

NOT-SO-BASIC BASICS

The Continuum Rig System starts with the 3903. That's two fully welded uprights constructed of our 3x3-inch 11 gauge steel—the same stuff our high-end Performance Series line of cages are made from. And just like our premium cages, the Continuum uprights have two-inch hole spacing and laser cut numbering, plus you can order them in any of our powder coat colors. You also get two of our Beefy J-Hooks, which are fully welded and have a one-inch racking pin and a standard four-foot pull-up bar crossmember. From there, you can customize your rig system with a plethora of connectors and accessories.

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.

US Special Forces
Northwest Region, USA

3903-1WM CONTINUUM WALL-MOUNTED LIFTING STATION

The basic unit upon which everything is built. Includes two uprights, one Pull-Up Bar Top Crossmember, two double bar wall connectors, and two fully welded Beefy J-Hooks. Accepts all Performance Series attachments.



Dimensions:
53.5 x 8.5 x 105.6 in.



3 Inch Square,
11 Gauge Frame



Accepts Performance Series
Accessories



Shipping Weight:
375 lbs.



Not Insert Platform
Compatible

3904 CONTINUUM QUARTER CAGE/SQUAT STAND

Ideal for garage gyms or facilities with space/budget limitations. Bolted construction reduces shipping costs. Can be linked to other Continuum racks using Continuum Connectors. Only available in Textured Black.



Dimensions:
51 x 54 x 90 in.



3 Inch Square,
11 Gauge Frame



Accepts Performance Series
Accessories



Shipping Weight:
188 lbs.



Insert Platform
Compatible



Weights and bars sold separately. Rigs may be pictured with extra options or accessories.

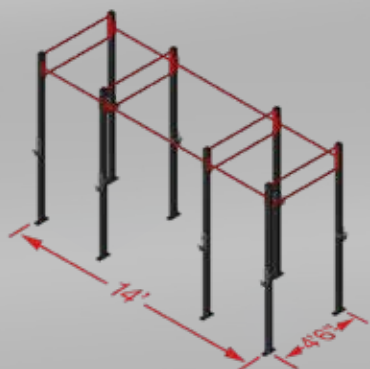


READY-MADE RIGS

Each pre-configured package features 3x3-inch 11 gauge steel, welded J-hooks, 2-inch hole spacing, and laser-cut numbering. Make it your own with numerous Continuum and Performance Series accessories.

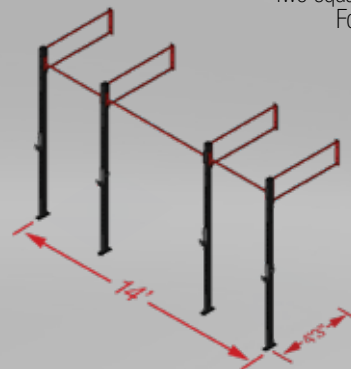
3903-4FS 14-FOOT FREE-STANDING

Four squat/bench stations.
Eight pull-up areas.



3903-2WM 14-FOOT WALL-MOUNTED

Two squat/bench stations.
Four pull-up areas.

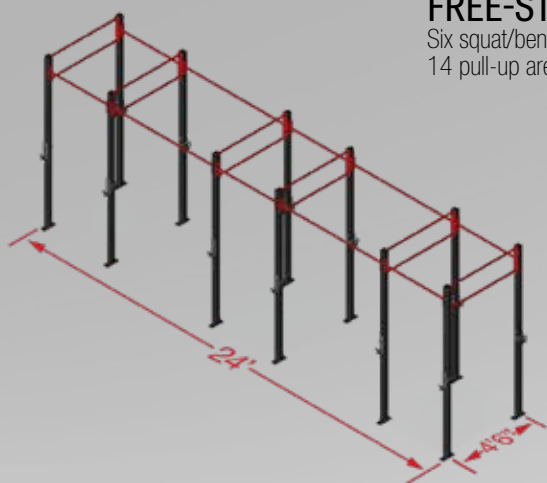


A NOTE ABOUT READY-MADE RIGS

Each of the rig packages pictured on this page is also available with 6-foot deep connectors to provide users with more room. Want a different configuration from what you see here? Consult the following page to add/exchange pieces and construct a rig to your personal specifications, or call your Legend Fitness representative for assistance.

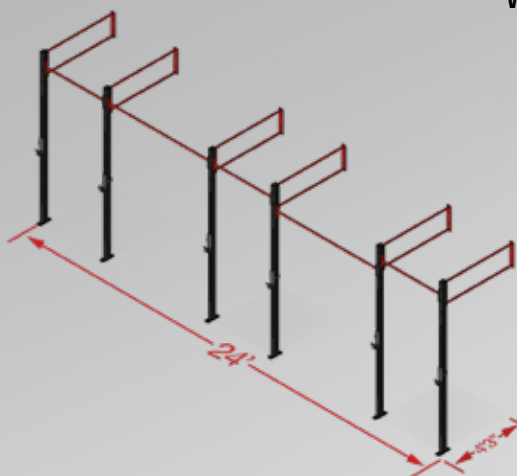
3903-6FS 24-FOOT FREE-STANDING

Six squat/bench stations.
14 pull-up areas.



