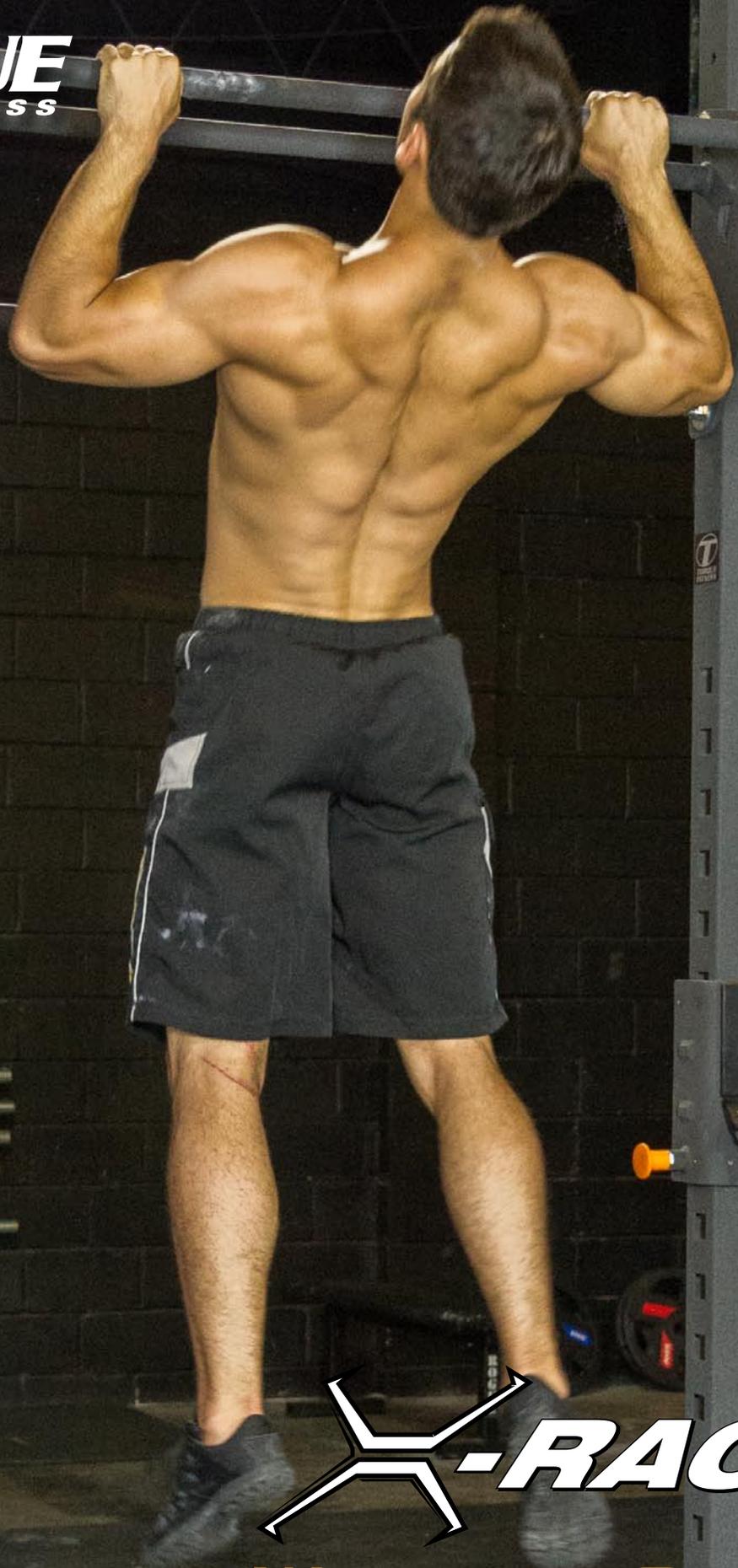


SERIOUS ENGINEERING | SERIOUS DURABILITY | SERIOUS PERFORMANCE

**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



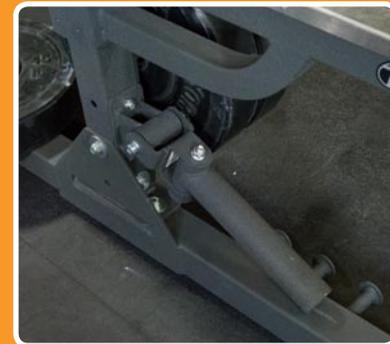
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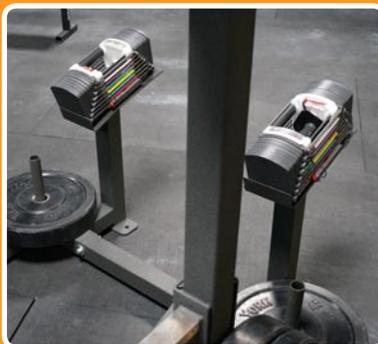
