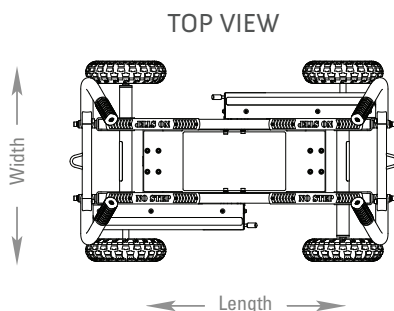


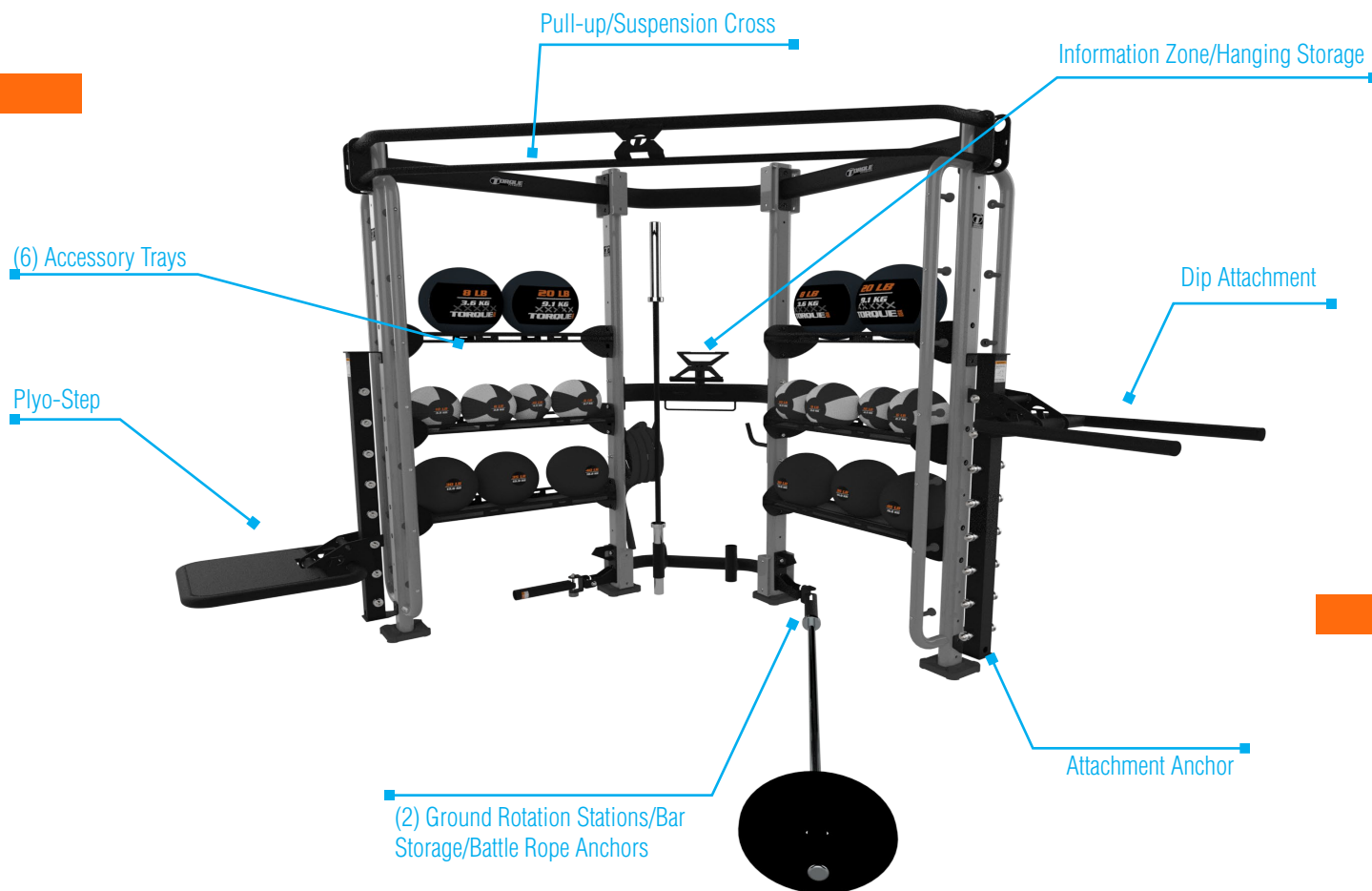


Model number	XTTM4-PH
Footprint (L x W x H)	52.4" x 31.9" x 37.1" (133 cm x 81 cm x 94 cm)
Weight	198 lbs (89.8 kg)
Warranty	10 year frame and welds/1 year parts and finish/90 days grips and optional accessories



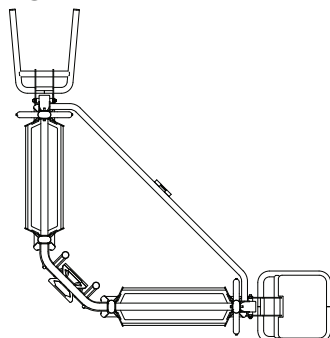
TANK M4 OPTIONS

- CRASH BUMPERS
- WEIGHT HORNS
- TRACTION KIT
- TOW KIT
- TOW ROPE
- GROUP TRAINING KIT
- GROUP ANCHOR STATION
- OUTDOOR COVER



Model number	XLE-X1
Footprint	42.9" x 99.4" (109 cm x 252 cm)
Height	Frame 98.5" (250 cm) Optional Ball Target 129.0" (328 cm)
Minimum Required Live Area	10.5' x 10.5' Corner (3.2 m x 3.2 m Corner)
Color Options	Platinum, Illusion Orange, Illusion Red (With Clear Coat)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MAIN OPTIONS / SUBSTITUTIONS

- BALL TARGET
- GROUND ROTATIONAL TRAINER
- BATTLE ROPE ANCHOR
- CABLE COMPONENT STATIONS
- HEAVY BAG ANCHOR
- DIP
- PLYO
- BALL REBOUNDER
- ENDLESS ROPE
- ACCESSORY TRAY (UP TO 4 PER BAY)
- RESISTANCE BAND UPRIGHT

Note: X-Lab is required to be bolted to a concrete sub-floor.

