

TUFFSTUFF[®]

TuffStuff Fitness Equipment



Home Strength

America's Premier Exercise Equipment Since 1971

FLAT/INCLINE LADDER BENCH



RLB-325



- Quick and easy back support adjustment (no pull-pin or knob) – from flat to full upright position.
- Independent seat pad adjustment.
- Built-in handle and wheels for easy roll-away.

LWH: 51x27x49 in SH WT: 82 lb

DELUXE MULTI-PURPOSE BENCH



RDM-400



- Designed for many bench exercises – high level of adjustability from decline to full upright position.
- Contoured lumbar design provides proper back support.
- Built-in handle and wheels for easy roll-away.

LWH: 64x31x50 in SH WT: 90 lb

MULTI-PURPOSE BENCH



Includes leg hold-down and support.

RMB-375

- Designed for many bench exercises – high level of adjustability from decline to full upright position.
- Accepts optional RLC-385 Leg Developer and RPA-316 Preacher Curl Attachments.
- Built-in handle and wheels for easy roll-away.

LWH: 64x31x50 in SH WT: 95 lb

MULTI-PURPOSE BENCH



Includes leg hold-down and support.

CAUTION: Secure weight(s) with safety collar (not shown).

Shown with optional RLC-385 Leg Developer Attachment

RID-345



- High level of adjustability – from decline to full upright position.
- Accepts optional RLC-385 Leg Developer and RPA-316 Preacher Curl Attachments.
- Built-in handle and wheels for easy roll-away.

LWH: 70x32x50 in SH WT: 95 lb

WIDE COMBO FOLD-UP BENCH



CAUTION: Secure weight(s) with safety collar (not shown).

Olympic weight plates and bar not included

RWC-335

- Fully adjustable built-in bench with back support adjusting from flat to full upright position
- Bench assembly folds up to a compact storage position
- Adjustable seat pad for variable angle position and support

- Pull-pin bar cradle adjustments
- Built-in handle and wheels for easy roll-away
- Includes RLC-385 Leg Developer Attachment (as shown)
- Option: RPA-316 Preacher Curl Attachment

LWH: 56x57x60 in SH WT: 190 lb



Option: RPA-316 Preacher Curl Attachment



Flat Chest Press



Shoulder Press



Built-in handle and wheels for easy roll-away

ADJUSTABLE HYPEREXTENSION BENCH

ADJUSTABLE ABDOMINAL BENCH



RHE-340

- Adjustable from 45° hyper to full roman chair workout position.
- Telescoping hip support adjustment.
- Built-in wheels for easy roll-away.

LWH: 49x34x34 in SH WT: 105 lb



RAB-335

- Ab-board adjusts from low angle to the most advance sit-up position.
- Lightweight and easily transportable.
- Built-in handle for start and end position.

LWH: 52x20x48 in SH WT: 72 lb

MINI AB BENCH



RMA-320

- Fixed decline angle for sit-ups and other decline exercises.
- Comfortable, padded footrolls.
- Built-in wheels for easy roll-away.

LWH: 46x27x22 in SH WT: 55 lb

ROMAN CHAIR



RRC-315

- Classic design for back hyperextension.
- Adjustable foot support for proper body alignment.
- Lightweight and easily transportable.

LWH: 52x27x35 in SH WT: 85 lb



CHIN/DIP/VKR & PUSH-UP COMBO

VERTICAL KNEE RAISE/DIP STAND



RCD-347



- 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.
- Narrow and wide grip chin-up bar.

LWH: 43x52x84 in SH WT: 195 lb

RVR-341



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

LWH: 46x27x62 in SH WT: 140 lb



Narrow Grip Chin-up

Sit-up Oblique Twist



Leg Raise

Dip

ABDOMINAL/BACK MACHINE

RAB-336

- Adjusts easily from ab crunch to low back extension from the seated position
- Adjustable seat height to accommodate various torso lengths
- Comfortable and padded chest/back support with multiple start position adjustments
- Telescoping foot support adjustment allows proper body alignment and firm hold-down support while performing the exercise

LWH: 63x39x45 in SH WT: 115 lb



SEATED ARM CURL BENCH



RAC-365

- Large contoured arm support
- Pull-pin height adjustment
- Rubber padded bar cradle

LWH: 42x30x30 in SH WT: 82 lb



OLYMPIC BENCH



ROB-311

- Adjustable bar crutches with 1/4-turn locking pull-pin to ensure safety.
- Comfortable, full length back support board.
- Option: ROB-311SS Safety Spotter.

