



TUFFSTUFF
FITNESS INTERNATIONAL®



EVOLUTION
LIGHT COMMERCIAL STRENGTH



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NOTE: Olympic bars, weight plates, dumbbells and accessories used to enhance the photography are not included.

bench press



COB-400 Olympic Bench with Safety Stoppers

- Heavy weight flat press bench with built-in safety stoppers.
- 7-gauge nickel plated steel triple gun rack allows multiple racking height options.
- Adjustable safety stoppers can be positioned at optimum height to achieve full range of motion during exercise.
- Maximum weight: 800 lb/363 kg
- Bench height: 17-3/8"
Pad length: 48" width: 9-1/2"

LWH: 49 x 51 x 51 in/124 x 130 x 130 cm WT: 130 lb/59 kg



CDM-400

Deluxe Flat/Incline Bench

- 8-position multi angle bench adjusts from flat through shoulder press positions.
- Contoured lumbar design provides additional lower back support.
- Independent seat adjustment.
- Built-in handle and transport wheels for easy roll-away.
- Weight capacity: 800 lb/363 kg
- Bench height (flat position): 18 in

LWH: 57 x 27 x 41 in/145 x 69 x 104 cm

WT: 82 lb/37 kg

free weight

CMB-375

Multi-Purpose Bench

- 7-position multi angle bench adjusts from decline through full upright position.
- Includes leg hold down support for secure decline bench use.
- Independent seat adjustment.
- Built-in handle and transport wheels for easy roll-away.
- Accepts CLC-385 Leg Developer and CPA-316 Preacher Curl attachments (home use only).
- Weight capacity: 600 lb/272 kg
- Bench height (flat position): 19-1/2 in

LWH: 66 x 32 x 52 in/168 x 81 x 132 cm

WT: 102 lb/46 kg



CLB-325


Flat/Incline Bench Ladder Bench

- 7-position quick and easy gun-rack style back support and seat adjustments – no fuss with pull-pins or knobs.
- Adjusts from flat to full upright position.
- Independent seat pad adjustment.
- Built-in handle and wheels for easy roll-away.
- Weight capacity: 600 lb/272 kg
- Bench height (flat position): 17-3/8 in

LWH: 54 x 27 x 49 in/137 x 69 x 124 cm

WT: 66 lb/30 kg





CFB-305

Flat Bench

- Designed for heavy dumbbell workouts and general bench exercises.
- Heavyweight construction yet compact and moveable.
- Built-in wheels for easy roll-away.
- Maximum weight: 400 lb/181 kg

LWH: 56 x 27 x 18 in/142 x 69 x 46 cm

WT: 50 lb/23 kg

CAC-365

Seated Arm Curl Bench

- Large contoured arm support pad offers multiple angles for additional training options.
- Arm pad is height adjustable and can be converted into lower back pad for utility seat exercises.
- Padded bar cradles protect paint finish from scratches and chipping.
- Maximum weight: 400 lb/181 kg

LWH: 44 x 28 x 40 in/112 x 71 x 102 cm

WT: 75 lb/34 kg

CHE-340

Adjustable Hyper-Extension Bench

- Adjustable from 42° hyper angle to full roman chair workout position.
- Telescoping foot support adjustment to accommodate various height users.
- Comfortable trunk support with built-in handles.
- Built-in wheels for easy roll-away.
- Maximum weight: 400 lb/181 kg

LWH: 56 x 37 x 34 in/142 x 94 x 86 cm

WT: 90 lb/41 kg

specialty

core



CAB-335

Adjustable Abdominal Bench

- 11-position adjustable exercise intensity from 30° angle to flat.
- Built in handle for performing reverse abdominal exercises.
- Comfortable padded foot supports.
- Transport wheels allow easy roll-away.
- Maximum weight: 400 lb/181 kg

LWH: 59 x 37 x 54 in/150 x 94 x 137 cm

WT: 85 lb/39 kg



CMA-320

Mini Ab Bench

- Fixed 30° decline angle for sit-ups and decline exercises.
- Self-aligning comfortable padded footrolls to accommodate different leg lengths.
- Built-in wheels for easy roll-away.
- Maximum weight: 400 lb/181 kg

