

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



UPPER END FRAME B

- (Choose 1 or none)
- XFT-MBL Monkey Bar Ladder
- XFT-HVY Heavy Bag
- XFT-RPP RopeFlex[®]
- XFT-SUS Suspension Bracket
- XFT-TRG Overhead Target

CROSS FRAME ATTACHMENTS

- (Choose 1 or none, per side)
- XFT-SUS Suspension Bracket (max 2 per side)
- XFT-CHB Chin Bar

END FRAME A

- (Choose 1 or none)
- XFT-900 Functional Trainer
- FT-900 Functional Trainer
- XFT-100 Functional Trainer
- FS-100 Functional Trainer
- XFT-MBL Monkey Bar Ladder
- XFT-HRK Half Rack
- XFT-HVY Heavy Bag
- XFT-RPP RopeFlex[®]
- XFT-SUS Suspension Bracket

LOWER END FRAME B

- (Choose 1 or none)
- XFT-RBR Rebounder
- (Not when choosing XFT-HVY or XFT-MBL)

ATLAS-400

STANDARD EQUIPMENT

- + Side Storage 1: Accessory Rack with Hangers, 2 Flat Trays, 5 Med Ball Rings
- + Side Storage 2: 3 Flat Trays
- + Monkey Bars (7 or 10 positions)
- + Step Platform
- + Dip Station
- + Dry Erase Board
- + Rope Rack
- + Core Trainer

OPTIONS

END FRAME A

(Choose 1 or none)

- XFT-900 Functional Trainer
- FT-900 Functional Trainer
- XFT-100 Functional Trainer
- FS-100 Functional Trainer
- XFT-MBL Monkey Bar Ladder
- XFT-HRK Half Rack
- XFT-HVY Heavy Bag
- XFT-RPP RopeFlex[®]
- XFT-SUS Suspension Bracket

MONKEY BARS (Choose 1)

- 7 Positions
- 10 Positions

UPPER END FRAME B

(Choose 1 or none)

- XFT-MBL Monkey Bar Ladder
- XFT-HVY Heavy Bag
- XFT-RPP RopeFlex[®]
- XFT-SUS Suspension Bracket
- XFT-TRG Overhead Target

LOWER END FRAME B (Choose 1 or none)

- XFT-RBR Rebounder (Not when choosing XFT-HVY or XFT-MLB)

CROSS FRAME ATTACHMENTS

(Choose 1 or none, per side)

