



TUFFSTUFF FITNESS INTERNATIONAL

**EVOLUTION**

**LIGHT COMMERCIAL STRENGTH**



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**NOTE:** Olympic bars, weight plates, dumbbells and accessories used to enhance the photography are not included.

## COB-400

### Olympic Bench with Safety Stoppers

- Heavy weight flat press bench with built-in safety stoppers.
- 7-gauge nickel plated steel triple gun rack allows multiple racking height options.
- Adjustable safety stoppers can be positioned at optimum height to achieve full range of motion during exercise.

LWH: 49 x 51 x 51 in/124 x 130 x 130 cm

WT: 130 lb/59 kg



bench press



# CDM-400

Deluxe Flat/Incline Bench



## CLB-325

Flat/Incline Ladder Bench



## CMB-375

Multi-Purpose Bench



### CDM-400 Deluxe Flat/Incline Bench

- Eight position multi angle bench adjusts from flat through shoulder press positions.
- Contoured lumbar design provides additional lower back support.
- Independent seat adjustment.
- Built-in handle and transport wheels for easy roll-away.

LWH: 57 x 27 x 41 in/145 x 69 x 104 cm WT: 82 lb/37 kg

### CLB-325 Flat/Incline Ladder Bench

- Quick and easy gun-rack style back support and seat adjustments – no fuss with pull-pins or knobs.
- Adjusts from flat to full upright position.
- Independent seat pad adjustment.
- Built-in handle and wheels for easy roll-away.

LWH: 54 x 27 x 49 in/137 x 69 x 124 cm WT: 66 lb/30 kg

### CMB-375 Multi-Purpose Bench

- Multi angle bench adjusts from decline through full upright position.
- Includes leg hold down support for secure decline bench use.
- Independent seat adjustment.
- Built-in handle and transport wheels for easy roll-away.
- Accepts CLC-385 Leg Developer and CPA-316 Preacher Curl attachments (home use only).

LWH: 66 x 32 x 52 in/168 x 81 x 132 cm WT: 102 lb/46 kg

free weight

## CAC-365

### Seated Arm Curl Bench

- Large contoured arm support pad offers multiple angles for additional training options.
- Arm pad is height adjustable and can be converted into lower back pad for utility seat exercises.
- Padded bar cradles protect paint finish from scratches and chipping.

LWH: 44 x 28 x 40 in/112 x 71 x 102 cm

WT: 75 lb/34 kg



## CHE-340

### Adjustable Hyper-Extension Bench

- Adjustable from 48° hyper angle to full roman-chair workout position.
- Telescoping foot support adjustment to accommodate various height users.
- Comfortable trunk support with built-in handles.
- Built-in wheels for easy roll-away.

LWH: 56 x 37 x 34 in/142 x 94 x 86 cm

WT: 90 lb/41 kg



## CFB-305

### Flat Bench

- Designed for heavy dumbbell workouts and general bench exercises.
- Heavyweight construction yet compact and moveable.
- Built-in wheels for easy roll-away.

LWH: 56 x 27 x 18 in/142 x 69 x 46 cm

WT: 50 lb/23 kg



specialty



# core



## CAB-335 Adjustable Abdominal Bench

- 11-position adjustable exercise intensity from 30° angle to flat.
- Built in handle for performing reverse abdominal exercises.
- Comfortable padded foot supports.
- Transport wheels allow easy roll-away.

LWH: 59 x 37 x 54 in/150 x 94 x 137 cm  
WT: 85 lb/39 kg



## CMA-320 Mini Ab Bench

- Fixed 30° decline angle for sit-ups and decline exercises.
- Self-aligning comfortable padded footrolls to accommodate different leg lengths.
- Built-in wheels for easy roll-away.

LWH: 44 x 27 x 22 in/112 x 69 x 56 cm  
WT: 42 lb/19 kg



## CAB-335

Adjustable Abdominal Bench

## CMA-320

Mini Ab Bench

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7



#### **CVR-341 Vertical Knee Raise/Dip Stand**

- Comfortable back support provides proper upper torso alignment and positioning.
- Contoured arm rests designed to minimize arm and elbow movement.
- Built-in push-up bars.

