

# **LEGEND FITNESS®**

## **COMMERCIAL-GRADE STRENGTH EQUIPMENT**

**RACKS & CAGES • FREE WEIGHT EQUIPMENT • SELECTORIZED • PLATE-LOADED • BODY WEIGHT EQUIPMENT  
OLYMPIC LIFTING ACCESSORIES • SPEED & AGILITY • STORAGE SOLUTIONS • MUCH MORE**





















**[WWW.LEGENDFITNESS.COM](http://WWW.LEGENDFITNESS.COM)**

CATALOG VERSION 10.1

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# THE *LEGEND FITNESS*® ADVANTAGE

Legend Fitness is an international fitness equipment manufacturer based in the heart of East Tennessee. All Legend Fitness equipment is built at our facility in Knoxville, Tennessee instead of unloading it from a ship on the coast. For over 40 years we have brought the Southern sense of value and hard work to the strength and fitness equipment world. People here know the value of a dollar and a job well done, and it shows in everything we do. From the simplest plate holder to the towering Pro Series Power Cage, our standards of detail and quality can be seen in every weld and powder-coated finish.

The Legend Fitness standard is the reason everyone from high school coaches to multi-million dollar sports complex managers choose to outfit their centers with our equipment. Around the US and abroad, Legend Fitness has been chosen enough times to make us one of the fastest growing strength companies in the world.



**DESIGNED, TESTED, AND MANUFACTURED IN AMERICA:** Every Legend Fitness-branded item is manufactured in East Tennessee by hard-working Americans. We are keeping jobs, and money, here at home and we are proud of it.

**OUTSTANDING CUSTOMER SERVICE:** Despite being a world leader in strength manufacturing, we are still small town folks that will bend over backward to assist you. A customer is a lifelong friend, so if you have questions, give us a call. More often than not, you'll find an actual human being with an answer. We thrive on customer feedback to build relationships and improve our product.

**WEIGHT ROOM DESIGN:** At Legend Fitness, we don't just build the best fitness equipment, we build the best experiences to make sure what you get fully suits your vision. Our strength solutions are customized to your facility, and our weight room design features allows you to lay things out to your specifications. You can find it at [legendfitness.com](http://legendfitness.com) or work with one of our territory managers to desing your perfect facility.

**MORE CHOICES:** We carry over 300 individual products and accessories, making us the ultimate "one stop shop" for completely outfitting a strength training facility.

**THE BEST PERSONALIZATION OPTIONS IN THE FITNESS EQUIPMENT INDUSTRY:** When you choose Legend Fitness, you get to select from over 30 standard powder coat colors for frames and attachments. For upholstered items, there are over 50 standard shades of stain- and chemical-resistant 32-ounce vinyl that's rated for marine use, plus two fabrics. With multiple ways to add your logo, slogan, or team name, there are thousands of ways to make Legend Fitness equipment your own.

## POWDER COAT

Chocolate Brown	Wine Red	Red Rock
Textured Red	Mars Red	Organic Orange
Burnt Orange	Signal Yellow	Buttercup
Rush Green	Mint Green	Evergreen
Reseda Green	Coffee Brown	Sun Gold
Stone Gray	Olympia White	Storm Gray
Platinum Sparkle	Ebony Chrome	Slate Gray
Silver Vein	Textured Black	Jet Black
Post Office Blue	Patriot Blue	Light Blue
Purple Wave	Lilac	Pink

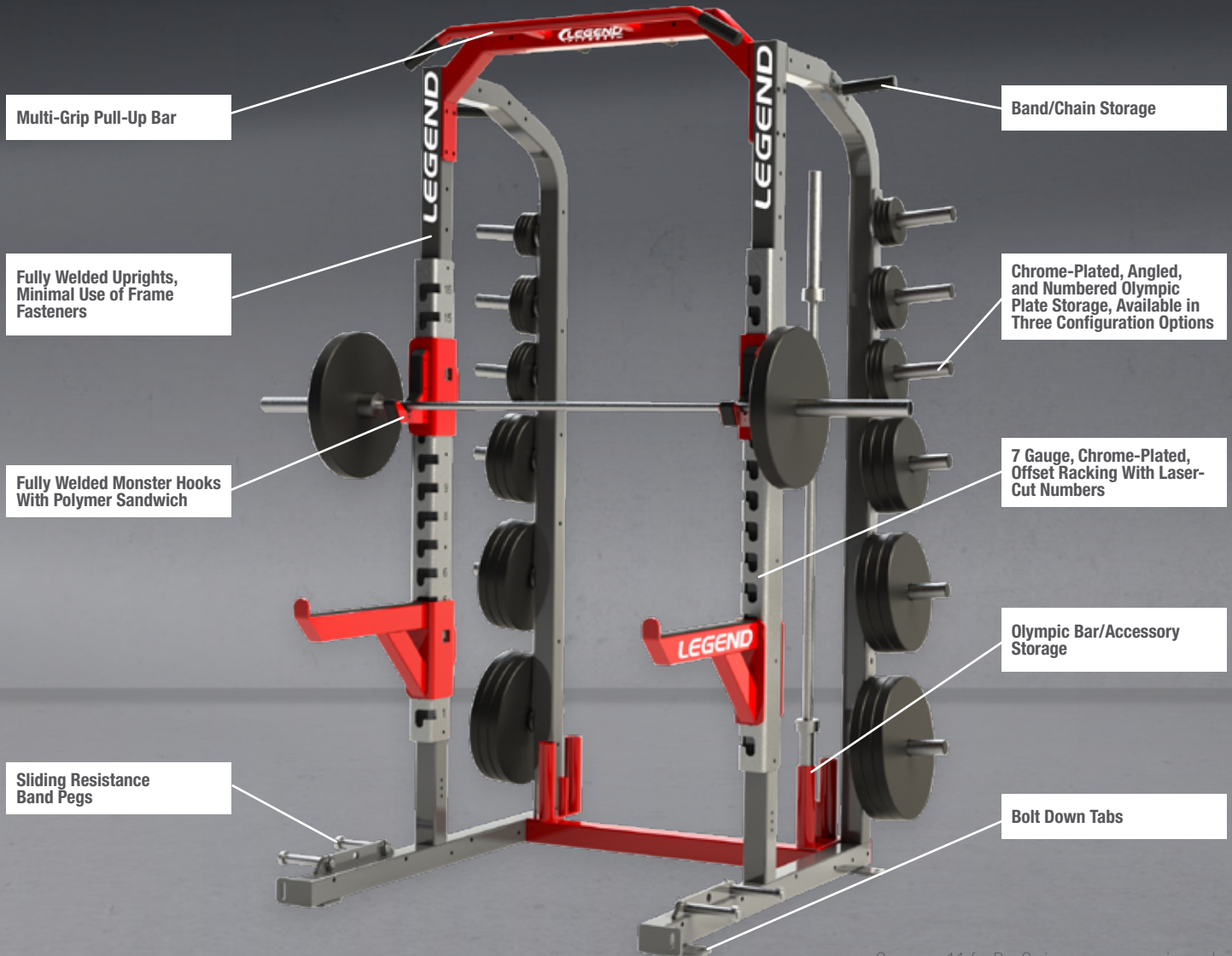
## UPHOLSTERY

Black	Charcoal	Graphite	Blue Ridge	Greystone	Gunmetal	Dove	Taupe
Espresso	Mocha	Bronze	Chestnut	Putty	Alabaster	Adobe White	White
Burgundy	Claret	Dark Cherry	Candy Apple Red	American Beauty	Tomato	Mandarin Orange	Rosalee
Cinnabar	Paprika	Gingersnap	British Tan	Cinnamon	Terra Cotta	Oak	Camel
Nasturtium	Sun Yellow	Golden Corn	Bonanza Gold	Doe	Sand	Bone	Parchment
Concord	Deep Violet	Navy	Imperial Blue	Regimental Blue	Royal	Sky Blue	Space Blue
Yew Green	Forest	Olive Green	Dusty Jade	Grotto	Capri Blue	Wedgewood	Fjord Blue
Emerald	Artichoke	Sage	Woodland Camo*	Desert Camo*			

Due to print variations, the samples here should only be used as an approximation. If color is critical, samples can be sent to you.

\*These upholstery options are fabric and may not be as stain resistant as vinyl options.

# PRO BY LEGEND FITNESS® SERIES



See page 11 for Pro Series cage accessories and options.

**PRO  
SERIES**

## CAGE ANATOMY & STANDARD FEATURES

If you're looking for top-of-the-line cages, racks, and platforms from Legend Fitness, Pro Series is the answer. Offering the most options on the most robust frames, this line of customizable equipment is best for those who need the biggest, toughest pieces of equipment.

## REDESIGNED TO BE STRONGER THAN EVER

### OVERBUILT FOR STRENGTH & RIGIDITY

Developed with 3D CAD software to use as few fasteners as possible. Each side of these cages is a single welded piece, marginalizing possible points of weakness while reducing maintenance needs. Eleven gauge 3x3-inch tubing with offset seven gauge, chrome-plated racking and laser-cut numbering stands up to whatever you can throw at it... and then some.

### MONSTER HOOKS

These oversized, dual peg, fully welded J-hooks have a carry handle and number window. The extremely durable, yet replaceable, polymer contact surface means no metal-to-metal contact with barbells and provides more energy absorption. Your barbells will last longer and your gym will be quieter. The extended reach profile of our Monster Hook increases safety without getting in the way of lifts.

### SAFETY SPOTTER ARMS

The safety arms were overbuilt to fully protect users when something slips. Featuring a 3x2-inch cross section and ABS wearguards plus an internal, full length one-inch racking rod, no matter what gets dropped, Pro Series spotter arms will catch it.

### EXTRA STORAGE & VERSATILITY

Pro Series cages have chrome-plated, numbered, Olympic-size plate storage pegs that are slightly angled for safety. There are also storage pegs for elastic bands or chains. Upright bar storage can hold up to four Olympic bars, optional attachments, or even bench docking system rods. Most Pro Series cages come with upper and lower pegs for band resistance and assistance exercises. The top crossmember has wide and neutral grip pull-up bars, plus attachment points for Swivel Grip Handles. Add in the huge selection of attachments and you've got the most versatile cage around.

PRODUCT PICTURED IS A PRE-PRODUCTION MODEL, ACTUAL PRODUCT MAY VARY. REFER TO [LEGENDFITNESS.COM](http://LEGENDFITNESS.COM) FOR THE MOST UP-TO-DATE INFORMATION.



# PRO SERIES RACKS & CAGES: #1 IN STRENGTH

## 3226 PRO SERIES HALF CAGE

Open design that offers a smaller footprint and reduced cost versus full cage models. Chrome-plated, offset, seven gauge racking with laser cut numbering. Only 12 frame bolts for ease of setup and the ultimate in rigidity. Upright storage for 4 Olympic bars (can also hold independent dip attachments). Bench docking system (for 3222 bench only) add on available.



Dimensions:  
58.1 x 69.9 x 103.6 in.



Shipping Weight:  
829 lbs.



3 Inch Square  
11 Gauge Frame



Accepts Pro Series  
Accessories



Bench Docking  
System Available



Insert Platform  
Compatible



Offset Racking  
7 Gauge, Chrome Plated

Two other height options available. The 3226-6 is six inches shorter (total height is a little over 97 inches). The 3226-9 is 12 inches taller (total height is a little over 115 inches).



East Kentwood High School  
Michigan, USA

## 3227 PRO SERIES DOUBLE-SIDED HALF CAGE

Back-to-back half cage design, allowing two users at once. Good for more open floorplans with programs to process several athletes quickly. Chrome-plated, seven gauge offset racking has laser cut numbering. Each side is a single welded piece for the ultimate in rigidity. Bench docking system (for 3222 bench only) add on available.



Dimensions:  
109.75 x 69.9 x 103.8 in.



Shipping Weight:  
1152 lbs.



3 Inch Square  
11 Gauge Frame



Accepts Pro Series  
Accessories



Bench Docking  
System Available



Insert Platform  
Compatible



Offset Racking  
7 Gauge, Chrome Plated

Two other height options available. The 3227-6 is six inches shorter (total height is a little over 97 inches). The 3227-9 is 12 inches taller (total height is a little over 115 inches).

Regardless of which height option is best for you, the Pro Series Double-Sided Half Cage will only fit through double-door entrances with a straight approach (so no tight turns leading up to the door). Doorway openings must measure at least 110 inches diagonally.



West Park High School  
California, USA

## 3215 PRO SERIES POWER STATION

Unlimited overhead room for standing military presses, push presses, etc. Extended lifting area between the racking posts provides extra large interior space. Chrome-plated, offset, seven gauge racking with laser cut numbering. Each side is a single welded piece for the ultimate in rigidity. Bench docking system (for 3222 bench only) add on available.



Dimensions:  
91.6 x 69.9 x 103.75 in.



Shipping Weight:  
960 lbs.



3 Inch Square  
11 Gauge Frame



Accepts Pro Series  
Accessories



Bench Docking  
System Available



Insert Platform  
Compatible



Offset Racking  
7 Gauge, Chrome Plated



Lincoln High School  
South Dakota, USA

# PRO SERIES RACKS & CAGES: #1 IN STRENGTH

## 3221 PRO SERIES POWER CAGE

Full cage, with the additional safety that design provides.  
 Chrome-plated, offset, seven gauge racking with laser cut numbering.  
 Each side is a single welded piece for the ultimate in rigidity.  
 Resistance/assistance band pegs are standard.  
 Bench docking system (for 3222 bench only) add on available.



Dimensions:  
 79.6 x 69.9 x 103.75 in.



Shipping Weight:  
 1072 lbs.



3 Inch Square  
 11 Gauge Frame



Bench Docking  
 System Available



Accepts Pro Series  
 Accessories



Insert Platform  
 Compatible



Offset Racking  
 7 Gauge, Chrome Plated

Two other height options available. The 3221-6 is six inches shorter (total height is a little over 97 inches). The 3221-9 is 12 inches taller (total height is a little over 115 inches).

Regardless of which height option is best for you, the Pro Series Power Cage will only fit through double-door entrances with a straight approach (so no tight turns leading up to the door). Doorway openings must measure at least 110 inches diagonally.



## 3321 PRO SERIES TRIPLE POWER CAGE

Combination of a full cage and a half cage.  
 Can accommodate three users at once.  
 Each side is a single welded piece for the ultimate in rigidity.  
 Good for open floor plans where several users need to process quickly.



Dimensions:  
 144.8 x 69.9 x 103.8 in.



Shipping Weight:  
 1121 lbs.



3 Inch Square  
 11 Gauge Frame



Bench Docking  
 System Available



Accepts Pro Series  
 Accessories



Insert Platform  
 Compatible



Offset Racking  
 7 Gauge, Chrome Plated



The Pro Series Triple Power Cage will only fit through double-door entrances with a straight approach (so no tight turns leading up to the door). Doorway openings must measure at least 110 inches diagonally.

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



# PRO SERIES RACKS & CAGES: #1 IN STRENGTH

Page 7



Ohio State University  
Ohio, USA



Crawfordsville High School  
Indiana, USA



# PRO SERIES RACKS & CAGES: #1 IN STRENGTH

## the PRO SERIES MODULAR cage system

### 3264 PRO SERIES MODULAR HALF CAGE

Fusion Modules can be bolted into the back for more versatility. Designed to be bolted to other Modular Cages via Cage Connectors. Each side is a single welded piece for the ultimate in rigidity. Chrome-plated, offset, seven gauge racking with laser cut numbering. No lower crossmember, must be bolted to floor. Not insert platform compatible.



Dimensions:  
57.6 x 69.9 x 101.2 in.



Modular  
Design



Accepts Pro Series  
Accessories



3 Inch Square  
11 Gauge Frame



Shipping Weight:  
948 lbs.



Bench Docking  
System Available



Not Insert Platform  
Compatible



Offset Racking  
7 Gauge, Chrome Plated



PRO  
SERIES



Russellville High School  
Arkansas, USA

### 3263 PRO SERIES MODULAR POWER CAGE

Fusion Modules may be bolted into the rear of the cage, boosting versatility. Can be bolted to other Modular Cages via Cage Connectors. Each side is a single welded piece for the ultimate in rigidity. Chrome-plated offset seven gauge racking with laser cut numbering. No lower crossmember, must be bolted to floor. Not insert platform compatible.



Dimensions:  
74 x 69.9 x 101.2 in.



Modular  
Design



Accepts Pro Series  
Accessories



3 Inch Square  
11 Gauge Frame



Shipping Weight:  
1289 lbs.



Bench Docking  
System Available



Not Insert Platform  
Compatible



Offset Racking  
7 Gauge, Chrome Plated



PRO  
SERIES



Tennessee Tech University  
Tennessee, USA



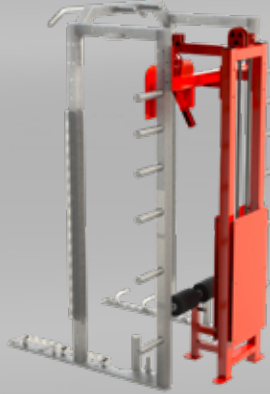
# PRO SERIES RACKS & CAGES: #1 IN STRENGTH

Building a modular cage system gives users the ability to get a full workout in one area. Connecting crossmembers provide additional areas for pull-ups and suspension training, as well as shared rigidity above and beyond what single cages can provide. The integrated Fusion Modules give you even more versatility within a given footprint. It's just three easy steps to build a Pro Series Modular Cage or jungle setup...

**1 CHOOSE CAGES + 2 CHOOSE FUSION MODULES + 3 CHOOSE CONNECTORS = YOUR PERFECT JUNGLE**

## 3268-F1 INSIDE LAT PULLDOWN/BENCH ROW MODULE

Space-saving design turns your Modular Cage into a 2-in-1 device.  
Large 300 pound weight stack is standard, in 10-pound increments.  
PowerMax glass-reinforced pulleys prolong aviation-grade cable life and feature smooth shielded bearings.  
Footplate/knee roller storage.  
Intended for use with a utility bench (sold separately).



## 3268-F2 OUTSIDE LAT PULLDOWN/SEATED ROW MODULE

Supplied with hefty 300 pound weight stack as standard.  
Glass-reinforced PowerMax pulleys prolong cable life and feature smooth shielded bearings.  
Aviation-grade cable.  
Extra long bench to accommodate users of all heights.  
Footplate/knee roller storage.



## 3268-F3 CABLE COLUMN MODULE

Chrome plated column with laser-cut numbering.  
PowerMax glass-reinforced pulleys prolong cable life.  
Swiveling pulley assembly for freedom of movement and user placement.  
Fully welded frame with steel stack shrouds.  
Offered in left- and right-facing configurations.  
When paired with another cage, can create a cable crossover.



## 3268-F4 DESTROYER MODULE

Affixes to the rear of Modular Series cages, allowing more than one athlete to exercise at once.  
Angled weight pegs are Olympic-sized and feature a heavy duty cotter pin to keep plates in place during explosive sets.  
Smooth, tough pillow block bearings are easily serviceable.



## 3268-F51 HALF CAGE MODULE W/SKINNY BAR

Affixes to the rear of Modular Series cages, allowing more than one athlete to exercise at once.  
Chrome-plated racking with laser-cut numbering.  
Lower portion of frame features ABS-coated attachment storage.  
Frame sides and crossmember are fully welded for added strength.  
Includes one pair of Monster Hooks and one pair of safety arms.



## 3268-F52 HALF CAGE MODULE W/MULTI-GRIP PULL UP BAR

Same as the 3268-F51 with the exception of the upper crossmember.  
Crossmember has a "floating", angled wide-grip pull-up bar on one side and neutral grip rods on the other, both equipped with foam rubber grips.  
Includes one pair of Monster Hooks and one pair of safety arms.



## 3268-F6 ROTATING DESTROYER ARMS MODULE

Two workout positions: straight on and converging.  
Multi-grip handles offer more starting positions, increased effort, and accommodate users of different heights.  
Arms rotate out of the way so users can utilize the uprights for other exercises.



## 3268-F7 DYNAMIC LADDER MODULE

Turn your Modular Cage into a challenging monkey bar workout station for upper body work.  
Two rungs and three (per side) rope attachment handles.  
54" long arms, 30° incline, and 127" mounted height.  
Side mounting point makes it possible to "stack" with other Fusion Modules.

