

## 2019 X-LAB 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 trays can be used at each storage station.

#### 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	√

## 2019 X-LAB COMPONENTS

### DOUBLE PLAY



**Product Code: DP**

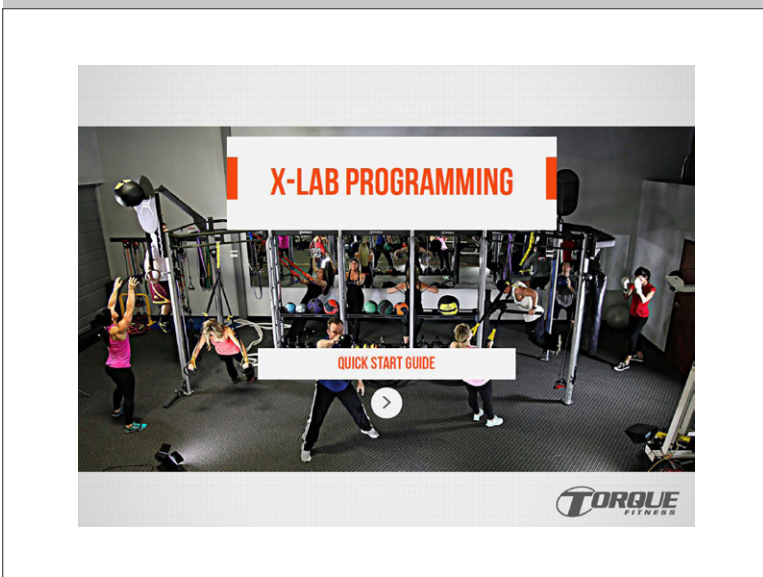
#### DESCRIPTION

- Attaches to X-Lab, X-Rack, X-Create, Arsenal and Armament lifting 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	

## 2019 X-LAB COMPONENTS

### GROUND ROTATIONAL TRAINER



**Product code: GRT**

#### DESCRIPTION

- Provides three dimensional rotation movements.
- Sized for use with an Olympic Bar.
- For X-Siege or X-Racks with Lower Band Pegs, use XHMGRT. For Half Cage, use XHCGRT.
- 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	√

### 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	

## 2019 X-LAB COMPONENTS

### UNIVERSAL HEAVY BAG MOUNT



**Product code: UHBM-101**

#### 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	√

### UNIVERSAL HEAVY BAG MOUNT



**Product code: UHBM-102**

#### DESCRIPTION

- Can be mounted straight out or at an angle.
- Newest version allows heavy bags to swivel and rotate smoothly on bronze oil impregnated bearings.
- Heavy Bag not included.

