


2023



THE EVOLUTION OF STRENGTH TRAINING EQUIPMENT.

MADE IN THE U.S.A. 



**AMERICAN MADE
CRAFTSMANSHIP IN
EVERY DETAIL.**

FIND YOUR PRIME

It's no secret, the best gyms in the world choose PRIME Fitness equipment. Whether you are making an upgrade to an existing facility or planning the launch of a brand new one, an investment in PRIME makes a clear statement about the type of facility you're creating. A statement that positions your gym as a cut above the rest. Train hard. Train smart. Find Your PRIME.

ABOUT PRIME

PRIME Fitness is changing the world of strength training equipment. Proudly manufactured in the USA, PRIME equipment is pushing the envelope of the possible through a commitment to a science-forward approach. Each piece of PRIME equipment is designed to take your training to the next level. From the patented SmartStrength Technology featured on PRIME selectorized and plate loaded equipment, to the biomechanically advanced designs of the RO-T8 Family of accessories, PRIME equipment is reshaping the strength equipment landscape.

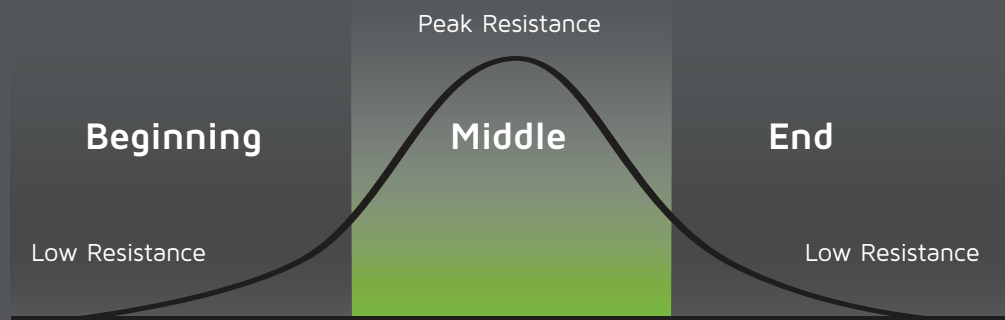
Visit www.PrimeFitnessUSA.com to learn more.

Understanding Strength Curves

By definition, a Strength Curve is simply a model that illustrates the amount of force that can be produced throughout a particular range of motion. A traditional strength curve is shaped like a “bell curve” (see below). Meaning, the maximum output of the range is in the middle of the exercise motion.

So, if the weight is the same throughout the range of motion, why does the strength curve peak in the middle? The answer is the ‘moment arm’ – or the distance between a joint axis and the line of force. As this distance changes throughout the exercise motion, the amount of output capability also changes. Meaning, that in the lengthened range (beginning of the motion) and the shortened range (end of the motion), there is a decreased ability to create force. Thus, the strength curve is lower at the extreme ends of the range. Conversely, the moment arm is greatest in the middle of the range, yielding the maximum potential for output.

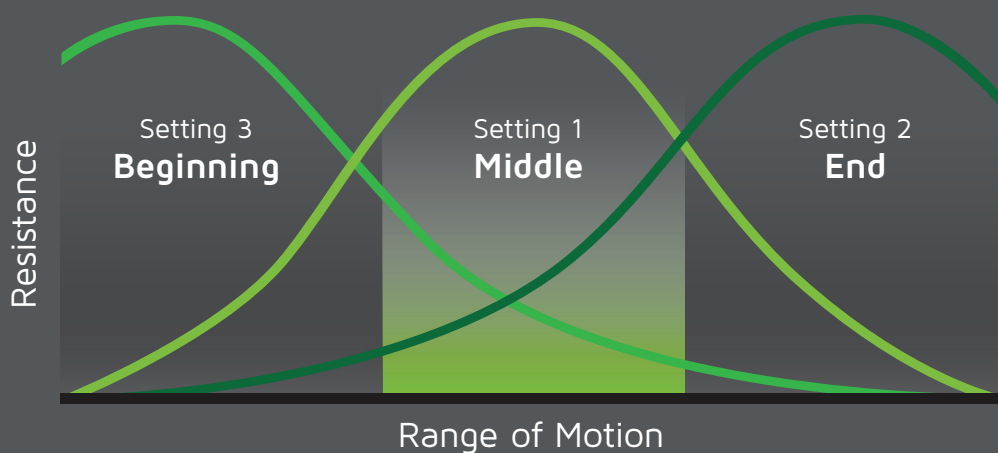
Having a basic understanding of strength curves and the principle of moment arms is key to fully understanding PRIME’s SmartStrength technology. The ability to manipulate a strength curve to effectively train a muscle through the entire range of motion is the foundation on which PRIME equipment is built – a critical link to communicating its value to a potential customer.



Understanding Variable Resistance Training

Variable Resistance Training (VRT) (or “Accommodating Resistance”), is a method in which the amount of load (or resistance) changes throughout the exercise motion. Historically, lifters have used cables, bands, chains and other accessories to alter the amount of resistance in a given exercise motion. The philosophy of VRT aims to match the resistance/force with the body’s natural strength curve (refer to image above). In essence, the ability to vary the resistance (or load) to achieve maximum output in each area of the range of motion.

VRT training has become a mainstay in athletic performance training and strength training facilities all around the world, however the vast majority of traditional strength training equipment does not offer the ability to vary the resistance. PRIME’s SmartStrength technology serves as a ‘built-in’ VRT tool that has forever changed the world of strength training. The next section of this handbook will offer a deep dive into the “how’s” and “why’s” of SmartStrength training.



PRIME SmartStrength Technology

PRIME’s SmartStrength technology is a revolutionary innovation in the world of strength training. With regards to traditional strength training equipment (selectorized/plate loaded machines), there has been limited innovation over the past several decades. Certainly the aesthetics have evolved, however from a functionality standpoint, strength equipment has seen limited innovation.

PRIME’s SmartStrength technology is the most innovative technology in the world of strength training equipment today. By moving the peak resistance throughout the range of motion, from the **beginning**, **middle** and **end** of the range, SmartStrength provides the unique ability to fully train a muscle from origin to insertion, a game-changer for athletes, trainers and fitness enthusiasts alike.

SMARTSTRENGTH™

MULTIPLE REASONS YOU'LL GET
A MORE COMPLETE WORKOUT.



TORQUEARM

SMARTCAM®

The cornerstone of PRIME's innovation is the patented SmartStrength technology, a game-changer in strength training equipment. Featured on both selectorized and plate loaded equipment, PRIME's SmartStrength technology puts the power in the hands of the user - offering the unique ability to move the peak resistance throughout the entire range of motion. This accommodation of the resistance curve allows a user to train in the lengthened, medial, and shortened positions individually, ultimately yielding more muscle fiber recruitment from origin to insertion.



PRIME's selectorized units feature our patented SmartCam®. The innovative design of the SmartCam® allows the user to move the peak resistance throughout the range of motion with a simple lever adjustment.

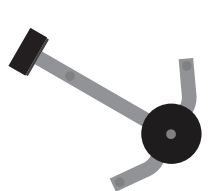
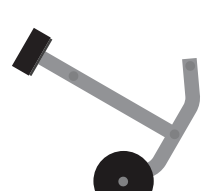
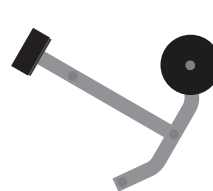
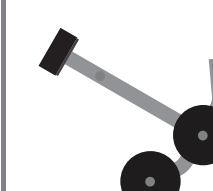
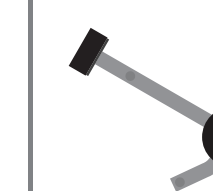
IT'S AS EASY AS 1,2,3.

