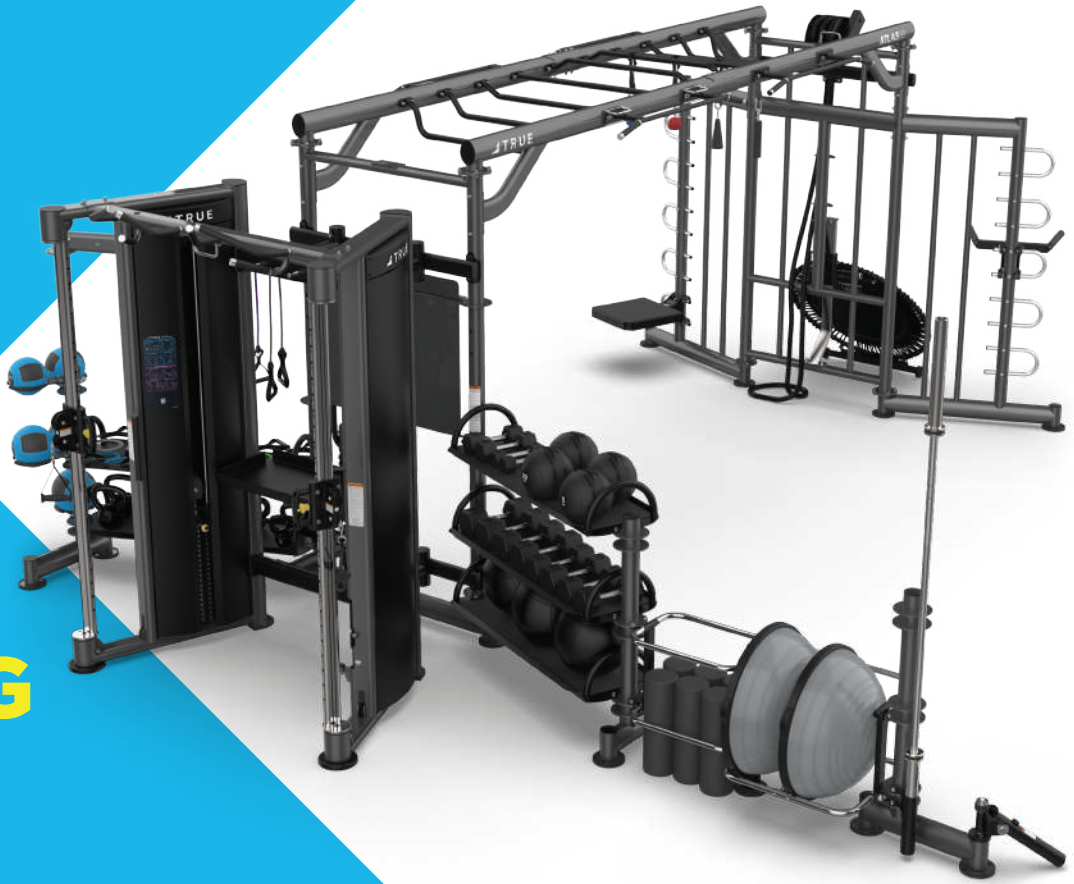
TRUE®

GROUP TRAINING SYSTEMS

ATLAS | ATLASHD



TRUE

GROUP TRAINING SYSTEMS

TRUE'S Group Training Systems have created a surge of interest from both fitness enthusiasts and athletes who have found that they are energized by training in a small team environment with dynamic exercises—especially with the guidance of a group trainer.

We've built the **ATLAS Group Training System** to meet those needs in a way that is completely customizable for your facility.