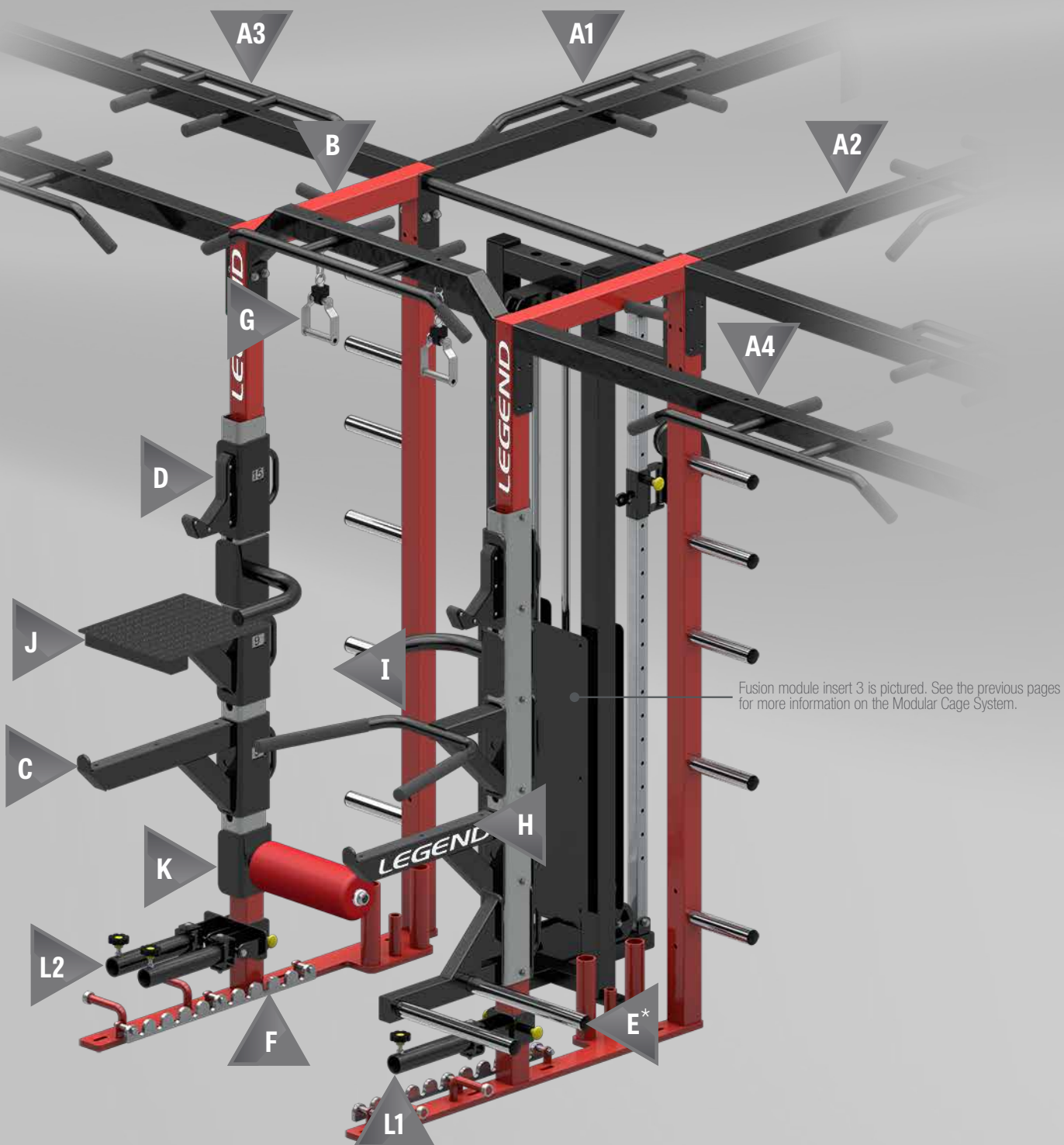


# PRO SERIES ACCESSORIES

**PRO  
SERIES**

## CAGE OPTIONS & ACCESSORIES

From cage connectors to Bumper Storage Attachments, if you want to upgrade your Legend Fitness Pro Series Cage, you've come to the right place. Add accessories to your cage to customize it further and build exactly what your athletes need to become the strongest team out there.



\*Only one of the two technique trays is shown.





## CAGE CONNECTORS

Link your Modular or Pro Series cages together with 3x3-inch, fully welded tubing for extra rigidity. Wide grip and neutral grip pull-up bars and attachment points for Swivel Grip Handles offer an additional workout station. Deep flange plates for four bolts on each side ensure a solid connection. Product Numbers:

**A1 3263-72BC** 72-Inch Back-to-Back (Modular Cages Only)

**A2 3263-96BC** 96-Inch Back-to-Back (Modular Cages Only)



## C 3246 INVERTED SAFETY ARMS

Safety arms for the outside front of the cage, used in conjunction with the Inverted Monster Hooks.



## D 3247 INVERTED MONSTER HOOKS

This version of the Legend Fitness Monster Hook can be used on the outside front of the cage, giving your Pro Series cage another workout zone. Applies to full cages only.



## E TECHNIQUE TRAYS

Allows you to work on your pull for Olympic lifts and deadlifts at various heights. Perfect for working on speed under the bar in Olympic lifting, overreaching on heavier sets for greater strength gains, and for rate of force development.

**3221-T** Technique Trays for Power Cages

**3226-T** Technique Trays for Half Cages



## F BENCH DOCKING SYSTEM

A patent-protected design that keeps our 3222 Pro Series Bench simply and securely located.

**3221-DOCK** Docking System for Power Cages

**3226-DOCK** Docking System for Half Cages



## G 3252 SWIVEL GRIP PULL-UP HANDLES

If you're the hardy sort that finds regular pull-ups and chin-ups too easy, then boost the difficulty and the number of stabilizing muscle groups involved with these. Each handle rotates in three dimensions to provide a less stable, but more challenging, upper body workout.



## 3247-DS DOUBLE-SIDED MONSTER HOOKS

Built with the same solid design as our Monster Hooks, but designed to hang on the front of the posts and provide racking for two bars (one inside and one outside) instead of just one.



## 3221-NP LASER CUT NAMEPLATE CROSSMEMBER

This double-sided, laser-cut piece can replace the front or rear crossmember of your Pro Series or Modular cage.



## 3221-NP2 LASER CUT NAMEPLATE MULTI-GRIP CROSSMEMBER

This double-sided, laser-cut nameplate can replace the multi-grip crossmember of your Pro Series or Modular cage.



## 3221-NP3 DECAL NAMEPLATE FOR ARCHING PRO SERIES CROSSMEMBERS

Made of sturdy 16-gauge steel plating and powdercoated in your color choice. Your logo, team name, or slogan is added using a high-quality, full color decal for the ultimate impact.



## 3.5-SPH 3.5" DIAMETER PULL UP SPHERES

Great for building forearm and grip strength, add them to a cage, half cage, or a connector. Big enough to provide a challenge, but not so small that it makes for an easy time. Spheres are made from seamless polyurethane and textured like a rock climbing grip.

**A3 3221-72C** 72-Inch Side-to-Side (All Pro Series Cages)

**A4 3221-96C** 96-Inch Side-to-Side (All Pro Series Cages)



## H SINGLE UNIT DIP ATTACHMENT

A single, extra rigid, welded unit that occupies only one post. Two 1-inch pins keep things solidly connected.

**3270-L** Left Side Half Cages

**3270-R** Right Side Half Cages

**3271-L** Left Side Full Cages

**3271-R** Right Side Full Cages



## I 3255 INDEPENDENT DIP ATTACHMENTS

Independent, fully welded dip attachments that can be conveniently stored in the standard bar storage found on all Pro Series cages.



## J STEP ATTACHMENT

A fully welded diamond plate platform for the outside front of the cage for step-up exercises.

**3250-L** Left Side Half Cages

**3250-R** Right Side Half Cages

**3249-L** Left Side Full Cages

**3249-R** Right Side Full Cages



## K 3253 SPLIT SQUAT ROLLER ATTACHMENT

Fully upholstered, with thick closed-cell padding, to comfortably hold your ankle while your legs are screaming. Attaches solidly with two one-inch racking pins.



## LANDMINES

Secure an Olympic bar in the sleeve(s), add a weight on the end, and do exercises such as shoulder presses, rows, cleans, and laterals. Put a barbell in each hand with the Dual Landmine, or hand one of the bars to a partner and mirror exercises for athletic independence and reaction times.

**L1 3233** Single Landmine

**L2 3235** Dual Landmine



## 3269 BUMPER STORAGE ATTACHMENT

A mounted solution for your plate storage needs. This rack will hold up to four 45-pound bumper plates in place and mounts to your cage to stay stationary and out of the way. Sold in sets of two.



## 3221-SS SAFETY STRAPS

Designed to be easily and quickly adjusted, these consist of two fully welded racking brackets with heavy duty bolts holding 3" wide, heavy duty, double-layered black nylon straps. Straps are 36" long, so they can only be used with Pro Series full cages. Safety Straps are sold in pairs.



## 3226-F7 DYNAMIC LADDER

Two rungs and three (per side) rope attachment handles. An easy upgrade to an existing Legend Fitness Pro Series cage.



## 3221-42SC STRAIGHT PULL-UP CROSSMEMBER

The Straight Pull-Up Crossmember offers four extra inches of clearance without sacrificing the multi-grip pull-up bar.

**VIEW OUR MOST UP-TO-DATE PRODUCTS ONLINE AT [LEGENDFITNESS.COM](http://LEGENDFITNESS.COM)**

At Legend Fitness we are always innovating, designing, and building the best fitness equipment. To see all of our products visit [www.legendfitness.com](http://www.legendfitness.com).

# PERFORMANCE SERIES: NO COMPROMISES



See page 15 for Performance Series cage accessories and options.

## PERFORMANCE SERIES BY LEGEND FITNESS®

## CAGE ANATOMY & STANDARD FEATURES

Outfit your Performance Series Cage top to bottom with unique attachments and upgrades that can help you take your cage to the next level. Upgrade your cage and your athletes will level-up too.

### BUILT FOR STRENGTH & RIGIDITY

Performance Series racks, rigs, and cages are made with eleven gauge 3×3-inch tubing throughout, providing more strength. And like most Legend Fitness items, they were developed with 3D CAD software to use as few fasteners as possible. Each side of a Performance Series cage is a single, fully welded piece. Not having to rely on fasteners lessens the possible points of weakness and reduces maintenance needs.

### BEEFY J-HOOKS

Five pieces of thick steel and a solid one-inch rod are welded together to make our Beefy J-Hook, the standard bar holder in the Legend lineup that could easily be considered an upgrade item elsewhere.

### QUICK, EASY ADJUSTMENTS

Performance Series racks, rigs, and cages feature laser-cut numbering and two-inch hole spacing standard. This makes adjustments quick and easy, but also allows users of different statures to use the equipment safely.

### EXTRA ON-BOARD STORAGE

Most cages in the Performance Series lineup feature chrome-plated, numbered, Olympic-sized plate storage. They are angled upward for an extra bit of safety.\*

### UNPARALLELED SAFETY

Bolt-down tabs are found on all corners for that extra measure of safety and stability.

\*Except 3121 and 3904.



## 3142 HALF CAGE

Only 8 frame bolts for increased rigidity/ease of setup/reduced maintenance. Lifting area is 51 inches deep. Spotter arms reach 24 inches from the front of the uprights. Each side is a single welded piece for the ultimate in rigidity. Standard top crossmember is a 1 1/4-inch diameter pull-up bar.



Dimensions:  
57.7 x 68.2 x 88.7 in.



Shipping Weight:  
394 lbs.



3 Inch Square,  
11 Gauge Frame



Insert Platform  
Compatible



Accepts Performance Series  
Accessories



Emerald Youth Foundation  
Fitness Center  
Tennessee, USA

## 3155 DOUBLE-SIDED HALF CAGE

Two users can lift on opposite sides at the same time. Inside dimensions measure 39 7/8 by 42 inches on both sides. Safety arm depth is 24 inches on both sides. Each side is a single welded piece for the ultimate in rigidity. Two pull-up bars, one is 1 1/4-inch in diameter, the other is 2 inches in diameter.



Dimensions:  
82.75 x 68 x 88.7 in.



Shipping Weight:  
605 lbs.



3 Inch Square,  
11 Gauge Frame



Insert Platform  
Compatible



Accepts Performance Series  
Accessories



Elk River High School  
Minnesota, USA

## 3142-FUNCTIONAL TRAINER FUSION HALF CAGE

Functional trainer and half cage in one. Ideal for small workout areas where every square foot matters. Each side is a single welded piece for the ultimate in rigidity. Supplied with two 200 lb. weight stacks, upgradeable.



Dimensions:  
98.25 x 68.7 x 93.75 in.



3 Inch Square,  
11 Gauge Frame



Accepts Performance Series  
Accessories



Shipping Weight:  
1510 lbs.



Not Insert Platform  
Compatible



2:1 Pulley  
Reduction

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



PERFORMANCE SERIES  
BY LEGEND FITNESS



Weightlifting and Combat  
Sports Center  
Henan Province, China

# PERFORMANCE SERIES: NO COMPROMISES

## 3209 TRIPLE POWER CAGE

Full cage and half cage in one.  
Three zones allow three users at once.  
Each side is a single welded piece for the ultimate in rigidity.  
Best for limited floorplans where several athletes need to be quickly processed.



Dimensions:  
128.25 x 68.2 x 92.4 in.



Shipping Weight:  
610 lbs.



3 Inch Square,  
11 Gauge Frame



Insert Platform  
Compatible



Accepts Performance Series  
Accessories



## 3133 POWER CAGE

Offers all the safety of an enclosed cage design, plus plate storage.  
Inside dimensions measure 42 inches wide by 58 inches deep.  
Each side is a single welded piece for the ultimate in rigidity.  
Two pull-up bars, one is 1 1/4-inch in diameter, the other is 2 inches in diameter.



Dimensions:  
61.5 x 68.2 x 88.7 in.



Shipping Weight:  
490 lbs.



3 Inch Square,  
11 Gauge Frame



Insert Platform  
Compatible



Accepts Performance Series  
Accessories



## 3171 POWER STATION

Open top for overhead barbell work.  
Two pull-up bars, one is 1 1/4-inch in diameter, the other is 2 inches in diameter.  
Inside dimensions measure 42 by 57 3/4 inches.  
Each side is a single welded piece for the ultimate in rigidity.  
Also available in a wide stance version as 3171-WS.



Dimensions:  
61.5 x 68.2 x 88.7 in.



Shipping Weight:  
460 lbs.



3 Inch Square,  
11 Gauge Frame



Insert Platform  
Compatible



Accepts Performance Series  
Accessories



## 3121 POWER RACK

Fully enclosed cage design, but without plate storage.  
Maximum safety for minimal investment.  
Safety arm length is 35 inches, inside width is 42 inches.  
Each side is a single welded piece for the ultimate in rigidity.  
Two pull-up bars, one is 1 1/4-inch in diameter, the other is 2 inches in diameter.



Dimensions:  
48.6 x 54 x 88.7 in.



Shipping Weight:  
360 lbs.



3 Inch Square,  
11 Gauge Frame



Insert Platform  
Compatible



Accepts Performance Series  
Accessories



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



## PERFORMANCE SERIES BY LEGEND FITNESS

## CAGE OPTIONS & ACCESSORIES

From cage connectors to Landmines, if you want to upgrade your Legend Fitness Performance Series Cage, you've come to the right place. Build exactly what your athletes need to become the strongest out there.



### A 2-TONE TWO-TONE POWDER COAT

Match your equipment crossmembers to team or facility colors. J-hooks, safety arms and accessories must remain in our chip-resistant Silver Vein finish.



### CAGE CONNECTORS

Experience the phenomenon of "shared rigidity" by linking your Performance Series cages together with 3x3-inch, fully welded tubing with wide grip and neutral grip pull-up bars and attachment points for 3252 Swivel Grip Handles.

**B1 3133-72C** 72" Side-to-Side

**B2 3133-96C** 96" Side-to-Side



### C 3256 PRO STYLE TOP CROSSMEMBER

This upgrade offers several advantages: clearance for taller users to perform pull-ups, wide grip bar outside the cage, two neutral grips in the cage, foam rubber grips for comfort, and the ability to accept Swivel Grip Handles. Not interchangeable with Continuum System 3903-42FC.



### D 3207 PERFORMANCE SERIES MONSTER HOOKS

With a long and deep profile, fully welded, and a tough polymer contact area, this upgrade makes a big difference. Less metal-on-metal contact means less chipping and rust and more energy dispersion in emergency drops. Plus, the polymer inserts are replaceable.



### E 3147 DIP ATTACHMENT

17-inch long handles allow more chest clearance for the user, and more grip positions with 15-inch-long foam rubber grips. Fully welded, secures with a beefy one-inch bolt. Available in Silver Vein only.



### F 3236 BEEFY SPOTTER ARMS

A substitution upgrade for the standard 1-inch safety rods, these are built from 3x2 in 11 gauge tubing. Built to take a pounding above what even a powerlifter can throw.



### G 3244 INVERTED SAFETY ARMS

Fully welded, with a one-inch diameter steel rod to bear the weight. Deep front lip for additional safety. Provides users with the option of doing lifts in front of the cage.



### H 3172 STEP ATTACHMENT

A fully welded diamond plate platform for the outside front of the cage for step-up exercises. Available in Silver Vein only.

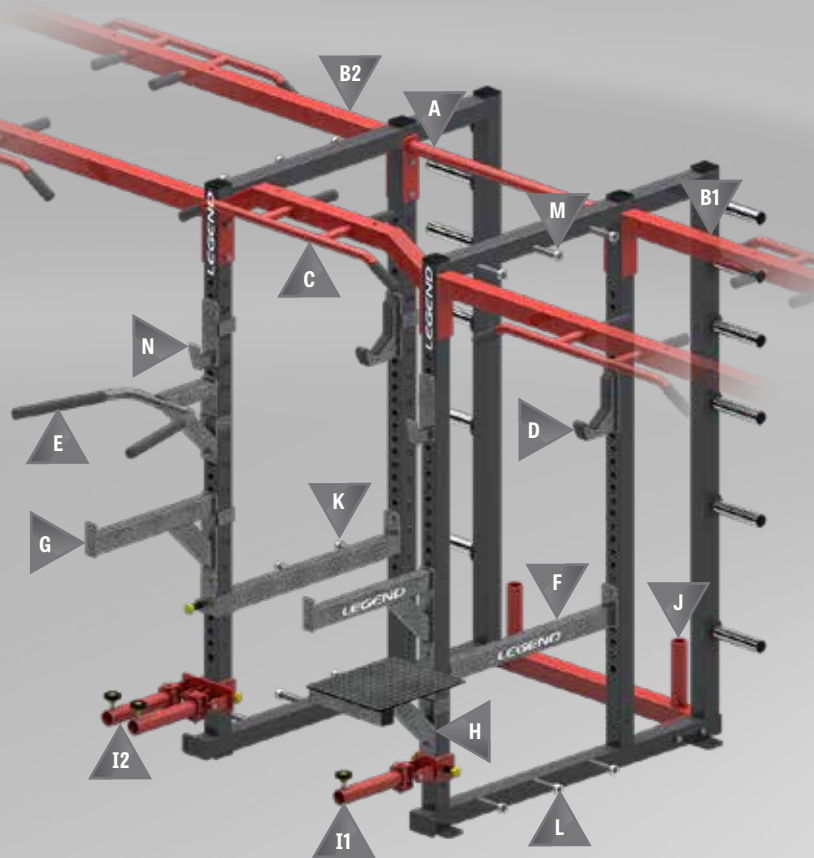


### LANDMINES

Seamlessly move through exercises while performing a variety of options like shoulder presses, rows, cleans and laterals. Make the exercises unilateral with Dual Landmine, or hand one bar to a partner to do mirroring exercises.

**I1 3233** Single Landmine

**I2 3235** Dual Landmine



### J 3261 WALK-THROUGH OLYMPIC BAR STORAGE

Substitution for lower rear crossmember that features vertical storage sleeves for keeping Olympic bars at hand. Safer than hanging designs. Located along the sides of the cage, allowing a spotter unobstructed walk-through access.



### K 3236-B ADJUSTABLE BAND PEG SPOTTER ARMS

Offers height adjustable band training, with three 6-inch band pegs on the outside of each attachment. Pop pin design allows the arms to be securely locked in place. Not compatible with Half Cages or the 3230 Combo Cage.



### L 3238-L LOWER RESISTANCE BAND PEGS

Offers resistance band training, with three 6-inch band pegs welded directly on the bottom of the frame.



### M 3238-U UPPER ASSISTANCE BAND PEGS

Offers assistance band training, with three 6-inch band pegs welded directly on the top of the frame.



### N 3237 BEEFY J-HOOKS

Constructed of five pieces welded together for the ultimate in strength. Standard on all Performance Series cages, but available as a replacement part.

Available in Silver Vein only.

## 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](http://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.



3x3  
11ga. 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.



3x3  
11ga. 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.