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




SmartStrength is implemented on PRIME's Plate Loaded units using our unique 3-peg TorqueArm technology. The desired setting is achieved by the placement of the weight plates across the three pegs.

IT'S AS EASY AS 1,2,3.

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



SMARTSTRENGTH MACHINES



EVOLUTION

The new standard in selectorized weight equipment.

The Evolution line by PRIME sets the standard for strength training equipment. Evolution equipment features:

- + Smaller footprint maximizes the efficient use of floor space.
- + Solid steel design that offers a strong foundation with a modern look.
- + Precision-cut metal weight stack shield for superior durability and visual appeal.
- + Consistent, easy to use SmartCam® design offering a simple transition between resistance profile settings.
- + "Pull & Turn" add-on weight system, allowing 5lb. increments with just the turn of a handle.

The **EVOLUTION** line includes:

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



PRIME Evolution Arm Curl



A PRIME Evolution 8-piece circuit can fit comfortably into 235 Square Feet!



EVOLUTION



ARM CURL

Dimensions:
38L x 49W x 59H in.
97L x 124W x 150H cm.
Weight:
518lbs. / 235kgs.
Standard Weight Stack:
205lbs. / 93kgs.



SEATED LEG CURL

Dimensions:
38L x 60W x 59H in.
97L x 152W x 150H cm.
Weight:
630lbs. / 286kgs.
Standard Weight Stack:
265lbs. / 120kgs.



LEG EXTENSION

Dimensions:
41L x 47W x 59H in.
104L x 119W x 150H cm.
Weight:
602lbs. / 273kgs.
Standard Weight Stack:
265lbs. / 120kgs.



SHOULDER PRESS

Dimensions:
57L x 55W x 59H in.
145L x 140W x 150H cm.
Weight:
642lbs. / 291kgs.
Standard Weight Stack:
205lbs. / 93kgs.



CHEST PRESS

Dimensions:
56L x 55W x 59H in.
142L x 140W x 150H cm.
Weight:
692lbs. / 314kgs.
Standard Weight Stack:
265lbs. / 120kgs.



TRICEP EXTENSION

Dimensions:
37L x 45W x 59H in.
94L x 114W x 150H cm.
Weight:
518lbs. / 235kgs.
Standard Weight Stack:
165lbs. / 75kgs.



LEG PRESS

Dimensions:
41L x 62W x 71H in.
104L x 157W x 180H cm.
Weight:
1,134lbs. / 514kgs.
Standard Weight Stack:
505lbs. / 229kgs.



PRONE LEG CURL

Dimensions:
37L x 66W x 59H in.
94L x 168W x 150H cm.
Weight:
606lbs. / 275kgs.
Standard Weight Stack:
265lbs. / 120kgs.



BACK EXTENSION

Dimensions:
44L x 39W x 59H in.
112L x 99W x 150H cm.
Weight:
518lbs. / 235kgs.
Standard Weight Stack:
265lbs. / 120kgs.



ABDOMINAL CRUNCH

Dimensions:
49L x 45W x 59H in.
125L x 114W x 150H cm.
Weight:
642lbs. / 291kgs.
Standard Weight Stack:
265lbs. / 120kgs.



EVOLUTION



LAT PULLDOWN

Dimensions:
47L x 62W x 79H in.
119L x 157W x 201H cm.
Weight:
716lbs. / 325kgs.
Standard Weight Stack:
265lbs. / 120kgs.



SEATED ROW

Dimensions:
65L x 47W x 59H in.
165L x 119W x 150H cm.
Weight:
716lbs. / 325kgs.
Standard Weight Stack:
265lbs. / 120kgs.



Lat Pulldown & Seated Row Handle UPGRADE

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





HYBRID

A modern twist on where it all began.

The Hybrid line by PRIME is where innovation meets performance. Hybrid features:

- + Customized SmartCam® design based on the biomechanics of each exercise/machine type.
- + Precision-cut metal weight stack shield for superior durability and visual appeal.
- + "Pull & Turn" add-on weight system, allowing 5lb. increments with just the turn of a handle.
- + A broader-based, robust tubular frame construct.

The **Hybrid** line includes:

- + Arm Curl
- + Leg Extension
- + Chest Press
- + Lat Pulldown
- + Leg Press
- + Seated Leg Curl
- + Shoulder Press
- + Tricep Extension
- + Abdominal Crunch
- + Back Extension
- + Seated Row
- + Prone Leg Curl
- + Rotary Torso
- + Multi-Hip
- + Pec Fly
- + Lateral Raise
- + Incline Press
- + Seated Pushdown
- + Inner/Outer Thigh Combo
- + Seated Calf
- + Pullover
- + Pec/Rear Delt
- + Inner Thigh
- + Outer Thigh
- + Leg Extension/
Leg Curl Combo



PRIME Hybrid Arm Curl



HYBRID



ARM CURL

Dimensions:
54L x 45W x 59H in.
137L x 115W x 150 H cm.
Weight:
480lbs. / 218kgs.
Standard Weight Stack:
165lbs. / 75kgs.



SEATED LEG CURL

Dimensions:
72L x 46W x 59H in.
183L x 117W x 150H cm.
Weight:
610lbs. / 277kgs.
Standard Weight Stack:
265lbs. / 120kgs.



LEG EXTENSION

Dimensions:
47L x 49W x 59H in.
120L x 125W x 150H cm.
Weight:
580lbs. / 264kgs.
Standard Weight Stack:
265lbs. / 120kgs.



SHOULDER PRESS

Dimensions:
62L x 58W x 59H in.
158L x 148W x 150H cm.
Weight:
680lbs. / 308kgs.
Standard Weight Stack:
265lbs. / 120kgs.



CHEST PRESS

Dimensions:
61L x 63W x 73H in.
155L x 161W x 186H cm.
Weight:
765lbs. / 347kgs.
Standard Weight Stack:
365lbs. / 166kgs.



TRICEP EXTENSION

Dimensions:
50L x 45W x 59H in.
127L x 115W x 150H cm.
Weight:
480lbs. / 218kgs.
Standard Weight Stack:
165lbs. / 75kgs.



LAT PULLDOWN

Dimensions:
63L x 55W x 72H in.
161L x 140W x 183H cm.
Weight:
625lbs. / 283kgs.
Standard Weight Stack:
265lbs. / 120kgs.



PRONE LEG CURL

Dimensions:
76L x 44W x 59H in.
194L x 112W x 150H cm.
Weight:
580lbs. / 264kgs.
Standard Weight Stack:
265lbs. / 120kgs.



LEG PRESS

Dimensions:
75L x 47W x 71H in.
191L x 120W x 181H cm.
Weight:
1,155lbs. / 524kgs.
Standard Weight Stack:
505lbs. / 229kgs.



ABDOMINAL CRUNCH

Dimensions:
56L x 42W x 59H in.
143L x 107W x 150H cm.
Weight:
520lbs. / 236kgs.
Standard Weight Stack:
265lbs. / 120kgs.



HYBRID



BACK EXTENSION

Dimensions:
51L x 43W x 59H in.
130L x 110W x 150H cm.
Weight:
570lbs. / 259kgs.
Standard Weight Stack:
265lbs. / 120kgs.



PULLOVER

Dimensions:
62L x 52W x 59H in.
158L x 133W x 150H cm.
Weight:
630lbs. / 286kgs.
Standard Weight Stack:
265lbs. / 120kgs.



SEATED ROW

Dimensions:
51L x 51W x 71H in.
130L x 130W x 180H cm.
Weight:
815lbs. / 370kgs.
Standard Weight Stack:
365lbs. / 166kgs.