ATLAS

XFT 200 | XFT 201

Choose the model that best meets your facility's storage needs:

+ Atlas 200 Storage: Accessory Rack with Hangers, 2 Flat Trays, 5 Med Ball Rings
+ Atlas 201 Storage: 3 Flat Trays, 5 Med Ball Rings

Both 200 and 201 models come standard with:

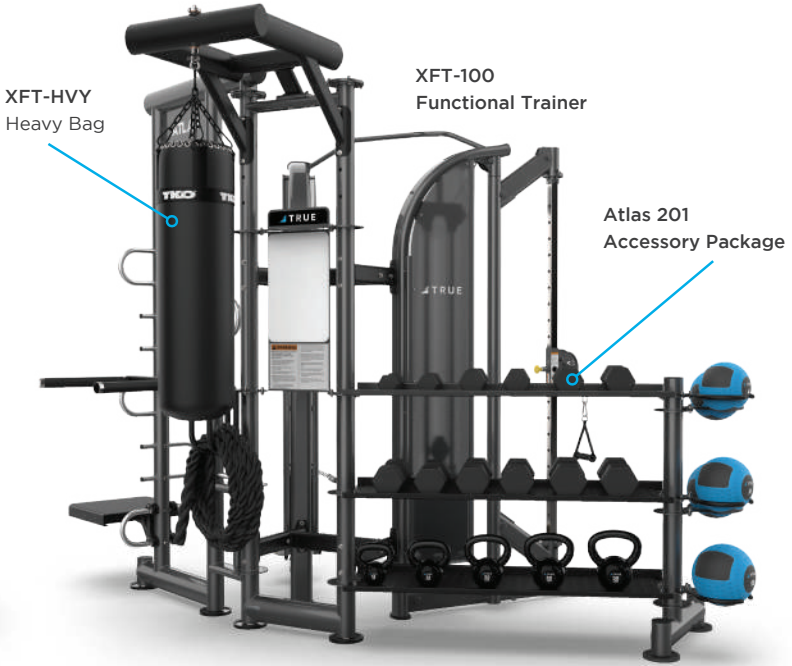
+ Step platform
+ Dip station
+ Dry erase board
+ Rope rack

APPROXIMATE DIMENSIONS:

10′ wide x 6′ long (Additional minimum 6′ perimeter recommended to perform exercises)

XFT 200

XFT 201



The TRUE ATLAS Group Training System can enhance your facility's current small group training or help you launch a new dynamic program for increased engagement. This modern, space-efficient, and fully customizable group training system is designed to accommodate the emerging small group training needs. Motivate and inspire members of all fitness levels with high-energy and team-centric training sessions.

Customizable end frames (including the XFT- HRK Half Rack), training tools, storage solutions, and accessory packages.

+ See pages 4-5 for more details.

BUILD THE IDEAL SYSTEM

ATLAS

1. CHOOSE END FRAME A (FRONT)

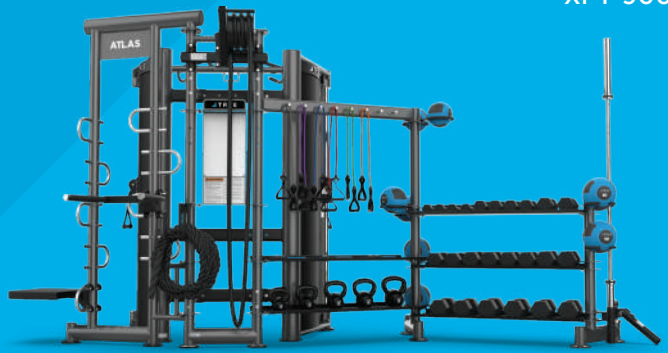
+ **XFT-900** - Functional Trainer
+ **FT-900** - Functional Trainer
+ **XFT-100** - Functional Trainer
+ **FS-100** - Functional Trainer
+ **XFT-HRK** - Half Rack

XFT-900

XFT-100

FS-100

XFT-HRK



Shown above with
optional storage and core trainer

2. CHOOSE END FRAME B (REAR) (Optional)

+ **XFT-SUS** - Suspension Bracket
+ **XFT-HVY** - Heavy Bag with attachment kit
+ **XFT-RPP** - RopeFlex® with attachment kit

XFT-SUS

XFT-HVY

XFT-RPP

3. ADD TRAINING TOOLS & STORAGE (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 (Up to 5)
+ **XFT-CRT** - Core Trainer
+ **PSXFW83-BPG** - Half Rack Band Peg Kit

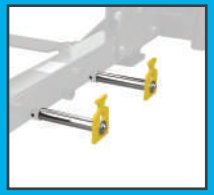
XFT-SEC

XFT-TEC

XFT-RLR

XFT-MDR

XFT-CRT



PSXFW83-BPG

4. ACCESSORY PACKAGES* (Optional)

Atlas 200

+ 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)

