STRENGTH EQUIPMENT



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ATLANTIS

PRODUCT CATALOG

PERFECTING STRENGTH EQUIPMENT FOR OVER 40 YEARS

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.

2026

From humble beginnings, Atlantis Strength is now proudly **Canada's largest commercial strength equipment manufacturer.**

IT TAKES REP, AFTER REP, TO SHAPE GREATNESS. HERE'S HOW WE CRAFTED OURS.

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.

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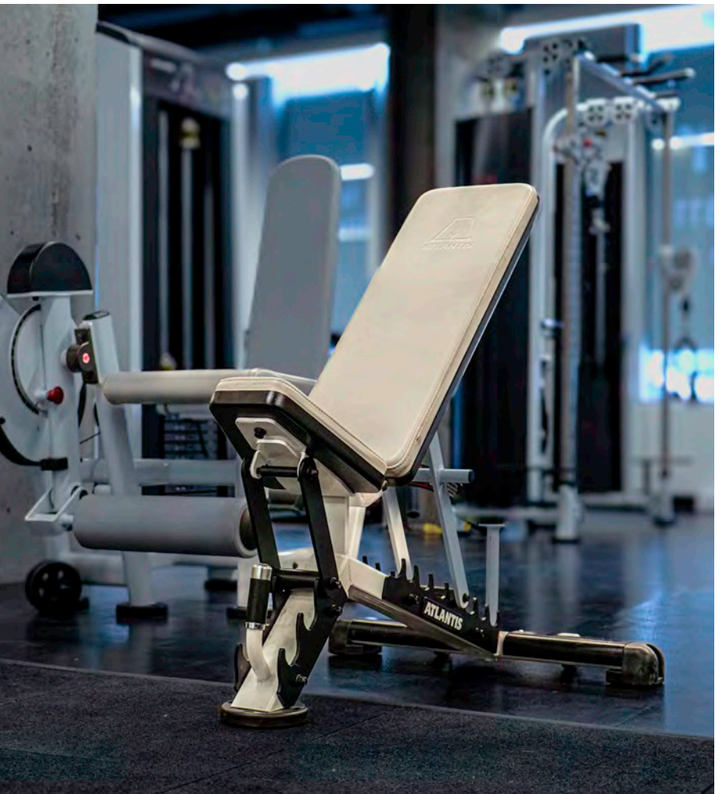
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NEW MACHINE



DISCOVER WHAT'S NEXT IN STRENGTH INNOVATION WITH OUR LATEST PRODUCTS.

Designed through relentless testing and real-world performance feedback, our equipment pushes the boundaries of biomechanics, durability, and training efficiency.

Elevate your facility with our newest additions and experience the performance-driven engineering that continues to Shape Greatness.

PW611
POWER SQUAT PRO

WEIGHT
646 lb / 293 kg

STARTING RESISTANCE
65 lb / 30 kg

MAX LOAD
360 lb / 164 kg

LENGTH
103” / 260 cm

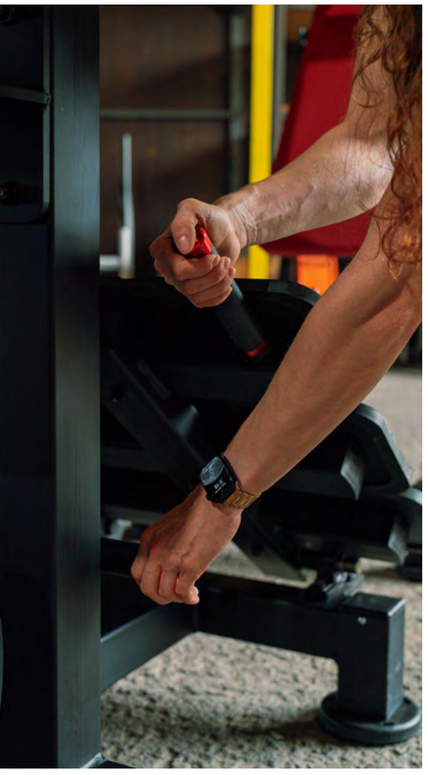
WIDTH
68” / 173 cm

HEIGHT
73” / 187 cm



PRO SERIES





Our **Pro series** gives you exactly what the name implies: access to high-performance, robust equipment with adjustable features for completely personalized workouts and high-caliber results.

GET READY TO TRAIN LIKE A PRO.

B856
POLIQUIN SEATED PREACHER CURL

BODY PART
Arms

WEIGHT
210 lb / 96 kg

LENGTH
46” / 116 cm

WIDTH
49” / 123 cm

HEIGHT
39” / 99 cm



D828
DELUXE INCLINE HYPER EXTENSION

BODY PART
Back

WEIGHT
220 lb / 100 kg

LENGTH
65” / 165 cm

WIDTH
38” / 96 cm

HEIGHT
43” / 109 cm



D828F
DELUXE INCLINE HYPER EXTENSION (FLAT VERSION)

BODY PART
Back

WEIGHT
220 lb / 100 kg

LENGTH
65” / 165 cm

WIDTH
38” / 96 cm

HEIGHT
43” / 109 cm



PW212
PENDULUM SQUAT PRO

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	761 lb / 346 kg	45 lb / 21 kg
LENGTH	**WIDTH**	**HEIGHT**
95” / 241 cm	38” / 97 cm	71” / 181 cm



