



THE PLATE LOADED RANGE

EXCEPTIONAL, INTEGRAL
AND STRONG.



PLATE LOADED FEATURES



WEIGHT LOADING UP TO 500KG

To accommodate all users including advanced and sports specific training the plate loaded range can accommodate a maximum 500kg weight plate load.



SAFETY & COMFORT

Biomechanically efficient user position, anti-slip footplate, support pads and floor fixing points all contribute to user safety and comfort during exercise.



DURABILITY

Premium materials, electrostatic powder coating, precision engineering and electro welding provide uncompromised durability and maximum design integrity.



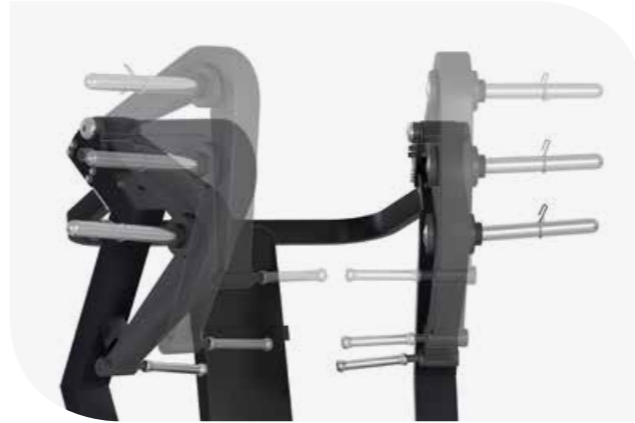
MULTIPLE SEAT ADJUSTMENTS

Simple and easy to adjust from the workout position, providing added comfort, stability and safety.



MULTIPLE ERGONOMIC GRIP POSITIONS

Oversized ergonomic steel handles, in multiple key positions designed for maximum control and movement efficiency during the exercise.



CONVERGING & DIVERGING MOVEMENT

Each machine is designed to replicate the body's natural plane of movement with converging and diverging control.



UNILATERAL EXERCISE CAPABILITIES

Independent movement arms allow for unilateral exercises for users to focus on key training requirements and specific muscle groups.



AESTHETICS

The Plate loaded range will aesthetically appeal to all gym environments, complimenting the other Pulse Fitness product range.

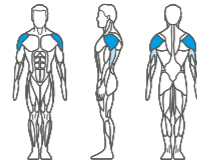




Olympic Plates sold separately

302H Shoulder Press

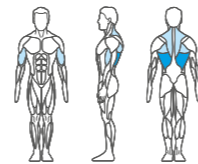
- Converging axis to replicate the body's natural movement
- Oversized steel grips for comfort and durability
- Low start resistance to ensure exercise is performed smoothly and safely



Olympic Plates sold separately

377H Lat Pulldown

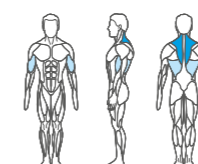
- Diverging axis to replicate the body's natural movement
- Oversized steel grips for comfort and durability
- With low start resistance to ensure exercise is performed smoothly and safely



Olympic Plates sold separately

444H Seated Row

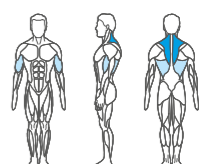
- Diverging axis to replicate the body's natural movement
- Multiple oversized steel grips for comfort and durability
- Low start resistance to ensure exercise is performed smoothly and safely



Olympic Plates sold separately

448H Low Row

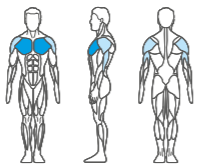
- Diverging upward movement direction
- Multiple oversized steel grips for comfort and durability
- Independent arm movements



