TORQUE USA

2017 X-SERIES COMPONENTS

ACCESSORY TRAY

Product Code: AT

Description

- 39.6 in x 12.0 in (305 mm x 1007 mm)
- Compatible with all X-Lab Systems.
- Up to four can be per storage station.

Compatibility

X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

BAR CATCHES (2 Pieces - pair)

Product code: BC

Description

- Sold as a pair.
- UHMW wear guards protect uprights and Olympic Bar.
- 675 (306 kg) maximum training weight.
- Compatible with X-Rack, X-Siege, X-Cage, Arsenal, and Armament.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	√
Armament	√

2017 X-SERIES COMPONENTS

J-HOOK BAR SUPPORTS (2 Pieces - pair)

Product code: BS

Description
- Standard with all Racks and Cages.
- UHMW wear guards protect uprights and Olympic Bar.
- 875 lb (397 kg) maximum training weight.
- Aluminum spring pins prevent disengagement with the uprights.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	√
Armament	√

BALL TARGET

Product Code: BT

Description
- Oval design allows for 8' and 10' target heights.
- Fully welded construction with no bolts on target that could damage wall balls.
- Compatible with all X-Series systems except 7' Arsenal and Squat Stand.

Compatibility

X-Create	
X-Lab	√
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	√
Armament	√

2017 X-SERIES COMPONENTS

DOUBLE PLAY

Product Code: DP

Description
- Attaches to X-Lab, X-Rack, Arsenal and Armament uprights.
- Holds Olympic Bar and provides an anchor for battle ropes.

Compatibility

X-Create	
X-Lab	√
X-Rack	√
X-Siege	
X-Cage	
Arsenal	√
Armament	√

DIGITAL X-LAB TRAINING AND PROGRAMMING GUIDE

Product code: DTPG

Description
- Provides instruction on X-Lab set-up for attachments and accessories.
- Provides graphical instruction on movements using attachments and accessories.
- Downloadable .pdf format can be viewed on computers, phones or tablets.

Compatibility

X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

GROUND ROTATIONAL TRAINER

Product code: GRT

Description
- Also referred to as a Landmine.
- Provides three dimensional rotation movements.
- Sized for use with an Olympic Bar.
- Compatible with all X-Series systems.
- Folds up against upright when not in use. (on X-Rack and X-Lab only)

Compatibility

X-Create	
X-Lab	√
X-Rack	√
X-Siege	
X-Cage	√
Arsenal	√
Armament	√

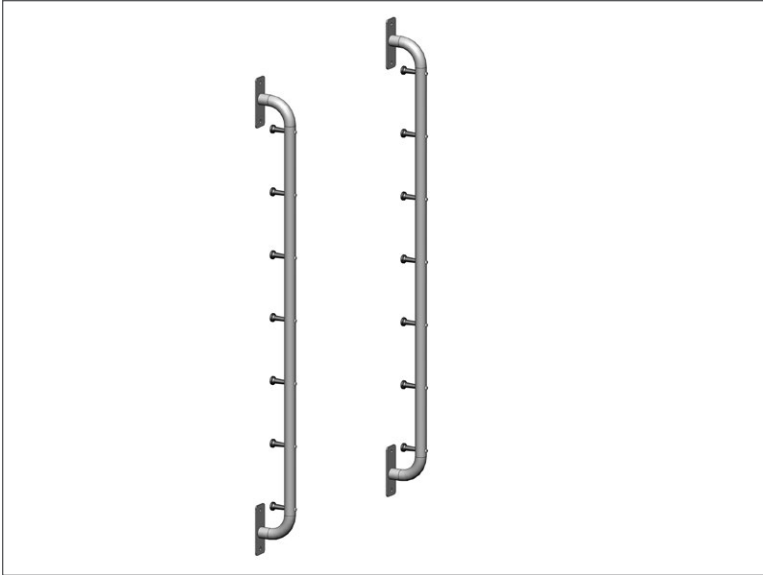## HEAVY BAG ANCHOR

Product Code: HBA

Description
- Mounts to X-Lab frames (except Monkey and Edge).
- Includes eye bolt to attach heavy bag.
- Heavy bag not included.

Compatibility

X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

TORQUEUSA

RESISTANCE BAND ANCHOR

Product Code: RBA

Description
- Attaches to the front of the Power Cage or can be wall mounted.
- Allows for use of power bands, Ripp Training, and battle ropes.
- High gloss platinum powder coat finish.

Compatibility

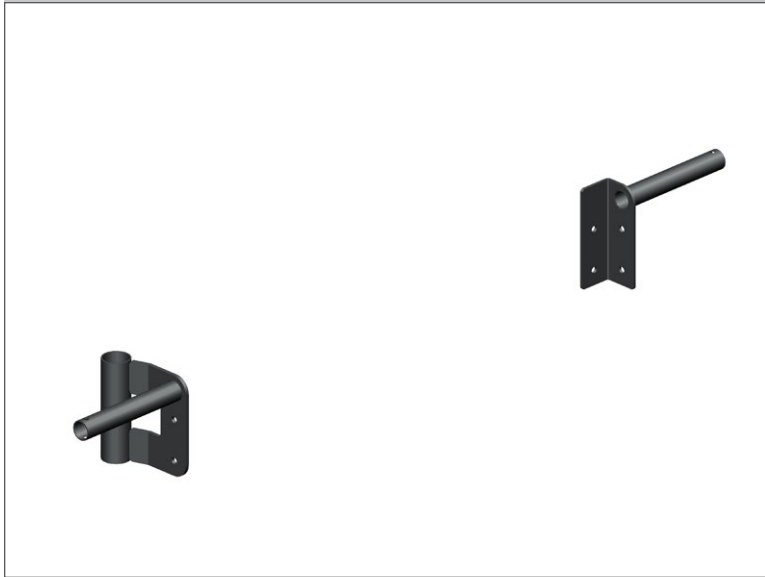|	
X-Create	
X-Lab	
X-Rack	
X-Siege	
X-Cage	√
Arsenal	
Armament	

STEP UP

Product code: SU

Description
- Attaches to most X-Lab uprights.
- Provides a secure step-up to reach the pull-up bars.
- Also can be used as a battle rope anchor.

