

# PLATE-LOADED EQUIPMENT

## COMBINING THE BEST FEATURES OF FREE WEIGHTS AND PIN SELECT.

Plate-loaded machines allow users to train without a spotter and reduce the risk of injury due to the supportive structure and smoother, controlled movement ranges. At Legend Fitness, we pride ourselves on a wide variety of top-of-the-line plate-loaded equipment your athletes will love.

## CHECK OUT MORE LEGEND FITNESS INSTALLATIONS ONLINE.

Visit our website to get a look at corporate wellness centers, health clubs, athletic training centers, private gyms, and other showcases from all over the world. See the showcases featured here and more online at [www.legendfitness.com/showcases](http://www.legendfitness.com/showcases).



Home Gym  
St. Kitts Island, Caribbean



University of Memphis  
Tennessee, USA



Bluefield College  
West Virginia, USA

## 3140 DESTROYER

Ground-based, full body thrusting exercise.  
Chrome-plated weight pegs.  
Smooth pillow block bearings.



Dimensions:  
53.5 x 80.75 x 84.5 in.



Shipping Weight:  
574 lbs.



## 3124 SMITH MACHINE

25 lb counter-balanced Olympic bar.  
5° path of motion.  
Linear bearings.  
Chrome-plated plate storage.



Dimensions:  
53 x 84 x 92.5 in.



Shipping Weight:  
720 lbs.



## 3229 PRO SERIES INCLINE LEVER ROW

Reduces low-back strain during lat work.  
Handle offers wide and neutral grips.  
Wheeled footplates for quick adjustments.  
Main frame is fully welded for maximum durability and rigidity.



Dimensions:  
57 x 36 x 60 in.



Shipping Weight:  
302 lbs.



## 3110 INCLINE LEVER ROW

Reduces low-back strain during lat work.  
Handle offers wide and neutral grips.  
Chrome-plated, Olympic-sized weight peg.  
Main frame is fully welded for maximum durability and rigidity.  
Rigid diamond plate foot platform.



Dimensions:  
75 x 41 x 50 in.



Shipping Weight:  
275 lbs.



## 3260 T-BAR ROW

Hits most major back muscles.  
Core and hamstrings used for stability.  
Chrome-plated plate storage.  
Adjustable handle height.



Dimensions:  
75.25 x 46.25 x 34.25 in.



Shipping Weight:  
310 lbs.



## 3136 LAT/LOW ROW

Snap link exchange to move between floor rows and pulldowns.  
Chrome load pegs.  
Frame wearguards.



Dimensions:  
83.5 x 48 x 91.25 in.



Shipping Weight:  
534 lbs.



## 3165 TRAP SHRUGGER

Fully welded construction.  
Chrome-plated Olympic load pegs.



Dimensions:  
52.5 x 24.74 x 24.5 in.



Shipping Weight:  
155 lbs.



## 3220 GRAPPLER

Accommodates two Olympic bars.  
Weighted base plate.  
Supplied with wide grip handle and vee grip handle.



Dimensions:  
12 x 29 x 6 in.



Shipping Weight:  
80 lbs.





# PLATE-LOADED EQUIPMENT

## 3308 UNILATERAL ANGLE LEG PRESS

Resistance/assistance band hooks.  
6-position safety stops.  
Extra long weight pegs can hold up to 13 plates.  
Footplates can be used independently or together.  
Closed linear bearings glide on 1¼-inch solid steel rods.

 Dimensions:  
101.5 x 48 x 69 in.

 Shipping Weight:  
901 lbs.

 Fully Welded Frame,  
No Fasteners



## 3122 ANGLE LEG PRESS

Linear bearings on case-hardened alloy steel shafts.  
Chrome-plated weight pegs  
and angled weight horns.  
Extra large footplate area  
and calf raise plate.

 Dimensions:  
89.5 x 66.5 x 58 in.

 Shipping Weight:  
733 lbs.

 Fully Welded Frame,  
No Fasteners



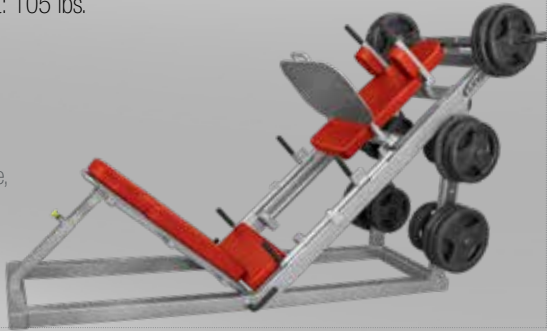
## 3224 LEG PRESS/HACK SQUAT COMBO

Switch between exercises via removable footplate/seat back.  
Linear bearings on solid steel shafts at 45° angle.  
Unloaded carriage weight: 105 lbs.

 Dimensions:  
92.5 x 67 x 59 in.

 Shipping Weight:  
897 lbs.

 Fully Welded Frame,  
No Fasteners



## 3123 HACK SQUAT

Linear bearings on solid steel shafts at 45° angle.  
Chrome-plated weight pegs  
and angled weight horns.  
36 by 36-inch footplate area.

 Dimensions:  
93.5 x 58.5 x 59 in.

 Shipping Weight:  
716 lbs.