LWH: 44 x 27 x 22 in/112 x 69 x 56 cm

WT: 42 lb/19 kg



CVR-341

Vertical Knee Raise Raise/Dip Stand

- Comfortable back support provides proper upper torso alignment and positioning.
- Contoured arm rests designed to minimize arm and elbow movement.
- Built-in push-up bars.
- Maximum weight: 400 lb/181 kg

LWH: 47 x 27 x 62 in/119 x 69 x 157 cm

WT: 122 lb/55 kg

CCD-347

Chin/Dip/VKR/Ab Crunch/Push-Up

- 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.
- Knurled nickel plated multi-grip pull-up station for wide, narrow, reverse and neutral grip upper body exercises.
- Maximum weight 400 lb/181 kg

LWH: 44 x 45 x 84 in/112 x 114 x 213 cm

WT: 175 lb/79 kg

body weight

lower body



Leg Press position

CLH-300

Horizontal Plate Load Leg Press/Hack Squat

- Unique 2-in-1 design allows seated leg press and prone hack squat positions off same machine.
- Seat carriage with commercial grade linear wheels riding on 2" nickel plated support rails provide optimal path of travel throughout the full range of motion.
- Dual foot plates allow a variety of foot placement options and targeted muscle isolation.
- Direct drive design provides 1:1 resistance loads.
- Maximum weight: 800 lb/363 kg

LWH: 85 x 33 x 55 in/216 x 84 x 140 cm
WT: 305 lb/138 kg



Hack Squat position

posterior chain

CGH-450

Glute/Ham Bench

- Heavy weight design allows glute, hamstring and lower back exercises to be performed.
- Footrolls adjust horizontally and vertically for custom fit and intensity variation.
- Contoured thigh pad offers maximum support and comfort.
- Built-in handles provide a secure anchor for reverse hyper exercises.
- Maximum weight: 400 lb/181 kg

LWH: 64 x 37 x 42 in/163 x 94 x 107 cm

WT: 120 lb/54 kg



CPL-400

Plate Load Leg Extension/ Prone Leg Curl Bench

- Dual purpose bench allows seated leg extension and prone leg curl exercises.
- Compact design minimizes bench length and places weight horn closer to user.
- Adjustable cam provides proper strength curve and allows multiple start positions for both exercises.
- Adjustable footroll to accommodate various leg lengths.
- Built-in handles for support and stability.
- Maximum weight: 400 lb/181 kg

LWH: 52 x 44 x 31 in/132 x 112 x 79 cm

WT: 155 lb/70 kg



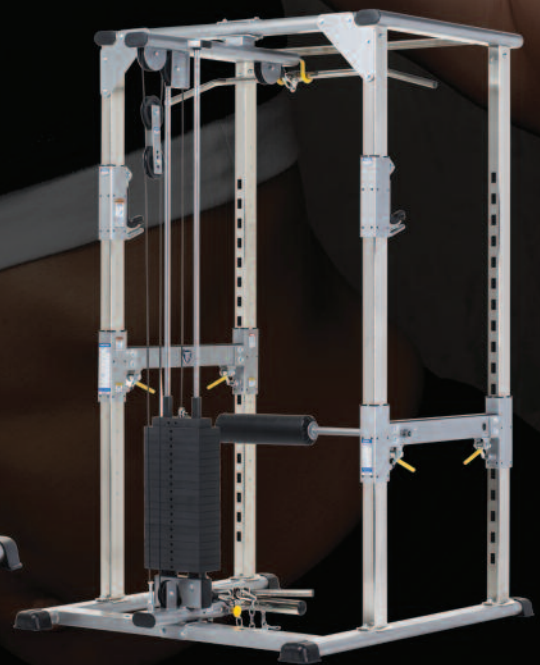
power



CPR-265 Power Cage

- Spring loaded/swing lock J-Hooks (U.S. Patent) adjust in 3" increments.
- Lever action pull-pin safety stoppers offer fast and easy safety bar adjustments tested to 800 lbs. weight load capacity.
- Wide base frame area accommodates a variety of benches, wheelchairs and rehab accessories.
- 1-1/4" nickel plated top cross bar combines as pull-up station and structural support.
- Safe and secure way to perform a variety of Olympic bar squatting, lifting and pressing exercises.
- Maximum weight: 600 lb/272 kg

LWH: 57 x 51 x 84 in/145 x 130 x 213 cm WT: 218 lb/99 kg



Options:

- CHL-305WS High/Low Pulley Attachment with 200 lbs. weight stack.
- CDA-329 Dip Attachment.