TRIPLE PLAY



PLYO-STEP



GROUND ROTATIONAL  
TRAINER

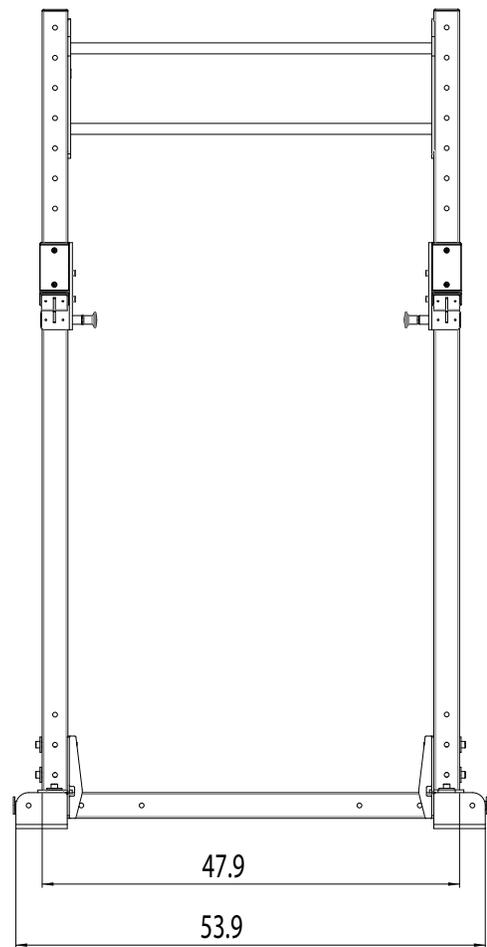
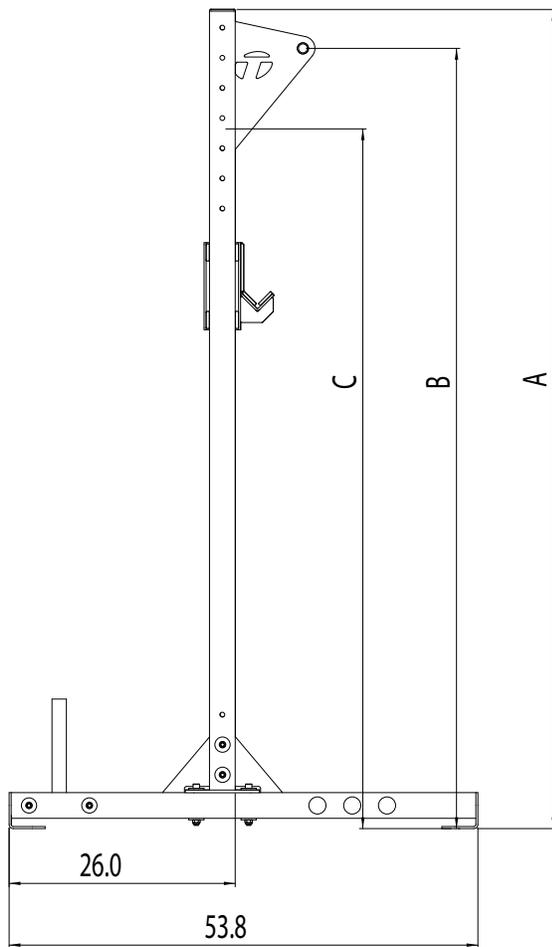


POWERBLOCK™ STANDS  
(Arsenal System Only)



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.