#### COMPATIBILITY

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

## 2019 X-LAB COMPONENTS

### CABLE COMPONENT STATION



**Product Code: XCCS**

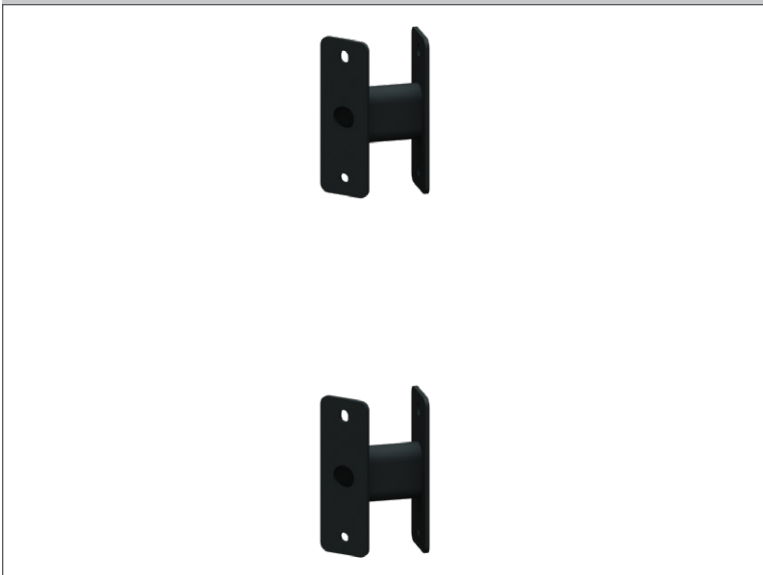
#### DESCRIPTION

- 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	

### CABLE COLUMN ANGLE CONNECTOR (QTY 2)



**Product Code: XCCAC**

#### DESCRIPTION

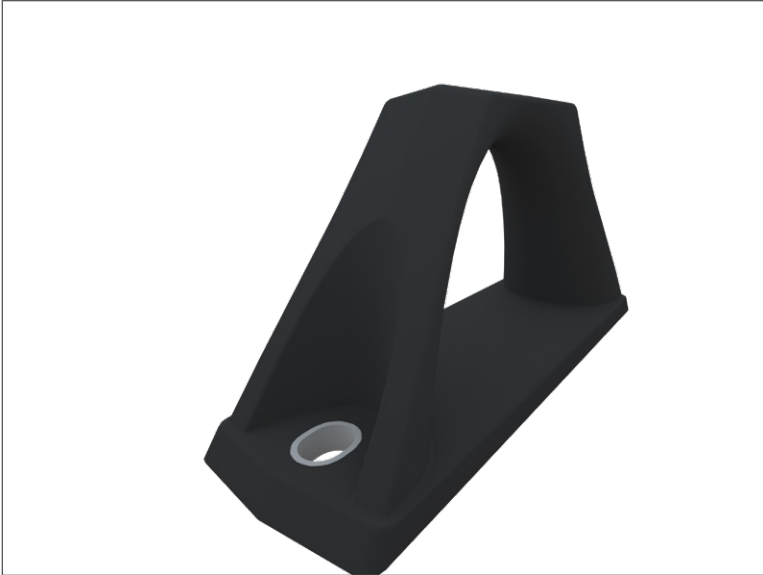
- Compatible with X-Lab Systems.
- Allows Cable Component Station (XCCS) to be mounted to X-Lab upright at a 45 degree angle as shown on the XLE-X4 System.
- Set of two brackets allow one XCCS to be mounted.

#### COMPATIBILITY

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

## 2019 X-LAB COMPONENTS

### 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.
- Mounts to bottom of X-Lab uprights.

#### 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	√

## 2019 X-LAB COMPONENTS

### X-LAB RBA UPRIGHT



### COMPATIBILITY

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

**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	

## 2019 X-LAB 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.

#### COMPATIBILITY

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 allow up to four Accessory Trays.
- Step-Ups (SU) sold separately.
- Available in Platinum, Illusion Orange and Red.

