



**CalGym Series**  
TUFFSTUFF FITNESS INTERNATIONAL

## BENEFITS OF REGULAR STRENGTH TRAINING.

Strength training is not just about bodybuilders lifting weights in a gym. It's about conditioning and building muscle that could benefit your heart, improve your balance, strengthen your bones and help you lose weight. It can benefit people of all ages, men and women alike, and particularly people with health issues.

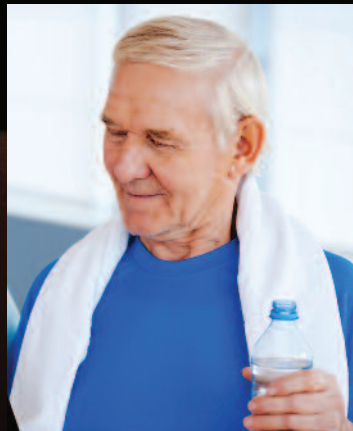
Many people are aware that regular exercise is necessary to stay healthy and many individuals choose cardio/aerobic activity over resistance training. However, recent research has shown that splitting cardio/aerobic and strength training is most beneficial for your health.

According to the American College of Sports Medicine, adults should aim to do muscle-strengthening activities, such as weight lifting at least two times a week. It is extremely important for women to engage in because they are more likely to develop problems with their bones and joints as they age.

- Helps keep the weight off and shapes your physique
- Increased metabolism and improve circulation
- Protects bone health and muscle mass
- Helps develop better body mechanics
- Plays a role in disease prevention
- Boosts energy levels and improves your mood
- Lower stress

Before beginning a new exercise routine, speak to a medical professional to ensure you are healthy enough for any physical activities.

The Surgeon General and the President's Council of Physical Fitness & Sports stated that everyone, young and old, should get thirty minutes of moderate physical activity most days of the week.



Ideal choice for hotels & resorts, corporate fitness centers, police & fire agencies, apartment & condominium complexes, personal training studios or any facility where space and budget are limited.

# CALGYM

## 9000 Series



4  
**CG-9503**  
Multi-Press



5  
**CG-9504**  
Lat/Mid-Row



6  
**CG-9506**  
Bicep/Tricep



7  
**CG-9510**  
Ab/Back



8  
**CG-9514**  
Leg Extension/Curl



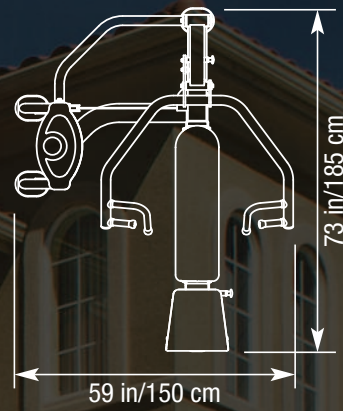
9  
**CG-9515**  
Inner/Outer Thigh



10  
**CG-9516**  
Leg Press

# CG-9503 MULTI-PRESS

- Unique multi-position bench allows for variety of press exercises.
- Smooth roller style seat assembly offers quick and easy transition between flat, incline, and shoulder press movements.
- Multiple grip design provides greater user comfort and variety.
- Adjustable press bar with ergonomic handles ensures a custom fit.
- 200 lbs. steel weight stack.

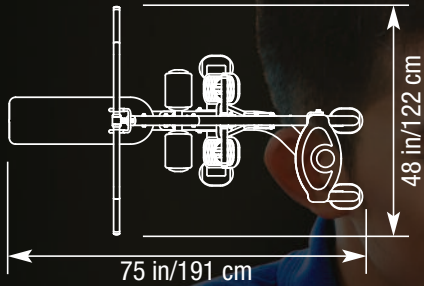


Ht: 59 in/150 cm  
Wt: 540 lb/245 kg



# CG-9504 LAT/MID-ROW

- Dual function lat and mid-row exercises.
- Adjustable thigh hold down pads provide stability and firm support during workouts.
- Oversized bench allows seated row exercises.
- Durable rubber coated foot rests provide secure brace positioning.
- 200 lbs. steel weight stack.

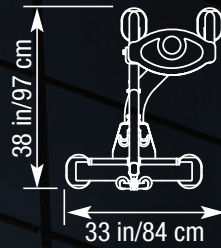


Ht: 88 in/224 cm  
Wt: 550 lb/249 kg



# CG-9506 BICEP/TRICEP

- Unique compact design allows traditional standing tricep and bicep exercises.
- Deluxe dual tricep rope handle.
- Fixed low pulley station with rotating narrow bar provides greater user comfort and variety.
- 200 lbs. steel weight stack.

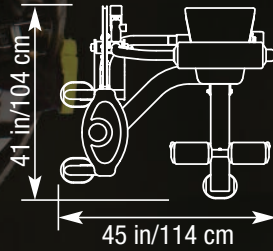


Ht: 80 in/203 cm  
Wt: 440 lb/200 kg



# CG-9510 AB/BACK

- Quick-set torso pad easily adjusts for both abdominal and back exercises.
- Seat belt enhances user comfort, support and firm hold-down during exercises.
- Oversized seat accommodates a wide variety of user sizes.
- Rubber coated foot brace and upholstered foot rolls help keep user in proper alignment.
- 200 lbs. steel weight stack.

