



# TUFFSTUFF<sup>®</sup>

FITNESS INTERNATIONAL



**Proformance Plus Commercial Strength**







**Facts:** TuffStuff proudly maintains one of the largest American production lines in the fitness industry.

**Forty-seven years in the fitness business, we're here to serve you:**



State-of-the-Art manufacturing



Most of our production is done in-house



Factory assembly line and QC inspection



Service, maintenance and installation

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The **Proformance Plus** commercial strength series combines 47 years of engineering and manufacturing excellence delivering a collection of equipment designed to exceed all expectations.

Striking design elements, superior biomechanics and modern aesthetics blend seamlessly to create a line of resistance equipment that embodies an only-the-best-will-do philosophy with **Made in the USA** quality.

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# SINGLE STATION

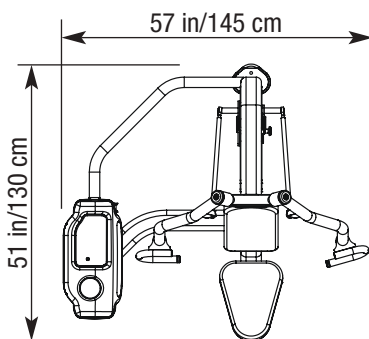


## CHEST PRESS



PPS-200

- Converging press arm technology with four pre-set starting positions.
- U-Grip handle design allows customization of wrist position during movement.
- 6-position gas assist seat height adjustments.
- 220 lbs. steel weight stack with add-on weight system.  
(Option: 295 lbs. weight stack)



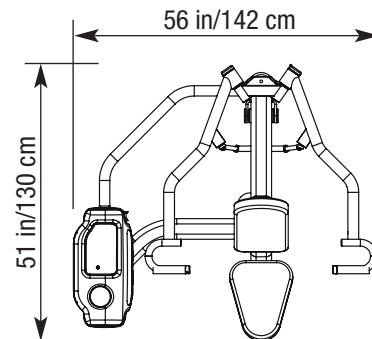
Ht: 77 in/196 cm Wt: 570 lb/259 kg

## SHOULDER PRESS



PPS-205

- Converging press arm technology.
- U-Grip handle design allows customization of wrist position during movement.
- 6-position gas assist seat height adjustments.
- 220 lbs. steel weight stack with add-on weight system.  
(Option: 295 lbs. weight stack)



Ht: 57 in/145 cm Wt: 525 lb/238 kg



# SINGLE STATION

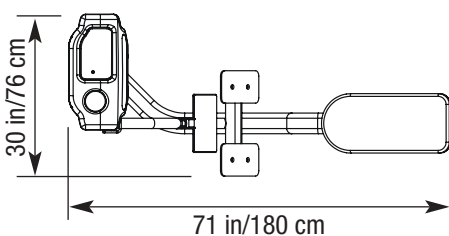


## LOW ROW



PPS-208

- Aluminum non-slip diamond foot plates.
- Extra wide bench pad provides maximum support and stability.
- The angle and position of the bench allows natural full low back stretch.
- Note: Cable driven unit.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



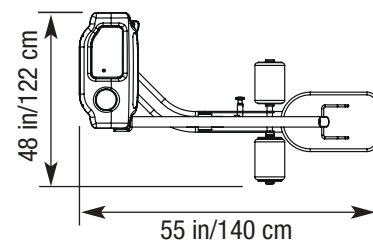
Ht: 76 in/193 cm Wt: 470 lb/213 kg

## LAT PULLDOWN



PPS-210

- Adjustable thigh hold-down pads provide stability and firm support during workouts.
- Swivel lat bar attachment with locking spring hook provides reliable and safe performance.
- Note: Cable driven unit.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



Ht: 89 in/226 cm Wt: 465 lb/211 kg



# SINGLE STATION

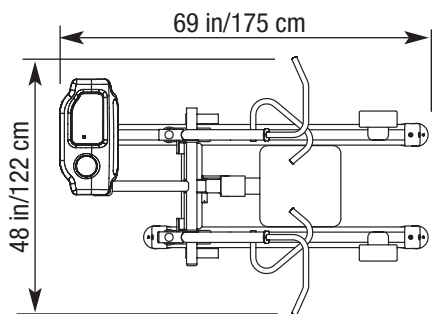


## PULLUP/CHIN/DIP



PPS-215

- Counter-balanced knee pad allows you to control the desired weight-assist during exercise and folds away for unassisted exercise.
- Twist-lock narrow or wide dipping handles.
- Multiple chin-up handles and grip positions.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



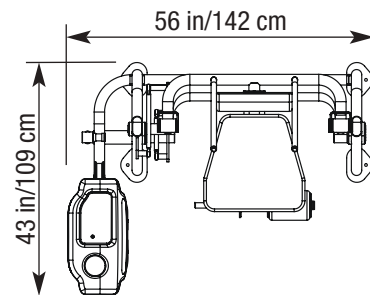
Ht: 90 in/229 cm Wt: 715 lb/324 kg

## ABDOMINAL CRUNCH



PPS-220

- Three-point rotation creates ideal arcing motion for the torso while lifting the lower body upward.
- Custom design allows user to begin without any adjustment to seat or movement arms.
- 5-way seat positioning with easy pull-pin adjustment.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



Ht: 71 in/180 cm Wt: 600 lb/272 kg



# SINGLE STATION

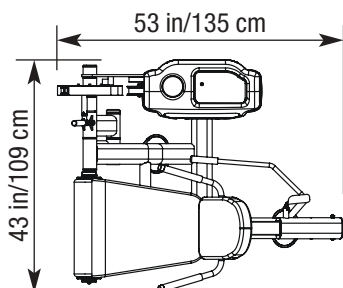


## LEG EXTENSION



PPS-231

- Pivot arm with pull-pin release for multiple start position adjustments.
- Gas assist back support easily adjusts for proper positioning and knee alignment.
- Self adjusting footroll to accommodate different leg lengths.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



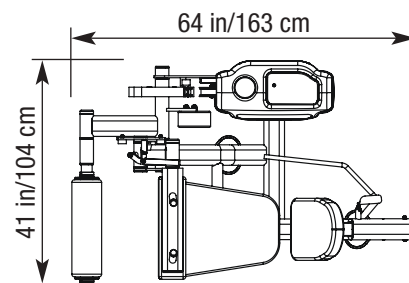
Ht: 57 in/145 cm Wt: 500 lb/227 kg

## LEG CURL



PPS-232

- Biomechanically correct angled seat position.
- Adjustable thigh hold-down pad with handles.
- Gas assist back support easily adjusts for proper positioning and knee alignment.
- Self aligning footroll with counter-balanced pivot arm.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



