

PLATE LOADED STATIONS

		Take-Off Weight		Resistance	Effective	Maximum Weight Carrying Capacity*		Maximum Resistance	
		lb	kg	Type	Resistance Ratio	lb	kg	lb	kg
Lower Body									
16150	Squat Press	80	36.4	Variable, Increasing to 100%	100%	1080	491	1160	527
16110	Leg Press	70	32.0	Constant	70%	810	368	637	290
16200	Hack Squat	70	32.0	Constant	70%	540	245	450	205
16300	Leg Extension	16	7.3	Variable, Rotary	50%	225	102	129	174
16310	Kneeling Leg Curl	14	6.4	Variable, Rotary	35%	225	102	93	126
16290	60 Degree Calf	60	27.3	Constant	86%	450	205	447	203
16212	Seated Calf	38	17.3	Near Constant	250%	270	123	713	324
Upper-Body						0			
16080	Converging Chest Press	12	5.5	Increasing	75%	270	123	215	98
16190	Converging Incline Press	12	5.5	Increasing	75%	270	123	215	98
16100	Converging Overhead Press	12	5.5	Near Constant	50%	270	123	147	67
16070	Diverging Row	5	2.3	Slightly Decreasing	60%	270	123	167	76
16090	Diverging Lat Pull	0	0.0	Near Constant	75%	270	123	203	92
16280	T-Bar Row	41	18.6	Front, Near Constant; Center Variable	Front Post, 100%; center post, variable, 45% @ take-off	180+630	82+286	505	229
16320	Triceps Press	14	6.4	Near Constant	160%	225	102	360	164
Multi Exercise						0			
16121	Smith Press	15	6.8	Constant	100%	540	245	555	252

* Based on the number of 45LB plates that will fit on the post.
Leg Press Note: optional weight horn adds 180 lbs (82 kg)

PROVEN

IN THE LAB. IN THE GYM. ON THE FIELD OF PLAY.

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