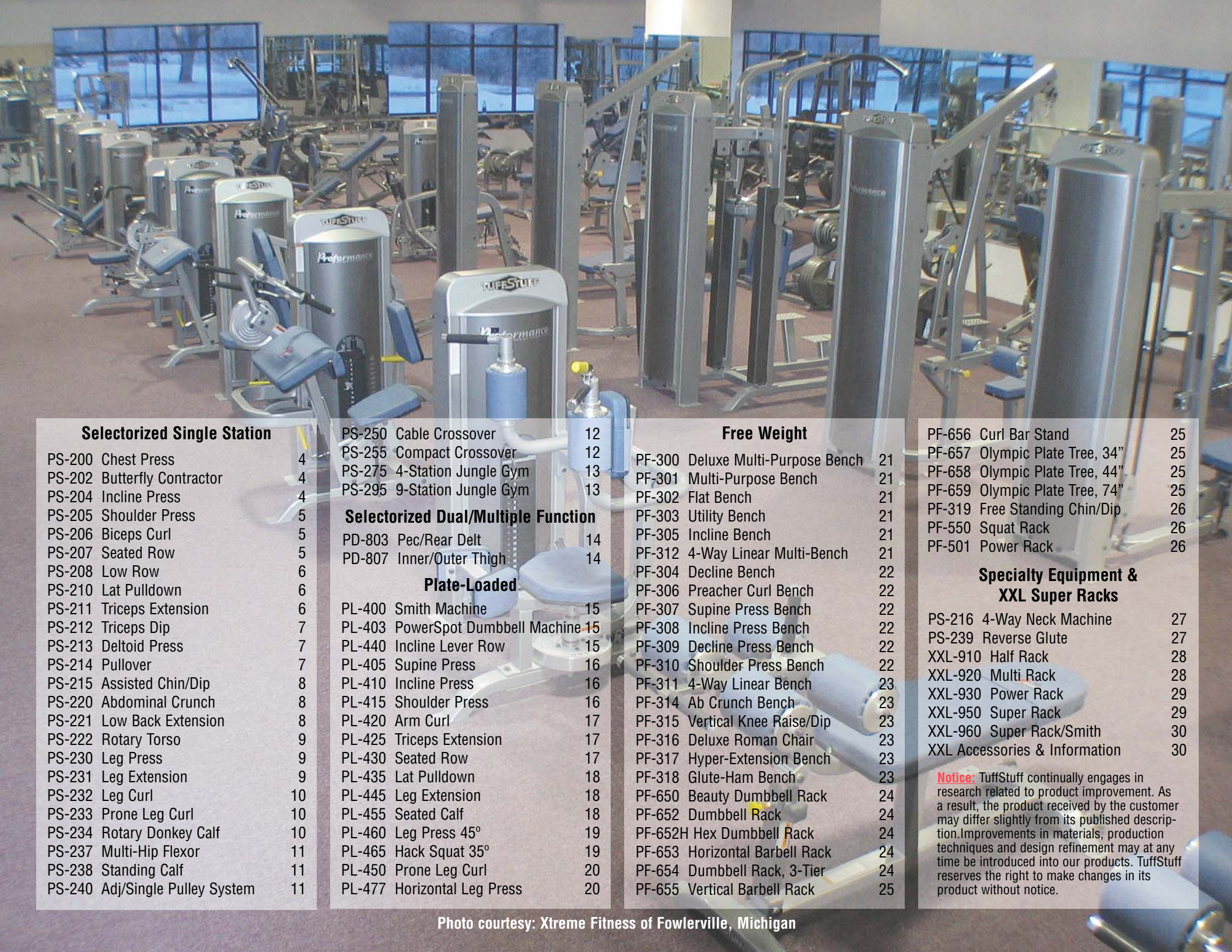


# Commercial Strength Equipment

## Proformance Series







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**Notice:** TuffStuff continually engages in research related to product improvement. As a result, the product received by the customer may differ slightly from its published description. Improvements in materials, production techniques and design refinement may at any time be introduced into our products. TuffStuff reserves the right to make changes in its product without notice.



## Selectorized Single Station & Multiple/Dual Function Equipment, Plate-Loaded, and Free Weight

### FRAME COLORS (Proformance Series only):

- Platinum Sparkle • Titanium • Ebony Chrome
- Light Sandstone Tex • Georgian Gray
- Sky White • Wrinkle Black

Powder coated samples are available upon request. Custom colors are available – please inquire with your sales representative.

### UPHOLSTERY COLORS (Proformance Series only):

Boltaflex standard upholstery colors:

- Outback • Frontier • Cerise • Sangria • Sea Grass
- Wood Violet • Sierra Azure • Jade • Horizon Blue
- Candy Apple • Coal • Slate • Black, and
- TuffStuff Sierra Purple

Boltaflex color swatches are available upon request. Custom colors are available – please inquire with your sales representative.

### WEIGHT STACKS:

Standard: Black painted steel weight stack  
Optional: Chrome plated steel weight stack

Heavier stacks are available upon request – please inquire with your sales representative.

### TUFFSTUFF LIMITED WARRANTY:

- LIFETIME:** Frame structures, welds, cams and weight plates.
- 5-YEAR:** Bushings, pivot bearings, gas shocks, pulleys, and guide rods.
- 1-YEAR:** Belts and linear bearings
- 6-MONTH:** Cables, upholstery, top finish, rubber grips, and all other components not mentioned in this warranty.

2x6 and 2x3-inch 11-gauge tubular steel frame structure with a combination of 2x2-inch round tubular steel for other aesthetic applications.

Powder coat finish with a choice of seven standard frame colors.

Press arms feature the TuffStuff exclusive convergent or divergent movement technology.

Belt-driven system with solid aluminum variable resistance cam (Patent Pending).

Elevated off-the-floor frame structure design

Fully enclosed optional see-through acrylic composite material protective weight shields. Standard with powder coated solid steel.

Premium Boltaflex ColorGuard 2000 upholstery with PreFixx protective finish formulated to resist bacteria and stains.

Custom embroidered logo wear cover. Please inquire.

Dual-linkage gas assist seat adjustments

***Proven quality since 1971. Each Proformance machine, bench or rack is designed and engineered for biomechanics, performance and adjustability. You can trust that the same care and quality goes into our production of the equipment.***

**Optional:** Exclusive patented PiggyBack add-on weight device. 2.5 lbs., 5 lbs. and 7.5 lbs. increments.

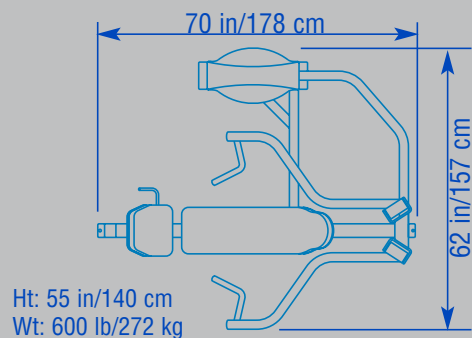


**PS-202 Butterfly Contractor**

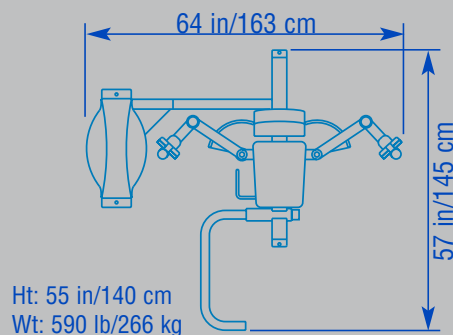
**PS-204 Incline Press**



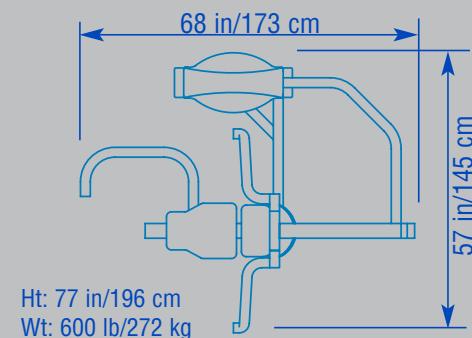
- Biomechanically correct incline angle allows you to fully concentrate on the desired muscle groups and reducing back strain
- Converging press arm movement
- Dual-linkage gas assist seat adjustment
- Pre-stretch foot lever for start and end position
- 200 lbs. steel weight stack



- Unique dual pivot points on the pectoral fly arms allow user to maintain perfect form throughout the range of motion
- Gas assist seat height adjustment
- Pre-stretch foot lever for start and end position
- 200 lbs. steel weight stack