Olympic Plates sold separately

307H Chest Press

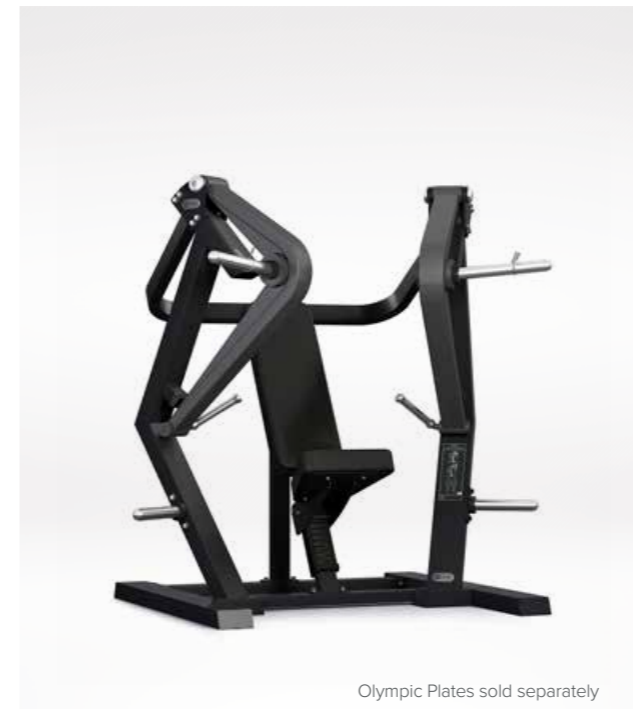
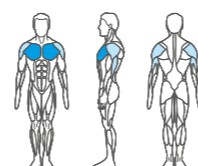
- Converging axis to replicate the body's natural movement
- Oversized steel grips for comfort and durability
- Low start resistance to ensure exercise is performed smoothly and safely



Olympic Plates sold separately

312H Incline Chest Press

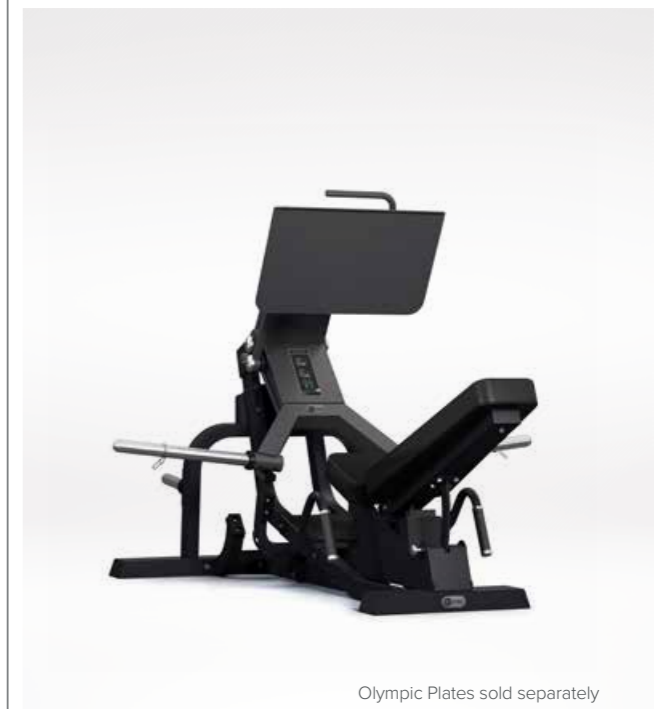
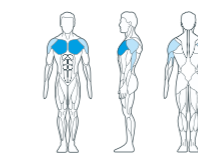
- Diverging axis to replicate the body's natural movement
- Oversized steel grips for comfort and durability
- Low start resistance to ensure exercise is performed smoothly and safely



Olympic Plates sold separately

313H Wide Chest Press

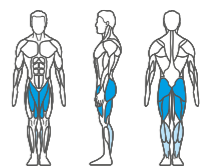
- Angled handle for user exercise stability
- Comfortable angled footplate support.



Olympic Plates sold separately

573H Seated Leg Press

- Footplate handle provides easy access on and off the machine
- Large footplate to accommodate of variety of exercise positions
- Linkage system design to reduce knee shear

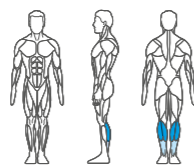




Olympic Plates sold separately

527H Seated Calf

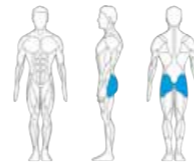
- Back pad and angled handles for user safety and stability
- Textured, comfortable angled footplate support
- Single movement plane to maximise results and safety



Olympic Plates sold separately

572H Rear Kick

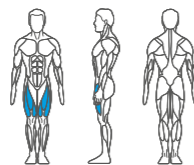
- Large foot plate providing a variation of exercise positions and user stability
- Supporting pad and handles to ensure stability and controlled gluteal isolation
- Single movement plane to maximise results and safety