CHR-300

Half Cage with safety stoppers and dip handles

- 7° slant design allows easier loading and unloading of weight bar and freedom of body movement.
- Half rack system with integrated safety stoppers, built-in chinning bar, dip handles, Olympic bar holder and weight plate storage.
- Features spring loaded/swing lock J-Hook (U.S. Patent) design for easy adjustability.
- Maximum weight: 600 lb/272 kg

LWH: 59 x 65 x 84 in/150 x 165 x 213 cm

WT: 235 lb/107 kg

CSM-600

Smith Machine/Half Cage Combo with safety stoppers

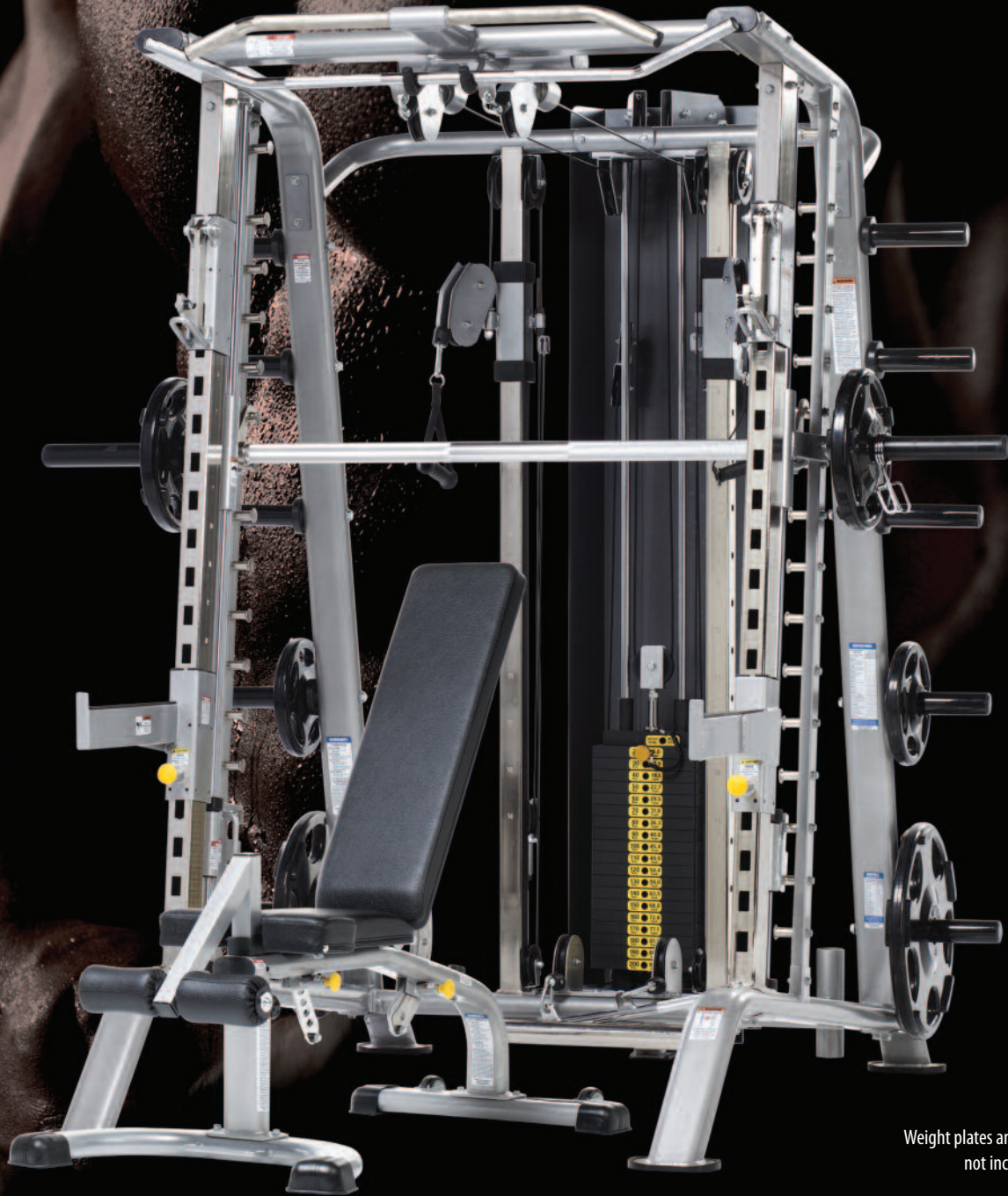
- Elevated design half rack system with self-aligning linear bearing Smith Press system, integrated safety stoppers, built-in chinning bar, Olympic bar holder and weight plate storage.
- Spring loaded/swing lock J-Hook (U.S. Patent) design for easy adjustability with integrated safety stoppers.
- Smith press bar starting weight: 28 lbs.
- Option: CHL-610WS High/Low Pulley system with 200 lbs. weight stack.
- Maximum Weight: 600 lb/272 kg

