



TuffStuff Fitness Equipment



Home Strength

America's Premier Exercise Equipment Since 1971

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: RAR-620 Accessory Combo Rack



Flat Chest Press



Shoulder Press



Built-in handle and wheels for easy roll-away

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

CHIN/DIP/VKR & PUSH-UP COMBO



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

VERTICAL KNEE RAISE/DIP STAND



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

ADJUSTABLE HYPEREXTENSION 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

ADJUSTABLE ABDOMINAL BENCH



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

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 TOA-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 pub-
lished 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

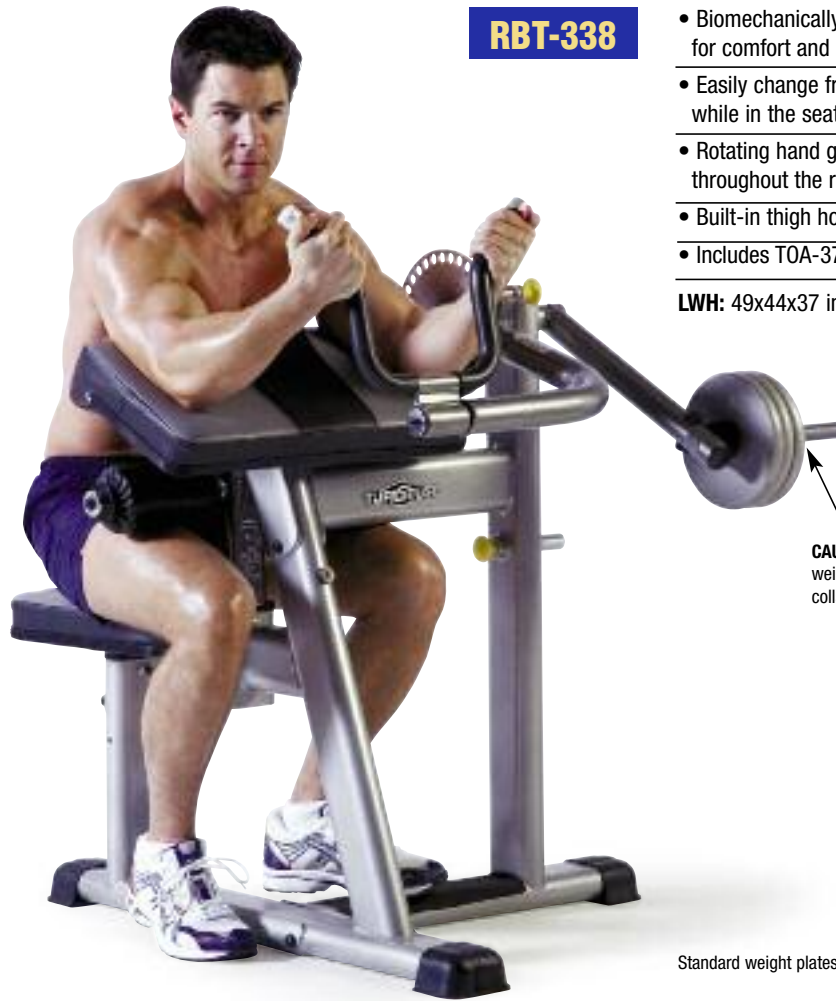
LWH: 57x51x74 in **SH WT:** 146 lb

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



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

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: 56x27x18 in **SH WT:** 65 lb

SEATED CALF BENCH



Olympic weight plates not included

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

POWER CAGE/RACK



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

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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