LWH: 47 x 27 x 62 in/119 x 69 x 157 cm

WT: 122 lb/55 kg

#### **CCD-347 Chin/Dip/VKR/Ab Crunch/Push-Up**

- Space efficient with multiple exercise options such as chin-ups, dips, knee raises, ab crunches and push-ups.
- Dual function support pad designed for VKR back support as well as ab crunch board.
- Knurled nickel plated multi-grip pull-up station for wide, narrow, reverse and neutral grip upper body exercises.

LWH: 44 x 45 x 84 in/112 x 114 x 213 cm

WT: 175 lb/79 kg

body weight



# lower body



**Leg Press position**



**Hack Squat position**

## **CLH-300**

### **Horizontal Plate Load Leg Press/Hack Squat**

- Unique 2-in-1 design allows seated leg press and prone hack squat positions off same machine.
- Seat carriage with commercial grade linear wheels riding on 2" nickel plated support rails provide optimal path of travel throughout the full range of motion.
- Dual foot plates allow a variety of foot placement options and targeted muscle isolation.
- Direct drive design provides 1:1 resistance loads.

LWH: 85 x 33 x 55 in/216 x 84 x 140 cm

WT: 305 lb/138 kg

# posterior chain



## **CGH-450 Glute/Ham Bench**

- Heavy weight design allows glute, hamstring and lower back exercises to be performed.
- Footrolls adjust horizontally and vertically for custom fit and intensity variation.
- Contoured thigh pad offers maximum support and comfort.
- Built-in handles provide a secure anchor for reverse hyper exercises.

LWH: 64 x 37 x 42 in/163 x 94 x 107 cm

WT: 120 lb/54 kg



## **CPL-400 Plate Load Leg Extension/ Prone Leg Curl Bench**

- Dual purpose bench allows seated leg extension and prone leg curl exercises.
- Compact design minimizes bench length and places weight horn closer to user.
- Adjustable cam provides proper strength curve and allows multiple start positions for both exercises.
- Adjustable footroll to accommodate various leg lengths.
- Built-in handles for support and stability.

LWH: 52 x 44 x 31 in/132 x 112 x 79 cm

WT: 155 lb/70 kg

## **CGH-450**

Glute/Ham Bench

## **CPL-400**

Plate Load Leg Extension/  
Prone Leg Curl Bench

power



**CPR-265 Power Cage**

- Spring loaded/swing lock J-Hooks (pat. Pend.) adjust in 3" increments.
- Lever action pull-pin safety stoppers offer fast and easy safety bar adjustments tested to 800 lbs. weight load capacity.
- Wide base frame area accommodates a variety of benches, wheelchairs and rehab accessories.
- 1-1/4" nickel plated top cross bar combines as pull-up station and structural support.
- Safe and secure way to perform a variety of Olympic bar squatting, lifting and pressing exercises.

LWH: 52 x 51 x 84 in/132 x 130 x 213 cm

WT: 218 lb/99 kg

**Options:**

- CHL-305WS High/Low Pulley Attachment with 200 lbs. weight stack.
- CDA-329 Dip Attachment



U P O • P U C



## CHR-500

Half Cage with safety stoppers and dip handles



- 7° slant design allows easier loading and unloading of weight bar and freedom of body movement.
- Heavy weight half rack system with integrated safety stoppers.
- Features spring loaded/swing lock J-Hook (Pat. Pend.) design for easy adjustability.
- Standard with built-in chinning bar, dip handles, Olympic bar holder and weight plate storage.