PW412
HACK SQUAT PRO

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



PW419
UNILATERAL LEG PRESS PRO

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	758 lb / 345 kg	45 lb / 21 kg
LENGTH	**WIDTH**	**HEIGHT**
99” / 250 cm	63” / 161 cm	63” / 159 cm

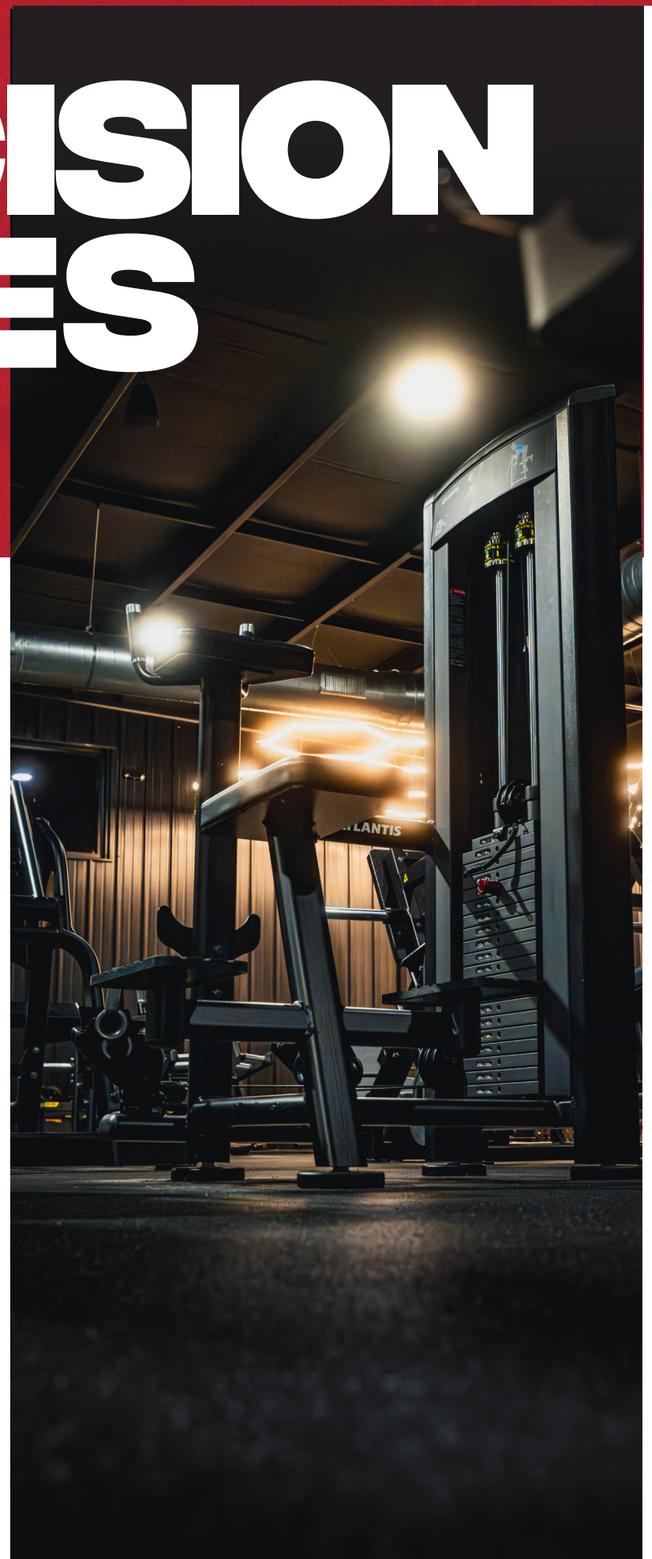


PW702
HIP THRUSTER PRO

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	394 lb / 180 kg	53 lb / 25 kg
LENGTH	**WIDTH**	**HEIGHT**
74” / 187 cm	56” / 141 cm	45” / 113 cm



PRECISION SERIES



EXPERIENCE PRECISE AND SUPERIOR MUSCLE EXHAUSTION.

Target the right muscles with our **Precision series** of selectorized equipment, designed to isolate and optimize each repetition. This series is all about squeezing every fiber of your muscles to help you achieve optimal results.



A201
MULTI-FOREARM

BODY PART	WEIGHT	WEIGHT STACK
Arms	402 lb / 183 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
62” / 157 cm	38” / 96 cm	74” / 187 cm



A274
ABDOMINAL ROTATION

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



A301
DUAL SEATED CRUNCH

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



B157
BICEPS CURL

BODY PART	WEIGHT	WEIGHT STACK
Arms	457 lb / 208 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
51” / 128 cm	43” / 108 cm	62” / 156 cm



B158
HORIZONTAL CURL

BODY PART	WEIGHT	WEIGHT STACK
Arms	527 lb / 240 kg	160 lb / 73 kg
LENGTH	**WIDTH**	**HEIGHT**
64” / 163 cm	29” / 72 cm	73” / 185 cm



B160
BICEPS ISOLATOR

BODY PART	WEIGHT	WEIGHT STACK
Arms	500 lb / 228 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
57” / 145 cm	56” / 141 cm	61” / 154 cm