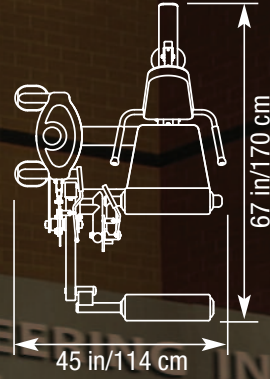


Ht: 59 in/150 cm  
Wt: 515 lb/234 kg



# CG-9514 LEG EXTENSION/CURL

- Convenient adjustment handles allow easy transition between exercises.
- Quick release handle to engage and disengage thigh hold-down support.
- Ratchet-style telescoping back pad offers quick and easy positioning.
- Counter-balanced pivot arm with self-aligning foot roll to accommodate various size users.
- 200 lbs. steel weight stack.



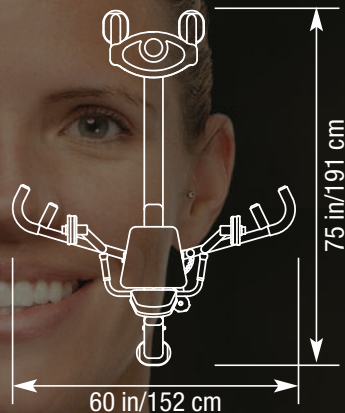
Ht: 59 in/150 cm  
Wt: 515 lb/234 kg





# CG-9515 INNER/OUTER THIGH

- Unique dual design allows for adduction and abduction exercises.
- Swivel thigh pads allow quick exercise set up.
- Multiple start positions for both inner and outer thigh exercises.
- Built-in handles for support.
- 150 lbs. steel weight stack.



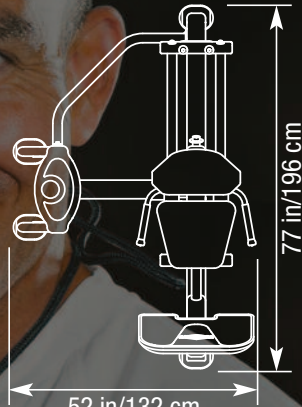
Ht: 59 in/150 cm

Wt: 415 lb/188 kg



# CG-9516 LEG PRESS

- Custom convex footplate provides neutral ankle and knee alignment during exercise.
- Adjustable 5-position ergonomic seat carriage with 2" rollers riding on 2" diameter hard chrome seat rails for smooth and precise motion.
- 200 lbs. steel weight stack. 2:1 ratio provides 400 lbs. of weight resistance.



Ht: 85 in/216 cm  
Wt: 610 lb/277 kg



## SPECIFICATIONS, FEATURES & WARRANTY

- Heavy duty 2" x 4" 11-gauge oval steel frames combined with 2" 11-gauge round tubing accents.
- Sealed 2" roller bearings and 1" diameter solid steel axle encased in machined housing on all primary pivot points.
- 1" solid steel axles with 1" bronze oil lite bushings on all secondary pivot points.
- 4-1/2" and 3-1/2" diameter fiberglass reinforced nylon pulleys with sealed bearings enclosed in protective steel covers.
- High density EMR Urethane foam padding with double-stitched upholstery (black) secured to 3/4" plywood backing.
- Electrostatic powder coat finish in Platinum Sparkle with Charcoal accents (other color options available for additional charge).
- 3/16" USA-Made/Certified EXERFLEX PRO® high performance fitness cable.
- Magnetically secured selector pins and steel weight stacks are easily accessible from seated position.
- 3/4" precision ground, hard chrome finish, solid steel guide rods.
- Steel weight stack enclosures with decorative built-in storage compartment cover.
- Biomechanically designed 7-gauge steel cams provide proper resistance curves throughout full range of motion.
- Thermoplastic rubber handgrips secured with aluminum end caps for durability and improved feel.
- Protective rubber stabilizer feet with anchoring holes provided on all machines.

## COMMERCIAL WARRANTY\*

**TEN (10) YEARS:** • Structural main frames, welds, cams and weight plates.

**FIVE (5) YEARS:** • Pivot bearings, pulleys, bushings and guide rods.

**ONE (1) YEAR:** • Pull-pin components and rail wheels.

**SIX (6) MONTHS:** • Upholstery, cables, finish and rubber grips.

**ALL OTHER PARTS,** not mentioned, one year from the date of delivery to the original purchaser.

\* Not recommended for membership based or dues paying facilities – call your sales representative for details.

## CUSTOMIZATION

Finish, upholstery and embroidered wear covers (personalized brand logo) are also available to further enhance your company name. Also available is our factory assembly of the CalGym equipment – call for pricing & availability from your sales representative.

**NOTICE:** TuffStuff continually engages in research related to product improvement. As a result, the product received by the customer may differ slightly from its published description. Improvements in materials, production techniques and design refinements may at any time be introduced into our products. TuffStuff reserves the right to make changes in its product without notice.

# TUFFSTUFF FITNESS INTERNATIONAL

Since its inception four decades ago, TuffStuff Fitness International (TFI) has become recognized worldwide as a leading manufacturer of high quality consumer and commercial strength products. Throughout its history, TFI has been at the forefront of cutting edge technology in the fitness industry, developing and introducing innovative fitness equipment that has stood the test of time and become industry standards.



Since 1971 TuffStuff has always focused on one thing; the design, development and manufacture of premium fitness equipment.

Although the fitness industry has changed drastically in the last ten years, TuffStuff still maintain a full service, modern manufacturing facility in Chino, California, USA. Every design and engineering process begins here – from concepts and engineering to prototypes, testings and design refinements.



The only fitness company in the United States with the capability to produce and manufacture any product it sells.

At TuffStuff, we are committed to improving the lives of our customers by providing quality fitness products and solutions that earn their trust and build lifetime relationships.



**TUFFSTUFF FITNESS INTERNATIONAL INC.**

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