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

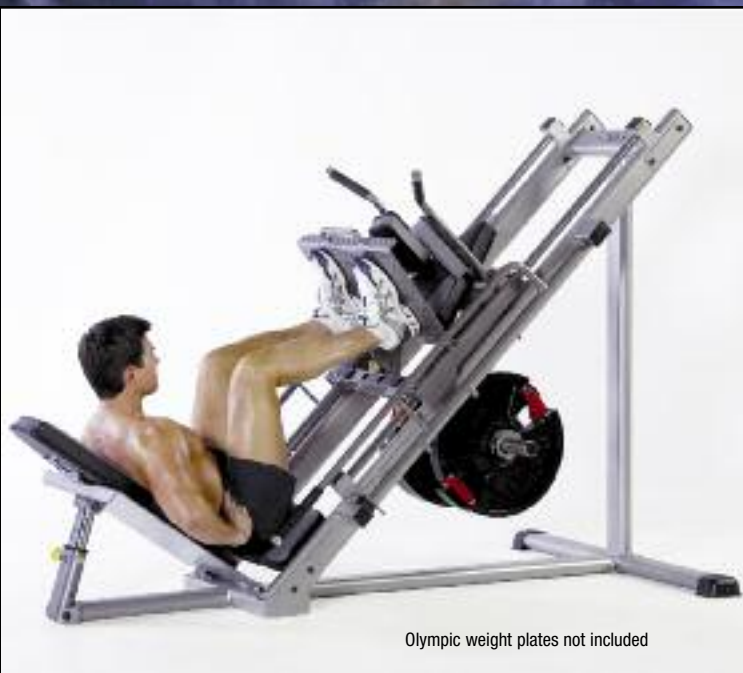
LWH: 39x125x84 in
SH WT: 555 lb



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

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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) design to lockout and release at ease
- Maximum weight load 720 lbs.
- Built-in Olympic plate holders

LWH: 83x47x59 in SH WT: 230 lb

POWER CAGE/RACK



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

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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

LAT MACHINE



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

CORNER MULTI-FUNCTIONAL CROSS TRAINER



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)

MULTI FUNCTIONAL TRAINER

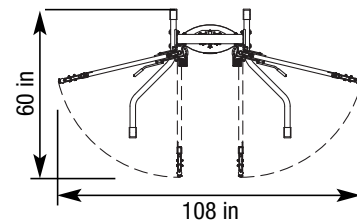


Basic exercises shown, additional exercises available which may require a different set-up, optional accessory, or bench



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



Height: 86 in SH WT: 378 lbs.



Pectoral Fly



Standing Inner Thigh



Upright Row

SMITH-HALF CAGE ENSEMBLE with 200 lbs. weight stack

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: 55 lb



RAR-620

ACCESSORY COMBO RACK

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

DUMBBELL RACKS

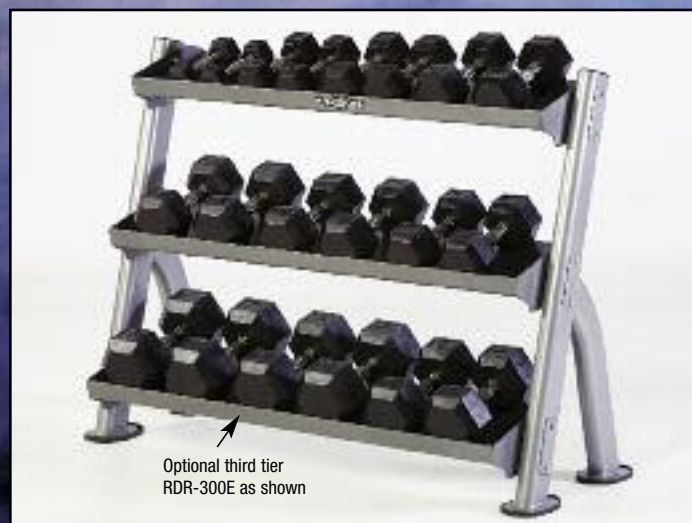


RDR-308

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 six years, we still maintain a full service manufacturing facility in Pomona, 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.

Information & Warranty:

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

Specifications:

- 11-gauge oval tubular steel frames.
- 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" chrome-finish solid steel guide rods.
- 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 888-884-8275.

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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 refinements 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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