



PLATE LOAD Series

Designed for enjoying your life



www.steelflexfitness.com



CONTENTS

• PLBP Bench Press ----- P03	• PLLC Leg Curl ----- P08	• PSDP Decline Chest Press ----- P14
• PLIP Incline Chest Press ----- P03	• PLLP Leg Press ----- P09	• PL2100 Chest Press / Shoulder Press ----- P14
• PLLA Lat Pulldown ----- P04	• PLDP Supine Leg Press ----- P09	• PL2200 Lat Pulldown / Back Row ----- P15
• PLSR Seated Row ----- P04	• PLHP Hack Press ----- P10	• PL2300 Squat / Dead Lift ----- P15
• PLTR T-bar Row ----- P05	• PLSS Standing Squat ----- P10	• PL2400 Abdominal Crunch / Back Extension ----- P16
• PLSTR Standing T-Bar Row ----- P05	• PLHE Hip Extension ----- P11	• PL2500 Leg Extension / Leg Curl ----- P16
• PLSP Shoulder Press ----- P06	• PLSLC Standing Leg Curl ----- P11	• Product Specifications ----- P17
• PLBC Biceps Curl ----- P06	• PLHT Hip Thruster ----- P12	
• PLTE Triceps Extension ----- P07	• PLAC Abdominal Crunch ----- P12	
• PLSC Seated Calf Press ----- P07	• PSBP Bench Press ----- P13	
• PLLE Leg Extension ----- P08	• PSIP Incline Chest Press ----- P13	



PLATE LOAD

Steelflex



Features



To consider with elaboration, stabilization, and space-saving, then series Plate Load and Plate Load 2 make this abstract idea into a realistic solution.



The frame is finished with a high-quality two-coat and two-bake painting process.



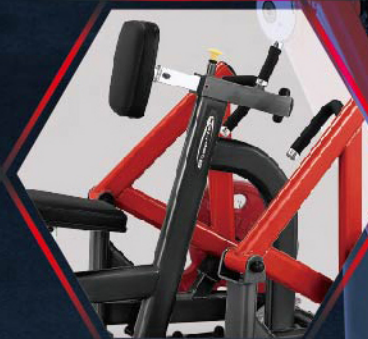
The handle in ergonomics reduces the stress of wrists.



Ergonomically designed backrest and upholstery provide comfort and longevity of machines.



The commercial-grade bearing offers durability.



The mainframe is constructed with heavy-gauge steel tubing.





PLBP

Bench Press

Bilateral arms maximize the contraction of your pectoralis and distribute muscle development evenly. The curved, dipped handle features multiple grip positions increasing variety to your workouts. Backrests were built of high-quality padding to offer exceptional support during exercises.

SPEC



VIDEO



PLIP

Incline Chest Press

Protect the spine during workouts via an incline design for the adjustable backrest and upholstery to safely develop pectoral muscles, deltoids, and triceps through converging motions.

SPEC



VIDEO





PLLA

Lat Pulldown

The upholstery and knee hold-down rollers are adjustable to help operators maintain proper positions to develop the biceps and latissimus dorsi and reduce discomfort during workouts. Arm movements in a natural arc of motion due to a biomechanical design are independent and divergent.

SPEC



VIDEO



PLSR

Seated Row

Pivoting geometric triangle shapes movement arms and curved handles for wide-grip and narrow-grip rows with smooth feeling to develop rear deltoids, rotator-cuff muscles, and latissimus-dorsi muscles. The oversized upholstery and the chest pad are adjustable to ensure a correct seated posture while working out.

SPEC



VIDEO





PLTR

T-bar Row

Feature an adjustable chest pad with aluminum tread foot plates to support and stabilize operators while working out. Two types of handgrips are available to perfect exercise techniques, fine-tune workout postures, and fortify your upper arms and back muscles.

SPEC



VIDEO



PLSTR

Standing T-Bar Row

Work out your rear deltoids, biceps, supraspinatus muscles, and latissimus-dorsi from T-bar rows that use multiple grips. The PLSTR is designed for toning ripped arms and back, thanks to a combination device of a non-slip tread foot platform with a cantilevered beam.

