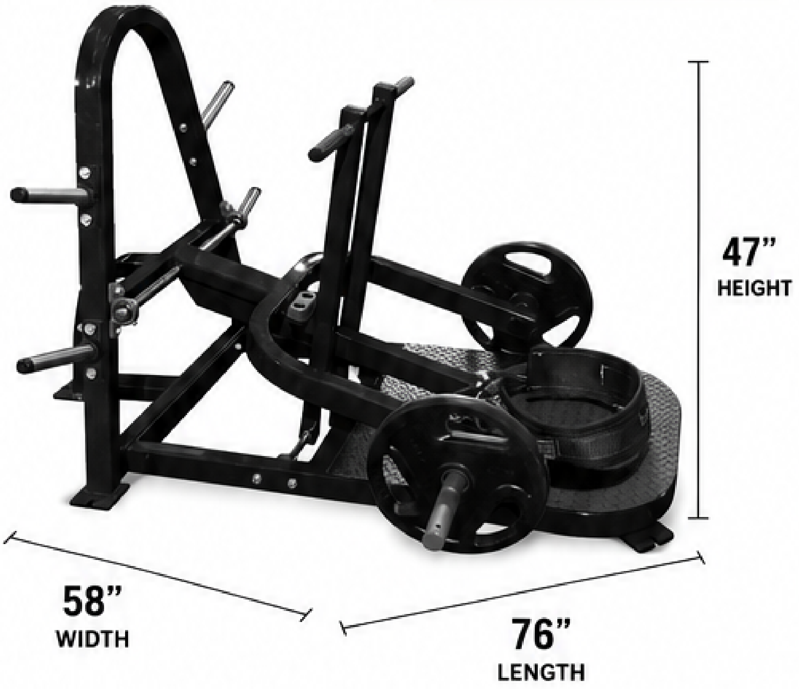
PLATE-LOADED STRENGTH

BUYER'S GUIDE

WHAT TO KNOW BEFORE YOU BUY.

Plate-loaded equipment gives users a natural, free-weight training feel with the added safety and stability of a machine. It's built to handle heavy loads, high traffic and years of serious training in any commercial facility.



01 CHOOSE THE RIGHT MOVEMENT

Match the machine's movement pattern to your training goals and the needs of your users.

- Upper Body Push
- Upper Body Pull
- Lower Body
- Core / Torso
- Total Body

TIP: A balanced mix of push, pull and lower body machines creates a complete facility.

02 EVALUATE BUILD QUALITY

Commercial plate-loaded machines take a beating. Quality construction ensures safety, stability and longevity.

- Heavy-duty steel frame
- Welded construction
- Durable powder coat finish
- Quality bearings & pivot points
- Commercial grade hardware

TIP: Heavier machines with thicker steel last longer and perform better.

03 CHECK WEIGHT CAPACITY

Ensure the machine can handle the loads your strongest users will lift.

- Plate sleeve capacity
- Max load rating (if listed)
- Sleeve diameter (Olympic 2" standard)

TIP: Olympic sleeves are standard in commercial facilities for maximum plate compatibility.

04 FOCUS ON USER EXPERIENCE

Good biomechanics, adjustability and comfort lead to better results and safer training.

- Natural movement path
- Adjustable for different body types
- Comfortable handles & pads
- Stable foot placement

TIP: Test the machine. It should feel smooth, stable and intuitive.

05 CONSIDER STORAGE & ACCESSORIES

Integrated storage and accessories keep your facility safe, organized and efficient.

- Built-in plate storage
- Band pegs or storage
- Belt squat / dip options
- Easy plate loading

TIP: Storage features save space and help members stay organized.

06 PLAN YOUR SPACE & LAYOUT

Proper spacing ensures safety, accessibility and a better training experience for everyone.

- Allow clearance for movement and plate loading
- Keep walkways clear
- Group similar movements together
- Ensure accessibility for all users

TIP: Plan for at least 3 ft of clear space around machines for safe use and traffic flow.

07 THINK ABOUT MAINTENANCE & LONGEVITY

Simple maintenance keeps your equipment performing like new for years.

- Regularly check bolts & hardware
- Inspect pivot points & bearings
- Clean and lubricate moving parts
- Protect frames and upholstery
- Use quality parts when needed

TIP: A consistent maintenance program protects your investment and prevents downtime.

08 INVEST IN LONG-TERM VALUE

Higher quality equipment costs more upfront but delivers more over the long run.

- Longer lifespan
- Fewer repairs & replacements
- Better performance
- Higher member satisfaction
- Stronger return on investment

TIP: Quality equipment pays off in durability, performance and member retention.

BEFORE YOU BUY

☐ Identify your training goals and user population
☐ Measure your space and ceiling height
☐ Confirm machine dimensions and footprint
☐ Verify weight capacity and plate compatibility
☐ Evaluate build quality and warranty
☐ Test movement path and adjustability
☐ Check storage and accessory options
☐ Review maintenance requirements
☐ Confirm delivery access and installation
☐ Compare total value, not just price

THE DEPOT RULE

STRONG EQUIPMENT. STRONGER FACILITIES.

Plate-loaded strength equipment is built for performance, durability and results. Buy quality once, and it will perform for your facility for years to come.

BUILD SMART. BUILD STRONG. BUILD ON THE RIGHT FOUNDATION.

NEED HELP SPEC'ING YOUR SPACE?

Send us your room dimensions, usage, and goals. We'll help you choose the best plate-loaded strength solutions for your facility and budget.

WE'RE HERE TO HELP YOU BUILD IT RIGHT.