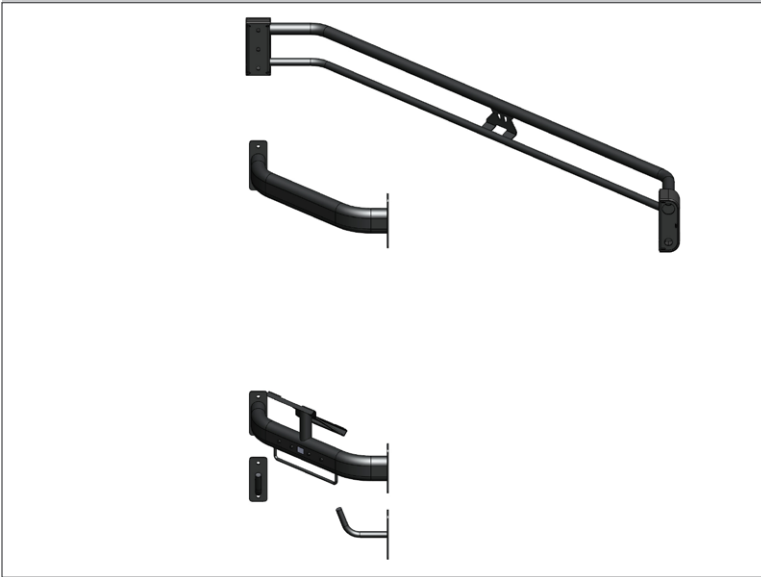
#### COMPATIBILITY

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



## 2019 X-LAB COMPONENTS

### X-LAB FRAME SUPPORTS



**Product Code:** XLAB-601

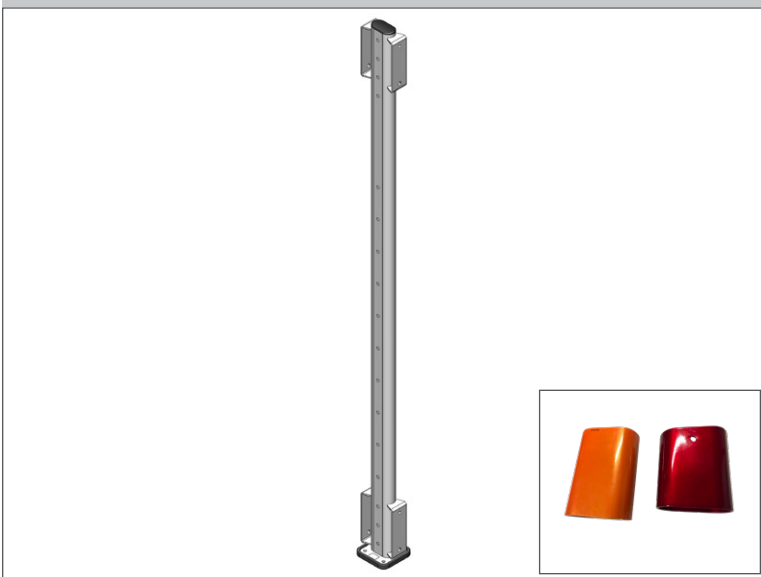
#### DESCRIPTION

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

#### COMPATIBILITY

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

### X-LAB 4-SIDED UPRIGHT



**Product Code:** XLAB-701

#### DESCRIPTION

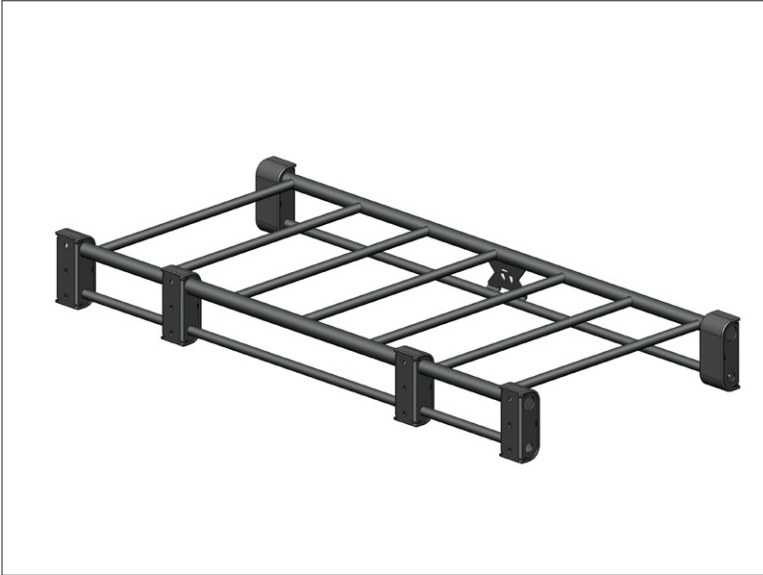
- Used in some X-Lab configurations that utilize the XCCS Cable Component Station.
- The uprights comes with rubber feet, and provide mounting locations for accessory trays and for attachments on all four sides.
- Available in Platinum, Illusion Orange and Red.

#### COMPATIBILITY

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

## 2019 X-LAB COMPONENTS

### 7-HANDLE MONKEY BAR



**Product code:** XLAB-7HMB

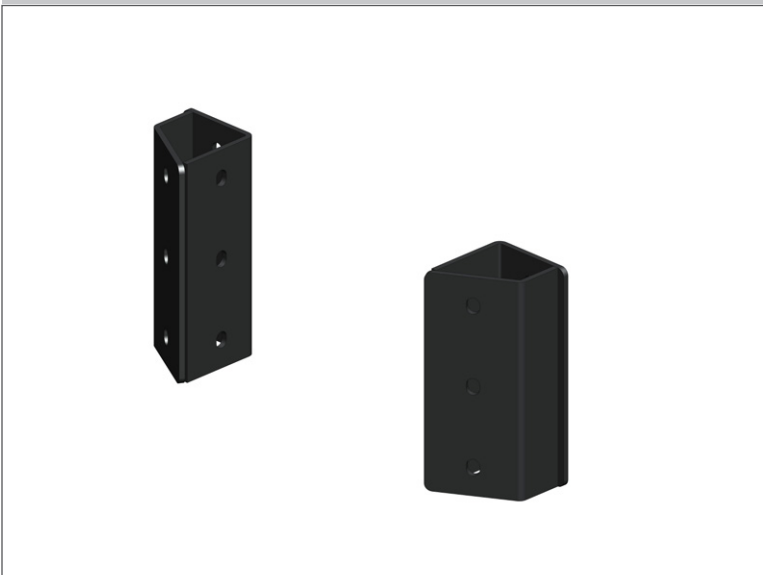
#### DESCRIPTION

- 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.

#### Compatibility

#### COMPATIBILITY

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

## 2019 X-LAB 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

#### 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	

## 2019 X-LAB COMPONENTS

### PLYO-STEP (XLAB-AA Required)



**Product code:** XLAB-PS

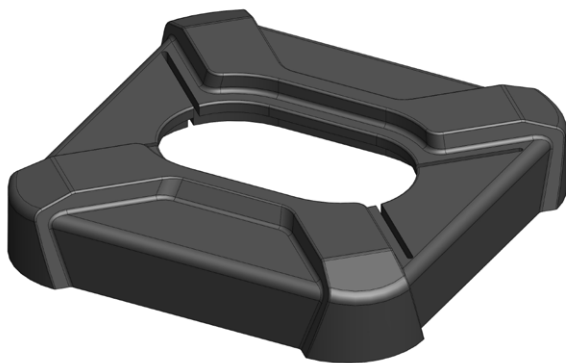
#### DESCRIPTION

- 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

#### COMPATIBILITY

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