Ht: 57 in/145 cm Wt: 560 lb/254 kg



# SINGLE STATION

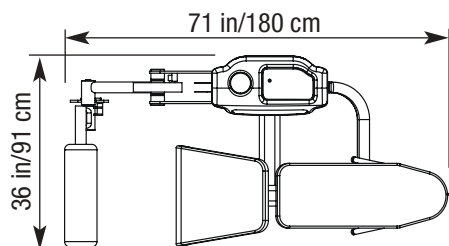


## PRONE LEG CURL



PPS-233

- V-bench design provides natural support and helps reduce low back strain.
- Adjustable footroll accommodates various size users.
- Built-in side handles for support and control.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



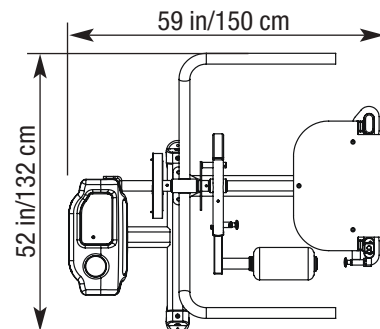
Ht: 57 in/145 cm Wt: 475 lb/215 kg

## MULTI-HIP FLEXOR



PPS-237

- Gas assist platform elevation adjustment.
- Multiple start positions and counter-balanced pivot arm with fully adjustable roller pad to accommodate user heights.
- Dual handrails provide balance and support.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



Ht: 58 in/147 cm Wt: 560 lb/254 kg



# SINGLE STATION

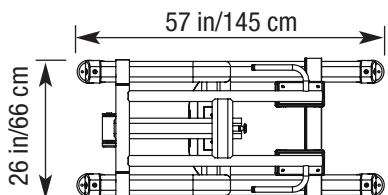


## STANDING CALF



PPS-238

- Direct linkage pivot arms ensure true and balanced movement.
- High density pads with contoured shoulder support adjust to accommodate individual height and range of motion.
- Non-slip, aluminum foot platform angled for proper body alignment.
- 400 lbs. steel weight stack.



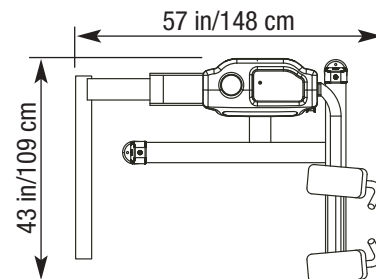
Ht: 67 in/170 cm Wt: 670 lb/304 kg

## GLUTE MACHINE



PPS-239

- Universal pivot movement arm accommodates different leg length.
- Comfortable arm support pads with handles.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



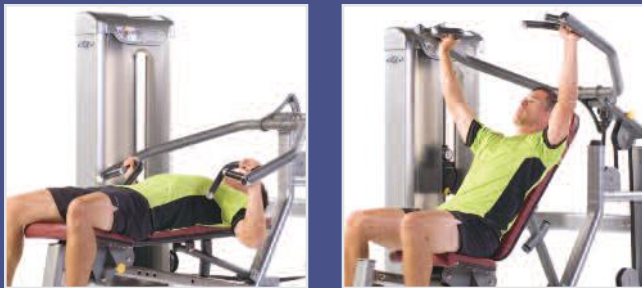
Ht: 57 in/145 cm Wt: 480 lb/218 kg



# DUAL-MULTIPLE STATIONS

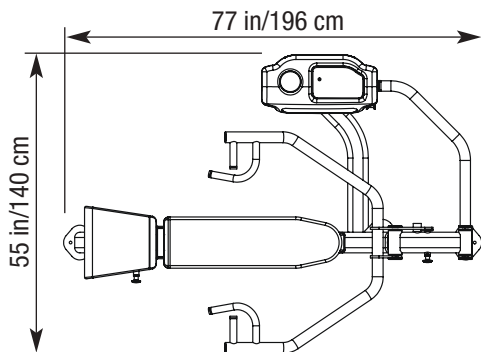


## MULTI-PRESS



PPD-801

- Multi-purpose bench and press bar easily adjust for flat, incline and shoulder presses.
- Multiple grip handles on the press bar allow for variation of exercises and muscle isolation.
- Roller-glide carriage allows easy bench adjustment.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



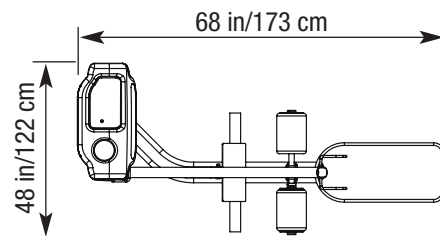
Ht: 57 in/145 cm Wt: 550 lb/249 kg

## LAT/MID/LOW ROW



PPD-802

- 3-in-1 design offers independent lat, tricep and low row stations.
- Adjustable thigh hold-down roller pads provide stability and firm support during workouts.
- Rope handle feature provides many triceps exercises independently from the lat station.
- Note: Cable driven unit.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



Ht: 89 in/226 cm Wt: 470 lb/213 kg



# DUAL-MULTIPLE STATIONS

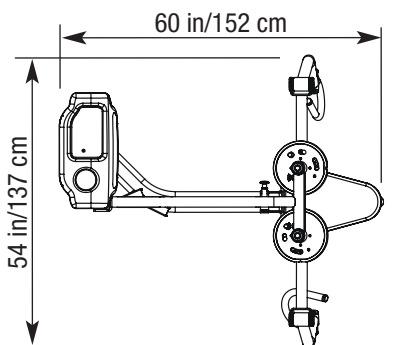


## PEC FLY/REAR DELT



PPD-803

- Adjustable, rotary independent arm with swivel handles allow unilateral and bilateral movements.
- Self-adjusting pivot arms and floating U-Grip handle design allow uniform and natural hand positioning.
- 6-position gas assist seat height adjustment.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