Atlas 201

+ Rubber Coated Hex Head Dumbbells (5, 10, 15, 20, 25, 30 lbs)
+ Kettlebells (10, 15, 20, 25, 30 lbs)
+ Battle Rope (1)
+ Medicine Balls (4, 6, 8, 10, 12 lbs)

Atlas 200 - Accessory package

Atlas 201 - Accessory package

**contents subject to change without notice*

ATLAS HD

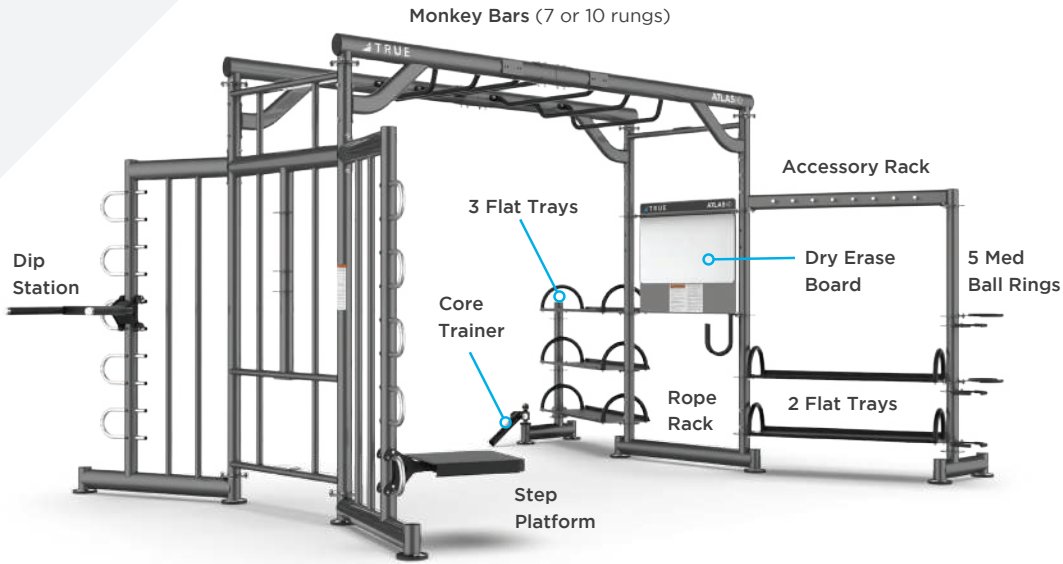
XFT-400

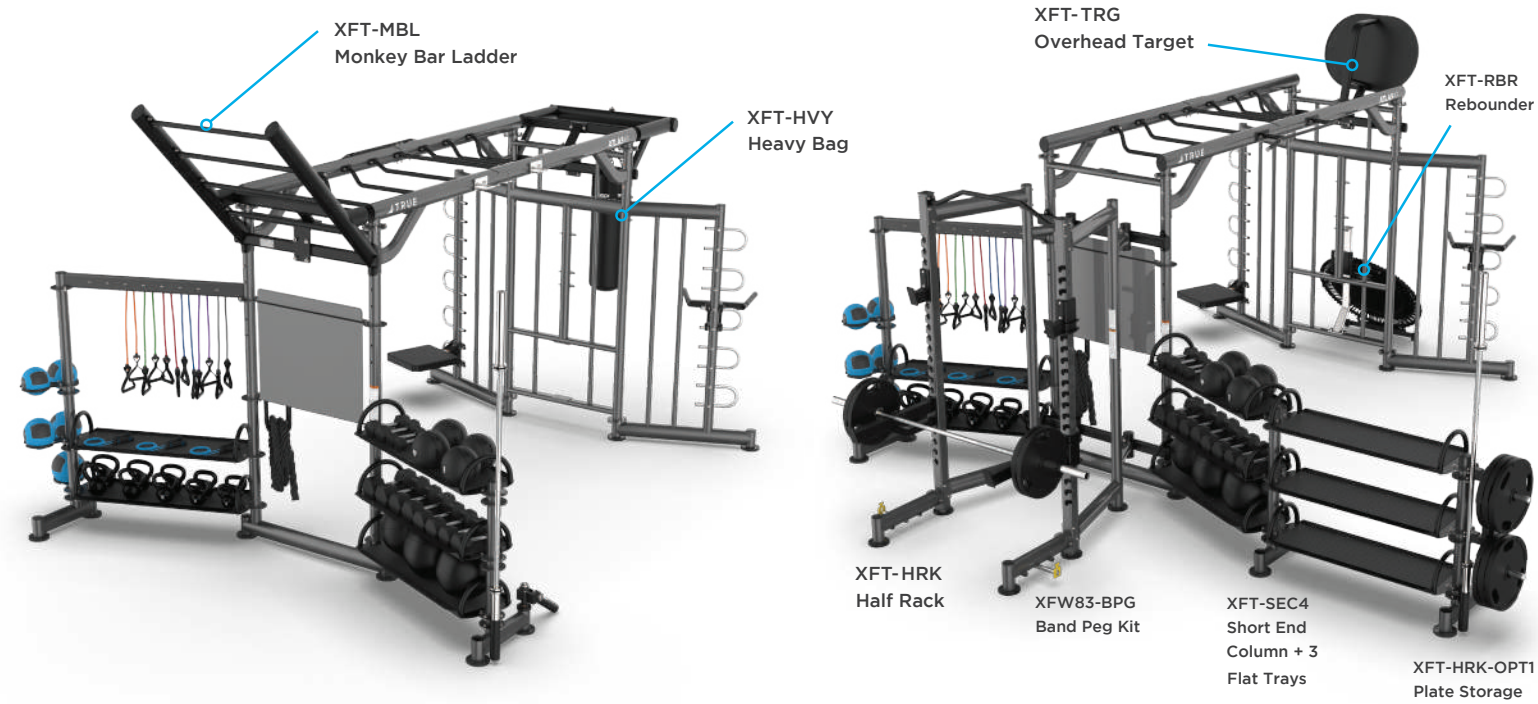
STANDARD EQUIPMENT:

+ Accessory Rack
+ Flat Tray Storage Stations
+ Monkey Bars (7 or 10 rungs)
+ Step Platform
+ Dip Station
+ Dry Erase Board
+ Rope Rack and Core Trainer

OPTIONAL EQUIPMENT:
Choose from customizable training tools, storage solutions, and accessory packages to make this group training system perfect for your facility

APPROXIMATE DIMENSIONS:
14′ wide x 20′ long
(Additional minimum 6′ perimeter recommended to perform exercises)





Our largest freestanding Group Training System with even more options for customization. Space-efficient and built for optimal performance with groups large and small with the performance and reliability you can expect from TRUE. Implement traditional, corrective and/or functional exercises with the Atlas thanks to a wide variety of available training tools, storage options, and accessory packages.

