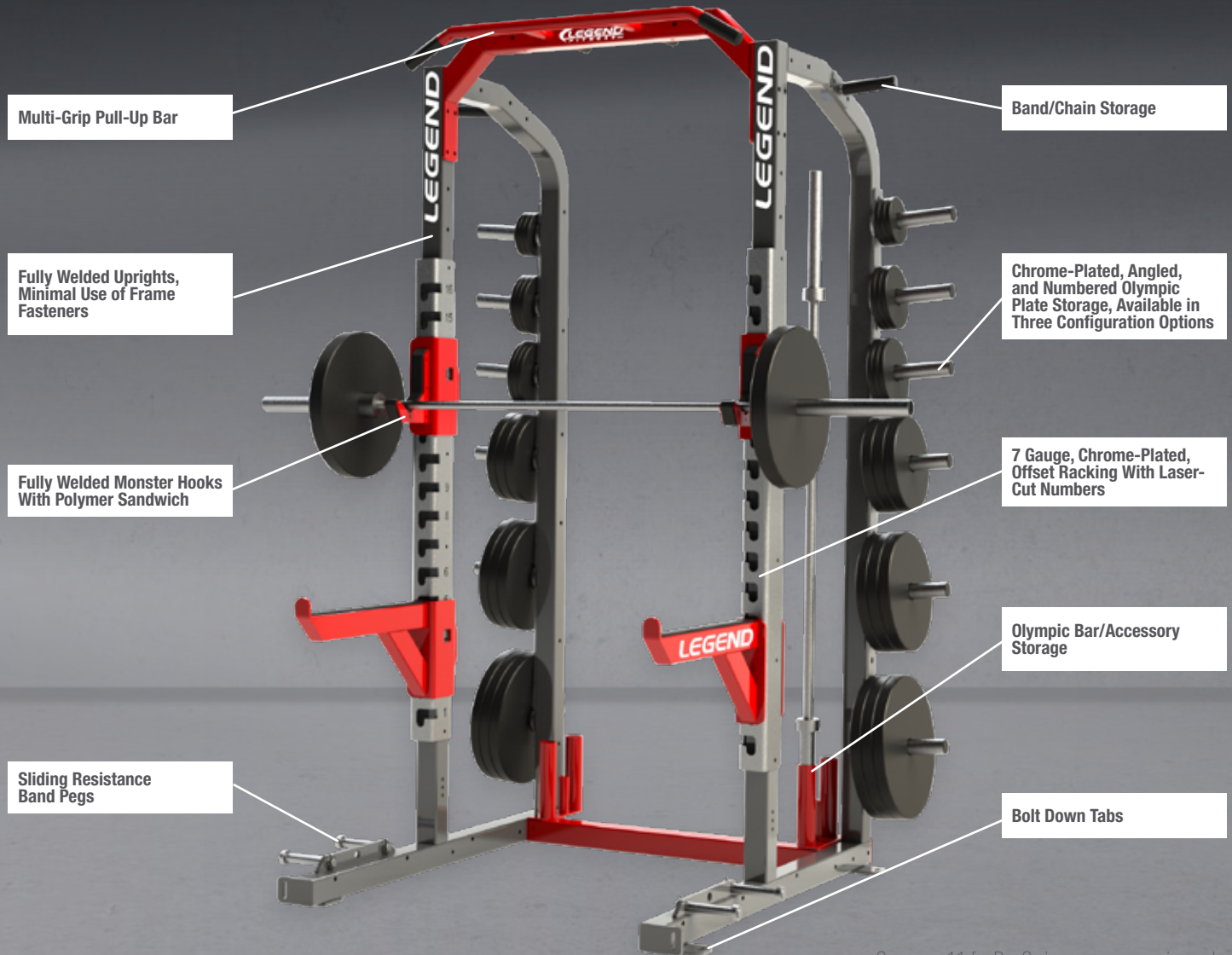


# PRO BY LEGEND FITNESS<sup>®</sup> SERIES



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

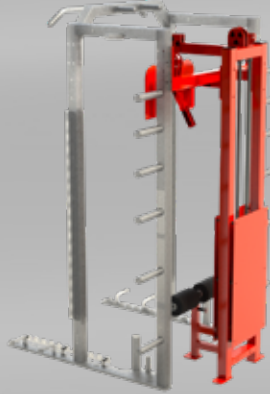
# PRO SERIES RACKS & CAGES: #1 IN STRENGTH

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**

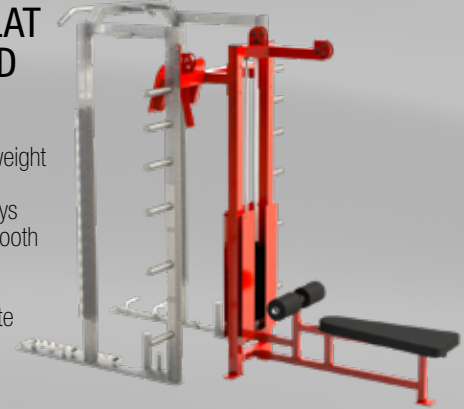
## 3268-F1 INSIDE LAT PULLDOWN/BENCH ROW MODULE

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.