PEC/REAR DELT

Dimensions:
54L x 61W x 75H in.
137L x 155W x 191H cm.
Weight:
640lbs. / 290kgs.
Standard Weight Stack:
265lbs. / 120kgs.



ROTARY TORSO

Dimensions:
45L x 50W x 59H in.
115L x 127W x 150H cm.
Weight:
520lbs. / 236kgs.
Standard Weight Stack:
165lbs. / 75kgs.



MULTI-HIP

Dimensions:
60L x 52W x 59H in.
153L x 133W x 150H cm.
Weight:
530lbs. / 240kgs.
Standard Weight Stack:
165lbs. / 75kgs.



INNER/OUTER THIGH

Dimensions:
59L x 68W x 59H in.
150L x 173W x 150H cm.
Weight:
650lbs. / 295kgs.
Standard Weight Stack:
265lbs. / 120kgs.



LATERAL RAISE

Dimensions:
43L x 56W x 59H in.
110L x 143W x 150H cm.
Weight:
600lbs. / 272kgs.
Standard Weight Stack:
265lbs. / 120kgs.



SEATED PUSHDOWN

Dimensions:
58L x 52W x 59H in.
148L x 133W x 150H cm.
Weight:
625lbs. / 283kgs.
Standard Weight Stack:
265lbs. / 120kgs.



INCLINE PRESS

Dimensions:
63L x 74W x 59H in.
161L x 188W x 150H cm.
Weight:
700lbs. / 318kgs.
Standard Weight Stack:
365lbs. / 166kgs.



HYBRID



PEC FLY

Dimensions:
37L x 59W x 59H in.
94L x 150W x 150H cm.
Weight:
640lbs. / 290kgs.
Standard Weight Stack:
265lbs. / 120kgs.



SEATED CALF

Dimensions:
66L x 49W x 59H in.
168L x 125W x 150H cm.
Weight:
678lbs. / 308kgs.
Standard Weight Stack:
265lbs. / 120kgs.



OUTER THIGH

Dimensions:
70L x 59W x 59H in.
178L x 150W x 150H cm.
Weight:
625lbs. / 283kgs.
Standard Weight Stack:
325lbs. / 147kgs.



INNER THIGH

Dimensions:
70L x 59W x 59H in.
178L x 150W x 150H cm.
Weight:
625lbs. / 283kgs.
Standard Weight Stack:
325lbs. / 147kgs.



LEG EXTENSION/LEG CURL COMBO

Dimensions:
66L x 45W x 59H in.
168L x 114W x 150H cm.
Weight:
694lbs. / 315kgs.
Standard Weight Stack:
265lbs. / 120kgs.

**ONE MACHINE.
TWO EXERCISES.**



Hybrid Lat Pulldown UPGRADE

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

PRIME



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
- + Leg Extension/Leg Curl Combo



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

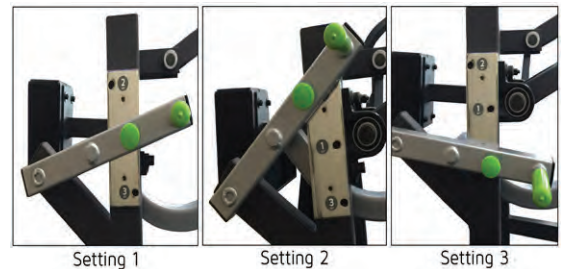
Dimensions:
78L x 64W x 54H in.
199L x 163W x 138H cm.

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



PLATE LOADED

LEG EXTENSION/ PRONE LEG CURL

Dimensions:

68L x 49W x 49H in.

173L x 125W x 125H cm.

Weight:

360lbs. / 163kgs.



Quad and Hamstring Workout All on One Machine!

The **PRIME** Plate Loaded Leg Extension/Prone Leg Curl.... all in one! With a few simple adjustments, you can go from quadricpe burning leg extensions to focused hamstring prone leg curls. In keeping with **PRIME's** science-forward philosophy, the Leg Extension/Prone Leg Curl features the SmartStrength variable resistance technology. Experience this cost efficient and space saving solution for your gym... and legs.



SPECIALTY PRODUCTS



FUNCTIONAL TRAINER

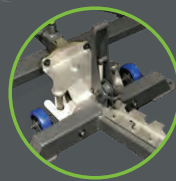
Unparalleled form and function.

PRIME offers a state-of-the-art functional trainer that provides a nearly limitless variety of exercise and training options. As with all PRIME equipment, the Functional Trainer is as sturdy as it is versatile. The PRIME Functional Trainer features:

- + Dual 265lb. weight stacks with a 2:1 ratio offering more than enough weight load for fitness enthusiasts of all levels.
- + Adjustable arm positions – 15 Vertical and 9 Horizontal Exercise Arm adjustments = a nearly limitless amount of unilateral exercise options.
- + Convenient 5lb. add-on weight feature.
- + Exercise instructional placard.
- + Nearly limitless variety of exercise options.



Dimensions:
47L x 66W x 94H in.
119L x 168W x 239H cm.
Weight: 994lbs. / 451kgs.
Standard Weight Stack:
265lbs. / 120kgs.



Bench Centering Device Upgrade
Our Lock-In Centering technology ensures the bench is always properly centered.

Upgrade!

These optional PRIME Accessories make excellent additions to the Functional Trainer:



RO-T8 Handles (Optional)



RO-T8 Spreader Bar (Optional)



KAZ Handles

PRIME



DOUBLE-SIDED PREACHER

One side fits all.

The PRIME Double Sided Preacher is unlike any other Preacher Curl bench in the world. Highlighted by a rotational elbow pad allowing a user to use both sides of the elbow pad without changing sides or moving weights/bars.

- + Fully rotational 360 degree elbow pad.
- + Includes standard spotter arms with simple height adjustments.
- + Optional adjustable dumbbell cradles (1 Pair – Upgrade option) with simple height adjustments.
- + Multiple band peg attachment sites.

Dimensions:

51L x 33W x 52H in.
130L x 84W x 132H cm.

Weight:

175lbs. / 80kgs.



360° Rotating Elbow Pad



Adjustable Band Pegs
(6 Pack – Upgrade option)



Wheel Mount
(Upgrade option)



DUMBBELL RACK

Space Saving Industry First.

The PRIME 4-Tier Dumbbell Rack offers a space saving, innovative design first for an overlooked piece of gym equipment.