Customizable end frames, training tools, storage solutions, and accessory packages.

+ See pages 8-9 for more details.

FULLY CUSTOMIZABLE OPTIONS

ATLAS HD

1. CHOOSE MONKEY BAR LENGTH
+ 7 positions
+ 10 positions

2. CHOOSE END FRAME A (Optional)
+ **XFT-900** - Functional Trainer
+ **FT-900** - Functional Trainer
+ **XFT-100** - Functional Trainer
+ **FS-100** - Functional Trainer
+ **XFT-HRK** - Half Rack
+ **XFT-MBL** - Monkey Bar Ladder
+ **XFT-SUS** - Suspension Bracket
+ **XFT-HVY** - Heavy Bag
+ **XFT-RPP** - RopeFlex®

3. CHOOSE UPPER END FRAME B (Optional)
+ **XFT-MBL** - Monkey Bar Ladder
+ **XFT-HVY** - Heavy Bag
+ **XFT-RPP** - RopeFlex®
+ **XFT-SUS** - Suspension Bracket
+ **XFT-TRG** - Overhead Target

4. CHOOSE LOWER END FRAME B (Optional)
+ **XFT-RBR** - Rebounder
  (Not when choosing XFT-HVY or XGT-MBL)

5. CHOOSE CROSS FRAME ATTACHMENTS (Optional)
+ **XFT-SUS** - Suspension Bracket (max 2 per side)
+ **XFT-CHB** - Chin Bar

