

- Open-front design gives users freedom of movement
- Includes adjustable safety arms, j-hooks, straight chin bar, and 4-post Bumper plate storage
- J-hooks made of high density polyethylene (HDPE) to protect bar knurling from scratches
- Available in both 7' and 8' heights
 - 7' Product Weight: 106.9 kg / 235.5 lbs
 - 7' Overall Dimensions (L x W x H): 183.5 x 141 x 212.5 cm / 72.2" x 55.4" x 83.6"
 - 8' Product Weight: 111 kg / 244.5 lbs
 - 8' Overall Dimensions (L x W x H): 183.5 x 141 x 243 cm / 72.2" x 55.4" x 95.5"



70° SINGLE CHIN BAR - XR02
Product Weight: 6.8 kg / 15 lbs.
Overall Dimensions (L x W x H): 178 x 8 x 30.5 cm / 70" x 3" x 12"
 ■ 70° straight chin bar for connecting racks side-to-side
 ■ Can be used on the PRO690 8' half rack only
 ■ Available only in Matte Black



42" PULL-UP STATION - XT-4-PU
Product Weight: 17.25 kg / 38 lbs.
Overall Dimensions (L x W x H): 122 x 81 x 51 cm / 48" x 31.9" x 20"
 ■ Adds an additional pull-up bar
 ■ Works with XR35 for added training variety. If bands or straps are attached, rack must be bolted down
 ■ Can be used on the PRO690 8' half rack only
 ■ Available only in Matte Black



J-HOOKS (PAIR) - XR11
Product Weight: 5.5 kg / 12 lbs.
Overall Dimensions (L x W x H): 23 x 18 x 23 cm / 9" x 7" x 9"
 ■ Made of high-density polyethylene (HDPE) to protect bar knurling
 ■ Available if additional j-hooks are needed (1 pair comes standard with rack)
 ■ Available only in Matte Black



SAFETY BARS (PAIR) - XR12
Product Weight: 15 kg / 33 lbs.
Overall Dimensions (L x W x H): 74 x 18 x 30.5 cm / 29" x 7" x 12"
 ■ Adjustable safety arms provide added security during a variety of lifts.
 ■ Available if additional safety arms are needed (1 pair comes standard with rack)
 ■ Available only in Matte Black



PLYO STEP - XR13
Product Weight: 17.3 kg / 38 lbs.
Overall Dimensions (L x W x H): 56 x 63.5 x 30.5 cm / 22" x 25" x 12"
 ■ Adjustable height platform provides additional body-weight exercises
 ■ Available only in Matte Black



HEAVY BAG ATTACHMENT - XR14
Product Weight: 9.1 kg / 20 lbs.
Overall Dimensions (L x W x H): 107 x 8 x 48.5 cm / 42" x 3" x 19"
 ■ Boom arm used to attach heavy bags
 ■ Can be used on the PRO690 8' half rack only
 ■ Rack must be bolted down to use this option
 ■ Available only in Matte Black



LEG ROLLER ATTACHMENT - XR15
Product Weight: 7.7 kg / 17 lbs.
Overall Dimensions (L x W x H): 79 x 23 x 15.5 cm / 31" x 9" x 6"
 ■ Pad allows user to perform multiple single leg exercises
 ■ Use with a bench to perform Glute/Ham exercises
 ■ Available only in Matte Black



ROPE ANCHOR - XR16
Product Weight: 1.4 kg / 3 lbs.
Overall Dimensions (L x W x H): 15.5 x 8 x 23 cm / 6" x 3" x 9"
 ■ For rope training as an anchor point.
 ■ Available only in Matte Black



PREMIUM BATTLE ROPE ATTACHMENT - MG-OPT31
Product Weight: 4 kg / 7 lbs.
Overall Dimensions (L x W x H): 18 x 23 x 17 cm / 7" x 9" x 7"
 ■ For rope training as an anchor point.
 ■ Requires additional lead-time
 ■ Available only in Chrome



DIP STATION - XR17
Product Weight: 13.6 kg / 30 lbs.
Overall Dimensions (L x W x H): 66 x 69 x 28 cm / 26" x 27" x 11"
 ■ Used for body-weight dips
 ■ Must use off front of rack, unless rack is bolted down
 ■ Available only in Matte Black



LAND MINE – XR18

Product Weight: 3.7 kg / 8 lbs.
Overall Dimensions (L x W x H):
 41 x 10.5 x 20.5 cm / 16" x 4" x 8"
 ■ Used for rotational training
 ■ Available only in Matte Black