- Unique pivoting bench seat design with multiple forward positions to accommodate most arm lengths
- Converging press arm movement
- Dual-linkage gas assist seat adjustment
- Pre-stretch foot lever for start and end position
- 200 lbs. steel weight stack



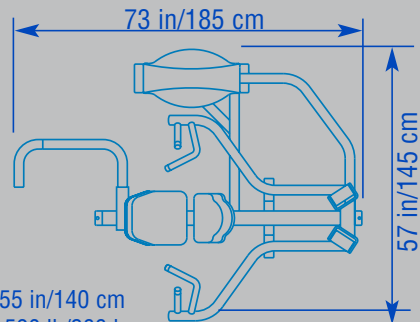


## PS-206 Biceps Curl

## PS-205 Shoulder Press



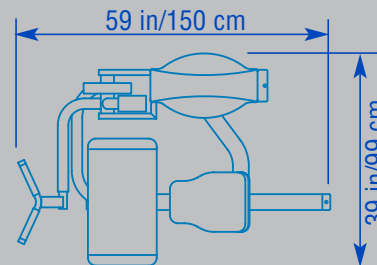
- Unique handle design permits grip changes to isolate the deltoid muscles
- Converging press arm movement
- Dual-linkage gas assist seat adjustment
- Pre-stretch foot lever for start and end position
- 200 lbs. steel weight stack



Ht: 55 in/140 cm  
Wt: 590 lb/266 kg



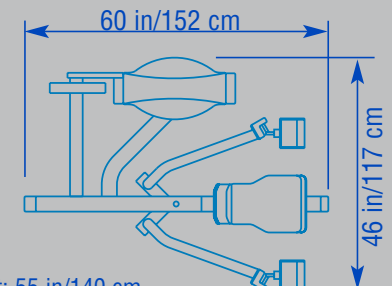
- Rotating hand grips allow control and continuous resistance throughout the range of motion
- Counter-balanced at 0 lb. starting position
- Dual-linkage gas assist seat adjustment
- Ergonomically designed arm rest for maximum support and comfort
- 200 lbs. steel weight stack



Ht: 55 in/140 cm  
Wt: 575 lb/261 kg



- 360° articulating hand grips provide a defined and natural path of motion
- Diverging press arm movement
- Gas assist chest support adjustment
- Dual-linkage gas assist seat adjustment
- 200 lbs. steel weight stack



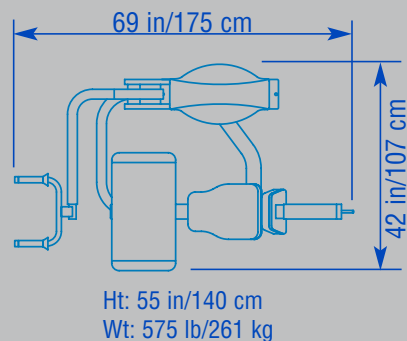
Ht: 55 in/140 cm  
Wt: 590 lb/266 kg

## PS-208 Low Row

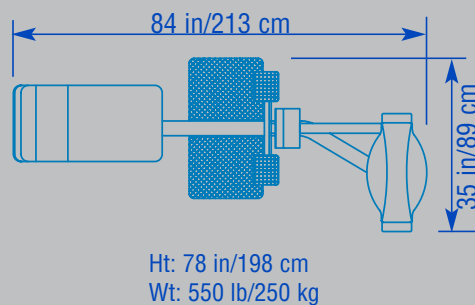
## PS-211 Triceps Extension



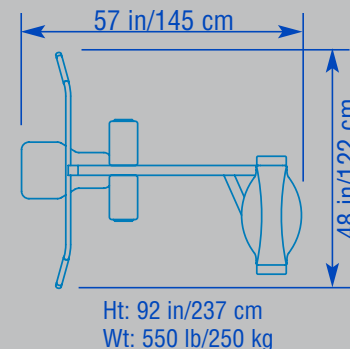
- Single point arm movement with rotating hand grips provide smooth and uninterrupted downward motion
- Gas assist angled back pad adjustment to ensure torso stability
- Dual-linkage gas assist seat adjustment
- 150 lbs. steel weight stack



- Computer imagery and geometry determined the correct angle of the bench ensuring accurate level biomechanical motion
- Heavy duty diamond footplates
- Large diamond floor plates for structural stability and other low pulley exercises
- 200 lbs. steel weight stack



- Adjustable thigh hold-down pads provide stability and firm support during workouts
- Swivel lat bar attachment with locking spring hook provides reliable and safe performance
- Kevlar belt transport system throughout allows smooth and efficient performance
- 200 lbs. steel weight stack



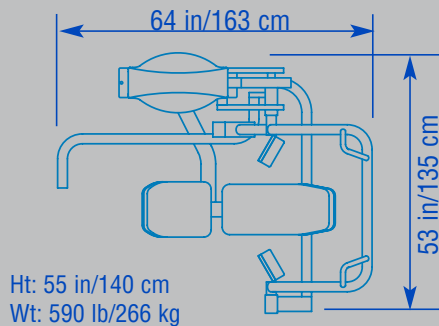


## PS-213 Deltoid Press

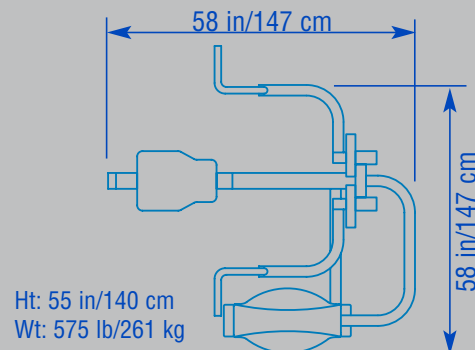
## PS-214 Pullover



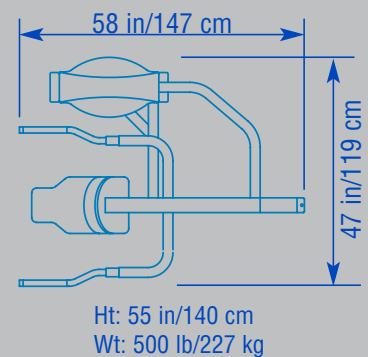
- Free-form rubber handles allow ease of use and unrestricted hand grip positions
- Counter-balanced at 0 lb. at starting position
- Dual-linkage gas assist seat adjustment
- Pre-stretch foot lever for start and end position
- 150 lbs. steel weight stack



- Multiple start positions for accurate shoulder alignment with the axis of rotation
- Unique handle design for control and stability throughout the arm rotation exercise
- Dual-linkage gas assist seat adjustment
- 200 lbs. steel weight stack



- Biomechanically correct bench seat design allows you to fully concentrate on the arm extension
- Twist-lock wide or narrow hand grips
- Dual-linkage gas assist seat adjustment
- 200 lbs. steel weight stack

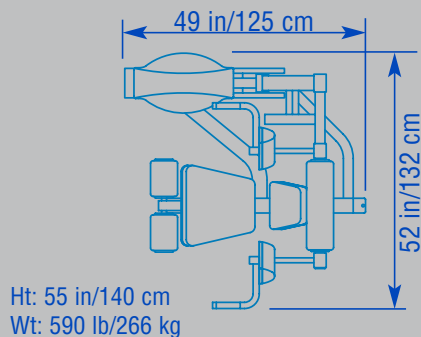


**PS-221 Back Extension**

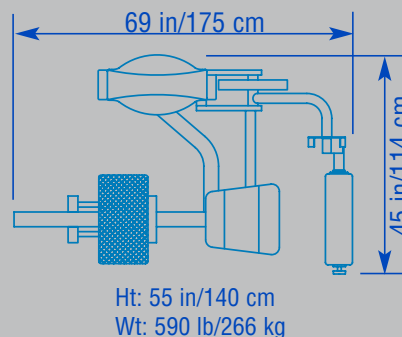
**PS-220 Abdominal Crunch**



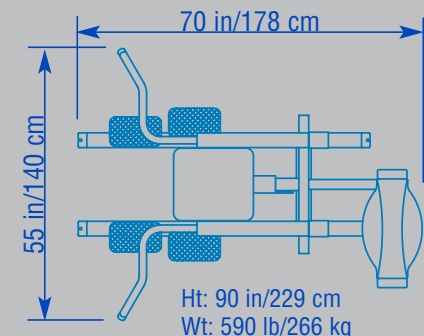
- Innovative arm crunch design on a single point of rotation applies resistance through the abdominals while stabilizing the torso
- Adjustable stabilizing handles
- Dual-linkage gas assist seat adjustment with built-in footrolls
- 200 lbs. steel weight stack