 Fully Welded Frame,  
No Fasteners



## 7016 PRO SERIES STEALTH LEG PRESS

Convert your rack or cage into a leg press.  
Chrome-plated weight peg can hold up to eight 45-lb plates.  
Can also hold a loaded barbell for additional weight resistance.  
Low-positioned weight for proper resistance feel.  
Adjustable starting positions.  
Can be configured for step-ups or kick backs.  
Also functions as a push sled.

 Dimensions:  
34.25 x 49 x 41 in.

 Shipping Weight:  
274 lbs.



**PRO  
SERIES**



## 7015 STEALTH LEG PRESS

Convert your rack or cage into a leg press.  
Solid steel construction.  
Chrome-plated weight peg holds eight 45-lb plates.  
Low-positioned weight for proper resistance feel.  
Adjustable starting positions.

 Dimensions:  
34.25 x 49 x 41 in.

 Shipping Weight:  
204 lbs.

**PERFORMANCE SERIES**  
BY LEGEND FITNESS



Weights and bars sold separately.

## 3129 SQUAT MACHINE

Perform squats safely on horizontal or angled foot platforms.  
Perform leaps to build explosive power.  
Removable Calf Blaster (silver vein finish only).  
Three starting heights.  
Dual supports for starting height added.



Dimensions:  
67 x 34 x 65.25 in.



Shipping Weight:  
576 lbs.



## 3217 BELT SQUAT MACHINE

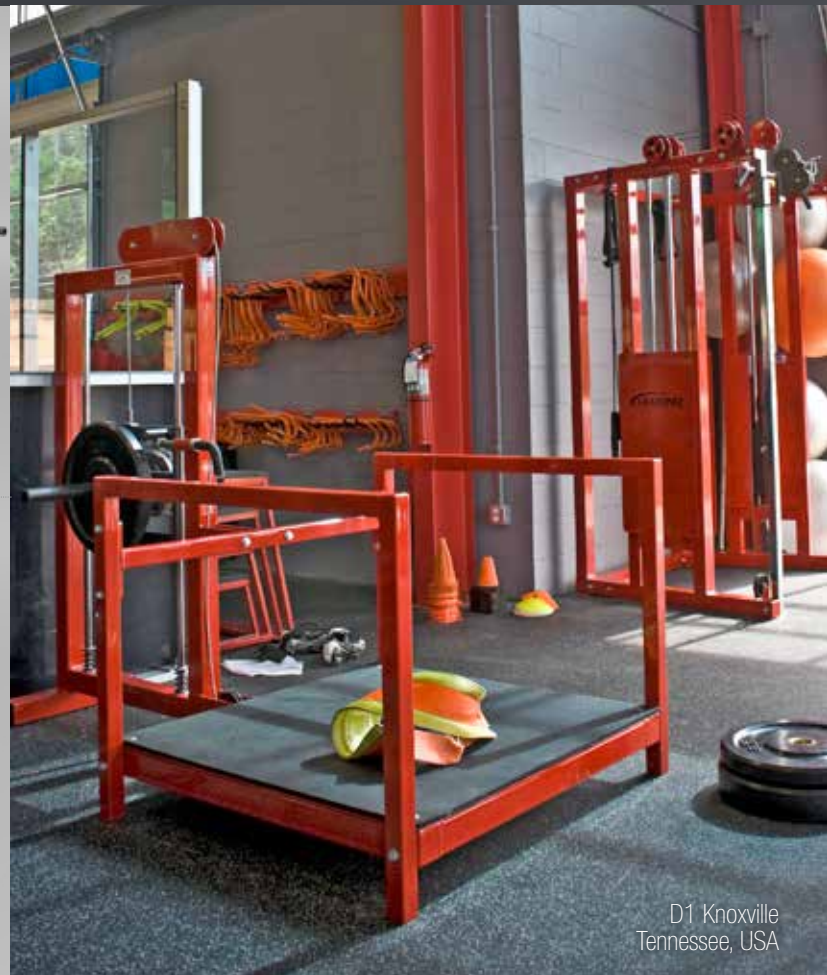
Perform squats without involving shoulders or back.  
Wide deck plate allows sumo stances, split squats, lunges, etc.  
Attach a handle for pull throughs, shrugs, or tricep extensions.



Dimensions:  
84 x 43 x 67.5 in.



Shipping Weight:  
654 lbs.



D1 Knoxville  
Tennessee, USA

## 3135 LEG EXTENSION/CURL

Upholstered leg rollers.  
Smooth, durable pillow block bearings.  
Frame wearguards.



Dimensions:  
66.5 x 25 x 38.5 in.



Shipping Weight:  
265 lbs.



## 3175 STANDING LEG CURL

Self-adjusting roller pad.  
Diamond plate foot platform.  
Chrome-plated Olympic weight peg.



Dimensions:  
24.5 x 39.75 x 44 in.



Shipping Weight:  
182 lbs.



## 3119 SEATED CALF

Effective in isolating the soleus muscle and strengthening the Achilles tendon.  
Adjustable thigh pads.



Dimensions:  
50 x 25.5 x 40 in.



Shipping Weight:  
219 lbs.



## 3152 STANDING CALF

Angled, narrow footplate maintains foot placement and maximum stretch.  
Height adjustable.



Dimensions:  
51.25 x 26.75 x 75.75 in.



Shipping Weight:  
375 lbs.



Weights and bars sold separately.