

If wall-mounting or a whole rig is not in the plans for now, consider the Continuum Quarter Cage/Squat Stand.

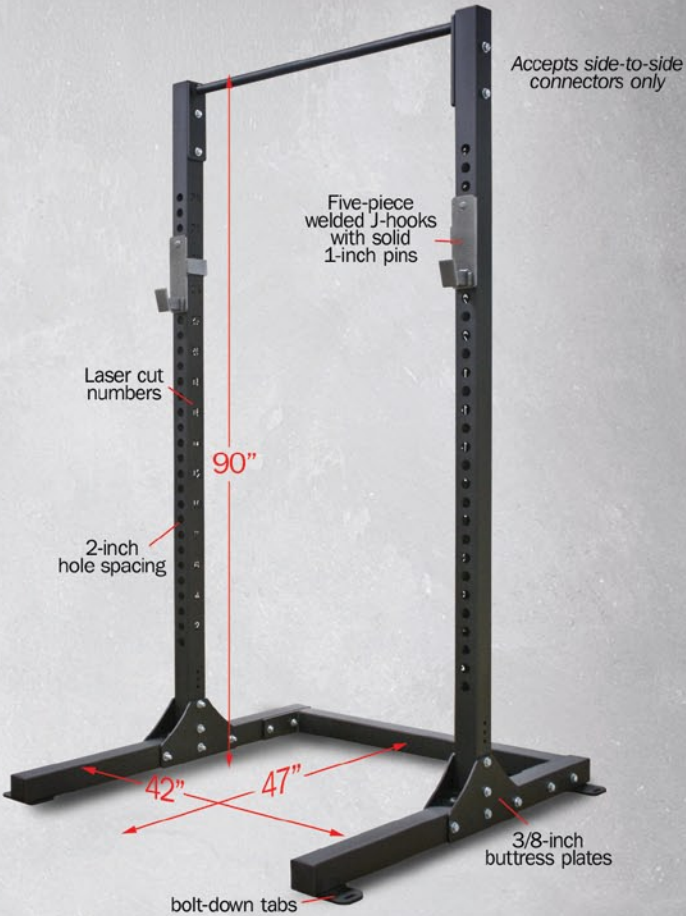
### 3904 Continuum Quarter Cage/ Squat Stand

3904 model number includes:  
1 Complete Squat Stand  
1 Pull-Up Bar Top Crossmember  
2 Beefy J-Hooks

Slightly shorter, to better fit garage gyms, the 3904 is the most fully featured, reasonably priced cage solution on the market. All the usual stuff, like 3x3-inch 11 gauge steel is there, but also some features you wouldn't expect, like a full line of accessories that are ready to grow with your needs and adaptability through Continuum Cage Connectors.

To make certain that things remain stable with only two uprights, the junction at the base is secured by two bolts through large flanges, then sandwiched with 3/16-inch thick plates secured with five more bolts.

Unique among Legend cages, the 3904's bolted design allows for boxed shipment and fixed freight costs on single unit orders. (Contact us for current rates and for shipping cost on two or more.) Ships from stock in 1-2 weeks. Available only in our textured black carbide finish.



#### accessories for all Continuum cages

Pro Style Top Crossmember  
**3256**  
(3904 only)  
(swivel grips sold separately)



Perf. Series Cage Connectors  
**3133-72C & 3133-96C**  
(swivel grips sold separately)



Single Landmine  
**3233**



Dual Landmine  
**3233**



Perf. Series Monster Hooks  
**3207**



Step Attachment\*  
**3172**



Dip Attachment\*  
**3147**



Inverted Safety Arms\*  
**3244**



\*available in Silver Vein finish only



**Adaptable, expandable, American-made and affordable.  
Welcome to the new breed of strength training rigs.**



To simplify the ordering process, or to provide a starting point for inspiration, Legend has several pre-configured packages available with their own unique product numbers. All feature **3x3-inch 11 gauge steel, welded five-piece j-hooks, 2-inch hole spacing** and **laser-cut numbering**. All rigs must be bolted to the floor.

