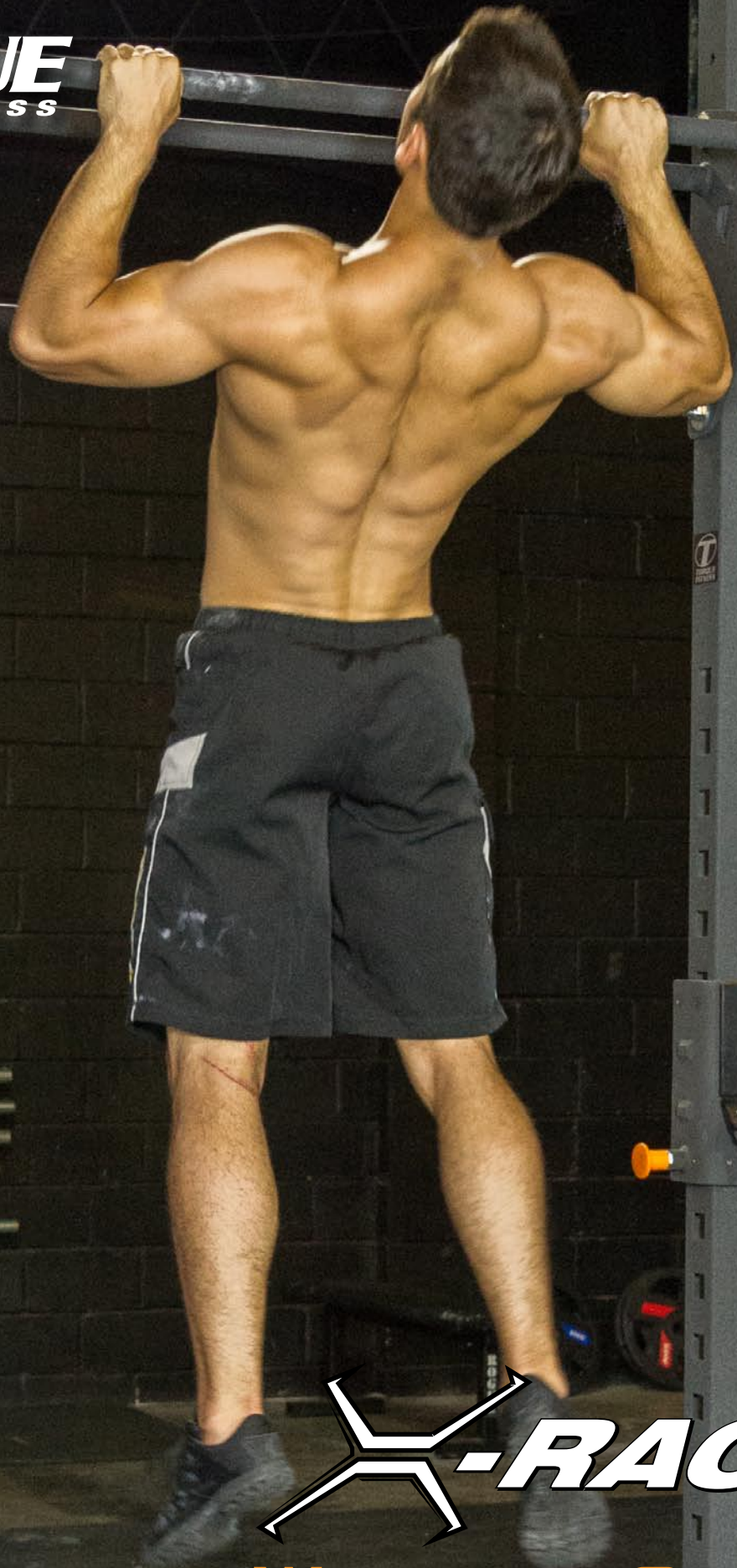


SERIOUS ENGINEERING | SERIOUS DURABILITY | SERIOUS PERFORMANCE

TORQUE
FITNESS



X-RACK

WARRIOR SERIES



ARSSENNEL

Optional Uprights

Uprights enable the Arsenal to fit into 8' ceiling heights. For taller rooms, a 9' upright option is available.

"Built like a tank" J-hooks

7/16" (8mm) plate steel J-hooks have U.H.M.W. wear guards on both the inside and outside to protect your Olympic bar and paint on your uprights. Engagement with the upright is made with a machined solid steel block that fits hooks into the entire wall of the tube through square slots.

Olympic weight plate holders

Convenient storage for your 45 lb bumper plates which also help stabilize the frame.

Resistance Band Pegs

Allows for over-speed training to develop power and speed.

Triple Cross Member

1.25" (32mm) pull-up bars mounted on laser cut triangle plates, allow for multiple pull-up heights.

Optional Bar Catches

Indestructible bar catches statically and dynamically tested beyond regulation standards give you the assurance to push for one more rep.

3" x 3" 11 gauge base

The heavy duty 3 x 3 base with gusseted plates and two way bolt connection provide a rigid connection to the uprights and add weight to keep the rack stable.