Compatibility

X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

TRIPLE PLAY (2 Pieces - set)

Product Code: TP

Description
- Functions as weight plate storage, Olympic Bar Storage and as a battle rope anchor.
- Compatible with Squat Stand, X-Racks, Arsenal and Armament Systems.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	
X-Cage	
Arsenal	√
Armament	√

UNIVERSAL HEAVY BAG MOUNT

Product code: UHBM

Description
- Can be mounted straight out or at an angle.
- Attaches to all X-Series Systems.
- Includes eye bolt for hanging heavy bag.
- Heavy Bag not included.

Compatibility

X-Create	
X-Lab	√
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	√
Armament	√

WEIGHT STORAGE NUMBERING KIT, 10-45 lb

Product Code: WSNK10-45

Description
- Molded caps snap over weight peg bolts to provide location indicators for bumper plates.
- Includes six each of 10, 25, 35, and 45 lb indicators
- Compatible with all X-Series products with weight pegs.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	√
Armament	√

CABLE COLUMN ANGLE CONNECTOR (QTY 2)

Product Code: XCCAC

Description
- Compatible with X-Lab Systems.
- Allows Cable Component Station (XCCS) to be mounted to X-Lab upright at a 45 degree angle as shown on the XLE-X4 System.
- Set of two brackets allow one XCCS to be mounted.

Compatibility

X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

CABLE COMPONENT STATION

Product Code: XCCS

Description
- Dual swivel pulleys for isolateral movements.
- Mounts to walls, X-Labs, X-Racks and X-Siege Systems with 9' uprights.
- 185 lb (84 kg) weight stack with 1:2 ratio.

Compatibility

X-Create	
X-Lab	√
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

3-DIMENSIONAL SWIVEL

Product Code: XCREATE-3DS

Description
- Connects to X-Create uprights.
- Allows heavy bags to swivel and rotate smoothly on bronze oil impregnated bearings.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

3-DIMENSIONAL SWIVEL WITH MOUNT

Product Code: XCREATE-3DSM

Description
- Connects to X-Create and X-Rack Monkey Bar and Rectangular Crosses.
- Allows heavy bags to swivel and rotate smoothly on bronze oil impregnated bearings.

Compatibility

X-Create	√
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

4 FOOT ACCESSORY TRAY

Product Code: XCREATE-4AT

Description
- Over built to handle your heaviest accessories.
- Includes thick molded rubber tray cover to absorb sound and prevent scratches.
- Can be mounted at an angle for ergonomic placement and retrieval of dumbbells.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

4 FOOT BALL & HANGING STORAGE

Product Code: XCREATE-4BHS

Description
- Adjustable rails support balls of various diameters.
- Fixed pegs support resistance bands and other hanging accessories while horizontally adjustable peg fits hanging exercise mats.
- Fills one module space.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

4 FOOT BALL STORAGE
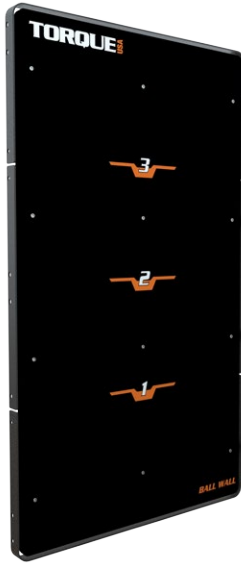
Product Code: XCREATE-4BS

Description
- Minimalist rack for ball storage.
- Three horizontal beam mounting locations to fit multiple ball diameters.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

BALL TARGET WALL

Product Code: XCREATE-BTW

Description

- Ball Target Wall split up into three different zones - low, mid and high.
- Phenolic resin laminated board is supported by steel frame with impact dampening foam.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

4 FOOT FUNCTIONAL BAR
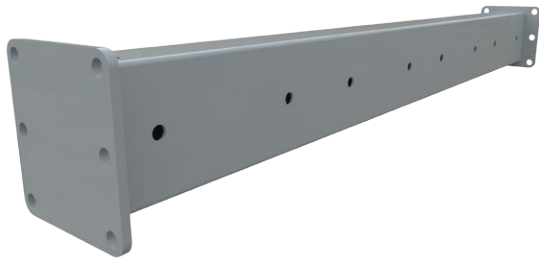

Product Code: XCREATE-4FB

Description

- Mounts to bottom of X-Create 4 foot monkey bar crosses.
- Provides a pull-up station or anchor for suspension training straps.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

4 FOOT MONKEY BAR CROSS

Product Code: XCREATE-4MBX

Description
- 4 foot (1.2 m) rectangular cross used in X-Create Bridge configurations.
- Combined with the XCREATE-6MBX, allows for bridge span increments of 2 feet (.61 m)
- High Gloss Platinum II powder coat finish.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

4 FOOT STALL BARS

Product Code: XCREATE-4SB

Description
- (12) 1.25 in (32 mm) diameter rungs for targeted stretching, body weight and resistance training.
- Textured storm grey powder coat paint provides sure grip.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

4 FOOT SINGLE CROSS

Product Code: XCREATE-4SX

Description
- 1.25 inch diameter pull-up bar featuring "thru-plate" construction with gussets.
- Textured paint provides sure grip.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

6 FOOT FUNCTIONAL BAR

Product Code: XCREATE-6FB

Description
- Mounts to bottom of X-Create 6 foot monkey bar crosses.
- Provides pull-up stations or anchors for suspension training straps.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

6 FOOT MONKEY BAR CROSS

Product Code: XCREATE-6MBX

Description
- 6 foot (1.8 m) rectangular cross used in X-Create Bridge configurations.
- Combined with the XCREATE-4MBX, allows for bridge span increments of 2 feet (.61 m)
- High Gloss Platinum II powder coat finish.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

8 FOOT UPRIGHT

Product Code: XCREATE-8U

Description
- 3" x 5" 11 gauge construction provides a solid structure for all X-Create systems.
- High Gloss Platinum II powder coat finish.
- Includes rubber molded feet that hide floor anchoring holes.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

BALL TARGET

Product Code: XCREATE-BT

Description
• Upper Wall Ball Target attaches to X-Create Uprights and provides both a 9 foot (2.7 m) and 10 foot (3.0 m) target height.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

BALL & HANGING STORAGE EXTENSION

Product Code: XCREATE-BHSE

Description
• Add more storage to the end of X-Rack and X-Siege systems.