B257
STANDING BICEP CURL

BODY PART	WEIGHT	WEIGHT STACK
Arms	249 lb / 114 kg	195 lb / 89 kg
LENGTH	**WIDTH**	**HEIGHT**
64” / 161 cm	31” / 78 cm	69” / 174 cm



B260
HORIZONTAL BICEPS ISOLATOR

BODY PART	WEIGHT	WEIGHT STACK
Arms	500 lb / 228 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
37” / 93 cm	62” / 158 cm	61” / 154 cm



B457
BICEPS-TRICEPS COMBO MACHINE

BODY PART	WEIGHT	
Arms	375 lb / 171 kg	
LENGTH	**WIDTH**	**HEIGHT**
55” / 138 cm	46” / 116 cm	62” / 156 cm



C106
LYING LEG CURL

BODY PART	WEIGHT	WEIGHT STACK
Legs	485 lb / 221 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
66” / 168 cm	37” / 93 cm	69” / 174 cm



C105
LEG EXTENSION

BODY PART	WEIGHT	WEIGHT STACK
Legs	602 lb / 274 kg	310 lb / 141 kg
LENGTH	**WIDTH**	**HEIGHT**
46” / 117 cm	38” / 97 cm	68” / 173 cm



C107
STANDING LEG CURL

BODY PART	WEIGHT	WEIGHT STACK
Legs	388 lb / 177 kg	130 lb / 59 kg
LENGTH	**WIDTH**	**HEIGHT**
57” / 145 cm	40” / 102 cm	57” / 145 cm



C108
SEATED LEG CURL

BODY PART	WEIGHT	WEIGHT STACK
Legs	546 lb / 249 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
49” / 123 cm	41” / 103 cm	69” / 174 cm



C113
TOTAL HIP

BODY PART	WEIGHT	WEIGHT STACK
Legs	633 lb / 288 kg	320 lb / 145 kg
LENGTH	**WIDTH**	**HEIGHT**
50” / 126 cm	54” / 136 cm	68” / 172 cm



C230
LEG EXTENSION / LEG CURL COMBO

BODY PART	WEIGHT	WEIGHT STACK
Legs	526 lb / 240 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
51” / 128 cm	37” / 94 cm	69” / 174 cm



C329
ADDUCTOR / ABDUCTOR COMBO

BODY PART	WEIGHT	WEIGHT STACK
Legs	665 lb / 303 kg	310 lb / 141 kg
LENGTH	**WIDTH**	**HEIGHT**
77” / 195 cm	28” / 71 cm	61” / 154 cm



C118
KNEELING LEG CURL

BODY PART	WEIGHT	WEIGHT STACK
Legs	385 lb / 175 kg	130 lb / 59 kg
LENGTH	**WIDTH**	**HEIGHT**
53” / 133 cm	57” / 144 cm	62” / 156 cm



C122
GLUTE MACHINE

BODY PART	WEIGHT	WEIGHT STACK
Legs	499 lb / 227 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
67” / 169 cm	44” / 112 cm	63” / 160 cm



C403
HORIZONTAL LEG PRESS

BODY PART	WEIGHT	WEIGHT STACK
Legs	995 lb / 453 kg	410 lb / 186 kg
LENGTH	**WIDTH**	**HEIGHT**
92” / 233 cm	43” / 108 cm	82” / 207 cm



D123
LAT PULLDOWN

BODY PART	WEIGHT	WEIGHT STACK
Back	590 lb / 269 kg	310 lb / 141 kg
LENGTH	**WIDTH**	**HEIGHT**
50” / 126 cm	28” / 71 cm	95” / 242 cm



D124
LOW ROW

BODY PART	WEIGHT	WEIGHT STACK
Back	619 lb / 282 kg	310 lb / 281 kg
LENGTH	**WIDTH**	**HEIGHT**
90” / 229 cm	27” / 69 cm	95” / 242 cm



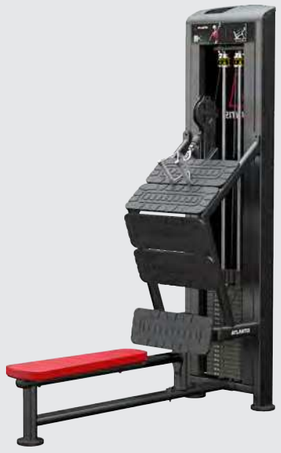
D131
ASSISTED CHIN / DIP

BODY PART	WEIGHT	WEIGHT STACK
Back	705 lb / 321 kg	115 lb / 52 kg
LENGTH	**WIDTH**	**HEIGHT**
57” / 144 cm	56” / 142 cm	92” / 234 cm



D132
INCLINE ROW

BODY PART	WEIGHT	WEIGHT STACK
Back	650 lb / 296 kg	310 lb / 141 kg
LENGTH	**WIDTH**	**HEIGHT**
72” / 181 cm	28” / 71 cm	95” / 242 cm



D337
DIVERGING ROW

BODY PART	WEIGHT	WEIGHT STACK
Back	538 lb / 245 kg	250 lb / 113 kg
LENGTH	**WIDTH**	**HEIGHT**
64” / 163 cm	34” / 86 cm	73” / 185 cm



D433
VERTICAL ROW

BODY PART	WEIGHT	WEIGHT STACK
Back	520 lb / 237 kg	310 lb / 141 kg
LENGTH	**WIDTH**	**HEIGHT**
33” / 84 cm	45” / 115 cm	68” / 173 cm