Olympic Plates sold separately

559H Leg Eaxtension

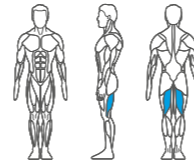
- Declined seat and back angle offers optimal workout position
- Conveniently placed handle bars for additional stability and performance
- Independant motion for optimising the user experience



Olympic Plates sold separately

566H Standing Leg Curl

- Extra thick upholstery gives a comfortable
- Independant motion for optimising the user experience
- Handle bars and top padding offer the user maximum support and stability



866H Half Rack

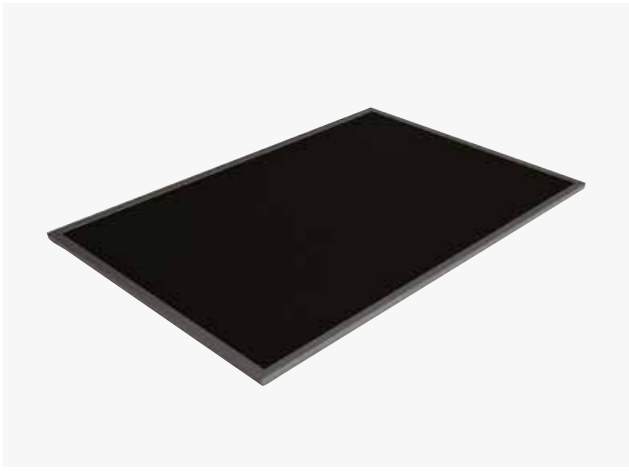
- Open-face design for easy access
- Oversized durable steel frame
- Angled chin up handles
- Low dual-sided steel pegs for specialist speed and technique training
- Olympic storage bars
- Optional wooden/rubber lifting platform
- Adjustable dual-sided internal/external spotting bars



867H Full Rack

- Ultimate power rack with open-face design for easy access
- Oversized durable steel frame
- Angled chin up handles
- High and low dual-sided steel pegs for specialist speed and technique training
- Olympic storage bars
- Optional wooden/rubber lifting platform
- Adjustable dual-sided internal/external spotting bars





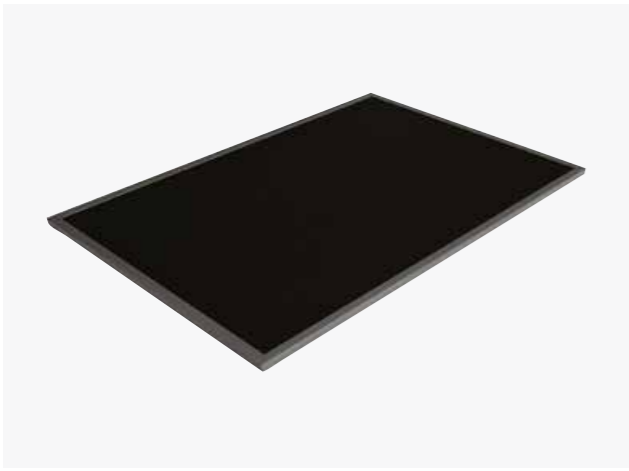
90-378-1 2.5m x 3.2m Rubber Lifting Platform

- Layers of rubber flex
- 60mm high
- 300kg loading
- Steel frame



90-379-1 2.5m x 2.5m Rubber Lifting Platform with Oak Insert

- Layers of rubber flex
- Solid oak insert
- 60mm high
- 300kg loading
- Steel frame
- Facility branding (optional)



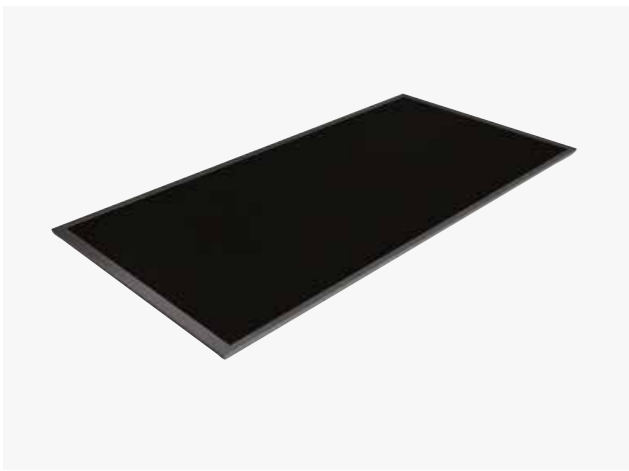
90-380-1 3.8m x 3.2m Rubber Lifting Platform