LWH: 48x51x48 in SH WT: 100 lb



BICEP/TRICEP BENCH

RBT-338

- Biomechanically correct large arm support cushion for comfort and muscle isolation.
- Easily change from bicep exercise to tricep exercise while in the seated position.
- Rotating hand grips provide smooth arm movement throughout the range of motion.
- Built-in thigh hold-down pads.
- Includes TOA-37 Olympic weight adapter.

LWH: 49x44x37 in SH WT: 125 lb



Standard weight plates not included

FLAT BENCH



RFB-305

- Designed for dumbbell workout and general exercise usage.
- Compact and lightweight.
- Built-in wheels for easy roll-away.

LWH: 56x28x11 in SH WT: 65 lb



SEATED CALF BENCH



RCB-355

- Adjustable thigh support device pivots front and back to accommodate most leg lengths.
- Conveniently located vertical holder/release.
- Includes two (2) TOA-37 Olympic plate adapters.

LWH: 53x29x34 in SH WT: 112 lb



LEG EXTENSION/CURL

RLE-382

- Adjustable back pad which is essential for proper knee alignment and back support.
- Thigh hold-pads with built-in storage cradle.
- Easily adjusts from leg extension exercise to leg curl exercise while in the seated position.
- Includes T0A-37 Olympic plate adapter.

LWH: 61x44x34 in SH WT: 145 lb



Standard weight plates not included

POWER SQUAT/CALF MACHINE



PLEASE NOTE:
Engineering upgrade.
The product you received may differ slightly from this published version.

Olympic weight plates not included



Olympic weight plates not included

RPS-390

- Self-spotting lockout system assures safe start and finish position with built-in secondary safety stopper.
- Unique convex footplate design eases pressure on knees, feet and ankles.
- Compact space-saving design.

- Heavily padded and ergonomically shaped shoulder support provides proper body alignment throughout the range of motion.
- Non-slip foot bar for calf raises.
- Built-in Olympic weight plate holders.

LWH: 57x51x74 in SH WT: 146 lb

CROSSOVER PULLEY

RCO-140WS

- Fully adjustable high/low cable pulley system with a pivot range of 180°.
- Independent, designed for unilateral or bilateral movements.
- Integrated dual swivel and free moving nylon handles.
- 4-way corner bracing and wide base for greater stability.
- Built-in wide and narrow grip chin-up bar.
- (2) 200 lbs. weight stack.

LWH: 39x125x84 in
SH WT: 555 lb

PRODUCT UPGRADE:
Vertical uprights are now nickel-plated for durability and smoother adjustments



PRODUCT UPGRADE:
Vertical uprights are now nickel-plated for durability and smoother adjustments

LEG PRESS/HACK SQUAT



Olympic weight plates not included



Olympic weight plates not included

RLP-200

- 45-degree angle of travel.
- 1-inch self-aligning linear bearing carriage system provides smooth and precise movement.
- Dual function platform and back support with various angle adjustments.
- Dual safety catches (left and right) designed to lockout and release at ease.
- Maximum weight load 720 lbs.
- Built-in Olympic plate holders.

LWH: 83x47x50 in SH WT: 230 lb



IMPORTANT NOTE:
Power Cage is shown with optional RHL-305WS High/Low Pulley Kit with 200 lbs. weight stack

PRODUCT UPGRADE:
Vertical uprights are now nickel-plated for durability and smoother adjustments

PRODUCT UPGRADE:
Vertical uprights are now nickel-plated for durability and smoother adjustments

Olympic weight plates and bar not included

RPR-265



- Free standing double-sided racking system built for safety and variety.
- Dual bar catches on the front upright allow user to face in either direction to perform the exercise.
- Lever action pull-pin release provides fast and easy safety spotter adjustment.
- Wide-base frame area easily accessible for

wheelchair or rehab equipment.

