

# Proformance *Plus*



**HIDETADA YAMAGISHI**  
IFBB Professional Bodybuilder

**TUFFSTUFF**  
FITNESS



# Manufacturing the world's premier fitness equipment since 1971

*Operating one of the largest manufacturing facilities in the United States of America.*

Discover  
the TuffStuff  
WORLD!



SINGLE



DUAL/MULTI



MULTI-FUNCTION



PLATELOADED



FREE WEIGHT BENCHES & RACKS



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# proformance performance

The **Proformance Plus** commercial strength series by TuffStuff combines 41 years of engineering excellence with modern visual styling to deliver 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.

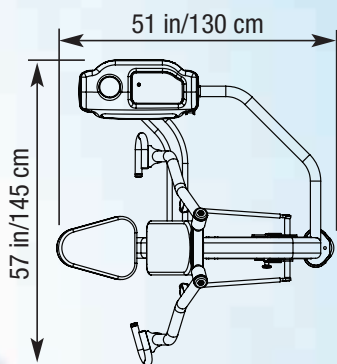
When you're ready for high performance strength equipment that delivers professional results and exceeds your expectations, you're ready for **Proformance Plus!**





## CHEST PRESS

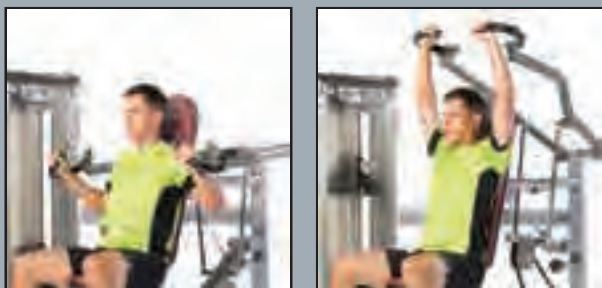
- Converging press arm technology.
- Unique floating handle design allows customization of wrist position during movement.
- Easy access gas assist seat adjustment.
- 220 lbs. steel weight stack with add-on weight system.  
(Option: 295 lbs. weight stack)



Ht: 77 in/196 cm Wt: 570 lb/286 kg

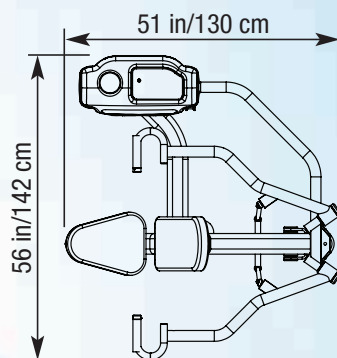


### PPS-200



## SHOULDER PRESS

- Converging press arm technology.
- Unique floating handle design allows customization of wrist position during movement.
- Easy access gas assist seat adjustment.
- 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



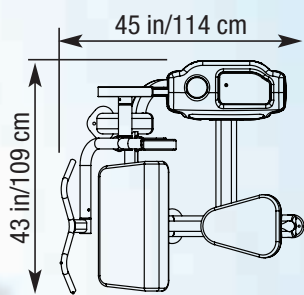
### PPS-205





## BICEPS CURL

- Multi-grip handle design allows for underhand or overhand grip positions.
- Pivot arm counter-balanced to 0 lb. at starting position.
- Easy access gas assist seat adjustment.
- Ergonomically designed arm rest for maximum support and comfort.
- 150 lbs. steel weight stack with add-on weight system.  
(Option: 200 lbs. weight stack)



Ht: 57 in/145 cm Wt: 380 lb/172 kg

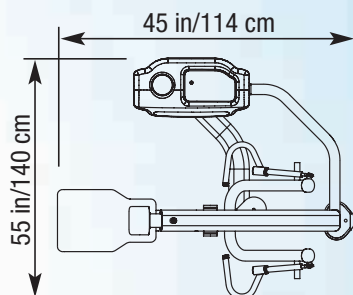


**PPS-206**



## SEATED ROW

- 360° fully articulating open handles with 5/8" Teflon coated rod ends provide user defined path of motion.
- Easy access gas assist seat adjustment.
- Multi position gas assist chest support adjustment.
- 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



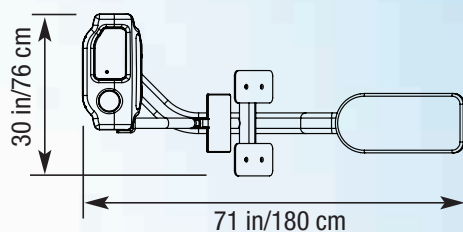
**PPS-207**





## LOW ROW

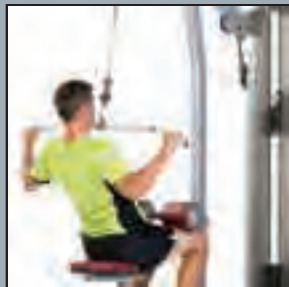
- Aluminum non-slip diamond foot plates.
- Extra wide bench pad provides maximum support and stability.
- Ergonomic bench angle allows full low back stretch.
- 220 lbs. steel weight stack with add-on weight system. (Option: 295 lbs. weight stack)



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

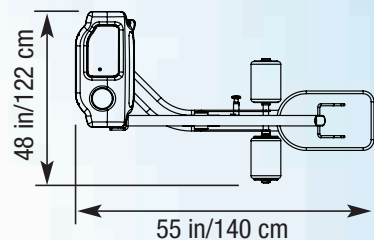


**PPS-208**



## LAT PULLDOWN

- 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.
- 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