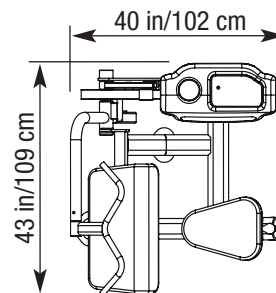
Ht: 76 in/193 cm Wt: 570 lb/259 kg

## BICEPS/TRICEPS



PPD-804

- Counter-balanced pivot arm with multi-grip handle allows overhand and underhand grip positions.
- Ergonomically designed arm pad for proper support and comfort.
- 6-position gas assist seat height adjustment.
- 150 lbs. steel weight stack with add-on weight system. (Option: 200 lbs. weight stack)



Ht: 57 in/145 cm Wt: 440 lb/200 kg



# DUAL-MULTIPLE STATIONS

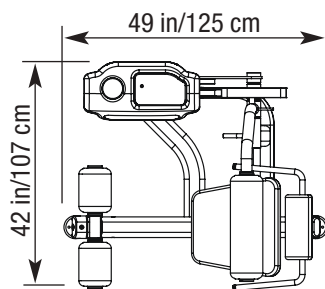


## ABDOMINAL/BACK



PPD-805

- Pivot arm with multiple start position adjustments for proper body alignment.
- Unique hydraulic assist foot support with easy access adjustment handle to accommodate various leg lengths.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



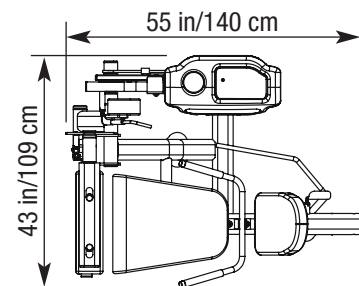
Ht: 57 in/145 cm Wt: 525 lb/238 kg

## LEG EXTENSION/CURL



PPD-806

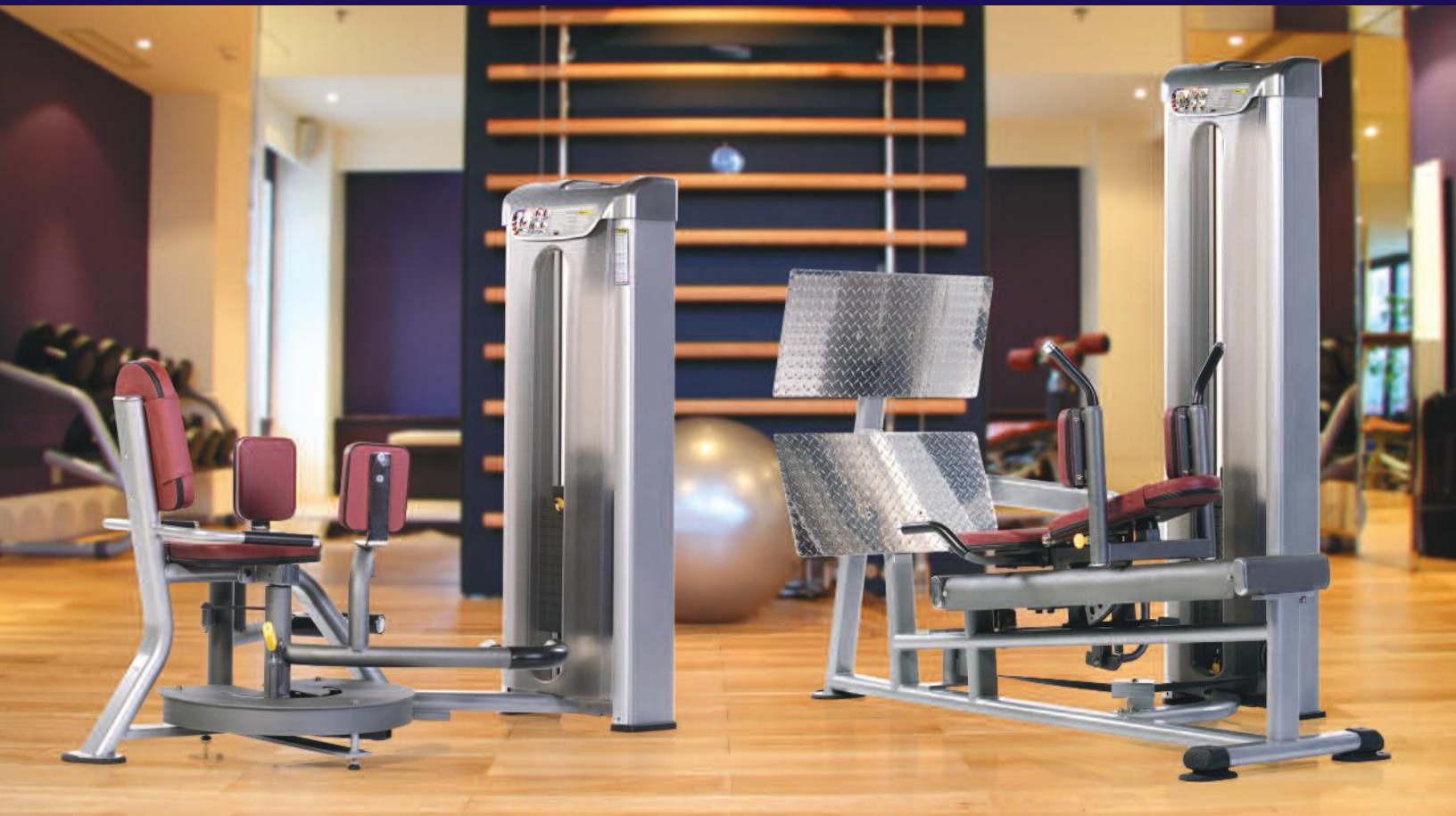
- Biomechanically correct seat angle provides proper support and isolation of muscle group.
- Gas assist back support easily adjusts for proper positioning and knee alignment.
- Quick release to engage and disengage thigh hold-down support.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



Ht: 57 in/145 cm Wt: 585 lb/265 kg



# DUAL-MULTIPLE STATIONS

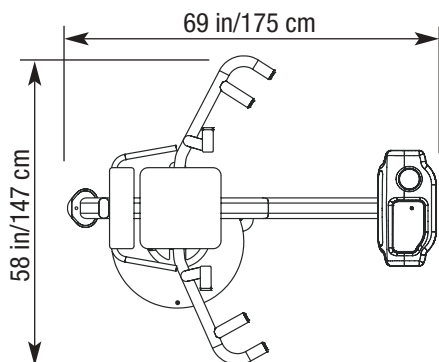


## INNER/OUTER THIGH



PPD-807

- Conveniently located lever adjusts for range of motion and start position for both exercises.
  - Forward facing exercise positioning provides privacy.
  - Swivel knee pads maintain constant support throughout the range of motion.
  - 220 lbs. steel weight stack.
- Does not accept Add-on weight system.



