

# LEGEND FITNESS®

## PRO SERIES DOUBLE-SIDED HALF CAGE

(Part 3227)

The Pro Series Double-Sided Half Cage sets the standard in regards to strength development while maximizing floor space. It has all the regular features of the class-leading Pro Series Half Cage, but the back-to-back design allows for more efficient processing of athletes through the most demanding strength training regimens.



### The Ultimate in Strength and Rigidity

The Pro Series Double-Sided Half Cage is built with three inch by three inch 11 gauge tubing. The seven gauge, chrome-plated racking with laser-cut numbering holds up against whatever you can throw at it. The Pro Series Double-Sided Half Cage has been developed with three-dimensional CAD software to use as few fasteners as possible. This entire rack only has 12 bolts across four joints, reducing possible points of weakness and maintenance. Because of this, however, this 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.

### Beefed Up Safety

Monster Hooks come standard. These oversized, dual peg, fully welded bar catches feature a carry handle, number window, and extremely durable yet replaceable polymer contact surfaces. The extended reach profile of the Monster Hook increases safety without getting in the way. The polymer contact surface means there's no metal-to-metal contact with the bar. This protects the knurling and means no rust, no paint chips, and more energy absorption. In other words, the part of the cage you interact with most has been engineered to be the best.

The safety arms were designed to be extra strong so there's no need to worry when something slips. They feature a three by two inch cross section and ABS wearguards as well as an internal, solid, one-inch racking rod.

### Plenty of Storage

Chrome-plated twelve-inch, Olympic-size plate storage pegs are standard. They are slightly angled for safety. The standard arrangement is six on each side, but a five peg configuration is available. There are also four frame-mounted, chrome-plated storage pegs. Upright cylindrical storage mounted alongside the uprights at the back of the cage can hold up to six Olympic bars or some of the various optional Pro Series accessories.

### Extra Versatility

The Pro Series Double-Sided Half Cage also has lower pegs on both sides to allow for incorporating resistance band exercises. The pegs slide, allowing them to be placed inside or outside the cage for extra versatility. At the top of each side of the cage is a multi-grip pull-up bar, which allows users to perform wide, neutral, and close-grip pull-ups between lift sets.

### Bench Docking System

The patented Pro Series Bench Docking System is available to help in securing the Pro Series Three-Way Self-Adjusting Bench when lifting. This system is available for an additional cost, and only works with this specific Legend Fitness model bench. Due to the nature of production, this option must be purchased at time of order. For the Pro Series Double-Sided Half Cage, two of the model 3226-DOCK (one for each side of the cage) is needed.

### Multiple Height Options

The Pro Series Double-Sided Half Cage is available in the standard height (total height is a little over 103 inches), as well as two other height options. The 3227-6 is six inches shorter (total height a little over 97 inches), to allow for shorter ceilings. The 3227-9 is a full 12 inches taller (total height a little over 115 inches), for those who need just a little extra room. must measure at least 110 inches diagonally.



109.75" L  
69.9" W  
103.8" H



1152 lbs.  
Shipping  
Weight



Bench  
Docking  
Available



Accepts  
Pro Series  
Accessories



7 Gauge  
Chrome Offset  
Racking



Insert Platform  
Compatible