• Sized to hold a stability ball of any diameter.

• Adjustable pegs allow storage of hanging mats, resistance bands, handles and more.

Compatibility

X-Create	√
X-Lab	
X-Rack	√
X-Siege	
X-Cage	
Arsenal	
Armament	

DOUBLE PLAY - BAR & PLATE STORAGE

Product Code: XCREATE-DP

Description
- Attaches to X-Create Upright Base to provide storage for Olympic bars and weight plates up to 16.5 in (42 cm) in diameter. (Fits most 25 lb weight plates)
- Solid weight horn shaft is covered with molded nylon cover and bumper to protect weight plates.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

MONKEY BAR CROSS EXTENSION

Product Code: XCREATE-MBXE

Description
- Links X-Create Uprights to Monkey Bar Crosses in X-Create Bridge Systems.
- High Gloss Platinum II powder coat finish.
- Sold as 2 pieces - pair.

Compatibility

X-Create	√
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

DIP/STEP/ATTACHMENT ANCHOR

Product Code: XDSA

Description
- Interlocks with X-Rack, X-Siege & X-Cage Uprights for adjustable height dip movements.
- Also can be used as a Step-Up to reach pull-up or monkey bars.
- Gussets have openings to be used with resistance band for adjustable height anchors.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	√
Armament	√

ENDLESS ROPE DRUM

Product Code: XERD

Description
- Endless rope features a variable resistance magnet brake that requires no adjustments.
- Included brackets allow for mounting to almost all Torque systems.

Compatibility

X-Create	√
X-Lab	√
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	√
Armament	√

2017 X-SERIES COMPONENTS

HALF CAGE GROUND ROTATIONAL TRAINER

Product Code: XHCGRT

Description
- Compatible with the latest version of the Torque Half Cage System, the XHCGRT mounts to the base and allows for rotational movements off the front of the Half Cage saving floor space.
- Molded bumper provides stationary storage location for pivot.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	
X-Cage	√
Arsenal	
Armament	

HORIZONTAL MOUNT GROUND ROTATIONAL TRAINER

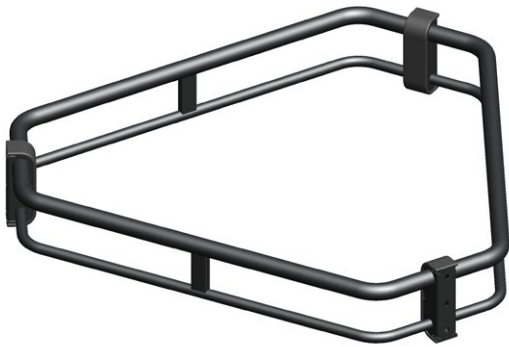### Product Code: XHMGRT

Description
- Mounts to the base of X-Create Uprights and to the Lower Resistance Band Attachment Option on X-Rack and X-Siege Systems.
- Provides rotational movements off the front of the stations saving floor space.
- Molded rubber bumper provides stationary storage location for pivot.

Compatibility

X-Create	√
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

X-LAB TRIANGLE

Product Code: XLAB-101

Description
- Can be mounted with 2" or 1.25" diameter pull-up handles down.
- Compatible only with X-Lab Spider and Classroom Systems.

Compatibility

X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

X-LAB RBA UPRIGHT

Product Code: XLAB-301

Description
- Used on all X-Labs, the resistance band uprights allow for multiple height mounting points for resistance bands and Ripp trainers.
- Includes rubber foot.
- Holes allow for accessory trays to be mounted.
- Available in Platinum, Illusion Orange and Red.

Compatibility

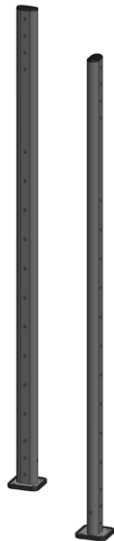|	
X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

X-LAB CROSS SUPPORT

Product Code: XLAB-401

Description
- Used on all X-Labs, this member ties uprights together at the top of the frame.

X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

X-LAB UNIVERSAL UPRIGHT (Qty 2)
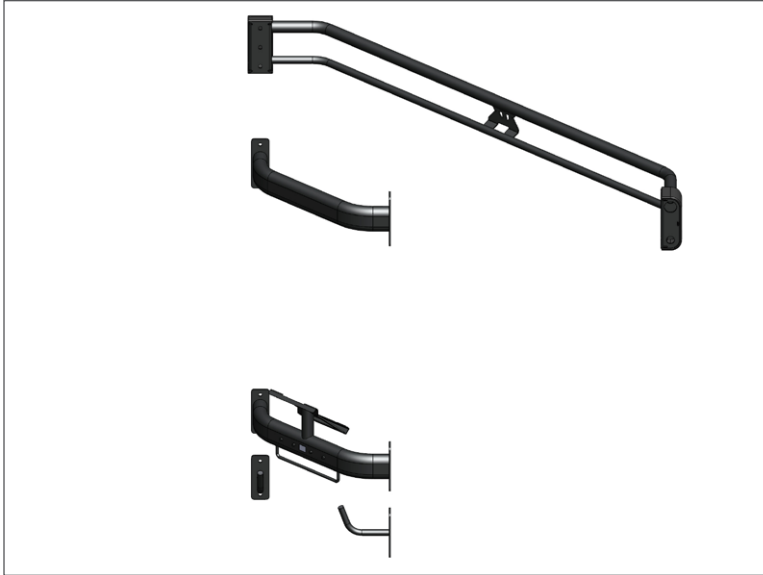
Product Code: XLAB-501

Description
- Sold in pairs, these uprights include rubber feet and can be substituted with the XLAB-201 to allow the use of Accessory Trays.
- Step-Ups (SU) sold separately.
- Available in Platinum, Illusion Orange and Red.