D438
LAT PULLDOWN / LOW ROW COMBO (HEAVY STACK)

BODY PART	WEIGHT	WEIGHT STACK
Back	689 lb / 314 kg	310 lb / 141 kg
LENGTH	**WIDTH**	**HEIGHT**
72” / 183 cm	28” / 71 cm	97” / 245 cm



E149
CONVERGING SHOULDER PRESS

BODY PART	WEIGHT	WEIGHT STACK
Shoulders	724 lb / 330 kg	250 lb / 113 kg
LENGTH	**WIDTH**	**HEIGHT**
84” / 213 cm	59” / 150 cm	68” / 172 cm



E252
STANDING LATERAL RAISE

BODY PART	WEIGHT	WEIGHT STACK
Shoulders	611 lb / 278 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
50” / 127 cm	27” / 69 cm	81” / 206 cm



E352
SEATED SIDE / REAR DELTOID

BODY PART	WEIGHT	WEIGHT STACK
Shoulders	537 lb / 245 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
56” / 143 cm	54” / 138 cm	61” / 155 cm



M118
STANDING CALF RAISE

BODY PART	WEIGHT	WEIGHT STACK
Calves	646 lb / 294 kg	400 lb / 181 kg
LENGTH	**WIDTH**	**HEIGHT**
51” / 128 cm	33” / 82 cm	74” / 187 cm



MS3
TRICEPS PULLEY

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



M318
INCLINE CALF RAISE

BODY PART	WEIGHT	STARTING RESISTANCE
Calves	426 lb / 194 kg	20 lb / 9 kg
LENGTH	**WIDTH**	**HEIGHT**
63” / 160 cm	39” / 97 cm	68” / 173 cm



MS2
ADJUSTABLE PULLEY

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



MS4
HORIZONTAL BICEP CURL (B158 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Arms	527 lb / 240 kg	160 lb / 73 kg
LENGTH	**WIDTH**	**HEIGHT**
61” / 155 cm	28” / 70 cm	97” / 246 cm



MS5
OVERHEAD TRICEPS (T161 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Arms	430 lb / 196 kg	160 lb / 73 kg
LENGTH	**WIDTH**	**HEIGHT**
79” / 199 cm	26” / 65 cm	97” / 246 cm





MS6
LAT PULLDOWN (D123 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Back	590 lb / 269 kg	310 lb / 141 kg

LENGTH	WIDTH	HEIGHT
62” / 157 cm	50” / 126 cm	98” / 249 cm



MS7
LOW ROW (D124 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Back	619 lb / 282 kg	310 lb / 141 kg

LENGTH	WIDTH	HEIGHT
90” / 229 cm	27” / 69 cm	95” / 242 cm





MS9
PEC / REAR DELT FLY (P156 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Chest, Shoulders	602 lb / 274 kg	310 lb / 141 kg

LENGTH	WIDTH	HEIGHT
48” / 122 cm	27” / 69 cm	97” / 246 cm



MS8
INCLINE ROW (D132 MODEL)

BODY PART
Back

WEIGHT
650 lb / 296 kg

WEIGHT STACK
310 lb / 141 kg

LENGTH
69” / 175 cm

WIDTH
26” / 65 cm

HEIGHT
97” / 246 cm



MS10
CHIN-UP BEAM

BODY PART	WEIGHT
Arms, Back	46 lb / 21 kg

LENGTH	WIDTH	HEIGHT
14” / 35 cm	107” / 272 cm	3” / 8 cm



MS12
UNILATERAL LAT PULLDOWN (NM500 MODEL)

BODY PART	WEIGHT	WEIGHT STACK
Back	488 lb / 222 kg	250 lb / 114 kg

LENGTH	WIDTH	HEIGHT
44” / 110 cm	24” / 61 cm	99” / 252 cm



MS13
UNILATERAL LOW ROW (NM510 MODEL)

BODY PART
Back

WEIGHT
532 lb / 242 kg

WEIGHT STACK
250 lb / 114 kg

LENGTH
102” / 260 cm

WIDTH
31” / 79 cm

HEIGHT
97” / 247 cm



MS14
ADJUSTABLE DUAL PULLEY STATION (NM210 MODEL)