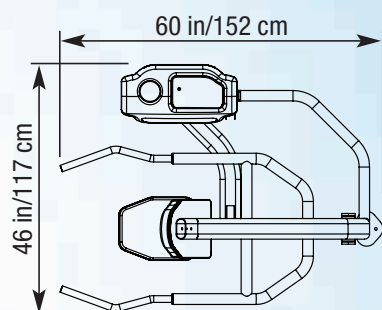
**PPS-210**





## TRICEP PRESS

- Biomechanically correct seat design allows full contraction and arm extension.
- Ergonomic handle design maximizes tricep isolation.
- Easy access gas assist seat adjustment.
- 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

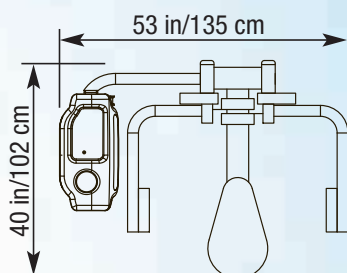


**PPS-212**



## LATERAL RAISE

- Counter-balanced pivot arms provide smooth motion and low starting weight.
- Custom rope handles allow free hand movement and ensure correct exercise application.
- Easy access gas assist seat adjustment.
- 220 lbs. steel weight stack with add-on weight system.  
(Option: 295 lbs. weight stack)

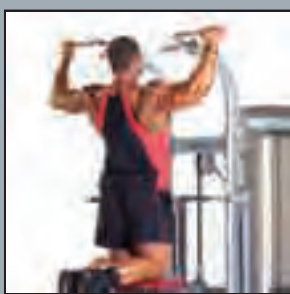


Ht: 57 in/145 cm Wt: 525 lb/238 kg



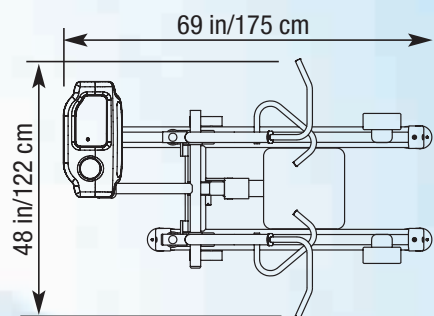
**PPS-213**





## ASSISTED CHIN/DIP

- 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

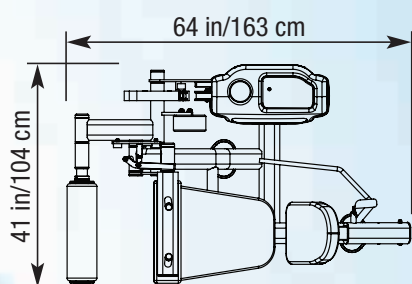


**PPS-215**



## SEATED LEG CURL

- 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



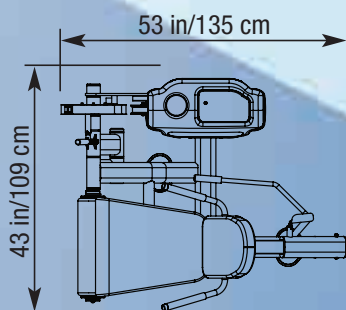
**PPS-232**





## PPS-231 LEG EXTENSION

- 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)



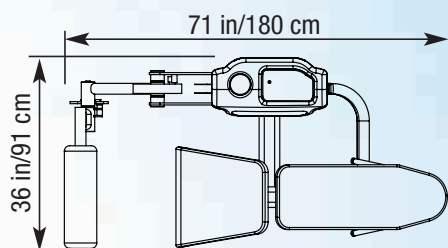
Ht: 57 in/145 cm Wt: 500 lb/227 kg





## PRONE LEG CURL

- 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

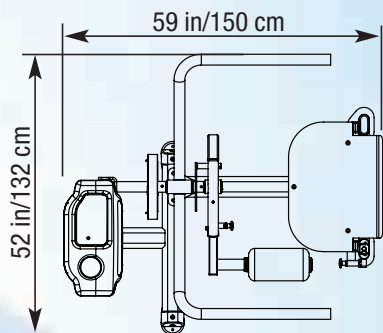


**PPS-233**



## MULTI-HIP FLEXOR

- 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



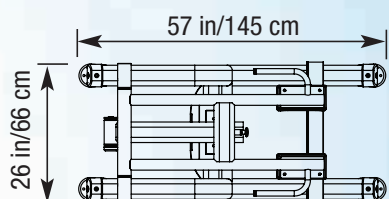
**PPS-237**





## STANDING CALF

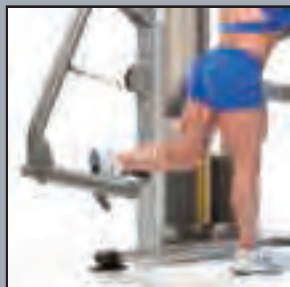
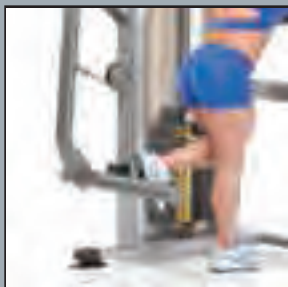
- Direct linkage pivot arms ensure true and balanced movement.
- High density pads with contoured shoulder support adjust to accommodate individual height and range of motion.
- Non-slip, aluminum foot platform angled for proper body alignment.
- 400 lbs. steel weight stack.