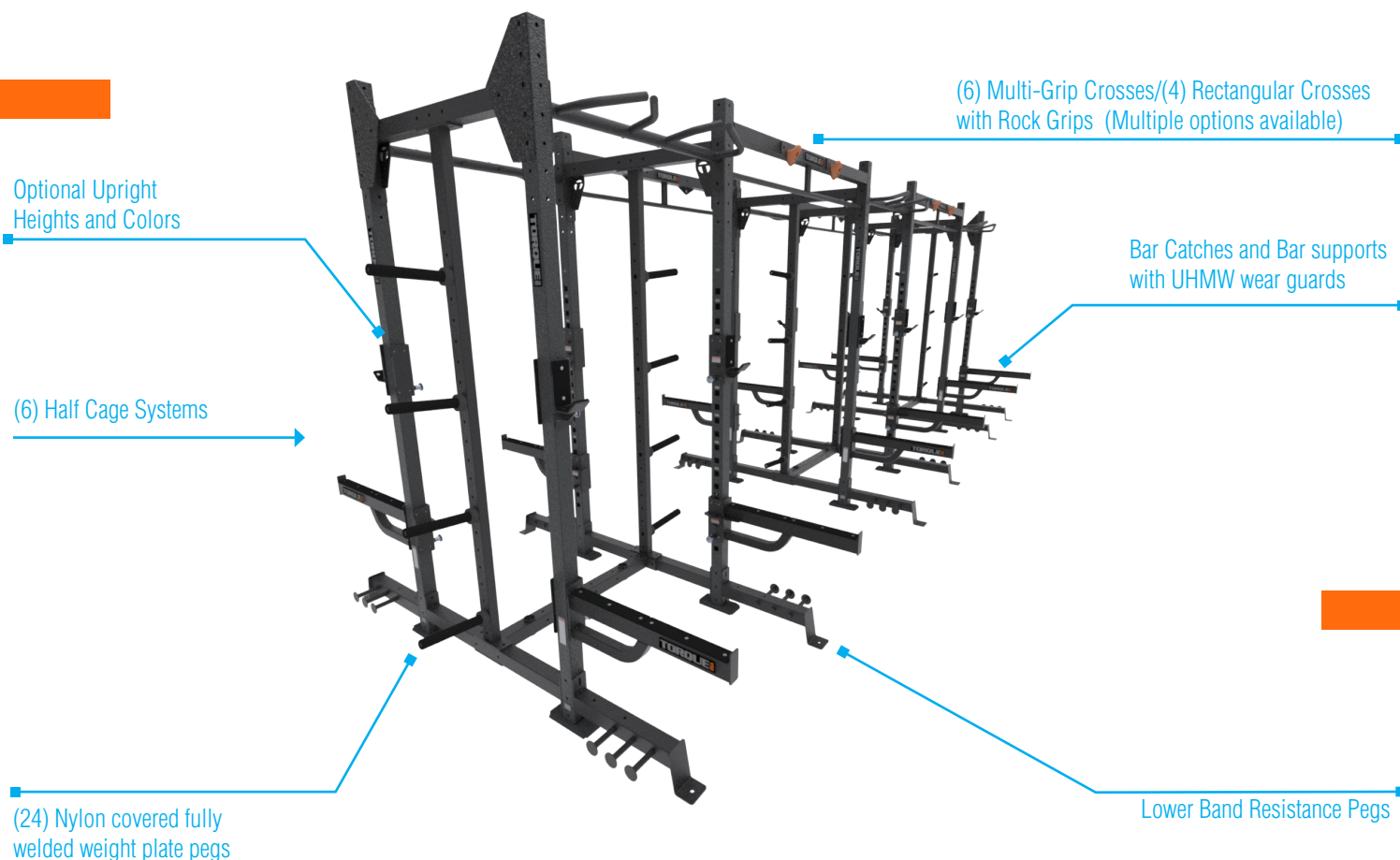
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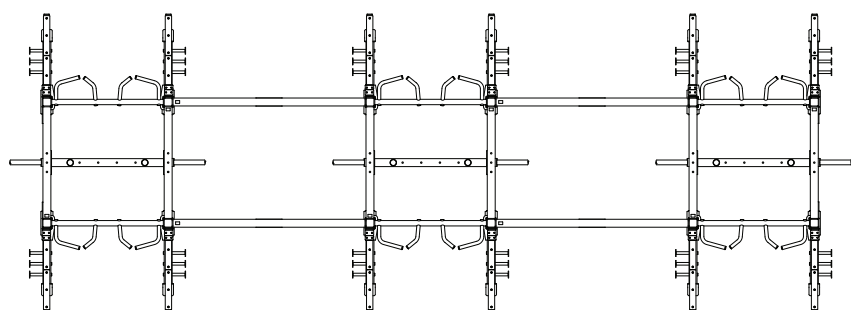
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EVER.**

TORQUEUSA**X-SIEGE****24 X 4 FOOT SIEGE STORAGE RACK
- X1 PACKAGE**

Model number	XSS-4-24-X1
Footprint	289.5" x 98.8" (735 cm x 250 cm)
Height	Frame 107.1" (272 cm) Optional Ball Target 129.0" (328 cm)
Minimum Required Live Area	336" x 199" (853 cm x 505 cm)
Upright Height Options	9 ft (XRACK-9U) Standard; Optional 8 ft (XRACK-8U)
Upright Color Options	Storm Grey, High Wear Red, Blue, Orange, and Platinum
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW**MAIN OPTIONS / SUBSTITUTIONS**

- BALL TARGET
- PULL-UP CROSSES
- DIP/STEP/ATTACHMENT ANCHOR
- UPPER BAND PEG ATTACHMENT
- UPRIGHT COLORS & 8' HEIGHT OPTION
- PLATFORM & INSERT
- GROUND ROTATIONAL TRAINER
- BATTLE ROPE ANCHOR
- ENDLESS ROPE
- FLYING PULL-UP
- HEAVY BAG ATTACHMENT

Pivoting rollers keep the rope wrap around the drive roller the same for all pulling angles while minimizing rope flexion, providing consistent resistance and longer rope life

Magnetic/bidirectional resistance mechanism that automatically increases with pulling speed. Four selectable starting resistance settings.