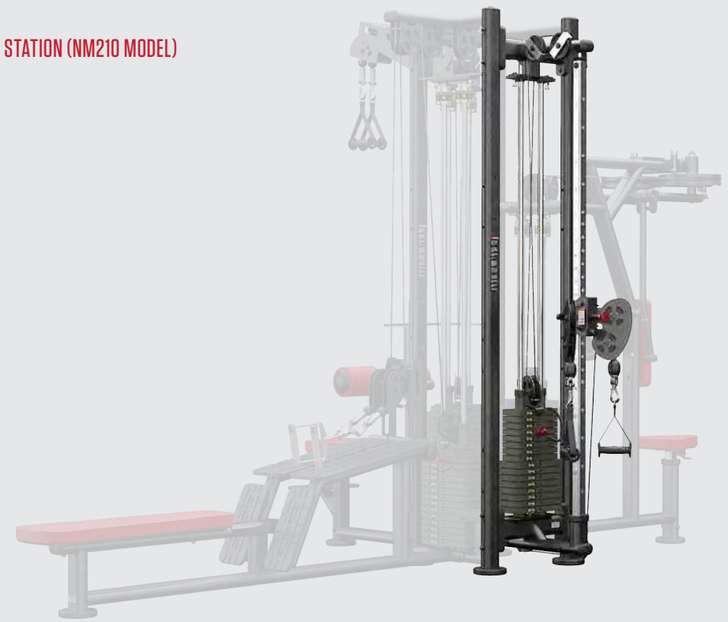
WEIGHT
509 lb / 232 kg

WEIGHT STACK
210 lb / 96 kg

LENGTH
61” / 155 cm

WIDTH
53” / 135 cm

HEIGHT
92” / 234 cm



P140
SEATED CONVERGING CHEST PRESS

BODY PART
Chest

WEIGHT
719 lb / 327 kg

WEIGHT STACK
310 lb / 141 kg

LENGTH
59” / 150 cm

WIDTH
60” / 153 cm

HEIGHT
73” / 186 cm



P143
INCLINE CONVERGING CHEST PRESS

BODY PART
Chest

WEIGHT
742 lb / 338 kg

WEIGHT STACK
250 lb / 113 kg

LENGTH
99” / 250 cm

WIDTH
63” / 160 cm

HEIGHT
73” / 184 cm



P144
PULLOVER

BODY PART
Back

WEIGHT
653 lb / 297 kg

WEIGHT STACK
250 lb / 113 kg

LENGTH
74” / 187 cm

WIDTH
46” / 115 cm

HEIGHT
69” / 174 cm



P156
PEC / REAR DELT FLY COMBO

BODY PART
Chest, Shoulders

WEIGHT
602 lb / 274 kg

WEIGHT STACK
310 lb / 141 kg

LENGTH
52” / 130 cm

WIDTH
27” / 69 cm

HEIGHT
81” / 205 cm



P246
ADJUSTABLE CROSSOVER (2 STACKS)

STARTING RESISTANCE
60 lb / 28 kg

MAX LOAD
540 lb / 245 kg

LENGTH
160” / 405cm

WIDTH
34” / 86cm

HEIGHT
92” / 240cm



P247
ADJUSTABLE CROSSOVER (4 STACKS)

STARTING RESISTANCE
60 lb / 28 kg

MAX LOAD
540 lb / 245 kg

LENGTH
216” / 548cm

WIDTH
35” / 88cm

HEIGHT
93” / 235cm



P250
MULTI-PRESS

BODY PART	WEIGHT	WEIGHT STACK
Chest	516 lb / 234 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
79” / 199 cm	54” / 136 cm	69” / 174 cm



T161
OVERHEAD TRICEPS (CABLE MOTION)

BODY PART	WEIGHT	WEIGHT STACK
Arms	430 lb / 196 kg	160 lb / 73 kg
LENGTH	**WIDTH**	**HEIGHT**
84” / 214 cm	28” / 72 cm	73” / 186 cm



P356
VERTICAL PEC FLY

BODY PART	WEIGHT	WEIGHT STACK
Chest	735 lb / 335 kg	310 lb / 141 kg
LENGTH	**WIDTH**	**HEIGHT**
55” / 140 cm	51” / 130 cm	82” / 208 cm



T262
SELECTORIZED FRENCH PRESS

BODY PART	WEIGHT	WEIGHT STACK
Arms	499 lb / 227 kg	205 lb / 93 kg
LENGTH	**WIDTH**	**HEIGHT**
50” / 127 cm	45” / 113 cm	61” / 154 cm



POWER SERIES





Heavyweight equipment made for heavy lifts. Our **Power series** puts the spotlight on plate-loaded equipment to drive strength development to a whole new level.

NOW PILE UP THE PLATES AND HIT A NEW PR WITHOUT A SECOND THOUGHT.



C111
POWER SQUAT

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	410 lb / 187 kg	35 lb / 16 kg
LENGTH	**WIDTH**	**HEIGHT**
85” / 214 cm	50” / 127 cm	70” / 177 cm

C201
PIVOT PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	466 lb / 212 kg	80 lb / 37 kg
LENGTH	**WIDTH**	**HEIGHT**
87” / 221 cm	72” / 181 cm	59” / 149 cm