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

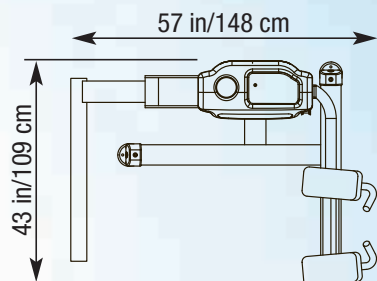


**PPS-238**



## GLUTE MACHINE

- Open frame design and standing exercise position provide ease-of-use and full leg extension.
- 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

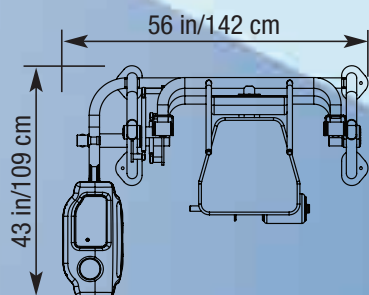


**PPS-239**



## PPS-220 ABDOMINAL CRUNCH

- 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

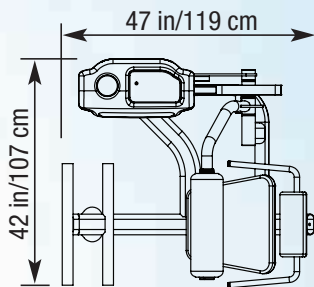






## BACK EXTENSION

- Adjustable pivot arm with multiple start positions.
- Lumbar support prevents accidental over extension.
- Dual footrest to accommodate various leg lengths.
- Built-in handles for control and support.
- 220 lbs. steel weight stack with add-on weight system.  
(Option: 295 lbs. weight stack)



Ht: 57 in/145 cm Wt: 505 lb/229 kg

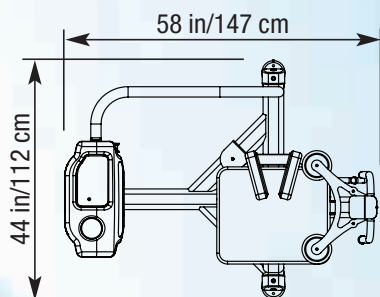


**PPS-221**



## ROTARY TORSO

- TuffStuff exclusive rotary bench design keeps torso and knees stationary while resistance is applied through the mid section.
- Multiple start positions allow desired angle of rotation.
- Smooth "frictionless" cam system assures consistent resistance throughout entire rotation.
- 220 lbs. steel weight stack with add-on weight system.  
(Option: 295 lbs. weight stack)



Ht: 63 in/160 cm Wt: 535 lb/243 kg



**PPS-222**

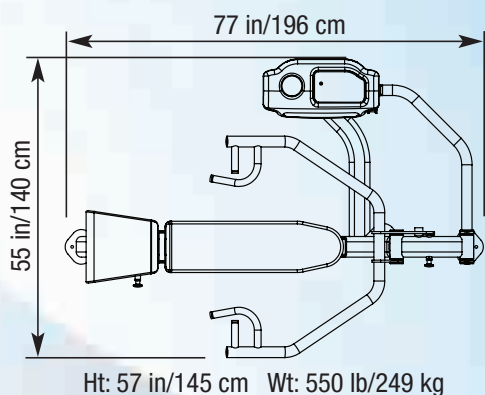




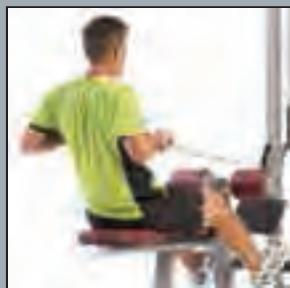


## MULTI-PRESS

- 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)

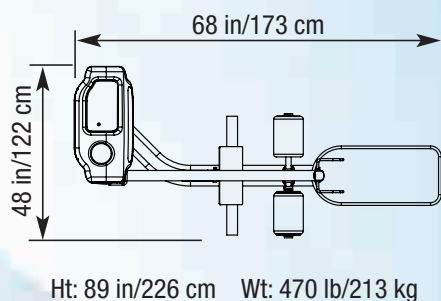


**PPD-801**

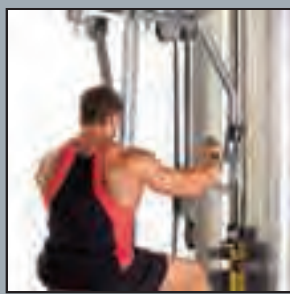
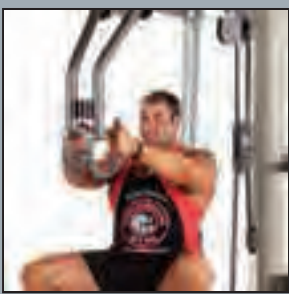


## LAT/MID/LOW ROW

- 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.
- 220 lbs. steel weight stack with add-on weight system.  
(Option: 295 lbs. weight stack)

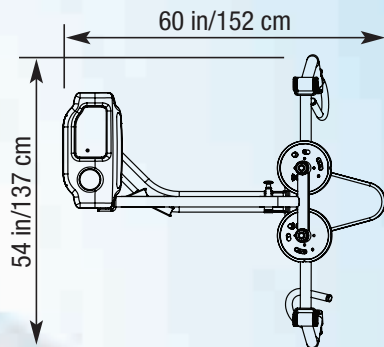


**PPD-802**



## PEC FLY/REAR DELT

- Adjustable, rotary independent arm with swivel handles allow unilateral movements.
- Self-adjusting pivot arms and floating handle design allow uniform and natural hand positioning.
- Easy access gas assist seat 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