Compatibility

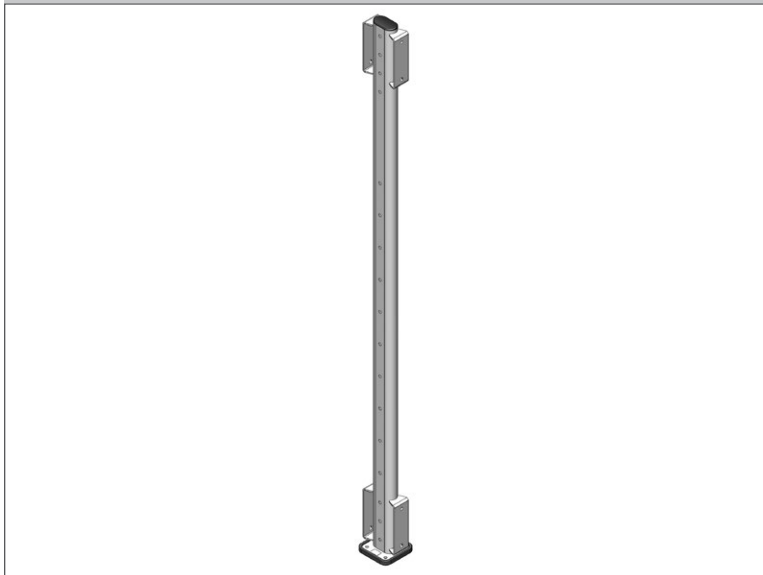|	
X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

X-LAB FRAME SUPPORTS

Product Code: XLAB-601

Description
- Pull-up bar and frame supports used with the X-Lab Edge and some X-Lab Monkey Systems.

X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

X-LAB 4-SIDED UPRIGHT

Product Code: XLAB-701

Description
- Used in some X-Lab configurations that utilize the XCCS Cable Component Station.
- The uprights comes with rubber feet, and provide mounting locations for accessory trays and for attachments on all four sides.
- Available in Platinum, Illusion Orange and Red.

Compatibility

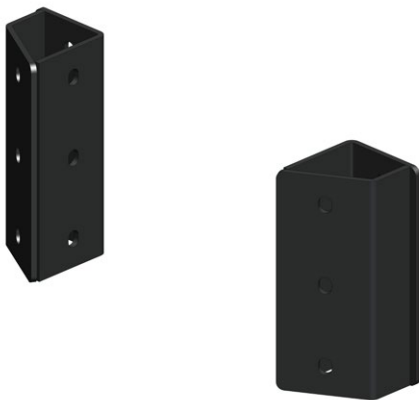| X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

7-HANDLE MONKEY BAR

Product code: XLAB-7HMB

Description
- Fully welded construction and includes side bars for pull-ups or suspension straps.
- Used with X-Lab Monkey Systems.
- Can be mounted to up to six uprights and allows for the attachment of Ball Targets or the Universal Heavy Bag Mount.

Compatibility

X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

30 DEGREE ANGLE BRACKET (Quantity 2)

Product Code: XLAB-801

Description
- Mounts to all X-Lab uprights in order to angle out accessory trays
- Standard component on X-Lab Monkey X2 and Edge X4.

Compatibility

X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

ATTACHMENT ANCHOR (Required with XLAB-DA and XLAB-PS)

Product Code: XLAB-AA

Description
- Mounts to all X-Lab and X-Create uprights for use with the Dip and Plyo Step Attachments.
- Machined chrome plated pegs keep attachments secure and easy to attach and remove.

Compatibility

X-Create	√
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

DIP ATTACHMENT (XLAB-AA Required)

Product code: XLAB-DA

Description
- Used in conjunction with the XLAB-AA Attachment Anchor.
- The open design lends itself to visually guiding the attachment into place for easy attachments and adjustments and includes an integrated handle.

Compatibility

X-Create	√
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

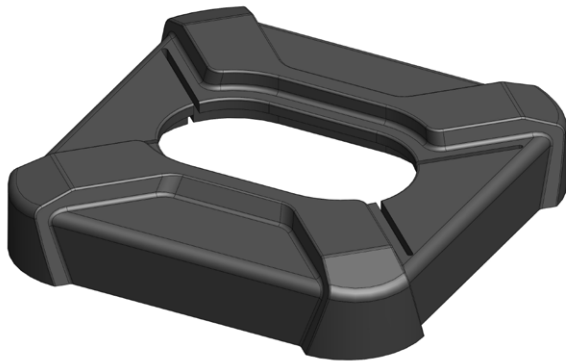## PLYO-STEP (XLAB-AA Required)

Product code: XLAB-PS

Description
- Used in conjunction with the XLAB-AA Attachment Anchor.
- The open design lends itself to visually guiding the attachment into place for easy attachments and adjustments and includes an integrated handle.

Compatibility

X-Create	√
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

X-LAB BOOT

Product code: XLBOOT

Description
- Compatible with all X-Lab uprights.
- Boot provides a decorative cover of the base plates and floor mounting bolts and makes clean up easier around the X-Lab Systems.

Compatibility

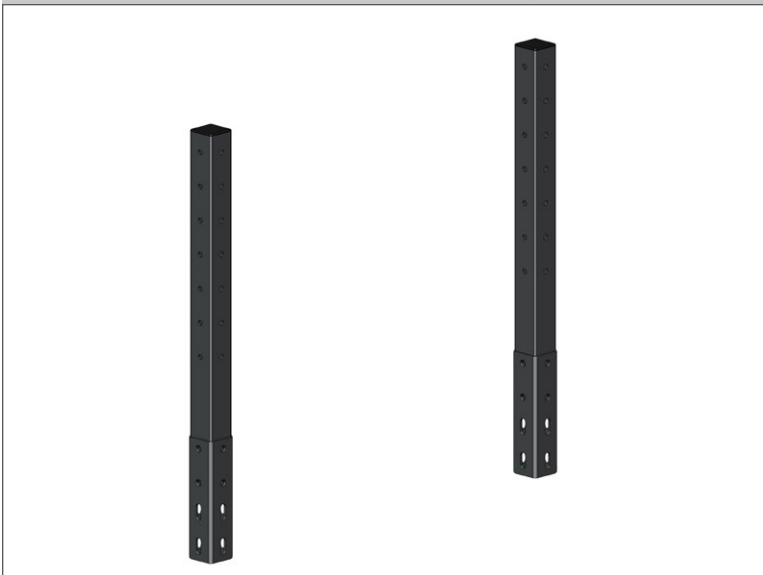|	
X-Create	
X-Lab	√
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