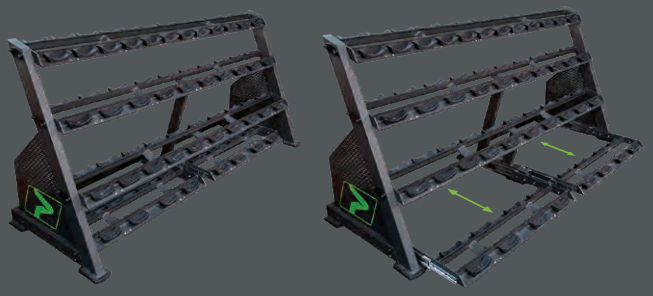
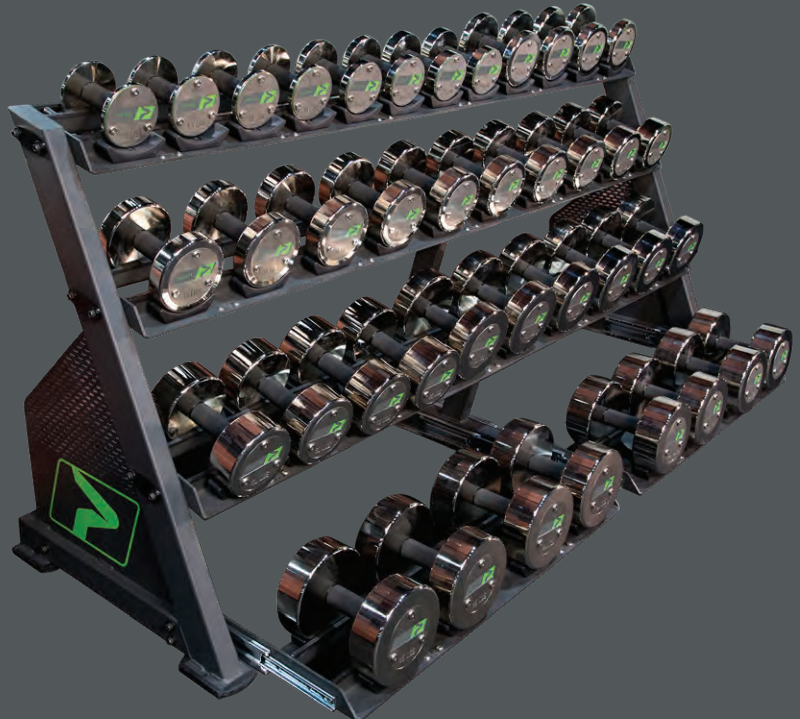
- + Ultra-unique, smooth-sliding, commercial grade bottom drawers capable of holding up to 1,000 lbs. each.
- + Space-saving design, capable of accommodating 20 pairs of dumbbells.
- + Molded plastic cradles to ensure safety and security when racking/unracking dumbbells.
- + Polished stainless steel number/lbs. plates to easily identify the position of each dumbbell.
- + Proudly 100% made in the USA.

Dimensions:

97L x 32W (drawer in) / 44W (drawer out)
x 46H in.
246L x 81W (drawer in) / 112W (drawer out)
x 117H cm.

Weight:

470lbs. / 213kgs.



Commercial grade bottom drawers, each with up to 1,000 lbs. weight capacity!

* Dumbbells sold separately.

PRIME



CHIN/DIP ASSIST

Efficient, compact performance.

The Chin/Dip assist offers a robust, yet compact frame design, featuring:

- + Dual grip position option.
- + 265lb. weight stack.
- + Convenient 5lb. add-on weight feature.

Dimensions:

43L x 40W x 83H in.
110L x 102W x 211H cm.

Weight:

540lbs. / 245kgs.

Standard Weight Stack:

265lbs. / 120kgs.





RACKS



PRODIGY



The most versatile Racks in the world.

The Prodigy line of racks from PRIME was created to blur the line between commercial and home-gym equipment. The line features four rack options, all of which can be combined and connected in a plethora of configuration options, taking customization to another level.

- + Available in four Rack variations
- + Plethora of add-on and attachment options
- + 3"x3" 11-gauge steel construct
- + Nearly infinite configuration possibilities
- + Proudly manufactured in the USA



PRODIGY

Where convenience & functionality collide.

The centerpiece of the PRIME Prodigy Rack line is the Prodigy HLP (High/Low Pulley) Selectorized Rack. Packing an incredible amount of versatility and functionality, the Prodigy HLP Selectorized Rack combines the benefits of a functional trainer with the convenience and dependability of a squat rack. Featuring both fixed and adjustable dual pulley systems, and 350 lb. weight stacks per side, the HLP Selectorized Rack is built to accommodate a variety of training types, while simultaneously challenging even the strongest of lifters.

- + Dual 350lbs weight stacks with built in band pegs
- + Features two high/low adjustable pulleys and two stationary high pulleys
- + Nearly limitless exercise options in a compact footprint
- + Available in 2:1 or 4:1 ratio option



Prodigy HLP Selectorized Rack
Add-on accessories sold separately

Dimensions:

62L x 57W x 92H in.
157L x 145W x 234H cm.

Weight:

1,240lbs. / 563kgs.

These PRIME Accessories make excellent additions to the Prodigy HLP Racks:

- + RO-T8 Handles
- + RO-T8 3N1 & 4N1 Handles
- + RO-T8 Short & Long Bars
- + RO-T8 Landmine
- + RO-T8 Spreader Bar
- + Quick Connect Collars
- + KAZ Handles
- + Squat Wedges (Original and SOLOS)



PRODIGY

Strength meets athletic performance training.

Similar to its HLP Selectorized counterpart, the Prodigy HLP Plate Loaded Rack features two dual pulley systems for an extraordinary amount of functionality and exercise possibilities. What makes the HLP Plate Loaded Rack unique is PRIME's cable ratio technology. The simple adjustment of a pin allows the user to change the cable ratio from 2:1 to 4:1. So, whether you're looking to accomplish serious strength work, or intricate speed-oriented exercises, this technology is a must-have!

- + Easily adjustable from 2:1 to 4:1 cable ratio
- + Features two high/low adjustable pulleys and two stationary high pulleys
- + Cost effective and user-friendly plate-loaded system
- + Nearly infinite exercise possibilities in one rack



Dimensions:

62L x 75W x 92H in.
157L x 190W x 234H cm.

Weight:

530lbs. / 240kgs.

Prodigy HLP Plate Loaded Rack
Add-on accessories sold separately

These PRIME Accessories make excellent additions to the Prodigy HLP Racks:

- + RO-T8 Handles
- + RO-T8 3N1 & 4N1 Handles
- + RO-T8 Short & Long Bars
- + RO-T8 Landmine
- + RO-T8 Spreader Bar
- + Quick Connect Collars
- + KAZ Handles
- + Squat Wedges (Original and SOLOS)



PRODIGY

Prodigy Power Rack

The PRIME Prodigy Power Rack features a robust 3"x3" tube construct of 11-gauge steel with uprights that have 1" holes with 2" spacing for a wide variety of adjustment options. Each Prodigy Rack is finished with a zinc primer powder and top coated for superior durability and longevity. The Prodigy Power Rack is also the perfect addition to our HLP Racks and can easily be configured in a variety of fashions.

Dimensions:

61L x 51W x 89H in.
155L x 130W x 226H cm.

Weight:

465lbs. / 211kgs.



Prodigy Half Rack

Like the rest of the Prodigy line, the Prodigy Half Rack also features world-class manufacturing craftsmanship with the highest quality materials on the market.

The Prodigy Half Rack is also the perfect addition to our HLP Racks and easily be configured in a variety of fashions.

Dimensions:

49L x 54W x 89H in.
124L x 137W x 226H cm.

Weight:

320lbs. / 145kgs.





PRODIGY

Prodigy Rack Connection System



Prodigy – Center Connection System includes:

- 89" Round Crossmember Bar (x1)
- 43" Square Crossmember Bars (x4)
- 89" Upright Square Bar (x2)
- 8" Square Crossmember Bars (x2)
- All necessary hardware

The Prodigy Center Connection System offers a functional, clean and convenient option to connect any of our four Prodigy Rack options. The steel tubing construct also provides increased rigidity and a solid feel – especially appreciated with exercising scenarios involving multiple rack users. The Center Connection System also allows you to not only utilize and store popular Prodigy Rack Attachments with ease, such as the Dip Bar and Step Up Platform, but also creates a functional space for the use of battle ropes, TRX Bands, etc.

Prodigy Height Extension Kit

AVAILABLE for both the HLP Racks and HLP Single Stacks

This attachment allows you to increase height on your HLP Racks and/or HLP Single Stacks.

Adjustments include:

Pull-up height (Racks ONLY):

100.25", 102.5", 107.5"

Fixed pulleys:

From 90.25" to 95.25" or 100.25"

These adjustments will increase the overall height of your HLP Rack and/or HLP Single Stack from 90.25" to 108.25".

This product is only compatible with:

- PRODIGY HLP Selectorized Rack
- PRODIGY HLP Plate Loaded Rack
- PRODIGY HLP Selectorized Single Stack
- PRODIGY HLP Plate Loaded Single Stack





PRODIGY

Compact Footprint. Huge Possibilities.

