

## DUAL SIDED HALF RACK XFW-8300

Featuring as many as three rack stations and a number of versatile training tools, the space efficient and stylish XFW-8300 Dual Sided Half Rack is designed to accommodate multiple users and withstand the rigorous demands of heavy use athletic training environments. Construction combines 11 gauge tubing with 7 gauge uprights for maximum performance under load, while the availability of a variety of training options insures that your athletes always have the tools they need to succeed.

Attachment points on upper frame accommodate *Optional* Chin Bars and Suspension Brackets.

**CHIN BAR**  
*(Optional)*

**19 VERTICAL  
CATCH POSITIONS**

Your choice, clearly marked (1-19)  
in 3" increments (8 cm)

**SHOWN** *(Optional)*  
Chin Bar, Core Trainer,  
Plate Holders, Band Pegs,  
and Dip Station.

\*Accessories including Bumper  
Plates and Olympic Bars  
are not included



**PLATE STORAGE** *(Optional)*  
8 posts for Olympic and Bumper  
plates with integrated storage pegs  
for resistance bands and chains

**DIP STATION**  
*(Optional)*  
Attaches easily in  
multiple locations



**CORE TRAINER**  
*(Optional)* Perfect  
accessory for  
ground based  
training

**2 UPRIGHT OLYMPIC  
BAR STORAGE POSTS**  
Come standard

**BAND PEGS** *(Optional)*  
Lower band pegs for band  
resistance exercises

### OPTIONS AVAILABLE

- DIP STATION** (max 4)
- PLATE STORAGE** (cannot combine w/ Center Catch Rails)
- SUSPENSION BRACKET** (max 2) (not shown)
- CHIN BAR** (max 4)

- CORE TRAINER** (max 2)
- CENTER CATCH RAILS**  
(cannot combine w/ Plate Storage) (see reverse)
- BAND PEG KIT** (pair)(max 4)

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### SPECIFICATIONS

#### BASE UNIT DIMENSIONS L X W X H

105" x 51" x 92" / 267 cm x 130 cm x 234 cm

#### PRODUCT WEIGHT

Machine Weight (no options): 547 lbs. / 248 kg

Max Load Capacity: 765 lbs. / 347 kg

#### COLOR

Powder coat finish in charcoal.

FRAME COLOR OPTIONS: Custom Color options available. Contact your sales representative for more information.



#### CENTER CATCH RAILS (Optional)

Make for a 3rd rack position



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