- Designed for any free style squatting, lifting or pressing and can be used with benches.
- Option: RDA-329 Dip Attachment.
- Option: RHL-305WS High/Low Pulley Kit with 200 lbs. weight stack (as shown).

LWH: 59x51x84 in **SH WT:** 185 lb (cage only)



Optional RDA-329 Dip Attachment



Lat Pulldown



Upright Row



Squat



RLM-855WS



- Complete upper body workout system with high and low pulley stations.
- Adjustable thigh hold-down roller pads and can be removed to perform tricep exercises.
- Low pulley station with narrow bar and built-in footplate and support for various low pulley exercises.
- Built-in back support pad for control and stability while performing tricep pushdown.
- 200 lbs. weight stack.

LWH: 69x34x84 in **SH WT:** 350 lb



Lat Pulldown



Tricep Pushdown



Upright Row

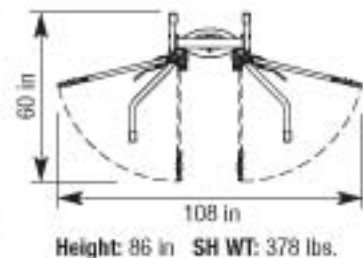


Basic exercises shown, additional exercises available which may require a different set-up, optional accessory, or bench



MFT-700

- Compact and space efficient design
- Extension arm offers 150° (15 positions) of "high-to-low" vertical adjustments and 165° (5 positions) of "side-to-side" horizontal adjustments
- Hydraulically supported arms for easy and safe vertical adjustments
- Wide-base frame area easily accessible for wheelchair, rehab equipment, workout benches and stability balls
- Swivel double-pulley bracket design offers a wide variety of functional and sport specific exercises
- 200 lbs. weight stack



Pectoral Fly



Standing Inner Thigh



Upright Row



Olympic weight plates not included

CXT-125

SMITH PRESS SYSTEM ATTACHMENT

(Option) Shown with base unit CXT-100



Includes:

A full color, laminated exercise flip-chart with detailed pages illustrating the basic exercises and color-coded by muscle groups.

CXT-100



- Compact and space efficient, designed to fit in a corner.
- Fully adjustable high/low pulley system with swivel rotating handle.
- Patented built-in WRC (weight resistance conversion) device converts the resistance to full or half of the selected weight on the fixed lat and low row stations.

- Wide-base frame area easily accessible for wheelchair, rehab equipment, workout benches and stability balls.
- **Option:** CXT-125 Smith Press Attachment (as shown) **SH WT:** 188 lb
- Two weight stacks of 150 lbs. each.

LWH: Base unit 42x80x84 in **SH WT:** 530 lb



Patented Weight Resistance Conversion



Tricep Extension



Chest Fly (with optional RDM-400 bench)



Decline Press (optional CXT-125 Smith Press)

UNLIMITED EXERCISE POTENTIAL:

- Wide & Narrow grip chin-ups

Fixed Lat Station:

(unilateral & bilateral movements)

- Lat Pulldown
- Tricep Extension
- Ab Crunch
- Tricep Pushdown

High/Low Cable Station:

(unilateral & bilateral cable movements)

- Tricep Extension
- Tricep Pushdown
- Mid Row
- Pectoral Crossover
- Chest Fly
- Shoulder Press
- Upright Row
- Arm Curl
- Ab Crunch (bench)
- Tricep Extension (bench)
- Chest Press (bench)

Traditional Smith and Free-Style Press Station:

- Squats
- Dead Lifts
- Lunges
- Barbell Upright Row
- Calf Raise
- Military Press
- Flat, Incline, Decline & Shoulder Presses

Fixed Low Row Station:

(unilateral & bilateral movement)

- Arm Curl
- Upright Row
- Low Row
- Inner/Outer Thigh
- Glute Kick
- Side Bends



Includes:

A full color, laminated exercise flip-chart with detailed pages illustrating the basic exercises and color-coded by muscle groups.