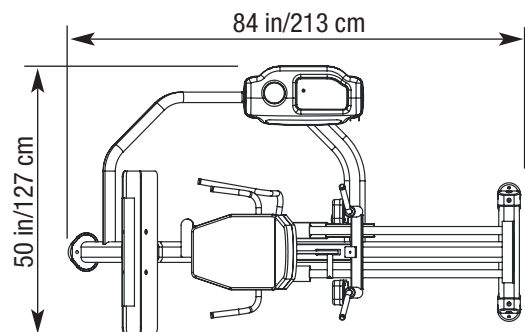
Ht: 57 in/145 cm Wt: 485 lb/220 kg

## LEG PRESS/HACK SQUAT



PPD-830

- Back support adjusts to upright or flat for either leg press or hack squat exercises.
- Large solid aluminum foot plates for exercise variation.
- Dual self-aligning 1-1/2" linear bearing system.
- 400 lbs. steel weight stack. Does not accept Add-on weight system. (Option: 500 lbs. weight stack)



Ht: 76 in/193 cm Wt: 930 lb/422 kg





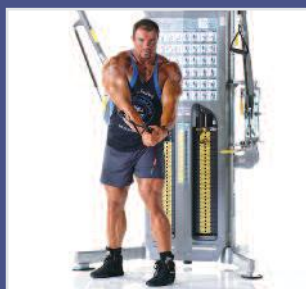
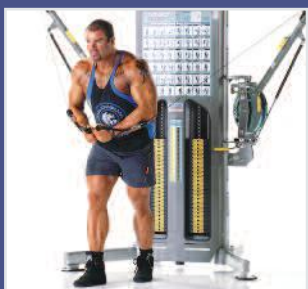
Grand display of TuffStuff residential and commercial strength equipment at Fitness Gallery, Denver, Colorado.



# FUNCTIONAL TRAINERS

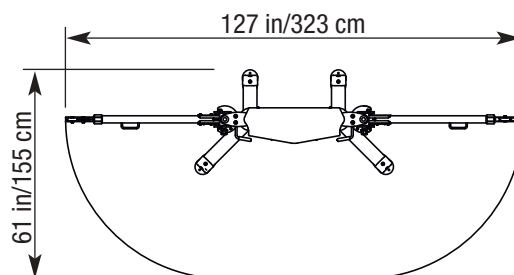


## FUNCTIONAL TRAINER



### PPMS-245

- Extension arm offers 150° of vertical adjustments and 165° of horizontal adjustments (hydraulically supported arms for safe and easy adjustments).
- Designed for speed, functional and ballistic training, and is accessible for wheelchairs, rehab equipment, workout benches and stability balls.
- Ball bearing swivel pulleys, increase fluidity and cable response for more effective sport specific training.
- Independent movement for bilateral and unilateral training.
- 86-inch cable travel per handle.
- Two (2) 300 lbs. weight stacks. Resistance at handle is 1/4 of the weight selected.



Ht: 86 in/218 cm  
Wt: 950 lb/431 kg



# FUNCTIONAL TRAINERS

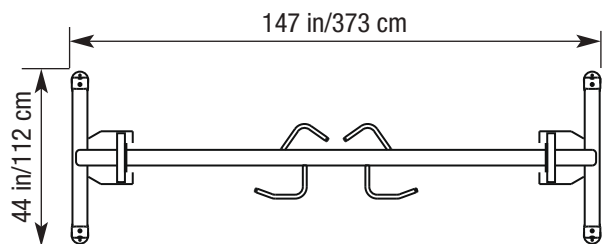


## CABLE CROSSOVER



### PPMS-250

- Wide base frame designed for traditional cable crossover or functional training.
- Independent 15-position pulley columns allow single or dual exercise options.
- Swivel cable ends and handles allow natural wrist movements without cable twisting.
- Multi-grip chin-up bar for wide, narrow, reverse and neutral grip upper body exercises.
- 1:1/2 weight resistance offers fluid movement and extended range of motion.
- Full length steel protective weight shrouds.
- Two (2) 150 lbs. (200 lbs. optional) steel weight stack. Resistance at handle is 1/2 of the weight selected.



Ht: 93 in/236 cm  
Wt: 695 lb/315 kg



# FUNCTIONAL TRAINERS



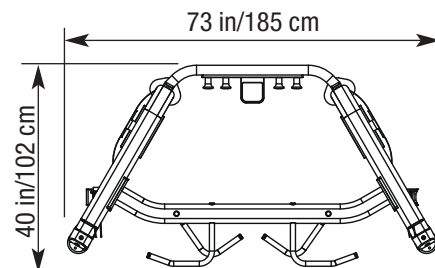
## COMPACT CROSSOVER



### PPMS-255

- Compact size uses less floor space than traditional cable crossovers.
- Independent 15-position pulley columns allow for unilateral and bilateral exercise.
- Swivel cable ends and handles allow natural wrist movements without cable twisting.
- Multi-grip chin-up bar for wide, narrow, reverse and neutral grip upper body exercises.
- Full length steel protective rear weight enclosures.
- Wide-base frame designed for functional, speed and ballistic training, is accessible for wheel-chairs, rehab equipment, workout benches and stability balls.

- (2) 150 lbs. (200 lbs. optional) steel weight stack.  
1:1/2 ratio – 50% of the resistance (Also available option:  
1:1/4 ratio – 25% of the resistance).