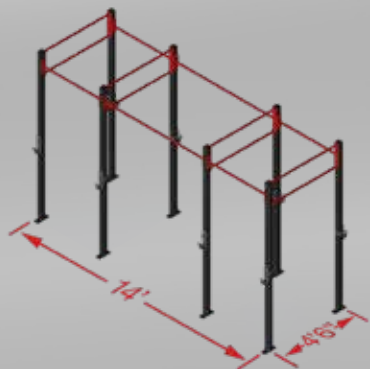
# continuum

## 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.

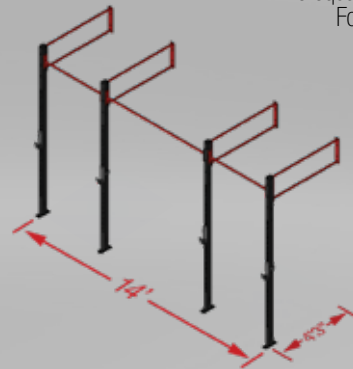
### 3903-4FS 14-FOOT FREE-STANDING

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



### 3903-2WM 14-FOOT WALL-MOUNTED

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

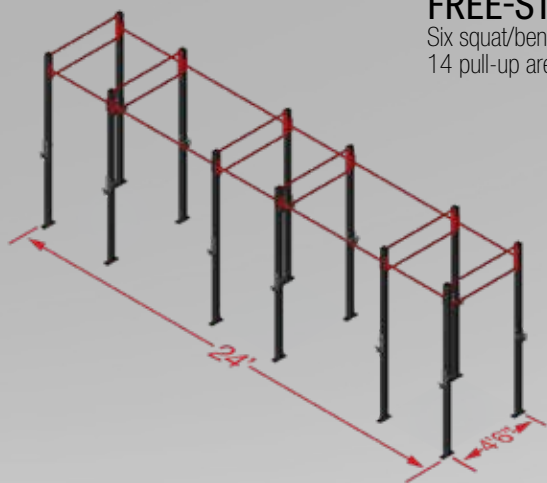


#### A NOTE ABOUT READY-MADE RIGS

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.

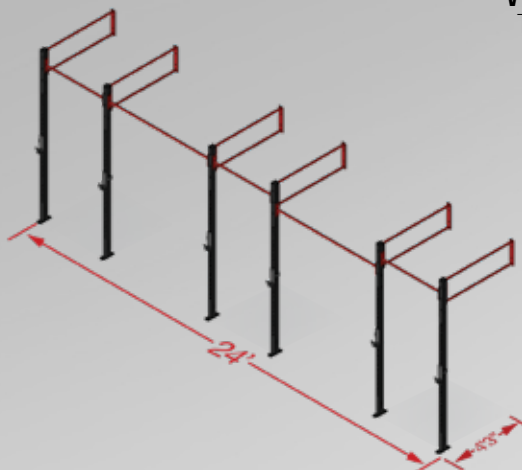
### 3903-6FS 24-FOOT FREE-STANDING

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



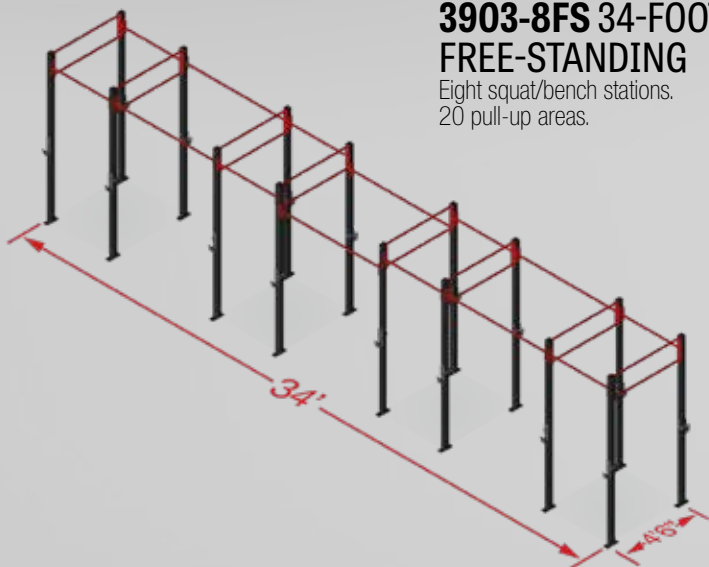
### 3903-3WM 24-FOOT WALL-MOUNTED

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



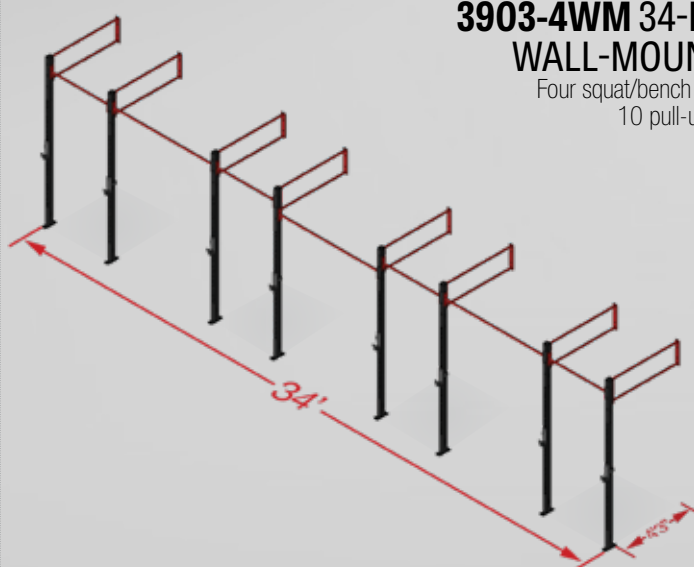
### 3903-8FS 34-FOOT FREE-STANDING

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.

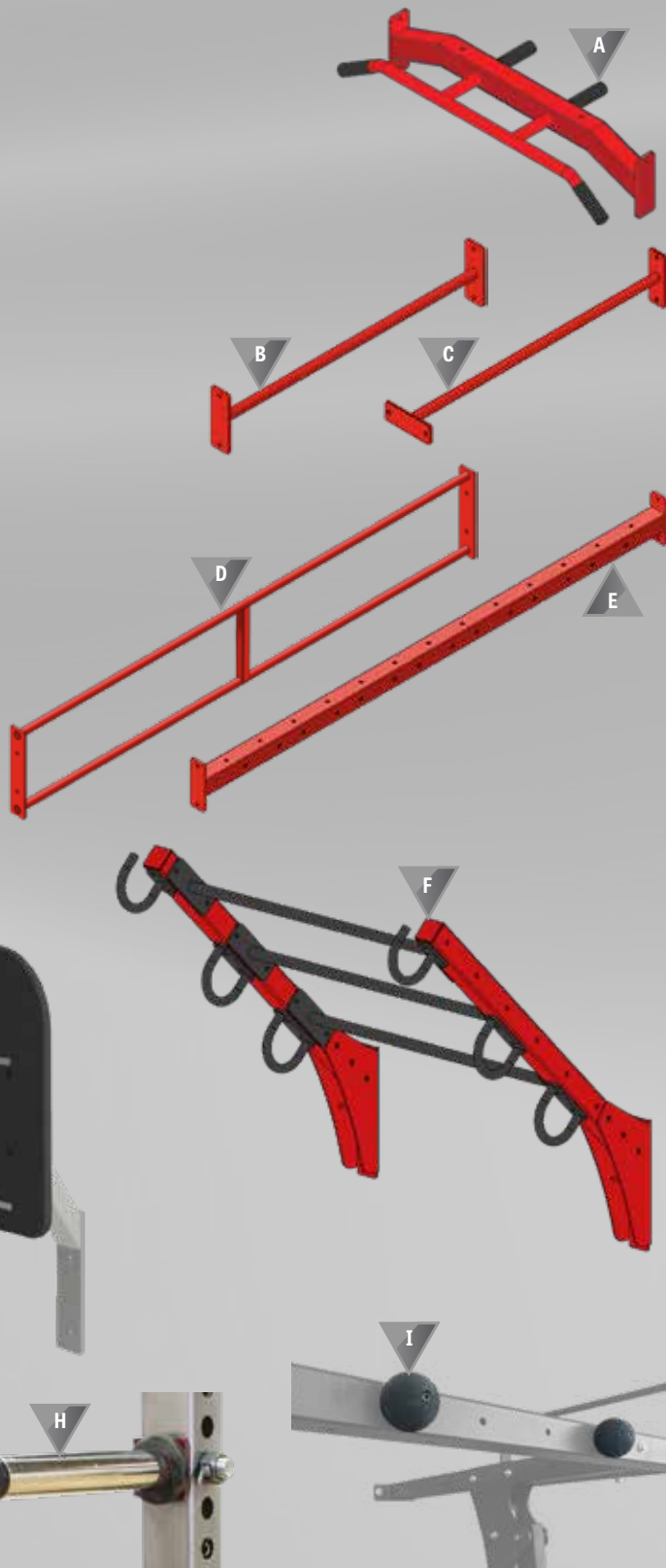
### I 3.5-SPH 3.5" DIAMETER PULL UP SPHERES

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



University of Wisconsin Eau Claire  
Wisconsin, USA



# SPECIALTY RACKS & CAGES

## UNIQUE RACKS AND CAGES FOR SPECIALTY LIFTING APPLICATIONS.

Legend Fitness offers more than the typical solutions when it comes to weight lifting. We have a variety of specialized lifting racks for specific applications. From squat stands for home gyms to the Monolift for the real heavy-lifters... if you have a unique lifting application, Legend Fitness has a cage or rack to suit your need.


### 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).

War Room  
Tennessee, USA

## 3908 MONOLIFT W/PLATE STORAGE

Exceeds all IPF standards.  
Extra wide, 73-inch lifting area.  
No lower rear crossmember provides more room for the spotter to operate.  
Hooks/hangers easily slide for width adjustment via linear bearings.  
Hangers are constructed from single steel forms that encircle the mounting point.  
Chrome-plated Olympic plate storage pegs are welded through the uprights.  
Upper assembly is fully welded for maximum strength and to ensure proper geometry during assembly.

 Dimensions:  
80 x 95.25 x 103.75 in.

 Shipping Weight:  
1414 lbs.


 Not Compatible  
with Accessories

 Not Insert Platform  
Compatible



## 3907 MONOLIFT

Same as 3908 but without rear plate storage.  
Rear lower crossmember for extra stability.

 Dimensions:  
80 x 95.25 x 103.75 in.

 Shipping Weight:  
1320 lbs.

 Not Compatible  
with Accessories

 Not Insert Platform  
Compatible



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



## 3121-V VARSITY POWER RACK

Inside dimensions measure 46 by 42 inches, with 35-inch safety bars.  
Two-inch hole spacing.  
Each side is a single welded piece for the ultimate in rigidity.  
Fully enclosed cage design for maximum safety.

 Dimensions:  
48.6 x 54 x 87.7 in.

 2 Inch Square,  
11 Gauge Frame

 Not Compatible with  
Accessories

 Shipping Weight:  
311 lbs.

 Not Insert Platform  
Compatible



## 3230 COMBO CAGE

Two-inch hole spacing graduating to one-inch for loading and spotting.  
Elevated base bars accommodate extra wide sumo stances.  
Each side is a single welded piece for the ultimate in rigidity.  
Removable band pegs for top/bottom of cage.  
Wide grip pull-up bar.

 Dimensions:  
49.9 x 68.1 x 86.25 in.

 2 Inch Square,  
11 Gauge Frame

 Shipping Weight:  
395 lbs.

 Not Insert Platform  
Compatible



## 3138 PEG SQUAT RACK

Generous 56 by 42-inch exercise area enhances safety.  
No moving parts.  
Each side is a single welded piece for the ultimate in rigidity.  
Five peg heights from 39½ to 66½ inches high.

 Dimensions:  
80.25 x 68.5 x 71 in.

 Shipping Weight:  
506 lbs.

 Not Insert Platform  
Compatible

 3 Inch Square,  
11 Gauge Frame

 Not Compatible with  
Accessories



## 7005 SQUAT STANDS

Great for garage gyms.  
Adjustable from 40¼ to 67¼ inches.  
Stable 24 by 18 inch base.  
400 lb. capacity.

 Dimensions:  
24 x 18 x 67.25 in.

 2 Inch Square,  
11 Gauge Frame

 Ships Fully  
Assembled

 Shipping Weight:  
76 lbs.

 Fully Welded,  
No Frame Fasteners



## 7005-C SQUAT STAND CONNECTOR

Additional stability and safety for the 7005.  
Slides inside the rear feet and secures with wing nuts.





# FREE WEIGHT EQUIPMENT

## YOU CAN TRUST THE QUALITY OF LEGEND FITNESS.

The passion with which we design and build our cages is just as evident in our free weight equipment. Whether you need Olympic benches or preacher curls, you can be sure we have the equipment you're looking for to complete your free weight area.

## 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).

Altitude Fitness  
Wyoming, USA

Ozark Iron Gym  
Arkansas, USA

Colorado State University  
Colorado, USA



## 3906 COMPETITION FLAT

Meets all IPF standards for bench press. Bar height: 29 - 44 inches in one inch increments. Chrome-plated bar catches with laser cut numbering.

 Dimensions: 59 x 50.5 x 54.5 in.

 Shipping Weight: 333 lbs.

 3 Inch Square 11 Gauge Frame



## 3240 PRO SERIES OLYMPIC FLAT

**PRO  
SERIES**

Angled uprights keep bar catches within reach but out of the way. 3/8 inch, chrome-plated carbon steel Multi-Catch Racking System. CAD developed for minimal bolt usage and maximum rigidity. Chrome-plated plate storage. Resistance band pegs.

 Dimensions: 68.5 x 67.75 x 46.25 in.

 Shipping Weight: 315 lbs.



## 3150 OLYMPIC FLAT W/STORAGE

Chrome-plated weight storage. ABS wearguards on bar catches and posts.

 Dimensions: 73.75 x 65.5 x 46.75 in.

 Shipping Weight: 319 lbs.



## 3105 OLYMPIC FLAT

Dual bar catches for enhanced safety. ABS wearguards on catches and post sides.

 Dimensions: 48 x 49.5 x 46.75 in.

 Shipping Weight: 243 lbs.

 3 Inch Square, 11 Gauge Frame

 Fully Welded Frame, No Fasteners



## 3241 PRO SERIES OLYMPIC INCLINE

**PRO  
SERIES**

Angled uprights keep bar catches within reach but out of the way. Footrest to lessen back arching. 3/8 inch, chrome-plated carbon steel Multi-Catch Racking System. CAD developed for ultra rigidity. Chrome-plated plate storage. Resistance band pegs.

 Dimensions: 80.75 x 67.75 x 65 in.

 Shipping Weight: 340 lbs.



## 3154 OLYMPIC INCLINE W/STORAGE

Chrome-plated weight storage. 35 degree seat back angle. Large spotter platform.

 Dimensions: 74.75 x 64.75 x 54.75 in.

 Shipping Weight: 390 lbs.



## 3106 OLYMPIC INCLINE

35 degree seat back angle. Large spotter platform.

 Dimensions: 61.25 x 49 x 54.75 in.

 3 Inch Square, 11 Gauge Frame

 Shipping Weight: 287 lbs.

 Fully Welded Frame, No Fasteners



## 3243 PRO SERIES OLYMPIC DECLINE

**PRO  
SERIES**

Angled uprights keep bar catches within reach but out of the way. Ankle and knee rollers provide proper positioning. 3/8 inch, chrome-plated multi-catch racking system. Integrated, chrome-plated plate storage. Resistance band pegs.

 Dimensions: 80.25 x 67.75 x 45.25 in.

 Shipping Weight: 352 lbs.



Weights and bars sold separately.




# FREE WEIGHT EQUIPMENT

## 3157 OLYMPIC DECLINE W/STORAGE

Adjustable leg rollers.  
Fully welded frame with bolt-on buttresses for maximum rigidity.  
Chrome-plated weight storage.

 Dimensions:  
82.75 x 65 x 46 in.

 Shipping Weight:  
345 lbs.



## 3109 OLYMPIC DECLINE

Adjustable calf pad/rollers.  
Pad angle is -15 degrees from horizontal.

 Dimensions:  
63 x 49 x 47.75 in.

 Shipping Weight:  
235 lbs.

 3 Inch Square,  
11 Gauge Frame


 Fully Welded Frame,  
No Fasteners



## 3242 PRO SERIES OLYMPIC SHOULDER

3/8 inch, chrome-plated carbon steel  
Multi-Catch Racking System.  
CAD developed for minimal bolt usage and  
maximum rigidity.  
Integrated, chrome-plated plate storage.  
Resistance band pegs.

 Dimensions:  
51 x 67.75 x 70 in.

 Shipping Weight:  
340 lbs.



## 3156 OLYMPIC SHOULDER W/STORAGE

Four sets of bar catches front and rear  
for enhanced safety.  
Large spotter platform.  
Chrome-plated weight storage.  
ABS wearguards in bar catches  
and on the sides of the posts.

 Dimensions:  
62 x 64.75 x 64.75 in.

 Shipping Weight:  
345 lbs.



## 3108 OLYMPIC SHOULDER

Front and rear dual bar catches.  
Large diamond plate spotter platform.

 Dimensions:  
47.6 x 49 x 64.75 in.

 Shipping Weight:  
286 lbs.

 3 Inch Square,  
11 Gauge Frame

 Fully Welded Frame,  
No Fasteners



## 3114-PS ULTIMATE PREACHER CURL

Six resistance band pegs.  
Chrome-plated, Olympic peg plate storage.  
Arm pad adjustable for height.  
Fully welded.

 Dimensions:  
66 x 48 x 46.25 in.

 Shipping Weight:  
274 lbs.

 Fully Welded Frame,  
No Fasteners



## 3114 PREACHER CURL

Thick, durable pads.  
Chrome plated adjustment surfaces.  
Fully welded.

 Dimensions:  
39 x 30 x 46.5 in.

 Shipping Weight:  
265 lbs.

 Fully Welded Frame,  
No Fasteners



## 3166 STANDING PREACHER CURL

Contoured arm pad is cushioned  
with 2-inch thick foam.  
Adjustable up to 58 inches.  
Chrome plated adjustment surfaces.  
Fully welded.

 Dimensions:  
63 x 30.5 x 58 in.

 Shipping Weight:  
215 lbs.

 Fully Welded Frame,  
No Fasteners



## 3145 CURL PEDESTAL

Peg and frame wearguards.  
Chrome plated and welded weight storage.  
Fully welded 3x3 inch, 11 gauge frame.

 Dimensions:  
28.5 x 42.5 x 38.5 in.

 Shipping Weight:  
159 lbs.

 Fully Welded Frame,  
No Fasteners



Weights and bars sold separately.

## 3225 PRO SERIES PRONE HIGH ROW

**PRO  
SERIES**

Focuses on the upper/mid back, rear delts, and triceps. Allows for back workouts in spite of lower back issues. Recommended for use with cambered bar. Adjustable bar catches.



Dimensions:  
73 x 49 x 39.25 in.



Shipping Weight:  
384 lbs.



3 Inch Square,  
11 Gauge Frame



## 3222 PRO SERIES SELF-ADJUSTING THREE-WAY BENCH

**PRO  
SERIES**

Single pop pin adjusts to one of eight angles. Integrated spotter platform. The only bench compatible with Pro Series cage docking system. Removable docking system rods.\*



Dimensions:  
60.5 x 23 x 48 in.



Shipping Weight:  
243 lbs.



3 Inch Square,  
11 Gauge Frame



\*Width is 40 inches when docking rods are in place.

## 3103 THREE-WAY UTILITY BENCH

Seven seat back angles and three seat bottom angles. Easily moved about via wheels and handle. Chrome-plated pop pin plates. Pad is 10¼ inches wide and height from floor in horizontal position is 18 inches.



Dimensions:  
56 x 20.5 x 49.5 in.



Shipping Weight:  
95 lbs.



3 Inch Square,  
11 Gauge Frame



## 3164 FOUR-WAY UTILITY BENCH

Eight seat back angles and four seat bottom angles. Removable leg rollers. Chrome-plated pop pin plates.



Dimensions:  
68 x 21 x 31.75 in.



Shipping Weight:  
109 lbs.



3 Inch Square,  
11 Gauge Frame



## 3101 INCLINE UTILITY BENCH

Seat back adjusts from 35 to 70 degrees. Seat height is 17½ inches.



Dimensions:  
52 x 22.5 x 43.25 in.



Shipping Weight:  
180 lbs.



3 Inch Square,  
11 Gauge Frame



## 3102 DECLINE UTILITY BENCH

Adjusts from -10 to -25 degrees in five increments. Upholstered leg rollers. Chrome adjustment surfaces.



Dimensions:  
55 x 18.5 x 33 in.



Shipping Weight:  
174 lbs.



3 Inch Square,  
11 Gauge Frame



## 3100 UTILITY FLAT BENCH

Pad measures 45½ by 10½ inches. Pad height is 19 inches from the floor.



Dimensions:  
45.5 x 16.5 x 19 in.



Shipping Weight:  
56 lbs.



3 Inch Square,  
11 Gauge Frame



Fully Welded Frame,  
No Fasteners



Weights and bars sold separately.

## 3104 MULTI-PURPOSE BENCH

Seat back angle is 15 degrees from vertical. Diamond plate foot rest.



Dimensions:  
45.5 x 25 x 42.5 in.



Shipping Weight:  
155 lbs.



3 Inch Square,  
11 Gauge Frame



Fully Welded Frame,  
No Fasteners





# SELECT EDGE<sup>®</sup>

## PREMIUM SELECTORIZED FROM *LEGEND FITNESS*<sup>®</sup>

### TOUGH-AS-NAILS, SMOOTH OPERATING PLATE-LOADED PIECES

Featuring extreme user adjustability and ultra-smooth movements. Add in two-tone frames and upholstery standard and it's clear that LeverEDGE is the ultimate in personalized, plate-loaded machines. Load one up and you'll understand why it's revered by everyone who does a few reps.