LWH: 72 x 80 x 84 in/183 x 203 x 213 cm

WT: 390 lb/177 kg

strength

total body



Weight plates and spring collars
not included.

CSM-725WS Smith Machine/Half Cage Ensemble

- Fully loaded version of the CSM-600 features adjustable high/low cable station with dual cable lat station and fixed low row stations design for single or dual arm movements.
- Standard with built-in chinning bar, Olympic bar storage and weight plates storage.
- Smith press bar (starting weight 28 lbs.) easily stores away to allow full accessibility for cable station workouts.
- 7° slant allows freedom of body movement and range of motion.
- Ensemble package includes: CSM-600 Basic Smith machine, CHL-610WS High/Low Cable Station (200 lbs. weight stack), and CMB-375 Multi-Purpose Bench.

LWH: 79 x 80 x 84 in/201 x 203 x 213 cm
WT: 905 lb/411 kg

compact cable training



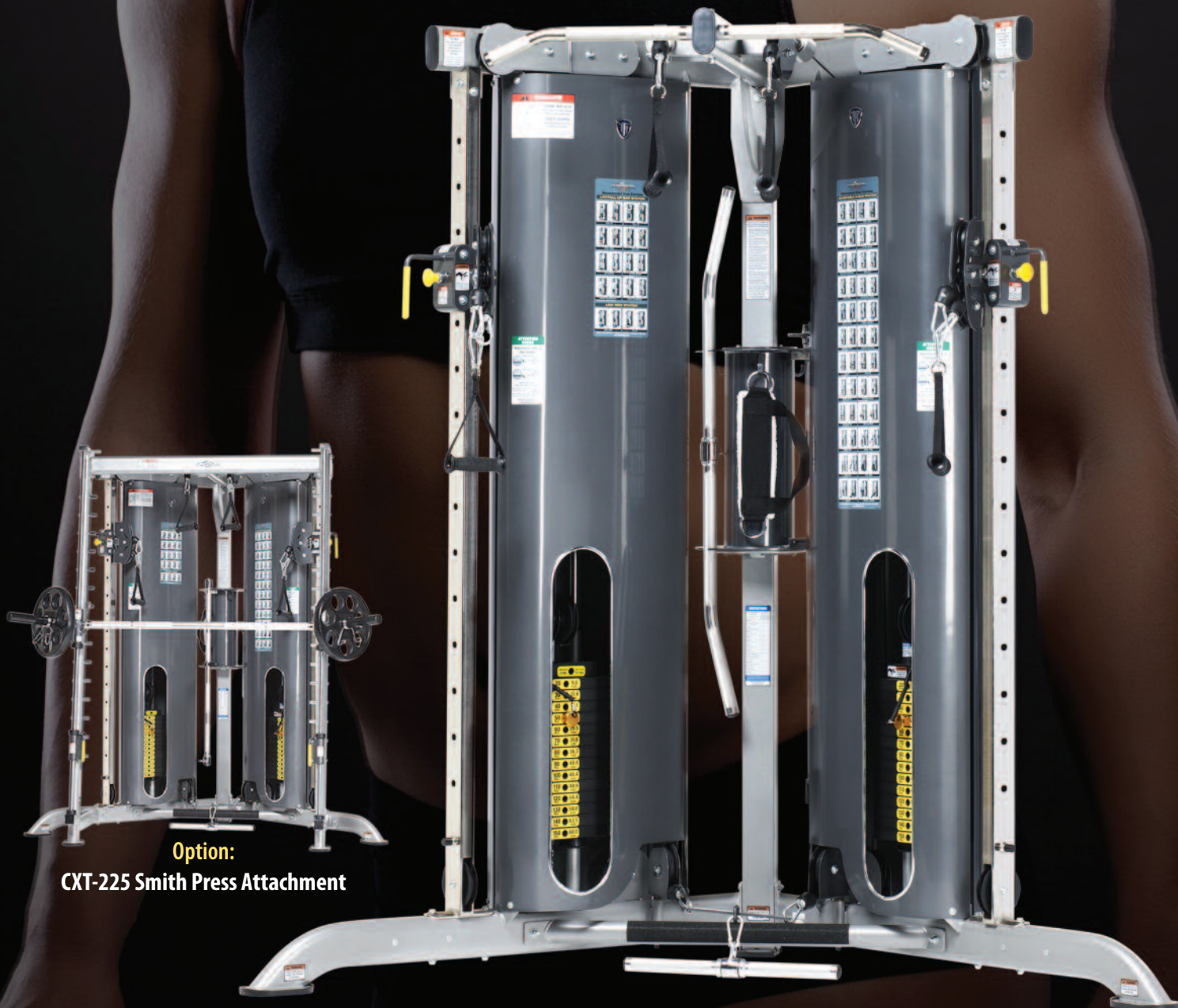
CDP-300 Dual Adjustable Pulley System

- Compact, space saving patented corner design to fit in any facility size.
- 16-position dual cable station with quick change trigger adjustments.
- Unique dual resistance ratio at the handle provides single cable hook-up at 1/4 resistance or dual cable hook-up at 1/2 resistance.
- Welded knurled nickel plated fixed multi-grip pull-up bar station for wide, narrow, reverse and neutral grip upper body exercises.
- Open frame design supports use of benches, stability balls, balance boards, Bosu trainers and ground based exercises.
- Includes two nylon handles, accessories storage rack for squat bar, low row bar and ankle strap.
- Two (2) 150 lbs. steel weight stacks (optional 200 lbs.)

LWH: 50 x 50 x 83 in/127 x 127 x 211 cm

WT: 700 lb/318 kg

multi-functional



Option:

CXT-225 Smith Press Attachment

CXT-200 Corner Multi-Functional Trainer

- Three separate cable stations offering unlimited exercise options in one space saving, patented compact corner machine.
- Combination dual adjustable cable station with quick change trigger style adjustments and fixed Lat and Low Row Stations offer advanced training options.
- Features TuffStuff's unique dual resistance ratio at the handle provides single cable hook-up at 1/4 resistance or dual cable hook-up at 1/2 resistance.
- Solid steel rotating accessory storage rack for lat bar, low row bar, squat bar, nylon handles, ankle strap and cable bridge bracket.
- (2) 150 lbs. steel weight stacks (optional 200 lbs).