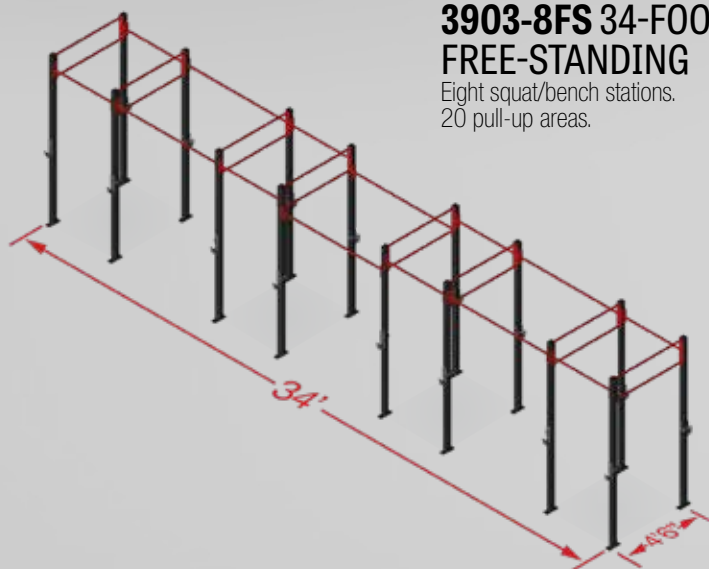
3903-3WM 24-FOOT WALL-MOUNTED

Three squat/bench stations.
Seven pull-up areas.



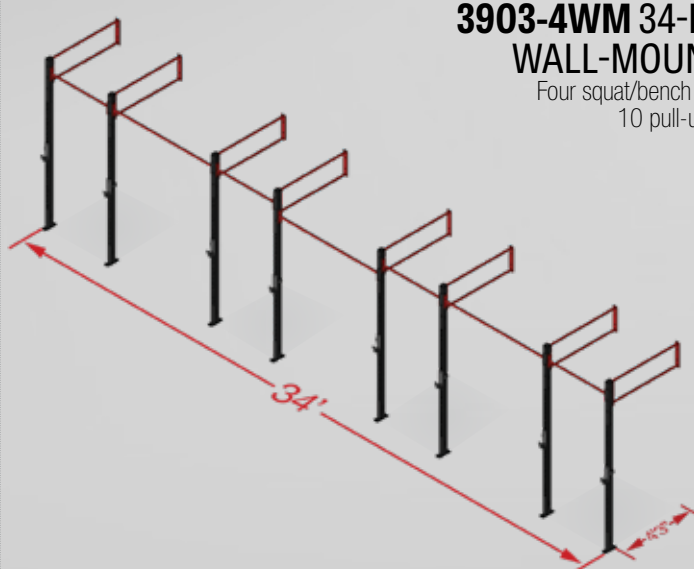
3903-8FS 34-FOOT FREE-STANDING

Eight squat/bench stations.
20 pull-up areas.



3903-4WM 34-FOOT WALL-MOUNTED

Four squat/bench stations.
10 pull-up areas.



THE CONTINUUM RIG SYSTEM

continuum
rigs

CONNECTORS & ACCESSORIES

Specialized Continuum connectors and accessories, combined with the ability to further add Performance Series attachments (see page 17 for full list) means the customization options are nearly endless.

A 3903-42FC PRO STYLE TOP CROSSMEMBER*

Substitute the standard top crossmember with a Pro Style arching crossmember. Neutral grips on the inside and a carefully angled, floating wide grip bar on the outside. Foam rubber grips for comfort.

STANDARD BAR CONNECTORS

B 3903-4C1 4 FOOT STANDARD BAR Not for use as side connectors.

C 3903-4C3 4 FOOT HORIZONTAL WALL FLANGE BAR 90 degree flange rotation at one end allows for above door mounting. Not for use as side connectors.

3903-6C1 6 FOOT STANDARD BAR

3903-6C1-FB 6 FOOT FAT BAR Single 1 and 7/8 inch diameter Fat Bar.

DOUBLE BAR CONNECTORS

More rigidity than standard bar connectors.

3903-4C2 4 FOOT DOUBLE BAR Not for use as side connectors.

3903-6C2 6 FOOT DOUBLE BAR

D 3903-8C2 8 FOOT DOUBLE BAR With center support strut.

3903-10C2 10 FOOT DOUBLE BAR With center support strut.

MODULAR BAR CONNECTORS

3x3-inch 11 gauge, pre-drilled tubing. More rigidity and the ability to add other accessories.

3903-4MC 4 FOOT MODULAR BAR Not for use as side connectors.