### 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).

Cherokee Country Club  
Tennessee, USA

Executive Coatings  
Colorado, USA

MET Fit  
Massachusetts, USA

## 1100 CHEST PRESS

Wide foot bar raises handles to starting position. Extra large footplates made from thick, high density polymer. Extra wide handles provide multiple grip options. Mechanically assisted seat adjustment. 250 pound weight stack is standard. Effort reduction minimized for better weight feel.



Dimensions:  
66.5 x 58 x 63.25 in.



Shipping Weight:  
755 lbs.



## 1101 SHOULDER PRESS

Multiple wide and neutral grip positions. Mechanically assisted seat adjustment. Pillow block bearings move smoothly and are easily serviced. 250 pound weight stack is standard. Effort reduction minimized for better weight feel.



Dimensions:  
58 x 58.5 x 63.25 in.



Shipping Weight:  
690 lbs.



## 1102 LAT PULLDOWN

Large grips provide multiple hand positions. Fully upholstered, adjustable thigh rollers. Mechanically assisted seat adjustment. PowerMax pulleys prolong cable life. 250 pound weight stack is standard. Effort reduction minimized for better weight feel.



Dimensions:  
79.5 x 58 x 63.25 in.



Shipping Weight:  
710 lbs.



## 1103 SEATED MID-ROW

Extra large C-shaped handles for multiple grip positions. Chest pad adjusts for user arm length. Mechanically assisted seat adjustment. 250 pound weight stack is standard. Effort reduction minimized for better weight feel.



Dimensions:  
62 x 54 x 63.25 in.



Shipping Weight:  
690 lbs.



## 1104 BICEP CURL

Extra wide handles provide several grip positions. Dense foam padding and top-stitched 32 ounce vinyl upholstery. Partially hidden aviation-grade cabling. Mechanically assisted seat adjustment. 150 pound weight stack is standard. Effort reduction minimized for better weight feel.



Dimensions:  
53.5 x 43 x 63.25 in.



Shipping Weight:  
560 lbs.



## 1105 TRICEP EXTENSION

Deep handles for variable starting positions. Dense foam padding and top-stitched 32 ounce vinyl upholstery. Partially hidden aviation-grade cabling. Mechanically assisted seat adjustment. 150 pound weight stack is standard. Effort reduction minimized for better weight feel.



Dimensions:  
45.5 x 41.5 x 63.25 in.



Shipping Weight:  
690 lbs.



## 1106 AB CRUNCH

Non-linear movement for more freedom of motion. Shoulder pads fly up with a flick of the wrist to assist getting in and out. Foot pegs promote user stability. PowerMax pulleys prolong cable life. Mechanically assisted seat adjustment. 150 pound weight stack is standard.



Dimensions:  
70 x 46.25 x 69 in.



Shipping Weight:  
618 lbs.



## 1107 PRONE LEG CURL

Cable cam evenly distributes effort through each rep for better weight feel. Fully upholstered and articulated leg rollers. Adjustable grab handles. Chrome-plated adjustment surfaces. 150 pound weight stack is standard.



Dimensions:  
60.5 x 50 x 63.25 in.



Shipping Weight:  
603 lbs.





# SELECTEDGE: PREMIUM SELECTORIZED

## 1108 LEG EXTENSION

Cable cam evenly distributes effort through each rep.  
Fully upholstered and articulated leg rollers.  
Extra long grab handles.  
Seat back adjusts for user thigh length.  
150 pound weight stack standard (upgrade available).  
Effort reduction minimized for better weight feel.



Dimensions:  
52.5 x 50.5 x 63.25 in.



Shipping Weight:  
586 lbs.



## 1109 LEG PRESS

Large footplate is articulated by four pillow block shielded bearings.  
Seat adjusts on linear bearings along solid steel guide rods. Seat back angle is adjustable.  
Extra long grab handles.  
400 pound weight stack is standard.  
Effort reduction minimized for better weight feel.



Dimensions:  
90 x 51 x 63.25 in.



Shipping Weight:  
1050 lbs.



## 1110 GLUTE PRESS

Huge 20x24-inch knee pad accommodates users of all sizes.  
Grippy footplate is high density, flex-proof polymer.  
Linear bearings glide on chrome-plated guide rods.  
Movement is encased for safety.  
Adjustable grab handle nestled in extra large arm pad.  
150 pound weight standard (upgrade available).  
This machine features 2:1 pulley reduction.



Dimensions:  
77 x 48.25 x 71 in.



Shipping Weight:  
768 lbs.



## 1111 CALF EXTENSION

Steel footplate articulated via high-load pillow block bearings.  
Seat back adjusts for user thigh length.  
Partially hidden, aviation-grade cables.  
Extra long grab handles.  
250 pound weight stack standard (upgrade available).  
Effort reduction minimized for better weight feel.



Dimensions:  
68.25 x 50.5 x 63.25 in.



Shipping Weight:  
665 lbs.



## 1112 SEATED LATERAL RAISE

Can perform bilateral and unilateral work outs.  
Arms are fully adjustable to improve extension or control range.  
Seat and chest pads are adjustable to accommodate various heights and postures.  
150 pound weight stack standard (upgrade available).



Dimensions:  
60.25 x 50 x 63.25 in.



Shipping Weight:  
545 lbs.



## 1113 STANDING LATERAL RAISE

Partially hidden, aviation-grade cables.  
Pivoting handles adjust to user arm length.  
Easy pop pin adjustment.  
150 pound weight stack is standard.



Dimensions:  
53 x 29.5 x 63.25 in.



Shipping Weight:  
475 lbs.



## 1114 SEATED PULLOVER

Foot lever brings the handles to a comfortable starting position.  
Large cable cam keeps the effort consistent and more direct.  
Partially hidden, aviation-grade cables.  
Thick, upholstered forearm pads.  
Mechanically-assisted seat adjustment.  
200 pound weight stack (upgrade available).



Dimensions:  
53.5 x 56.5 x 63.25 in.



Shipping Weight:  
665 lbs.



## 1115 STANDING CALF

Easily adjustable shoulder pad for various heights.  
Simple, straight forward design and quick setup.  
Anti-skid footplate for safety and comfort.  
Heavy duty flange pillow block bearings allow for smooth pivots and extended life.  
300 pound weight stack (upgrade available).



Dimensions:  
52.5 x 50.5 x 63.25 in.



Shipping Weight:  
686 lbs.



## 1116 TORSO ROTATION

Partially hidden, aviation-grade cables.  
Thick upholstered knee pad for added comfort.  
Extra-long grab handles for any size user.  
Easy pop pin adjustment.  
150-pound weight stack (upgrade available).



Dimensions:  
44.5 x 45.75 x 63.25 in.



Shipping Weight:  
500 lbs.



## 1120 LAT PULLDOWN/LOW ROW COMBO

Two-position seat makes switching exercises simple.  
Includes two patent-protected MAG handles.  
UHMW polymer footplate provides a high traction surface and doubles as the row handle rest.  
Aviation-grade cables are partially hidden behind steel tower shroud.  
250 pound weight stack standard (upgrade available).



Dimensions:  
74.5 x 41.5 x 95.5 in.



Shipping Weight:  
982 lbs.



## 1121 REAR DELT/PEC FLY COMBO

Fully articulated handles automatically adjust to arm length.  
Choose from one of eight handle starting positions.  
Partially hidden aviation-grade cabling.  
Mechanically assisted seat adjustment.  
250 pound weight stack (upgrade available).



Dimensions:  
50.25 x 55 x 83 in.



Shipping Weight:  
665 lbs.



## 1122 DIP/CHIN ASSIST COMBO

Three grip options: wide, neutral and rock climbing.  
Dip handles rotate out of the way for chin-ups.  
Thickly padded knee platform folds away for unassisted reps.  
UHMW steps with high traction surfaces.  
PowerMax pulleys prolong cable life.  
A 200 pound weight stack is standard.



Dimensions:  
47.5 x 44.5 x 89 in.



Shipping Weight:  
720 lbs.



## 1123 INNER/OUTER THIGH COMBO

Cam design equalizes effort between inner and outer thigh exercises.  
Cam-adjusted seat offers seven backrest angles.  
Switch between exercises with a single pop pin.  
Dense foam padding features high quality, top-stitched upholstery.  
Partially hidden, aviation-grade cables.  
200 pound weight stack standard (upgrade available).



Dimensions:  
56.7 x 68.5 x 63.25 in.



Shipping Weight:  
703 lbs.



## 1124 MULTI PRESS

Linear bearings provide easy and smooth seat back adjustments.  
11 seat back angles and 5 handle angles.  
Partially hidden cables.  
250 pound weight stack is standard (upgrade available).



Dimensions:  
52.5 x 50.5 x 63.25 in.



Shipping Weight:  
750 lbs.



## 1125 LEG EXTENSION/CURL COMBO

Chrome-plated adjustment plates with pop pins for smooth transitions.  
Partially hidden aviation-grade cabling.  
250 pound weight stack is standard.  
Effort reduction minimized for better weight feel.



Dimensions:  
63.5 x 49 x 63.25 in.



Shipping Weight:  
950 lbs.



## 1130 FUNCTIONAL TRAINER

Chrome-plated columns with laser cut numbering.  
Multiple pull-up options, including rock climbing grips.  
Back panel features attachment storage and large instructional placard.  
PowerMax pulleys extend cable life.  
250 pound weight stacks standard (upgrade available).  
Pictured attachments are included.



Dimensions:  
50 x 67 x 90.25 in.



Shipping Weight:  
1305 lbs.





# SELECTEDGE: PREMIUM SELECTORIZED

## 1131 CABLE CROSSOVER

Adjustable cable crossover with multiple pull up bars. Partially hidden cables and sleek SelectEDGE styling. Up to two users can train at once. 200 pound weight stacks are standard. Weight stack upgrades available.



Dimensions:  
31.5 x 159 x 93.5 in.



Shipping Weight:  
1600 lbs.



## 1132 CABLE CROSSOVER PLUS

Adjustable cable crossover with seated row, lat pulldown, and multiple pull up bars. Partially hidden cables and sleek SelectEDGE styling. Five users can train at once. MAG grips on row and pulldown eliminate the need for wrist straps or gloves. The cable crossover has two 200 pound weight stacks with 2:1 pulley reduction, and the seated row and lat pulldown have 250 pound weight stacks. Weight stack upgrades available.



Dimensions:  
161 x 106 x 93.5 in.



Shipping Weight:  
2290 lbs.



## 1134 FOUR STACK

Chrome-plated adjustment plates with pop pins for smooth transitions. Partially hidden aviation-grade cabling. The adjustable cable columns have 200 pound weight stacks with 2:1 pulley reduction. The seated row and lat pulldown have 250 pound weight stacks. Weight stack upgrades are available.



Dimensions:  
148.5 x 69 x 93.5 in.



Shipping Weight:  
1795 lbs.



Dual pulley version is model 1134DP.



## 1135 FIVE STACK

Chrome-plated adjustment plates with pop pins for smooth transitions.  
Partially hidden aviation-grade cabling.  
The adjustable cable columns have 200 pound weight stacks with 2:1 pulley reduction. The seated row and lat pulldown have 250 pound weight stacks. Weight stack upgrades are available.



Dimensions:  
148.5 x 186 x 93.5 in.



Shipping Weight:  
2663 lbs.



Dual pulley version is model 1135DP.



## 1136 SIX STACK

Chrome-plated adjustment plates with pop pins for smooth transitions.  
Partially hidden aviation-grade cabling.  
The adjustable cable columns have 200 pound weight stacks with 2:1 pulley reduction. The seated row and lat pulldown have 250 pound weight stacks. Weight stack upgrades are available.



Dimensions:  
31.5 x 159 x 93.5 in.



Shipping Weight:  
3860 lbs.



## 1138 EIGHT STACK

Adjustable cable crossover with multiple pull up bars in center.  
One column has an adjustable pulley on the outside, a dual pulley seated row, and a dual pulley lat pulldown.  
One column has an adjustable pulley on the outside, a seated row, and a lat pulldown.  
Partially hidden cables.  
Up to nine users can train at once.  
The cable crossover and the outer adjustable cables all have 200 pound weight stacks with 2:1 pulley reduction. The seated row and lat pulldown have 250 pound weight stacks. Weight stack upgrades are available.



Dimensions:  
148.5 x 214 x 93.5 in.



Shipping Weight:  
4377 lbs.





# SELECTORIZED EQUIPMENT

## A FULL LINEUP OF PIN SELECT MACHINES TO SUIT ANY NEED.

Selectorized machines have long been popular in the membership-based fitness industry, but have been growing in popularity in both the athletic training and therapeutic markets. Fortunately, Legend Fitness has a huge selection of pin select machines ready for personalization.

## 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).

Greensburg Community Center  
Kansas, USA



Home Gym  
Nebraska, USA



Nebraska Wesleyan University  
Nebraska, USA

## 901 PEC DECK

Bilateral and unilateral.  
Adjustable seat.  
Aluminum footplate.  
Fully welded frame.  
2:1 pulleys reduce effort by half.  
150 lb weight stack (upgrade available).

Dimensions: 63 x 43 x 76.25 in.  
Shipping Weight: 511 lbs.



## 900 CHEST PRESS

70° seat angle.  
Horizontal and neutral grip positions.  
Foot lever assist.  
Fully welded frame.  
200 lb weight stack (upgrade available).

Dimensions: 57.75 x 54.5 x 74.25 in.  
Shipping Weight: 615 lbs.



## 972 LYING CHEST PRESS

45½ by 10½ inch pad.  
Steel stack shrouds.  
Aviation-grade cabling.  
200 lb weight stack (upgrade available).

Dimensions: 71 x 53 x 74.25 in.  
Shipping Weight: 588 lbs.



## 991 UNILATERAL CHEST PRESS

Converging arm motion.  
Steel stack shrouds.  
Aviation-grade cabling.  
2:1 pulleys reduce effort by half.  
200 lb weight stack (upgrade available).

Dimensions: 44 x 29.75 x 74.25 in.  
Shipping Weight: 544 lbs.



## 902 SHOULDER PRESS

70° seat angle.  
Horizontal and neutral grip positions.  
15 lb starting weight.  
Fully welded frame.  
200 lb weight stack (upgrade available).

Dimensions: 58.5 x 53 x 74.25 in.  
Shipping Weight: 610 lbs.



## 990 UNILATERAL SHOULDER PRESS

15 lb starting weight per arm.  
Converging arm motion.  
Neutral and barbell grips.  
2:1 pulleys reduce effort by half.  
200 lb weight stack (upgrade available).

Dimensions: 47 x 38.75 x 74.25 in.  
Shipping Weight: 544 lbs.



## 943 NECK MACHINE

Weight stack in 5 lb. increments.  
Works the neck in 4 directions.  
Adjustable seat and four hand grips.  
Fully welded frame.  
75 lb weight stack (upgrade available).

Dimensions: 55.5 x 30.5 x 57.5 in.  
Shipping Weight: 482 lbs.



## 962 LATERAL RAISE

70° seat angle.  
Compact dimensions.  
Adjustable seat height.  
2:1 pulleys reduce effort by half.  
150 lb weight stack (upgrade available).

Dimensions: 46 x 40 x 47.5 in.  
Shipping Weight: 562 lbs.



## 910 TRICEP EXTENSION

Self-aligning handle.  
Adjustable seat & back pad.  
10° seat angle.  
Fully welded frame.  
150 lb weight stack (upgrade available).

Dimensions: 50.5 x 28 x 74.25 in.  
Shipping Weight: 500 lbs.



## 967 STANDING TRICEP

Aviation-quality cable.  
High durometer pulleys.  
Steel stack shrouds.  
150 lb weight stack (upgrade available).

Dimensions: 36.5 x 40.5 x 87.5 in.  
Shipping Weight: 417 lbs.





# SELECTORIZED EQUIPMENT

## 908 BICEP CURL

Handle angled for wrist comfort.  
Contoured 12½ x 24½ inch pad.  
Fully welded frame.  
150 lb weight stack (upgrade available).

Dimensions: 50.75 x 38.5 x 74.25 in.  
Shipping Weight: 467 lbs.



## 966 STANDING BICEP

Biomechanically-friendly free cable movement.  
Rotating, rubber coated handles.  
150 lb weight stack (upgrade available).

Dimensions: 36.5 x 40.5 x 77.5 in.  
Shipping Weight: 510 lbs.



## 906 SEATED ROW

Only two frame bolts for rigidity and easy maintenance.  
Deep 38¼ inch bench.  
Supplied with V-grip handle.  
200 lb weight stack (upgrade available).

Dimensions: 98 x 24 x 89 in.  
Shipping Weight: 630 lbs.



## 904 VERTICAL ROW

Adjustable seat and sternum pad.  
Horizontal and neutral grip positions.  
Fully welded frame.  
200 lb weight stack (upgrade available).

Dimensions: 58.5 x 49.75 x 74.25 in.  
Shipping Weight: 580 lbs.



## 903 LEVER LAT PULLDOWN

Adjustable knee pad.  
Horizontal and neutral grip positions.  
Steel stack shrouds.  
Fully welded frame.  
200 lb weight stack (upgrade available).

Dimensions: 77.5 x 50 x 74.25 in.  
Shipping Weight: 605 lbs.



## 905 LAT PULLDOWN

Adjustable knee pad.  
Revolving lat bar.  
Steel stack shrouds.  
Fully welded frame.  
200 lb weight stack (upgrade available).

Dimensions: 65.5 x 48 x 90 in.  
Shipping Weight: 460 lbs.



## 907 LOW BACK

Seat belt supplied for added stability.  
Steel stack shrouds.  
Aviation-grade cabling.  
300 lb weight stack (upgrade available).

Dimensions: 46 x 38.5 x 74.25 in.  
Shipping Weight: 596 lbs.



## 916 TOTAL HIP COMBO

Full range training of the hip joint: flexion, extension, abduction and adduction.  
Roller pad is adjustable for varying leg lengths.  
Nine starting positions over a 240-degree range.  
24 by 24-inch checker footplate, 16" long rubber hand grips.  
Fully welded frame.  
150 lb weight stack (upgrade available).

Dimensions: 61 x 25 x 70.5 in.  
Shipping Weight: 612 lbs.



## 941 AB CRUNCH

Adjustable seat and starting position.  
Smooth pillow block bearings.  
Aviation-grade cabling.  
150 lb weight stack (upgrade available).

Dimensions: 60 x 38.5 x 74.25 in.  
Shipping Weight: 422 lbs.



## 947 GLUTE PRESS

Curvilinear glute activation.  
Steel stack shrouds.  
Adjustable belly pad.  
150 lb weight stack (upgrade available).

Dimensions: 38.5 x 28 x 74.25 in.  
Shipping Weight: 434 lbs.



## 915 STANDING CALF

Narrow, angled footplate for sure footing and full range of movement.  
Adjustable starting position.  
2-inch thick, top-stitched shoulder pads.  
300 lb weight stack (upgrade available).

Dimensions: 53 x 26.5 x 80.5 in.  
Shipping Weight: 654 lbs.



## 914 SUPINE LEG PRESS

Safely perform squats with proper form and reduced back strain.  
Closed linear bearings on solid steel rods for uncommon smoothness and less long term maintenance.  
18 by 30-inch footplate.  
300 lb weight stack (upgrade available).

Dimensions: 75.75 x 48 x 74.25 in.  
Shipping Weight: 1066 lbs.



## 931 SEATED LEG PRESS

Adjustable back pad.  
Places lifting pressure on low back instead of the shoulders.  
300 lb weight stack (upgrade available).

Dimensions: 73.5 x 47 x 74.25 in.  
Shipping Weight: 1031 lbs.



## 911 LEG EXTENSION

Adjustable back support.  
Fully welded frame.  
Aviation-grade cabling.  
200 lb weight stack (upgrade available).

Dimensions: 71.5 x 36 x 74.25 in.  
Shipping Weight: 522 lbs.



## 912 LEG CURL

Two-piece, 42½-inch long pad.  
Steel stack shrouds.  
Aviation-grade cabling.  
150 lb weight stack (upgrade available).

Dimensions: 65 x 35 x 74.25 in.  
Shipping Weight: 594 lbs.



## 970 STANDING LEG CURL

More constant resistance to hit the "peak" of the hamstrings.  
Fully welded frame.  
Aviation-grade cabling.  
150 lb weight stack (upgrade available).

Dimensions: 54 x 30 x 74.25 in.  
Shipping Weight: 496 lbs.



## 956 SEATED LEG CURL

Upholstered rollers.  
Fully welded frame.  
Adjustable seat back.  
150 lb weight stack (upgrade available).

Dimensions: 58.75 x 36.75 x 74.25 in.  
Shipping Weight: 510 lbs.



## 949 INNER THIGH

Adjustable starting position.  
Dual, chrome-plated foot pegs.  
Fully welded frame.  
100 lb weight stack.