- Layers of rubber flex
- 60mm high
- 300kg loading
- Steel frame



90-381-1 3m x 3m Rubber Lifting Platform with Oak Insert

- Layers of rubber flex
- Solid oak insert
- 60mm high
- 300kg loading
- Steel frame
- Facility branding (optional)



90-382-1 5.6m x 3.2m Rubber Lifting Platform

- Layers of rubber flex
- 60mm high
- 300kg loading
- Steel frame



90-383-1 6m x 3m Rubber Lifting Platform with Oak Insert

- Layers of rubber flex
- Solid oak insert
- 60mm high
- 300kg loading
- Steel frame
- Facility branding (optional)



866-H35-1 3m x 1.5m Half Rack Rubber Platform

- Layers of rubber flex
- 60mm high
- 300kg loading
- Steel frame
- Integrated design to fit Pulse Fitness Half Rack



866-H30-1 3m x 1.5m Half Rack Rubber Platform with Oak Insert

- Layers of rubber flex
- Solid oak insert
- 60mm high
- 300kg loading
- Steel frame
- Integrated design to fit Pulse Fitness Half Rack
- Facility branding (optional)



867-H35-1 3m x 1.5m Full Rack Rubber Platform

- Layers of rubber flex
- 60mm high
- 300kg loading
- Steel frame
- Integrated design to fit Pulse Fitness Full Rack



867-H30-1 3m x 1.5m Full Rack Rubber Platform with Oak Insert

- Layers of rubber flex
- Solid oak insert
- 60mm high
- 300kg loading
- Steel frame
- Integrated design to fit Pulse Fitness Full Rack
- Facility branding (optional)



PLATE LOADED FEATURES & SPEC

	302H	377H	307H	312H	313H	444H	448H	527H	573H	566H	572H	559H
	Shoulder Press	Lat Pulldown	Chest Press	Incline Chest Press	Wide Chest Press	Seated Row	Low Row	Seated Calf	Seated Leg Press	Seated Leg Curl	Rear Kick	Leg Extension
Product Features												
Compact space efficient design	■	■	■	■	■	■	■	■	■	■	■	■
Multiple seat adjustments	■	■	■	■	■	■	■	-	-	-	-	■
Multiple hand grip positions	-	-	-	-	-	■	■	-	-	-	-	-
Adjustable workout position	-	-	-	-	-	-	-	■	-	-	-	-
Converging and diverging movement	■	■	■	■	■	-	-	-	-	-	-	■
Oversized ergonomic handle bars for comfort	■	■	■	■	■	■	■	■	■	■	■	■
Weight loading upto 500kg	■	■	■	■	■	■	■	■	■	■	■	■
Integrated weight storage	■	■	■	■	■	■	■	■	■	-	-	-
Support pads and/or rollers for additional comfort and safety	-	■	-	-	-	■	■	■	■	■	■	■
Large sturdy anti-slip footplate	-	-	-	-	■	■	-	■	■	-	-	-
Floor fix option for optimum safety	■	■	■	■	■	■	■	■	■	■	■	■
Slip brushed steel	■	■	■	■	■	■	■	■	■	■	■	■
Electro welded to maximum integrity	■	■	■	■	■	■	■	■	■	■	■	■
Electrostatic powder coated for superior durability	■	■	■	■	■	■	■	■	■	■	■	■
Weight plates included	-	-	-	-	-	-	-	-	-	-	-	-
2 year warranty (parts and labour)	■	■	■	■	■	■	■	■	■	■	■	■
Dimensions												
Length (cm)	155	148	193	190		181	176	147	222	140	168	127
Width (cm)	181	148	137	152		150	145	76	142	104	122	169
Height (cm)	148	196	171	177		133	165	845	141	120	163	100
Weight (kg)	170	151	173	183		162	167	56	189	TBC	142	TBC



EDDIE 'THE BEAST' HALL, WORLD'S STRONGEST MAN

“Being both Britain’s and the World’s Strongest Man, I need equipment that is as strong as me and built last which is why I’m proud to work with the only fitness kit provider that designs, builds and services everything right here in the UK. As an ambassador I hope to inspire the next generation to become more involved in fitness and lead an active lifestyle.”