The Prodigy HLP Single Stack series was born out of necessity for those looking for a compact, cost effective, versatile solution for a legitimate cable station. The search is over – introducing the Prodigy HLP Selectorized and Plate Loaded Single Stacks. Both of these options offer an incredible amount of versatility and functionality, featuring both a fixed upper pulley and fully adjustable pulley system. These products also come equipped with built-in band pegs for ease of use when adding bands to applicable exercise, convenient storage capabilities, and accommodate a wide variety of the increasingly popular Prodigy attachment options, like the Lat Pulldown Seat, Low Row Footplate, Dip Bar, and Single Leg Roller Pad, to name a few.

Prodigy HLP Selectorized Single Stack:

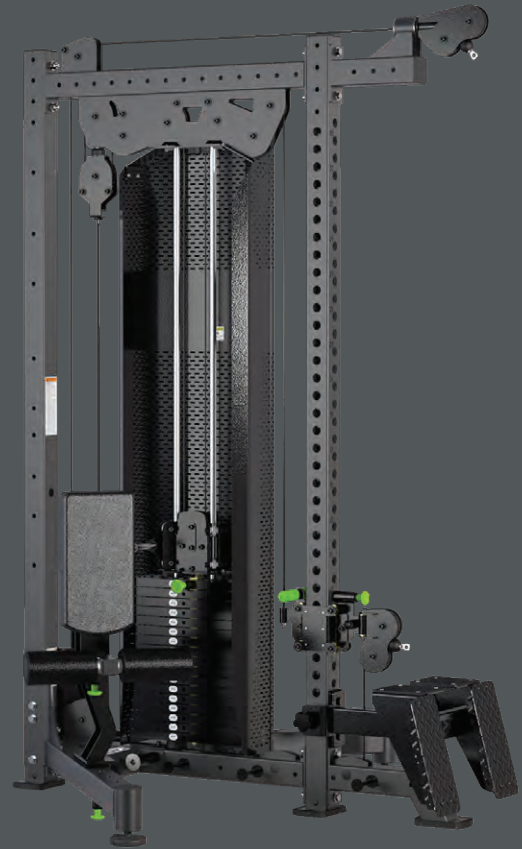
- + 350lbs weight stacks with built in band pegs
- + Features a high/low adjustable pulley and a stationary high pulley
- + Offers a wide variety of attachment options with convenient storage capabilities—all in a very compact footprint
- + Available in 2:1 or 4:1 ratio option

Dimensions:

62L x 63W x 92H in.
157L x 160W x 234H cm.

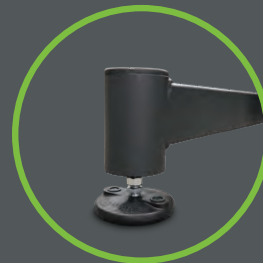
Weight:

628lbs. / 285kgs.



Prodigy HLP Selectorized Single Stack

Add-on accessories sold separately



The Prodigy HLP Single Stacks each feature two easy-to-use rotational leveling pads, which help ensure stability based on a variety of gym floor surface types.



PRODIGY

Major Versatility. Minimal Expense.

The Prodigy HLP Single Stack series was born out of necessity for those looking for a compact, cost effective, versatile solution for a legitimate cable station. The search is over – introducing the Prodigy HLP Selectorized and Plate Loaded Single Stacks. Both of these options offer an incredible amount of versatility and functionality, featuring both a fixed upper pulley and fully adjustable pulley system. These products also come equipped with built-in band pegs for ease of use when adding bands to applicable exercise, convenient storage capabilities, and accommodate a wide variety of the increasingly popular Prodigy attachment options, like the Lat Pulldown Seat, Low Row Footplate, Dip Bar, and Single Leg Roller Pad, to name a few.

Prodigy HLP Plate Loaded Single Stack:

- + Features the cable ratio technology allowing for the easy adjustment from a 2:1 to a 4:1 ratio. So, whether you're looking to accomplish serious strength work or intricate speed-oriented exercises, this technology is a must-have!
- + Features a high/low adjustable pulley and a stationary high pulley
- + Offers a wide variety of attachment options with convenient storage capabilities—all in a very compact footprint
- + Cost effective

Dimensions:

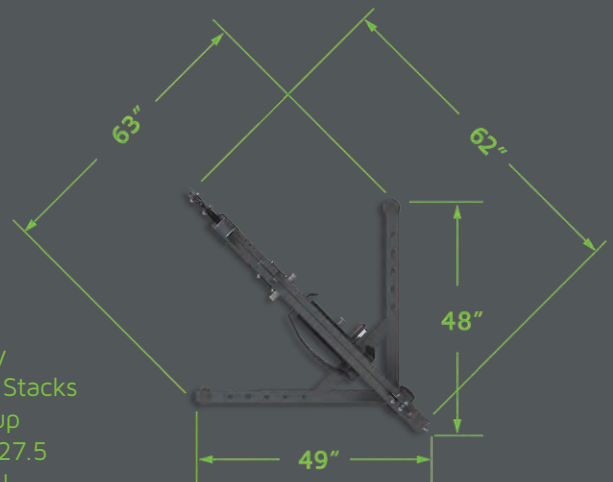
62L x 63W x 92H in.
157L x 160W x 234H cm.

Weight:

300lbs. / 136kgs.



Prodigy HLP Plate Loaded Single Stack
Add-on accessories sold separately



The Prodigy HLP Single Stacks each take up as little as 27.5 square feet!

27.5 Square Feet



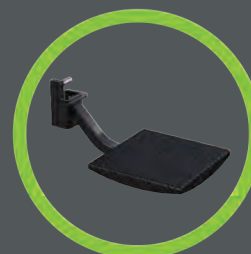
PRODIGY

All the additions you could want.

A key element of what makes the PRIME Prodigy line so versatile is the wide assortment of add-on features for the line. With limited exceptions, each rack within the Prodigy line can be configured and customized to achieve a nearly limitless number of exercise options. The add-on features range from tried and true rack staples, such as a dip attachment, step-up platform, landmine attachment, and a variety of band peg locations, to innovative options like our lock-in bench centering technology, RO-T8 pull-up station, an attachable pulldown seat and seated row footplate. Take a minute to check out each rack option and let your imagination run wild as you create the perfect rack for your gym.



Dip Bar



Step Up Platform



Speed Bag Mount
(Actual Speed Bag not included)



Landmine



Olympic Bar Holder



Spotter Arms (1 Pair)



Ball Target w/Heavy Bag Hanger



Adjustable Band Pegs (6 Pack)



Back Storage Bar



Low Row Foot Plate



Adjustable RO-T8
Pull-up Station



Spotter Bars (1 Pair)



J-Hooks (1 Pair)



Flying Pull-Up Station



Weight Peg Storage
Kit (10 pack)



Pulldown Seat



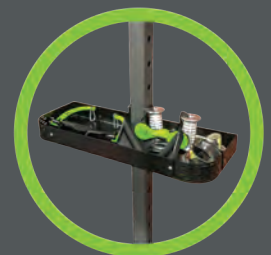
Dumbbell Cradles
(1 Pair)



Single Leg Roller Pad



Bench Centering Device



Storage Tray



Rack Height
Extension Kit



Serious racks built for serious results.