LWH: 59 x 65 x 84 in/150 x 165 x 213 cm

WT: 235 lb/107 kg

## CSM-600

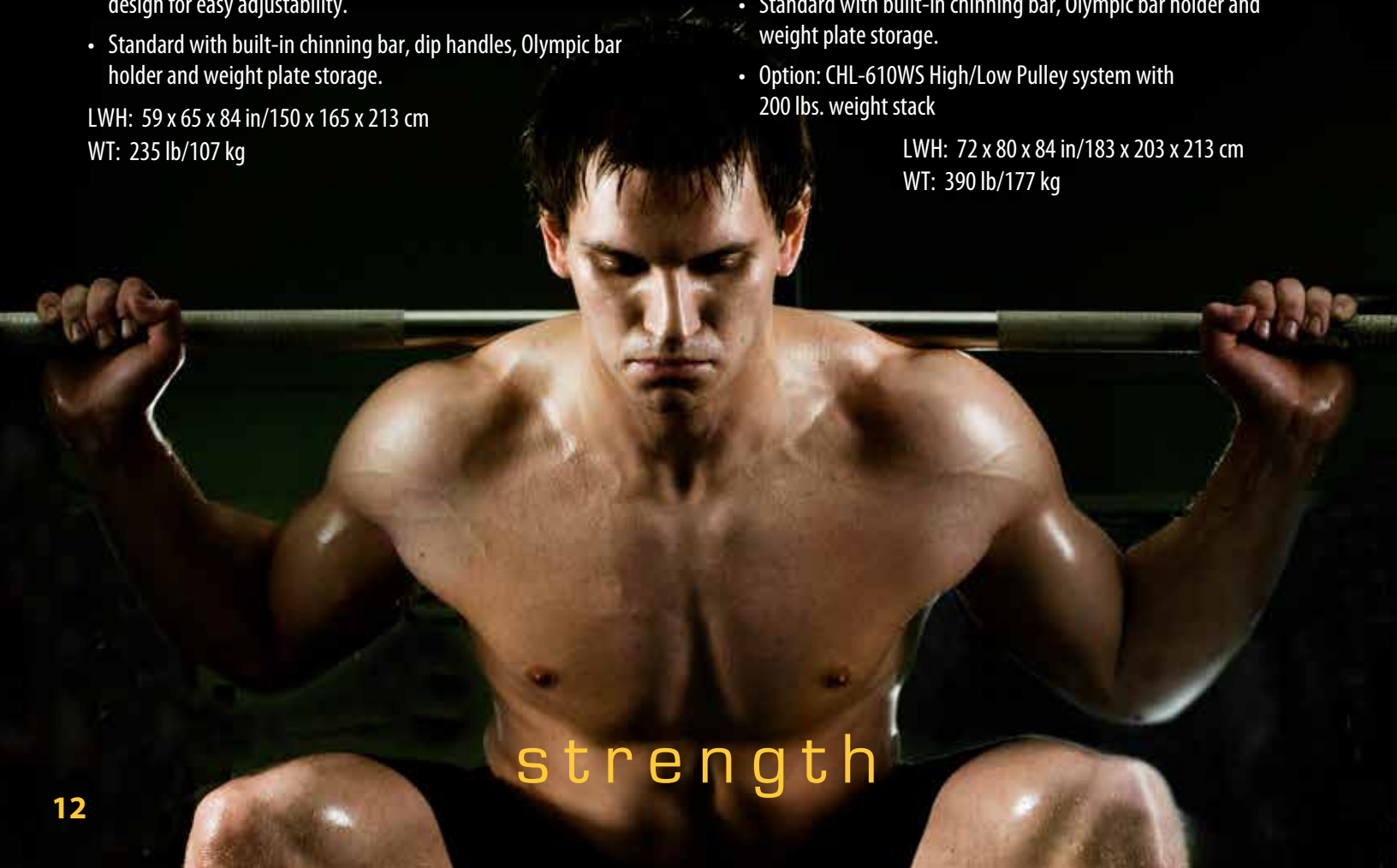
Smith Machine/Half Cage Combo with safety stoppers



- Heavy weight half rack system with enclosed self-aligning linear bearing Smith press system with adjustable safety stoppers.
- Spring loaded/swing lock J-Hook (Pat. Pend.) design for easy adjustability with integrated safety stoppers.
- Standard with built-in chinning bar, Olympic bar holder and weight plate storage.
- Option: CHL-610WS High/Low Pulley system with 200 lbs. weight stack

LWH: 72 x 80 x 84 in/183 x 203 x 213 cm

WT: 390 lb/177 kg



strength



total body



CSM  
75WS

### CSM-725WS Smith Machine/Half Cage Ensemble

- Fully loaded version of the CSM-600 features adjustable high/low cable station with dual cable lat station and fixed low row stations design for single or dual arm movements.
- Standard with built-in chinning bar, Olympic bar storage and weight plates storage.
- Smith press bar easily stores away to allow full accessibility for cable station workouts.
- Ensemble package includes: CSM-600 Basic Smith machine, CHL-610WS High/Low Cable Station (200 lbs. weight stack), and CMB-375 Multi-Purpose Bench.