Dimensions: 50 x 60 x 74.25 in.  
Shipping Weight: 600 lbs.



## 950 OUTER THIGH

Adjustable seat and starting position.  
Dual, chrome-plated foot pegs.  
Easily accessible weight stack.  
100 lb weight stack.

Dimensions: 50 x 60 x 74.25 in.  
Shipping Weight: 600 lbs.



## 951 HI/LOW PULLEY COMBO

Two roll grip handles placed at upper and lower extremities.  
Oscillating pulleys for freedom of motion.  
Vertical handle for stability.  
Fully welded frame.  
2:1 pulleys reduce effort by half.  
150 lb weight stack (upgrade available).

Dimensions: 52 x 36.5 x 90.5 in.  
Shipping Weight: 480 lbs.





# SELECTORIZED EQUIPMENT

## 952 ADJUSTABLE CABLE COLUMN

Chrome-plated column.  
Laser cut numbering.  
Swiveling pulleys.  
2:1 pulleys reduce effort by half.  
150 lb weight stack (upgrade available).

Dimensions: 40.75 x 36.5 x 90.5 in.  
Shipping Weight: 518 lbs.



## 933 DIP/CHIN ASSIST

Wide and neutral chin bar grips.  
Solid guide rods.  
Linear bearings.  
200 lb weight stack (upgrade available).

Dimensions: 60 x 39 x 85.5 in.  
Shipping Weight: 715 lbs.



## 957 SEATED LOW BACK/AB COMBO

Weight stack accessible from the exercise position.  
Seat belt for stability.  
Upholstered rollers.  
Fully welded frame.  
Single pop pin switches between exercises.  
300 lb weight stack.

Dimensions: 66 x 42 x 74.25 in.  
Shipping Weight: 721 lbs.



## 946 STANDING BICEP/TRICEP COMBO

Seamless exchange between curls and pulldowns.  
Steel stack shrouds.  
Aviation-grade cabling.  
Fully welded frame.  
2:1 pulleys reduce effort by half.  
150 lb weight stack (upgrade available).

Dimensions: 46.75 x 41 x 84 in.  
Shipping Weight: 488 lbs.



## 942 REAR DELT/PEC FLY COMBO

Unilateral, pivoting arms adjust to arm length.  
Dual position hand grips.  
Starting position is adjustable over a 90° range.  
Two pop pins to switch between delts and pecs.  
2:1 pulleys reduce effort by half.  
150 lb weight stack (upgrade available).

Dimensions: 41 x 55 x 76.25 in.  
Shipping Weight: 495 lbs.



## 3228 PRO SERIES SEATED LAT/FLOOR ROW

300 lb. weight stack in 10 lb. increments.  
Thigh rollers and footplates adjust for height and reach.  
Exchange snap links to trade between exercises.

Dimensions: 73 x 69.5 x 96 in.  
Shipping Weight: 951 lbs.



## 971 PRO SERIES LAT PULLDOWN/LOW ROW COMBO

Simply swap the knee rollers for the foot plates to change exercises.  
300 lb. weight stack in 10 lb. increments.  
Extended seat accommodates users of all statures.  
Frame wearguards up top protect the finish.  
Only two frame bolts.

Dimensions: 93.25 x 48 x 96.5 in.  
Shipping Weight: 848 lbs.



## 945 SEATED LAT/LOW ROW COMBO

Like the 971, but without pulley reduction.  
Separate snap link and cable for the row.  
Long seat for short and tall users.  
200 lb weight stack (upgrade available).

Dimensions: 91.25 x 29 x 91 in.  
Shipping Weight: 653 lbs.



## 918 LEG EXTENSION/LEG CURL

Seat back adjusts for leg length.  
Multiple starting positions and adjustable thigh roller.  
Single pop pin switches between exercises.  
200 lb weight stack (upgrade available).

Dimensions: 50 x 37 x 74.25 in.  
Shipping Weight: 680 lbs.



## 964 INNER/OUTER THIGH

Seat back adjusts for leg length.  
Multiple starting positions.  
2-position foot bars.  
Single pop pin switches between exercises.  
2:1 pulleys reduce effort by half.  
200 lb weight stack.

Dimensions: 41 x 59 x 63 in.  
Shipping Weight: 661 lbs.



## 963 MULTI PRESS

Flat bench press, two incline presses, and a military press in one.

Backrest angles: 30°, 45° and 75°.

Five arm positions and two sets of handles.

2:1 pulleys reduce effort by half.

200 lb weight stack (upgrade available).

Dimensions: 80.25 x 54.5 x 74.25 in.

Shipping Weight: 726 lbs.



## 953 FUNCTIONAL TRAINER

Wide and neutral grip pull-up bar.

Composite pulleys on high quality bearings.

Chrome-plated adjustment columns with laser cut numbers.

20 floor-to-top pulley positions.

Dual stacks allow single use or two simultaneous users.

Supplied with 53.5-inch knurled long bar and two nylon grip web handles.

Accessory hooks on the top rear crossmember keep attachments at the ready.

Aviation-grade cabling.

2:1 pulleys reduce effort by half.

150 lb weight stacks (upgrade available).

Dimensions: 57.6 x 68.6 x 93.75 in.

Shipping Weight: 1050 lbs.



If you like the idea of having a Functional Trainer combined with our popular Performance Series Half Cage, you might be interested in the ultra-versatile **3142-FT FUNCTIONAL TRAINER FUSION HALF CAGE** on page 18.

## 965 COMBO JUNGLE

Unites four combo machines with a cable crossover.

Fully welded uprights.

Offset multi grip pull-up bar.

Cable Crossover: Two 150 lb weight stacks with 2:1 reduction.

Multi Press Combo: 200 lb weight stack.

Leg Extension/Curl Combo: 200 lb weight stack.

Lat Pulldown/Row Combo: 200 lb weight stack.

Bicep/Tricep Combo: 150 lb weight stack.

Multi Grip Pull-Up Bar: How much do you weigh?

2:1 pulleys reduce effort by half.

Upgrades available for all weight stacks.

Dimensions: 158 x 142.5 x 91.25 in.

Shipping Weight: 2839 lbs.





# SELECTORIZED EQUIPMENT

## 959 EIGHT STACK JUNGLE

Six selectorized exercises grouped around a large cable crossover.  
 Cable Crossover: two 150 lb. weight stacks with 2:1 reduction.  
 Two Lat Pulldowns: 200 lb. weight stacks (upgrade available).  
 Two Seated Rows: 200 lb. weight stacks (upgrade available).  
 Two Triceps Stations: 150 lb. weight stacks (upgrade available).  
 Chin Up Bar: How much do you weigh?  
 2:1 pulleys reduce effort by half.

Dimensions: 132 x 194.5 x 91.5 in.  
 Shipping Weight: 3286 lbs.



## 958 FOUR STACK JUNGLE

Our most space efficient Jungle setup.  
 Bicep/Tricep Combo: 150 lb weight stack.  
 Multi Press: 200 lb weight stacks (upgrade available).  
 Lat Pull/Row: 200 lb weight stacks (upgrade available).  
 Leg Ext/Curl: 200 lb weight stacks (upgrade available).  
 2:1 pulleys reduce effort by half.

Dimensions: 146.5 x 115 x 91.5 in.  
 Shipping Weight: 2360 lbs.



## 960 CABLE CROSSOVER PLUS

Adjustable cable crossover w/seated row and lat pulldown.  
Floating chin up bar.  
Five users can train at once.  
Adjustable Cable Crossover: 150 lb weight stack (upgrade available).  
Seated Row and Lat Pulldown: 200 lb weight stack (upgrade available).  
2:1 pulleys reduce effort by half.

Dimensions: 119 x 146 x 93 in.  
Shipping Weight: 1826 lbs.



## 919 CABLE CROSSOVER

Two sets of upper and lower 180° swivel pulleys.  
Multi-grip pull-up station.  
Ballet bar on each column.  
2:1 pulleys reduce effort by half.  
150 lb weight stacks (upgrade available).

Dimensions: 139 x 40.5 x 93.5 in.  
Shipping Weight: 790 lbs.



Lower and upper handle positions.



## 954 CABLE CROSSOVER W/ADJUSTABLE PULLEYS

Swiveling pulleys adjust to 23 positions in three-inch increments.  
Chrome-plated adjustment tube with laser etched numbers.  
Offset multi grip chin up bar.  
2:1 pulleys reduce effort by half.  
150 lb weight stacks (upgrade available).

Dimensions: 138 x 40.5 x 90.25 in.  
Shipping Weight: 1116 lbs.





# LEVEREDGE<sup>®</sup>

## PREMIUM PLATE-LOADED FROM *LEGEND FITNESS<sup>®</sup>*

### TOUGH-AS-NAILS, SMOOTH OPERATING PLATE-LOADED PIECES

Featuring extreme user adjustability and ultra-smooth movements. Add in two-tone frames and upholstery standard and it's clear that LeverEDGE is the ultimate in personalized, plate-loaded machines. Load one up and you'll understand why it's revered by everyone who does a few reps.

### 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).

Nex Level Fitness Dural  
New South Wales, Australia



Spoon River College  
Illinois, USA



Universal Nutrition Corporate Headquarters  
New Jersey, USA

## 6001 SHOULDER PRESS UNILATERAL CONVERGING

Chrome-plated weight storage and loading pegs.  
Seat adjustable for height and angle.  
Three-position handle grips: inside, wide and neutral.  
Six starting heights with spring-loaded adjustments.



Dimensions:  
52 x 60.25 x 53.5 in.



Shipping Weight:  
411 lbs.



## 6002 INCLINE CHEST PRESS UNILATERAL CONVERGING

Seat adjustable for height and angle.  
Three-position handles: inside, wide and neutral.  
Extra long loading pegs hold seven or more plates.  
Variable starting position with spring loaded lever stops.  
Six starting heights with spring-loaded adjustments.



Dimensions:  
62.5 x 59.25 x 56.5 in.



Shipping Weight:  
406 lbs.



## 6003 FLAT CHEST PRESS UNILATERAL CONVERGING

Chrome-plated weight storage and loading pegs.  
Bench height is tournament compatible.  
Extra long loading pegs hold seven or more plates.  
Three-position handle grips: inside, wide and neutral.  
Six starting heights with spring-loaded adjustments.



Dimensions:  
64 x 61.5 x 47.75 in.



Shipping Weight:  
354 lbs.



## 6004 SEATED VERTICAL ROW UNILATERAL DIVERGING

Two-position chrome-plated foot pegs.  
Seat and sternum pads adjustable for height and reach.  
Extra long loading pegs hold seven or more plates.  
Four-position handle grips: high, low, wide and neutral.



Dimensions:  
53.75 x 69.75 x 54.25 in.



Shipping Weight:  
480 lbs.



## 6005 LAT PULLDOWN UNILATERAL DIVERGING

Seat and thigh pads adjustable for height.  
Chrome-plated weight storage and loading pegs.  
Three-position handle grips: inside, high, and rotating low.



Dimensions:  
81.5 x 59.75 x 73.25 in.



Shipping Weight:  
520 lbs.



Weights sold separately.



# LEVEREDGE: PREMIUM PLATE-LOADED

## 6008 TRAP SHRUG/LUNGE/DEADLIFT UNILATERAL

Adjustable handle angle for inward or outward facing exercises.  
Dual handles for narrow and wide grip.  
Extra long loading pegs hold seven or more plates.  
Upholstered split squat ankle rollers adjust for length.



Dimensions:  
78.25 x 67 x 32 in.



Shipping Weight:  
387 lbs.



## 6006 VERTICAL WIDE CHEST PRESS UNILATERAL CONVERGING

Inward-facing load pegs minimize footprint.  
Seat adjustable for height and angle.  
Extra long loading pegs hold seven or more plates.  
Aluminum diamond plate foot platform.



Dimensions:  
61.25 x 55 x 58.5 in.



Shipping Weight:  
450 lbs.



## 6009 HIGH ROW (45 DEGREE) UNILATERAL CONVERGING

Two-position chrome-plated foot pegs.  
Four-position handles: high, low, wide and neutral.  
Extra long loading pegs hold seven or more plates.  
Seat and sternum pads adjustable for height and reach.



Dimensions:  
84.75 x 64.5 x 87 in.



Shipping Weight:  
668 lbs.



## 6007 SEATED BICEP CURL UNILATERAL

Two-position rotating handles for less wrist strain.  
Unilateral lever action.  
Extra long loading pegs hold at least 7 plates.  
No cams or cables for direct energy transfer & minimal maintenance.



Dimensions:  
51 x 67.5 x 43.75 in.



Shipping Weight:  
405 lbs.



## 6010 SEATED TRICEP PRESS UNILATERAL OR LINKED

Unilateral or linked lever action.  
Face inward for traditional dips, outward for bench-style dips.  
Extra long loading pegs hold 7+ plates.  
Very adjustable, every user dimension can be set to the user's stature.



Dimensions:  
73.75 x 60.75 x 44.75 in.



Shipping Weight:  
378 lbs.



## 6011 SEATED LEG EXTENSION/STANDING HAMSTRING CURL COMBO UNILATERAL

Dual purpose, offering seated leg extensions and standing leg curls.  
Leg rollers, cam, backrest, and leg curl handles are all adjustable via pop pin.  
Weight pegs can hold up to six plates.  
Leg rollers adjustable in one-inch increments to accommodate users of varying heights.



Dimensions:  
61.5 x 76 x 48 in.



Shipping Weight:  
380 lbs.



Weights sold separately.



# LEVEREDGE: PREMIUM PLATE-LOADED



Complete Kettlebell and Fitness  
Ohio, USA



Glory Gains  
Arizona, USA



Exalt Gym  
Tennessee, USA



Frankie's Body Shop  
Tennessee, USA



# PLATE-LOADED EQUIPMENT

## COMBINING THE BEST FEATURES OF FREE WEIGHTS AND PIN SELECT.

Plate-loaded machines allow users to train without a spotter and reduce the risk of injury due to the supportive structure and smoother, controlled movement ranges. At Legend Fitness, we pride ourselves on a wide variety of top-of-the-line plate-loaded equipment your athletes will love.

### 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).



Home Gym  
St. Kitts Island, Caribbean



University of Memphis  
Tennessee, USA



Bluefield College  
West Virginia, USA

## 3140 DESTROYER

Ground-based, full body thrusting exercise.  
Chrome-plated weight pegs.  
Smooth pillow block bearings.

 Dimensions:  
53.5 x 80.75 x 84.5 in.

 Shipping Weight:  
574 lbs.



## 3124 SMITH MACHINE

25 lb counter-balanced Olympic bar.  
5° path of motion.  
Linear bearings.  
Chrome-plated plate storage.

 Dimensions:  
53 x 84 x 92.5 in.

 Shipping Weight:  
720 lbs.



## 3229 PRO SERIES INCLINE LEVER ROW

Reduces low-back strain during lat work.  
Handle offers wide and neutral grips.  
Wheeled footplates for quick adjustments.  
Main frame is fully welded for maximum durability and rigidity.

 Dimensions:  
57 x 36 x 60 in.


 Shipping Weight:  
302 lbs.



## 3110 INCLINE LEVER ROW

Reduces low-back strain during lat work.  
Handle offers wide and neutral grips.  
Chrome-plated, Olympic-sized weight peg.  
Main frame is fully welded for maximum durability and rigidity.  
Rigid diamond plate foot platform.

 Dimensions:  
75 x 41 x 50 in.

 Shipping Weight:  
275 lbs.



## 3260 T-BAR ROW

Hits most major back muscles.  
Core and hamstrings used for stability.  
Chrome-plated plate storage.  
Adjustable handle height.

 Dimensions:  
75.25 x 46.25 x 34.25 in.

 Shipping Weight:  
310 lbs.



## 3136 LAT/LOW ROW

Snap link exchange to move between floor rows and pulldowns.  
Chrome load pegs.  
Frame wearguards.

 Dimensions:  
83.5 x 48 x 91.25 in.

 Shipping Weight:  
534 lbs.



## 3165 TRAP SHRUGGER

Fully welded construction.  
Chrome-plated Olympic load pegs.

 Dimensions:  
52.5 x 24.74 x 24.5 in.

 Shipping Weight:  
155 lbs.



## 3220 GRAPPLER

Accommodates two Olympic bars.  
Weighted base plate.  
Supplied with wide grip handle and vee grip handle.

 Dimensions:  
12 x 29 x 6 in.

 Shipping Weight:  
80 lbs.





# PLATE-LOADED EQUIPMENT

## 3308 UNILATERAL ANGLE LEG PRESS

Resistance/assistance band hooks.  
6-position safety stops.  
Extra long weight pegs can hold up to 13 plates.  
Footplates can be used independently or together.  
Closed linear bearings glide on 1¼-inch solid steel rods.

 Dimensions:  
101.5 x 48 x 69 in.

 Shipping Weight:  
901 lbs.

 Fully Welded Frame,  
No Fasteners



## 3122 ANGLE LEG PRESS

Linear bearings on case-hardened alloy steel shafts.  
Chrome-plated weight pegs  
and angled weight horns.  
Extra large footplate area  
and calf raise plate.

 Dimensions:  
89.5 x 66.5 x 58 in.

 Shipping Weight:  
733 lbs.

 Fully Welded Frame,  
No Fasteners



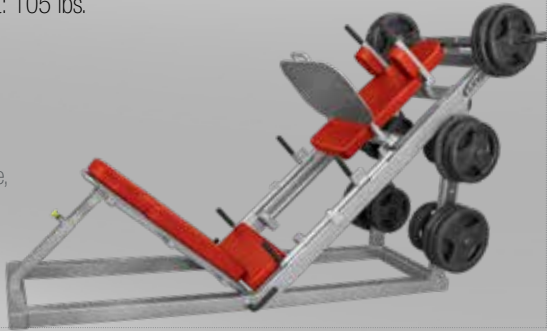
## 3224 LEG PRESS/HACK SQUAT COMBO

Switch between exercises via removable footplate/seat back.  
Linear bearings on solid steel shafts at 45° angle.  
Unloaded carriage weight: 105 lbs.

 Dimensions:  
92.5 x 67 x 59 in.

 Shipping Weight:  
897 lbs.

 Fully Welded Frame,  
No Fasteners



## 3123 HACK SQUAT

Linear bearings on solid steel shafts at 45° angle.  
Chrome-plated weight pegs  
and angled weight horns.  
36 by 36-inch footplate area.

 Dimensions:  
93.5 x 58.5 x 59 in.

 Shipping Weight:  
716 lbs.

 Fully Welded Frame,  
No Fasteners



## 7016 PRO SERIES STEALTH LEG PRESS

Convert your rack or cage into a leg press.  
Chrome-plated weight peg can hold up to eight 45-lb plates.  
Can also hold a loaded barbell for additional weight resistance.  
Low-positioned weight for proper resistance feel.  
Adjustable starting positions.  
Can be configured for step-ups or kick backs.  
Also functions as a push sled.

 Dimensions:  
34.25 x 49 x 41 in.

 Shipping Weight:  
274 lbs.



**PRO  
SERIES**



## 7015 STEALTH LEG PRESS

Convert your rack or cage into a leg press.  
Solid steel construction.  
Chrome-plated weight peg holds eight 45-lb plates.  
Low-positioned weight for proper resistance feel.  
Adjustable starting positions.

 Dimensions:  
34.25 x 49 x 41 in.

 Shipping Weight:  
204 lbs.

**PERFORMANCE SERIES**  
BY LEGEND FITNESS



Weights and bars sold separately.

## 3129 SQUAT MACHINE

Perform squats safely on horizontal or angled foot platforms.  
Perform leaps to build explosive power.  
Removable Calf Blaster (silver vein finish only).  
Three starting heights.  
Dual supports for starting height added.



Dimensions:  
67 x 34 x 65.25 in.



Shipping Weight:  
576 lbs.