- Counter-balanced resistance arm movement with multiple start positions
- Adjustable back roll provides proper back support and alignment
- Linear bearing footplate easily adjusts to accommodate various leg lengths
- 200 lbs. steel weight stack



- Counter-resistance knee pad device allows you to control the desired weight-assist balance
- Knee pad device folds away for unassisted exercise
- Enclosed dual self-aligning linear bearing system
- Twist-lock narrow or wide dipping handles
- Neutral and wide chin-up bar for muscle isolation
- 300 lbs. steel weight stack



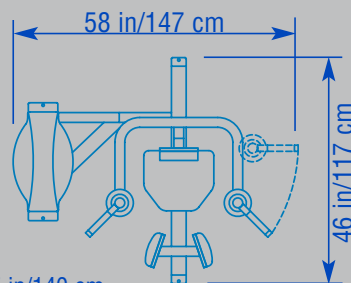


## PS-231 Leg Extension

## PS-222 Rotary Torso



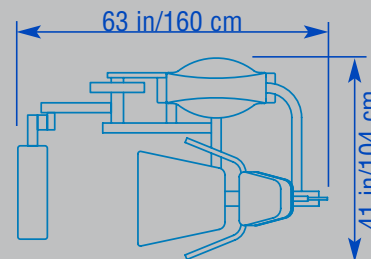
- TuffStuff exclusive rotary bench design keeps torso and knees stationary while resistance is applied through the mid section
- Trigger release at the handle for easy change over of rotation exercise
- Smooth “frictionless” drive cam system
- 200 lbs. steel weight stack



Ht: 55 in/140 cm  
Wt: 550 lb/277 kg



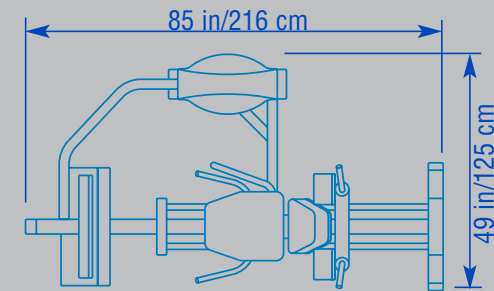
- Resistance arm with pull-pin release for multiple start positions adjustment, and easy in and out
- Gas assist back support easily adjusts for proper positioning and knee alignment
- Oversize self adjusting footroll to accommodate different leg lengths
- 200 lbs. steel weight stack



Ht: 55 in/140 cm  
Wt: 575 lb/261 kg



- Large V-shaped aluminum footplate designed for variation of exercises including calf workouts
- Dual self-aligning 1-1/2" linear bearing system
- Back support adjusts to upright or flat position for either seated or horizontal leg presses
- Control lever for multiple start positions
- 400 lbs. steel weight stack (optional 500 lbs.)



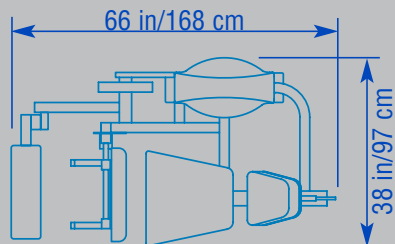
Ht: 78 in/198 cm  
Wt: 900 lb/408 kg

## PS-233 Prone Leg Curl

## PS-232 Leg Curl



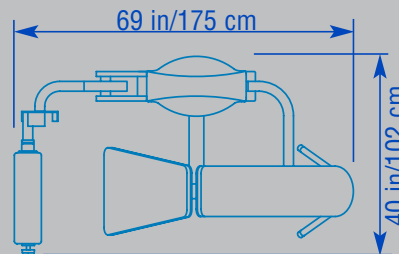
- Precisely angled seat ensures biomechanical correct seated position
- Adjustable thigh hold-down mechanism
- Gas assist back support easily adjusts for proper positioning and knee alignment
- Self aligning counter-balanced footroll
- 200 lbs. steel weight stack



Ht: 55 in/140 cm  
Wt: 575 lb/261 kg



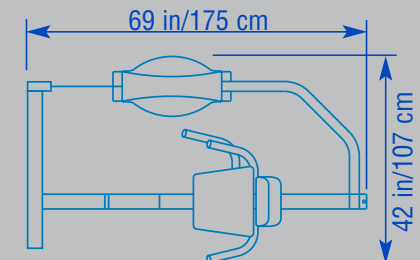
- V-bench design provides a natural support against the pad and helps reduce low back stress and unwanted knee forces
- Adjustable footroll to accommodate different leg lengths
- Built-in side handles for support and control
- 200 lbs. steel weight stack



Ht: 55 in/140 cm  
Wt: 590 lb/266 kg



- Biomechanically correct seat angle minimizes low back strain
- Seat carriage adjusts to facilitate the leg length
- Footplate rolls over through the motion, allowing smooth resistance throughout
- 300 lbs. steel weight stack (2:1 resistance)



Ht: 55 in/140 cm  
Wt: 550 lb/250 kg

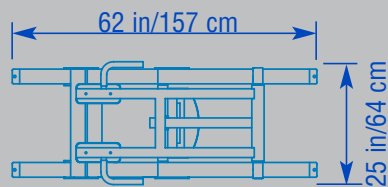


**PS-237 Multi-Hip Flexor**

**PS-238 Standing Calf**



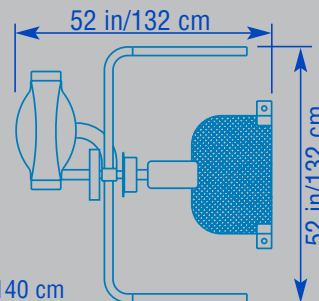
- Direct linkage pivot arms ensure a true and balanced lifting motion
- Adjustable start position to accommodate individual height and range of motion
- Double padded contoured shoulder support for maximum comfort
- Non-slip, two-level foot platforms for proper body alignment
- 300 lbs. steel weight stack



Ht: 79 in/201 cm  
Wt: 550 lb/277 kg



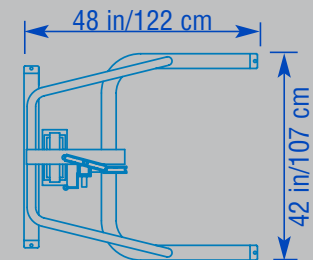
- Large aluminum diamond plate platform with dual gas assist elevation mechanism
- Multiple start positions and counter-balanced movement arm with fully adjustable roller pad to accommodate varying user heights
- Dual handrails provide balance and support
- 200 lbs. steel weight stack



Ht: 55 in/140 cm  
Wt: 600 lb/272 kg



- Space efficient design with an exceptional wide base workout area to accommodate a variety of exercises and bench workouts
- Dual-action swivel handles pulley system
- Adjustable from high, mid and to low positions
- Designed for wheelchair accessibility
- 150 lbs. steel weight stack



Ht: 93 in/236 cm  
Wt: 350 lb/159 kg

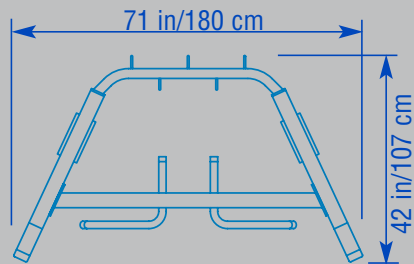
## PS-250 Cable Crossover

## Jungle Gym Systems

### PS-255 Compact Crossover

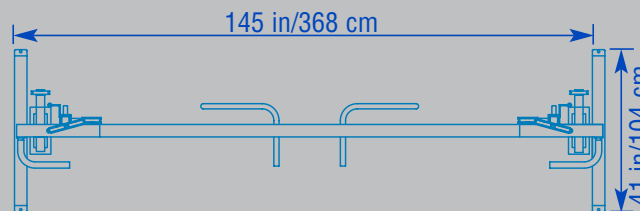


- Independent single column pulley system allow for single or dual exercise workouts
- Swivel handles provide free and natural movement
- Variable height adjustments for high, mid and low pulley exercises
- Full length solid steel protective weight enclosures
- 200 lbs. (each) steel weight stack

