



**cemco**

**Dumbbells, Barbells, Olympic Bars & Plates**  
**Weight Stacks Attachments**



**Lat Bar**

**Cemco Lat Bar Cable Attachment** Constructed from Heavy-Duty, 30mm bar stock with medium knurling. The Hard Chrome finish will resist the most aggressive environments. Chipping and flaking are nearly impossible and the durable, rubber bumper ends will protect your equipment from damage.



CPG-U

**Power Grip Olympic Plates**

- ▶ Available in Urethane, Rubber or Cast Iron
- ▶ Fully machined for a clean smooth finish
- ▶ Weight accuracy within 2%
- ▶ Plates feature a six hole (symmetrical) grip pattern for easy passing or loading



CPG-R

CPG-I

**Olympic Bars**

- ▶ Oil impregnated nylontron bushings.
- ▶ 7", 5" and 52" E-Z curl bar available.
- ▶ Black Oxide or "Hard Chrome" finish.
- ▶ 30mm fatigue-proof bar stock.
- ▶ Snap-ring design w/ locking shoulder bolt, torqued to 130 ps.i.



**PRO-STYLE**

- ▶ Assembled w/ 5/8" coarse-thread, aircraft quality bolts.
- ▶ Fully machined, high-grade cast iron.
- ▶ Available in virgin rubber-encased or gray hammerstone finish.
- ▶ Solid steel end plates encased in virgin rubber or urethane.
- ▶ One piece 32mm "Hard Chrome" handle or bar.
- ▶ Barbells available from 20-110 lbs. in 10 lb. increments.
- ▶ Dumbbells available in 2.5 lb. increments up to 52.5 lbs. 5-150 in 5 lb. increments.

**Barbells**



**Dumbbells**



**SOLID STEEL**

- ▶ Life-time guarantee against breakage.
- ▶ One piece 32mm "Hard Chrome" handle or bar.
- ▶ Our innovative "Invisi-Weld" process.
- ▶ Available in virgin rubber-encased or black teflon based finish.
- ▶ Barbells available from 20-110 lbs. in 10 lb. increments.
- ▶ Dumbbells available in 2.5 lb. increments up to 52.5 lbs. 5-150 in 5 lb. increments.

**Weight Stacks**

- ▶ Selector stem drilled for 1/2"-13 eye bolt.
- ▶ 5" on center.
- ▶ Powder coated.
- ▶ Shock cord and magnetic pin.
- ▶ 5, 10, 15, 20 lb. plates.
- ▶ Free floating Delrin top-weight bushings.
- ▶ 3/4" or 1" press-fit selector plate bushings.
- ▶ Custom sizes and designs.
- ▶ All surface areas fully machined for the tightest tolerance possible.