C212
PENDULUM SQUAT

BODY PART
Legs

STARTING RESISTANCE
45 lb / 21 kg

MAX LOAD
270 lb / 123 kg

WEIGHT
565 lb / 257 kg

LENGTH
96” / 242 cm

WIDTH
43” / 108 cm

HEIGHT
63” / 161 cm



C401
40 DEGREE LEG PRESS

BODY PART
Legs

STARTING RESISTANCE
125 lb / 57 kg

MAX LOAD
1,530 lb / 694 kg

WEIGHT
617 lb / 281 kg

LENGTH
104” / 264 cm

WIDTH
58” / 148 cm

HEIGHT
60” / 151 cm



C412
HACK SQUAT

BODY PART
Legs

WEIGHT
511 lb / 233 kg

STARTING RESISTANCE
60 lb / 28 kg

MAX LOAD
540 lb / 245 kg

LENGTH
89” / 226 cm

WIDTH
62” / 157 cm

HEIGHT
59” / 150 cm



D125
INCLINE T-BAR ROW

BODY PART
Back

WEIGHT
195 lb / 89 kg

STARTING RESISTANCE
45 lb / 21 kg

LENGTH
73” / 186 cm

WIDTH
46” / 117 cm

HEIGHT
46” / 117 cm



D126
T-BAR ROW WITH HANDLES

BODY PART
Back

WEIGHT
165 lb / 75 kg

STARTING WEIGHT
50 lb / 23 kg

LENGTH
74” / 188 cm

WIDTH
50” / 126 cm

HEIGHT
25” / 62 cm



D215
REVERSE HYPER EXTENSION

BODY PART
Back, Legs

WEIGHT
315 lb / 144 kg

STARTING WEIGHT
20 lb / 10 kg

LENGTH
61” / 154 cm

WIDTH
52” / 133 cm

HEIGHT
59” / 150 cm



D335
SHRUG & DEADLIFT MACHINE

BODY PART
Back

WEIGHT
250 lb / 114 kg

STARTING RESISTANCE
20 lb / 10 kg

LENGTH
59” / 150 cm

WIDTH
60” / 153 cm

HEIGHT
34” / 87 cm



D533
SEAL ROW

BODY PART	WEIGHT	
Back	206 lb / 94 kg	
LENGTH	**WIDTH**	**HEIGHT**
64” / 161 cm	52” / 131 cm	36” / 90 cm



E449
CONVERGING SHOULDER PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Shoulders	270 lb / 123 kg	23 lb / 11 kg
LENGTH	**WIDTH**	**HEIGHT**
55” / 140 cm	60” / 153 cm	52” / 133 cm



P441
LYING CONVERGING BENCH PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	277 lb / 126 kg	20 lb / 10 kg
LENGTH	**WIDTH**	**HEIGHT**
74” / 188 cm	59” / 150 cm	41” / 102 cm



P443
CONVERGING INCLINE BENCH PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	275 lb / 125 kg	24 lb / kg
LENGTH	**WIDTH**	**HEIGHT**
65” / 164 cm	60” / 152 cm	43” / 109 cm



M219
SEATED CALF

BODY PART	WEIGHT	STARTING RESISTANCE
Calves	178 lb / 81 kg	25 lb / 12 kg
LENGTH	**WIDTH**	**HEIGHT**
63” / 159 cm	48” / 120 cm	39” / 99 cm



P439
DECLINE / FLAT CONVERGING BENCH PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	324 lb / 148 kg	25 lb / 12 kg
LENGTH	**WIDTH**	**HEIGHT**
90” / 228 cm	60” / 152 cm	41” / 104 cm



PW104
VERTICAL LEG PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	412 lb / 188 kg	65 lb / 30 kg
LENGTH	**WIDTH**	**HEIGHT**
60” / 151 cm	86” / 217 cm	79” / 201 cm



PW120
TOTAL NECK

BODY PART	WEIGHT	
Neck	200 lb / 91 kg	
LENGTH	**WIDTH**	**HEIGHT**
34” / 86 cm	69” / 175 cm	61” / 155 cm



PW156
FLAT PEC FLY

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	233 lb / 106 kg	20 lb / 10 kg

LENGTH	WIDTH	HEIGHT
79” / 200 cm	70” / 178 cm	36” / 90 cm



PW163
TRICEPS PUSHDOWN

BODY PART	WEIGHT
Arms	283 lb / 129 kg

LENGTH	WIDTH	HEIGHT
67” / 168 cm	48” / 122 cm	43” / 107 cm



PW218
KNEELING LEG CURL

BODY PART	WEIGHT	MAX LOAD
Legs	224 lb / 102 kg	200 lb / 91 kg

LENGTH	WIDTH	HEIGHT
43” / 110 cm	43” / 110 cm	46” / 117 cm



PW219
UNILATERAL LEG PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	600 lb / 273 kg	40 lb / 19 kg

LENGTH	WIDTH	HEIGHT
104” / 265 cm	59” / 150 cm	63” / 161 cm





PW256
INCLINE PEC FLY

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	242 lb / 110 kg	20 lb / 10 kg

LENGTH	WIDTH	HEIGHT
76” / 193 cm	71” / 179 cm	36” / 90 cm



PW319
SEATED CALF PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Calves	220 lb / 100 kg	50 lb / 23 kg

LENGTH	WIDTH	HEIGHT
66” / 168 cm	51” / 130 cm	40” / 100 cm



PW322
ASSISTED GLUTE AND HAM DEVELOPER

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	270 lb / 123 kg	15 lb / 7 kg

LENGTH	WIDTH	HEIGHT
53” / 134 cm	52” / 131 cm	67” / 168 cm



PW335
SHRUG AND DEADLIFT MACHINE

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	275 lb / 125 kg	20 lb / 9 kg

LENGTH	WIDTH	HEIGHT
58” / 147 cm	163” / 158 cm	35” / 89 cm

MAX LOAD
900 lb / 408 kg



PW357
PREACHER CURL

BODY PART	WEIGHT
Arms	306 lb / 140 kg

LENGTH	WIDTH	HEIGHT
53” / 135 cm	50” / 127 cm	43” / 110 cm



PW423
FRONT PULLDOWN

BODY PART	WEIGHT
Back	329 lb / 150 kg

LENGTH	WIDTH	HEIGHT
75” / 189 cm	44” / 111 cm	82” / 208 cm



PW429
GLUTE ABDUCTOR

MAX LOAD
450 lb / 205 kg

BODY PART	WEIGHT	STARTING RESISTANCE
Leg	498 lb / 227 kg	60 lb / 28 kg

LENGTH	WIDTH	HEIGHT
74” / 187 cm	67” / 170 cm	54” / 137 cm



PW437
ROW

BODY PART	WEIGHT	STARTING RESISTANCE
Back	290 lb / 132 kg	20 lb / 10 kg

LENGTH	WIDTH	HEIGHT
61” / 155 cm	65” / 165 cm	48” / 122 cm



PLATE LOADED MACHINES

PW449
SHOULDER PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Shoulders	306 lb / 140 kg	20 lb / 10 kg
LENGTH	**WIDTH**	**HEIGHT**
47” / 120 cm	62” / 158 cm	56” / 143 cm