Ht: 90 in/229 cm Wt: 690 lb/313 kg



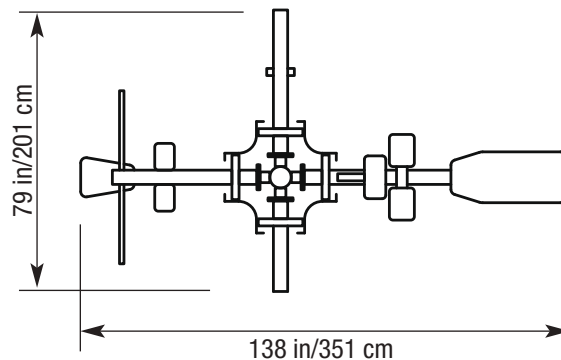


## JUNGLE GYM 4-STATION PPMS-4000

- Customizable modular system offers the flexibility to choose your exercise stations and positioning to suit your facility.
- Solid aluminum pulleys with sealed bearings for smooth friction-free movement.
- Standard with full length protective steel weight shrouds with integrated exercise placards.
- Steel plate corner braces reinforced main frame for maximum structural stability.
- Four (4) 200 lbs. steel weight stacks.  
(Option: 300 lbs. steel weight stack)

### System as shown:

(1) Lat Pulldown; (1) Low Row; (1) Tricep Pressdown and  
(1) Adjustable Hi/Low



Ht: 90 in/229 cm  
Wt: 1520 lb/689 kg



# JUNGLE GYM SYSTEMS



## JUNGLE GYM 5-STATION

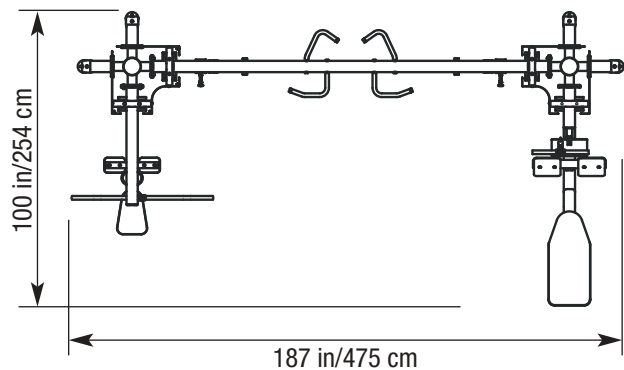


### PPMS-5000

- Crossover with built-in durable-welded knurled zinc plated multi-grip pull-up station for variety of upper body exercises.
- Customizable modular system offers the flexibility to choose your exercise stations and positioning that best suits your facility.
- Standard with full length protective steel weight shrouds.
- Swivel handles provide multi-directional, free and natural movements.
- Four (4) 200 lbs. steel weight stacks.  
(Option: 300 lbs. steel weight stack)

#### System as shown:

- (1) Lat Pulldown; (1) Low Row; (2) Adjustable Hi/Low and (1) Pull-up station



Ht: 90 in/229 cm Wt: 1720 lb/780 kg



# JUNGLE GYM SYSTEMS



## JUNGLE GYM 6-STATION & 9-STATION

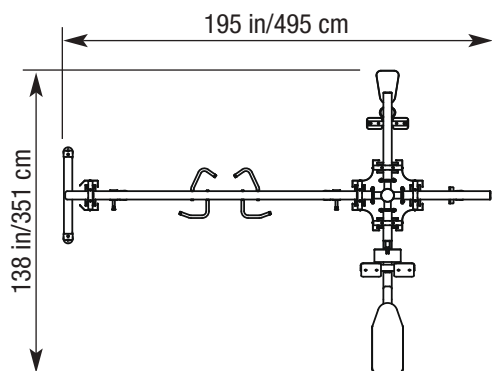


### PPMS-6000 & 9000

- Five (5) 200 lbs. steel weight stacks.  
(Option: 300 lbs. steel weight stack)

#### System as shown:

- (1) Lat Pulldown; (1) Low Row; (2) Adjustable Hi/Low;
- (1) Pull-up station and (1) Tricep Pressdown

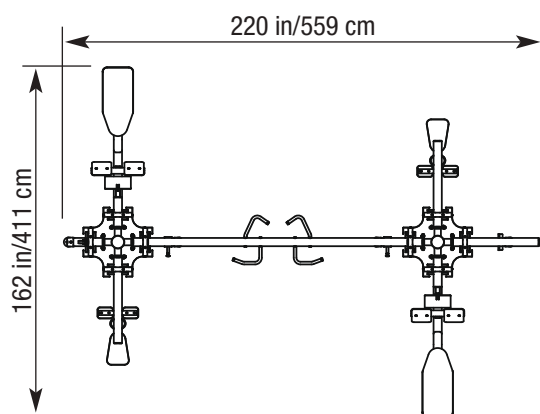


Ht: 90 in/229 cm  
Wt: 1940 lb/880 kg

- Eight (8) 200 lbs. steel weight stacks.  
(Option: 300 lbs. steel weight stack)

#### System as shown:

- (2) Lat Pulldown; (2) Low Row; (2) Adjustable Hi/Low and
- (1) Pull-up station; (1) Tricep Pressdown and (1) Fixed Hi/Low



Ht: 90 in/229 cm Wt: 3120 lb/1415 kg



# PLATE LOADED



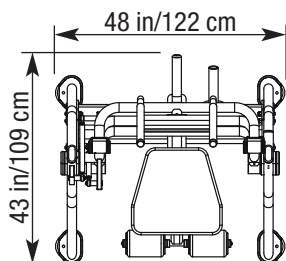
NOTE: Olympic weight plates and bar not included.

## ABDOMINAL CRUNCH



PPL-970

- Three-point rotation creates ideal arcing motion for the torso while simultaneously lifting the lower body upward.
- Unique design allows user to begin without any adjustment to the seat or movement arms.
- 5-position swivel seat isolates obliques for full core development.
- 9-1/2" weight horn.



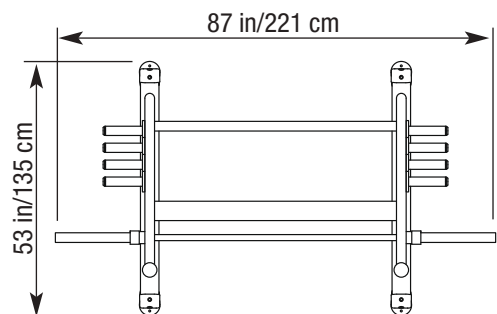
Ht: 70 in/178 cm Wt: 260 lb/118 kg

## SMITH MACHINE



PPL-900

- Self-aligning linear bearing Smith press system counter-balanced to 10 lbs. starting weight.
- 1500 lbs. load capacity Olympic Smith bar with 47" inside grip width.
- Fully adjustable spring action safety catches.
- Built-in Olympic weight storage.