The PRIME Steel Line of racks are in a class of their own, designed for the serious training facility in mind. PRIME Steel Racks feature:

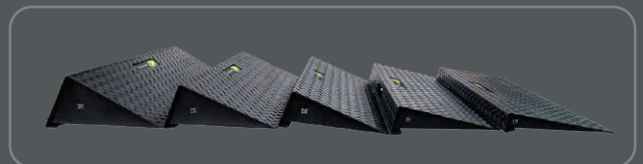
- + Sturdy tubular steel design.
- + Available in an extremely robust 4x4" option.
- + Lock-in weight bench centering device.
- + Upper permanent and lower retractable band rods.
- + Dedicated spotter entry and platform area.
- + Ample weight plate and bumper plate storage.
- + Vertical barbell holders and built-in hooks for accessory storage.
- + Popper Pin safety feature on J-Hooks-ensuring J-Hooks remain locked in place during use.
- + Multi-grip pull up station.
- + Reinforced spotter bars.



PRIME Steel Double Half Rack

The **PRIME Racks** line includes:

- + Commercial 4" PRIME Steel Double Half Rack
- + Commercial 4" PRIME Steel Half Rack



PRIME Squat Wedges. Available in 5, 10, 15, 20, 25 and 30 degrees.

Prime Steel Double Half Rack



Dimensions:
120L x 89W x 100H in.
305L x 226W x 254H cm.
Weight: 1,858lbs. / 843kgs.

Prime Steel Half Rack & Accessories



Pull Up Station

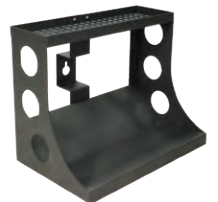


Upper Band Rod Bar



Storage Hooks

Bumper
Plate
Storage



Lower Retractable Band Rods



Spotter Platform/
Barbell Storage



Bench
Centering
Device

Dimensions:

73L x 89W x 100H in.
185L x 226W x 254W cm.

Weight:

1,324lbs. / 601kgs.



BENCHES



BENCHES

Raising the benchmark. Changing the game.

PRIME provides two bench options, both offering superior versatility and adjustability to facilitate any need. Our PRIME Adjustable Bench offers a lighter weight and easy-to-use functionality, perfect for any fitness enthusiast. The PRIME XL Adjustable Bench is built for the serious athlete/competitive user in mind. Both PRIME benches feature lock-in centering technology. This feature ensures the bench is always properly centered, offering consistency and accuracy each and every lift.

PRIME XL Adjustable Bench Features:

- + Lock-In Centering Technology
- + Extra Wide Back Pad
- + 18 Incline Settings
- + Horizontal Slide Adjustment
- + Built in Spotter Foot Plates

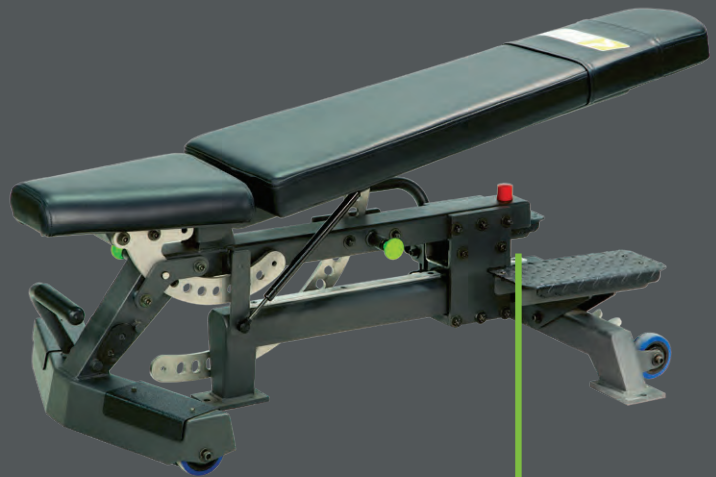
PRIME XL Adjustable Bench

Dimensions:

85L x 31W x 18H in.

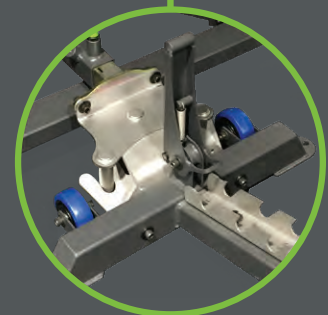
216L x 79W x 46H cm.

Weight: 194lbs. / 88kgs.



Bench Centering Device Upgrade

Our PRIME Steel Benches are equipped with a Lock-In Centering technology that ensures the bench is always properly centered.





BENCHES

Everything you need from a bench. Everything you'd expect from PRIME.

PRIME Adjustable Bench Features:

- + Lock-In Centering Technology
- + 3-Way Adjustability (Decline, Flat, Incline)
- + Back pad adjustability from 0 to 85 degrees and five seat pad angle adjustments
- + Adjustable Elbow Pads upgrade for superior arm curl exercise execution
- + Removable ankle pad upgrade for decline exercises

Dimensions:

Bench Only
51L x 27W x 18H in.
130L x 69W x 46H cm.

Bench w/Ankle Pad Attachment:
66L x 27W x 18H in.
168L x 69W x 46H cm.

Bench w/Elbow Pad Attachment:
51L x 27W x 18H in.
130L x 69W x 46H cm.

Weight:

Bench Only
94lbs. / 43kgs.

Ankle Pad Attachment:
14lbs. / 6kgs.

Elbow Pad Attachments:
14lbs. / 6kgs. (for both)





WEDGES



PRIME



WEDGES

Squat Wedges

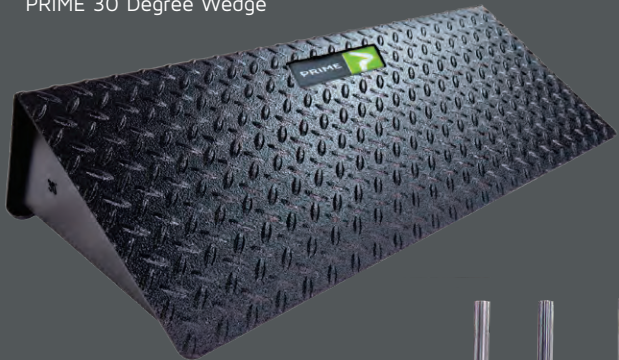
Available in 5, 10, 15, 20, 25 and 30 degrees (sold both individually and as a set). These wedges enhance a user's ability to maintain proper squat form, regardless of physical limitations. A must-have for any gym with a squat rack.

Squat Wedge Specs:

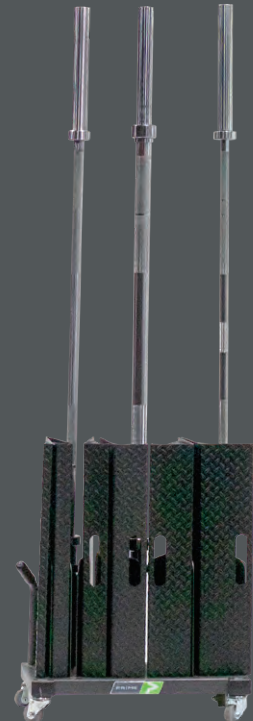
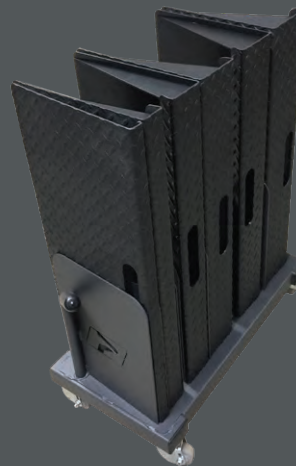
Material: The squat wedges are made of 1/8" diamond plate with 4 gussets underneath.

