

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.



**END FRAME B**  
(Choose 1 or none):  
Ropeflex®,  
Heavy Bag, or  
Suspension  
Bracket

\*Shown with  
XFT-SUS  
Suspension Bracket

Dip Station

Step Up  
Platform

**END FRAME A** (Must Choose 1)  
XFT-900 Functional Trainer  
FT-900 Functional Trainer  
XFT-100 Functional Trainer  
FS-100 Functional Trainer  
XFT-HRK Half Rack

\*Shown with the XFT-900 Functional Trainer  
(Below / Faded out on Left)

Approximate Dimensions:  
10' wide x 6' deep. Additional minimum  
6' perimeter required to perform exercises.

Accessory Rack  
with Hangers

Dry-Erase  
Marker Board

Rope Rack  
for Battle Rope  
storage

Two (2) Flat Trays

5 Med  
Ball Rings

## 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<sup>®</sup>

### 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<sup>®</sup>/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)



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# ATLAS-201

## STANDARD EQUIPMENT

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

## OPTIONS

### END FRAME A (MUST Choose One - 1)

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

### END FRAME B (Choose One - 1 or none)

- XFT-SUS - Suspension Bracket
- XFT-HVY - Heavy Bag (as shown)
- 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
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- XFT-RRK - Rope Rack
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### ACCESSORIES PACKAGE (Optional)

- Rubber Coated Hex Head Dumbbells (5, 10, 15, 20, 25, 30 lbs)
- 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.