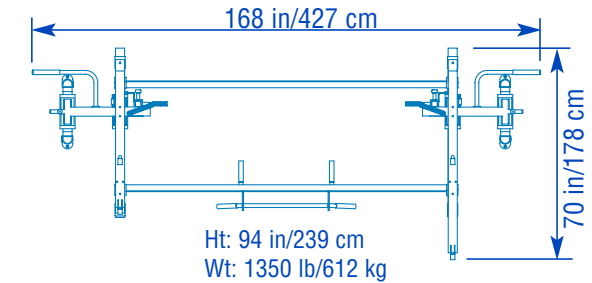


Ht: 97 in/246 cm  
Wt: 650 lb/295 kg

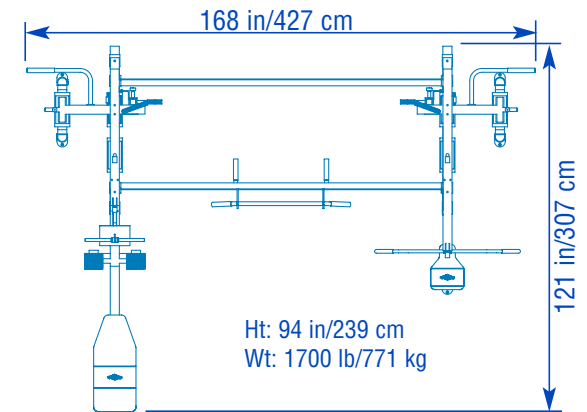
- Independent single column pulley system allow for single or dual exercise workouts
- Swivel handles provide free and natural movement
- Variable height adjustments for high, mid and low pulley exercises
- Unique chin-up bar design for wide or narrow grip
- 150 lbs.(200 lbs. optional) steel weight stack



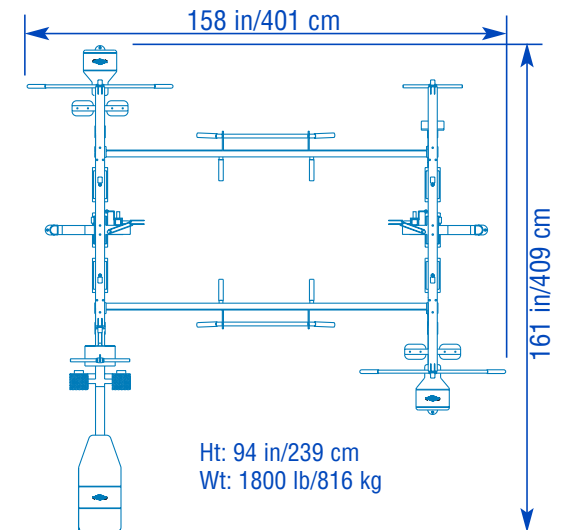
Ht: 95 in/241 cm  
Wt: 650 lb/295 kg



**PS-270 4-Station Unit:** Cable Crossover, Chin-up Bar, and two end stations  
Ht: 94 in/239 cm  
Wt: 1350 lb/612 kg



**PS-280 6-Station Unit:** Cable Crossover, Chin-up Bar, Seated Low Row, Lat Pulldown and two end stations  
Ht: 94 in/239 cm  
Wt: 1700 lb/771 kg



**PS-290 7-Station Unit:** Cable Crossover, (2) Chin-up Bars, Seated Low Row, (2) Lat Pulldown and Triceps Pushdown  
Ht: 94 in/239 cm  
Wt: 1800 lb/816 kg

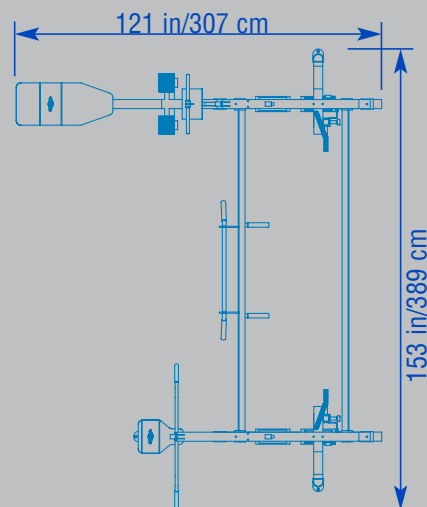


## PS-275 Jungle Gym



### 4-Station Unit:

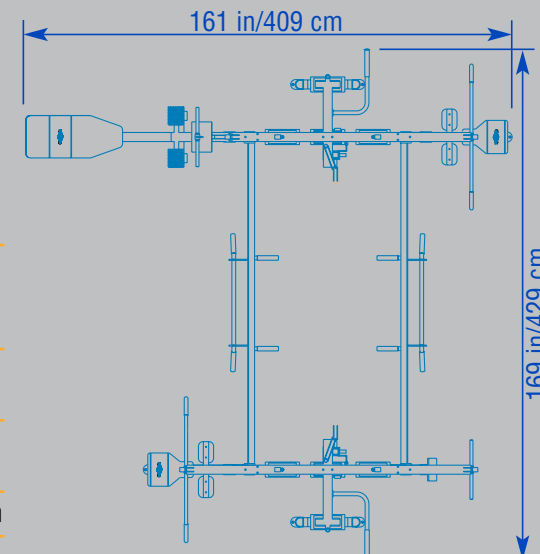
- With Cable Crossover, Seated Low Row, Lat Pulldown and Chin-up Bar
- High-mass with two crossbeams for added stability
- Independent single column pulley system allow for single or dual exercise workouts
- Swivel handles provide free and natural movement
- Variable height adjustments for high, mid and low pulley exercises
- Unique chin-up bar design for wide or narrow grip
- Four weight stacks of 200 lbs. each



Ht: 94 in/239 cm  
Wt: 1300 lb/590 kg

### 9-Station Unit:

- With Cable Crossover, Seated Low Row, (2) Lat Pulldown, Triceps Pushdown, (2) Chin-up Bars, and two end-stations: choice of Biceps Curl, High/Low Pulley or Triceps Pushdown
- Independent single column pulley system allow for single or dual exercise workouts
- Swivel handles provide free and natural movement
- Variable height adjustments for high, mid and low pulley exercises
- Eight weight stacks of 200 lbs. each

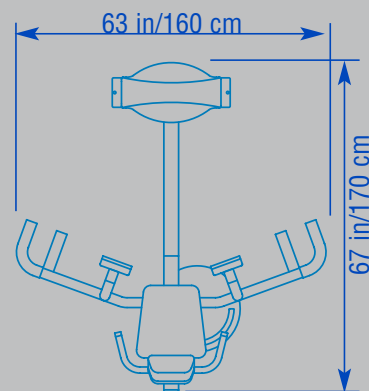


Ht: 94 in/239 cm  
Wt: 2100 lb/953 kg

**PD-807 Inner/Outer Thigh**



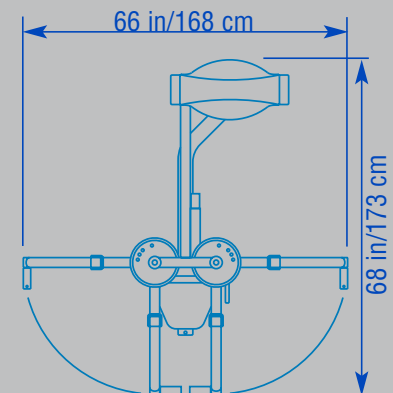
- Conveniently located lever adjustment for the range of motion and start positions for both exercises
- Frontal exercise positioning provides privacy
- Swivel knee pads maintain constant support throughout the range of motion, and minimize torque on the knees
- Dual footpegs design to accommodate different leg lengths
- 150 lbs. steel weight stack



Ht: 55 in/140 cm  
Wt: 500 lb/227 kg



- Self-adjusting swivel handles with fully actuating press arms ensure a uniform and natural movement
- Rotary, independent arm mechanism provides equal loading and synchronizes for unilateral movement
- Overhead adjustment allows quick and easy selection of start position
- Dual-linkage gas assist seat adjustment
- Adjustable back/chest pad support
- 200 lbs. steel weight stack



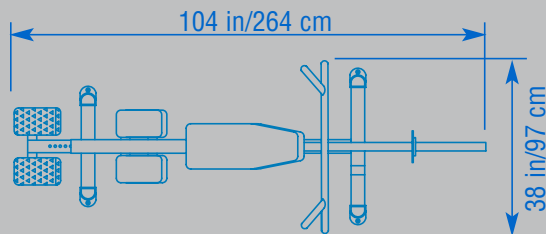
Ht: 78 in/198 cm  
Wt: 400 lb/181 kg

## PL-403 PowerSpot Dumbbell Machine

## PL-440 Incline Lever Row



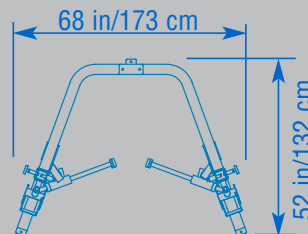
- Front plate loading for true weight resistance from a single pivot point
- Incline support design provides uncompromising biomechanics, comfort and feel
- Dual handgrips design for variety of exercises
- Adjustable footplate to accommodate various leg lengths