## 3217 BELT SQUAT MACHINE

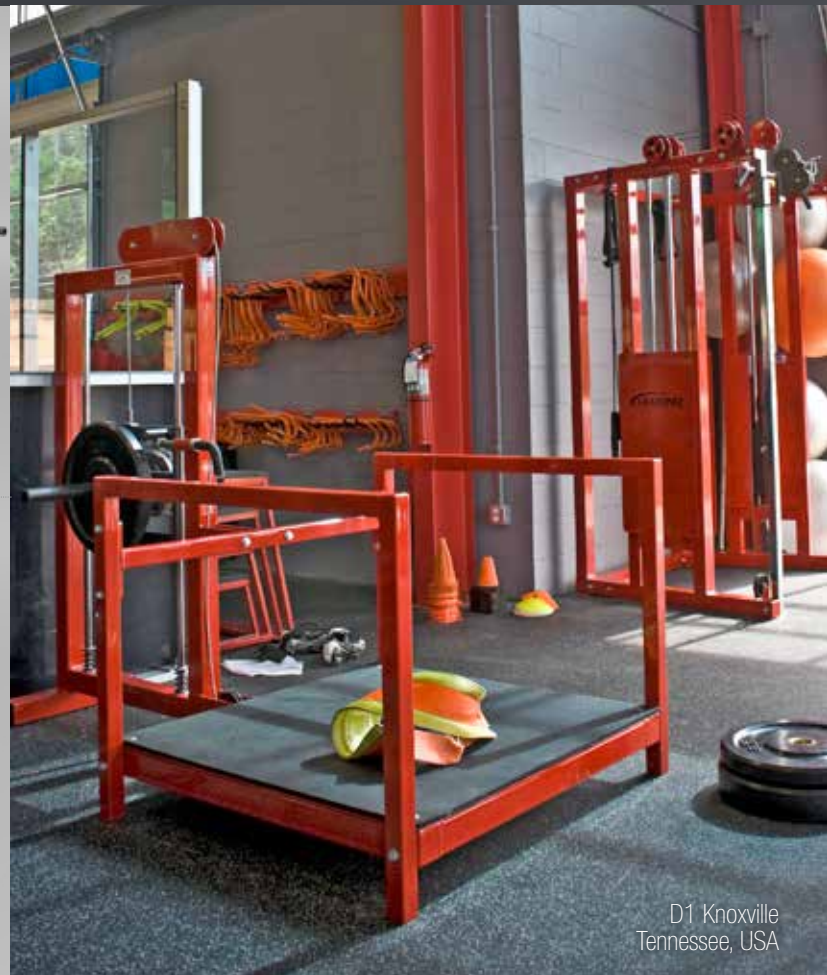
Perform squats without involving shoulders or back.  
Wide deck plate allows sumo stances, split squats, lunges, etc.  
Attach a handle for pull throughs, shrugs, or tricep extensions.



Dimensions:  
84 x 43 x 67.5 in.



Shipping Weight:  
654 lbs.



D1 Knoxville  
Tennessee, USA

## 3135 LEG EXTENSION/CURL

Upholstered leg rollers.  
Smooth, durable pillow block bearings.  
Frame wearguards.



Dimensions:  
66.5 x 25 x 38.5 in.



Shipping Weight:  
265 lbs.



## 3175 STANDING LEG CURL

Self-adjusting roller pad.  
Diamond plate foot platform.  
Chrome-plated Olympic weight peg.



Dimensions:  
24.5 x 39.75 x 44 in.



Shipping Weight:  
182 lbs.



## 3119 SEATED CALF

Effective in isolating the soleus muscle and strengthening the Achilles tendon.  
Adjustable thigh pads.



Dimensions:  
50 x 25.5 x 40 in.



Shipping Weight:  
219 lbs.



## 3152 STANDING CALF

Angled, narrow footplate maintains foot placement and maximum stretch.  
Height adjustable.



Dimensions:  
51.25 x 26.75 x 75.75 in.



Shipping Weight:  
375 lbs.





# 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.

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Camie Cragg Fitness  
Nevada, USA



Colorado State University Rec Center  
Colorado, USA



Waubensee Community College  
Illinois, USA

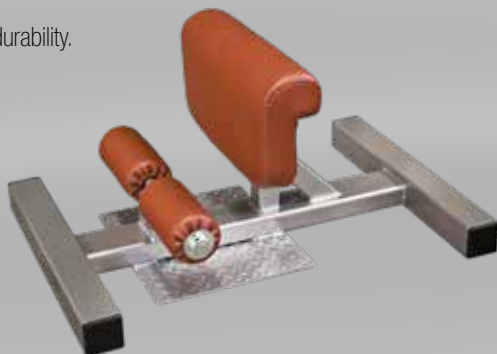
## 3162 SISSY SQUAT

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





# BODY WEIGHT EQUIPMENT

## 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.



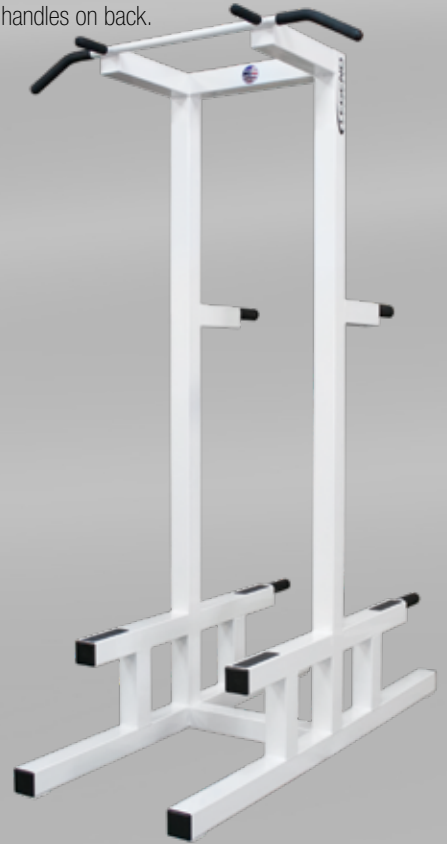
Shipping Weight:  
410 lbs.



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

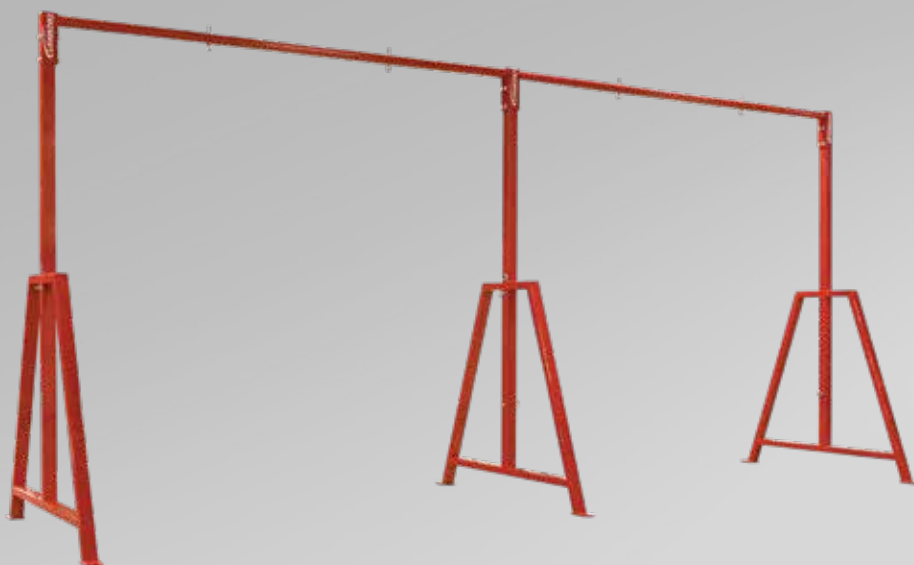
For use with suspended body weight training systems, such as TRX. Each upright is fully welded. Screw-in eyelets every 12 inches provide attachment points. Total footprint required is 6ft. x 10½ft. Additional 10-foot extensions sold separately (item 3905-10).



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.





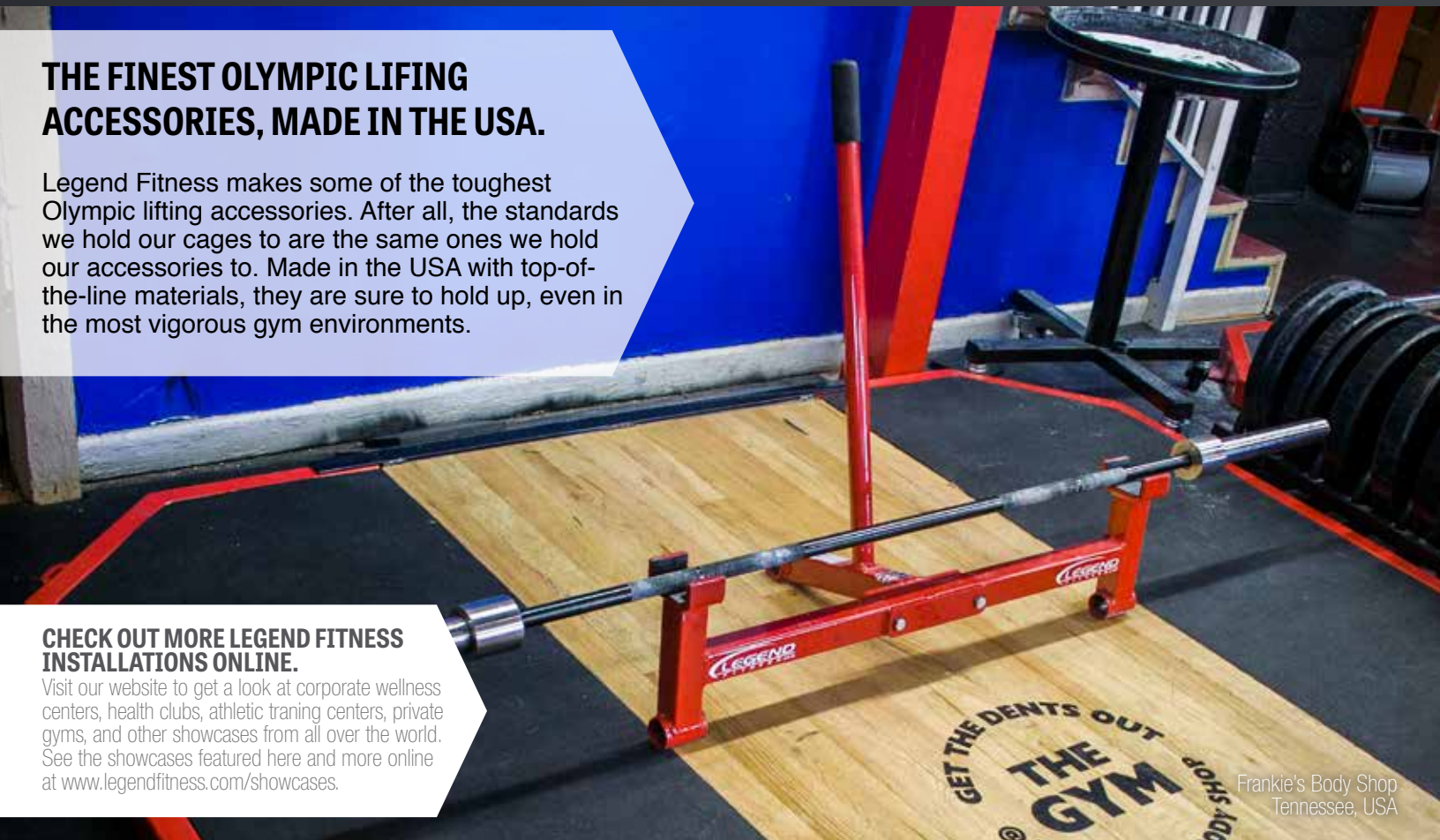
# OLYMPIC LIFTING ACCESSORIES

## THE FINEST OLYMPIC LIFTING ACCESSORIES, MADE IN THE USA.

Legend Fitness makes some of the toughest Olympic lifting accessories. After all, the standards we hold our cages to are the same ones we hold our accessories to. Made in the USA with top-of-the-line materials, they are sure to hold up, even in the most vigorous gym environments.

### 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).



Frankie's Body Shop  
Tennessee, USA



University of Buffalo  
New York, USA



Home Gym  
Virginia, USA

## 3143 SQUAT STOOL

Big steel, a solid all-welded frame and thick padding.  
Adjusts from 15.25 inches up to 21.25 inches in 2-inch increments.  
Available in any of our standard powder coat and upholstery colors.



Dimensions:  
18.5 x 16.5 x 22.5 in.



Shipping Weight:  
32 lbs.



## 3167 OLYMPIC BAR JACK

Fully welded.  
A simple pull of the handle lifts the bar off the platform just enough to make plate changes a lot easier and quicker.  
Foam rubber coated handle.  
Available in any of our standard powder coat colors.



Dimensions:  
22 x 35 x 42 in.



Shipping Weight:  
40 lbs.



## 3254 ADJUSTABLE SQUAT SEAT

Durable, non-slip rubber top.  
Adjustable from 11 inches to 16 inches in 1-inch increments.  
Available in any of our standard powder coat colors.



Dimensions:  
18 x 18 x 15 in.



Shipping Weight:  
46 lbs.



## 3259 CHALK BOWL/PEDESTAL

Stainless steel bowl affixed to a fully welded and powder coated pedestal.  
Available in any of our standard powder coat colors.



Dimensions:  
18 x 18 x 40.5 in.



Shipping Weight:  
31 lbs.



## 7011 PULLING BLOCKS

Allows partial deadlifts to place more focus on hamstrings, glutes and core.  
Can be positioned for three different heights.  
Available in any of our standard powder coat colors.



Dimensions:  
13.5 x 16.5 x 11 in.



Shipping Weight:  
76 lbs.





# BARS

## COMPLETE YOUR FACILITY WITH BARS FROM LEGEND FITNESS.

Our Olympic bars are machined, tested, and manufactured in the USA, with the highest quality materials, like all other Legend Fitness products. We also have the ability to get you any other kind of Olympic bars, specialty bars, barbells, dumbbells, and plates.

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Anytime Fitness  
Colorado, USA



Central Lyon High School  
Iowa, USA



Legend Fitness Showroom  
Tennessee, USA

## LGD-OLY-BLK LEGEND FITNESS OLYMPIC BAR



Great strength, sleeve spin, and whip characteristics coupled with high quality construction make this one of the best values on the market for an Olympic barbell. This model features bright zinc plated sleeves and a black zinc plated bar. The knurl has a low-rise for those that don't care for the sharp stuff. Each sleeve features long 16.5-inch plate load areas, a 1-inch thick collar, and dual Oilite bushings that provide just the right amount of spin.

This bar exhibits a medium amount of whip during Olympic movements and carefully selected alloys keep everything strong and straight.



28.5mm bar diameter.  
Light knurl texture.  
No center knurling.  
Moderate whip.  
Olympic and powerlifting marks.  
Dual Oilite bronze bushings per sleeve.  
Dual snap ring ends per sleeve.  
Bright zinc plated sleeves.  
Black zinc plated bar.  
Maximum tensile strength: 190K  
Maximum yield strength: 175K

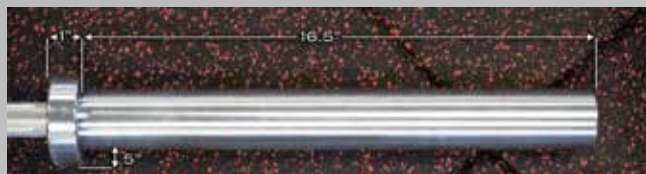
Shipping Weight: 45 lbs.

## LGD-PB-BRT LEGEND FITNESS POWER BAR



Excellent strength and whip characteristics coupled with high quality bushings and thoughtful details make this a bar for discerning athletes. Both bar and sleeves on this model feature a bright zinc finish. The bar itself has a medium-rise knurl that's not too sharp, not too flat. Each sleeve features long 16.5-inch plate load areas; a beveled, 1-inch thick collar; and dual Oilite bushings that provide a good amount of spin.

There's a moderate amount of whip for Olympic movements and carefully selected alloys keep everything strong and straight.



28.5mm bar diameter.  
Medium knurl texture.  
Center knurling.  
Medium whip.  
Olympic and powerlifting marks.  
Dual Oilite bronze bushings.  
Dual snap ring ends per sleeve.  
Bright zinc plated sleeves and bar.  
Maximum tensile strength: 190K  
Maximum yield strength: 175K

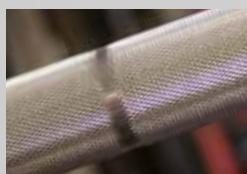
Shipping Weight: 45 lbs.

## LGD-NBB-20KG-BRT LEGEND FITNESS BEARING BAR



The Legend Fitness Bearing Bar is a reasonably-priced, American-made bar with ten bearings. You get all the spin and quality you need without a price that will break your budget. Manufactured to Legend specifications, this bar is 100% made in the USA from turned, ground and polished steel. Featuring Olympic marks only with light knurling (but no center knurling) and bright zinc plating, this bar provides the right amount of grip and hand placement information for explosive lifts.

The ten needle bearings are packed with quality lubrication, but once that loosens up a bit, they will spin and spin and spin! Sleeves are zinc plated, with 16.25-inch load length and a beveled 1.25-inch thick collar. If the bearings should ever need servicing, this bar breaks down in the field without the need for a vice or special tools, so you can extend the service life of this bar until it becomes an heirloom.



20kg 28mm diameter bar.  
Medium whip.  
Light knurling texture.  
No center knurl.  
5 precision needle bearings per sleeve (10 per bar).  
Easily disassembled for service.  
Built to IWF spec standards.  
Turned, ground, polished steel.  
Olympic marks only.  
Bright zinc plated sleeves and bar.  
Maximum tensile strength: 190K  
Maximum yield strength: 175K

Shipping Weight: 45 lbs.



# POSTERIOR CHAIN TRAINING

## BOOST QUICK REACTIONARY MOVEMENTS IN ATHLETES.

The importance of a strong posterior chain – low back, glutes, hamstrings, and calves – is at the center of athletic performance training. This area is responsible for explosive response and quick reactions. If you're looking to train the posterior chain, you'll find everything you need right here.

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University of Central Oklahoma  
Oklahoma, USA



Southern Boone High School  
Missouri, USA



Legacy High School  
Colorado, USA

## 3412 PRO SERIES GHDH COMBO

Glute/ham developer combined with a reverse extension.  
Large channeled pad with ample rollover cushioning.  
UHMW grip plate steps on all four corners.  
Large marine-grade footplate.  
Four sets of grab handles.  
Two sets of adjustable/removable resistance band pegs.  
Wheels for easy transport.  
Eleven distance settings for the footplate.  
Six height settings for the footplate.  
Two snap link attachment points on swingarm.



Dimensions:  
78.75 x 43 x 61.25 in.



Shipping Weight:  
531 lbs.



**PRO**  
SERIES

## 976-GH REVERSE BACK EXTENSION/GHD COMBO

Rollover pad design increases hip comfort.  
Range of motion provides more low back stretch than competitive designs.  
Leg roller pad provides the articulation necessary for proper form during Reverse Back Extension exercise.  
200 lb weight stack.



Dimensions:  
62.5 x 41.375 x 55.25 in.



Shipping Weight:  
653 lbs.





# POSTERIOR CHAIN TRAINING

## 974 PRO SERIES REVERSE BACK EXTENSION

Two-tier pad design for user stability and breathing comfort.  
Rollover pad design for increased hip comfort.  
Leg roller provides articulation needed for proper form.  
200 lb weight stack.



Dimensions:  
62 x 54.75 x 74.25 in.



Shipping Weight:  
811 lbs.



**PRO**  
SERIES

## 976 PERFORMANCE SERIES REVERSE BACK EXTENSION

Rollover pad design for increased hip comfort.  
Leg roller provides articulation needed for proper form.  
200 lb weight stack.



Dimensions:  
50 x 34.75 x 55.25 in.



Shipping Weight:  
582 lbs.



**PERFORMANCE SERIES**  
BY LEGEND FITNESS



Missouri State University  
Missouri, USA

## 3214 PRO SERIES GLUTE/HAM DEVELOPER

30-inch wide split pad.  
Resistance band pegs.  
Linear bearings for ease of adjustment.



Dimensions:  
82 x 37 x 50 in.



Fully Welded Frame,  
No Fasteners



Shipping Weight:  
420 lbs.



**PRO**  
SERIES

## 7006 YESSIS GLUTE/HAM/BACK DEVELOPER

Designed by the inventor of the GHD.  
Provided with an instructional DVD.  
Peaked pad design for maximum back and hamstring stretch.  
Angled handles for barbell/dumbbell clearance.  
Low standover height.



Dimensions:  
79.4 x 34.25 x 48.75 in.



Shipping Weight:  
279 lbs.



Fully Welded Frame,  
No Fasteners



## 7003 VARSITY GHD

Cost-effective posterior training.  
Bolt-together design for lower shipping charges.  
Split thigh pad.



Dimensions:  
64 x 20.5 x 48 in.



Shipping Weight:  
124 lbs.



## 3130-S PERFORMANCE SERIES GLUTE/HAM/ DEVELOPER

Chrome-plated guide rod and adjustment surfaces.  
Resistance band pegs.  
Wearguards protect from falling dumbbells.



Dimensions:  
69 x 25.5 x 47.25 in.



Shipping Weight:  
263 lbs.



## 3130 SOLID PAD

Same as 3130-S, but with a solid pad.

## 3350 PARTNER GHD

Cost-effective posterior training.  
Wedge feet against a wall or have a partner hold ankles.



Dimensions:  
23 x 29 x 12 in.



Shipping Weight:  
31 lbs.





# SPEED & AGILITY

## TOOLS TO MAKE ATHLETES FASTER AND MORE EXPLOSIVE.

Routines incorporating plyometrics and sled training are one of the most efficient ways to round out an athlete's training. We've worked hard to develop speed and agility tools that challenge the status quo. If you want to increase speed, Legend Fitness can push you in the right direction.