PREMIUM LAND MINE ATTACHMENT – MG-OPT13

Product Weight: 8.4 kg / 18.4 lbs.
Overall Dimensions (L x W x H):
 64 x 21.1 x 19.1 cm / 25.2" x 8.3" x 7.5"
 ■ Used for rotational training
 ■ Has lower rubber bumper to protect flooring
 ■ Requires additional lead-time
 ■ Available only in Ridge Black



BALL TARGET – XR22

Product Weight: 10.9 kg / 24 lbs.
Overall Dimensions (L x W x H):
 41 x 130 x 6 cm / 16" x 51" x 2.25"
 ■ Used for overhead ball work
 ■ Can be used on the PRO690 8' half rack only
 ■ Available only in Matte Black



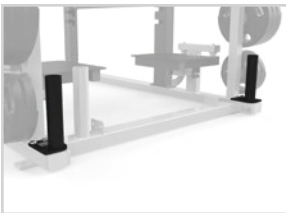
42" NAME PLATE – XR25

Product Weight: 5.5 kg / 12 lbs.
Overall Dimensions (L x W x H):
 30.5 x 119.5 x 5 cm / 12" x 47" x 2"
 ■ Display your logo proudly
 ■ For use inside of a rack. Note: When used inside a rack, it blocks the standard chin up bar.
 ■ Can be used on the PRO690 8' half rack only
 ■ Available only in Matte Black



70" NAME PLATE – XR26

Product Weight: 8.7 kg / 19 lbs.
Overall Dimensions (L x W x H):
 30.5 x 190.5 x 5 cm / 12" x 75" x 2"
 ■ Display your logo proudly between 2 racks
 ■ Can be used on the PRO690 8' half rack only
 ■ Available only in Matte Black



PREMIUM BOLT-ON OLYMPIC BAR HOLDER – MG-OPT44

Product Weight: 5.7 kg / 12.5 lbs.
Overall Dimensions (L x W x H):
 23.2 x 10.2 x 27 cm / 9.25" x 4" x 10.6"
 ■ Two bolt-on vertical Olympic bar holders
 ■ Requires additional lead-time
 ■ Available only in Ridge Black



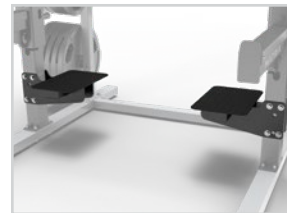
UNIVERSAL BAND ATTACHMENT – XR35

Product Weight: 1 kg / 2 lbs.
Overall Dimensions (L x W x H):
 15.5 x 2.5 x 20.5 cm / 6" x 1" x 8"
 ■ Upper attachment point for bands or suspension straps
 ■ Rack must be bolted down to use this option
 ■ Available only in Matte Black



CORE HANDLE – MG-OPT16

Product Weight: 5 kg / 10 lbs.
Overall Dimensions (L x W x H):
 48 x 79 x 5 cm / 19" x 31" x 2"
 ■ Used with an Olympic Bar and Land Mine Attachment for added training variety
 ■ Requires additional lead-time
 ■ Available only in Ridge Black



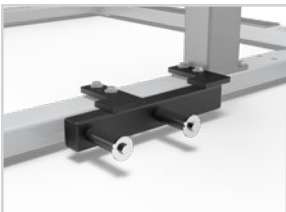
BOLT ON SPOTTERS STAND – VY-DOPT45S

Product Weight: 17.3 kg / 38 lbs.
Overall Dimensions (L x W x H):
 36 x 72 x 16 cm / 14" x 28" x 6"
 ■ Step-up platform used for assisting in heavy lifts
 ■ Requires additional lead-time
 ■ Available only in Ridge Black



DUAL-OLYMPIC BAR STORAGE - CALL FOR DETAILS

Product Weight: 4.3 kg / 9.5 lbs
Overall Dimensions (L x W x H):
 20 x 21 x 27.5 cm / 7.75" x 8.25" x 10.75"
 ■ Bolt-on vertical dual-Olympic Bar Holder
 ■ Requires additional lead-time
 ■ Available only in Ridge Black



2 PEG BAND PEGS - OPT5

Product Weight: 7 kg / 14 lbs
Overall Dimensions (L x W x H):
 39 x 44 x 7 cm / 15" x 17" x 2.5"
 ■ Band pegs provide added training variety
 ■ Available only in Ridge Black