

The 3-Way Hip Sled is a plate-loaded machine that enables the user to perform the leg press, hip thrust and squat. Year after year, it has been a consistent bestseller for BFS.

# *Saving Big Bucks* with Plate-Loaded Equipment

How to get the quality weightroom equipment you want for less money

**W**hen purchasing exercise equipment in today's economy, consumers need to think more carefully about their purchasing decisions. Specifically, they need to make a distinction between what they want and what they really need. Take the case of deciding between selectorized machines and machines that are plate-loaded.

Selectorized equipment is certainly a time-saver. To change resistance the user only has to move a pin attached to the weight stack, and the machines tend to take up less space than plate-

loaded equipment, especially when weight holders are required. But in terms of performance, there is no difference between selectorized machines and plate-loaded variations. There is, however, one major advantage of plate-loaded equipment: cost.

Adding a weight stack to an exercise machine significantly increases the cost of the unit. Also, due to the weight of the machines, shipping and handling costs are also higher. Whereas a plate-loaded machine may cost \$800 plus \$200 to ship, it's possible that the exact same machine in a selectorized

version may cost \$1,500 plus \$400 to ship – seriously, almost double. In today's economy, that is an important distinction.

Shown on these pages are examples of several types of plate-loaded machines offered by BFS and a sample weightroom layout using these machines. If your school or gym can afford the higher prices, selectorized equipment could be the way to go. But if budget concerns take that out of the equation, it's good to know that plate-loaded equipment will do the same great job at a much lower cost. **BFS**



Machines for pressing exercises using leverage systems are among the most popular types of plate-loaded equipment.





Horizontal and vertical rowing machines are key to any athletic training program. Shown are the BFS Lever Line Lat Pull, and lat Machine for vertical rowing and the T-Bar Row for horizontal rowing.