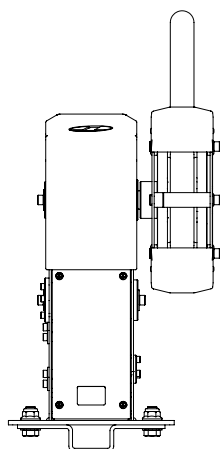


1.25 inch (32 mm) diameter double-braided nylon and polyester rope.

Removable lanyard allows resistance adjustment to be reachable when mounted up high.

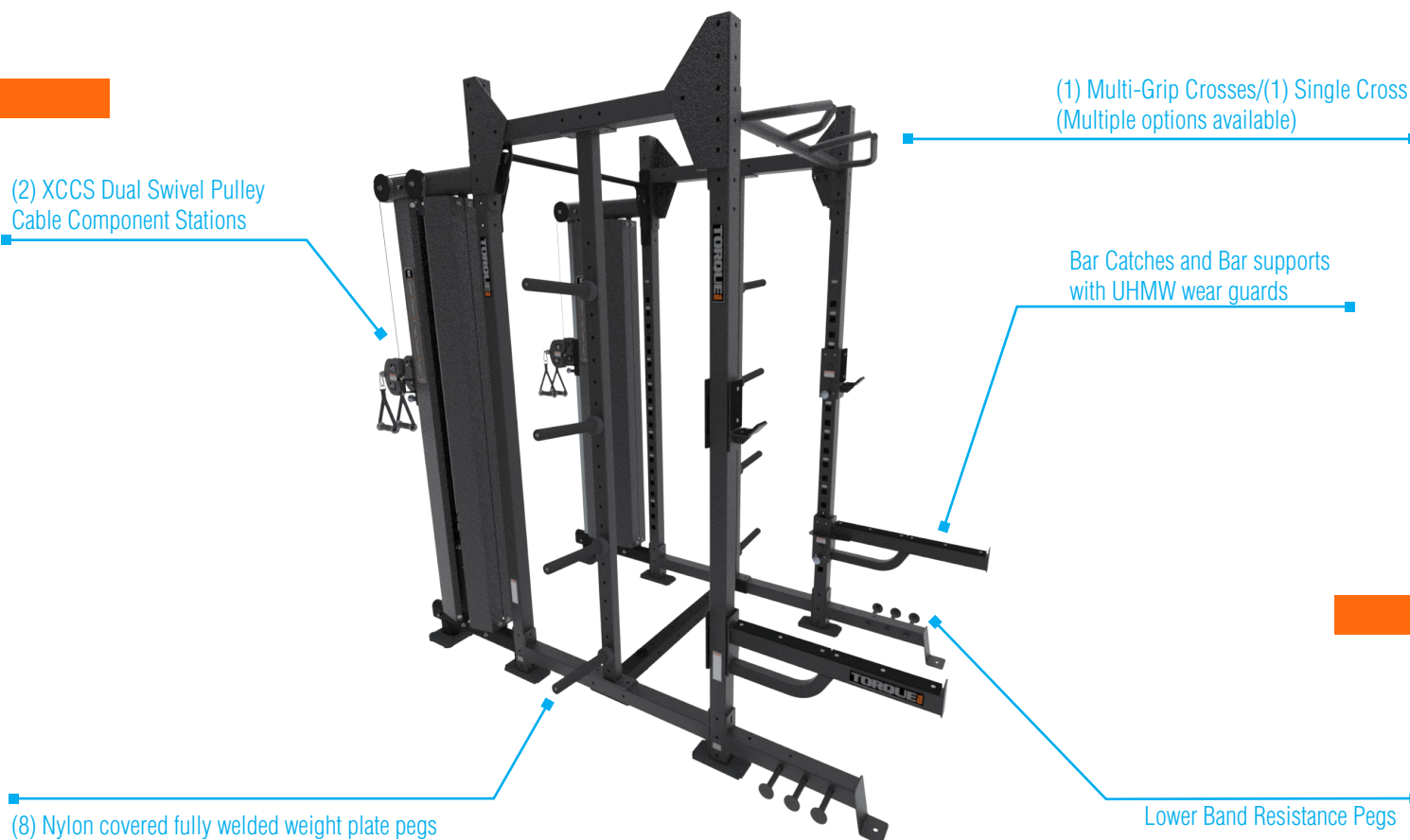
Model number	XERT
Dimensions (L x W x H)	17.0" x 10.0" x 16.0" (43 cm x 25 cm x 41 cm)
Weight	45 lbs (21 kg)
Compatibility	X-Rack, X-Siege, X-Lab, X-Create, X-Cage, X-Gym
Warranty	10 year frame and welds/1 year parts

TOP VIEW

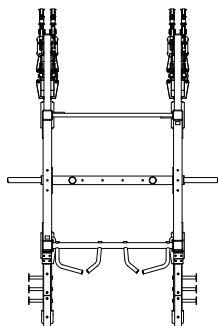


NOTE:

- Mountable in multiple ways to most Torque and other manufacturers strength systems.
- Some mounting locations require additional bracket options.
- Consult with Torque sales to ensure your system is compatible.
- Patent Pending

TORQUE USA**X-SIEGE****4 X 4 FOOT SIEGE STORAGE CABLE RACK
- X1 PACKAGE**

Model number	XSSC-4-4-X1
Footprint	52.3" x 99.3" (132 cm x 252 cm)
Height	Frame 107.1" (272 cm) Optional Ball Target 129.0" (328 cm)
Minimum Required Live Area	96" x 207" (243 cm x 525 cm)
Upright Height Options	9 ft (XRACK-9U) Only
Upright Color Options	Storm Grey, High Wear Red, Blue, Orange, and Platinum
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW**MAIN OPTIONS / SUBSTITUTIONS**