Ht: 46 in/117 cm  
Wt: 190 lb/86 kg



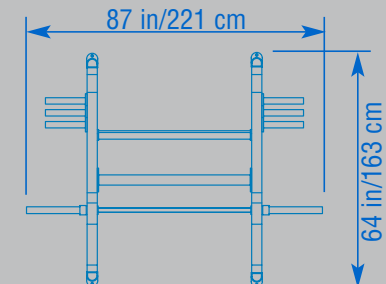
- Patented self-spotting dumbbell machine
- Telescoping, multi-directional swivel handles designed to simulate the free and natural movement of dumbbell workouts
- Quick release spotter mechanism easily adjusts to shoulder, flat, incline or decline workout positions
- Optional multi-purpose bench as shown. Can accommodate other workout benches



Ht: 88 in/224 cm  
Wt: 650 lb/295 kg



- Smith press bar is counter-balanced to zero resistance at starting position
- 90° path of pressing motion
- Enclosed, self-aligning linear bearing press system
- Fully adjustable spring action safety catch/stopper
- Built-in Olympic weight storage



Ht: 89 in/226 cm  
Wt: 650 lb/295 kg

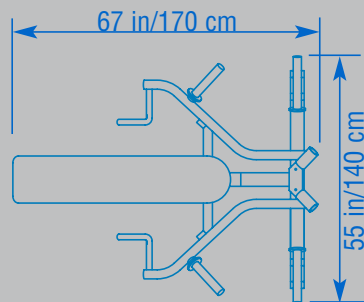


## PL-410 Incline Press

## PL-405 Supine Press



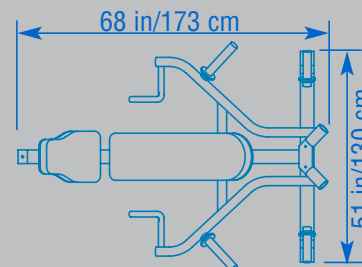
- Converging press arm movement
- Independent, unilateral arm action promotes equal and balanced muscles development
- Adjustable gas assist start/end position allows user's limit range of motion and safety
- Built-in Olympic weight storage



Ht: 51 in/130 cm  
Wt: 180 lb/82 kg



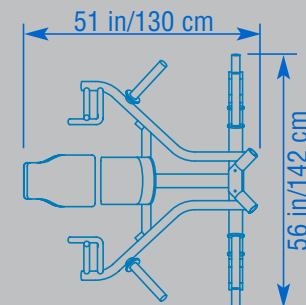
- Converging press arm movement
- Independent, unilateral arm action promotes equal and balanced muscles development
- Adjustable gas assist start/end position allows user's limit range of motion and safety
- Gas assist seat height adjustment
- Built-in Olympic weight storage



Ht: 57 in/145 cm  
Wt: 175 lb/79 kg



- Converging press arm movement
- Independent, unilateral arm action promotes equal and balanced muscles development
- Dual handgrips design for variation of exercises
- Gas assist seat height adjustment
- Built-in Olympic weight storage



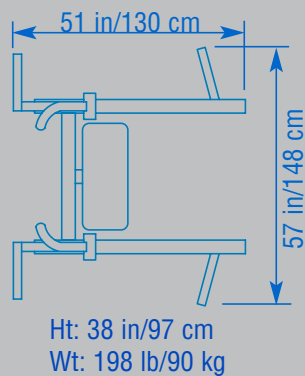
Ht: 70 in/178 cm  
Wt: 200 lb/91 kg

## PL-425 Triceps Extension

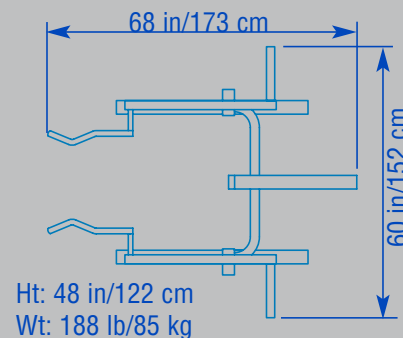
### PL-420 Arm Curl



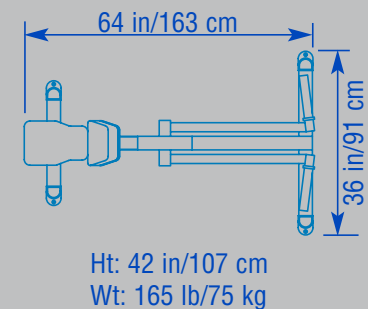
- Dual axis arm movement allows unilateral exercise
- Direct linkage design ensures positive arm action
- Swivel handles pivot to allow a natural wrist movement throughout the range of motion
- Gas assist seat height adjustment
- Built-in Olympic weight storage



- Dual axis arm movement allows unilateral exercise
- Biomechanically correct and slanted bench design allow a more effective and controlled path of motion
- Articulating handles provide forward or downward extension of the arms
- Gas assist seat height adjustment
- Built-in Olympic weight storage



- Dual axis diverging arm movement
- 360° articulating hand grips provide a defined and natural path of motion
- Gas assist chest support adjustment to accommodate various arm lengths
- Independent, unilateral arm movement
- Gas assist seat height adjustment

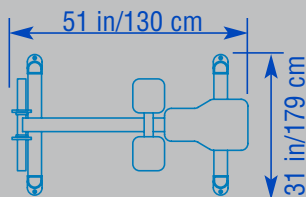


## PL-445 Leg Extension

## PL-455 Seated Calf



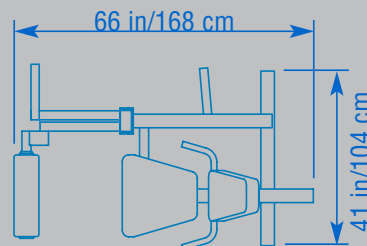
- Knee hold-down pads adjust for various leg length and range of motion
- Pivot arm rest with multiple stainless steel holders for the desired start and end position
- Swivel pivot arm rest easily engage and disengage
- Bench seat moves with the pivot movement arm
- Non-slip diamond footplates



Ht: 42 in/107 cm  
Wt: 120 lb/54 kg



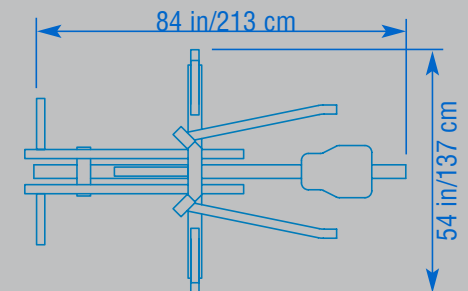
- Direct-link movement arm design enhances smooth and continuous range of motion
- Adjustable footroll to accommodate different leg lengths and start position
- Gas assist back support adjustment
- Built-in Olympic weight storage