PULL-UP SIDE

Description
- Individual side component for X-Series Wall-Mounted Pull-Up Systems used to add-on to 12' systems. Compatible with X-Racks paired with monkey bars for crosses.
- Raises X-Rack to height of 115.6 in (294 cm) to 119.1 in (302 cm) depending on set-up.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

3 Foot Upright Extension (Quantity 2)

Product Code: XRACK-3UE

Description
- Designed for use with the XRACK-12U 12' uprights to bring the rack height up to 15' to allow for climbing ropes.
- Four L-Brackets are used to secure extensions to the uprights for complete stability.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

4 FOOT BAR CATCH STRAPS (2 PIECES - PAIR)

Product Code: XRACK-4BCS

Description
- Turns any 4' deep two-sided X-Rack or X-Siege into a Power Cage System.
- Allows for lifting inside rack.
- 855 lb maximum training weight.
- Compatible with Power Cage and 4' deep two-sided X-Racks and X-Siege.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

4 FOOT DOUBLE CROSS

Product Code: XRACK-4DX

Description
- Includes 1.25" and 2" pull-up bars.
- Can be mounted in either direction for "fat bar" or "skinny bar" down.
- Compatible with all X-Racks, Armaments and 8' Arsenals. Not compatible with 7' Arsenals.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	√
Armament	√

2017 X-SERIES COMPONENTS

4 FOOT FLYING PULL-UP

Product code: XRACK-4FPU

Description
- The flying pull-up cross attaches to any X-Rack 4' training space.
- Provides an extended 10' high anchor for rings without compromising a pull-up station or requiring additional floor space.
- Raises X-Rack to height of 117.1 in (297 cm) to 127.5 in (324 cm) depending on set-up.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

4 FOOT MONKEY BAR

Product code: XRACK-4MB

Description
- Connects to the X-Rack and X-Siege Monkey Bar Cross members.
- Can be mounted with all the same height, or flipped for stair step monkey bars.
- Thru-plate fully welded construction.

Compatibility

X-Create	√
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

4 FOOT MONKEY LADDER CROSS

Product code: XRACK-4MBLX

Description
- Allows Monkey Bars to rise from 9 feet to 12 feet.
- Pair with two 4' or 6' Monkey Bars.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

4 FOOT MONKEY BAR CROSS
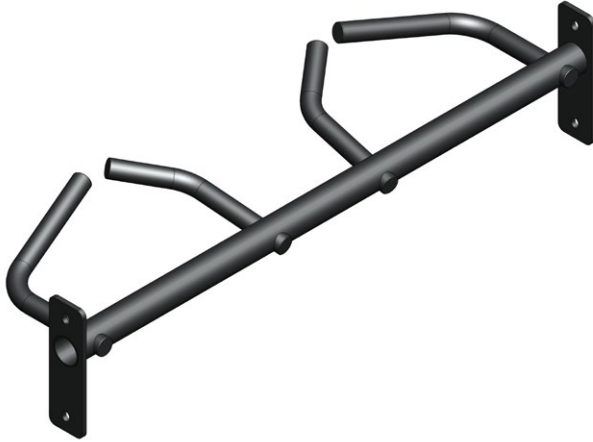
Product Code: XRACK-4MBX

Description
- Includes 3" x 3" 11 gauge upper tube for attaching Monkey Bars and a 1.25" diameter tube for pull-ups.
- Compatible with all X-Racks, Armaments and 8' Arsenals. Not compatible with 7' Arsenals.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	√
Armament	√

2017 X-SERIES COMPONENTS

4 FOOT MULTI-GRIP CROSS

Product Code: XRACK-4MGX

Description
- Includes solid 1.25" diameter ergonomic handles and a 2" diameter "fat grip" straight bar for four different pull-up variations.
- Compatible with all X-Racks, Armaments and 8' Arsenals. Not compatible with 7' Arsenals.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	√
Armament	√

4 FOOT NINJA CROSS

Product Code: XRACK-4NX

Description
- 4' cross attaches to any 4 foot X-Rack Space, including Monkey Bar Racks.
- Incorporates multiple grip variations, including angled straight bar, fat bar, 3" sphere, 4" sphere and rock grip.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	√
Armament	√

4 FOOT RECTANGULAR CROSS

Product code: XRACK-4RX

Description
- Constructed with 3 x 3 inch 11 gauge with gussets, the rectangular cross provides a more rigid X-Rack frame connection.
- Recommended with 12' uprights for use with Gymnastics Rings.
- Can be substituted for 4MBX Monkey Bar Cross.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

4 FOOT SINGLE CROSS

Product code: XRACK-4SX

Description
- 1.25 inch diameter pull-up bar featuring "thru-plate" construction with gussets.
- Preferred cross member for performing muscle-ups.
- Compatible with all X-Racks, Armaments and 8' Arsenals. Not compatible with 7' Arsenals.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	√
Armament	√

2017 X-SERIES COMPONENTS

4 FOOT TRIPLE CROSS

Product Code: XRACK-4TX

Description
- Constructed with three 1.25" diameter pull-up bars with "thru-plate" construction.
- Allows for two different pull-up heights at the same station.
- Compatible with all X-Racks, Armaments and 8' Arsenals. Not compatible with 7' Arsenals.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	√
Armament	√

6 FOOT ACCESSORY TRAY

Product code: XRACK-6AT

Description
- For use with X-Rack Storage Systems and Horizontal Accessory Storage Stands.
- Trays can be mounted flat for use with medicine balls, kettlebells etc. or at an angle for use with hex dumbbells.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	√

6 FOOT DOUBLE CROSS MEMBER

Product code: XRACK-6DX

Description
- Includes 1.25" and 2" pull-up bars.
- Can be mounted in either direction for "fat bar" or "skinny bar" down.
- Can be mounted horizontally for stability ball storage. (Requires XUHK1)

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	
Armament	√

6 FOOT HORIZONTAL WEIGHT STORAGE

Product code: XRACK-6HWS

Description
- Six 7.5 inch (190 mm) solid steel weight pegs with nylon covers and rubber bumpers to protect weight plates.
- Compatible with Armament, X-Rack, X-Siege and 6' Horizontal Storage Racks.
- Pegs are spaced apart to all hold 45 lb. plates.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	√