- BALL TARGET
- PULL-UP CROSSES
- DIP/STEP/ATTACHMENT ANCHOR
- UPPER BAND PEG ATTACHMENT
- UPRIGHT COLORS
- PLATFORM & INSERT
- GROUND ROTATIONAL TRAINER
- BATTLE ROPE ANCHOR
- ENDLESS ROPE
- FLYING PULL-UP

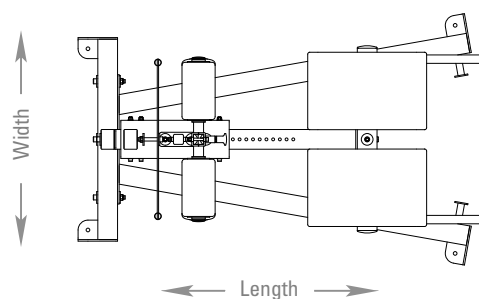


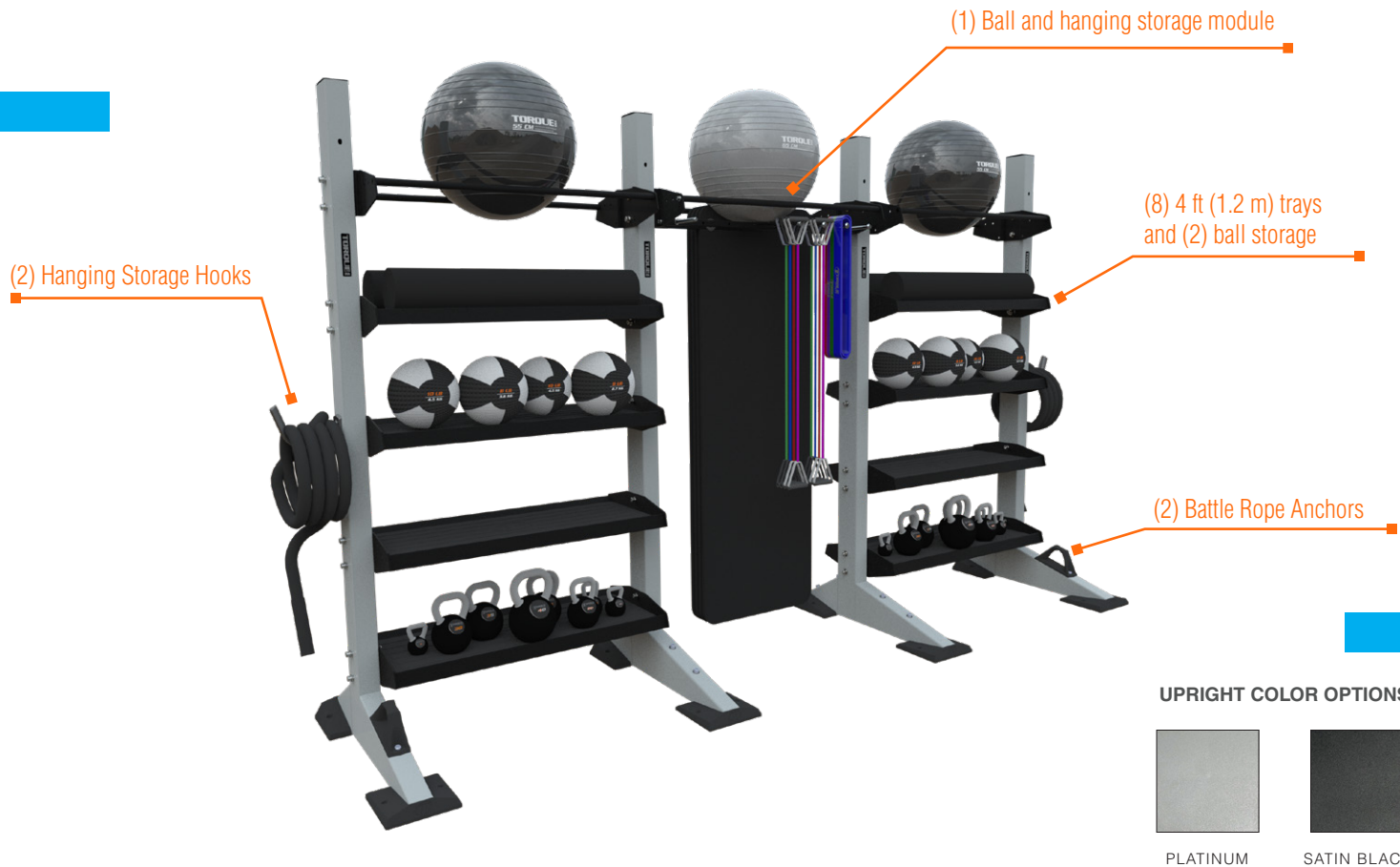
GLUTE-HAM DEVELOPER



Model number	XGHD
Footprint (L x W x H)	60.3" x 37.6" x 42.5" (153 cm x 96 cm x 108 cm)
Weight	203 lbs (92.1 kg)
Warranty	10 year frame and welds/1 year parts and finish

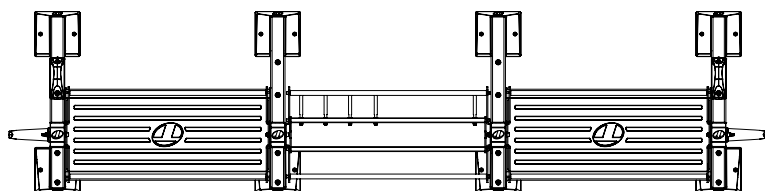
TOP VIEW





Model number	XCW-3M-SS
Footprint (L x W x H)	143.8" x 37.0" x 88.7 (365 cm x 94 cm x 225 cm)
Weight	728 lb (330 kg)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW

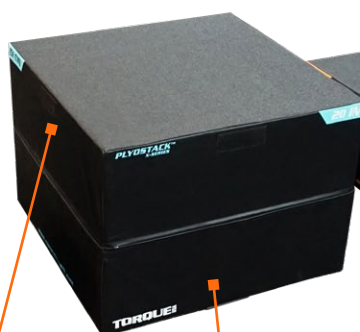


NOTE:

- Accessories shown are not included

30 oz. UV stabilized mildew-resistant expanded vinyl non-skid landing zones

All Foam construction consisting of a dense core and softer laminated foam on outside providing a stable base and safe landing surface



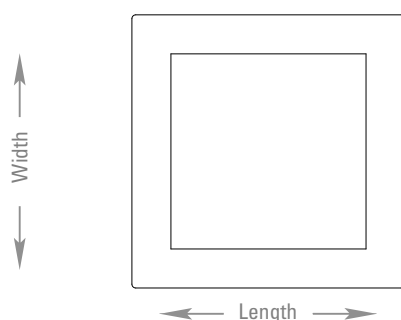
4-velcro interlocking heights of 6", 12", 20" & 24" (15 cm, 30 cm, 51 cm & 61 cm) providing 15 different height combinations

18 oz. UV stabilized Mildew-resistant non-expanded coated polyester vinyl zipper cover

Model number	XPSSI-6-24
Footprint (L x W x H)	28.0" x 28.0" x 62.0" (71 cm x 71 cm x 158 cm)
Weight	172 lbs (78.0 kg)
Warranty	1 year on materials and workmanship

Note: Also sold individually.

TOP VIEW



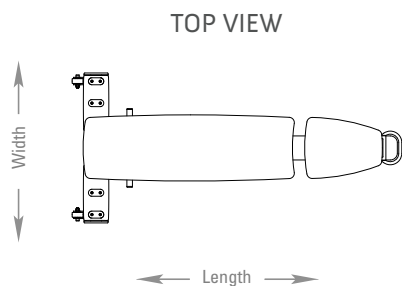
XPSI-06 = 6 in (15 cm); 14 lbs (6.4 kg)
 XPSI-12 = 12 in (30 cm); 33 lbs (15.0 kg)
 XPSI-20 = 20 in (51 cm); 56 lbs (25.4 kg)
 XPSI-24 = 24 in (61 cm); 69 lbs (31.3 kg)



FLAT-INCLINE BENCH



Model number	XFIB
Footprint (L x W x H)	59.1" x 27.0" x 18.0" (150 cm x 69 cm x 46 cm)
Weight	105 lbs (47.6 kg)
Warranty	10 year frame and welds/1 year parts and finish



XC-3MAPI

The 3-Module Accessory Package includes all the tools required to train up to 8 individuals at one time. This pairs well with any X-Create system with 3 Storage Modules like the one shown on the right. Torque recommends a 600 ft² (55.7 m²) training area for this package.

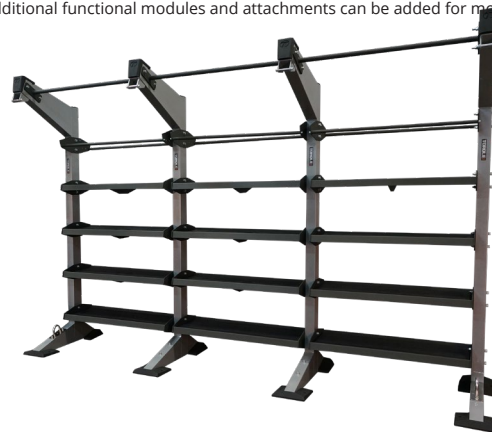
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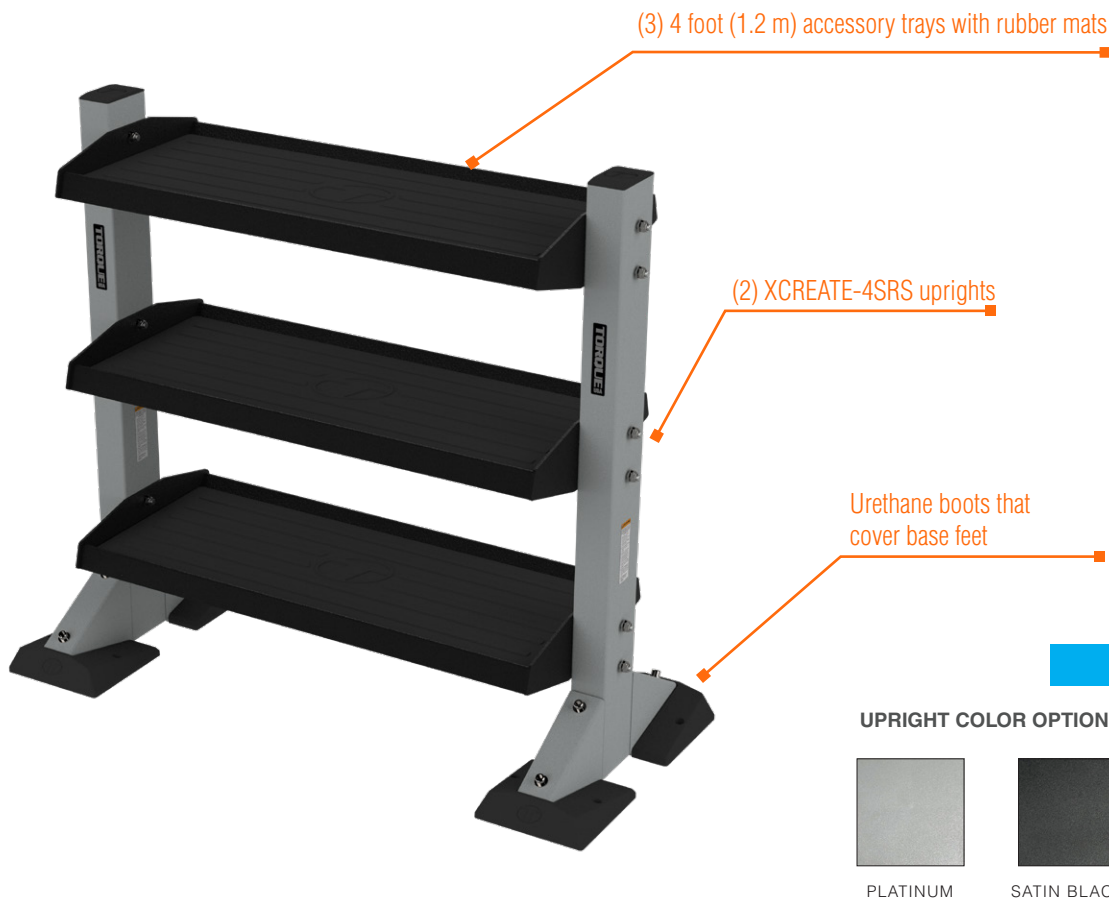
* See below for actual accessories included.