Ht: 39 in/99 cm  
Wt: 178 lb/81 kg



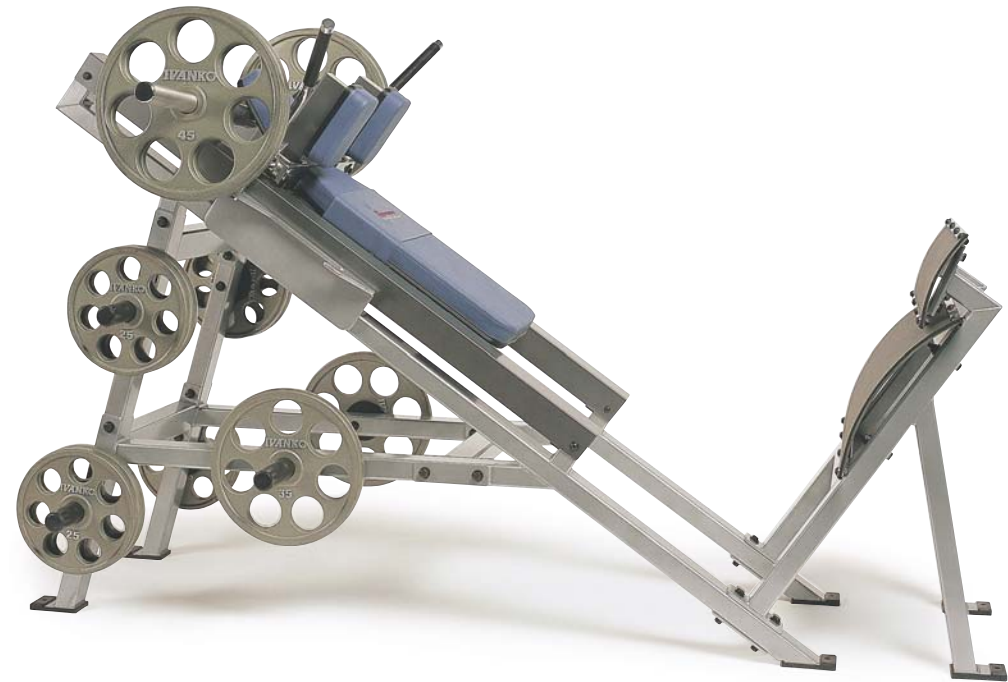
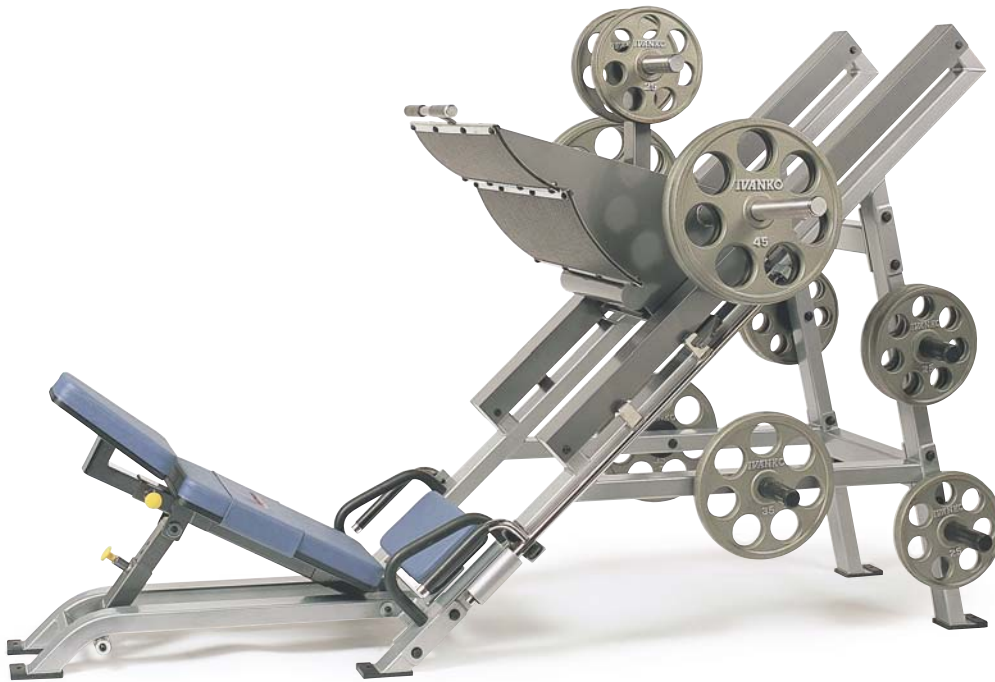
- Dual axis arm movement allows unilateral exercise
- 360° articulating handgrips provide free floating downward pulling motion
- Adjustable thigh hold-down pads
- Gas assist seat height adjustment
- Built-in Olympic weight storage



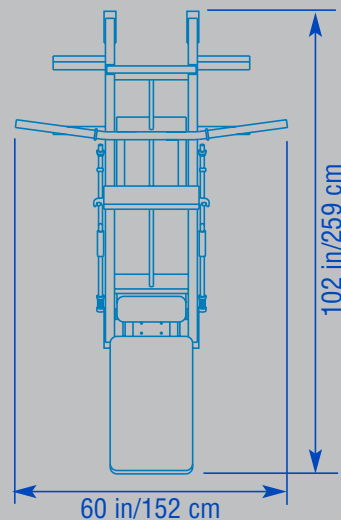
Ht: 81 in/206 cm  
Wt: 263 lb/119 kg



## PL-460 45-Degree Leg Press

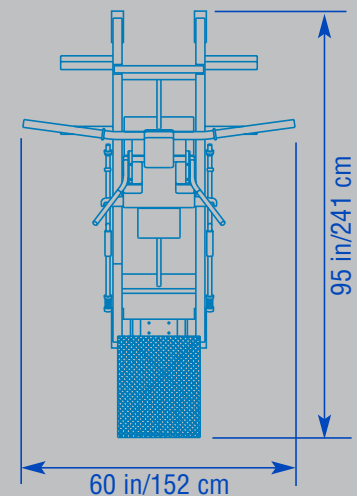


- Dual self-aligning 1-1/2" linear bearing system housed in an enclosed protective covers
- 1-1/2" precision ground shaft made from quenched and tempered steel
- Exclusive Tuffstuff concave footplate design assures biomechanically correct leg position throughout the range of motion
- Heavy duty back support construction with multiple angle adjustments and adjustable head rest attachment
- Dual safety catch and release handles for safe start and end position
- Unique dual press plate design with built-in calf raise press bar
- Built-in Olympic plate holders



Ht: 61 in/155 cm  
Wt: 650 lb/266 kg

- Dual self-aligning 1-1/2" linear bearing system housed in an enclosed protective covers
- 1-1/2" precision ground shaft made from quenched and tempered steel
- Exclusive Tuffstuff dual-concave footplate design assures biomechanically correct leg position throughout the range of motion and for variation of exercises
- 35-degree weight carriage travel with fully padded back support, head rest and shoulder pads
- Dual safety catch and release handles for safe start and end position
- Built-in Olympic plate holders

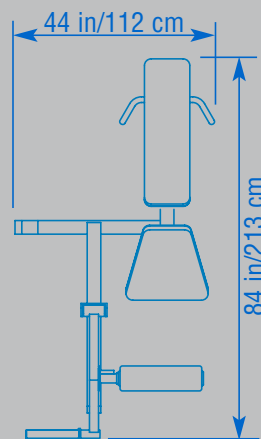


Ht: 61 in/155 cm  
Wt: 500 lb/227 kg

## PL-450 Prone Leg Curl



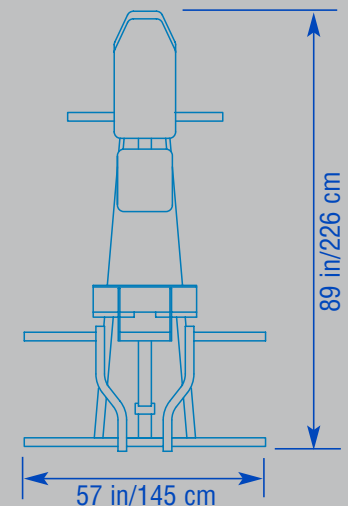
- V-bench design provides a natural support against the pad and helps reduce low back stress and unwanted knee forces
- Adjustable footroll to accommodate different leg lengths
- Side handles on each side for support and control
- Built-in Olympic weight storage



Ht: 26 in/66 cm  
Wt: 140 lb/64 kg



- Direct press system for accurate and effective weight resistance
- Large pivoting footplate maintains correct foot position throughout the range of motion
- Dual self-aligning 1-1/2" linear bearing seat carriage design easily adjusts to accommodate various foot positions
- Fully adjustable back support for proper body alignment and comfort
- Dual handgrips for control and stability
- Built-in Olympic plate holders



Ht: 52 in/132 cm  
Wt: 407 lb/185 kg



### **PF-300 Deluxe Multi-Purpose Bench**

- Back support adjusts from decline to 85° upright
- Multiple angles seat pad adjustment

LWH: 60x25x51in/152x64x130 cm    SWT: 100 lb/45 kg



### **PF-301 Multi-Purpose Bench**

- Back support adjusts from decline to 85° upright
- Multiple angles seat pad adjustment

LWH: 64x25x51in/163x64x130 cm    SWT: 90 lb/41 kg



### **PF-305 Incline Bench**

- Bench seat adjusts from incline to full 90° upright
- Built-in handles and wheels for easy roll-away

LWH: 50x22x52in/127x56x132 cm    SWT: 100 lb/45 kg



### **PF-312 4-Way Linear Multi Bench**

- Smooth forward and backward linear adjustments
- Back support adjusts from decline to 85° upright

LWH: 60x25x51in/152x64x130 cm    SWT: 150 lb/68 kg



### **PF-302 Flat Bench**

- Off-the-floor design improves stability
- Built-in handles and wheels for easy roll-away

LWH: 49x23x19in/124x58x48 cm    SWT: 60 lb/27 kg



### **PF-303 Utility Bench**

- Angled back support for comfort and stability
- Built-in handles and wheels for easy roll-away

LWH: 52x24x34 in/132x61x86 cm    SWT: 90 lb/41 kg





### PF-304 Decline Bench

- Multiple angle height adjustments
- Knee pads adjust to accommodate user's leg length

LWH: 60x25x37 in/152x64x94 cm    SWT: 90 lb/41 kg



Bar and weight plates not included

### PF-306 Preacher Curl Bench

- Biomechanically correct angle arm pad support
- Fully adjustable to accommodate user's arm length