TORQUEUSA

6 FOOT MONKEY BAR

Product code: XRACK-6MB

Description
- Connects to the XRACK-4MBX and XRACK-6MBX Monkey Bar Cross members.
- Can be mounted with all bars at the same height or flipped for stair step monkey bars.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

6 FOOT MONKEY LADDER CROSS

Product code: XRACK-6MBLX

Description
- Allows Monkey Bars to rise and descend between 9' and 12' uprights.
- Pair with three 4' or 6' Monkey Bars.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

6 FOOT MONKEY BAR CROSS

Product code: XRACK-6MBX

Description
- Includes 3" x 3" 11 gauge upper tube for attaching Monkey Bars and a 1.25" diameter tube for pull-ups.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	
Armament	√

6 FOOT RECTANGULAR CROSS

Product code: XRACK-6RX

Description
- Constructed with 3 x 3 inch 11 gauge with gussets, the rectangular cross provides a more rigid X-Rack frame connection.
- Recommended with 12' uprights for use with Gymnastics Rings.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	
Armament	√

6 FOOT SINGLE CROSS

Product code: XRACK-6SX

Description
- 1.25 inch diameter pull-up bar featuring "thru-plate" construction with gussets.
- Preferred cross member for performing muscle-ups.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	
Armament	√

6 FOOT TRIPLE CROSS MEMBER

Product code: XRACK-6TX

Description
- Constructed with three 1.25" diameter pull-up bars with "thru-plate" constructions.
- Allows for two different pull-up heights at the same station.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	
Armament	√

2017 X-SERIES COMPONENTS

6 FOOT UPRIGHT

Product code: XRACK-6U

Description
- 3 x 3 11 gauge upright 6' length.
- Used with Squat Stand and 7' Arsenal
- Numbered slots.
- Used on Squat Stand and 7' Arsenal only.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	√
Armament	

6 FOOT UPRIGHT EXTENSION (Quantity 2)

Product code: XRACK-6UE

Description
- Designed for use with the XRACK-12U 12' uprights to bring the rack height up to 18' to allow for climbing ropes.
- Four L-Brackets are used to secure extensions to the uprights for complete stability.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	
X-Cage	
Arsenal	
Armament	

7.5 FOOT UPRIGHT

Product code: XRACK-7.5U

Description
- 3 x 3 "11 gauge upright 7" 6" length.
- Used with Arsenal 8 and Armament 8
- Numbered slots.
- Not recommended for use on X-Racks - cannot be combined with any other length upright. For shorter racks, see XRACK-8U.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	√
Armament	√

8 FOOT UPRIGHT

Product Code: XRACK-8U

Description
- 3 x 3 11 gauge upright 9' length.
- Optional on X-Rack, X-Siege, Arsenal and Armament.
- Numbered slots.
- Standard color options.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	√
Armament	√

2017 X-SERIES COMPONENTS

9 FOOT UPRIGHT

Product code: XRACK-9U

Description
- 3 x 3 11 gauge upright 9' length.
- Standard on X-Rack and X-Siege and optional with Arsenal and Armament.
- Numbered slots.
- Standard color options.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	√
Armament	√

8 FOOT VERTICAL ACCESSORY STORAGE

Product code: XRACK-8UVAS

Description
- Attaches inside X-Racks with 8 foot uprights, providing an upright to attach 6' accessory trays and horizontal weight storage. Not compatible with X-Siege.
- Sold individually.
- Must be used with XRACK-4RX or XRACK-6RX Cross Members.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

8 FOOT VERTICAL WEIGHT STORAGE (Qty 2)

Product code: XRACK-8UVWS

Description
- Attaches inside X-Racks with 8 foot uprights, providing weight storage. Sold as set of 2.
- Also can be used to attach 6' accessory trays and horizontal weight storage. Not compatible with X-Siege.
- Must be used with XRACK-4RX or XRACK-6RX Cross Members.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	
X-Cage	
Arsenal	
Armament	

9 FOOT VERTICAL ACCESSORY STORAGE

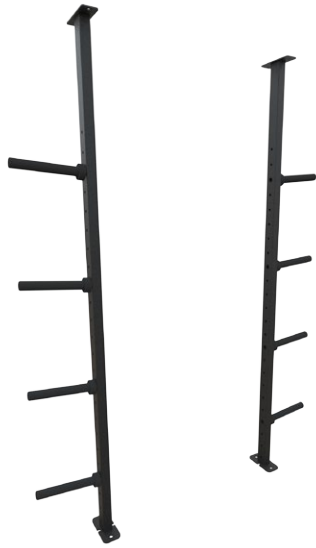**Product code: XRACK-9UVAS**

Description
- Attaches inside X-Racks with 9 foot uprights, providing an upright to attach 6' accessory trays and horizontal weight storage. Not compatible with X-Siege.
- Sold individually.
- Must be used with XRACK-4RX or XRACK-6RX Cross Members.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	
X-Cage	
Arsenal	
Armament	

9 FOOT VERTICAL WEIGHT STORAGE (Qty 2)

Product code: XRACK-9UVWS

Description
- Eight solid steel weight pegs with nylon covers and rubber bumpers to protect weight plates.
- Must be used with XRACK-4RX or XRACK-6RX Cross Members.
- Not compatible with X-Siege.
- Sold as set of 2.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	
X-Cage	
Arsenal	
Armament	

12 FOOT UPRIGHT

Product code: XRACK-12U

Description
- 3 x 3" 11 gauge upright 12' length.
- Optional on most X-Racks.
- Standard Storm Grey Powder Coat Finish.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