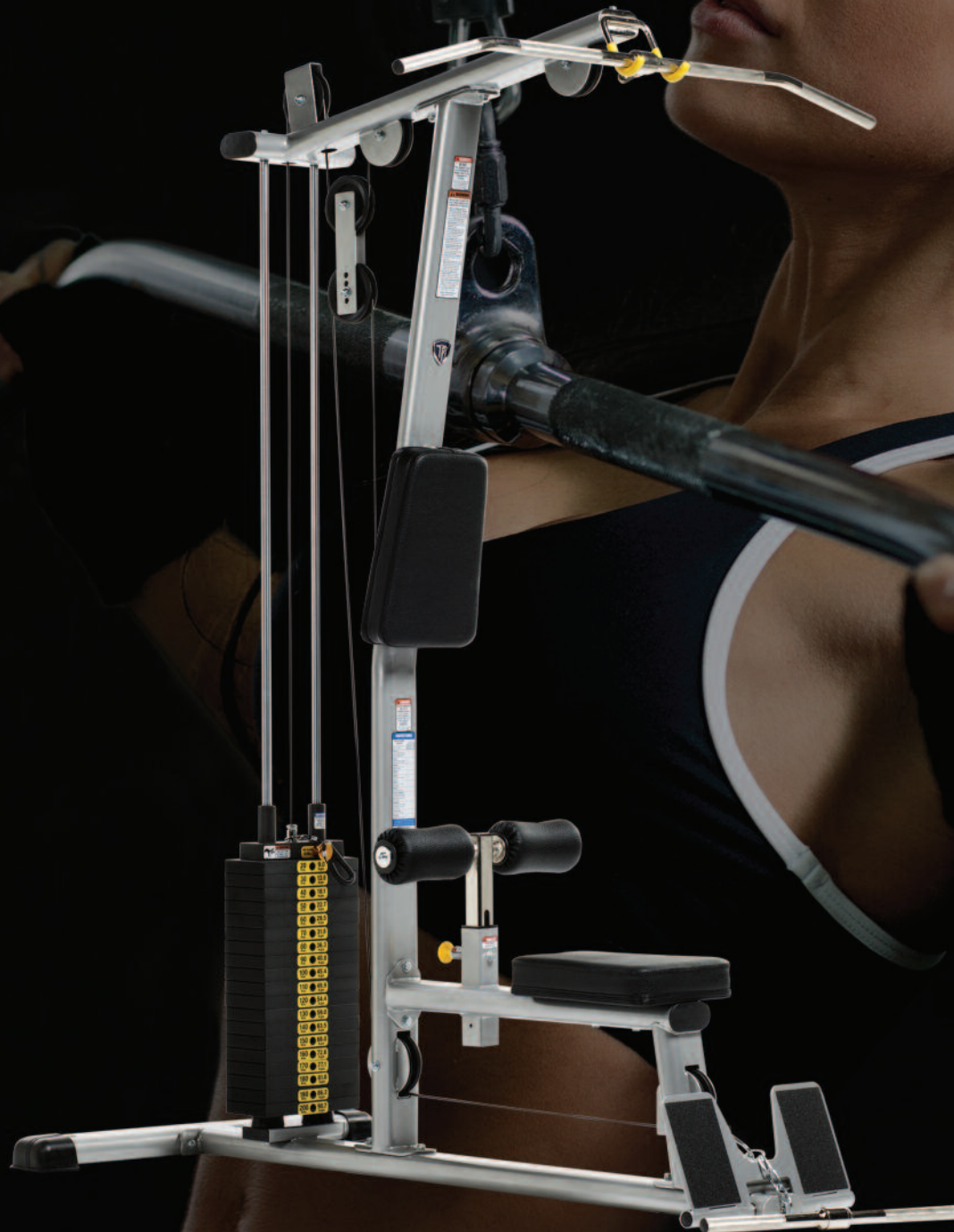
LWH (CXT-200): 44 x 79 x 84 in/112 x 201 x 213 cm

WT: 740 lb/336 kg

LWH (with CXT-225): 66 x 79 x 84 in/168 x 201 x 213 cm

WT: 922 lb/418 kg

upper body



CLM-855WS Lat/Low Row Combo Machine

- Complete upper body workout system with high and low pulley stations.
- Adjustable thigh hold-down roller pads.
- Low pulley station with narrow bar and built-in footplate support that can be positioned flat or vertical for various low pulley exercises.
- Back support pad for control and stability while performing triceps exercises.
- 200 lbs. steel weight stack.

LWH: 71 x 46 x 83 in/180 x 117 x 211 cm

WT: 345 lb/156 kg

functional fitness



MFT-2700 Dual Stack Functional Trainer

- Commercially rated dual stack functional trainer delivers extreme exercise versatility for all fitness levels whether you are performing functional fitness, sports specific, bodybuilding or rehabilitation exercises.
- Pivot arm offers 150° (14 positions) of high-to-low vertical adjustments and 165° (5 positions) of side-to-side horizontal adjustments.
- Hydraulically supported pivot arms and spring loaded selector handles make adjusting safe, simple, quick and easy.
- Rotating swivel pulley brackets provide 360° of unrestricted vertical, horizontal, diagonal and rotational resistance trajectories.
- 96 inches of extended cable travel.
- Two (2) 200 lbs. steel weight stacks.
1/4 ratio delivers 2.5 lbs. resistance increments.
(Maximum weight resistance per weight stack: 50 lbs.)