- + 5 degree Wedge – 12.2L x 30.0W x 1.2H
- + 10 degree Wedge – 12.3L x 30.0W x 2.2H
- + 15 degree Wedge – 12.5L x 30.0W x 3.2H
- + 20 degree Wedge – 12.8L x 30.0W x 4.2H
- + 25 degree Wedge – 13.3L x 30.0W x 5.1H
- + 30 degree Wedge – 13.9L x 30.0W x 6.1H

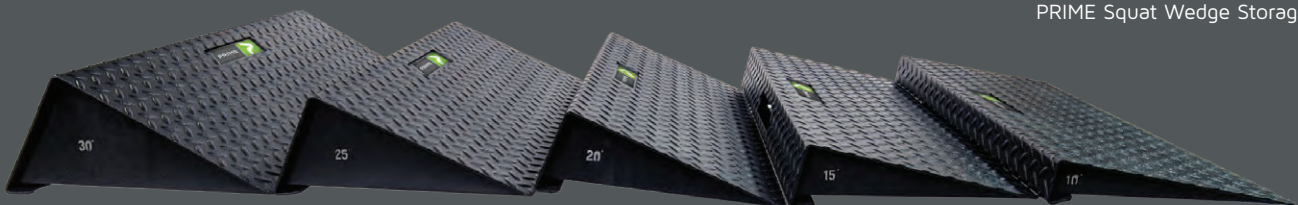
PRIME 30 Degree Wedge



PRIME Squat Wedge Storage Cart



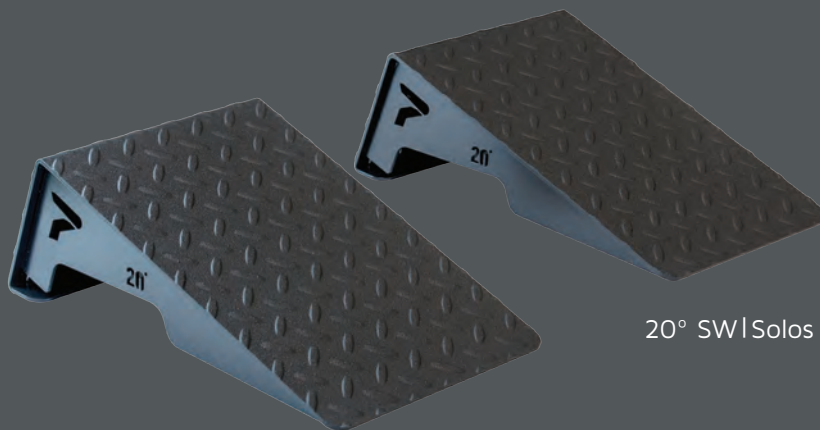
PRIME Squat Wedge Storage Cart



SOLOWEDGES

With the PRIME SW | SOLOS, a user can externally rotate the wedge set-up position to match their body's ideal angle. This alignment allows the hips to open and drives the knees right in line with the feet position – creating an extraordinarily natural and smooth squat like you've never felt before!

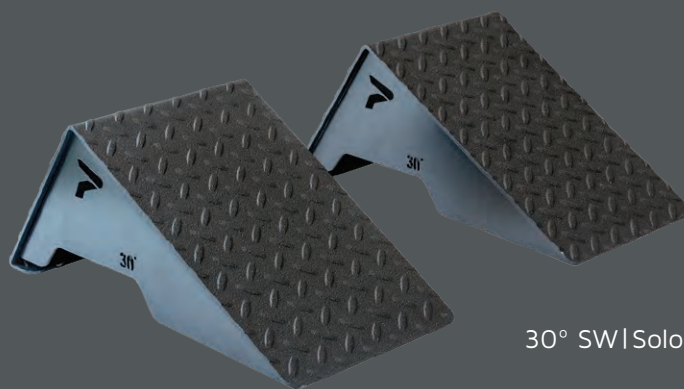
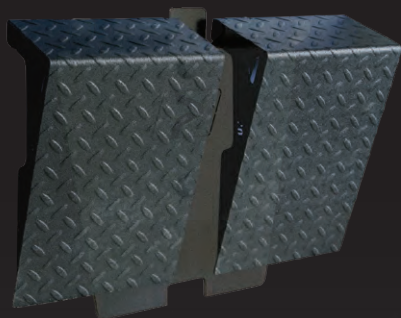
Sold in pairs.



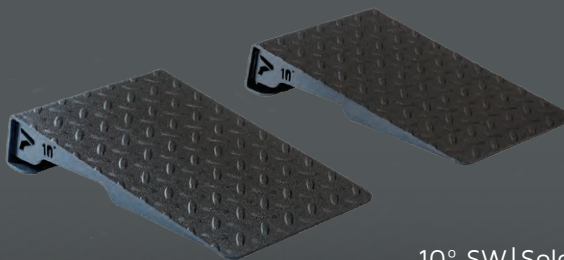
20° SWI Solos

STORE YOUR SW | SOLOS WITH THE PRIME WALL-MOUNT WEDGE HOLDER

Each PRIME Wall-Mount Wedge Holder conveniently holds two SW | SOLOS or one standard squat wedge.



30° SWI Solos



10° SWI Solos



JOIN THE REVOLUTION

Meet the RO-T8 Family from PRIME, the the most versatile accessory equipment in the world for pulls and flies. The RO-T8 Family is the perfect introduction to PRIME, as it captures PRIME's core mission – to create strength equipment that challenges the status quo and utilizes science to create smarter, more effective and more efficient strength equipment.



#ROT8HANDLES

The unique swivel design of these handles yields a drastic increase in output potential on select exercises when executing bilateral cable work. The best handles in the world just got better!

Color Options: All PRIME RO-T8 Family Products are available in PRIME Green or Black.

#ROT8FAMILY

RO-T8 ACCESSORIES



RO-T8 Spreader Bar



RO-T8 Landmine Bar



RO-T8 Short Bar



RO-T8 Long Bar

RO-T8 Spreader Bar:

A new twist on the ever popular paddle grip design featured on the original RO-T8 Handles. The RO-T8 Spreader Bar offers the user enhanced ergonomics, biomechanics, and a large increase in output potential.

RO-T8 Landmine:

Offers improved flexibility, mobility and execution. Users can tailor the exercise to their own individual biomechanics, increasing the opportunity for maximum output. For use with the RO-T8 handles. Offers a maximum width of 17" and a minimum width of 8" in 1" increments.

RO-T8 Short Bar:

For use with the RO-T8 handles. Offers a max width of 18" down to a minimum width of 9" in 1" increments.

RO-T8 Long Bar:

For use with the RO-T8 handles. Offers a max width of 36" down to a minimum width of 18" in 1.5" increments.

#ROT8FAMILY

RO-T8 MULTI-GRIPS

RO-T8 3N1

The RO-T8 3N1 Handles feature the same ergonomic paddle grip you love on the original RO-T8 Handles (maximizing output potential), but these have been taken to a whole new level of versatility. The RO-T8 3N1 Handles offer a 3-grip position feature that can be adjusted from a neutral grip to a semi-pronated or semi-supinated position in just seconds.



RO-T8 3N1 6" Version



RO-T8 3N1 14" Version

1 HANDLE
3 POSITIONS
0 COMPETITORS



Semi-Supinated



Neutral



Semi-Pronated

RO-T8 4N1

The RO-T8 4N1 Handle offers four grip position variations. With a simple turn of the adjustment dial, your 4N1 Handles can be transformed to an entirely new attachment, without ever coming off the cable! At 20" wide, the 4N1 includes a fully-pronated grip position, perfect for upper back work.



Semi-Supinated



Neutral



Semi-Pronated



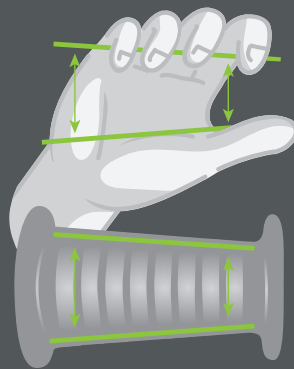
Fully Pronated

#ROT8FAMILY

KAZHANDLES

Ready for another game changer from PRIME?

