

# BODY WEIGHT EQUIPMENT

## IF YOU'RE LOOKING FOR GRAVITY-FED STRENGTH, LOOK NO FURTHER.

Sometimes the simplest exercises are the best. Our line of body weight equipment is built in the USA with the best materials, like the rest of our strength training equipment. So if you need a piece of body weight equipment to push your athletes to the next level, Legend Fitness has it.

## CHECK OUT MORE LEGEND FITNESS INSTALLATIONS ONLINE.

Visit our website to get a look at corporate wellness centers, health clubs, athletic training centers, private gyms, and other showcases from all over the world. See the showcases featured here and more online at [www.legendfitness.com/showcases](http://www.legendfitness.com/showcases).

Camie Cragg Fitness  
Nevada, USA



Colorado State University Rec Center  
Colorado, USA



Waubensee Community College  
Illinois, USA

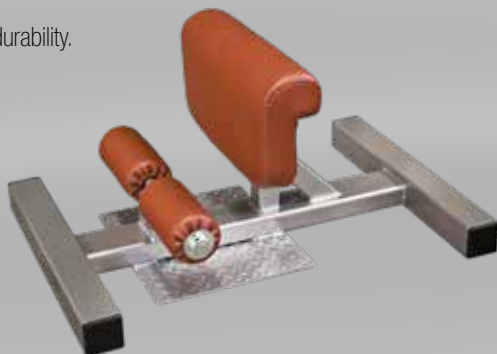
## 3162 SISSY SQUAT

Adjustable 18.5 inch wide calf pad with chrome-plated tubing.  
Upholstered foot rollers.  
Fully welded frame for extra durability.

 Dimensions:  
36 x 24.5 x 19.25 in.

 Shipping Weight:  
79 lbs.

 Fully Welded Frame,  
No Fasteners



## 3181 WALL-MOUNTED PULL-UP BAR

Single piece of welded steel.  
Round 1 1/4-inch diameter bar.  
Available in your choice of powder coat colors.

 Dimensions:  
53 x 19.4 x 17 in.

 Shipping Weight:  
44 lbs.

 Fully Welded Frame,  
No Fasteners



## 3127 45° HYPEREXTENSION

Dual hip pads.  
Chrome-plated adjustment surfaces.  
UMHW wearguards on the base.

 Dimensions:  
52.75 x 31 x 40.5 in.


 Shipping Weight:  
190 lbs.

 Fully Welded Frame,  
No Fasteners



## 3116 MINI SIT-UP

30° pad angle.  
Upholstered leg rollers.  
Push-up/egress handles.

 Dimensions:  
42.75 x 29.75 x 29.75 in.

 Shipping Weight:  
175 lbs.

 Fully Welded Frame,  
No Fasteners



## 3151 HORIZONTAL HYPEREXTENSION

Split thigh pads angled for comfort.  
Chrome-plated parts for scratch resistance.

 Dimensions:  
49.75 x 24.2 x 45 in.

 Shipping Weight:  
173 lbs.

 Fully Welded Frame,  
No Fasteners



## 3160 OBLIQUE FLEXOR

Dual, angled hip pads.  
Chrome-plated adjustment surfaces.  
Wearguards on base.

 Dimensions:  
53.25 x 30 x 39.5 in.

 Shipping Weight:  
200 lbs.

 Fully Welded Frame,  
No Fasteners



## 3161 AB CRUNCH BOARD

Elevated knee position reduces  
lower back strain.  
Leg pads adjust for femur length.  
Chrome-plated adjustment surfaces.

 Dimensions:  
66 x 20.5 x 52.6 in.

 Shipping Weight:  
246 lbs.

 Fully Welded Frame,  
No Fasteners



## 3176 SIT-UP BOARD & LADDER

Ankle rollers, two angled leg pads  
for proper form.  
Six rung heights.  
Wheels ease transitions.

 Dimensions:  
96.9 x 24.5 x 52 in.

 Shipping Weight:  
296 lbs.

 Fully Welded Frame,  
No Fasteners





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## 3146 DOUBLE DIP STAND

Fully welded construction.  
Elevated push-up handles.



Dimensions:  
68.5 x 31 x 57.5 in.



