

# PALLADIUM SERIES PLATE LOADED



## TRUE FITNESS STRENGTH: PALLADIUM PLATE LOADED



### STANDARD FEATURES

Standard paint finish is matte black with choice of 18 upholstery color options.



### CUSTOMIZATION OPTIONS

Custom powder coat finish, custom upholstery color, and facility branding available upon request.



### BUILT-IN STORAGE

Select models come with standard plate storage, offering convenience and efficiency in your fitness space.



**CHEST PRESS**  
PLS-0100



The Palladium Series Plate Loaded PLS-0100 Chest Press provides unique 5-position handles that allow the user to adjust starting position and range of motion to fit their specific needs. Unilateral press arms converge for maximum articulation of the shoulder and allow for a complete range of motion. Six weight storage posts standard.

- + Unique 5-position adjustable handles allow user to set range of motion best suited to their individual needs
- + 6-position seat uses gas cylinder assist for stable, friction-free adjustments
- + Height Adjustment Guide provides guidance on where to set seat based on user's height



**SHOULDER PRESS**  
PLS-0200



The Palladium Series Plate Loaded PLS-0200 Shoulder Press features unique 4-position handles that allow the user to change hand position in relation to the shoulder resulting in start and stop positions and range of motion specific to the user's needs. Unilateral press arms converge above and in front of the user for maximum articulation of the shoulder. Four weight storage posts standard.

- + Unilateral arms converge above and in front of the user to maximize articulation of the shoulder and allow for a complete range of motion
- + Unique 4-position adjustable handles allow user to set range of motion best suited to their individual needs



**LAT PULLDOWN**  
PLS-0300



Users of all levels, from novice to professional, will benefit from the advanced biomechanics of the Palladium Series Plate Loaded PLS-0300 Lat Pulldown. Featuring unilateral arms that diverge for a complete range of motion resulting in greater muscle recruitment and a more efficient workout. Four weight storage posts standard.

- + Unilateral arms diverge to maximize articulation of the shoulder and allow for a complete range of motion
- + 4-position thigh pad fits wide range of users
- + 6-position seat uses gas cylinder assist for stable, friction-free adjustments



**SEATED ROW**  
PLS-0400



Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Plate Loaded PLS-0400 Seated Row. Featuring unilateral arms with dual-grip handles, the Palladium Series Seated Row takes the user through a complete range of motion resulting in greater muscle recruitment and a more efficient workout. Chest pad and single handle provide stability. Six weight storage posts standard.

- + Unilateral arms diverge to maximize articulation of the shoulder and allow for a complete range of motion
- + Multi-grip handles for exercise variation and center post for stability during one-arm rows



**KNEE RAISE/AB CRUNCH**  
PLS-0500



Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Plate Loaded PLS-0500 Knee Raise/Ab Crunch. Unique patent-pending dual pivot design engages both upper and lower abdominals. Low profile frame offers easy entry/exit. Two weight storage posts standard.

- + Unique, patent-pending dual pivot design provides simultaneous ab crunch and knee raise movements to target upper and lower abs
- + Low profile design allows for easy entry and exit



**BICEPS CURL**  
PLS-0600



The Palladium Series Plate Loaded PLS-0600 Biceps Curl features a low-profile space-efficient design and unique offset pivot, allowing users to set their preferred elbow position without the need to align with a fixed pivot. True to form curl bar allows for exercise variation, including narrow and wide grips, reverse curls, and one-arm curls.

- + Unique off-axis pivot design allows users to place elbows freely on pad without need to align with fixed pivot
- + Curl bar provides variety of grip positions including wide, narrow, and reverse
- + 6-position seat uses gas cylinder assist for stable, friction-free adjustments



**SQUAT PRESS**  
PLS-0800



Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Plate Loaded PLS-0800 Squat Press. Low profile easy entry/exit design features comfortable seat position and single pivot to displace force over hips rather than low back and shoulders. Oversized foot platform with non-skid surface included for exercise variation. Dual stops accommodate wide range of users.

- + Unique single pivot design allows for maximum hip extension with no spinal compression
- + Low profile and easy entry/exit design features oversized foot platform with non-skid surface for exercise variation



**TRICEPS EXTENSION**  
PLS-0900



The Palladium Series Plate Loaded PLS-0900 Triceps Extension offers unilateral press arms, and both standard and neutral grip handles that provide the user with a variety of exercise options. Two weight storage posts standard.

- + Multi-grip handles for exercise variation
- + 4-position thigh pad fits wide range of users
- + 6-position seat uses gas cylinder assist for stable, friction-free adjustments



**HACK SQUAT**  
PLS-1000



The Palladium Series Plate Loaded PLS-1000 Hack Squat offers a low profile easy entry/exit design. The Hack Squat features comfortable seat position with low back support to displace force over hips rather than low back and shoulders. Oversized foot platform with non-skid surface included for exercise variation. Four weight storage posts standard.

- + Back pad offloads weight against hips rather than spine and provides support throughout range of motion
- + Low profile and easy entry/exit design features oversized foot platform with non-skid surface for exercise variation



**INCLINE CHEST PRESS**  
PLS-1100



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The Palladium Series Plate Loaded PLS-1100 Incline Chest Press offers unique 5-position handles that allow the user to adjust starting position and range of motion to fit their specific needs. Unilateral arms converge to maximize articulation of the shoulder and allow for a complete range of motion. Six weight storage posts standard.

- + Unilateral arms converge to maximize articulation of the shoulder and allow for a complete range of motion
- + Unique 5-position adjustable handles allow user to set range of motion best suited to their individual needs
- + 6-position seat uses gas cylinder assist for stable, friction-free adjustments



**LEG EXTENSION**  
PLS-1200



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The Palladium Series Plate Loaded PLS-1200 Leg Extension offers a unique off-axis pivot design that allows users to place their knees freely on the pad without the need to align with a fixed pivot.

- + Unique off-axis pivot design allows users to place knees freely on pad without need to align with fixed pivot
- + Self-adjusting shin pad removes need for additional adjustment
- + 6-position seat back uses gas cylinder assist for stable, frictionfree adjustment



**STANDING LEG CURL**  
PLS-1300



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The Palladium Series Plate Loaded PLS-1300 Standing Leg Curl offers a unique off-axis pivot design that allows users to place their knees freely on the pad without the need to align with a fixed pivot.

- + Unique off-axis pivot design allows users to place knee freely on pad without need to align with fixed pivot
- + Self-adjusting ankle pad removes need for additional adjustment
- + 6-position torso pad and dual handles provide support during exercise



**PENDULUM SQUAT**  
PLS-1400



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The Palladium Series Plate Loaded PLS-1400 Pendulum Squat offers a unique pendulum-style movement that allows the user to achieve a complete range of motion while maintaining proper knee-to-ankle position.

- + Unique pendulum style movement allows the user to achieve complete range of motion while maintaining proper knee to ankle position
- + Weight plates are back loaded to add resistance and front loaded to reduce resistance
- + Oversized foot platform with non-skid surface allows for variety of foot positions and accommodates wide range of users
- + Dual safety catch system and range of motion limited standard



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