**Lever Line Lat Pull**



**Seated Calf**



**Lat Machine**

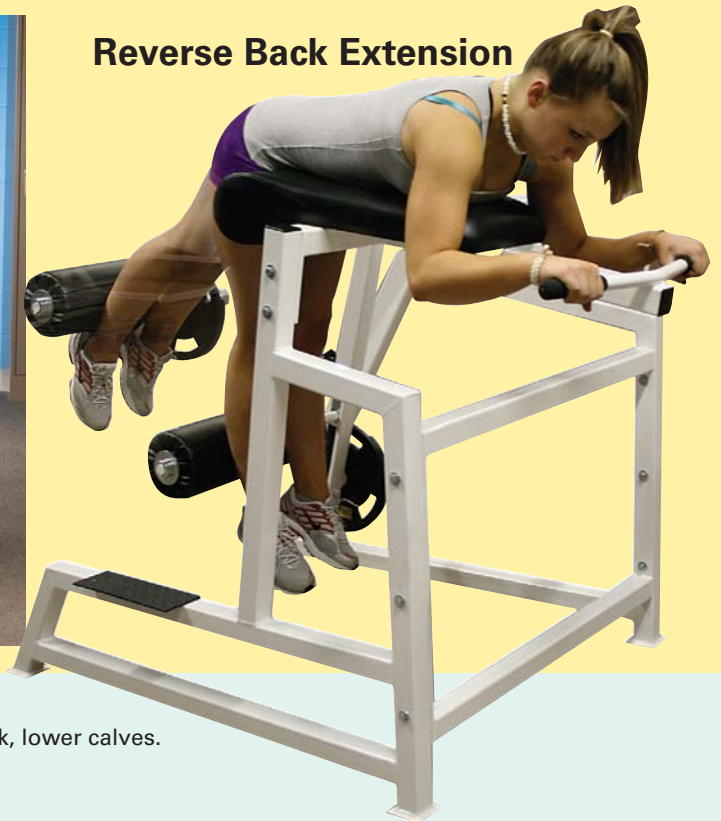


**T-Bar Row**

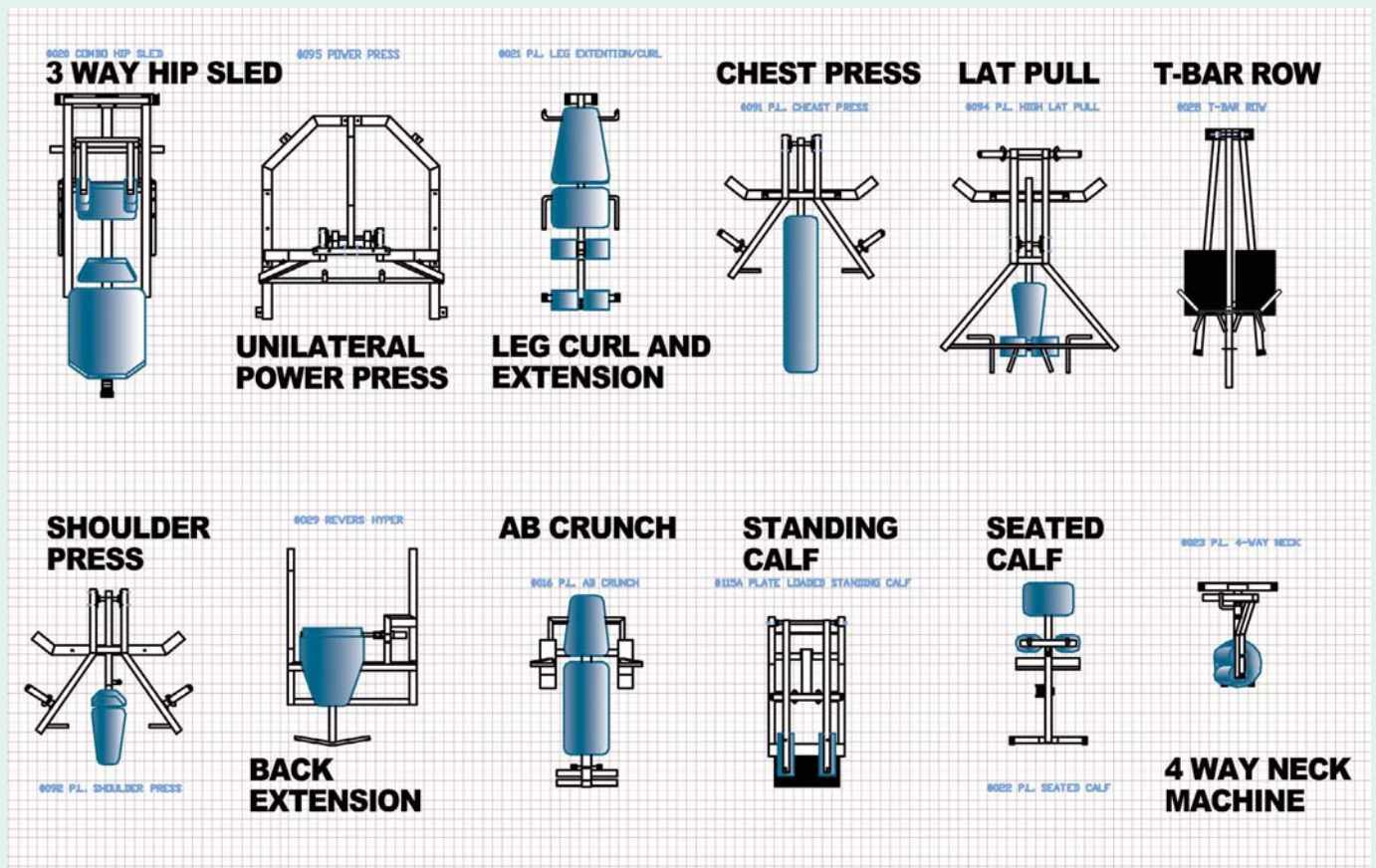


**4-Way Neck**

**Reverse Back Extension**



Just about any selectorized machine has a plate-loaded counterpart. Here are machines that work the neck, lower back, lower calves.



Using BFS's 2-D image rendering technology, here is an example of a complete weightroom that can be designed using plate-loaded equipment.



# EXPANDED OPTIONS

## BFS PLATE LOADED EQUIPMENT



## UPPER BODY

**Shown on this page: Lat Pull Down  
Pec Dec, Plate Loaded Chest Press**

By combining the plates and bumpers you already have with these sturdy machines, you can afford to bring a full circuit of exercises to your weight room at a fraction of the cost of selectorized equipment. By using your current plates as the resistance, it is easy to track incremental increases in weight using your established record keeping system. The BFS Plate Loaded line of equipment is a great solution for expanding and improving your weight room!

**ECONOMICAL • STURDY  
EFFECTIVE • RELIABLE  
MEASURABLE RESULTS**



**Shown on this page: Leg Curl and Extension  
Ab Crunch, Squat Press**

**LOWER BODY**

**BIGGER FASTER STRONGER**

**BFS**

**DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976**

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online at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com) • email us at [info@bfsmail.com](mailto:info@bfsmail.com)  
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