TRUE FITNESS STRENGTH: PALLADIUM SELECTORIZED

STANDARD FEATURES
Standard paint finish is matte black with choice of 18 upholstery color options.

CUSTOMIZATION OPTIONS
Custom powder coat finish, custom upholstery color, and facility branding available upon request.

ENHANCED CONVENIENCE
Select models come with standard plate storage, offering convenience and efficiency in your fitness space.

PRECISE WEIGHT ADJUSTMENTS
Integrated adder weight system option reduces increments to 5 lbs / 2.2 kg.

SEATED LEG EXTENSION
SPL-0100

TRUE

The Palladium Series SPL-0100 Seated Leg Extension features modern styling, precision biomechanics, and a comfortable, easy entry and exit design. This seated leg machine is easy to manipulate and is comfortable for all users. Adjustment points are accessible from the seated position and engineered to accommodate a wide range of users.

+ Height Adjustment Guide
+ Easy access phone cradle and accessory storage tray with cup holder
+ Integrated adder weight system reduces increments to 5 lbs/2.2 kg
+ Shown with Candy Apple Red upholstery

SEATED LEG CURL
SPL-0200

TRUE

Leg curl machines are a staple. They provide effective isolating and strengthening hamstring workouts that balance muscles and enhance lower body power. The SPL-0200 Seated Leg Curl machine is part of TRUE's signature Palladium Series, designed with precision biomechanics and user comfort in mind. Users can also explore a multitude of seat adjustment options to further enhance their workouts to suit their specific needs and elevate comfort.

+ Height Adjustment Guide
+ Easy access phone cradle and accessory storage tray with cup holder
+ Integrated adder weight system reduces increments to 5 lbs/2.2 kg

SEATED LEG PRESS
SPL-0300

TRUE

Users of all levels, from novice to professional, will benefit from the advanced biomechanics of the Palladium Series SPL-0300 Seated Leg Press machine. This leg press weight machine is easy to use and offers lots of workout customizations, allowing users to cater their leg training to their skill, size, and needs. The adjustable back pad and a unique-to-TRUE adjustable foot platform accommodate a wide range of users and allow multiple foot and seated positions for added exercise variation.

+ Easy access phone cradle and accessory storage tray with cup holder
+ Integrated adder weight system reduces increments to 5 lbs/2.2 kg

INNER / OUTER THIGH
SPL-0400

TRUE

Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series SPL-0400 Inner and Outer Thigh machine.

+ Space and cost-efficient dual-function machine
+ 5-position adjustable back
+ Easily accessible adjustable cam

TRICEPS PUSHDOWN
SPL-0500

TRUE

The Palladium Series SPL-0500 provides the perfect platform for isolating the tricep muscles, making it an effective training tool for muscle building and rehabilitation. This tricep gym machine features many beneficial biomechanics, such as dual handgrip positions with narrow and wide handle options and a seat angled to maintain body position when using heavyweights.

+ 8 different seating positions that are adjustable while seated or standing
+ Premium grade linear bearings and gas cylinders that provide stability and low friction adjustments
+ 20-degree fixed angle contoured back pad for added support and proper alignment during exercise

SEATED BICEPS CURL
SPL-0600

TRUE

The Palladium Series SPL-0600 Seated Biceps Curl machine can give your gym members an efficient, customizable, and comfortable bicep workout that aligns with their goals and enhances their exercise experience.

+ 8-position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
+ Dual cam design allows each arm to operate independently for bilateral or unilateral training
+ Handles swivel to accommodate a wide range of users without the need for additional adjustments

SEATED SHOULDER PRESS
SPL-0700

TRUE

The Palladium Series SPL-0700 Seated Shoulder Press machine is the perfect piece of equipment for full-range, upper-body strength training. Every aspect of this seated shoulder press machine's design maximizes workout customizability and effectiveness. The machine's TRUE adjustable back pad with four adjustable positions allows users to choose the range of motion best suited to their individual needs by changing horizontal hand position relative to the shoulder.

+ Height Adjustment Guide
+ Easy access phone cradle and accessory storage tray with cup holder
+ Integrated adder weight system reduces increments to 5 lbs/2.2 kg

DELTOID RAISE
SPL-0800

TRUE

Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Deltoid Raise.