ARSENAL/ARMAMENT ACCESSORY STORAGE UPRIGHT (Qty 2)
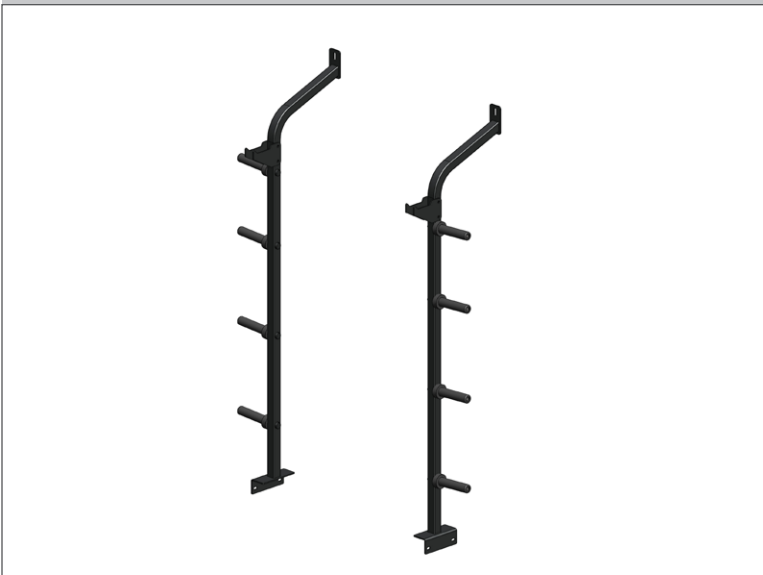

Product code: XRACK-AAASU

Description
- Used on middle uprights of Armament.
- Contains holes to attach Horizontal Weight Storage and 6' Accessory Trays
- Includes Olympic Bar Holders
- Compatible with 7.5, 8' and 9' Uprights.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	√
Armament	√

ARSENAL/ARMAMENT WEIGHT STORAGE UPRIGHT

Product code: XRACK-AAWSU

Description
- Used on outside uprights of Arsenal and Armament.
- Eight 7.5 inch (190 mm) solid steel weight pegs with nylon covers and rubber bumpers to protect weight plates.
- Includes Olympic Bar Holders
- Compatible with 7.5, 8' and 9' Uprights.

Compatibility

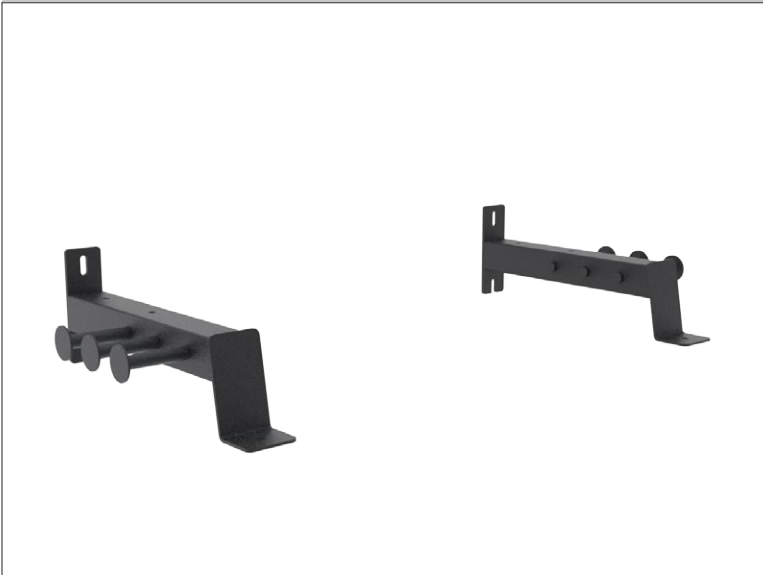| X-Create	
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	√
Armament	√

BATTLE ROPE ANCHOR

Product code: XRACK-BRA

Description

• Glass-reinforced molded nylon anchor includes rounded edges to prevent wear on ropes.

• Molded in steel inserts in mounting holes.

Compatibility

X-Create	√
X-Lab	√
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

LOWER BAND PEG ATTACHMENT (2 Pieces - Pair)

Product code: XRACK-LBPA

Description

• Compatible with X-Rack and X-Siege systems.

• Increases rack stability and enables resistance bands to be used with Olympic bar training.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

ROCK CLIMBING KIT

Product code: XRACK-RCK

Description
- Sold as a left and right pair.
- Mounts to any rectangular or monkey bar cross to provide rock grip locations.
- Textured molded surface provides sure grip.

Compatibility

X-Create	√
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	
Armament	√

UPPER BAND PEG ATTACHMENT (2 Pieces - Pair)

Product code: XRACK-UBPA
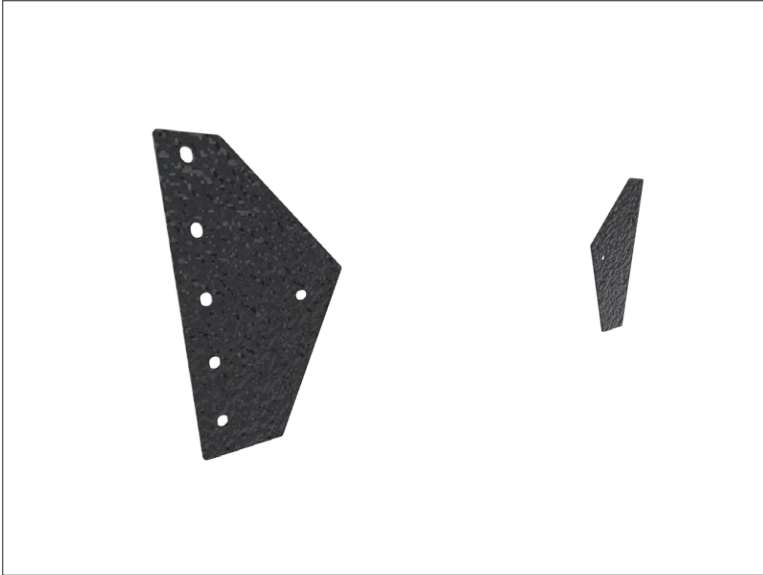
Description
- Mounts to any of our rack uprights. (Cannot be used on uprights that include ball targets)
- Enables Olympic bar training with resistance bands.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	√
Armament	√

2017 X-SERIES COMPONENTS

UPRIGHT GUSSET PLATE (2 Pieces - Pair)

Product code: XRACK-UGP

Description
- Standard on X-Siege systems and compatible with some X-Rack systems.
- Ties together uprights and crosses in two directions increasing stability of the system.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

