ATLAS HD
GROUP TRAINING SYSTEM

TRUE®

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

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
- **XFT-HRK-OPT2** 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)

LOWER END FRAME B (Choose 1 or none)
- **XFT-RBR** Rebounder (Not when choosing XFT-HVY or XFT-MLB)

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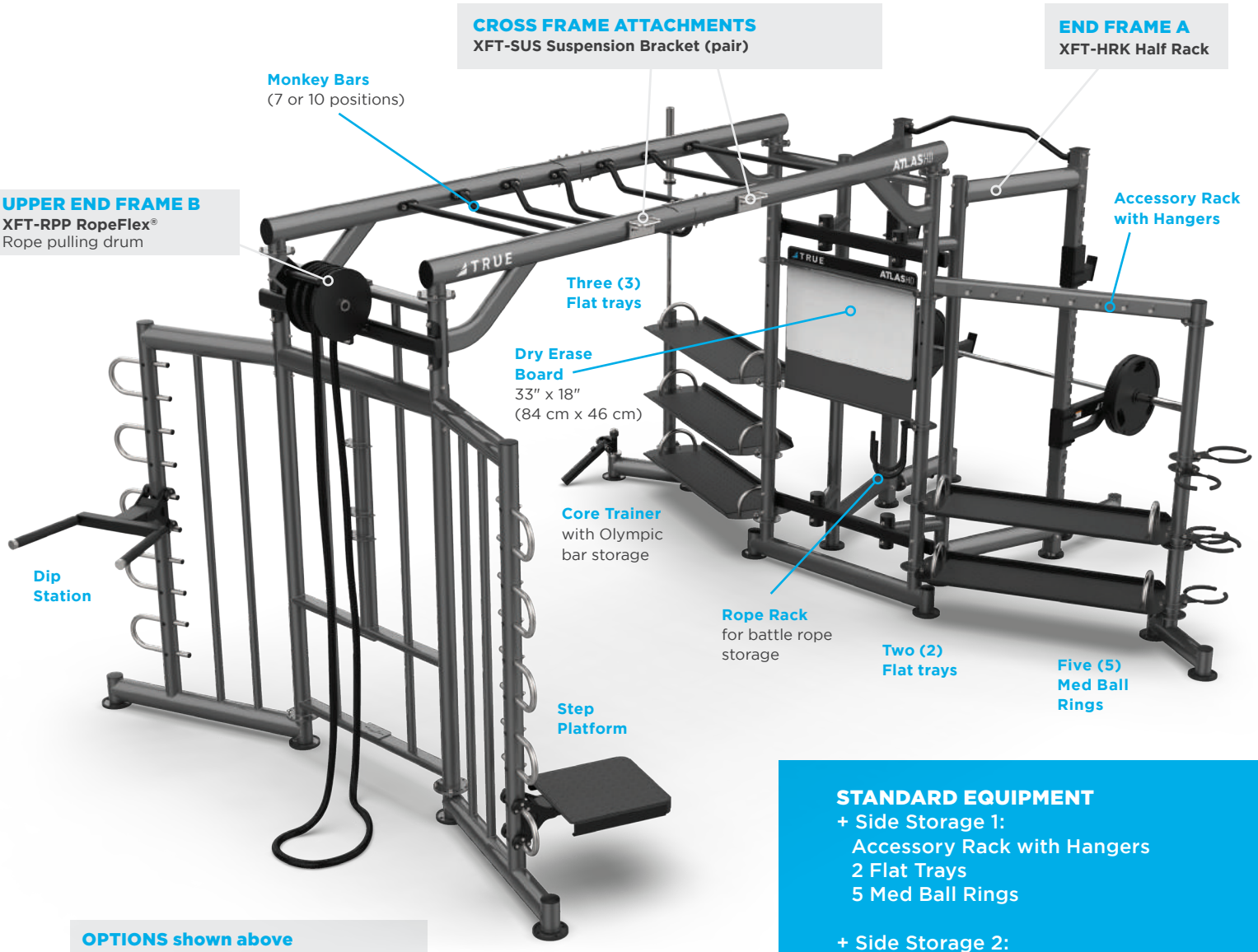

OPTIONS shown above
*XFT-SUS Suspension Bracket (pair)
*XFT-RPP RopeFlex® Rope pulling drum
*XFT-HRK Half Rack

*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

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