X-RACK WARRIOR OPTIONS



SINGLE CROSS



DOUBLE CROSSSS



TRIPLE CROSS



BAR CATCHES



BALL TARGET



DIP



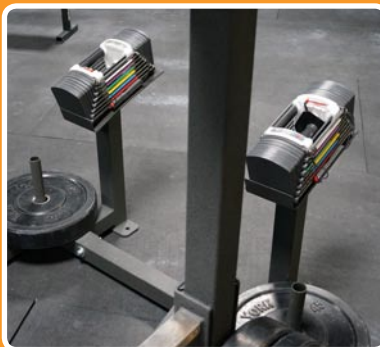
TRIPLE PLAY



PLYO-STEP



GROUND ROTATIONAL
TRAINER

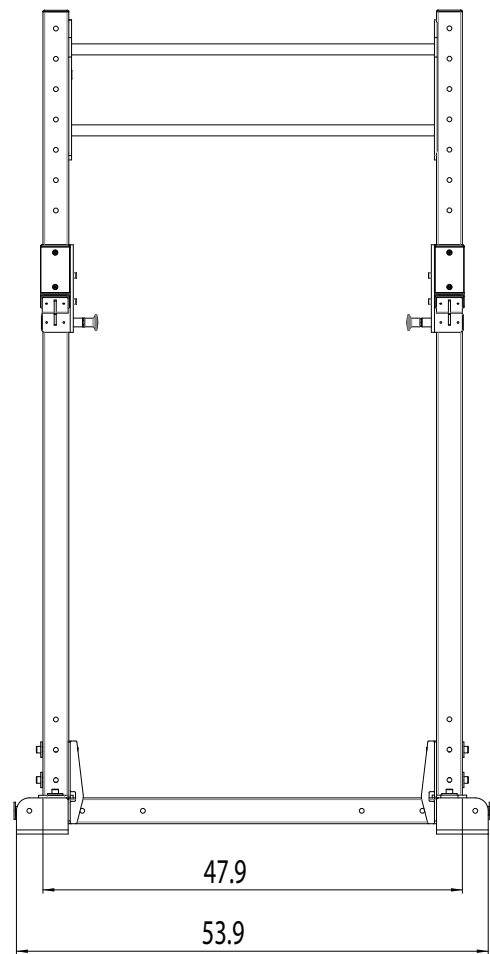
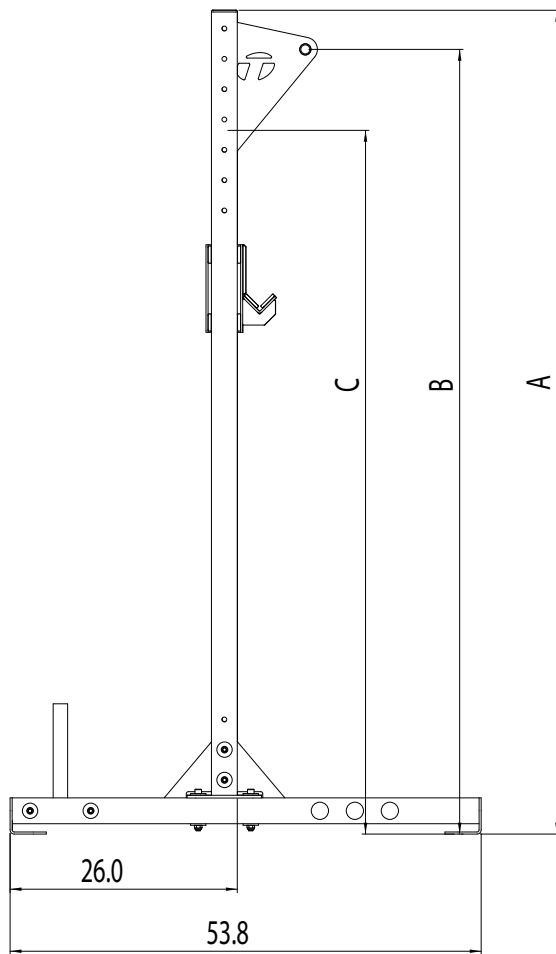


POWERBLOCK™ STANDS
(Arsenal System Only)



BALL REBOUNDER

DIMENSIONS – ARSENAL



Key	Description	8 Foot Rack	9 Foot Rack
A	Overall Height	94.1" (239 cm)	112.3" (285 cm)
B	Upper Pull-Up Bar Height (Single, Double, Triple)	89.6" (228 cm)	107.8" (274 cm)
C	Lower Pull-Up Bar Height (Double, Triple)	80.4" (204 cm)	98.5" (250 cm)

- Note:
- ▶ Pull-Up Bars can be lowered 7" in increments of 3.5"
 - ▶ Double Cross can be mounted with either Fat or Skinny Bar down. Only bottom tube can be used for pull-ups.
 - ▶ Triple Cross member provides two pull-up positions
 - ▶ X-Racks are required to be anchored to the wall and/or floor to prevent rocking and tipping during use.