Meet the PRIME KAZ Handles. KAZ Handles feature a unique tapered shape in the diameter of the handle (creating a cone shape). This shape is designed to match the natural mechanics of the human hand – putting more focus on the muscle being trained, and less about fighting the ergonomics of the grip itself. In addition to the unique shape, the KAZ Handle can transform a “D” style handle to a triceps rope. Exercises that can be mechanically improved with the KAZ Handles are almost limitless.



Matching the natural mechanics of the human hand, the tapering diameter of the KAZ Handles puts more focus on the muscle being trained.



AVAILABLE IN TWO SIZES: Large (2" to 2.5") or Small (1.7" to 2.25")

QUICKCONNECT COLLARS

The Quick Connect Collars by PRIME allow the user to conveniently turn common free-weight oriented barbell/curl bar exercises into cable exercises in seconds. These collars feature an easy-to-use safety screw system and offer the ability to add chains if desired. Sold in pairs.

- + Fits 1.90" to 2.03" sleeves
- + Accommodates most chain sizes
- + 300lbs max load per carabiner



WALLMOUNTS

Time to get organized! Introducing the PRIME family of wall mounts. Now you can neatly and conveniently house your PRIME accessories, keeping your gym space safe and clutter-free.

Accessory Family

The Accessory Family Wall Mount holds:

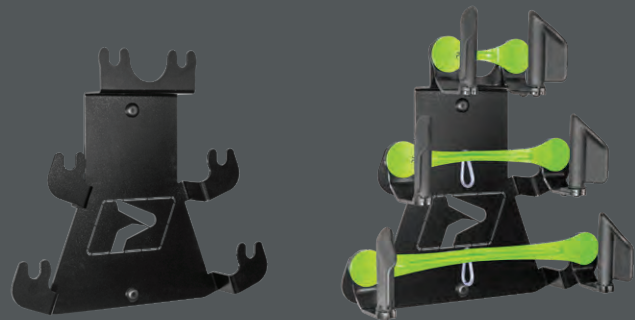
- RO-T8 Handles(1/pair)
- KAZ Handles(1/pair)
- RO-T8 Long Bar, RO-T8 Short Bar and RO-T8 Landmine (1 of each).
- Spreader Bar



RO-T8 Multi-Grip

The RO-T8 Multi-Grip Wall Mount holds:

- RO-T8 3N1 (6") (1/each)
- RO-T8 3N1 (14") (1/each)
- RO-T8 4N1 (20") (1/each)



Bench Attachment

The Bench Attachment Wall Mount holds:

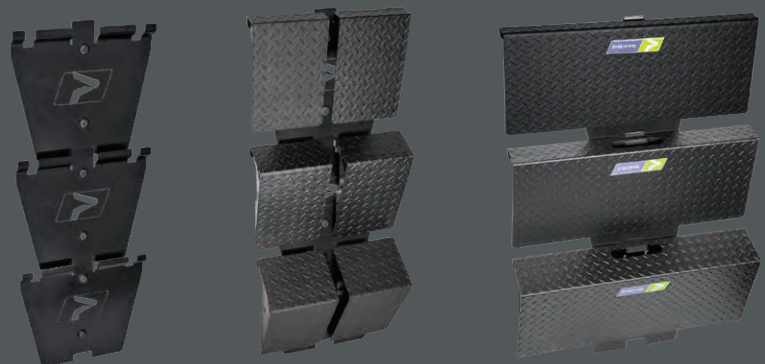
- Adjustable Elbow Pads(1/pair)
- Decline Attachment(1/each)



Squat Wedge

Each Squat Wedge Wall Mount holds:

- One original Squat Wedge OR one pair of SW | SOLOS



PRIME



TRAP BAR

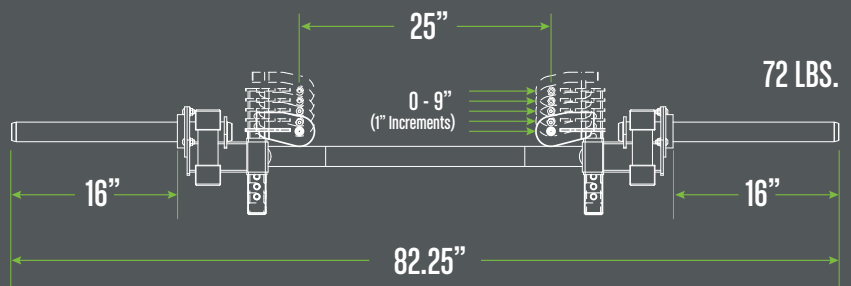
Sizing up the competition!

Meet the PRIME Trap Bar. This bar provides incredible versatility, superior made-in-the-U.S.A. craftsmanship, and an open design to accommodate different body types allowing for a greater variety of exercises.

The PRIME Trap Bar is equipped with loading jacks for ease of loading/unloading, along with the ability to adjust handle heights in 1" increments (0" to 9"). These height settings allow you to make adjustments that fit your mobility and body type, along with creating new exercise options (mechanical drop sets, rack pull variations without the rack, etc.)

Three unique handle options:

- + 1" Standard Handles (Included)
- + KAZ Handles (Upgrade option)
- + RO-T8 Handles (Upgrade option)



1" Standard Handles



KAZ Handles



RO-T8 Handles

PRIME



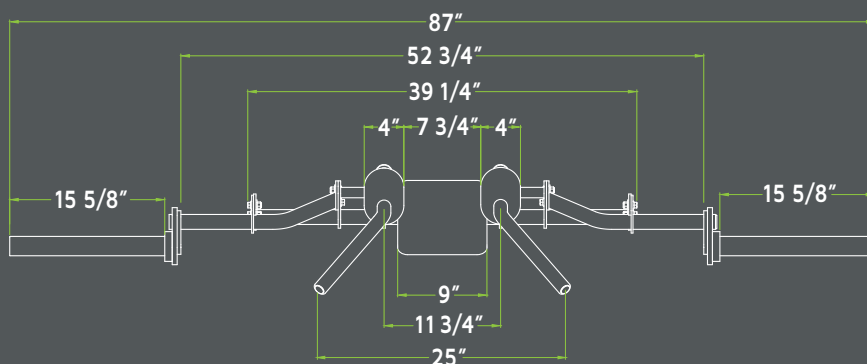
SUPER SQUAT BAR

Comfort, Capacity, Balance, Power...

At **PRIME**, innovation continues. We've taken an overlooked staple in gym equipment and made it better. Introducing the **PRIME Super Squat Bar**.

Features and Benefits:

- + Angled/elongated handles for better stability and comfort, as well as increased ROM in both narrow/quad-dominant squat variations. (This makes it a perfect pairing with PRIME Solo Squat Wedges)
- + Self-adjusting back plate for greater load dispersion and decreased upper spine pressure.
- + Cambered to the middle of the body for an upright torso position, increasing ROM and stability.
- + Stainless steel shafts (at racking location) and loading sleeves for durability and visual appeal.
- + Weight Capacity: tested and approved for 1,000 lbs.
- + Made in the U.S.A.



Super Squat Bar Specifications:

- + Weight: 51 lbs.
- + Product total dimensions: 87"L x 27"W x 9"H
- + Camber Drop: 4 5/8" or 28°
- + Loadable Sleeve Length: 15 5/8"
- + Loadable Sleeve Diameter: 49.5mm
- + Shoulder Pad Grip Spacing: 11 3/4" – 25"
- + Shoulder Pad Inner Width: 7 3/4"



For more information on our latest innovations, visit PrimeFitnessUSA.com

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MADE IN THE U.S.A. 