

PLATE LOADED STATIONS



		Take-Off Weight	Resistance Type	Effective Resistance Ratio	Maximum Weight Carrying Capacity*, lb (kg)	Maximum Resistance, lb (kg)
Lower Body						
5235	Squat Press	80 (36) @ release height	Variable	Variable, 100% @ end of ROM	1170 (531)	1250 (567)
5321	Leg Press	70 (32)	Constant	70%	810 (367) (+180 (82) w/weight post kit)	640 (281), 762 (337) w/weight post kit)
5330	Hack Squat	50 (22.7)	Constant	70%	540 (245)	430 (195)
5230	Leg Extension	14 (6.4)	Variable	Variable, 100% @ mid-ROM	225 (102)	239 (108)
5240	Kneeling Leg Curl	13 (5.)	Variable	Variable, 42% @ mid-ROM	360 (263)	165 (75)
5245	Rotary Calf	22 (10)	Variable	Variable, 225% @ take-off	315 (143)	730 (331)
5560	45 Degree Calf	33 (15) + 70% bodyweight	Constant	70%	450 (204)	350 (159) + 70% bodyweight
5450	Seated Calf	38(17.2)	Near Constant	250%	270 (123)	713 (323)
Upper-Body—Dual-Axis						
5261	Advanced Pulldown	10 (4.5) total	Near Constant	70%	540 (245)	388 (176)
5226	Advanced Chest	25 (11.3) total	Near Constant	85%	450 (204)	408 (185)
5251	Advanced Incline	22 (10)	Near Constant	85%	360 (163)	328 (149)
5221	Advanced Overhead	22 (10)	Near Constant	65%	360 (163)	256 (116)
Upper-Body						
5265	Row	2.2 (1)	Variable	Variable, 100% @ mid ROM	360 (163)	360 (163)
5580	T-Bar Row	41 (18.6)	Front, Near Constant; Center Variable	Front Post, 100%; center post, variable, 45% @ take-off	180 (82) + 630 (286)	505 (229)
5225	Bench Press	16 (7.25) per arm	Near Constant	60%	225 (102)per arm	145 (66) per arm
5227	Converging Chest Press	5 (2.3) per arm	Variable	Variable, 90% @ end-ROM	270 (125) per arm	248 (112) per arm
5220	Shoulder Press	14 (6.4)	Near Constant	120%	135 (61) per arm	180 (81) per arm
5222	Converging Overhead Press	11 (5.0) per arm	Near Constant	75%	270 (125) per arm	210 (96) per arm
5250	Incline Press	15 (6.8)	Near Constant	85%	180 (82) per arm	166 (75) per arm
5252	Converging Incline Press	11 (5.0) per arm	Near Constant	75%	270 (125) per arm	210 (96) per arm
5255	Rear Delt	4 (1.8) per arm	Variable	Variable, 37% at take-off	270 (123)	54 (25) per arm
5286	Arm Extension	0 (0)	Variable	Variable, 100% at mid ROM	135 (61) per arm	135 (61) per arm
5281	Arm Curl	5.2 (2.2)	Variable	Variable, 100% at mid ROM	135 (61) per arm	135 (61) per arm
Multi Exercise						
5341	Smith Press	15 (6.8)	Constant	100%	540 (245)	555 (252)

* Based on the number of 45LB plates that will fit on the post.