SPEC



VIDEO





PLSP

Shoulder Press

The PLSP machine provides an upright position for shoulder presses to strengthen your deltoids and triceps. The pivoting movement arms allow for independent operations, and exercisers can balance muscle mass development through convergent motions.

SPEC



VIDEO



PLBC

Biceps Curl

Pivoting design of bilateral movement arms and handles allow maximum flexibility for wrists and elbows to strengthen bicepses with smooth curl motions. Blueprint from human natural postures, the extra-durable pads are set at an oblique angle.

SPEC



VIDEO





PLTE

Triceps Extension

The ergonomically curved handles provide improved extension movement for working out triceps. The adjustable upholstery with a slight incline in design reduces pressures on the back.

SPEC



VIDEO



PLSC

Seated Calf Press

The base frame of machine PLSC boasts a simple and robust design that effectively prevents any unwanted sliding during rigorous workout sessions. Knee pads are adjustable in height and feature handles that are ergonomically slanted, ensuring that operators maintain the correct posture.

SPEC



VIDEO





PLLE

Leg Extension

Adjustable rollers lock ankles into place to fortify quadriceps muscles independently or alternately that balance muscle development. Bilateral lengthened handles facilitate operators to adjust the rotation arms for easy entry and exit of the machine.

SPEC



VIDEO



PLLC

Leg Curl

Pop-pin adjustable ankle rollers meet different needs allowing leg curls for isolated working out hamstrings. Diverging chest and hip pad angles enable a full range of motion while eliminating the lower back strain.

SPEC



VIDEO





PLLP

Leg Press

Silver diamond plates assist operators in conveniently moving their feet to a correct workout position, and the oversized design allows stride adjustment for varying exercises to strengthen the gluteus maximus, hamstrings, and calves. The mechanical linkage device transmits fluid movements with simple operation. A pivoting lateral safety handle prevents accidents that may occur when you start or finish training.

SPEC



VIDEO



PLDP

Supine Leg Press

The PLDP provides multi-stride leg presses with spine stability to strengthen gluteus-maximus, tensor-fasciae-latae-muscle, hamstring, and gastrocnemius. The weight horn design is separate, which makes it easy to slide on or off plates to prevent overloading during workouts.

SPEC



VIDEO





PLHP Hack Press

Thanks to a leverage design, the hack press machine PLHP is designed for building your legs, glutes, and calves through smooth straight movements. Cushions for the shoulders and back with the safety handle ensure extra comfort and prevent injuries during rigorous training.

SPEC



VIDEO



PLSS Standing Squat

Feature structural integrity and a user-friendly support pole controlled through handles, the PLSS provides deep squats, lunges, and calf presses to safely strengthen the glutes, hamstring, quadriceps, and gastrocnemius.

SPEC



VIDEO





PLHE Hip Extension

Rear and side weight horns help to maintain core stabilization during workouts and meet varying training load requirements. The chest pad and pivoting foot platform are oversized for superior support and are within easy-to-reach arms and feet. A rotatable design of the black tread plate ensures the ankles joints' natural range of motion and knee flexibility against body stiffness.

SPEC



VIDEO



PLSLC Standing Leg Curl

The hip extension machine PLSLC primarily provides unilateral training for the glutes maximus and hamstring to develop a fighting fit lower body! Padded cushions with an oversized design deliver full support and sufficient space for elbows and thighs during workouts. Adjustable ankle rollers hold the calf, which ensures extension movements in a proper form.

SPEC



VIDEO





PLHT

Hip Thruster

The non-slip tread footplate and adjustable safety belt protect exercisers from accidental injuries when performing bridge motions. Each rotation arm and separate weight horns combination facilitates operators to build gluteus-maximus muscles with varying fitness levels and needs.

SPEC



VIDEO



PLAC

Abdominal Crunch

Work out your rectus-abdominis muscle through crunch exercises with the PLAC. The overarm handle and adjustable swivel ankle rollers allow full abdominal contractions that enhance the muscle forces of the core.