LWH: 79 x 80 x 84 in/201 x 203 x 213 cm    WT: 905 lb/411 kg



CMB-375 included

# CDP-300

Dual Adjustable Pulley System



- Compact, space saving patented corner design to fit in any facility size.
- 16-position dual cable station with quick change trigger style adjustments.
- Features TuffStuff's unique dual resistance ratio at the handle provides single cable hook-up at 1/4 resistance or dual cable hook-up at 1/2 resistance.
- Welded knurled nickel plated fixed multi-grip pull-up bar station for wide, narrow, reverse and neutral grip upper body exercises.
- Open frame design supports use of benches, stability balls, balance boards, Bosu trainers and ground based exercises.
- Full length steel protective weight stack enclosures.
- Includes two nylon handles, accessories storage rack for squat bar, low row bar and ankle strap.

- Two (2) 150 lbs. steel weight stacks (optional 200 lbs.)

LWH: 50 x 50 x 83 in/127 x 127 x 211 cm  
WT: 700 lb/318 kg

compact cable training



# CXT-200

## Corner Multi-Functional Trainer

- Three separate cable stations offering unlimited exercise options in one space saving, patented compact corner machine.
- Combination dual adjustable cable station with quick change trigger style adjustments and fixed Lat and Low Row Stations offer advanced training options.
- Fixed knurled nickel plated pull-up bar station.
- (2) 150 lbs. steel weight stacks (optional 200 lbs)
- Features TuffStuff's unique dual resistance ratio at the handle provides single cable hook-up at 1/4 resistance or dual cable hook-up at 1/2 resistance.
- Solid steel rotating accessory storage rack for lat bar, low row bar, squat bar, nylon handles, ankle strap and cable bridge bracket
- Full length steel protective weight stack enclosures.

LWH: 44 x 79 x 84 in/112 x 201 x 213 cm

WT: 450 lb/250 kg

### Options:

#### CXT-225 Smith Press Attachment

- Optional attachment bolts to CXT-200 frame structure and base.



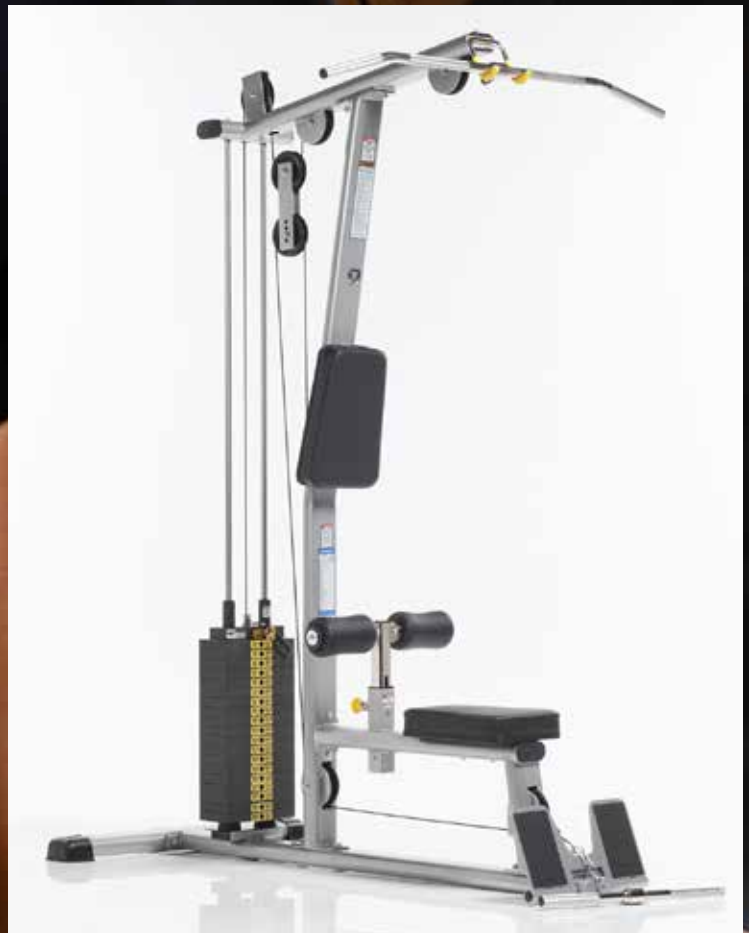
multi-functional

# CLM-855WS

## Lat/Low Row Combo Machine

- Complete upper body workout system with high and low pulley stations.
- Adjustable thigh hold-down roller pads.
- Low pulley station with narrow bar and built-in footplate support that can be positioned flat or vertical for various low pulley exercises.
- Back support pad for control and stability while performing triceps exercises.
- 200 lbs. steel weight stack.