LWH: 63 x 118 x 83 in/160 x 300 x 211 cm
WT: 750 lb/340 kg

CDR-300

2-Tier Tray Dumbbell/ Kettle Bell Rack

Trays easily convert to hold
Kettle Bells, Dumbbells and
Hex Dumbbells as shown.

CDR-300 2-Tier Tray Dumbbell/Kettle Bell Rack shown with optional third tier tray

- Universal tray-style design easily converts from angled to flat position to hold standard dumbbells, hex dumbbells or kettle bells. Tray depth: 12"
- Optional CDR-300E add-on third tray (as shown). Tray depth: 16"

LWH: 21 x 56 x 40 in/53 x 142 x 102 cm

WT: 120 lb/54 kg

Add-on third tray: 46 lb/21 kg



weight storage



plate trees & accessories

CAS-600 Accessory Storage Rack (not included, sold separately).

CLC-385 Leg Developer Attachment (Home use only)

For use with CMB-375 Multi-Purpose Bench.

CLC-385 WT: 30 lb/13.6 kg CAS-600 WT: 15 lb/6.8 kg

8-1/4" weight horn

7" weight horn

CXT-255 Olympic Plate Tree

• Six weight plate prongs and two Olympic bar holders.

LWH: 31 x 27 x 47 in/79 x 69 x 119 cm WT: 58 lb/26.3 kg

CAS-600 Accessory Storage Rack (not included, sold separately).

CPA-316 Preacher Curl Attachment (Home use only)

For use with CMB-375 Multi-Purpose Bench.

CPA-316 WT: 20 lb/9 kg CAS-600 WT: 15 lb/6.8 kg

specifications & warranty

FRAME MATERIALS: 11-gauge oval & rectangular tubular steel frames with a combination of round tubing.

WELDS: All welded construction by inert-gas welding.

FINISH: Electrostatically applied powder coat finish.

FRAME COLORS: Main frame: Platinum Sparkle
Accent: Cathedral Gray

UPHOLSTERY: Black, premium grade naugahyde formulated to resist bacteria, stains, mildew and oil. Meets most flammability test requirements. Double-stitched with "hidden" borders.

PADDING: High density 2" thick rebond urethane foam glued to 1" industrial plywood backing, trimmed and formed to exact fit.

ADJUSTMENT PINS: 1/2" push-pull spring loaded solid steel adjustment pins.

BEARINGS: 1" solid steel pivot axles with non-friction 2" sealed bearings internally encased on primary pivots, and oil-impregnated bronze bushings on all secondary pivots.

GUIDE RODS: 3/4" solid steel hard chrome finish.

CABLES: 3/16" and 1/8" USA-Made/Certified EXERFLEX PRO® high performance fitness cable.

PULLEYS: 4-1/2" and 3-1/2" fiberglass-impregnated nylon pulleys with double sealed roller bearings.

SELECTOR WEIGHT PINS: Solid steel, magnetic with ball-end to ensure a tight connection and secure fit. Coiled lanyard helps prevent pin removal and loss.

FASTENERS: All frame bolts and nuts are 3/8" and 1/2" zinc oxide.

WEIGHT STACK: Solid steel weight plates with self aligning low friction sleeves.

LIGHT COMMERCIAL WARRANTY:

TEN (10) YEARS: Structural main frames, welds, cams and weight plates.

FIVE (5) YEARS: Pivot bearings, pulleys, bushings, guide rods and gas shocks.

ONE (1) YEAR: Cables, linear bearings and pull-pin components.

ALL OTHER PARTS not mentioned elsewhere in the warranty will expire one (1) year from the date of purchase to the original purchaser.

SIX (6) MONTHS: Upholstery, finish and rubber grips.

Light Commercial Use: Light Commercial warranty applies only to facilities like hotels, apartment complexes, personal training studios, fire & police stations, etc. where the equipment would be used by no more than 30 people per day.

HOME LIFETIME WARRANTY*

LIFETIME of the equipment while owned by the original purchaser when used only in a HOME environment (applies to defects from manufacturer only).

* See Owner's Manual for details.

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.



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

info@tuffstuff.net www.tuffstufffitness.com