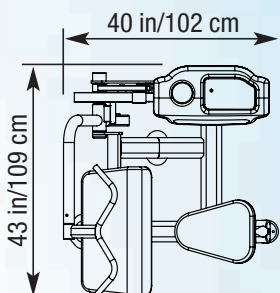


**PPD-803**



## BICEPS/TRICEPS

- Counter-balanced pivot arm with multi-grip handle allows overhand and underhand grip positions.
- Ergonomically designed arm pad for proper support and comfort.
- Easy access gas assist seat 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



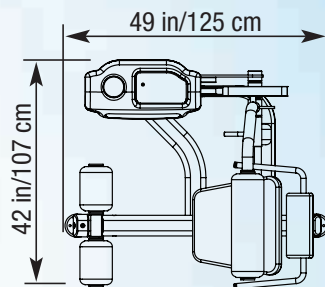
**PPD-804**





## ABDOMINAL/BACK

- 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

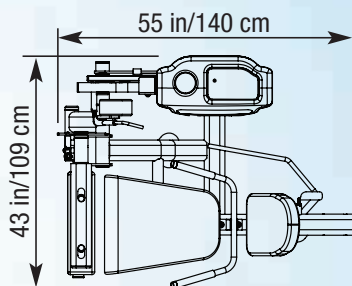


**PPD-805**



## LEG EXTENSION/CURL

- 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

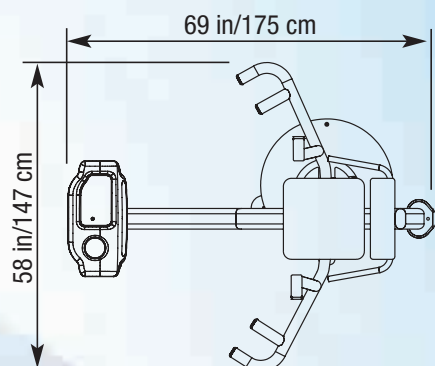


**PPD-806**



## INNER/OUTER THIGH

- 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

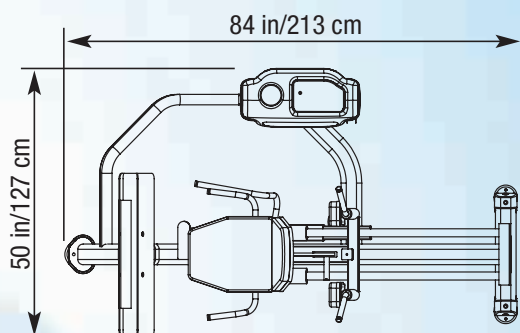


**PPD-807**



## LEG PRESS/HACK SQUAT

- Large solid aluminum foot plates for exercise variation.
  - Dual self-aligning 1-1/2" linear bearing system.
  - Back support adjusts to upright or flat for either seated or horizontal positioning.
  - 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



**PPD-830**



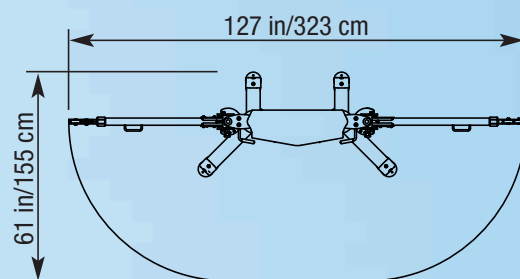


MULTI-FUNCTION



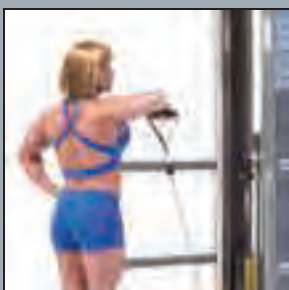
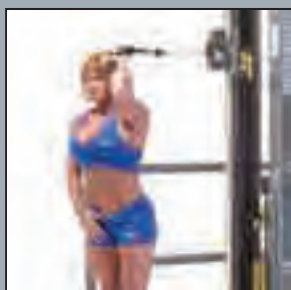
## PPMS-245 FUNCTIONAL TRAINER

- Extension arm offers 150° of vertical adjustments and 165° of horizontal 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.
- Hydraulically supported arms for safe and easy adjustments.
- Two (2) 300 lbs. weight stacks. Resistance at handle is 1/4 of the weight selected.
- 86-inch cable travel per handle.



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





## SINGLE CABLE COLUMN

- 15-position pulley column allows for variety of exercises.
- Designed for speed, functional and ballistic training, and is accessible for wheelchairs, rehab equipment, workout benches and stability balls.
- Available with 1:1/2 weight resistance for fitness facilities, or 1:1/4 weight resistance for rehabilitation and wellness training.
- Ball bearing swivel pulleys, increase fluidity and cable response for more effective sport specific training.
- 150 lbs. weight stack (option 200 lbs.). Resistance loads available in 2.5 lbs. or 5 lbs. increments.\*
- Does not accept Add-on weight system.

LWH: 42x48x90 in/107x122x229 cm

Wt: 380 lb/172 kg

\* Must be specified at time of purchase.



## PPMS-240



## PPMS-250 ADJUSTABLE CABLE CROSSOVER

- Dual 15-position pulley columns allow single or dual exercise options.
- Swivel handles provide free and natural movement.
- Full length protective weight shrouds.