Olympic weight plates and bar not included

RSM-625WS



- 7° slant design allows for a more natural body movement.
- Enclosed self-aligning linear bearing Smith press system with safety stopper.
- Fully adjustable high/low cable system with swivel rotating handles provide unilateral and bilateral movement (200 lbs. weight stack).
- Separate lat and low row stations.

- Unique dual-cable lat station design for traditional lat bar or single arm movement.
- Full length protective steel weight shrouds.
- Includes RMB-375 Multi Purpose Bench and RAR-620 Accessory Combo Rack.
- Fixed mount wide grip chin-up bar.

LWH: 80x67x84 in SH WT: 425 lbs.



RAR-620 Accessory Combo Rack



Pectoral Crossover



Incline Press



Low Row

BASIC SMITH-HALF CAGE



RSM-600



- Includes self-aligning linear bearing press system with adjustable safety stopper, stainless steel bar catches with safety rails.
- Includes chin-up bar, Olympic bar holders and Olympic plate holders.
- Option: RHL-610WS High/Low Pulley System with 200 lbs. weight stack.

LWH: 71x67x84 in SH WT: 200 lb

RACKS, PLATE TREES & ACCESSORIES



CXT-155

OLYMPIC PLATE TREE

- Built-in 2-inch diameter bar holders.
- Six (6) 8-inch weight prongs.

LWH: 31x27x42 in SH WT: 65 lb



RAR-620

ACCESSORY COMBO RACK

- Includes: RPA-316 Preacher Curl, RLC-385 Leg Extension/Curl, TOA-37 Olympic Adapter.

DUMBBELL RACKS



RDR-308

2-TIER HORIZONTAL DUMBBELL RACK

- Fit most regular size dumbbells.
- Optional RDR-328 add-on third tier (as shown).

LWH: 54x19x34 in SH WT: 150 lb



RDR-300

2-TIER TRAY DUMBBELL RACK

- Universal tray-style will fit most dumbbells.
- Optional RDR-300E add-on third tray (as shown).

LWH: 55x23x41 in SH WT: 156 lb



Facts you should know about TuffStuff products.

TuffStuff is one of the earliest pioneers in the research and development of effective and biomechanically correct exercise equipment. Today, TuffStuff Fitness Equipment, Inc. produces over 150 different consumer and commercial strength products. Although the fitness industry has changed drastically in the last seven years, we still maintain a full service manufacturing facility in Chino, California, USA. Every design and engineering process begins here – from concepts and engineering to prototype, testing and refinements.

Our ability and willingness to customize and modify products to meet customer's specific needs sets us apart from our competition.

Specifications & Features

TuffStuff equipment is designed for quality, durability and performance – characteristics that are the hallmark of our forty years in the business.

- 2x3" 11-gauge oval tubular steel frames with a combination of 2x2" round tubing.
- 8-step electrostatically applied powder coat finish – Platinum Sparkle accented with Ebony Chrome.
- High density cushions upholstered in premium grade naugahyde and double-stitched.
- USA-Made/Certified 2200 lbs. test 3/16" military-spec nylon coated cable.
- Fiberglass reinforced nylon pulleys with sealed bearings.
- 3/4" solid steel 1045 (tgp) hard chrome finish guide rods.
- 1/2" push-pull spring loaded solid steel adjustment pins.
- Fasteners (bolts & nuts) meet ANSI specifications.
- Meets ASTM requirements.

Home Lifetime Warranty

TuffStuff products used only in a home environment are warranted for LIFE* to the original purchaser.

*See Assembly Manual for specific information on warranty, parts and service. Or call Customer Service 888-884-8275.



TuffStuff products bearing this seal are warranted for Light Commercial use. Some restrictions may apply. For details, please contact your Sales Representative.

TUFFSTUFF

TuffStuff Fitness Equipment Inc.

13971 Norton Avenue, Chino, CA 91710, USA. PH: 909-629-1600 FX: 909-629-4967

info@tuffstuff.net www.tuffstufffitness.com