XCSW-3M

The X-CREATE 3-Module Storage/Suspension system below is designed to hold this accessory package. Additional functional modules and attachments can be added for more diverse training.

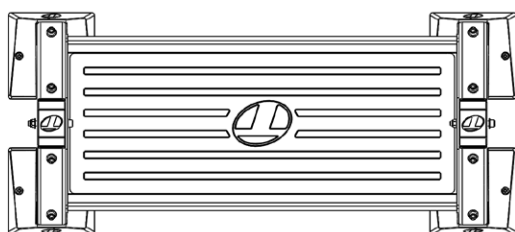


P/N	DESCRIPTION	QUANTITY
DBRH-10LB/4.5KG	DUMBBELL, RUBBER HEXAGON - 10 LB/4.5 KG	4
DBRH-15LB/6.8KG	DUMBBELL, RUBBER HEXAGON - 15 LB/6.8 KG	4
DBRH-20LB/9.1KG	DUMBBELL, RUBBER HEXAGON - 20 LB/9.1 KG	4
DBRH-25LB/11.3KG	DUMBBELL, RUBBER HEXAGON - 25 LB/11.3 KG	4
DBRH-30LB/13.6KG	DUMBBELL, RUBBER HEXAGON - 30 LB/13.6 KG	4
DBRH-35LB/15.9KG	DUMBBELL, RUBBER HEXAGON - 35 LB/15.9 KG	4
CBT-20	TORPEDO BAG, 20 LB/9.1 KG TORQUE	1
CBT-40	TORPEDO BAG, 40 LB/18.2 KG TORQUE	1
CS	CORE SLIDES (QUANTITY 2)	2
XPP-12	PLYOPROTECT, 12 IN (30 CM)	2
XPP-18	PLYOPROTECT, 18 IN (46 CM)	2
SBTP-55	STABILITY BALL, 55 CM TORQUE PRO - SILVER	2
SBTP-65	STABILITY BALL, 65 CM TORQUE PRO - BLACK	2
RHDT-6-36	ROLLER, HIGH DENSITY FOAM TORQUE - 6 X 36 INCHES	8
KBTC-8KG/18LB	KETTLEBELL, TORQUE CAST IRON - 8 KG/17.6 LB	6
KBTC-12KG/26LB	KETTLEBELL, TORQUE CAST IRON - 12 KG/26.4 LB	6
KBTC-16KG/35LB	KETTLEBELL, TORQUE CAST IRON - 16 KG/35.2 LB	6
KBTC-20KG/44LB	KETTLEBELL, TORQUE CAST IRON - 20 KG/44.1 LB	4
KBTC-24KG/53LB	KETTLEBELL, TORQUE CAST IRON - 24 KG/52.9 LB	4
KBTC-28KG/62LB	KETTLEBELL, TORQUE CAST IRON - 28 KG/61.7 LB	2
KBTC-32KG/70LB	KETTLEBELL, TORQUE CAST IRON - 32 KG/70 LB	2
KBTC-36KG/80LB	KETTLEBELL, TORQUE CAST IRON - 36 KG/80 LB	2
KBTC-40KG/88LB	KETTLEBELL, TORQUE CAST IRON - 40 KG/88 LB	2
WBT-6LB/2.7KG	WALL BALL, 6 LB/2.7 KG TORQUE	2
WBT-8LB/3.6KG	WALL BALL, 8 LB/3.6 KG TORQUE	2
TBR-CN30	TORQUE BATTLE ROPE, NYLON COVER 1.5 INCHES (38.1 mm) X 30 ft (9.1 m)	2
TSLB-1	STRENGTH LOOP BAND, TORQUE #1 5-35 LB 41 INCH (RED)	2
TSLB-2	STRENGTH LOOP BAND, TORQUE #2 10-60 LB 41 INCH (PURPLE)	2
TSLB-3	STRENGTH LOOP BAND, TORQUE #3 25-80 LB 41 INCH (GREEN)	2
TRQ-STRAPS-BLUE	PRO SUSPENSION STRAPS	3
HMT-24-72	HANGING MAT, TORQUE .59 X 72 X 24 IN (15 X 1830 X 610 MM)	6
AL-15-9	AGILITY LADDER, 12 IN (4.6 M) 9 RUNG	1
AC-2Y-12	AGILITY CONES, 2" (5 CM) HIGH YELLOW (SET OF 12)	1
JR-8FH	JUMP ROPE, 8 FT (2.4 M) FOAM HANDLE - GREEN	3
JR-9FH	JUMP ROPE, 9 FT (2.7 M) FOAM HANDLE - RED	3
JR-10FH	JUMP ROPE, 10 FT (3.0 M) FOAM HANDLE - BLACK	3



Model number	XC4USR
Footprint (L x W x H)	54.2" x 23.6" x 48.0 (138 cm x 60 cm x 122 cm)
Weight	218 lb (99 kg)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



NOTE:

- The length of the tray is 41.6 in (106 cm)



20 KG

Specifications

15 KG

Product Code: 07XIB
Weight: 20 KG
Bar Diameter: 28.5 mm
Length: 2200 mm
Min. Tensile: 190,000 psi
Min. Yield: 175,000 psi

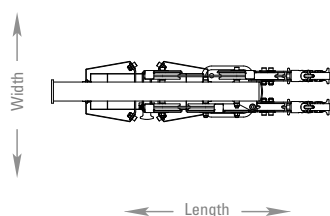
Sleeve Finish: Bright Zinc
Bar Finish: Black Zinc
Light Knurling
No Center Knurling
Olympic and Powerlifting Marks
Dual Oilite Bronze Bushings
Dual Snap Rings in Each Sleeve
Lifetime Warranty (* see details)