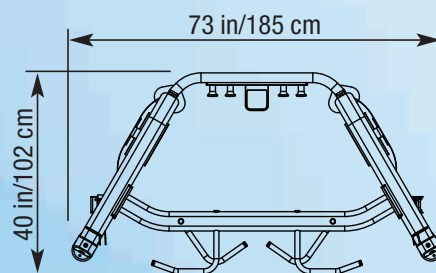
- Two (2) 150 lbs. (option 200 lbs.) steel weight stack. Resistance at handle is 1/2 of the weight selected.

LWH: 147x44x93 in/373x112x236 cm Wt: 695 lb/315 kg



## PPMS-255 DUAL ADJUSTABLE PULLEY

- 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.
- Durable-welded knurled zinc plated multi-grip pull-up station for wide, narrow, reverse and neutral grip upper body exercises.
- 1:1/2 weight resistance offers fluid movement and extended range of motion.
- Wide-base frame designed for functional, speed and ballistic training, is accessible for wheelchairs, rehab equipment, workout benches and stability balls.
- Full length steel protective rear weight shrouds.
- (2) 150 lbs. (200 lbs. optional) steel weight stack. 1:1/2 ratio – 50% of the resistance.
- Factory install option to convert the resistance ratio to 1:1/4 – 25% of the resistance.



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





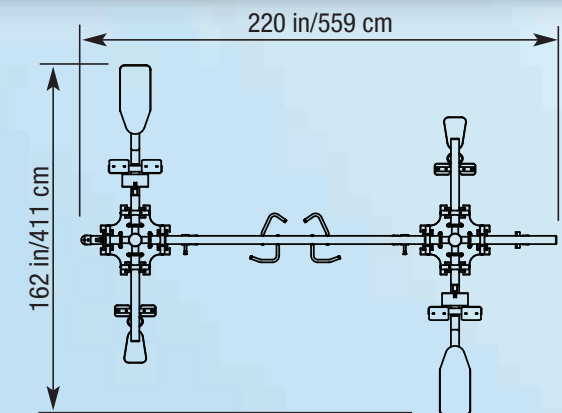
## PPMS-9000 9-STATION JUNGLE GYM

- The ultimate jungle system connecting two PPMS-4000 jungles with the cable crossover option.
- Steel plate corner braces reinforced main frame for maximum structural stability.
- Customizable modular system offers the flexibility to choose your exercise stations and positioning that best suits your facility.
- Solid aluminum pulleys with sealed bearings for smooth friction-free movement.

- Combination USA certified 3/16" and 1/4" military-spec coated steel cable rated at 4200 lbs. tensile strength.
- Durable-welded knurled zinc plated multi-grip pull-up station.
- Standard with full length protective steel weight shrouds with integrated exercise placards.
- Eight (8) 200 lbs. steel weight stacks.  
(Option: 300 lbs. steel weight stack)

### System as shown:

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



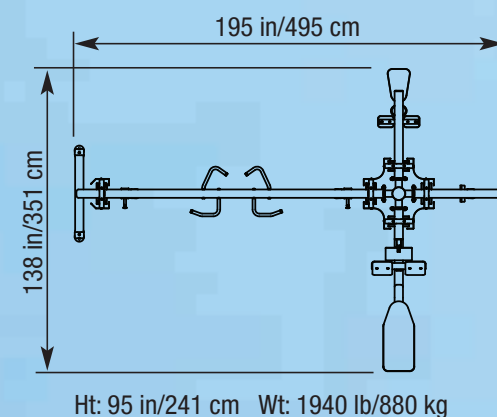
Ht: 95 in/241 cm Wt: 3120 lb/1415 kg

## PPMS-6000 6-STATION JUNGLE GYM

- Combines cable crossover option with 4-station jungle.
- 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.
- Five (5) 200 lbs. steel weight stacks.  
(Option: 300 lbs. steel weight stack)

### System as shown:

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

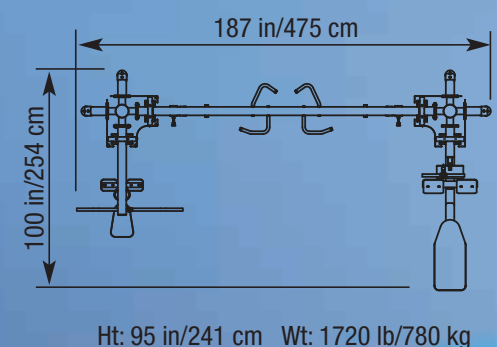


## PPMS-5000 5-STATION JUNGLE GYM

- Crossover with built-in durable-welded knurled zinc plated multi-grip pull-up station for variety of upper body exercises.
- Standard with full length protective steel weight shrouds.
- Customizable modular system offers the flexibility to choose your exercise stations and positioning to suit your facility.
- 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







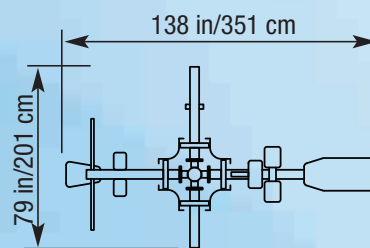
Shown with fixed Hi/Low Station

## PPMS-4000 4-STATION JUNGLE GYM

- Customizable modular system offers the flexibility to choose your exercise stations and positioning to suit your facility.
- Standard with full length protective steel weight shrouds with integrated exercise placards.
- Steel plate corner braces reinforced main frame for maximum structural stability.
- 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:

Lat Pulldown; Low Row; Tricep Pressdown and Adjustable Hi/Low.



