221 kg

WEIGHT STACK
250 lbs / 113 kg



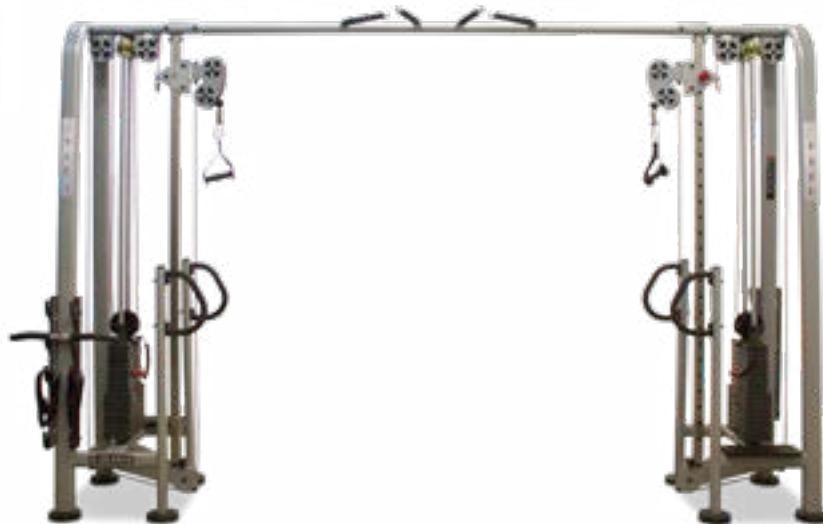
MULTI-STATION

P-246

ADJUSTABLE CROSSOVER (2 STACKS)

LENGTH 34" / 86 cm WIDTH 144" / 366 cm HEIGHT 90" / 229 cm

WEIGHT 900 lbs / 408 kg WEIGHT STACK 2 X 210 lbs / 95kg



P-247

ADJUSTABLE CROSSOVER (4 STACKS)

LENGTH 195" / 495 cm WIDTH 34" / 86 cm HEIGHT 92" / 234 cm

WEIGHT 1457 lbs / 661 kg WEIGHT STACK 3 X 210 lbs / 95 kg
1 X 160 lbs / 72 kg



MULTI-STATION

MS-319

STANDARD 8 STACK MULTI-STATION

LENGTH
155" / 394 cm

WIDTH
191" / 485 cm

HEIGHT
97" / 246 cm

WEIGHT
3400 lbs / 1542 kg

WEIGHT STACK
3 X 210 lbs / 95 kg
4 X 310 lbs / 141 kg
1 X 160 lbs / 73 kg



MULTI-STATION

MS-300

FULL-BODY WORKOUT STATION (3 STATIONS)

LENGTH
108" / 274 cm

WIDTH
102" / 259 cm

HEIGHT
85" / 216 cm

WEIGHT
1350 lbs / 612 kg

WEIGHT STACK
3 X 200 lbs / 90kg



Leg Extension



Low Row



Lying Leg Curl



Lat Pulldown



Shoulder Press



Incline Press



Chest Press

MULTI-STATION

S-500

FULL-BODY WORKOUT STATION (5 STATIONS)

LENGTH
104" / 264 cm

WIDTH
138" / 351 cm

HEIGHT
90" / 229 cm

WEIGHT
1998 lbs / 906 kg

WEIGHT STACK
1 X 300 lbs / 136 kg
1 X 205 lbs / 93 kg
1 X 130 lbs / 59 kg
1 X 235 lbs / 107 kg
1 X 250 lbs / 113 kg



MULTI-STATION

S-700

FULL-BODY WORKOUT STATION (7 STATIONS)

LENGTH

138" / 351 cm

WIDTH

128" / 325 cm

HEIGHT

93" / 236 cm

WEIGHT

2500 lbs / 1134 kg

WEIGHT STACK

1 X 300 lbs / 136 kg

1 X 205 lbs / 93 kg

1 X 130 lbs / 59 kg

1 X 235 lbs / 107 kg

1 X 250 lbs / 113 kg

1 X 400 lbs / 181 kg



DUALS

P-250

MULTI-PRESS

LENGTH
74" / 188 cm

WIDTH
51" / 130 cm

HEIGHT
67" / 170 cm

WEIGHT
516 lbs / 234 kg

WEIGHT STACK
205 lbs / 93 kg



D-138

LAT PULLDOWN / LOW ROW COMBO

LENGTH
84" / 213 cm

WIDTH
22" / 56 cm

HEIGHT
95" / 241 cm

WEIGHT
525 lbs / 238 kg

WEIGHT STACK
205 lbs / 93 kg



D-238

LAT PULLDOWN / LOW ROW

LENGTH
137" / 348 cm

WIDTH
27" / 69 cm

HEIGHT
97" / 246 cm

WEIGHT
921 lbs / 419 kg

WEIGHT STACK
2 X 250 lbs / 113 kg



D-438

LAT PULLDOWN / LOW ROW COMBO (HEAVY STACK)