Ht: 91 in/231 cm Wt: 425 lb/193 kg



## CHEST PRESS

PPL-905

- Converging press arms
- Option: Olympic weight storage prongs (set of 4)
- 9-1/2" weight horn

Length: 72 in/183 cm

Width: 47 in/119 cm

Height: 62 in/157 cm

Weight: 205 lb/93 kg



## SHOULDER PRESS

PPL-915

- Converging press arms
- Option: Olympic weight storage prongs (set of 4)
- 9-1/2" weight horn

Length: 55 in/140 cm

Width: 47 in/119 cm

Height: 47 in/119 cm

Weight: 180 lb/82 kg



## BICEPS CURL

PPL-920

- Unilateral arm movement
- Adjustable seat height
- Swivel *U-Grip* handles
- 8" weight horn

Length: 34 in/86 cm

Width: 53 in/135 cm

Height: 37 in/94 cm

Weight: 170 lb/77 kg



## SEATED ROW

PPL-930

- 360° articulating *U-Grip* handles
- Adjustable seat height
- Independent arm movement
- 8-1/2" weight horn

Length: 54 in/137 cm

Width: 39 in/99 cm

Height: 39 in/99 cm

Weight: 150 lb/68 kg



## LAT PULLDOWN

PPL-935

- 360° articulating *U-Grip* handles
- Independent arm movement
- Adjustable thigh support
- 7-1/2" weight horn

Length: 72 in/183 cm

Width: 45 in/114 cm

Height: 85 in/216 cm

Weight: 250 lb/113 kg



## SEATED CALF

PPL-955

- Adjustable knee pads
- Easily engages and disengages
- 7" weight horn

Length: 56 in/142 cm

Width: 33 in/84 cm

Height: 35 in/89 cm

Weight: 120 lb/54 kg



NOTE: Olympic weight plates as shown are not included.



# PLATE LOADED



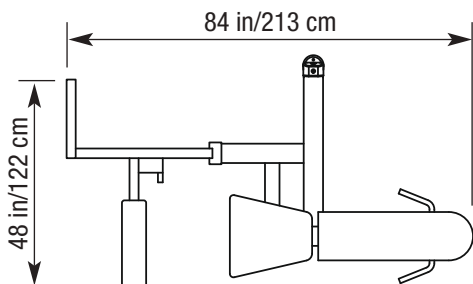
Olympic weight plates not included.

## PRONE LEG CURL



PPL-950

- V-bench design provides natural support and helps reduce low back strain.
- Adjustable footroll to accommodate different leg lengths.
- Side handles offer support and control.
- 9-1/2" weight horn.



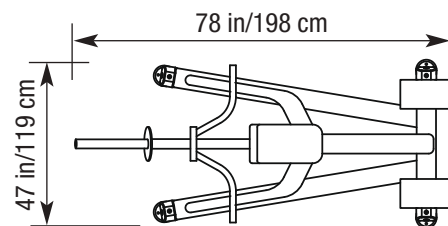
Ht: 36 in/91 cm  
Wt: 180 lb/82 kg

## INCLINE LEVER ROW



PPL-940

- Unique pivoting handle design maintains correct wrist and arm positioning throughout the entire range of motion.
- Bi-level foot supports to accommodate various users.
- Conveniently located dual height bar rests.
- 14-1/2" weight horn.



Ht: 48 in/122 cm  
Wt: 175 lb/79 kg



# PLATE LOADED



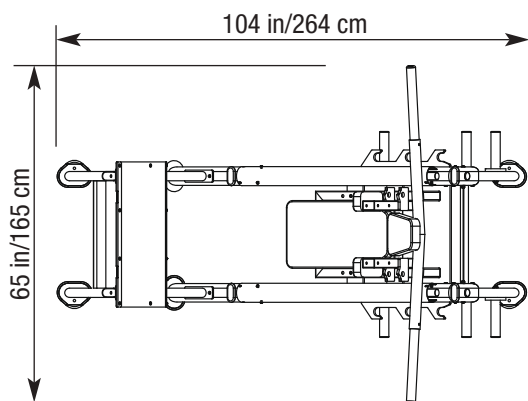
Olympic weight plates & spring collars not included.

## HACK SQUAT



PPL-965

- Dual self-aligning 1-1/2" linear bearing system.
- 1-1/2" precision ground tempered solid steel shafts.
- Oversized convex footplate design assures correct ankle and knee positioning throughout full range of motion.
- Dual safety catch and release handles.
- 35° angle of travel
- Custom convex press plate design with calf block and bi-level weight holders (starting weight 95 lbs).
- Built-in Olympic weight storage.
- 14-1/2" weight horn and 7-1/2" top weight horn.



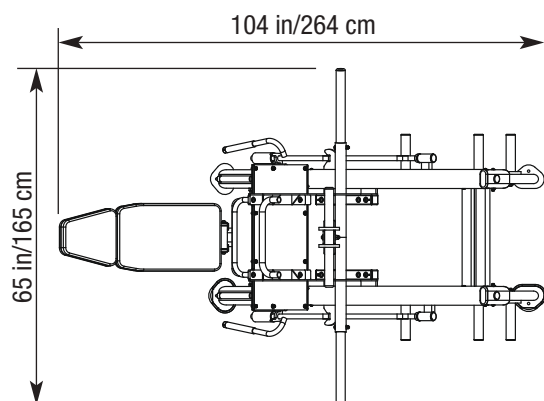
Ht: 58 in/147 cm Wt: 520 lb/236 kg

## LEG PRESS



PPL-960

- Dual self-aligning 1-1/2" linear bearing system.
- 1-1/2" precision ground tempered solid steel shafts.
- Oversized convex footplate design assures correct ankle and knee positioning throughout full range of motion.
- Dual safety catch and release handles.
- Heavy duty back support with multiple angle adjustments.
- Custom convex press plate design with calf block and bi-level weight holders (starting weight 95 lbs).
- Built-in Olympic weight storage.
- 14-1/2" weight horn and 7-1/2" top weight horn.



Ht: 58 in/147 cm Wt: 555 lb/252 kg



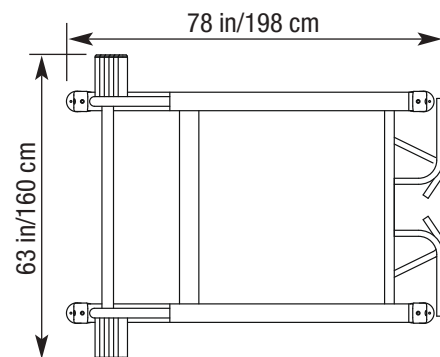
# FREE WEIGHT BENCHES & RACKS



Olympic weight plates, bar & spring collars not included.