### 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).



Selma High School  
Alabama, USA



Harding University  
Arkansas, USA



Fit Republik  
Dubai, UAE

## A 3231 PERFORMANCE PLYO CUSHIONS

Provides 7 height options, from 6 to 42 inches.  
Engages stabilization muscles more than traditional steel boxes.  
Removing the risk of injury encourages the user to attempt higher jumps.  
Round design eliminates unstable corners.

Dimensions: 36 x 36 x 42 in. | Shipping Weight: 175 lbs.

## B 3210-3N1 WOOD PLYO BOX 3-IN-1

Economical and space-conscious plyo device.  
Three different dimensions of 20, 24, and 30 inches provides three jumping heights in one.  
Sturdy construction from ¾-inch thick plywood.

Dimensions: 30 x 24 x 20 in. | Shipping Weight: 115 lbs.

## C 3206 PLYO BOXES

A set of six durable, fully welded boxes with a thick rubber top.  
Boxes measure 12, 18, 24, 30, 36, and 42 inches tall.  
Also available without the 42-incher as a five box set, model 3134.

Dimensions: 32.5 x 32.5 x 42 in. | Shipping Weight: 289 lbs.

## D 3310 ADJUSTABLE STEP-UP BOX

For weighted plyometrics or box squats.  
Fully welded.  
Steel platform tray w/thick rubber surface.  
Transport wheels and foam rubber handle ease movement.  
Adjusts in 3-inch increments from 9 to 24 inches.

Dimensions: 25.5 x 48.75 x 25.5 in. | Shipping Weight: 261 lbs.

## E 3219 PULL SLED

Fully welded with a centrally located Olympic weight peg.  
Supplied with a web leash.  
Available in black only.

Dimensions: 25.5 x 12 x 10.1 in. | Shipping Weight: 19 lbs.

## F 3262 PRO SERIES PUSH/PULL POWER SLED

Fully welded frame for extra strength and stability.  
Multiple strap attachment points and handle options.  
Frame can be loaded with kettlebells for additional weight if needed.  
Tall Olympic-sized posts are removable, act as additional push handles.  
Includes two web handles with snap links.  
Sled feet are replaceable.

Dimensions: 39.5 x 33 x 38.75 in. | Shipping Weight: 96 lbs.

## G 3400 MODULAR PUSH/PULL SLED

Fully welded frame for extra strength and stability.  
Three-tier handles allow for power/core strength in three different stances.  
Front eyelets for web handles or belt straps.  
Link up to seven of them together.

Dimensions: 71.5 x 39.75 x 54.75 in. | Shipping Weight: 284 lbs.



Weights sold separately. Three Modular Push/Pull Sleds (3400) shown linked together.



# STORAGE SOLUTIONS

## AN ORGANIZED GYM IS IMPORTANT FOR SAFETY AND AESTHETICS.

Keeping your space free from clutter can help boost motivation, prevent tripping, and increase equipment longevity. In addition to top-notch strength equipment, Legend Fitness has storage items to help keep your space free of clutter and your accessories looking great.

## CHECK OUT MORE LEGEND FITNESS INSTALLATIONS ONLINE.

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East Tennessee State University  
Tennessee, USA



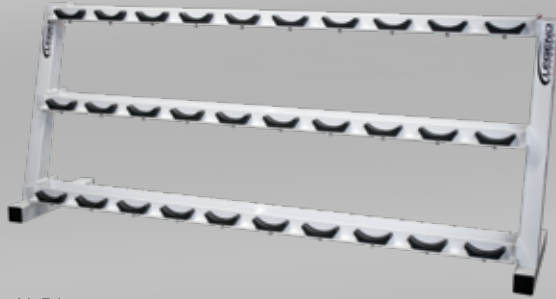
University of Alabama Huntsville  
Alabama, USA



Woodhaven High School  
Michigan, USA

## 3191 15 PAIR PRO STYLE DUMBBELL RACK

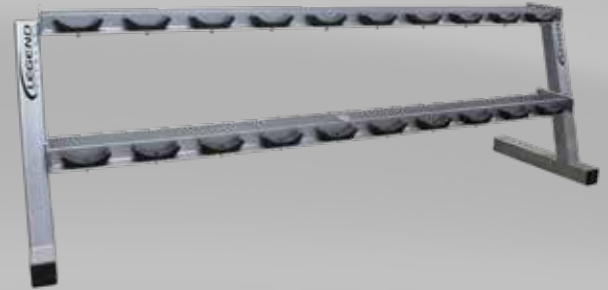
Three tiers to hold the maximum number of dumbbells.  
For round head (pro style) dumbbells.  
Fully welded for maximum durability.  
Solid rubber cradles keep round dumbbells from rolling.  
Made from 3-inch square, 11 gauge steel tubing.



Dimensions: 96.5 x 24 x 41.5 in.  
Shipping Weight: 428 lbs.

## 3169 10 PAIR PRO STYLE DUMBBELL RACK

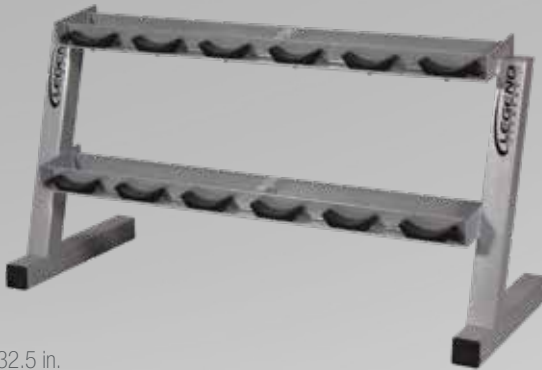
For round head (pro style) dumbbells.  
Fully welded for maximum durability.  
Solid rubber cradles keep round dumbbells from rolling.  
Made from 3-inch square, 11 gauge steel tubing.



Dimensions: 96.5 x 24 x 32.5 in.  
Shipping Weight: 367 lbs.

## 3190 6 PAIR PRO STYLE DUMBBELL RACK

For round head (pro style) dumbbells.  
Fully welded for maximum durability.  
Solid rubber cradles keep round dumbbells from rolling.  
Made from 3-inch square, 11 gauge steel tubing.



Dimensions: 60.5 x 24 x 32.5 in.  
Shipping Weight: 278 lbs.

## 3239 FOUR-TIER HEX HEAD DUMBBELL RACK

Four tiers hold 20 pairs of hex head dumbbells.  
Top tier measures just 40.5 inches high.  
Fully welded for maximum durability.  
ABS lined trays for chip and rust resistance.  
3-inch square, 11 gauge steel tubing.



Dimensions: 86 x 24 x 41 in.  
Shipping Weight: 450 lbs.

## 3168 THREE-TIER HEX HEAD DUMBBELL RACK

Only 6 inches taller than two tier model.  
Fully welded for maximum durability.  
ABS lined trays for chip and rust resistance.  
3-inch square, 11 gauge steel tubing.



Dimensions: 86 x 24 x 38 in.  
Shipping Weight: 338 lbs.  
Weights and bars sold separately.

## 3118 LONG TWO-TIER HEX HEAD DUMBBELL RACK

Can hold 10 pairs of hex head dumbbells.  
Fully welded for maximum durability.  
ABS lined trays for chip and rust resistance.  
3-inch square, 11 gauge steel tubing.



Dimensions: 86 x 24 x 32 in.  
Shipping Weight: 345 lbs.



# STORAGE SOLUTIONS

## 3170 SHORT TWO-TIER HEX HEAD DUMBBELL RACK

Can hold 6 pairs of hex head dumbbells.  
Fully welded for maximum durability.  
ABS lined trays for chip and rust resistance.  
Made from 3-inch square, 11 gauge steel tubing.

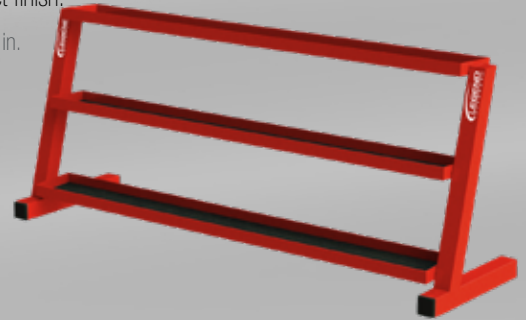
Dimensions: 46 x 24 x 31.75 in.  
Shipping Weight: 193 lbs.



## 3316 LONG THREE-TIER KETTLEBELL RACK

Only 5.5 inches taller than two-tier model.  
Fully welded for maximum durability.  
Rubber tray liners protect finish.

Dimensions: 86 x 24 x 38 in.  
Shipping Weight: 537 lbs.



## 3317 SHORT THREE-TIER KETTLEBELL RACK

35-inch lift over height for top tier tray.  
Fully welded for maximum durability.  
Rubber tray liners protect finish.

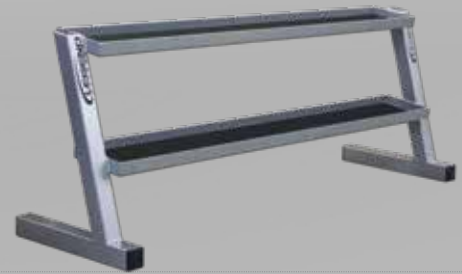
Dimensions: 46 x 24 x 35.5 in.  
Shipping Weight: 231 lbs.



## 3245 LONG TWO-TIER KETTLEBELL RACK

Only a 32-inch high lift over height.  
Fully welded for maximum durability.  
Rubber tray liners protect finish.

Dimensions: 86 x 24 x 32.5 in.  
Shipping Weight: 358 lbs.



## 3257 SHORT TWO-TIER KETTLEBELL RACK

Only a 32-inch high lift over height.  
Fully welded for maximum durability.  
Rubber tray liners protect finish.

Dimensions: 46 x 24 x 32.5 in.  
Shipping Weight: 207 lbs.



## A 3193 & B 3112 PLATEHOLDERS

Choice of Chrome-plated Olympic pegs (3193) or 1" pegs (3112).  
Only in our chip-resistant Silver Vein finish.  
Fully welded.

Dimensions: 18 x 18 x 42.5 in.  
3193 Shipping Weight: 47 lbs.  
3112 Shipping Weight: 42 lbs.



## 3126 A-FRAME PLATEHOLDER

Six 1-inch diameter pegs.  
Only in our chip-resistant Silver Vein finish.  
Fully welded for durability.

Dimensions: 33.5 x 18 x 38.5 in.  
Shipping Weight: 39 lbs.



## 3313 MULTI STORAGE RACK

Horizontal bumper plate rack.  
Rubber-lined kettlebell/accessory rack.  
Chrome-plated plate storage.  
Olympic bar holders and a chalk bowl.  
Available in all powder coat colors.

Dimensions: 67 x 23.5 x 41 in.  
Shipping Weight: 265 lbs.



Weights and bars sold separately.

## 3149 TEN BARBELL RACK

Wearguards on frame and pegs.  
Fully welded for maximum durability.  
3x3-inch 11 gauge frame.  
Available in all powder coat colors.

Dimensions: 43.5 x 26 x 56.5 in.  
Shipping Weight: 250 lbs.



## 3174 FIVE BARBELL RACK

Wearguards on frame and pegs.  
Fully welded for maximum durability.  
3x3-inch 11 gauge frame.  
Available in all powder coat colors.

Dimensions: 29 x 30 x 59.5 in.  
Shipping Weight: 190 lbs.



## 3159 ACCESSORY RACK

Fully welded construction.  
Frame and peg wearguards.  
Foam rubber-lined top tray.

Dimensions: 42 x 16 x 59 in.  
Shipping Weight: 190 lbs.



## 3163 HORIZONTAL BUMPER RACK

Holds eight Olympic bumper plates.  
Portable via wheels and handle.  
Only in our chip-resistant Silver Vein finish.  
Available with wider spacing as 3163-W.

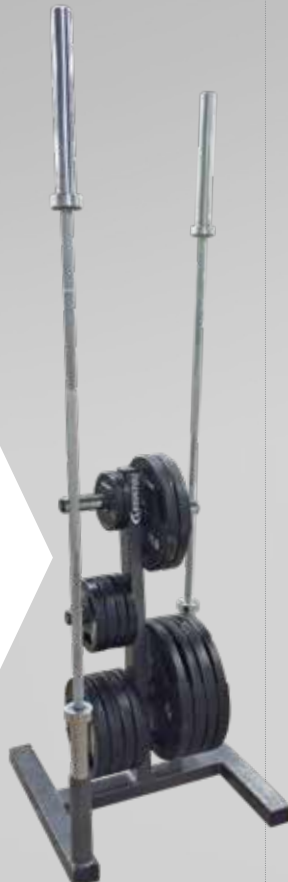
Dimensions: 54.75 x 11 x 10.5 in.  
Shipping Weight: 43 lbs.



## 3173 PLATEHOLDER/ORGANIZER

Small footprint excellent for tight spaces.  
Six 1-inch diameter pegs.  
Only in our chip-resistant Silver Vein finish.  
Fully welded for durability.

Dimensions: 26 x 26 x 42 in.  
Shipping Weight: 125 lbs.



## 3137 OLYMPIC BAR HOLDER

Only available in our chip resistant Silver Vein finish.  
Fully welded.  
Minimizes risk of falling bars.

Dimensions: 22 x 18 x 10.5 in.  
Shipping Weight: 50 lbs.



### DON'T HAVE ANYTHING TO STORE? WE CAN HELP WITH THAT!

Legend Fitness can supply you with bars, plates, bumper plates, kettlebells, dumbbells, medicine balls, and other accessories to help you complete your gym or athletic training facility. Contact your Legend Fitness representative for more details.



# PLATFORMS & FLOORING

## MEETING YOUR FLOORING NEEDS.

From garage gyms built for one to spaces that span thousands of square feet built for hundreds of members, our flooring options can be customized to suit your needs. After all, the right flooring in a gym is more than just an aesthetic thing. Correct flooring ensures a safer, quieter environment for everyone. Our experts can work with you to make sure you have what you need.

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Battleground Fitness  
Tennessee, USA

## ROLLED RUBBER

Affordable, easy to maintain.  
Near-seamless, cleaner look.  
Glued down.  
Requires professional installation.  
Solid composition rubber or combination composition rubber and shock pad options available.  
Less force reduction, but more energy restitution.  
Platform areas and custom logos available.



Colorado Rockies Stadium  
Colorado, USA

## RUBBER TILES

Non-permanent, great for weight training.  
Tiles are available with beveled edges or in flush interlocking.  
Not glued down.  
Professional installation not required.  
Composition rubber atop a molded base.  
Near-equal amounts of force reduction and energy restitution.  
Platform areas and custom logos available.



Taylor High School  
Texas, USA

## ARTIFICIAL TURF

Build speed and agility indoors.  
Available in rolls or interlocking tiles.  
Solid rubber base layer with dense nylon wear layer.  
Layers fused for extra durability.  
Less force reduction, but more energy restitution.  
Yard lines and custom logos available.



Grove High School  
Oklahoma, USA

## 3223 PRO SERIES INSERT PLATFORM

**PRO  
SERIES**

Handmade tongue-and-groove oak footing area.  
Three-piece tube frame more resistant to dents than channel steel.  
Mirror smooth wood finish will not chip or flake.  
Also available with an all-rubber platform as 3223-R.

Dimensions: 156.7" x 100.6 x 3 in.  
Shipping Weight: 1175 lbs.



\*Max depth.

## 7007 VIBEPLATE PLATFORM

Goals can be reached up to twice as fast using Whole-Body Vibration (WBV) training. Take advantage of WBV while doing standing exercises or bench work. Designed for use with the 2440 VibePlate (sold separately) and 3226 Pro Series Half Cage only.

Dimensions: 112.9 x 106.5 x 6 in.  
Shipping Weight: 1764 lbs.



## 3139 8X8 STANDARD PLATFORM

Laminated birch footing area.  
Four-piece tube frame more resistant to dents than channel steel.  
Super smooth wood finish won't chip or flake.  
Two ramps.

Dimensions: 111.5 x 100.6 x 3 in.  
Shipping Weight: 1175 lbs.



## 3195 8X8 HARDWOOD PLATFORM

Handmade tongue-and-groove oak footing area.  
Four-piece tube frame more resistant to dents than channel steel.  
Also available with an all-rubber surface as the 3195-R.  
Two ramps.

Dimensions: 111.5 x 100.6 x 3 in.  
Shipping Weight: 1188 lbs.



## 3131 6X8 STANDARD PLATFORM

Laminated birch footing area.  
Four-piece tube frame more resistant to dents than channel steel.  
Super smooth wood finish won't chip or flake.  
Two ramps.

Dimensions: 87.5 x 100.6 x 3 in.  
Shipping Weight: 1036 lbs.



## 3194 6X8 HARDWOOD PLATFORM

Handmade tongue-and-groove oak footing area.  
Four-piece tube frame more resistant to dents than channel steel.  
Also available with an all-rubber surface as the 3194-R.  
Two ramps.

Dimensions: 87.5 x 100.6 x 3 in.  
Shipping Weight: 948 lbs.



## 3223-6 4X6 OAK INSET PLATFORM

Handmade tongue-and-groove oak footing area.  
Wood finish is mirror smooth and won't chip or flake.  
Available with custom graphic.  
Designed to lay flush in a rubber tile floor.

Dimensions: 48 x 72 in.  
Shipping Weight: 332 lbs.



## 3223-8 4X8 OAK INSET PLATFORM

Handmade tongue-and-groove oak footing area.  
Wood finish is mirror smooth and won't chip or flake.  
Available with custom graphic.  
Designed to lay flush in a rubber tile floor.

Dimensions: 48 x 96 in.  
Shipping Weight: 390 lbs.





# IT'S TIME TO CHANGE WHEN IT COMES TO A



Using spring-driven variable resistance and ergonomically designed to mimic natural movements, Speedway Circuit focuses on building champions. The lineup has machines developed for strength, speed, quickness, and agility. Athletes can use high resistance to build strength, or low resistance to do speed work, and do it all on one set of machines. The unique designs of Speedway Circuit reduce the risk of training-related injury, which means more time on the field or court, and less time in rehabilitation.

Speedway Circuit is a set of five machines, available for purchase as a group only. After all, the value isn't just in one or two pieces, but in the system as a whole. Line them up along a wall, or bolt them together to form a five-sided circuit. As a whole, up to five athletes can train at a time. Each machine is self-contained. Since there's no cleaning up bars or plates in between sets, teams have the ability to train more efficiently than ever.

Because Speedway Circuit is built by Legend Fitness, you know that your system will last for years. Made from mandrel bent, 11-gauge steel with durable powder coating, the frames will stay sturdy and low maintenance. High quality upholstery and aviation-grade cables mean your athletes can put each machine through the ringer, without you having to worry about taking time off because of machine breakdown. And of course, it wouldn't be a Legend Fitness piece of equipment if all of our standard personalization options weren't included as well.

# CHANGE OUR THINKING ABOUT ATHLETIC TRAINING.

**DEVELOPED TO REDUCE INJURY.  
PROVEN RESULTS. LESS RISK.  
DESIGNED TO ENHANCE A WEIGHT ROOM,  
NOT REPLACE IT.**



FOR MORE INFORMATION VISIT [LEGENDFITNESS.COM/SPEEDWAYCIRCUIT](http://LEGENDFITNESS.COM/SPEEDWAYCIRCUIT)



# SPEEDWAY CIRCUIT



## TWO LAYOUT OPTIONS

The Speedway Circuit bolts together to form a circular layout (shown on previous page) or a linear layout. Either layout option allows up to five athletes to train simultaneously.

## 7050 SUPER STRIDE

The Speedway Circuit Super Stride was created after training with Olympic gold medalist Carl Lewis. It offers the ultimate "bring those knees up" exercise! This machine was developed to strengthen the often-ignored iliopsoas muscles, which are critical for speed and push off. It also trains abductors which are important for lateral strength.

 Dimensions:  
59.5 x 65.5 x 70 in

 Shipping Weight:  
460 lbs.

**NEW**

- 15 levels of spring-loaded resistance.
- Builds speed and push off strength.
- Two padded rollers and padded arm rest for comfort.
- Open design allows for multiple stances while exercising.



## 7051 A TRAIN

The Speedway Circuit A Train focuses on increasing lateral acceleration. The A Train has been proven to benefit not only the side to side movements of tennis players or shortstops, but also in developing strength for pitching, hitting, and more. The innovative 56 degree arc of the footplate allows slight ankle articulation that helps to reduce knee strain.

 Dimensions:  
42.5 x 57.5 x 66.5 in

 Shipping Weight:  
510 lbs.

**NEW**

- 15 levels of spring-loaded resistance.
- Athletes can work one leg at a time or use both for speed work.
- Non-skid footplates for safety.
- 56 degree footplate arc reduces knee strain.
- Proven to benefit side-to-side movements.



## 7052 GROUND & POUND

The Speedway Circuit Ground & Pound is similar to a standing leg press, but allows for unilateral movements and speed work. The workout is simple... athletes just have to sink their hips and lift their knees. They can use low resistance and move fast, or work slowly with high resistance. The Ground & Pound builds power and speed by working the quads, glutes, and hamstrings.

 Dimensions:  
59.5 x 65.5 x 70 in

 Shipping Weight:  
485 lbs.