- XFT-SUS Suspension Bracket (max 2 per side)
- XFT-CHB Chin Bar

TRAINING TOOLS

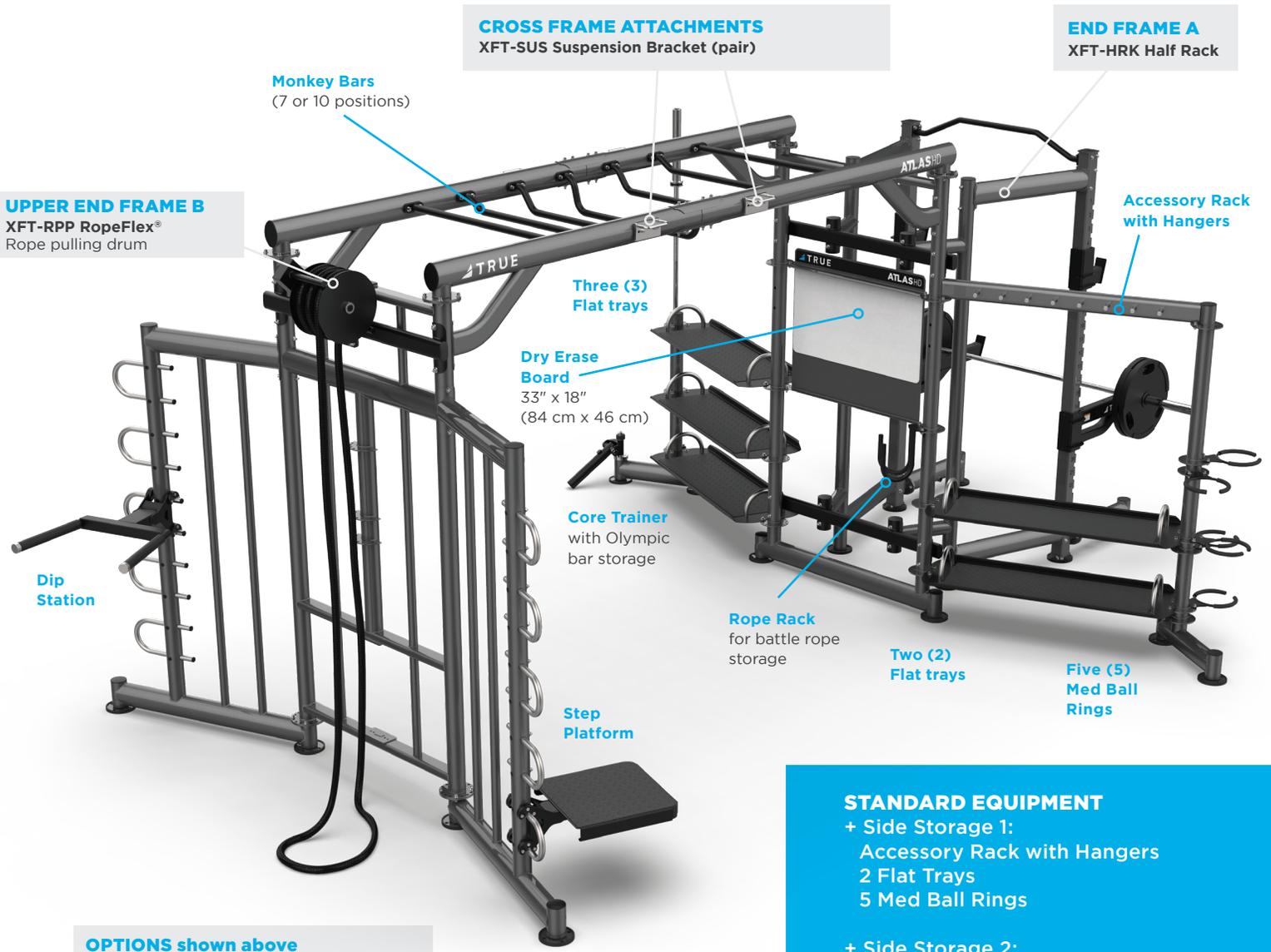
& STORAGE SOLUTIONS (Optional)

- XFT-SEC Short End Column + 3 Flat Trays
- XFT-TEC Tall End Column + Accessory Rack + 2 Flat Trays
- XFT-RLR BOSU[®]/Foam Roll Rack + Short End Column
- XFT-RRK Rope Rack
- XFT-MDR Med Ball Rings
- XFT-HRK-OPT1 Half Rack Olympic Plate & Bar Storage
- PSXFW83-BPG Band Peg Kit for Half Rack Option

ACCESSORIES PACKAGE (Optional)

- Rubber Coated Hex Head Dumbbells (5-30 lbs)
- Kettlebells (10, 15, 20, 25, 30, 35, 40, 45, 50 lbs)
- Medicine Balls (4, 6, 8, 10, 12 lbs)
- Slam Balls (8, 10, 12, 15 lbs)
- Wall Balls (6, 8, 10, lbs)
- Battle Rope (1)
- Jump Ropes (6)
- Resistance Tubing (2 sets) (XL, L, M, H, XH, UH)

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UPPER END FRAME B
XFT-RPP RopeFlex®
Rope pulling drum

CROSS FRAME ATTACHMENTS
XFT-SUS Suspension Bracket (pair)

END FRAME A
XFT-HRK Half Rack

Monkey Bars
(7 or 10 positions)

Accessory Rack with Hangers

Three (3) Flat trays

Dry Erase Board
33" x 18"
(84 cm x 46 cm)

Core Trainer
with Olympic bar storage

Rope Rack
for battle rope storage

Two (2) Flat trays

Five (5) Med Ball Rings

Dip Station

Step Platform

OPTIONS shown above
*XFT-SUS Suspension Bracket (pair)
*XFT-RPP RopeFlex® Rope pulling drum
*XFT-HRK Half Rack

*ALL Options listed on reverse side

- STANDARD EQUIPMENT**
- + Side Storage 1:
Accessory Rack with Hangers
2 Flat Trays
5 Med Ball Rings
 - + Side Storage 2:
3 Flat Trays
 - + Monkey Bars (7 or 10 positions)
 - + Step Platform
 - + Dip Station
 - + Dry Erase Board
 - + Rope Rack
 - + Core Trainer