## POWER CAGE/RACK PPF-800

- Free standing double-sided racking system built for safety and variety.
- Dual pull-pin adjustments on the cross-beams bar support.
- Large walk-in area for easy access and maneuverability or bench workouts.
- Durable-welded knurled zinc plated multi-grip pull-up station for wide, narrow, reverse and neutral grip upper body exercises.
- Heavy gauge stainless steel bar hooks on the front and back uprights allow user to face in either direction to perform the exercises.
- Built-in band pegs top & bottom for various band resisted exercises.



Ht: 95 in/241 cm  
Wt: 505 lb/229 kg



# FREE WEIGHT BENCHES & RACKS

## MULTI ADJUSTABLE BENCH PPF-700

Length: 68 in/173 cm  
Width: 29 in/74 cm  
Height: 50 in/127 cm  
Weight: 105 lb/48 kg



Positions  
(Low – High)  
1 – 20°  
2 – 0°  
3 – 10°  
4 – 20°  
5 – 35°  
6 – 45°  
7 – 55°  
8 – 65°  
9 – 80°  
10 – 90°

## FLAT/INCLINE BENCH PPF-701

Length: 59 in/150 cm  
Width: 25 in/64 cm  
Height: 51 in/130 cm  
Weight: 107 lb/49 kg



Positions  
(Low – High)  
1 – 0°  
2 – 15°  
3 – 25°  
4 – 35°  
5 – 45°  
6 – 60°  
7 – 70°  
8 – 75°

## UTILITY BENCH PPF-703

Length: 33 in/84 cm  
Width: 29 in/74 cm  
Height: 36 in/91 cm  
Weight: 60 lb/27 kg



## CHIN/DIP/ LEG RAISE PPF-720

Length: 55 in/140 cm  
Width: 37 in/94 cm  
Height: 89 in/226 cm  
Weight: 245 lb/111 kg



## FLAT BENCH PPF-702

Length: 58 in/147 cm  
Width: 25 in/64 cm  
Height: 18 in/46 cm  
Weight: 65 lb/29 kg



## PREACHER CURL BENCH PPF-706

Length: 40 in/102 cm  
Width: 28 in/71 cm  
Height: 43 in/109 cm  
Weight: 70 lb/32 kg



## OLYMPIC FLAT BENCH PPF-707

Length: 49 in/124 cm  
Width: 53 in/135 cm  
Height: 50 in/127 cm  
Weight: 140 lb/64 kg



NOTE: Olympic weight plates as shown are not included.



## OLYMPIC INCLINE BENCH

PPF-708

Length:	71 in/180 cm
Width:	53 in/135 cm
Height:	55 in/140 cm
Weight:	175 lb/79 kg



## DECLINE BENCH

PPF-714

Length:	63 in/160 cm
Width:	29 in/74 cm
Height:	48 in/122 cm
Weight:	120 lb/54 kg

### Positions (Low – High)

- 1 – 0°
- 2 – 10°
- 3 – 20°
- 4 – 30°



## OLYMPIC DECLINE BENCH

PPF-709

Length:	71 in/180 cm
Width:	53 in/135 cm
Height:	43 in/109 cm
Weight:	145 lb/66 kg



## BACK STATION

PPF-717

Length:	51 in/130 cm
Width:	33 in/84 cm
Height:	41 in/104 cm
Weight:	125 lb/57 kg



## 4-WAY OLYMPIC BENCH

PPF-711

Length:	89 in/226 cm
Width:	63 in/160 cm
Height:	66 in/168 cm
Weight:	385 lb/175 kg

### Back Pad Positions (Low – High)

- 1 – 10°
- 2 – 0°
- 3 – 10°
- 4 – 20°
- 5 – 30°
- 6 – 35°
- 7 – 45°
- 8 – 55°
- 9 – 65°
- 10 – 70°
- 11 – 80°



## GLUTE-HAM BENCH

PPF-718

Length:	70 in/178 cm
Width:	34 in/86 cm
Height:	46 in/117 cm
Weight:	195 lb/88 kg



NOTE: Olympic weight plates, bars and spring collars are not included.



# FREE WEIGHT BENCHES & RACKS

## SADDLE DUMBBELL RACK - 2-TIER

PPF-752

Length:	30 in/76 cm
Width:	100 in/254 cm
Height:	29 in/74 cm
Weight:	195 lb/88 kg



## TRAY DUMBBELL RACK - 2-TIER

PPF-752T

Length:	30 in/76 cm
Width:	84 in/213 cm
Height:	31 in/79 cm
Weight:	300 lb/136 kg



## SADDLE DUMBBELL RACK - 3-TIER

PPF-754

Length:	31 in/79 cm
Width:	100 in/254 cm
Height:	44 in/112 cm
Weight:	300 lb/136 kg



## TRAY DUMBBELL RACK - 3-TIER

PPF-754T

Length:	36 in/91 cm
Width:	84 in/213 cm
Height:	46 in/117 cm
Weight:	425 lb/193 kg



## OLYMPIC WEIGHT TREE

PPF-758

Length:	27 in/69 cm
Width:	25 in/64 cm
Height:	44 in/112 cm
Weight:	80 lb/36 kg



## BARBELL RACK

PPF-753

Length:	27 in/69 cm
Width:	44 in/112 cm
Height:	62 in/157 cm
Weight:	190 lb/86 kg



NOTE: Olympic weight plates, bars, dumbbells and barbells are not included.



# CUSTOMIZATION



**Tomo Okabe**  
Celebrity Personal Trainer  
Tokyo, Japan

## TUFFSTUFF FITNESS DELIVERS



### EXPERIENCE

TuffStuff is truly an organization of individuals dedicated to making design improvements that keep pace with technological advances and market place demands. 20% of the employees have been with the company for over 35 years, and 50% are over 20 years. Experience and knowledge you can count on – we know how!



### DESIGN/CONCEPT

TuffStuff is one of the earliest pioneers in the research and development of effective and biomechanically correct strength equipment since 1971. Today, TuffStuff owns 18 original patents, and produces over 150 different consumer and commercial strength products.