PW511
BELT SQUAT

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	425 lb / 194 kg	50 lb / 23 kg
LENGTH	**WIDTH**	**HEIGHT**
61” / 155 cm	78” / 197 cm	50” / 127 cm



PW623
UNILATERAL LAT PULLDOWN

BODY PART	WEIGHT	STARTING RESISTANCE
Back	560 lb / 255 kg	5 lb / 2.5 kg
LENGTH	**WIDTH**	**HEIGHT**
60” / 153 cm	42” / 107 cm	43” / 157 cm



PW637
LOW ROW

BODY PART	WEIGHT	STARTING RESISTANCE
Back	354 lb / 161 kg	18 lb / 9 kg
LENGTH	**WIDTH**	**HEIGHT**
59” / 148 cm	64” / 162 cm	62” / 157 cm



PW549
VIKING PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Shoulders	275 lb / 125 kg	15 lb / 7 kg
LENGTH	**WIDTH**	**HEIGHT**
63” / 158 cm	51” / 130 cm	63” / 160 cm



PW602
HIP THRUSTER

BODY PART	WEIGHT	STARTING RESISTANCE
Legs	275 lb / 125 kg	65 lb / 30 kg
LENGTH	**WIDTH**	**HEIGHT**
74” / 187 cm	55” / 138 cm	31” / 78 cm



PW737
VERTICAL CHEST PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	464 lb / 210 kg	18 lb / 9 kg
LENGTH	**WIDTH**	**HEIGHT**
78” / 198 cm	73” / 184 cm	53” / 133 cm

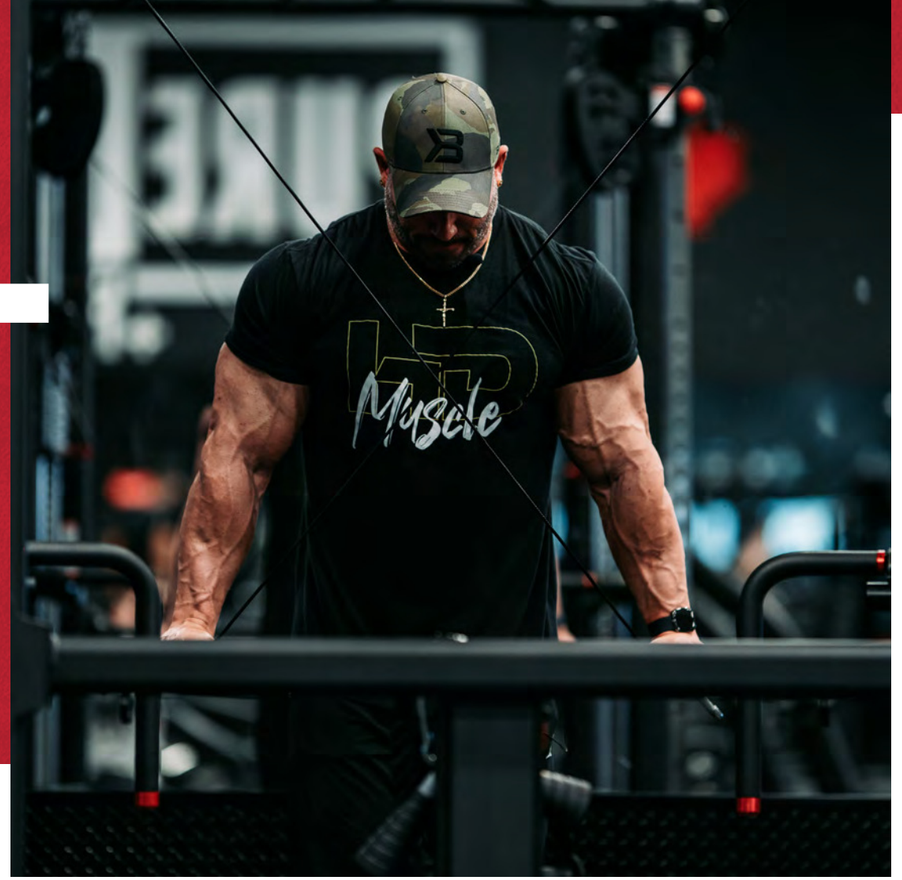


PW739
DECLINE VERTICAL CHEST PRESS

BODY PART	WEIGHT	STARTING RESISTANCE
Chest	464 lb / 210 kg	18 lb / 9 kg
LENGTH	**WIDTH**	**HEIGHT**
72” / 182 cm	74” / 186 cm	53” / 133 cm



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Our cable resistance equipment allows unrestricted movement, so each joint can move safely and effectively through its full range of motion. Upgrade your gym with our state-of-the-art machines and experience the primal treatment they provide.