Ht: 95 in/241 cm Wt: 1520 lb/689 kg





**PLEASE NOTE:**

Olympic weight plates as shown are not included.



## PPL-900 SMITH MACHINE

- 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.

LWH: 87x53x91 in/221x135x231 cm Wt: 425 lb/193 kg

**PLEASE NOTE:**

Olympic weight plates and weight prongs as shown are not included.



## PPL-905 CHEST PRESS

- Converging press arms mimic natural articulation of shoulder girdle and allow unilateral movement.
- **U-Grip** handle design swivels to maintain neutral wrist position throughout full range of motion.

- Adjustable seat height accommodates most size users.
- Option: Olympic weight prongs (set of four).
- 9-1/2" weight horn

LWH: 72x47x62 in/183x119x157 cm Wt: 205 lb/93 kg

**PLEASE NOTE:**

Olympic weight plates and weight prongs as shown on this page are not included.



## PPL-910 INCLINE PRESS

- Converging press arms mimic natural articulation of shoulder girdle and allow unilateral movement.
- **U-Grip** handle design swivels to maintain neutral wrist position throughout full range of motion.

- Adjustable seat height accommodates most size users.
- Option: Olympic weight prongs (set of four).
- 9-1/2" weight horn

LWH: 63x47x53 in/160x119x135 cm Wt: 175 lb/79 kg



## PPL-915 SHOULDER PRESS

- Converging press arms mimic natural articulation of shoulder girdle and allow unilateral movement.
- **U-Grip** handle design swivels to maintain neutral wrist position throughout full range of motion.

- Adjustable seat height accommodates most size users.
- Option: Olympic weight prongs (set of four).
- 9-1/2" weight horn

LWH: 55x47x47 in/140x119x119 cm Wt: 180 lb/82 kg



**PLEASE NOTE:**

Olympic weight plates as shown on this page are not included.



## PPL-920 BICEPS CURL

- Unilateral arm movement.
- Swivel handles pivot to allow natural wrist movement throughout the full range of motion.

- Adjustable seat height to accommodate various users.
- 8" weight horns.

LWH: 34x53x37 in/86x135x94 cm Wt: 170 lb/77 kg



## PPL-925 SEATED DIP

- Easy access design with adjustable seat and leg hold downs to accommodate most users.
- 1" stainless steel pivot shaft on internally encased 2" industrial roller bearings provides smooth movement.

- **U-Grip** handle design allows wrist to remain parallel to floor throughout entire range of motion.
- 8-1/2" weight horn.

LWH: 63x40x42 in/160x102x107 cm Wt: 145 lb/66 kg

**PLEASE NOTE:**

Olympic weight plates as shown on this page are not included.



## PPL-930 SEATED ROW

- 360° articulating **U-Grip** handles allow user defined hand positioning.
- Independent pivot arms allow unilateral movement.
- Adjustable seat pad height fits most users.

- Chest support adjusts for various arm lengths.
- 8-1/2" weight horn.

LWH: 54x39x39 in/137x99x99 cm Wt: 150 lb/68 kg



## PPL-935 LAT PULLDOWN



- 360° articulating U-Grip handles allow user defined hand positions.
- Diverging independent arms allow unilateral movements.
- Fully adjustable thigh hold-down support.
- 7-1/2" weight horn.

LWH: 72x45x85 in/183x114x216 cm  
Wt: 250 lb/113 kg



**PLEASE NOTE:**

Olympic weight plates as shown on this page are not included.



## PPL-940 INCLINE LEVER ROW

- Unique pivoting handle design maintains correct wrist and arm positioning throughout the entire range of motion.
- Bi-level foot supports to accommodate various size users.

- Dual bar rests ensure safe and secure start and end positioning.
- 14-1/2" weight horn.

LWH: 78x47x48 in/198x119x122 cm Wt: 175 lb/79 kg



## PPL-945 LEG EXTENSION

- Adjustable footroll to accommodate different leg lengths and start positions.
- Ergonomic seat angle ensures maximum muscle isolation.

- Adjustable back pad accommodates most users.
- 8-1/2" weight horn.

LWH: 66x48x43 in/168x122x109 cm Wt: 170 lb/77 kg



**PLEASE NOTE:**

Olympic weight plates as shown on this page are not included.



## PPL-950 PRONE LEG CURL

- 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.

LWH: 84x48x36 in/213x122x91 cm Wt: 180 lb/82 kg



## PPL-955 SEATED CALF

- Knee hold-down pads adjust for various leg lengths.
- Swivel pivot arm easily engages and disengages.
- Bench seat moves with pivot arm for comfort.

- Non-slip footplates.
- 7" weight horn.

LWH: 33x56x35 in/84x142x89 cm Wt: 120 lb/54 kg



**PLEASE NOTE:**

Olympic weight plates as shown on this page are not included.



## PPL-960 LEG PRESS

- 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.

LWH: 104x65x58 in/264x165x147 cm

Wt: 555 lb/252 kg

**PLEASE NOTE:**

Olympic weight plates as shown on this page are not included.



## PPL-965 HACK SQUAT

- Dual self-aligning 1-1/2" linear bearing system.
- 1-1/2" precision ground tempered solid steel shafts.
- Oversized convex footplate design provides correct ankle and knee positioning minimizing stress on joints.
- 35° angle of travel with starting weight at 90 lbs.