SPEC



VIDEO





PSBP

Bench Press

Execute chest presses to reinforce the triceps, deltoids, and pectoral muscles with the PSBP, which features curved handles that provide a wide grip or narrow grip for workout variations. The backrest and upholstery are adjustable with a pop-pin to accommodate operators of different sizes.

SPEC



VIDEO



PSIP

Incline Chest Press

Pivoting design movement arms with a narrow width support frame can perform convergent angle motions in an over-shoulder position, effectively strengthening pectoral muscles, deltoids, and triceps.

SPEC



VIDEO





PSDP

Decline Chest Press

The PSDP enhances muscle development for the triceps, pectoralis-major, and deltoids through a decline chest press with a free-weight feeling. Dual stop points on the well-built steel construction ensure exercise safety and support the stationary arm during single-side workouts.

SPEC



VIDEO



PL2100

Chest Press / Shoulder Press

Combine three kinds of workouts in one machine and can switch each with a pop-pin adjustable cam to execute shoulder presses and lever or incline chest presses that strengthen the trapezius, pectoralis-major, deltoids, and triceps.

SPEC



VIDEO





PL2200

Lat Pulldown / Back Row

The PL2200 provides lat pulldowns and back rows that strengthen the back, shoulders, and upper arms. Its linkage movement arm with weight plates works simultaneously to ensure your training is as efficient as possible. The suspension design handles offer different grasp positions for exercise variation.

SPEC



VIDEO



PL2300

Squat / Dead Lift

The PL2300 provides squat and deadlift training to develop explosive muscle forces for your body. Upper movement arms are foldable by the cam with a pop-pin adjustment. Straight and curved handles on the lower arm allow operators to conveniently exchange varying workouts.

SPEC



VIDEO





PL2400

Abdominal Crunch / Back Extension

Strengthen your external oblique, rectus abdominis, and thoracolumbar fascia with back extensions and abdominal crunches in one machine, all while remaining in a seated position for convenience. The lateral design pin for workout alternations is a feature device to easily control the lower movement arm. For working out your torso in either a rightward or leftward direction, thanks to the adjustable design of the foot braces.