Product Code: 06XIB
Weight: 15 KG
Bar Diameter: 25.0 mm
Length: 2010 mm
Min. Tensile: 180,000 psi
Min. Yield: 165,000 psi



Model number	XCCS
Footprint (L x W x H)	29.0" x 7.1" x 94.8" (74 cm x 18 cm x 241 cm)
Weight	308 lbs (140 kg) incl. weight stack
Minimum Live Area	4' x 7' (1.2 m x 2.1 m)
Warranty	10 year frame and welds/1 year parts and finish

TOP VIEW



Note: The XCCS-103 is compatible with X-Labs, X-Racks (with either 8' or 9' uprights) or can be wall-mounted. Two stations can be paired on systems to create a cable-crossover that provides three different pulley widths.

TORQUE^{USA}

TRAINING ACCESSORIES



TORQUE FITNESS FUNCTIONAL AND WEIGHT TRAINING ACCESSORIES FOR INDIVIDUAL, SMALL GROUP, AND TEAM TRAINING.

INTERNATIONAL

**DON'T QUIT.
EVER.™**

Barbells

Torque straight urethane round Pro-Style barbells from 10 to 55 kg in 5 kg increments available as sets or as individuals feature precision ground diamond knurling finished in hard chrome.



Hex Dumbbells

Torque Urethane Pro-Style dumbbells are available 2.5 - 25 kg sets and 27.5-50 kg sets and as individual sizes.. The dumbbells include a single molded head design and a precision knurled handle.



Torque Fitness also offers storage solution and packages for barbells and dumbbells. Contact us and we can help recommend what you will need.



Hex Dumbbells

Rubber hex head dumbbells with fully welded sand-blasted cast heads are available in six weights ranging from 2.3 - 45.4 kg.

Aerobic Dumbbells

Torque Aerobic Dumbbells have an extra thick neoprene coating with a slightly soft and textured grip making them easy to hold even when palms get sweaty. Sets include, 1 kg - 5 kg weights.

Rubber Grip Plates

The Rubber Grip Plates have a large comfortable grip and are available in 1.25, 2.5, 5, 10, 15, 20, and 25 kg weights. The stainless steel hubs are hydraulically pressed into permanent position to prevent surface damage to plates and bars.

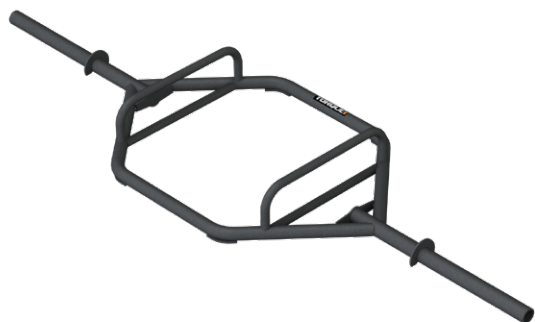


Bumper Plates

Torque Colored Bumper Plates are available in 5, 10, 15, and 20 kg weight, provide a dead bounce, include a molded-in reinforced hub and have been tested to withstand 8000 drops from 6 feet (1.8 m).



Torque Fitness offers stand-alone and integrated system storage solutions for weight plates and bumpers. Contact us and we can help recommend what you will need.



Hex Bar

The Torque 7 foot (2.3 m) Hex Olympic Bar features durable fully welded construction. The versatile dual-handle design allows athletes to switch grips by simply flipping the bar over.



Collars

Easy to use spring collars are available for the standard Olympic bars and high impact nylon collars with a cam locking mechanism designed to stay put during drops are available for our X-Series training bars.

WEIGHT

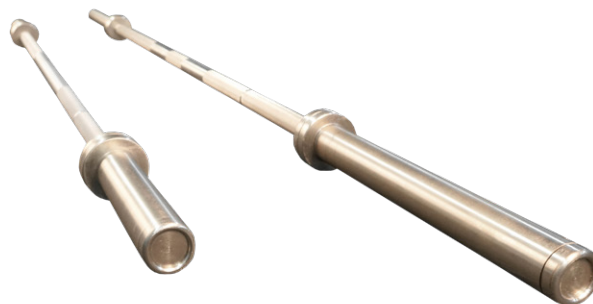
Short Olympic Bar

Our 5' (153 cm) Standard Olympic Bar, while not long enough to fit most racks, is great for arm curl benches or Olympic movements when you are short on space. At 11.9 kg in weight, the bar is rated to 220 kg.



Standard Olympic Bars

Our standard 6' (184 cm) and 7' (220 cm) 32 mm diameter Olympic bars feature hard chrome, are rated to 1500 lbs (680 kg), and pair well with grip plates.



Torque Fitness supplies racks and rigs that integrate functional and free weight training, saving space and your investment. Call us and we can provide recommendations based on your needs in your facility.



EZ Curl Bar

Our 1.2 m 28.0 mm diameter EZ curl bar fits all of our Olympic sized plates, has a medium knurl, rotates freely on bearings, and is coated with hard chrome.



X-Series Bars

X-Series Olympic bars are designed to handle repeated drops. The 20 kg - 190,000 psi/28.5 mm dia, and the 15 kg - 180,000 psi/25.0 mm dia tensile strength bars are finished in black and clear zinc.

WEIGHT

Torpedo Bags

Torque Torpedo Bags are a challenging alternative to traditional strength training products, allowing you to train for balance, plyometrics, rotational movements, and Olympic lifts. 4.5 kg (10 lb) - 22.7 kg (50 lb)



Stability Balls

Torque Pro Stability Balls are available in 55 cm (silver) and 65 cm (black) sizes, and include an air pump and nozzle.



Torque Fitness has functional group training systems for integrated use with and storage for all the functional training accessories. Accessory packages are available that will provide everything you need to get off to a great start with small group and team training.



Strap Handles

Torque's premium custom designed short strap handles feature heavy duty yet soft feel nylon webbing, a glass reinforced nylon handle that has beveled edges for smooth rotation and an over-molded rubber T-Grip for a secure and comfortable hold.