### MANUFACTURING

TuffStuff is a multi-level, integrated and experienced manufacturer that can deliver the final product to exacting specifications, quality and lead-time demands. **TuffStuff's ability and willingness to customize and modify products** to meet customer's specific needs sets us apart from our competition.





# TUFFSTUFF FITNESS INTERNATIONAL

**FRAME MATERIALS:** Main frame – 2x4” 11-gauge 120 wall oval tubular steel with a combination of 2” round and other 11-gauge tubular steel.

**WELDS:** All welded construction by inert-gas MIG welding conforming with all Structural Welding Code-Steel Standards and Specifications.

**PADDING:** High density 1” thick 3 lbs. rebond urethane foam glued to 1” industrial plywood backing, trimmed and formed to exact fit.

**CABLES & BELTS:** Cable driven units – USA-Made/Certified 3/16” and 1/4” EXERFLEX PRO® high performance fitness cable rated at 4200 lbs. tensile strength. Belt driven units: reinforced Kevlar® belts, rated at 4400 lbs. tensile strength.

**GUIDE RODS:** 3/4” solid steel 1045 (tgp) highly polished hard chrome finish.

**ADJUSTMENT PINS:** 1/2” and 5/8” push-pull spring loaded solid steel adjustment pins with ultimate load of 9040 lbs. and 46042 psi shear strength.

**BEARINGS:** 1” solid stainless steel pivot axles with non-friction 2” sealed bearings (load rating of 2400 lbs.) internally encased on primary pivots, and oil-impregnated bronze bushings on all secondary pivots.

**PULLEYS:** Combination wide groove fiberglass reinforced nylon pulleys on belt-driven system and solid aluminum pulleys on cable units.

**CAMS:** Charcoal Texture powder coat solid aluminum variable resistance cam designed specifically for each machine.

**FASTENERS:** All frame bolts and nuts are 3/8” and 1/2” blue zinc plated grade 8 and up. Meets ANSI specifications.

**STABILIZER FEET:** Heavy-duty molded rubber base feet insure stability, prevent equipment movement, and may be bolted to the floor.

**SELECTOR WEIGHT PINS:** Weight pins are solid steel, magnetic with ball-end to ensure a tight connection and secure fit. Coiled lanyard helps prevent pin removal and loss.



**PRODUCT UPDATE:**

Please note that all rubber grip handles on the Performance Plus Series have been replaced by knurled chrome handles. The product(s) you received may differ from this published brochure.

**WEIGHT STACK:** Black painted solid steel weight plates with self aligning low friction sleeves. Weight upgrades available:

PPO-050 50 lbs. weight stack upgrade.

PPO-075 75 lbs. weight stack upgrade.

PPO-100 100 lbs. weight stack upgrade.

(Not available on all machines).

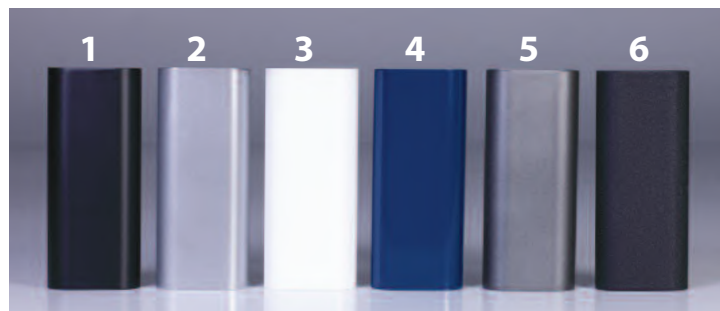
**FINISH:** Electrostatically applied powder coat finish baked at 400°F and carefully monitored to ensure complete curing.

**FRAME COLORS:** Two tone finish with Charcoal Texture accents as standard on all machines and your choice of one primary color for the main frame:

(1) Matte Black (2) Platinum Sparkle (3) Sky White

(4) Twilight Blue (5) Charcoal Texture (6) Wrinkle Black

Custom colors available – please inquire with your sales representative.



**EXCLUSIVE FEATURES:**



Add-on weight system with 5 lbs. and 10 lbs. increments. Standard on most machines.



The only handle that allow multi-plane movements (patented 3-axis rotation technology).





# OFFICE & MANUFACTURING FACILITY

**UPHOLSTERY:** Premium Bolta Sport vinyl with PreFixx, formulated to resist bacteria, stains, mildew, oil and UV stabilized pigments. Meets most flammability test requirements. All upholsteries are double-stitched with "hidden" borders. Bolta Sport color swatches are available upon request. Custom colors are available – please inquire with your sales representative.

**Standard colors:**



**UPH-300**  
Cranberry



**UPH-301**  
Tan Crocus



**UPH-302**  
Azure



**UPH-303**  
Navy



**UPH-304**  
Wheat



**UPH-305**  
Suede



**UPH-306**  
Charcoal



**UPH-307**  
Black



**UPH-308**  
Royal



**UPH-309**  
Grotto



**UPH-310**  
Hunter



**UPH-311**  
American Beauty



**UPH-312**  
Burgundy



**UPH-313**  
Dove



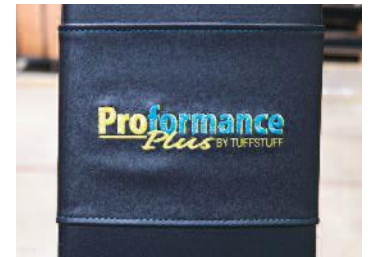
**UPH-314**  
Canyon Carbon



**UPH-315**  
Deep Violet

**IMPORTANT NOTE:** Color samples as shown are close representation of the actual vinyl colors, and must not be used for an exact match of the color. Always request for the actual vinyl samples from your dealer or TuffStuff Sales Representatives.

**CUSTOM WEAR COVER:** Embroidered logo wear cover, single or multiple colors. Please inquire with your sales representative for set-up fee, customization and cost per wear cover.



## COMMERCIAL WARRANTY

- 10 YEARS:** Frames, welds, cams and weight plates.
- 5 YEARS:** Pivot bearings, pulleys, bushings, gas shocks and guide rods.
- 1 YEAR:** Belts, linear bearings and pull-pin components.
- ALL OTHER PARTS** not mentioned, one year from the date of delivery to the original purchaser.
- 6 MONTHS:** Upholstery, cables, finish, and rubber grips.

**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 refinement may at any time be introduced into our products. TuffStuff reserves the right to make changes in its product without notice.



# 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.