LWH: 40x28x43 in/102x71x109 cm    SWT: 125 lb/57 kg



Bar and weight plates not included

### PF-307 Supine Press Bench

- Stainless steel bar catches and protective cover
- Built-in Olympic weight plate storage

LWH: 64x68x50 in/163x173x127 cm    SWT: 140 lb/64 kg



Bar and weight plates not included

### PF-308 Incline Press Bench

- Seat adjusts for proper torso positioning
- Designed for easy spotter access

LWH: 72x68x58 in/183x173x147 cm    SWT: 150 lb/68 kg



Bar and weight plates not included

### PF-309 Decline Press Bench

- Adjustable knee and foot support
- Elevated knee support reduces lower back strain

LWH: 80x68x48 in/203x173x122 cm    SWT: 140 lb/64 kg



Bar and weight plates not included

### PF-310 Shoulder Press Bench

- Back pad adjusts to allow front or behind the neck take-off position

LWH: 47x68x69in/119x173x175 cm    SWT: 155 lb/70 kg



Bar and weight  
plates not included

### PF-311 4-Way Linear Bench

- 4-in-1 Olympic bench with built-in linear action sliding multi-purpose bench

LWH: 78x66x69 in/198x168x175 cm SWT: 255 lb/116 kg



### PF-314 Ab Crunch Bench

- Multiple angle adjustments or flat position
- Footrolls adjust for femur length

LWH: 63x23x48 in/160x58x122 cm SWT: 125 lb/57 kg



### PF-315 Vertical Knee Raise/Dip

- Back pad adjusts for firm support and positioning
- Contoured and double padded elbow support

LWH: 43x31x64 in/109x79x163 cm SWT: 120 lb/54 kg



### PF-316 Roman Chair

- Comfortable footrolls with multiple height adjustments to accommodate various leg lengths

LWH: 53x27x39 in/135x69x99 cm SWT: 100 lb/45 kg



### PF-317 Hyper-Extension

- Multiple angle adjustments for levels of difficulty
- Footroll device provides safe and secure support

LWH: 53x34x42 in/135x86x107 cm SWT: 120 lb/54 kg



### PF-318 Glute-Ham Machine

- Linear-bearing assist footplate carriage adjustment
- Ergonomically designed to enhance comfort

LWH: 69x32x46 in/175x81x117 cm SWT: 155 lb/70 kg



Dumbbells not included

### PF-650 Beauty Dumbbell Rack

- Two-tier, holds 12 pairs of beauty dumbbells
- Pro-fix style with individual rubber saddle

LWH: 27x63x31 in/69x160x79 cm SWT: 150 lb/68 kg



Dumbbells not included

### PF-652 Dumbbell Rack

- Two-tier (10 pairs) or **PF-651** Single-tier (5 pairs)
- Pro-fix style with individual rubber saddle

LWH: 27x96x29 in/69x244x74 cm SWT: 165 lb/75 kg



Dumbbells not included

### PF-652H Hex Dumbbell Rack

- Two-tier model as shown or **PF-651H** Single-tier
- Pro-style flat tray for small or large hex dumbbells

LWH: 27x84x31 in/69x213x79 cm SWT: 150 lb/68 kg



Dumbbells not included

### PF-654 Dumbbell Rack, 3-Tier

- Three-tier, holds 15 pairs of regular dumbbells
- Pro-fix style with individual rubber saddle

LWH: 27x96x44 in/69x244x112 cm SWT: 225 lb/102 kg



PF-654T 3-tier rack with optional flat tray

#### Options:

- PF-654T with pro-style flat tray designed for hex dumbbells or any dumbbells



Barbells not included

### PF-653 Horizontal Barbell Rack

- Holds 10 barbells horizontally
- Stainless steel bar catches with protective covers

LWH: 36x55x64 in/91x140x163 cm SWT: 150 lb/68 kg





Barbells not included

### PF-655 Vertical Barbell Rack

- Holds 10 regular barbells vertically
- Dual stainless steel rail catches for firm hold

LWH: 28x108x42 in/71x274x107 cm    SWT: 210 lb/95 kg



Bar and weight plates not included

### PF-656 Curl Bar Stand

- Built-in Olympic weight storage

LWH: 25x52x32 in/64x132x81 cm

SWT: 90 lb/41 kg



Weight plates not included

### PF-657 Olympic Plate Tree

- 34" A-shape plate tree

LWH: 27x41x34 in/69x104x86 cm

SWT: 50 lb/23 kg



Bars and weight plates not included

### PF-658 Olympic Plate Tree

- With two Olympic bar holders

LWH: 24x27x44 in/61x69x112 cm

SWT: 50 lb/23 kg



Weight plates not included

### PF-659 Olympic Plate Rack

- 6-prong 74" vertical plate rack

LWH: 40x41x74 in/102x104x188 cm

SWT: 95 lb/43 kg

## *Celebrating our 15th year*

as the Official Fitness Equipment Sponsor of Muscle Beach Recreation Center, Venice, California. TuffStuff Free weight equipment first received its initiation fifteen years ago on the workout stage where it remains today out in the open, under the most adverse usage and weather conditions. The contemporary Muscle Beach, which is host to many physical fitness buffs and tourists alike, has been associated with such famous names as multiple Mr. Olympia title winners Arnold Schwarzenegger and Franco Columbu. Even world famous fitness guru, Jack LaLane has been a participant and major supporter of Muscle Beach.



### **PF-319 Free Standing Chin/Dip**

- Unique chin-up bar design for wide or narrow grip
- 3-in-1 workout station including push-ups

LWH: 53x26x83 in/135x66x211 cm    SWT: 135 lb/61 kg



Bar and weight  
plates not included

### **PF-550 Squat Rack**

- Stainless steel bar catches with protective covers
- Built-in Olympic weight plate storage

LWH: 65x68x72 in/165x173x183 cm    SWT: 350 lb/159 kg



Bar and weight  
plates not included

### **PF-501 Deluxe Power Rack**

- Large walk-in base design allows for easy access and maneuverability, and other bench workouts

LWH: 60x65x95 in/152x165x241 cm    SWT: 380 lb/172 kg

## Specialty Equipment and XXL Super Racks

**TuffStuff**, a pioneer in the development of fitness and strength equipment since 1971, designed the XXL line entirely around today's athletes and professionals. In determining the structure of each machine, careful consideration and calculation was given to the athlete's body mass and its compound action of motion, body movement and weight load. Each step of the development process was tested and refined by a group of professionals as well as the strength coach of The University of Arizona, Tucson. Every machine component is manufactured to exacting specifications, designed for easy installation, and once fabricated, the products are assembled and inspected before it is shipped out.

When you purchase the specialty equipment or XXL racks, you're not only buying the premier line of equipment, you're buying thirty-four years of pride and dedication.

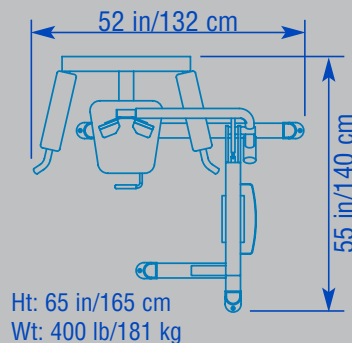
### XXL Design Features:

- The XXL line is specifically designed to have a common basic frame structure and configuration that will allow interchangeability of modular components, features and accessories.
- Modular design allows you to select from a variety of options and features to custom design a rack to fit a particular training regimen or strength conditioning program.
- All XXL products are manufactured to exacting specifications at our 155,000 square foot facility in Pomona, California.