VERTICAL BAR CATCH & ACCESSORY STORAGE (4 Pieces - 2 Pair

Product code: XRACK-VBCAS

Description
- Provides hanging storage for resistance bands, handles, chains, etc.
- Allows for storage of bar catches, supports or the dip attachment.
- Mounts between two vertical weight storage sets on X-Rack and X-Siege.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

WARRIOR ELITE BASE

Product code: XRACK-WEB

Description
- 3" x 3" 11 gauge construction with formed base plates that allow product to be bolted to floor.
- Used with Squat Stand, Arsenal and Armaments.
- Elevates uprights 4".
- Includes weight plate storage for rack stability.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	√
Armament	√

WARRIOR SQUAT STAND CROSS

Product code: XRACK-WSSX

Description
- Thru-plate construction with 1.25" pull-up bar
- Standard with 7' Arsenal and optional for Squat Stand.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	√
Armament	

2017 X-SERIES COMPONENTS

X-RACK BOOT

Product code: XRBOOT

Description
- Compatible with all X-Rack and X-Siege systems.
- Boot provides a decorative cover of the base plates and floor mounting bolts and makes clean up easier around the X-Rack Systems.
- Note: must be installed before assembling X-Rack.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	√
X-Cage	
Arsenal	
Armament	

4 FOOT LOWER FRAME SUPPORT

Product code: XSIEGE-4LFS

Description
- Standard on 4' depth Siege systems.
- Ties together uprights providing added stability.
- Includes two Olympic bar storage locations.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	√
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

6 FOOT LOWER FRAME SUPPORT

Product code: XSIEGE-6LFS

Description
- Standard on 6' depth Siege systems.
- Ties together uprights providing added stability.
- Includes two Olympic bar storage locations.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	√
X-Cage	
Arsenal	
Armament	

8' UPRIGHT VERTICAL WEIGHT STORAGE (2 Pieces - Pair)

Product code: XSIEGE-8UVWS

Description
- Mounts between lower frame supports and rectangular crosses on 8' X-Siege systems. (Not compatible with X-Racks.
- Extra long nylon covered weight horns provide storage for three bumper plates on each peg.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	√
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

9' UPRIGHT VERTICAL WEIGHT STORAGE (2 Pieces - Pair)

Product code: XSIEGE-9UVWS

Description

- Mounts between lower frame supports and rectangular crosses on 9' X-Siege systems. (Not compatible with X-Racks.

- Extra long nylon covered weight horns provide storage for three bumper plates on each peg.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	√
X-Cage	
Arsenal	
Armament	

STORAGE RACK ATTACHMENT ANCHOR SIDES (2 pieces)

Product code: XSRAAS

Description

- Used with Horizontal Weight, Accessory, and Combination Storage Racks, and compatible with X-Racks.

- Holds up to 4 Accessory trays adjustable in height.

- 58.5" (149 cm) in height.

- Pegs allow the use of the X-Lab Dip and X-Lab Plyo.

Compatibility

X-Create	
X-Lab	
X-Rack	√
X-Siege	
X-Cage	
Arsenal	
Armament	

2017 X-SERIES COMPONENTS

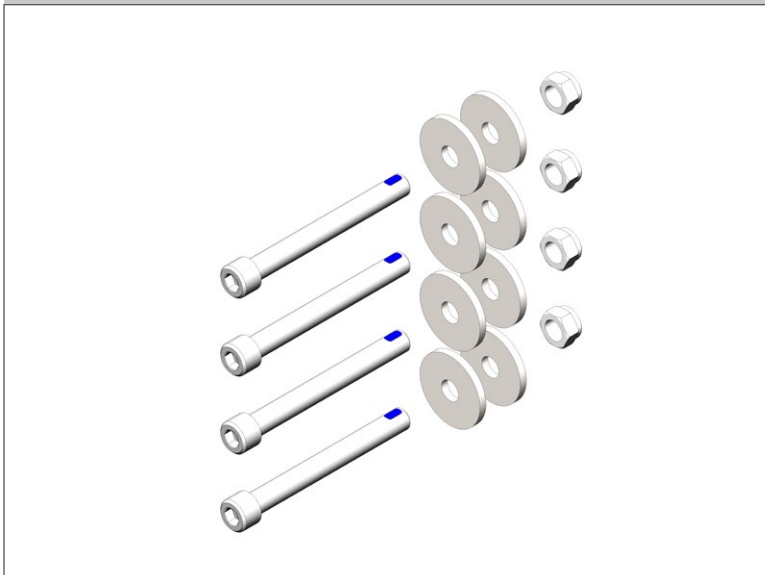## STORAGE RACK SIDES (QTY 2)

Product code: XSRS

Description
- Used with Horizontal Weight, Accessory, and Combination Storage Racks.
- Holds up to 4 Accessory trays adjustable in height.
- 58.5" (149 cm) in height.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	

UNIVERSAL HARDWARE KIT
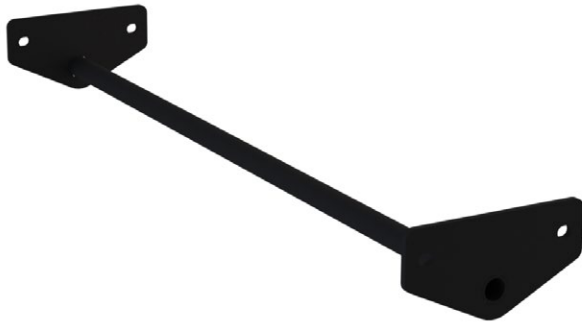

Product code: XUHK1

Description
- Additional hardware kit that is standard with XRSS storage rack systems in order to attach double crosses horizontally for stability ball storage.
- Includes four 1/2" x 4-1/2" bolts, four nuts and eight washers.

Compatibility

X-Create	√
X-Lab	√
X-Rack	√
X-Siege	√
X-Cage	√
Arsenal	√
Armament	√

2017 X-SERIES COMPONENTS

WALL MOUNT PULL-UP CROSS

Product code: XWMPUX

Description
- Pull-up Cross included with XWMPU-4, XWMPU-8, and XWMPU-12.
- Pair with XPUS to add additional wall-mounted pull-up stations.

Compatibility

X-Create	
X-Lab	
X-Rack	
X-Siege	
X-Cage	
Arsenal	
Armament	