6. ADD TRAINING TOOLS & STORAGE (Optional)

+ **XFT-SEC4** - Short End Column + 3 Flat Trays
+ **XFT-TEC4** - Tall End Column + Accessory Rack + 2 Flat Trays
+ **XFT-RLR** - Short End Column + BOSU®/Foam Roll Rack
+ **XFT-MDR** - Med Ball Rings (Up to 5)
+ **XFT-CRT** - Core Trainer
+ **XFT-RRK** - Rope Rack
+ **PSXFW83-BPG** - Half Rack Band Peg Kit
+ **XFT-HRK-OPT1** - Plate Storage

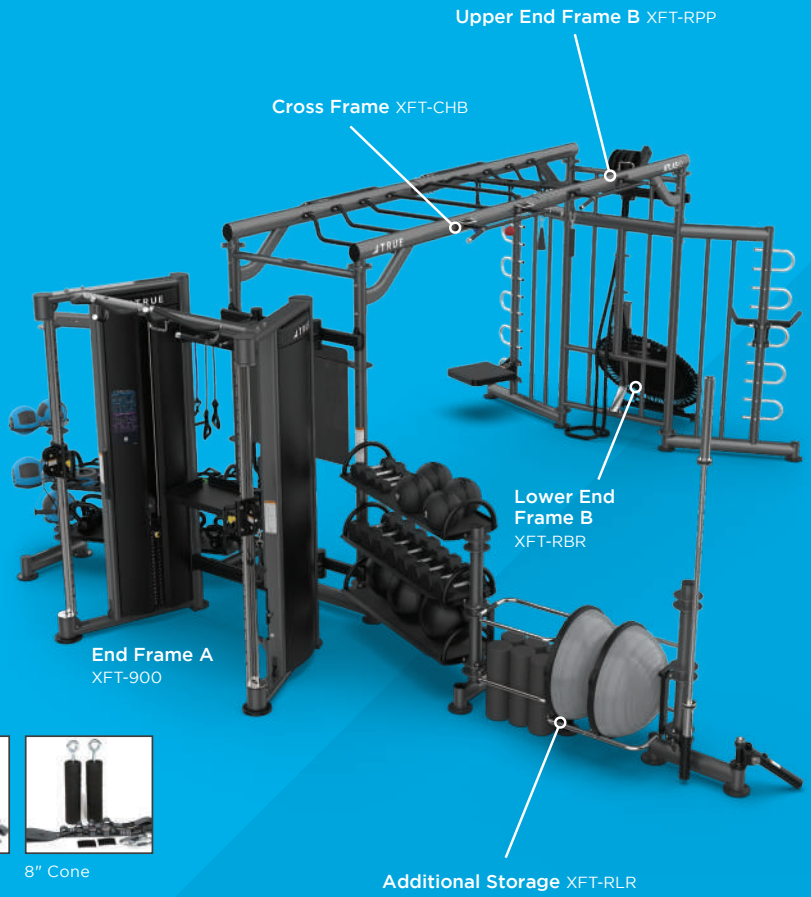
7. TRAINING ACCESSORIES* (Optional)

+ **XFT-400-ACC Accessory Kit**
  + Rubber Coated Hex Head Dumbbells (5, 10, 15, 20, 25, 30 lbs)
  + Kettlebells (10, 15, 20, 25, 30, 35, 40, 45, 50 lbs)
  + Resistance Tubing (2-Sets) (XL, L, M, H, XH, UH)
  + Jump Ropes (6)
  + Battle Rope (1)
  + Medicine Balls (4, 6, 8, 10, 12 lbs)
  + Slam Balls (5, 10, 15, 20 lbs)
  + Wall Balls (4, 6, 10 lbs)

**contents subject to change without notice*

+ **XFT-NJG Ninja Grip Kit**
  + 2.5" Sphere (2)
  + 3" Sphere (2)
  + 3" Cone (2)
  + 8" Nunchuck (2)

2.5" Sphere | 3" Sphere | 3" Cone | 8" Cone



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