- Conveniently located dual safety catches and release handles for safe start and end positions.
- Built-in Olympic weight storage.
- 14-1/2" weight horn and 7-1/2" top weight horn.

LWH: 104x65x58 in/264x165x147 cm

Wt: 520 lb/236 kg



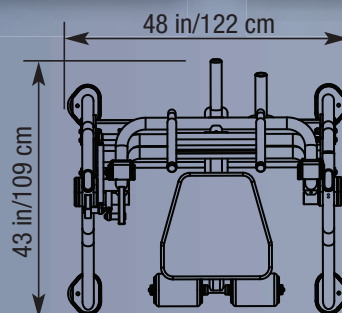
**PLEASE NOTE:**

Olympic weight plates as shown are not included.



## PPL-970 ABDOMINAL CRUNCH

- 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





**Positions  
(low – high)**

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



**PPF-700** Multi Adjustable Bench

LWH: 68x29x50 in/173x74x127 cm Wt: 105 lb/48 kg



**PPF-703** Utility Bench

LWH: 52x29x37 in/132x74x94 cm Wt: 60 lb/27 kg

**Positions  
(low – high)**

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



**PPF-SSP**

Side Spotter Stands (option)

**PPF-701** Flat/Incline Bench

LWH: 59x25x51 in/150x64x130 cm Wt: 107 lb/49 kg

**Positions  
(low – high)**

- (1) – 35°
- (2) – 45°
- (3) – 55°
- (4) – 65°
- (5) – 75°

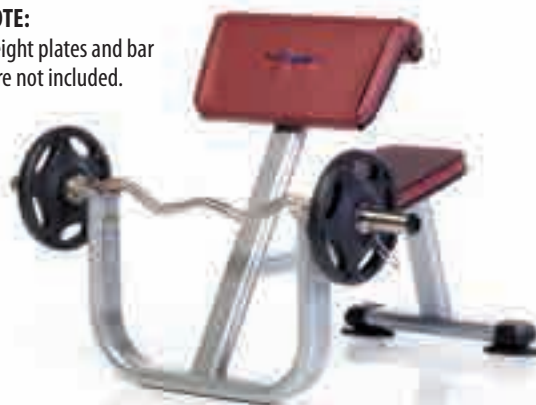


**PPF-705** Adjustable Incline Bench

LWH: 58x29x50 in/147x74x127 cm Wt: 85 lb/39 kg

**PLEASE NOTE:**

Olympic weight plates and bar  
as shown are not included.



**PPF-706** Preacher Curl Bench

LWH: 40x28x43 in/102x71x109 cm Wt: 70 lb/32 kg



**PPF-702** Flat Bench

LWH: 58x25x18 in/147x64x46 cm Wt: 65 lb/29 kg



**PPF-707** Olympic Flat Bench

LWH: 49x53x50 in/124x135x127 cm Wt: 140 lb/64 kg



**PPF-708** Olympic Incline Bench

LWH: 71x53x55 in/180x135x140 cm Wt: 175 lb/79 kg



**PPF-709** Olympic Decline Bench

LWH: 71x53x43 in/180x135x109 cm Wt: 145 lb/66 kg



**PPF-710** Olympic Military Bench  
with rear spotter platform

LWH: 46x53x68 in/117x135x173 cm Wt: 197 lb/89 kg

OPTIONS



**PPF-WSOB** Weight Storage  
Wt: 80 lb/52 kg



**PPF-RSPO** Rear Spotter Platform  
Wt: 45 lb/20 kg

**PLEASE NOTE:**  
Olympic bar and weight plates as shown  
on this page are not included.

FREE WEIGHT BENCHES & RACKS



**PLEASE NOTE:**

Olympic bar and weight plates as shown on this page are not included.

**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°



**PPF-711** 4-Way Olympic Bench

LWH: 89x63x66 in/226x160x168 cm Wt: 385 lb/175 kg

**Positions  
(low – high)**

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



**PPF-714** Adjustable Decline Bench

LWH: 63x29x48 in/160x74x122 cm Wt: 120 lb/54 kg



**PPF-718** Glute-Ham Bench

LWH: 70x34x46 in/178x86x117 cm Wt: 195 lb/88 kg



**PPF-717** Back Station

LWH: 51x33x41 in/130x84x104 cm Wt: 125 lb/57 kg



**PPF-720** Chin/Dip/Leg Raise

LWH: 55x37x89 in/140x94x226 cm Wt: 245 lb/111 kg



**PPF-753** Barbell Rack

LWH: 27x44x62 in/69x112x157 cm Wt: 190 lb/86 kg

**PLEASE NOTE:**

Olympic bar, barbells and weight plates as shown on this page are not included.



**PPF-850** Squat Rack

LWH: 59x65x72 in/150x165x183 cm Wt: 245 lb/111 kg



**PLEASE NOTE:** Dumbbells, Olympic bars and weight plates as shown on this page are not included.



**PPF-752** 2-Tier Saddle Dumbbell Rack (10-Pair)

LWH: 30x100x29 in/76x254x74 cm Wt: 195 lb/88 kg



**PPF-752T** 2-Tier Tray Dumbbell Rack

LWH: 30x84x31 in/76x213x79 cm Wt: 300 lb/136 kg



**PPF-758** Olympic Weight Tree

LWH: 27x25x44 in/69x64x112 cm  
Wt: 80 lb/36 kg



**PPF-754** 3-Tier Saddle Dumbbell Rack (15-Pair)

LWH: 31x100x44 in/79x254x112 cm Wt: 300 lb/136 kg



**PPF-754T** 3-Tier Tray Dumbbell Rack

LWH: 36x84x46 in/91x213x117 cm Wt: 425 lb/193 kg

**PLEASE NOTE:** Olympic bar and weight plates as shown are not included.



## PPF-800 DELUXE POWER RACK

- Free standing double-sided racking system built for safety and variety.
- Dual pull-pin adjustments on the cross-beams bar support (9000 lbs. load strength).
- Large walk-in area for easy access and maneuverability for 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.

