



Fully Welded, 5-Piece Beefy J-Hooks w/1-Inch Solid Racking Pins

Chrome-plated, Angled, and Numbered Olympic Plate Storage

Bolt-Down Tabs

"Fat Bar" Pull-Up Bar Top Crossmember

Fully Welded Uprights, Minimal Use of Frame Fasteners

2-Inch Hole Spacing

Laser-Cut Numbering

See page 15 for Performance Series cage accessories and options.

## 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



Weightlifting and Combat Sports Center Henan Province, China

## 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 3x3-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.

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

## 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 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.



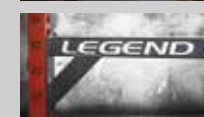
**D 3207 PERFORMANCE SERIES MONSTER HOOKS**  
With a long and deep profile, fully welded, and a tough polymer contact area, this upgrade makes a big difference. Less metal-on-metal contact means less chipping and rust and more energy dispersion in emergency drops. Plus, the polymer inserts are replaceable.



**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.



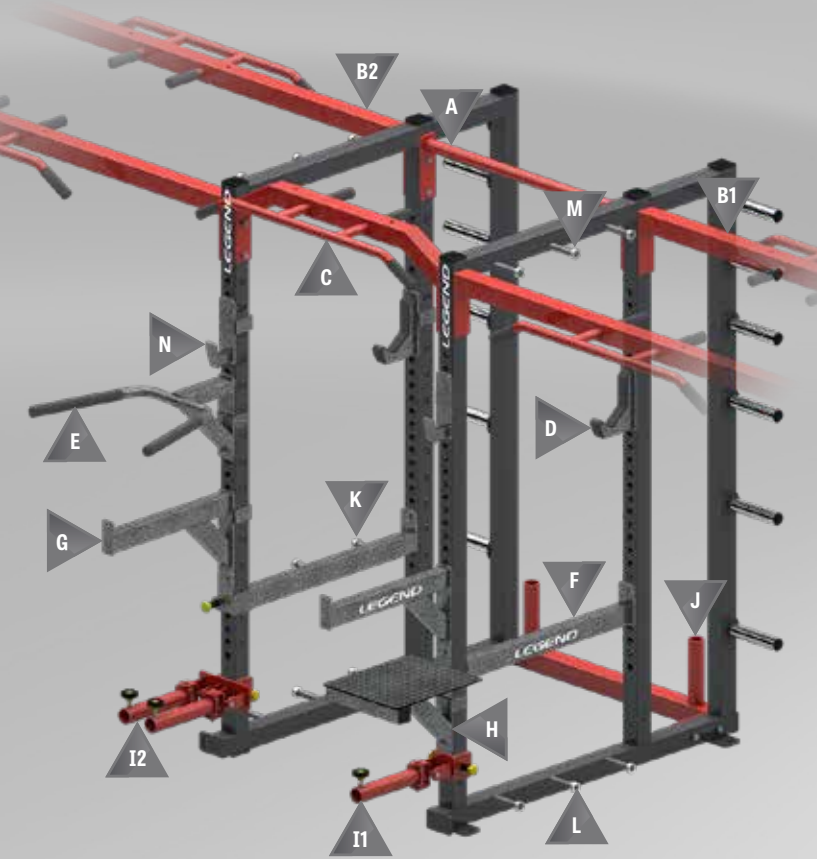
**G 3244 INVERTED SAFETY ARMS**  
Fully welded, with a one-inch diameter steel rod to bear the weight. Deep front lip for additional safety. Provides users with the option of doing lifts in front of the cage.



**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.