LENGTH
81" / 206 cm

WIDTH
22" / 56 cm

HEIGHT
95" / 241 cm

WEIGHT
689 lbs / 312 kg

WEIGHT STACK
310 lbs / 141 kg



C-230

LEG EXTENSION / LEG CURL COMBO

LENGTH
71" / 180 cm

WIDTH
36" / 91 cm

HEIGHT
67" / 170 cm

WEIGHT
526 lbs / 239 kg

WEIGHT STACK
205 lbs / 93 kg



Designed off the platform of our cable series line (Natural Motion), the V-Series is Atlantis' all-access line. A swivel seat allows for wheelchair access and the cable motion **accommodates those who may not be able to follow a fixed path.**

V-158

HORIZONTAL CURL

LENGTH
72" / 183 cm

WIDTH
32" / 82 cm

HEIGHT
78" / 198 cm

WEIGHT
325 lbs / 148 kg

WEIGHT STACK
160 lbs / 73 kg



V SERIES

V-300

CHEST PRESS

LENGTH	WIDTH	HEIGHT
50" / 127 cm	47" / 120 cm	74" / 188 cm
WEIGHT	WEIGHT STACK	
475 lbs / 216 kg	205 lbs / 93 kg	



V-400

SHOULDER PRESS

LENGTH	WIDTH	HEIGHT
52" / 132 cm	42" / 107 cm	73" / 186 cm
WEIGHT	WEIGHT STACK	
475 lbs / 216 kg	205 lbs / 93 kg	



V-537

DIVERGING ROW & REAR DELT

LENGTH	WIDTH	HEIGHT
70" / 178 cm	51" / 130 cm	81" / 206 cm
WEIGHT	WEIGHT STACK	
495 lbs / 225 kg	205 lbs / 93 kg	



V-500

UNILATERAL LAT PULLDOWN

LENGTH	WIDTH	HEIGHT
52" / 132 cm	41" / 104 cm	97" / 246 cm
WEIGHT	WEIGHT STACK	
600 lbs / 273 kg	250 lbs / 114 kg	



STRONGMAN EQUIPMENT

R-255

FARMER'S WALK HANDLES (PAIR)

LENGTH 62" / 157 cm
WIDTH 3" / 8 cm
HEIGHT 12" / 30 cm
WEIGHT 35 lbs / 15.9 kg each



R-259

STAND FOR FARMER'S WALK HANDLES (PAIR)

LENGTH 8" / 20 cm
WIDTH 3" / 8 cm
HEIGHT 12" / 30 cm
WEIGHT 16 lbs / 7 kg



R-260

SLED

LENGTH 46" / 117 cm
WIDTH 31" / 79 cm
HEIGHT 42" / 107 cm
WEIGHT 123 lbs / 56 kg



R-256

ATLANTIS 10" / 25 CM LOG PRESS

LENGTH 87" / 221 cm
WIDTH 10" / 25 cm
HEIGHT 10" / 25 cm
WEIGHT 70 lbs / 32 kg



R-263

EXTREME SLED

LENGTH 52" / 132 cm
WIDTH 30" / 76 cm
HEIGHT 41" / 104 cm
WEIGHT 126 lbs / 57 kg



R-500

OLYMPIC BAR JACK

LENGTH 15" / 38 cm
WIDTH 6" / 15 cm
HEIGHT 12" / 31 cm
WEIGHT 9 lbs / 4 kg



R-249 RESISTANCE CHAINS - 40 LBS / 18 KG TOTAL (PAIR)

