

LEGEND FITNESS®

J-HOOK COMPARISON

The most important part of a cage is the J-hooks. They are the point of contact for weight loads and the most frequent point of interaction between user and cage. Anyone can build a strong frame, but the hooks need to be adjustable, strong, and easy to use.

We have re-written the books on hooks, forcing the industry to re-think how hooks should be made. The Legend Fitness Monster Hook is a super strong, abuse-loving, interchangeable slab of polymer that is sandwiched between two plates of steel. They come standard on all Legend Fitness Pro Series cages and are available as an upgrade for any equipment that accepts Pro Series attachments.

THE COMPETITION

Wear Surfaces Composed of Powder-Coated Steel & ABS Plastic
No Energy-Absorbing Properties
Small Wear Surface at Top of Sleeve
Shorter Hook Profile
Metal-On-Metal Contact
Wear Surface Not Replaceable
Prone to Flaking & Rust
One Color



LEGEND FITNESS®

Extended Wear Surfaces Protect Entire Face of Sleeve & Bottom of Hook
Energy-Absorbing Properties Help Prevent "Bounce Out"
Manufactured Using Tough UHMW Polymer
Longer Hook Profile
Dampens Noise
Easily Replaceable Wear Surfaces
Less Chipping/Rusting
Available in 30 Standard Colors

