

# 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

# FREE WEIGHT EQUIPMENT

## 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

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.



**PRO SERIES**

## 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

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.



**PRO SERIES**

## 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



Weights and bars sold separately.

## 3243 PRO SERIES OLYMPIC DECLINE

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.



**PRO SERIES**

# 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



## 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.

## 3242 PRO SERIES OLYMPIC SHOULDER

**PRO  
SERIES**

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.



## 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 10 1/4 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

Available with an integrated spotted platform as item 3216.



## 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



## 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



## 3101 INCLINE UTILITY BENCH

Seat back adjusts from 35 to 70 degrees.  
Seat height is 17 1/2 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



## 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.

## 3100 UTILITY FLAT BENCH

Pad measures 45 1/2 by 10 1/2 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



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