NM200
FUNCTIONAL TRAINING SYSTEM

WEIGHT	WEIGHT STACK	
915 lb / 416 kg	470 lb / 213 kg	
LENGTH	WIDTH	HEIGHT
39” / 98 cm	84” / 214 cm	92” / 234 cm



NM205
DYNAMIC FUNCTIONAL TRAINING SYSTEM

WEIGHT	WEIGHT STACK	
1,230 lb / 560 kg	800 lb / 363 kg	
LENGTH	WIDTH	HEIGHT
39” / 98 cm	84” / 214 cm	92” / 234 cm



NM500
UNILATERAL LAT PULLDOWN

BODY PART	WEIGHT	WEIGHT STACK
Back	488 lb / 222 kg	250 lb / 113 kg
LENGTH	WIDTH	HEIGHT
56” / 143 cm	30” / 77 cm	96” / 244 cm



NM510
UNILATERAL LOW ROW

BODY PART
Back

WEIGHT
532 lb / 242 kg

WEIGHT STACK
250 lb / 113 kg

LENGTH
102” / 260 cm

WIDTH
31” / 79 cm

HEIGHT
97” / 247 cm



T162
OVERHEAD TRICEPS

BODY PART
Arms

WEIGHT
558 lb / 254 kg

WEIGHT STACK
205 lb / 93 kg

LENGTH
67” / 169 cm

WIDTH
42” / 106 cm

HEIGHT
68” / 172 cm



T163
TRICEPS PUSHDOWN

BODY PART
Arms

WEIGHT
611 lb / 278 kg

WEIGHT STACK
310 lb / 141 kg

LENGTH
77” / 196 cm

WIDTH
45” / 115 cm

HEIGHT
69” / 174 cm



T164
TRICEPS EXTENSION

BODY PART
Arms

WEIGHT
485 lb / 221 kg

WEIGHT STACK
205 lb / 93 kg

LENGTH
48” / 122 cm

WIDTH
40” / 102 cm

HEIGHT
61” / 155 cm



T215
INCLINE TRICEPS PUSHDOWN

BODY PART	WEIGHT	WEIGHT STACK
Arms	440 lb / 200 kg	250 lb / 113 kg
LENGTH	**WIDTH**	**HEIGHT**
59” / 150 cm	29” / 72 cm	73” / 184 cm





UPHOLSTERY
COLOUR CHART

CANDY APPLE
518767 | RGB: 168/31/35 | #a81f23

BOLTAFLEX® 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 #fffef9	**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 #668f74
LITE GREY 518781 RGB: 189/192/200 #bdc0c8	**GRIS** 532615 RGB: 118/118/123 #76767b	**NATURAL** (517908) RGB: 188/180/150 #bcb496	**COFFEE CREAM** 518768 RGB: 190/169/128 #bea980	**CAMELBACK** (518423) RGB: 179/147/82 #b39352	**SADDLE TAN** 517730 RGB: 161/133/95 #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** 518762 RGB: 41/108/136 #296c88	**AQUA** 532616 RGB: 94/151/171 #5e97ab	**REFLECTION** 532612 RGB: 250/252/252 #fafcfc
GREY 517423 RGB: 133/132/127 #85847f	**CADET** 518766 RGB: 93/100/108 #5d646c	**PUMICE** 518634 RGB: 152/148/135 #989487	**BUCKSUEDE** 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) RGB: 255/209/75 #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: 52/39/37 #342725	**SLATE** 517701 RGB: 55/57/57 #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** 518769 RGB: 16/62/86 #103e56	**CERULEAN** 532617 RGB: 48/93/171 #305dab
RED CENT 518795 RGB: 162/47/34 #a22f22	**PERSIMMON** 518791 RGB: 239/62/37 #efe25	**MANZANITA** 521374 RGB: 148/52/31 #94341f	**PORT** 518792 RGB: 71/35/34 #472322	**BURGUNDY** 518765 RGB: 46/26/30 #2e1a1e	**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 #3d3b4b	**BLACK PLUM** 517421 RGB: 48/29/38 #301d26	**NEW PURPLE** 520053 RGB: 36/34/74 #24224a

FRAME
COLOURS

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

STANDARD

#03 VULCAN BLACK	**#12 ANVIL GREY** (RAL 7043)	**#13 CYCLONE GREY** (RAL 7004)	**#14 CHALK** (RAL 9018)
#21 APOLLO WHITE	**#31 ATLANTIC BLUE** (RAL 5012)		

PREMIUM

#02 PHANTOM BLACK (Matte)	**#09 ASH GREY** (P7 Glimmer)	**#15 KNIGHT GREY** (Gun Metal)	**#33 ADMIRAL BLUE** (RAL 5005)
#41 CLOVER GREEN (RAL 6018)	**#50 CANARY**	**#71 MATADOR**	



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We welcome you to visit our factory in **Laval**, just outside **Montreal**. This is where all our machines are proudly designed and built in **Quebec**.

Take the opportunity to explore the **Atlantis Gym**, our corporate facility where every piece of equipment is tested and proven by the public.



THERE'S NO BETTER WAY TO FEEL THE STRENGTH THAN TO SEE WHERE IT ALL *BEGINS*.

CONTACT US
info@atlantisstrength.com

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.

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