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→ PLATE LOAD Series

STEELEX STRENGTH



PLTR T-bar Row

Product Weight :126.5 lbs. / 57.5 kg

Dimensions: 194 × 81 × 106 cm /

76" × 32" × 42"



PLSR Seated Row

Product Weight :155 lbs. / 70.5 kg

Dimensions: 118 × 107 × 107.5 cm /

46" × 42" × 42"



PLLA Lat Pulldown

Product Weight :185 lbs. / 84 kg

Dimensions: 182 × 159.5 × 195 cm /

72" × 63" × 77"



PLIP Incline Chest Press

Product Weight :165 lbs. / 75 kg

Dimensions: 154 × 150 × 126.5 cm / 61" × 59" × 50"



PLBP Bench Press

Product Weight :165 lbs. / 75 kg

Dimensions: 156 × 139 × 88 cm / 62" × 55" × 34.5"

**PLSP** Shoulder Press

Product Weight :194 lbs. / 88 kg
Dimensions: 154 × 107 × 138 cm /
61" × 42" × 54"

**PLBC** Biceps Curl

Product Weight :147 lbs. / 67 kg
Dimensions: 168 × 97 × 128 cm /
66" × 38" × 50"

**PLTE** Triceps Extension

Product Weight :145 lbs. / 66 kg
Dimensions: 160 × 97 × 130 cm /
63" × 38" × 51"



PLL P Leg Press

Product Weight :216 lbs. / 98 kg

Dimensions: 214 × 134 × 142 cm / 84" × 53" × 56"



PLSC Seated Calf Press

Product Weight : 97 lbs. / 44 kg

Dimensions: 150 × 97 × 100 cm / 59" × 38" × 39"



PLLE Leg Extension

Product Weight :164 lbs. / 74.5 kg
Dimensions: 131 × 126 × 103 cm / 52" × 50" × 40.5"



PLLC Leg Curl

Product Weight :156 lbs. / 71 kg
Dimensions: 175 × 131 × 71 cm / 69" × 52" × 28"



PLDP Supine Leg Press

Product Weight : 373 lbs. / 169.5 kg
Dimensions: 283 × 142 × 149 cm / 111.5" × 56" × 59"



PLHP Hack Press

Product Weight : 436 lbs. / 198 kg
Dimensions: 242 × 146 × 134 cm / 95" × 57" × 53"



PLSS Standing Squat

Product Weight :348 lbs. / 158 kg
Dimensions: 207 × 136 × 168 cm / 81" × 52" × 28"



PLAC Abdominus Crunch

Product Weight :189 lbs. / 86 kg
Dimensions: 106 × 103 × 157 cm / 42" × 40.5" × 62"



PSBP Bench Press

Product Weight : 238 lbs. / 108 kg
Dimensions: 202.5 × 123 × 171 cm /
80" × 49" × 67"



PSIP Incline Chest Press

Product Weight : 222 lbs. / 101 kg
Dimensions: 181 × 97 × 169 cm /
71" × 38" × 66"



PSDP Decline Chest Press

Product Weight : 238 lbs. / 108 kg
Dimensions: 202.5 × 123 × 171 cm /
80" × 49" × 67"



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→ PLATE LOAD 2 Series

STEELEX STRENGTH



PL2100 Chest Press / Shoulder Press

Product Weight : 235 lbs. / 107 kg
Dimensions: 175 × 131 × 160.5 cm /
69" × 51.5" × 63"



PL2200 Lat Pulldown / Back Row

Product Weight : 387 lbs. / 176 kg
Dimensions: 190 × 165 × 211 cm /
75" × 65" × 83"



PL2300 Squat / Dead Lift

Product Weight : 301 lbs. / 137 kg
Dimensions: 205.5 × 175 × 165 cm /
81" × 69" × 65"