# MATRIX

MAGNUM SERIES

- Designed for training efficiency
- Includes adjustable safety arms, j-hooks, and straight chin bars
- Optional weight horns and/or storage shelves can be added to create a variety of storage solutions
- J-hooks made of high density polyethylene (HDPE) to protect bar knurling from scratches
- Available in both 7' and 8' heights
  - I 7' Product Weight: 178.5 kg / 393 lbs
  - 1 7' Overall Dimensions (L x W x H): 229 x 132 x 212 cm / 90" x 52" x 83.5"
  - 8' Product Weight: 190 kg / 419 lbs
  - I 8' Overall Dimensions (L x W x H): 229 x 132 x 242.5 cm / 90" x 52" x 95.5"





### 42" SINGLE CHIN BAR - XRO1

Product Weight: 4.6 kg / 10 lbs.

Overall Dimensions (L x W x H):

107 x 8 x 30.5 cm / 42" x 3" x 12"

- Can be used between the weight storage uprights inside a rack as an added chin bar or as stability ball storage
- Available only in Matte Black



### 70" SINGLE CHIN BAR - XRO2

**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 or back-to-back
- Can be used on the PRO691C 8' double 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 attached to the rear of the rack, or if bands or straps are used, rack must be bolted down
- Can be used on the PRO691C 8' double 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 to hold heavy bags or suspension straps
- Can be used on the PRO691C 8' double 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):  $79 \times 23 \times 15.5$  cm /  $31" \times 9" \times 6"$ 

- 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-0PT31

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.
- Available only in Chrome

## MATRIX

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#### **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 be used 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-0PT13

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):  $41 \times 130 \times 6 \text{ cm} / 16" \times 51" \times 2.25"$ 

- Used for overhead ball work
- Can be used on the PRO691C 8' double 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: If used on front uprights it will block the standard chin up bar.
- 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 PRO691C 8' double half rack only
- Available only in Matte Black



### **BOLT-ON WEIGHT HORN - XR27C**

Product Weight: 5 kg / 11 lbs.

Overall Dimensions (L x W x H):

33 x 8 x 8 cm / 13" x 3" x 3"

- Add additional weight storage horns to the uprights
- Available in Chrome only



**OLYMPIC BAR HOLDER - XR34** 

Product Weight: 2.3 kg / 5 lbs. Overall Dimensions (L x W x H):  $28 \times 20.5 \times 8 \text{ cm} / 11" \times 8" \times 3"$ 

- Bolt-on Olympic bar holder
- Available only in Matte 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):  $48 \times 79 \times 5 \text{ cm} / 19^{\circ} \times 31^{\circ} \times 2^{\circ}$ 

- 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):  $36 \times 72 \times 16$  cm / 14"  $\times 28$ "  $\times 6$ "

- 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):  $39 \times 44 \times 7$  cm / 15" x 17" x 2.5"

- Band pegs provide added training variety
- Available only in Ridge Black



### 42" MEDICINE BALL SHELF - XS01

Product Weight: 8.7 kg / 19 lbs.

Overall Dimensions (L x W x H):

30.5 x 107 x 8 cm / 12" x 42" x 3"

- Medicine Ball storage shelf for inside a rack
- Requires XS11 or XS18 mounting brackets to connect to a rack
- Available only in Matte Black



### 70" MEDICINE BALL SHELF - XSO2

**Product Weight:** 12.3 kg / 27 lbs. **Overall Dimensions (L x W x H):**30.5 x 178 x 8 cm / 12" x 70" x 3"

- Medicine Ball storage shelf that attaches between 2 racks
- Requires XS11 or XS18 mounting brackets to connect to a rack
- Available only in Matte Black



## MAGNUM SERIES



### 42" DUMBBELL/KETTLEBELL SHELF - XS05

Product Weight: 13.2 kg /29 lbs.Overall Dimensions (L x W x H):  $38.5 \times 107 \times 8 \text{ cm}/15^{\circ} \times 42^{\circ} \times 3^{\circ}$ 

- Dumbbell/Kettlebell storage shelf for inside a rack
- Requires XS11 or XS18 mounting brackets to connect to a rack
- Available only in Matte Black



# 70" DUMBBELL/KETTLEBELL SHELF - XSO6

Product Weight: 23.6 kg / 52 lbs.

Overall Dimensions (L x W x H):

38.5 x 178 x 8 cm / 15" x 70" x 3"

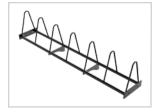
- Dumbbell/Kettlebell storage shelf that attaches between 2 racks
- Requires XS11 or XS18 mounting brackets to connect to a rack
- Available only in Matte Black



### 42" BUMPER/BOSU RACK - XSO7

**Product Weight:** 11.4 kg / 25 lbs. **Overall Dimensions (L x W x H):**30.5 x 107 x 43.5 cm / 12" x 42" x 17"

- Storage rack designed to store Bumper plates or Bosu's (not for use inside a rack)
- No mounting brackets required
- Available only in Matte Black



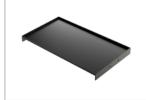
### 70" BUMPER/BOSU RACK - XSO8

Product Weight: 16.4 kg / 36 lbs.

Overall Dimensions (L x W x H):

30.5 x 178 x 43.5 cm / 12" x 70" x 17"

- Storage rack designed to store Bumper plates or Bosu's that attaches between 2 racks
- No mounting brackets required
- Available only in Matte Black



42" STORAGE SHELF - XSO9

Product Weight: 21.4 kg / 47 lbs. Overall Dimensions (L x W x H):  $61 \times 107 \times 8 \text{ cm} / 24^{\circ} \times 42^{\circ} \times 3^{\circ}$ 

- Extra deep shelf used for storing various accessories
- For use inside a rack
- Requires XS11 or XS18 mounting brackets to connect to a rack
- Available only in Matte Black



### 70" STORAGE SHELF - XS10

Product Weight: 31.8 kg / 70 lbs.Overall Dimensions (L x W x H):  $61 \times 178 \times 8 \text{ cm} / 24 \text{"} \times 70 \text{"} \times 3 \text{"}$ 

- Extra deep shelf used for storing various accessories
- Attaches between 2 racks
- Requires XS11 or XS18 mounting brackets to connect to a rack
- Available only in Matte Black



### **LINEAR SHELF BRACKET - XS11**

Product Weight: 1.9 kg / 4 lbs.

Overall Dimensions (L x W x H):

20.5 x 8 x 8 cm / 8" x 3" x 3"

- Used to connect 2 shelves out each side of a single upright
- Available only in Matte Black



### **SHELF MOUNTING BRACKET - XS18**

**Product Weight:** 1.9 kg / 4 lbs. **Overall Dimensions (L x W x H):**20.5 x 8 x 8 cm / 8" x 3" x 3"

- Used to connect an end of a shelf to an upright
- Available only in Matte Black