## PS-216 4-Way Neck Machine



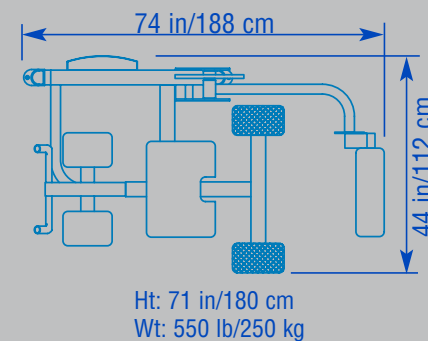
- 360° 4-way rotating seat design (patent pending) offers quick and easy positioning for various neck exercises
- Adjustable press arm for proper start position
- Rotating head pads to maintain proper alignment throughout the range of motion
- 150 lbs. steel weight stack



## PS-239 Reverse Glute Machine



- Multiple start positions for user's defined movement and range of difficulty
- Adjustable footroll to accommodate different leg lengths for precise feet alignment
- Unique trunk support design improves flexibility while maintaining proper posture and balance
- 200 lbs. steel weight stack





## XXL-910 Half Rack

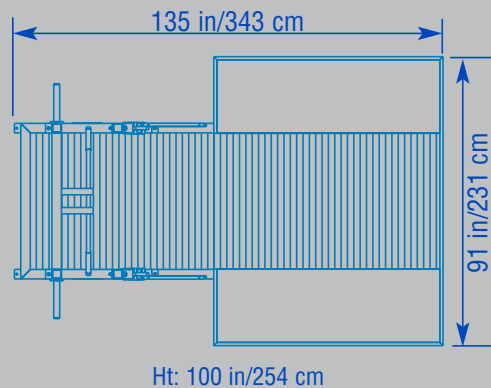


Bar and weight plates not included

- 7° slant front upright design allows a more fluid and natural body movement
- Adjustable heavy duty safety spotters
- Unique narrow and wide chin-up bar
- Built-in Olympic plate holders

### OPTIONS (as shown above):

- PS-300 Multi-Purpose Bench
- XXL-911 Olympic Platform
- XXL-996 Stainless Steel Bar Catches



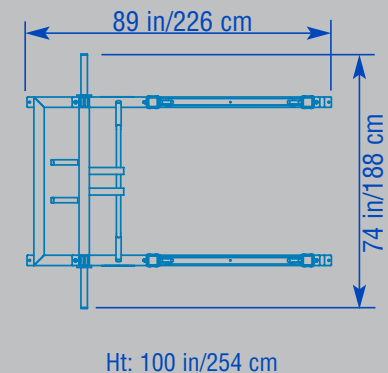
Bar and weight plates not included

- Large walk-in workout area
- Adjustable high impact safety bar spotter with a load test of over 2000 lbs.
- Standard with the unique narrow and wide chin-up bar (not shown)
- Built-in Olympic plate holders

### OPTIONS (as shown above):

- XXL-992 Adjustable Chin-up Bar
- XXL-996 Stainless Steel Bar Catches

Available with XXL-912 platform



## XXL-930 Power Rack



Bar and weight plates not included



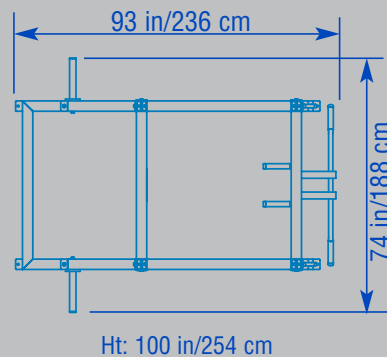
Bar and weight plates not included

- Large walk-in workout area
- Adjustable high impact safety bar spotter with a load test of over 2000 lbs.
- Standard with the unique narrow and wide chin-up bar (not shown)
- Built-in Olympic plate holders

### OPTIONS (as shown above):

- XXL-991 Oversized Chin-up Bar
- XXL-997 Dual Stainless Steel Bar Catches

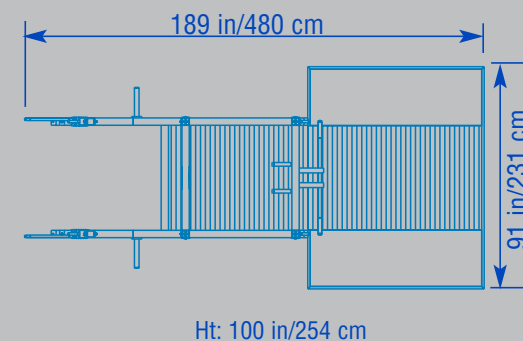
Available with XXL-912 platform



- Same exact structural design as the Power Rack with the addition of the back workout station

### OPTIONS (as shown above):

- XXL-911 Olympic Platform
- XXL-991 Oversized Chin-up Bar
- XXL-993 Technique Trays
- XXL-997 Dual Stainless Steel Bar Catches
- PS-300 Multi-Purpose Bench



## XXL-960 Super Rack/Smith Machine

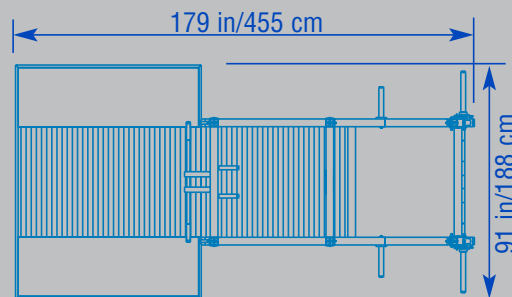


Bar and weight plates not included

- Same exact structural design as the Power Rack with the addition of the Smith Linear Press System station

### OPTIONS (as shown above):

- XXL-911 Olympic Platform
- XXL-991 Oversized Chin-up Bar
- XXL-993 Technique Trays
- XXL-997 Dual Stainless Steel Bar Catches
- PS-300 Multi-Purpose Bench



Ht: 100 in/254 cm



### XXL-911 & 912 Olympic Platform with Inset

- Two-piece platform with logo (inset cannot be used with XXL-913)
- Three layers of premium grade plywood (3/4" – 1/2" – 3/4") and final top layer of 3/4" hardwood
- 3/4" crumb rubber protective layer on both sides

### XXL-913 Free-Standing Olympic Platform

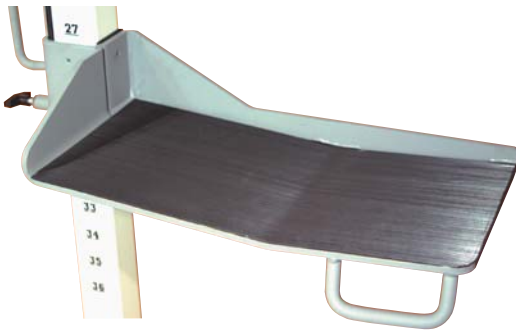
- 6 ft. x 8 ft. free-standing platform with logo
- Powder coated 12-gauge steel retainer wall





### XXL-991 Oversized Chin-up Bar

- 3-inch diameter chrome finish handgrip
- Welded-on one piece design for maximum stability



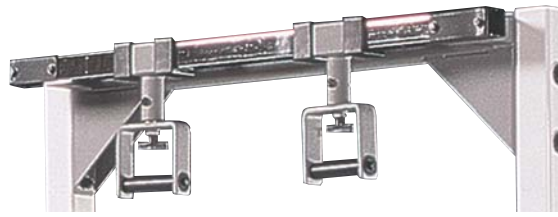
### XXL-993 Technique Tray

- Clip-on design for fast and easy attachment
- Constructed of 1/4" stel plate



### XXL-995 Steel Technique Stand

- Easy pull-pin height adjustment
- Built-in handle and wheels for easy roll-away



### XXL-992 Adjustable Chin-up Bar

- Free 360° rotating handles
- Can be adjusted individually to the desired width



### XXL-994 Horizontal Bumper Rack

- Holds seven pairs of the variety pack Olympic plates
- Built-in handle and wheels for easy roll-away



### XXL-997 Dual Stainless Steel Bar Catches

- 1" diameter solid stainless steel bar catches
- Also available with single hook (XXL-996)

## Information & Warranty

### FRAME:

3" x 3" and 2" x 3" 7-gauge (3/16 and 1/8" wall thickness) tubular steel construction for maximum strength and aesthetic appearance. Deep penetrating electrically welded frame structures.

### FINISH (XXL Racks only):

All frames structures and most components are electrostatically applied powder coat finish and oven baked to insure durability. Stainless steel components are used in high contact areas and moving parts.

### Main frame uprights\*:

DuPont: Sky White PFW510S9  
Red Baron PFR400S9  
Morton: Georgian Gray 12-7002  
Safety Yellow 20-2078

### Accent colors:

DuPont: Black Wrinkle GFB600W3  
Dusk Blue Wrinkle GFK600W2

\*Smooth finish is recommended for easy adjustment

Custom colors are available for an upcharge. Please inquire with your sales representative.

### ADJUSTMENT PIN:

Combination of 5/8" and 1/2" diameter spring loaded fast-lock pull-pins. The ultimate load test on the 5/8" is 15920 lbs. and the 1/2" is 10364 lbs.

### ANCHORING:

All racks and machines can be designed to anchor to the floor where applicable.

### LOGO:

Logos or names are 2-color silk-screen processed. No halftones or 4-color process logos. Logos are enlarged to cover approximately 26x26" square area. Additional color(s) is available for an upcharge of \$125.00 per color. Supply color samples or PMS # of colors to be used.

### LIMITED WARRANTY:

**LIFETIME:** Frame structures, welds and guide rods.

**1-YEAR:** Bushings, sealed bearings and moving parts.

**90-DAY:** Upholsteries, top finish, rubber and all other components/items not mentioned in this warranty.



**TuffStuff Fitness Equipment, Inc.**

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