	FreeStandingRigs	Wall-MountedRigs
34 feet	<b>3903-8FS</b> 8 squat/bench stations 20 pull-up areas	<b>3903-4WM</b> 4 squat/bench stations 10 pull-up areas
24 feet	<b>3903-6FS</b> 6 squat/bench stations 14 pull-up areas	<b>3903-3WM</b> 3 squat/bench stations 7 pull-up areas
14 feet	<b>3903-4FS</b> 4 squat/bench stations 8 pull-up areas	<b>3903-2WM</b> 2 squat/bench stations 4 pull-up areas

**NOTE:** Each of the above rig packages also available with **6-foot deep connectors** to provide users with more room. Want a different configuration from what you see here? Consult the facing page to add/exchange pieces and construct a rig to your personal specifications. For accessories, consult the back page!

The Legend Fitness Continuum Cage System is affordable, expandable, versatile and manufactured in East Tennessee to high standards of quality. There are several ways that a Continuum Cage rig can be assembled, including wall-mounted, free standing or jungle rig. The variety of crossmembers and connectors shown below enable a multitude of configurations to fit any training facility, gym or garage space.



## 3903 Continuum Quarter Cage

3903 model number includes:  
 2 Uprights  
 1 Pull-Up Bar Top Crossmember  
 2 Beefy J-Hooks

This is the basic unit upon which everything is built, but it is really anything but basic. Uncommon features include **2-inch hole spacing, laser cut numbering**, (above right) and compatibility with the **accessories** (back page) from our Performance Series cages (dip and step attachments, single or dual landmines, etc.). The bar catches aren't a piece of flat steel bent into a hook shape, because bent steel is weakened steel. Our **Beefy J-Hooks** (right) are fully welded from multiple parts to be exceedingly strong with a 1-inch solid racking pin and a resting point made from heavy box steel.



### optional crossmember

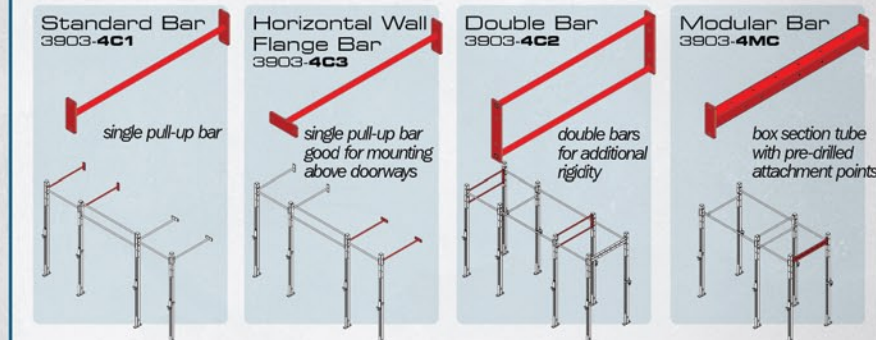


Substitute the standard top crossmember with the same Pro Style arching top crossmember seen on our Performance Series cages. Features neutral grips on the inside and a carefully angled, floating wide grip bar on the outside.

### optional connectors

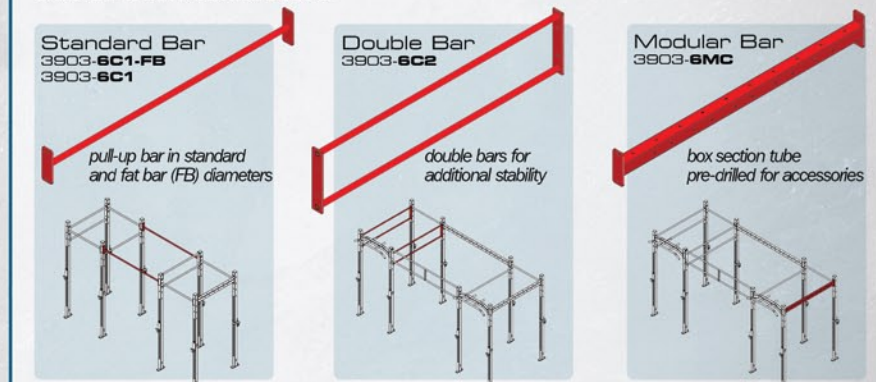
#### 4 ft. connectors

wall mount or back connectors



#### 6 ft. connectors

side or back connectors



#### 8 ft. connectors

side or back connectors