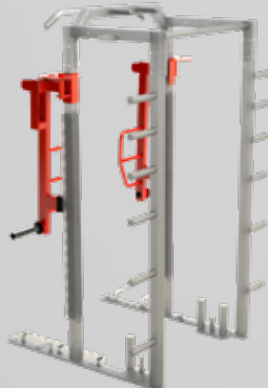
## 3268-F52 HALF CAGE MODULE W/MULTI-GRIP PULL UP BAR

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.



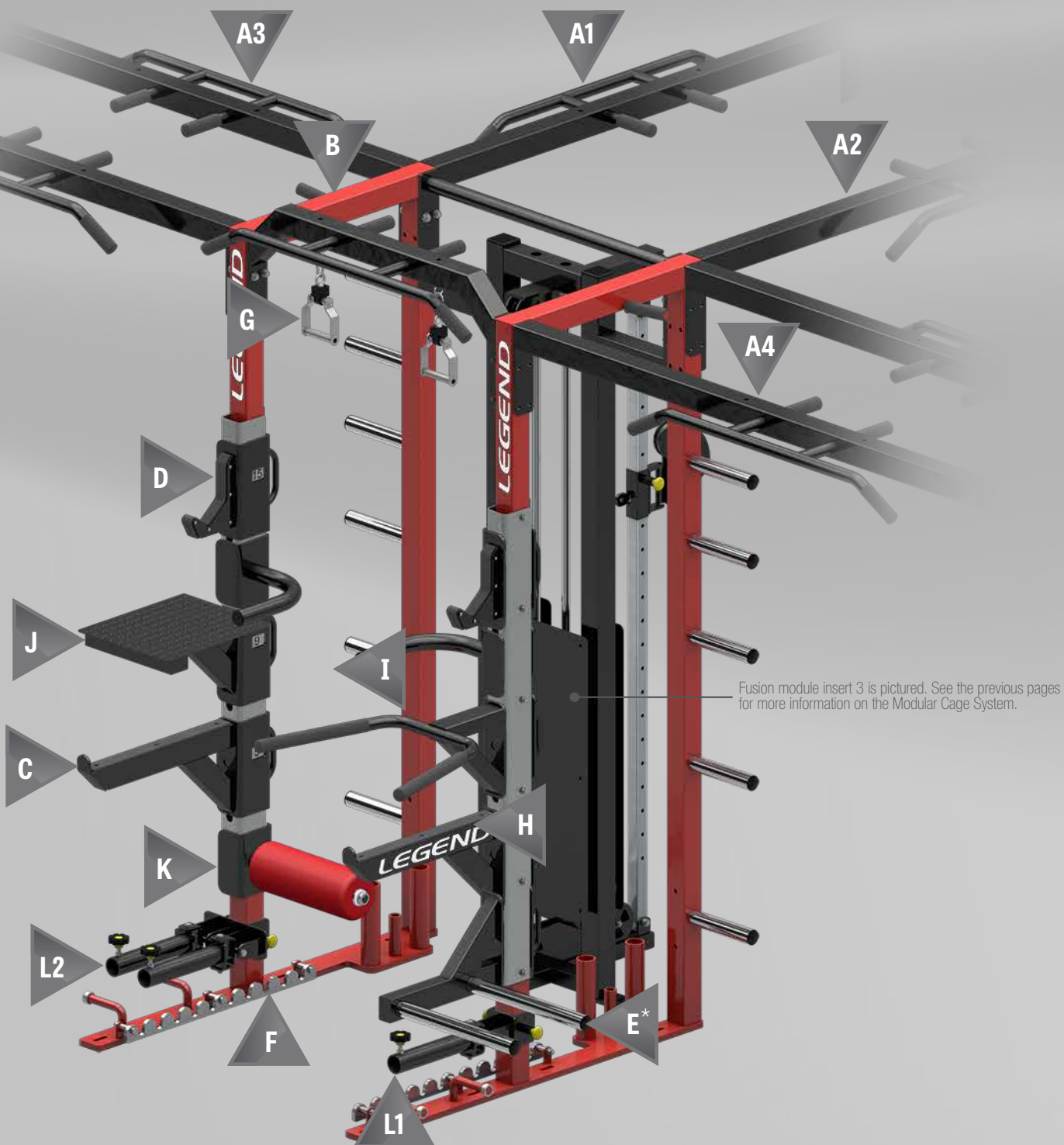


# PRO SERIES ACCESSORIES

**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://www.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).