LWH: 78x63x95 in/198x160x241 cm Wt: 505 lb/229 kg

**Option:** PPF-ARPR All Rubber 2" Platform with inset.

Platform LW: 72x90 in/183x229 cm Inset LW: 78x51 in/198x130 cm

Wt: 470 lb/213 kg



PPF-ARPR Rubber Platform





## TUFFSTUFF FITNESS OFFICE & MANUFACTURING FACILITY

### 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 certified 3/16" military-spec steel cable coated to 1/4" diameter with 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 sheer 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.

### CUSTOM STABILIZER FEET:

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

### SELECTOR WEIGHT PINS:

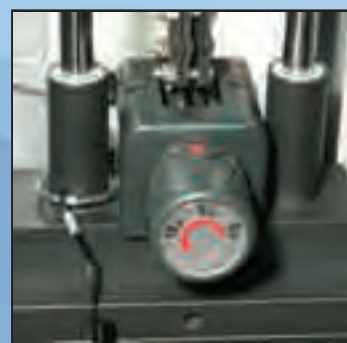
Weight pins are solid steel, magnetic with ball-end to ensure a tight connection and secure fit. Coiled lanyard helps prevent pin removal and loss.

### WEIGHT STACK:

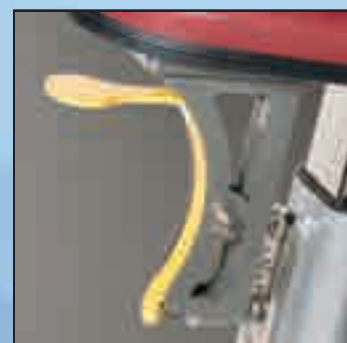
Black painted solid steel weight plates with self aligning low friction sleeves. Weight upgrades available:  
PPO-050 50 lbs. weight stack upgrade.  
PPO-075 75 lbs. weight stack upgrade.  
PPO-100 100 lbs. weight stack upgrade.  
(Not available on all machines).



### EXCLUSIVE FEATURES:



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



**Easy** access gas assist seat adjustment.

### FINISH:

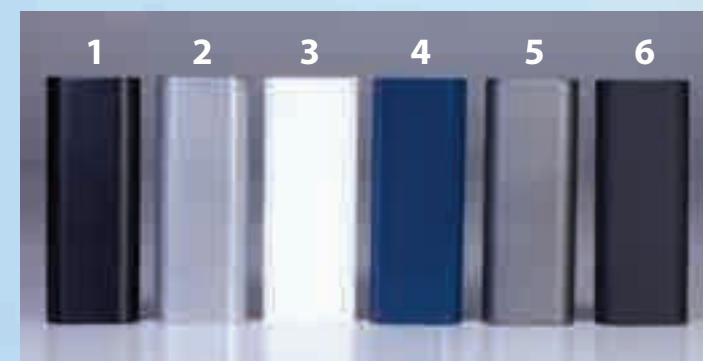
Eight-step electrostatically applied powder coat finish which includes baked at 400°F carefully monitored to ensure complete curing.

### FRAME COLORS:

Custom two tone finish offers choice of six primary colors combined with Charcoal Texture accents.

(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.



### 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.

### 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



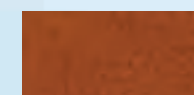
**UPH-301**  
Tan Crocus



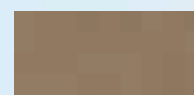
**UPH-302**  
Azure



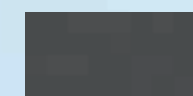
**UPH-303**  
Navy



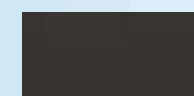
**UPH-304**  
Wheat



**UPH-305**  
Suede



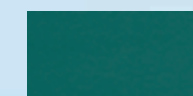
**UPH-306**  
Charcoal



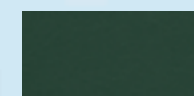
**UPH-307**  
Black



**UPH-308**  
Royal



**UPH-309**  
Grotto



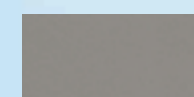
**UPH-310**  
Hunter



**UPH-311**  
American Beauty



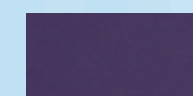
**UPH-312**  
Burgundy



**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.



A full-page photograph of a muscular man, Daniel Hill, performing a lat pulldown exercise on a Tuffstuff Fitness machine. He is wearing a black tank top with blue trim and a circular logo that says 'COLOSSEUM', and dark grey shorts. He has tattoos on his chest and arms. The machine is grey with yellow weight stacks and a large chart of exercise diagrams on the back. The background is a solid blue color.

**DANIEL HILL**

Former IFBB Professional Bodybuilder

**TUFFSTUFF**  
FITNESS

**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](http://www.tuffstufffitness.com)