3903-6MC 6 FOOT MODULAR BAR

E 3903-8MC 8 FOOT MODULAR BAR

3903-10MC 10 FOOT MODULAR BAR

F 3903-DL45 CONTINUUM SERIES DYNAMIC LADDER

Three rungs and three (per side) rope attachment handles.

Mounts to front of rig for varied height options.

54" long arms, 45° incline, and minimum 129.5" mounted height.

G 3903-BT MEDICINE BALL TARGET

Target is made of half-inch marine-grade high density polymer.

Attachment point is available in any powdercoat color.

Ball target surface is 13" wide x 23.5" tall.

Secured with large 1-inch bolt.

H 3903-PS PLATE STORAGE ATTACHMENT

Chrome-plated, Olympic-sized peg attachment.

Sold in pairs.

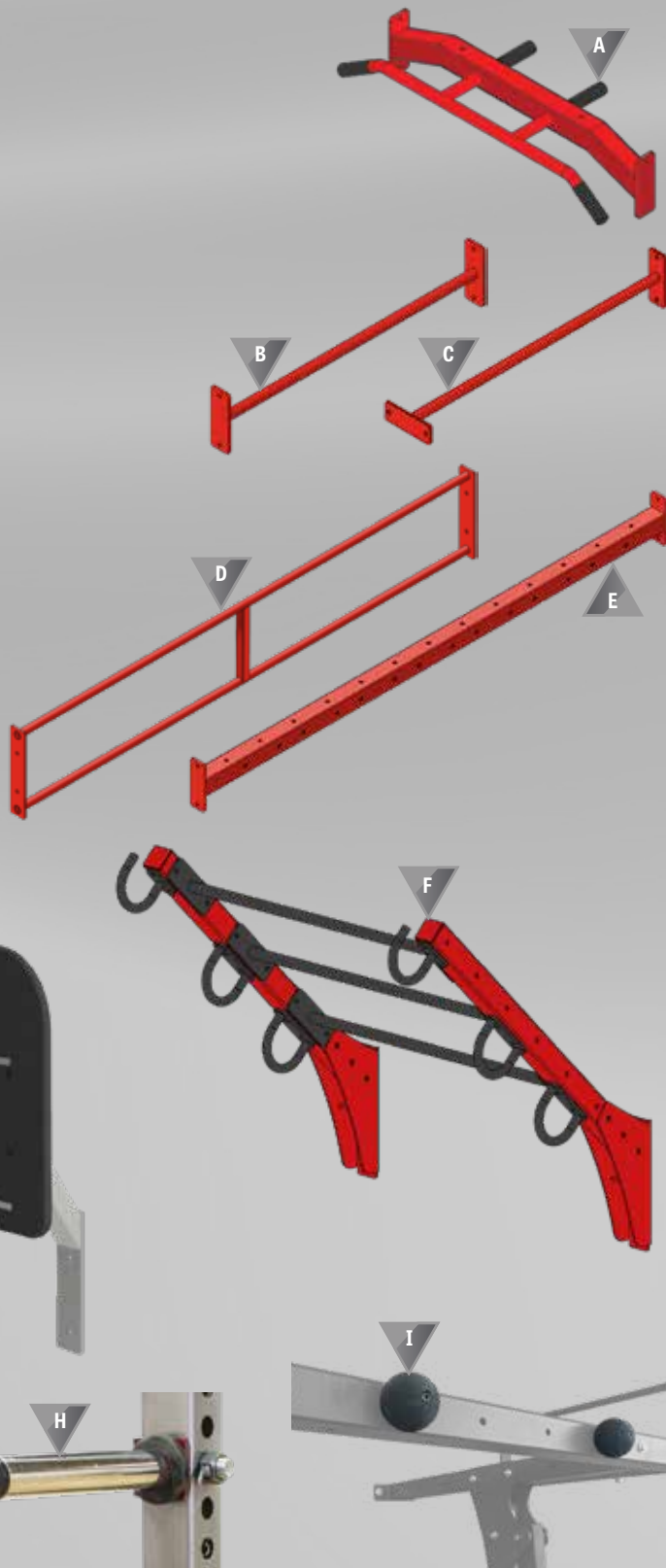
I 3.5-SPH 3.5" DIAMETER PULL UP SPHERES

Polyurethane construction won't chip or rust.

Rock climbing hold texture and seamless grip area.

Necessary hardware for mounting included.

Sold in pairs.



CONTINUUM RIGS ACCEPT ALL
PERFORMANCE SERIES
BY LEGEND FITNESS
ACCESSORIES.

For a list of accessories see page 15.

*This item is not interchangeable with the 3256 Pro Style Top Crossmember offered for Performance Series Cages.

ADAPTABLE. EXPANDABLE. AFFORDABLE.



Trench Fitness
Saskatchewan, Canada



Plunkett Fitness
Kansas, USA



Chattanooga Country Club
Tennessee, USA



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Wisconsin, USA