- 15 levels of spring-loaded resistance.
- Non-skid footpads for safety.
- Ergonomic grip handle and padded elbow pad increase comfort and stability.
- Builds power and speed.



## 7053 MOTOR WRX

The Speedway Circuit Motor WRX is ideal for increasing straight line acceleration and speed. It is a must-have for any sport that requires quick starts or long series of accelerations. Sprinters, track and field athletes, tennis players, baseball players, soccer players, football players, and more will all benefit from working on the Motor WRX.

 Dimensions:  
66.5 x 40.5 x 67.5 in

 Shipping Weight:  
610 lbs.



- 15 levels of spring-loaded resistance.
- Athletes can work one leg at a time or use both for speed work.
- Non-skid footplates for safety.
- Ideal for increasing straight line acceleration and speed.



## 7054 CHANGE OF DIRECTION

The unique Speedway Circuit Change Of Direction, or COD, was developed to fill the need to safely train explosive change of direction. This innovative articulated design moves with the athlete while providing 15 stages of constant resistance. The non-linear movement also allows athletes to safely perform variable resistance squats and much more.

 Dimensions:  
128.5 x 36 x 67.5 in

 Shipping Weight:  
510 lbs.



- 15 levels of spring-loaded resistance.
- Innovative articulated design safely trains explosive movement.
- Quick, easy arm height adjustments.
- Densely padded shoulder pads for comfort.
- Arm clicks into vertical storage position to save space.





# INTRODUCING THE BEST IN RUGBY

# LEGEND RUGBY

## SCRUM MACHINES & MORE BY LEGEND FITNESS

### THE HIGHEST QUALITY RUGBY SCRUM MACHINES & ACCESSORIES

With numerous rugby players on staff, it was only a matter of time before rugby equipment made its way into our lineup. Made in the USA with the highest quality materials, these machines can handle anything. Accessories allow you build the perfect scrum machine for your team.

#### 7021-H STRAIGHT HANDLE

Made from 11 gauge heavy duty metal with slip resistant carbide powder coating. Utilize on any Legend Rugby scrum machine. Hardware is included for easy installation.



#### 7021-H2 PIVOT HANDLE

Pivot Handle can be gripped then pulled or pushed into almost any direction. Pop pins allow handle depth to be preset into eight different starting locations. Utilize on almost all Legend Rugby scrum machines.



#### 7021-H3 BINDING PAD

Binding Pad material can be gripped and torqued similar to that of an opposing prop's jersey. Length gives props a 12 inch range of bindable depth. Utilize on any Legend Rugby scrum machine.



#### 7021-W TRANSPORT WHEELS

Pop pins lock wheels upright or horizontally. Leverage handle allows for easy raising and lowering. Solid rubber wheel requires minimal maintenance. Can be used in conjunction with all other accessories. Utilize on most Legend Rugby scrum machines.



#### 7021-S GROUND SPIKES

Great for teams who need extra assistance weighing sled down. Foot stomp feature allows teams to easily lower spikes. Can be used in conjunction with all other accessories. Utilize on most Legend Rugby scrum machines.



#### 7021-SA REPLACEMENT HEAD

Can be purchased in quantities of one or four. Heavy duty commercial-grade material is tear resistant and water proof. Designed to mimic the feel of an actual scrum engage.



## 7026 ONE-MAN TITAN SCRUM MACHINE

Lightweight design makes this the most transportable Legend sled. Skids are ready made for all surface types teams encounter. Heads easily and quickly remove for storage and transportation. Dimensions allow it to fit into most car trunks or back seats.


 Dimensions:  
49.5 x 21.5 x 35.25 in

 Shipping Weight:  
125 lbs.



## 7021 PERFORMANCE SCRUM MACHINE

Customizable head height caters to the preference of any team. Skids are ready made for all surface types teams encounter. Heads easily and quickly remove for storage and transportation. Dimensions allow it to fit into any large truck bed. Precut holes allow for easy sled accessorizing.

 Dimensions:  
79.25 x 49.25 x 39.5 in

 Shipping Weight:  
626 lbs.



## 7022 PRO SCRUM MACHINE

Unique bungee system allows realistic head retraction on engage. Customizable head height caters to the preference of any team. Sled skids are ready made for all surface types teams encounter. Heads easily and quickly remove for storage and transportation. Sled dimensions allow it to fit into any large truck bed. Precut holes allow for easy sled accessorizing.

 Dimensions:  
100 x 49.25 x 39.5 in

 Shipping Weight:  
851 lbs.



## 7023 ELITE SCRUM MACHINE

Horizontal head adjustment gives best possible scrum simulation. Unique bungee system allows realistic head retraction on engage. Customizable head height caters to the preference of any team. Skids are ready made for all surface types teams encounter. Heads easily and quickly remove for storage and transportation. Dimensions allow it to fit into any large truck bed. Precut holes allow for easy sled accessorizing.

 Dimensions:  
100 x 49.25 x 39.5 in

 Shipping Weight:  
851 lbs.





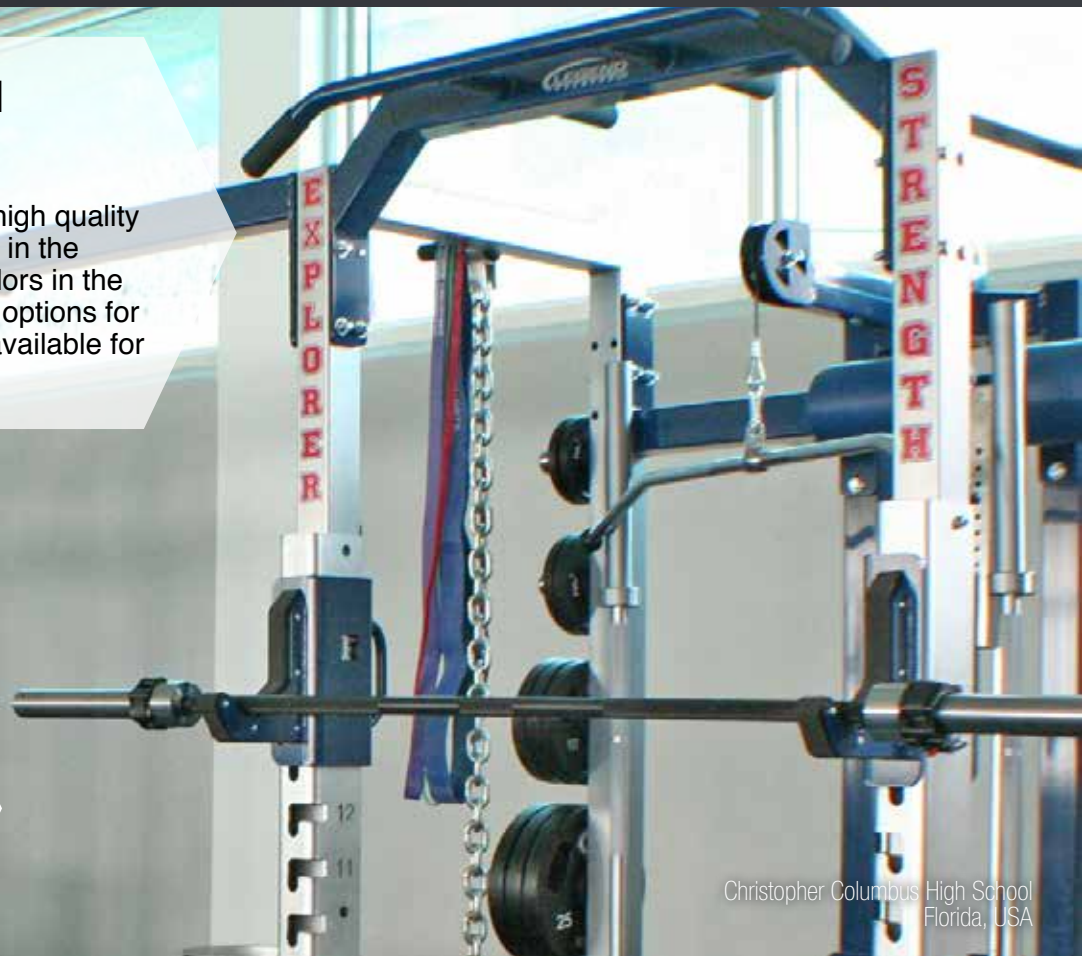
# EQUIPMENT OPTIONS

## THE MOST PERSONALIZATION OPTIONS IN THE INDUSTRY.

We pride ourselves on manufacturing high quality strength equipment. We also take pride in the fact that we offer the most standard colors in the industry, plus a ton of accessories and options for all of our lines. These are the options available for most Legend Fitness products.

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Christopher Columbus High School  
Florida, USA



High Performance Centre at Munster Rugby  
Limerick, Ireland



Cowley College  
Kansas, USA



## 2-TONE TWO-TONE POWDER COAT FINISH

Standard on Pro Series, LeverEDGE, and some SelectEDGE products.  
Available for an additional cost on most other Legend Fitness products.



## 2-UPH TWO-TONE UPHOLSTERY

A standard, no-cost option on SelectEDGE and LeverEDGE pieces.  
Available for an additional cost for nearly all Legend Fitness equipment.



## 3144-WG CUSTOM LOGO EMBROIDERY

Add your logo to wear guards or upholstered surfaces on numerous Legend Fitness products.  
Available for an additional cost.



## A 3144-SS & B 3144-PS CUSTOM DECALS

Add a custom logo decal on select Legend Fitness equipment.  
Placement on shrouds and upright posts possible, depending on equipment.  
Available for an additional charge.



## 3144-P CUSTOM LOGO ON PLATFORM

Printed in full color on high-quality 3M material and preserved under our industry-exclusive wood varnishing and finishing process.  
Only available for platforms with wood inserts.  
Available for an additional cost.



## 3205 BENCH TRANSPORT OPTION

Includes wheels and handles.  
Can be added to any Legend Fitness utility bench for easy transport and movement through your facility.





# OFFERING MORE FOR YOUR GYM

## DESIGN YOUR DREAM GYM FROM THE GROUND UP WITH LEGEND FITNESS.

In addition to offering high-end equipment for weight lifting and athletic training, Legend Fitness has all you need for your facility, from the planning stages to completion. Be sure to ask your Legend Fitness rep for details on our selection of flooring, cardio equipment, accessories and more.

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St. Charles High School  
Ohio, USA



Wake Forest University  
North Carolina, USA



Trench Fitness  
Saskatchewan, Canada



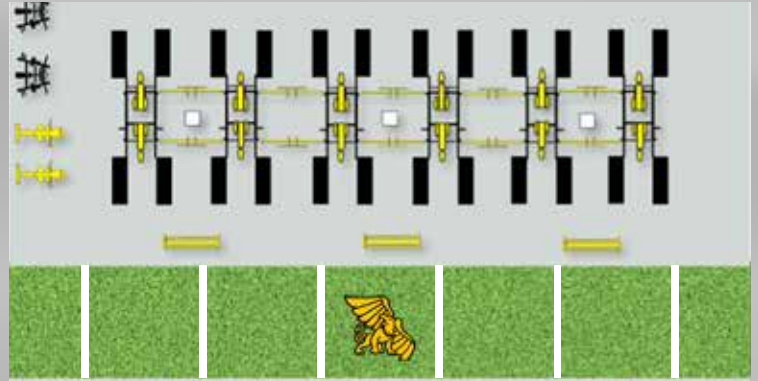
## BUILD-A-CAGE CONFIGURATOR

The most extensive cage configurator on the market, our Build-A-Cage allows you to choose one of 15 cages and then add accessories, change colors, save, and even email your creations. The ultimate in visualizing the cage of your dreams.



## ROOM PLANNER

Designing a training facility is not easy, but it can be. Start with your own dimensions and add all of the Legend Fitness equipment your users desire. Design a functional space with minimal effort, and then save it to share.



## FLOORING & TURF

Robust flooring is one of the most important parts of a gym. We have excellent partnerships with leaders in athletic flooring, plus installation experience. Whether you need rolled rubber, rubber tiles, or turf, we can meet your flooring needs.



## CARDIO EQUIPMENT

Legend Fitness is a certified retailer of several popular brands of cardio equipment. From treadmills and elliptical machines to upright and recumbent cycles, and more, we can work with you to fill your space with top-of-the-line cardio equipment.



## WEIGHTS & BARS

It should come as no surprise that we have relationships with some of the best weight manufacturers. When it comes to specialty bars, free weights, kettlebells, plates, bumpers and more, we can help you make sure everything is ready to go.



## FITNESS ACCESSORIES

Legend Fitness also has the hookup when it comes to gym accessories. We can get workout bands, chains, belts, medicine balls, bosu balls, foam rollers... pretty much anything you can think of to put the finishing touch on your gym.







"This company truly cares about their customer relationships and the customer's buying experience as much as they do about their world-class fitness equipment and quality. My rep consulted me on all aspects of my purchase, from advising on equipment purchases, assisting with those purchases even when not manufactured by Legend, to helping with acquisition of non-equipment purchases such as flooring, and ensuring I ultimately ended up with an exceptional home gym experience overall, including consultation for installing the flooring. They were highly responsive towards meeting all of my home gym needs every time I had a need or question. If you're in the market for fitness equipment, Legend should be at the top of your list."

-- Home Gym Owner, Idaho, USA

New-Hope Solebury High School  
Pennsylvania, USA



Venture Academy  
California, USA



West Park High School  
California, USA

Bishop Kelley High School  
Oklahoma, USA



# LEGEND FITNESS® GUARANTEES

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Legend Fitness warrants to the original purchaser that Legend Fitness equipment will be free from defects in material and workmanship under normal use and service for the following periods and in the following respects:

	Pro Series, LeverEDGE, and SelectEDGE	Performance Series	Varsity Series	Legend Rugby	Speedway Circuit
<b>Structural Frames<sup>1</sup></b> (excluding powder coat)	15 Years	15 Years	15 Years	5 Years	15 Years
<b>Bronze Bushings, Pillow Block Bearings, &amp; Pulleys</b>	5 Years	5 Years	5 Years	--	5 Years
<b>Platforms</b>	1 Year	1 Year	--	--	--
<b>Wood/Foam Plyo Boxes</b>	--	1 Year	--	--	--
<b>Other Components<sup>2</sup></b> (specified below)	1 Year	1 Year	1 Year	--	1 Year
<b>Wear Items &amp; Soft Components<sup>3</sup></b> (specified below)	90 Days	90 Days	90 Days	--	90 Days
<b>Upholstery</b>	90 Days	90 Days	90 Days	90 Days	90 Days
<b>Legend Fitness Barbells</b>	--	2 Years	--	--	--
<b>Electronics</b>	--	--	--	--	120 Days
<b>Handles, Grips, &amp; Accessories Not Manufactured By Legend Fitness</b>	Refer to Applicable Manufacturer Warranty				

<sup>1</sup> Frames are defined as the welded structural element of the product, but not any removable fasteners, parts or powder coat finishes.

<sup>2</sup> Includes ABS scuff guards, adder plates, aluminum diamond plates, ball bearings, cables, cable retainers, chains, chrome finishes, docking spacers, flex tube (covers raw shafts), guide rods, fasteners, linear bearings, linear rods, Monster Hook wear surfaces, placard spacers, platform rubber, pop pins, powder coating, roller bearings, rubber bumpers, rubber donuts, rubber grommets, rubber saddles (for pro style dumbbell racks), selector pins, shaft collars, snap links, snap rings, springs, thrust bearings, toe stops, UHMW peg guards, weight stacks, wheels, heim joints, and cable assemblies. For Legend Rugby products this also includes the rope portion of pivot handle, pad portion of binding pad, and ground spikes.

<sup>3</sup> Includes end caps, end covers, grip ends, foam rubber grips, smooth rubber grips, hole plugs, self-adhesive rubber, spring collars, stickers and decals, grip tape, turn knobs, and removable handles. May include some upholstery.

## EXCLUSIVE REMEDY

Legend Fitness' solution for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to remedy any defect.

## EXCLUSIONS AND LIMITATIONS

### UNAUTHORIZED SALES AND WARRANTY POLICY

Any sale of Legend Fitness products by an unauthorized source or by any other manner not authorized by Legend Fitness shall void the warranty on the applicable product(s). Authorized Legend Fitness dealers and resellers have the knowledge and training to supply you with Legend Fitness products that best meet your needs and to install those products so that you'll enjoy their maximum performance. Legend Fitness factory warranty is only valid on products purchased direct from a Legend Fitness Sales Representative or from an authorized Legend Fitness Dealer or approved Reseller.

- This warranty applies to only the original purchaser and is not transferable.
- Under no circumstances will Legend Fitness be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential losses, damages, or expenses in connection with exercise products.
- This warranty is expressly limited to the repair or replacement of a defective component of Legend Fitness manufacture. Repair or replacement will be at the discretion of Legend Fitness and is the sole remedy of the warranty.
- Use of the equipment in any environment that is subject to excessive temperatures or moisture may void the warranty.
- This warranty does not cover normal wear and tear — including, but not limited to: cables, belts, chains, wearguards, powder coat finishes, upholstery cuts or any other incidental damage as a result of regular use and attrition or improper cleaning (use of bleaches and alcohols).
- This warranty does not cover damage that is not a result of a manufacturer defect, including improper assembly, inadequate maintenance, or installation of other parts or components not manufactured or supplied by Legend Fitness.
- This warranty does not cover damage or failure as a result of an accident, abuse, corrosion, use of the device other than its intended purpose, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, lightning, freezing or other natural disasters, collision, or unauthorized modifications.

### OUR FACTORY WARRANTY IS VOID IF

- You purchase Legend product(s) from an unauthorized dealer or reseller.
- You purchase used or pre-owned Legend product(s) from a private party, facility or unauthorized source.
- You purchase Legend Fitness product(s) from an Internet site not authorized by Legend Fitness.

Legend Fitness recommends that you verify if the Dealer or Reseller you are considering is an authorized Legend equipment dealer by contacting the Legend Fitness headquarters. This is especially important when considering purchasing Legend Fitness products over the Internet.

### THE LEGEND FITNESS BARBELL GUARANTEE

- Limited 2 year warranty against manufacturer defects or breakage.
- This warranty does not cover rust, bending due to misuse, or any defect caused from use outside the stated functional capacity of the bar.
- Warranty against bending does not cover any bar which has been damaged due to negligent or faulty use, alteration, maintenance, storage or handling by the user. Negligent or faulty use includes abusive dropping of the bar (i.e., dropping the bar on a box, bench, spotter arms or hooks in a power rack, excessive dropping with insufficient or damaged bumper plates, or excessive dropping with iron plates, and similar usage).

Any specific issues or product warranty claims will be reviewed on a case-by-case basis.

**FOR FULL WARRANTY INFORMATION VISIT [LEGENDFITNESS.COM/GUARANTEES](http://LEGENDFITNESS.COM/GUARANTEES)**





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• Indicates New Product





# WHAT OUR CUSTOMERS HAVE TO SAY

"We were placing a large order, including a mono and bench and other items, so I researched the companies as a whole and didn't delve deep into the leg press as an individual piece, but I couldn't be happier. I love the 45° angle and it's ability to be used unilaterally. Plus the customer service at Legend Fitness was top notch from sales, to manufacturing, to shipping and install. I'm needy and controlling and a pain in the [redacted] and everyone there was very helpful and understanding."

– Strength Depot

"I was aware of Legend when I was at D1. The equipment is very heavy duty and very state of the art. So when it came time to start looking for the right equipment for our program at UAB, Legend was already a name I was familiar with. We have a 45,000 square foot building and only 3,500 square feet dedicated to the weight room, and we were also going to have a covered pavilion. So I was thinking "how can we utilize this space?" I began looking at different companies that made multifunctional racks. I was then approached by Legend Fitness and I explained what I needed. He invited me down to Legend HQ for three days where I sat down with the team and laid everything out. They delivered above and beyond. When we went to see the prototype I was like a kid in a candy store. The greatest thing about it is that it's functional, I'm able to have 150 guys in the group and everything is so well put together and thought out that we were able to knock our workouts down from an hour and a half to 40 minutes."

– Lyle Henley, Director of Sports Performance for University of Alabama Birmingham

"Amazing Customer Service and top of the line equipment at a fraction of the price of other equipment companies! As a CrossFit gym, most of my equipment was from Rogue Fitness and mainly involved free weights... but when we expanded our facility early last year I wanted more equipment/machines than free weights and researched every equipment manufacturer out there before finding Legend Fitness. Not only did I find there products better quality than there competitors, it was more customizable, and a fraction of the price!! In regards to customer service, I actually picked up the equipment myself on a flatbed trailer to save money (which I don't recommend in hindsight after driving through high winds and a ice storm LOL) but the whole team at Legend came out when I arrived in Tennessee and loaded it up, secured it, covered it with tarps and plastic wrap in preparation for my 24 hour drive back to Colorado. The guys from the shop even called me a few times along the way to make sure everything was holding up. Highly recommend them for both commercial and home gyms!"

– CrossFit Golden



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Since Legend Fitness is a build-to-order manufacturer, product images may vary from finished equipment.