



PLATE LOADED

Raw Design. Superior Capabilities.

The Plate Loaded line provides the same great quality and performance you'd expect from PRIME.

- + Sturdy tubular design.
- + SmartStrength variable resistance technology via our 3-peg TorqueArm.
- + Convenient self-contained weight plate storage pegs on each unit.

The **PLATE LOADED** line includes:

- + Arm Curl
- + Chest Press
- + Shoulder Press
- + Lat Pulldown
- + Leg Extension
- + Prone Leg Curl
- + Leg Press
- + Abdominal Crunch
- + Back Extension
- + Tricep Extension
- + Incline Press
- + Seated Row
- + Extreme Row



PRIME Plate Loaded Arm Curl

WORKOUT SEQUENCE	1	2	3	4	5
	3 SET PROGRAM			5 SET PROGRAM	
PLACEMENT OF WEIGHT					
OVERLOAD REGION	Middle Range	End Range	Beginning Range	Middle+End Range	Middle+Beginning Range



PLATE LOADED



PRONE LEG CURL

Dimensions:
76L x 46W x 49H in.
194L x 117W x 125H cm.

Weight:
310lbs. / 141kgs.



INCLINE PRESS

Dimensions:
72L x 75W x 55H in.
182L x 191W x 149H cm.

Weight:
430lbs. / 195kgs.



LEG EXTENSION

Dimensions:
58L x 49W x 49H in.
148L x 125W x 125H cm.

Weight:
310lbs. / 141kgs.



SHOULDER PRESS

Dimensions:
62L x 63W x 54H in.
158L x 161W x 138H cm.

Weight:
420lbs. / 191kgs.



CHEST PRESS

Dimensions:
74L x 74W x 55H in.
188L x 188W x 140H cm.

Weight:
480lbs. / 218kgs.



TRICEP EXTENSION

Dimensions:
49L x 48W x 52H in.
125L x 122W x 133H cm.

Weight:
300lbs. / 136kgs.



LAT PULLDOWN

Dimensions:
82L x 32W x 92H in.
209L x 82W x 234H cm.

Weight:
370lbs. / 168kgs.



SEATED ROW

Dimensions:
59L x 57W x 49H in.
150L x 145W x 125H cm.

Weight:
350lbs. / 159kgs.

Lat Pulldown & Seated Row Handle UPGRADE

Get the maximum benefit from your PRIME Plate Loaded Lat Pulldown and Seated Row with our RO-T8 Handle Upgrade. Unlock enhanced biomechanics, decreased grip fatigue and maximized output potential.





PLATE LOADED



ARM CURL

Dimensions:
47L x 48W x 51H in.
120L x 122W x 130H cm.

Weight:
300lbs. / 136kgs.



ABDOMINAL CRUNCH

Dimensions:
46L x 46W x 49H in.
117L x 117W x 125H cm.

Weight:
150lbs. / 68kgs.



BACK EXTENSION

Dimensions:
56L x 45W x 49H in.
143L x 115W x 125H cm.

Weight:
240lbs. / 109kgs.



EXTREME ROW

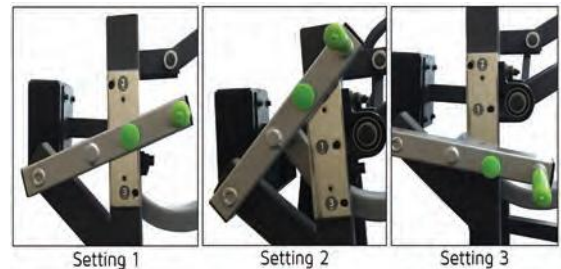
Dimensions:
78L x 64W x 54H in.
199L x 163W x 138H cm.

Weight:
450lbs. / 204kgs.

LEG PRESS

Dimensions:
93L x 59W x 56H in.
237L x 150W x 143H cm.

Weight:
500lbs. / 227kgs.



SmartStrength is implemented on the Plate Loaded Leg Press with a simple lever adjustment. As the user moves the lever, both weight pegs move in a pendulum fashion to place the peak resistance at the beginning, middle or end of the exercise motion.

NOTE: This unit only features the 3 primary SmartStrength settings.

Arm Curl Handle UPGRADES

Get the maximum benefit from your PRIME Plate Loaded Arm Curl with our NEW 360-degree and KAZ Handle upgrades. These upgrades allow the user to easily execute supinated (standard curls), hammer curls, and/or reverse curls. (See page 43 for additional details and benefits)



360°



KAZ