LWH: 71 x 46 x 83 in/180 x 117 x 211 cm      WT: 345 lb/156 kg



upper body



# MFT-2700

## Dual Stack Functional Trainer

The MFT-2700 redefines the standard for compact functionality. The commercially rated MFT-2700 dual stack functional trainer delivers extreme exercise versatility, enabling users of all fitness levels to perform an unlimited number of functional fitness, sports specific, body building and rehabilitation exercises.

Compact functionality – quality results!



- 2 x 4" 11-gauge tubular oval steel main frame and 7-gauge laser-cut adjustment plates.
- Pivot arm offers 150° (15 positions) of high-to-low vertical adjustments and 165° (5 positions) of side-to-side horizontal adjustments.
- Hydraulically supported pivot arms and spring loaded selector handles make adjusting safe, simple, quick and easy.
- Rotating swivel pulley brackets provide 360° of unrestricted vertical, horizontal, diagonal and rotational resistance trajectories.
- Two (2) 200 lbs. steel weight stacks. 1/4 ratio delivers 2.5 lbs. resistance increments and 96 inches of extended cable travel.

LWH: 63 x 118 x 83 in/160 x 300 x 211 cm

WT: 750 lb/340 kg

functional fitness

# CDR-300

## 2-Tier Tray Dumbbell/Kettle Bell Rack



2-Tier Tray Dumbbell Rack

Trays easily convert to hold Kettle Bells, Dumbbells and Hex Dumbbells as shown.



2-Tier Tray Kettle Bell Rack

### CDR-300 2-Tier Tray Dumbbell/Kettle Bell Rack

- Universal tray-style design easily converts from angled to flat position to hold standard dumbbells, hex dumbbells or kettle bells.
- Optional CDR-300E add-on third tray (as shown).

LWH: 21 x 56 x 40 in/53 x 142 x 102 cm

WT: 120 lb/54 kg

Add-on third tray: 46 lb/21 kg

weight storage options





# plate trees & accessories



**CXT-255 Olympic Plate Tree**



**CPA-316 Preacher Curl Attachment**

For use with CMB-375 Multi-Purpose Bench (Home use only)



**CLC-385 Leg Developer Attachment**

For use with CMB-375 Multi-Purpose Bench (Home use only)

**CAS-600 Accessory Storage Rack**

(Sold separately. Home use only)

# specifications & warranty

- 2 x 3" 11-gauge oval tubular steel frames with a combination of 2 x 2" round tubing.
- All welded construction by inert-gas MIG welding conforming to Structural Welding Code-Steel Standards and Specifications.
- Eight-step electrostatically applied powder coat finish – Platinum Sparkle main frame and Cathedral Gray weight stack protective shields.
- 3/16" and 1/8" USA-Made/Certified EXERFLEX PRO® high performance fitness cable.
- 3/4" solid steel 1045 (tgp) hard chrome finish guide rods.
- 1/2" push-pull spring loaded solid steel adjustment pins with ultimate load of 9040 lbs. and 46042 psi sheer strength.
- Internally encased 2" sealed bearings (load rating of 2400 lbs.) on the fixed high pulleys and solid steel pivot axles with oil-impregnated bronze bushings on the swivel handles.
- TuffStuff's proprietary "flat-groove" 4-1/2" and 3-1/2" fiberglass-impregnated nylon pulleys with sealed roller bearings.
- All frame bolts and nuts are 3/8" and 1/2" zinc oxide. Meets ANSI specifications.

## LIGHT COMMERCIAL WARRANTY:

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

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

**ONE (1) YEAR:** Belts, linear bearings and pull-pin components.

**ALL OTHER PARTS** not mentioned elsewhere in the warranty will expire one (1) year from the date of purchase to the original purchaser.

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

**Light Commercial Use:** Light Commercial warranty applies only to facilities like hotels, apartment complexes, personal training studios, fire & police stations, etc. where the equipment would be used by no more than 30 people per day.

## HOME LIFETIME WARRANTY\*

LIFETIME of the equipment while owned by the original purchaser when used only in a HOME environment (applies to defects from manufacturer only).

\* See Owner's Manual for details.

**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.



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