

The **Atlas** group training system can enhance your facility's current small group training or help you launch a new dynamic program for increased revenue. This modern, space efficient, and fully customizable group training system is designed to accommodate today's small group training needs. Motivate and inspire members of all fitness levels with high-energy and team centric training sessions.



ATLAS-200

STANDARD EQUIPMENT

- + Side Storage 1:
 - Accessory Rack with Hangers
 - 2 Flat Trays
 - 5 Med Ball Rings
- + Step Platform
- + Dip Station
- + White Erase Board
- + Rope Rack

OPTIONS

END FRAME A (MUST Choose 1)

- XFT-900 Functional Trainer (as Shown)
- FT-900 Functional Trainer
- XFT-100 Functional Trainer
- FS-100 Functional Trainer
- XFT-HRK Half Rack

END FRAME B (Choose 1 or none)

- XFT-SUS - Suspension Bracket (as shown)
- XFT-HVY - Heavy Bag
- XFT-RPP - Ropeflex[®]

TRAINING TOOLS & STORAGE SOLUTIONS (Optional)

- XFT-SEC - Short End Column + 3 Flat Trays
- XFT-TEC - Tall End Column + Accessory Rack + 2 Flat Trays
- XFT-RLR - Short End Column + BOSU[®]/Foam Roll Rack
- XFT-MDR - Med Ball Rings — max 5
- XFT-CRT - Core Trainer
- XFT-RRK - Rope Rack
- XFW83-BPG - Half Rack Band Peg Kit

ACCESSORIES PACKAGE (Optional)

- Rubber Coated Hex Head Dumbbells (5, 10, 15, 20, 25, 30 lbs)
- Kettlebells (10, 15, 20, 25, 30 lbs)
- Resistance Tubing (XL, L, M, H, XH, UH)
- Jump Ropes (3)
- Battle Rope (1)
- Medicine Balls (4, 6, 8, 10, 12 lbs)



ATLAS-201

STANDARD EQUIPMENT

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 - 3 Flat Trays
 - 5 Med Ball Rings
- + Step Platform
- + Dip Station
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- + Rope Rack

OPTIONS

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- FS-100 Functional Trainer
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END FRAME B (Choose 1 or none)

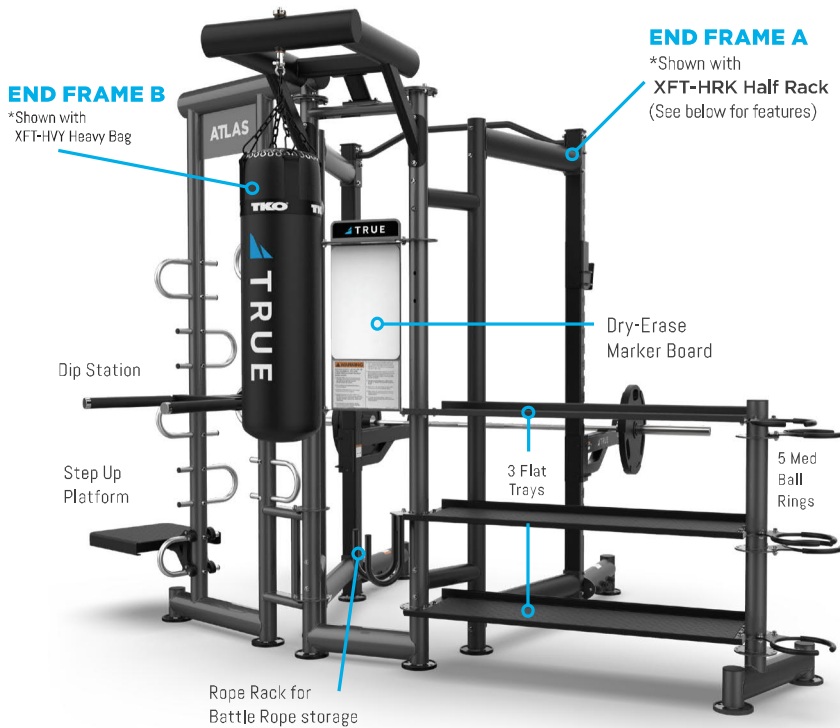
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- XFT-HVY - Heavy Bag (as shown)
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ACCESSORIES PACKAGE (Optional)

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- Kettlebells (10, 15, 20, 25, 30 lbs)
- Medicine Balls (4, 6, 8, 10, 12 lbs)
- Battle Rope (1)



XFT-HRK HALF RACK

FEATURES

- 7 gauge structural steel upright combined with attractive oval tubing for maximum durability with aesthetic appeal.
- Slotting "J" hooks and 28" (71cm) bar catches adjust in 3" (8 cm) increments to 22 different positions.
- Multi-grip Chin Bar.
- Available with optional band pegs.