+ 8-position seat
+ Independent arm movement
+ Counterbalanced press arms provide user-friendly low starting resistance
+ Ergonomically designed handles

CHEST PRESS
SPL-0900

TRUE

Dual overhead pivots on the Palladium Series Chest Press allow handles to travel in a slight upward motion for maximum muscle recruitment while unilateral press arms converging at 25 degrees in front of the user and an adjustable back pad allow full articulation of the shoulder complex.

+ 8-position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
+ Unilateral press arms converge at 25 degrees in front of the user resulting in full articulation of the shoulder complex

PEC FLY/REAR DELT
SPL-1000

TRUE

The dual function Palladium Series Pec Fly/ Rear Delt features modern styling, precision biomechanics and a comfortable easy entry and exit design. Adjustment points are accessible from the seated position and engineered to accommodate a wide range of users.

- 8-position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- 8-position dual cams include 4-positions for Rear Deltoid and 4-positions for Pec Fly

LAT PULLDOWN
SPL-1100

TRUE

Featuring unilateral arms that diverge at 17.5 degrees per side, the Palladium Series Lat Pulldown allows full articulation of the shoulder complex in a comfortable, user-friendly easy entry and exit design.

- 8-position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- Unilateral arms diverge at 17.5 degrees per side resulting in full articulation of the shoulder complex

SEATED ROW
SPL-1200

TRUE

Unilateral arms that diverge at 11 degrees with trailing link handles and rotating grips make the SPL-1200 Palladium Series Seated Row the perfect choice for all users from novice to professional. The center grip provides stability during one-arm rows while the adjustable chest pad comfortably accommodates a wide range of users.

- 8-position seat adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- Unilateral arms diverge at 11 degrees resulting in full articulation of the shoulder complex

LOW BACK EXTENSION
SPL-1300

TRUE

Users of all levels, from novice to professional, will benefit from the advanced biomechanics of the Palladium Series Low Back Extension.

+ Adjustable Foot Platform
+ Adjustable Start Range
+ Ergonomically Designed Handles And Support

ABDOMINAL CRUNCH
SPL-1400

TRUE

Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Abdominal Crunch.

+ Dual Pivot Design
+ Low Profile Design
+ Shin Pad Adjustment

ROTARY TORSO
SPL-1500

TRUE

Users of all levels from novice to professional, will benefit from the advanced biomechanics of the Palladium Series Rotary Torso.

+ Adjustable Seat While Seated Or Standing
+ Bottom Pivot Design And Precise Ergonomics
+ 12-Position Adjustable Cam
+ Ergonomic Handles

ROTARY CALF
SPL-1600

TRUE

Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Rotary Calf.

- 10-position seat back adjustable while seated or standing uses premium grade linear bearings and gas cylinder assist for stable, low friction adjustments
- Seated position displaces force over hips versus shoulders and reduces spinal compression
- Oversized foot platform curved for comfort and exercise variation
- Ergonomically designed handles provide support and encourage proper alignment during exercise

GLUTE PRESS
SPL-1700

TRUE

Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Glute Press.

- 8-position adjustable torso pad and contoured dual hand grips for proper body alignment and support during exercise
- Offset pivot axis accommodates a wide range of users without the need for additional adjustments
- Upright and open design provides a comfortable exercise position and eases entry and exit of the machine

HORIZONTAL LEG CURL
SPL-1800

TRUE

Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Horizontal Leg Curl.

- 8-position ankle pad accommodates a wide range of users
- 10-position start range limiter allows users to choose a range of motion best suited to their individual needs
- 15° chest pad and 30° thigh pad reduces low back stress
- Elbow pads with ergonomically designed handles provide support and encourage proper alignment during exercise

HIP THRUSTER
SPL-2000

TRUE

Users of all levels from novice to professional will benefit from the advanced biomechanics of the Palladium Series Hip Thruster.

- 6-position torso pad with gas cylinder assist accommodates a wide range of users
- The back pad pivots throughout the entire range of motion to encourage maximum hip extension
- Oversized foot platform with non-skid surface for exercise variation
- Ergonomically designed handles provide support and encourage proper alignment during exercise

TRUE FITNESS

CONTACT US
sales@truefitness.com
1.800.426.6570

865 Hoff Road
St. Louis, MO 63366

TRUEFITNESS.COM

BROCH24APC
REV 10-30-2025

© 2025 TRUE Fitness All Rights Reserved.