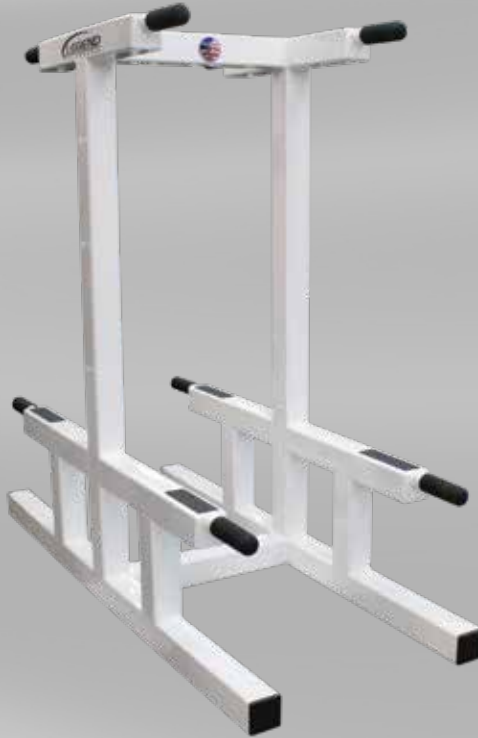
Shipping Weight:  
490 lbs.



Fully Welded Frame,  
No Fasteners



3 Inch Square,  
11 Gauge Frame



## 3128 DIP/CHIN/PUSH-UP

Multi grip pull-up bar on front.  
Dip handles and elevated push-up handles on back.



Dimensions:  
66.75 x 44.75 x 89.75 in.



Shipping Weight:  
410 lbs.



Fully Welded Frame,  
No Fasteners



3 Inch Square,  
11 Gauge Frame



## 3113 DIP/AB/PUSHUP

High density pads.  
Elevated push-up handles for maximum chest extension.



Dimensions:  
51.5 x 38.6 x 64 in.



Shipping Weight:  
273 lbs.



Fully Welded Frame,  
No Fasteners



3 Inch Square,  
11 Gauge Frame



## 3153 DIP/CHIN/AB/PUSH-UP

Leg lift station with dip grips and elevated push-up handles.  
Multi-grip pull up bar on back.



Dimensions:  
70.75 x 44.75 x 89.75 in.



Shipping Weight:  
434 lbs.



Fully Welded Frame,  
No Fasteners



3 Inch Square,  
11 Gauge Frame



## 3178 GRAVITY CRUNCH

Effort is set by adjusting the length of the foot bar. Foot bar may also be loaded with plates.



Dimensions:  
45 x 33 x 76 in.



Shipping Weight:  
260 lbs.



Fully Welded Frame,  
No Fasteners



## 3905 SUSPENSION TRAINING RIG

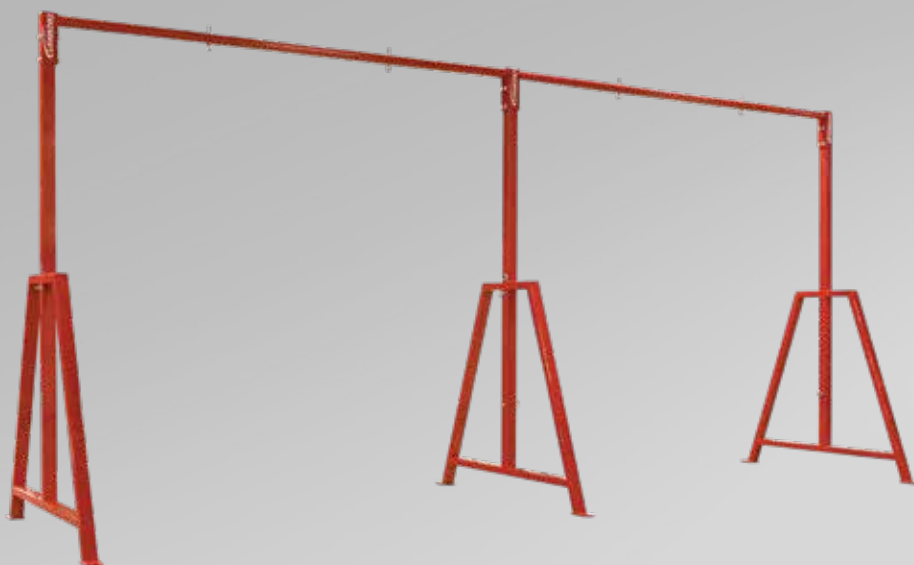
For use with suspended body weight training systems, such as TRX. Each upright is fully welded. Screw-in eyelets every 12 inches provide attachment points. Total footprint required is 6ft. x 10½ft. Additional 10-foot extensions sold separately (item 3905-10).



Dimensions:  
72 x 128 x 116 in.



Shipping Weight:  
614 lbs.



## 3311 CORE SPIDER

Fully welded arch handles aid in mounting/dismounting and serve as anchor points for resistance bands. Two footbox designs to choose from: open or closed style. All telescoping surfaces are chrome-plated for scratch resistance.



Dimensions:  
52 x 41 x 66 in.



Shipping Weight:  
262 lbs.



Fully Welded Frame,  
No Fasteners



Optional "closed" style footbox.