SPEC



VIDEO



PL2500

Leg Extension / Leg Curl

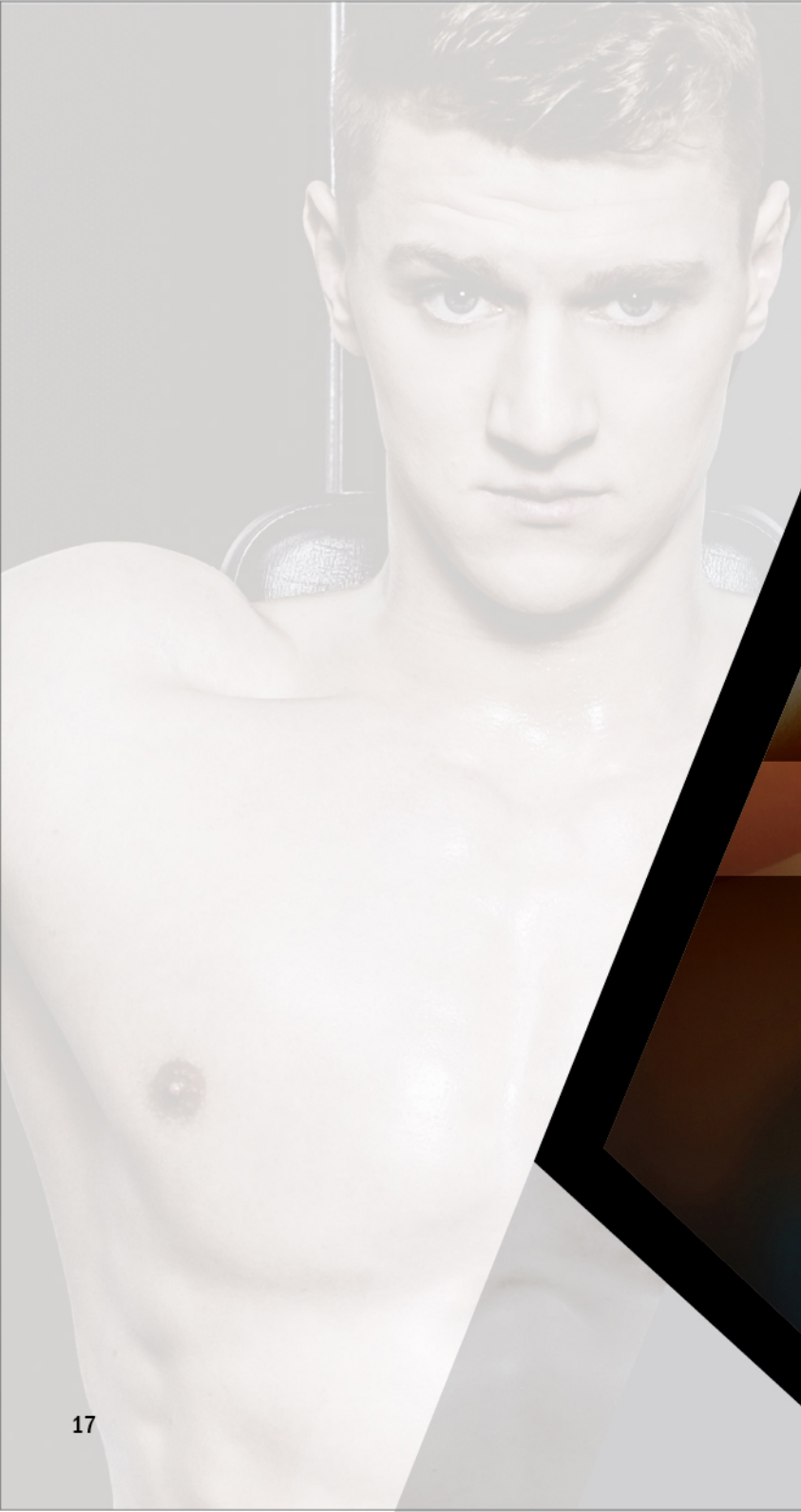
The PL2500, this plate-loaded and dual-function machine, offers a superb solution to develop hamstring and quadriceps efficiently. Its parallel base construction with user-friendly adjustable rollers accommodates exercisers of any height and type.

SPEC



VIDEO





Steel Mind, Flex Body

Note: All specifications are subject to change without notice.

PLATE LOAD Series

Specifications

Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, black exterior / vermillion red texture
Upholstery	2" rebonded scrap foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC handle
Welding	Continuous welds at all joints
Bearings	Commercial rated, sealed bearings at all pivot points
Max User Weight	264 lbs. / 120 kg

Colors

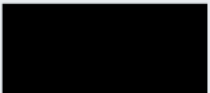

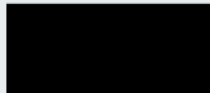

Strength Upholstery Colors	 Black(Standard)
Standard Finish Color	 Power Red and Black

PLATE LOAD 2 Series

Specifications

Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, black exterior / vermillion red texture
Upholstery	2" rebonded scrap foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC handle
Welding	Continuous welds at all joints
Bearings	Commercial rated, sealed bearings at all pivot points
Max User Weight	264 lbs. / 120 kg

Colors

Strength Upholstery Colors	 Black(Standard)
Standard Finish Color	 Power Red and Black

Steelflex

www.steelflexfitness.com



INTERNATIONAL

3F28, No.5, Shin-Yi road., Sec.5,
Taipei,Taiwan

Tel : +886-2-27209982

Fax : +886-2-2722-9750

E-mail : joong@ms13.hinet.net

<http://www.steelflexfitness.com>

USA

Fitness Master Inc.

11419 Mathis Avenue #200

Farmers Branch, Texas 75234

Office & Fax : 214-350-8884

Toll Free : 855-846-0087

Email : info@fmiamerica.com

www.fmiamerica.com

CHINA

Steelflex Fitness Equipment Trade Co., Ltd

Room 1208 No.500 Chengdu North Rd, Shanghai, China

Tel : +0086-021-63514782 / +0086-021-63514785

<http://www.steelflex.com.cn>