LENGTH Chain is 72" / 183 cm
WIDTH -
HEIGHT -
WEIGHT 40 lbs / 18 kg



COLORS

BOLTAFLX® UPHOLSTERY WITH PREFIXX® FINISH

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



STANDARD FRAME COLORS*

Grey	White	Black	Tuscan Black (Matte)	Red (Glossy)	Safety Yellow

*Custom frame colors available

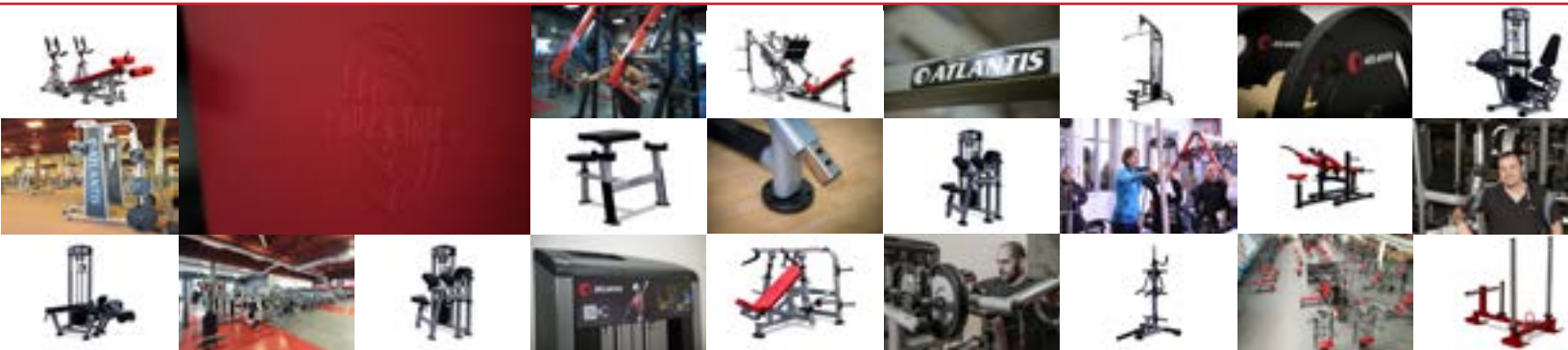
Any variations in colors shown are due to reproduction variations of the printing process. Please contact your Atlantis representative to request a color sample.

WARRANTY

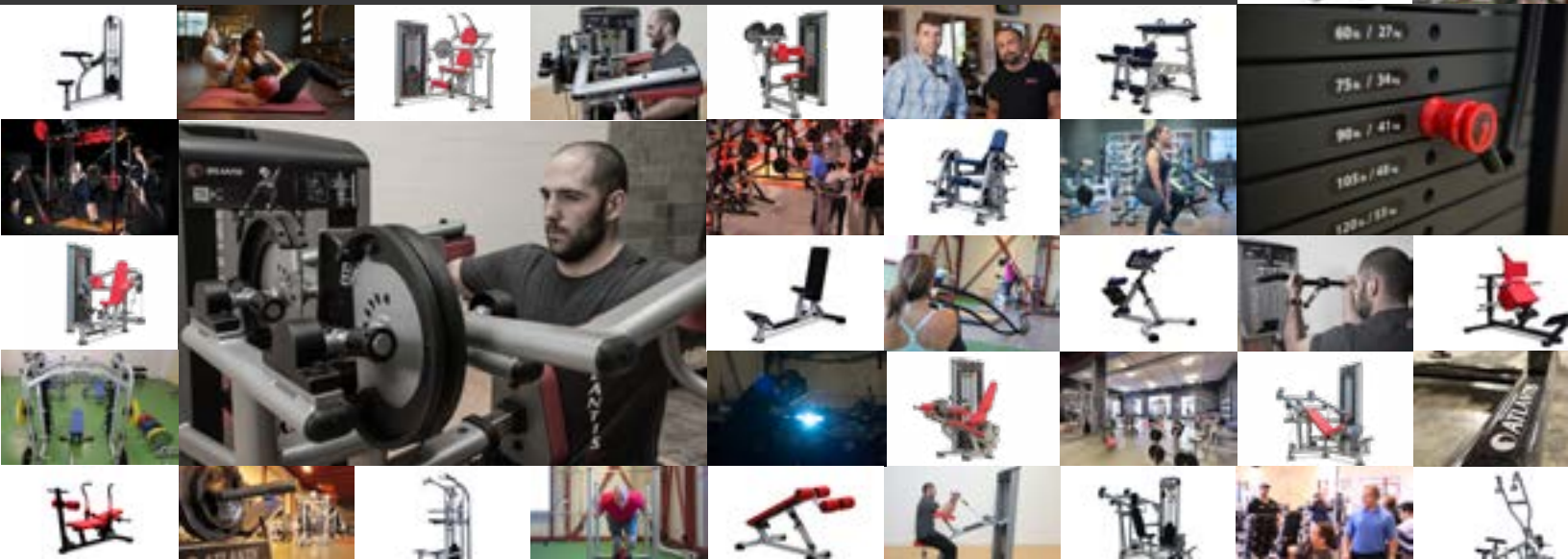
- 10 YEARS** Structural frame and structural moving parts, welds & weight stack plates
- 5 YEARS** Pulleys, bearings, bronze bushings and guide rods
- 1 YEAR** Plastic bushings, rubber handgrips, belts, cables, weight stack pins, seat hydraulics and any other parts not specified within the itemized parts
- 1 YEAR** Atlantis accessory bars/handles
- 1 YEAR** Labor on the above-mentioned parts (certain restrictions apply)
- 180 DAYS** Upholstery
- 90 DAYS** Accessory bars & 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 colors, materials, equipment, specifications and models.



35 YEARS AND STILL GOING STRONG





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