Foam Roller

Our closed cell foam 15.2 cm (6 in diameter) x 91.4 cm (36 inch) roller stimulates blood flow, improves circulation to the body's soft tissues and lengthens and loosens tight muscles.

FUNCTIONAL

Medicine Balls

Our medicine balls are a versatile total body training tool helping you to develop muscular strength, endurance, power, stability, and joint integrity. Available in 1.8 kg (4 lb), 2.7 kg (6 lb), 3.6 kg (8 lb), 4.5 kg (10 lb), and 5.5 kg (12 lb), they feature durable rubber construction with a high grip texture.



Slam Balls

Torque Slam Balls are built to absorb the energy of a slam with zero bounce. The sand-filled center shifts during throws which engages core and stabilizing muscles. The textured cover has a pliable and tacky surface making it easy to grasp and throw making it perfect for floor slams. Available in 4.5 kg (10 lb) - 20.5 kg (45 lb) weights in 2.3 kg (5 lb) increments.



Torque Fitness has functional group training systems for integrated use with and storage for all the functional training accessories. Accessory packages are available that will provide everything you need to get off to a great start with small group and team training.



Wall Balls

The pliable soft-shell construction and balanced uniform weight of these balls make it easy to catch and throw. Comprised of heavy-duty vinyl-coated nylon, the wall balls remain dimensionally stable and balanced over time.



Mobility Ball

The 63 mm Lacrosse/Mobility ball is great for breaking up muscle knots and hard to reach trigger points.

FUNCTIONAL

Hanging Mat 1

Our foam hanging mat 1 at 5/8 inch (15 mm) thick provides cushioning for floor based exercises and up to 8 can be hung from Torque systems or rolled. 183 cm x 58 cm x 1 cm.



Hanging Mat 2

Our premium club quality hanging exercise mat 2 at 5/16 inch (8 mm) thick bridges the gap between our thick foam 5/8 inch (15 mm) Hanging Mat 1 and traditional yoga mats while providing added durability due to the TPE material. Up to 16 can be hung from X-Create Ball and Hanging Storage Modules.



Torque Fitness has functional group training systems for integrated use with and storage for all the functional training accessories. Accessory packages are available that will provide everything you need to get off to a great start with small group and team training.



Handled Power Tubes

The dual-handled power tubes feature a comfortable ergonomic grip with flared ends for smooth rotation. The power tubes are available in four different resistance levels and are encased in a protective nylon sleeve.

Strength Loop Bands

The 104 cm (41 inch) Torque Strength Loop Bands feature sturdy seamless constructions and are color-coded for easy identification. The Strength Bands are a versatile tool and can be used in a wide range of applications.

FUNCTIONAL

Tripleplyo™

Our TRIPLEPLYO™ provides heights of 51 cm, 61 cm and 76 cm is the perfect tool for plyometric training. The dense foam provides a safe padded surface to jump on and the unique grabber material makes your feet stick on every jump. At 25 kg, the box stays put.



Plyostack™

The Torque PLYOSTACK™ set includes a 15, 30, 50, and 61 cm height padded box that provides fifteen height combinations. Velcro tabs keep each 71 x 71 cm box securely linked when stacked and premium dual foam, heavy weight vinyl and grabber material on landing surfaces make them stand apart.



Torque Fitness has functional group training systems for integrated use with and storage for all the functional training accessories. Accessory packages are available that will provide everything you need to get off to a great start with small group and team training.



Plyoprotect

Our smaller 46 x 46 cm non-stacking plyoprotect boxes include grabber material on top and bottom and are available in 30 and 46 cm heights.



Core Slides

Our 17 cm low-friction non-marking convex slides allow you to engage your core on virtually any surface. Sold as a pair.

FUNCTIONAL

Kettlebells

Our solid cast kettlebells are constructed as a one-piece solid casting and painted black for years of durability. The kettlebells are sold in 4 kg increments from 4 kg to 40 kg and are color-coded for easy identification.



Battle Ropes

The Torque premium nylon covered 38 mm (1.5 inch) diameter nylon covered battle ropes are available in 9.1 m (30 ft) and 15.2 m (50 ft) lengths and are a great tool for metabolic and strength training.



Torque Fitness has functional group training systems for integrated use with and storage for all the functional training accessories. Accessory packages are available that will provide everything you need to get off to a great start with small group and team training.



Jump Ropes

Our Jump Ropes are constructed with durable PVC rope, ball bearing swivels and foam grips on nylon handles. Sizes include 8 ft (2.4 m), 9 ft (2.7 m) and 10 ft (3.0 m) to fit athletes of all heights.



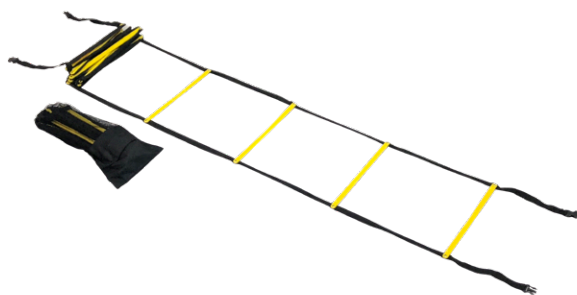
100 lb Heavy Bag

Torque's innovative bag has a high density molded foam core that ensures a more even striking surface and equal density throughout. Includes three target zones that improve an athlete's accuracy and allows for combination drills.

FUNCTIONAL

Agility Ladder

Develop fast feet with our 15 ft (4.6 m) long x 16.5 in (42 cm) wide 9-rung agility ladder. The fixed rungs save set-up time and clips allow you to connect multiple ladders together.



Agility Cones

Create infinite training patterns to develop overall agility and balance. The set of 12 stacking 7.5 in (19 mm) diameter yellow cones are made of pliable PVC and their low profile 2 in (5 cm) height resist damage from foot strikes.



Torque Fitness has functional group training systems for integrated use with and storage for all the functional training accessories. Accessory packages are available that will provide everything you need to get off to a great start with small group and team training.

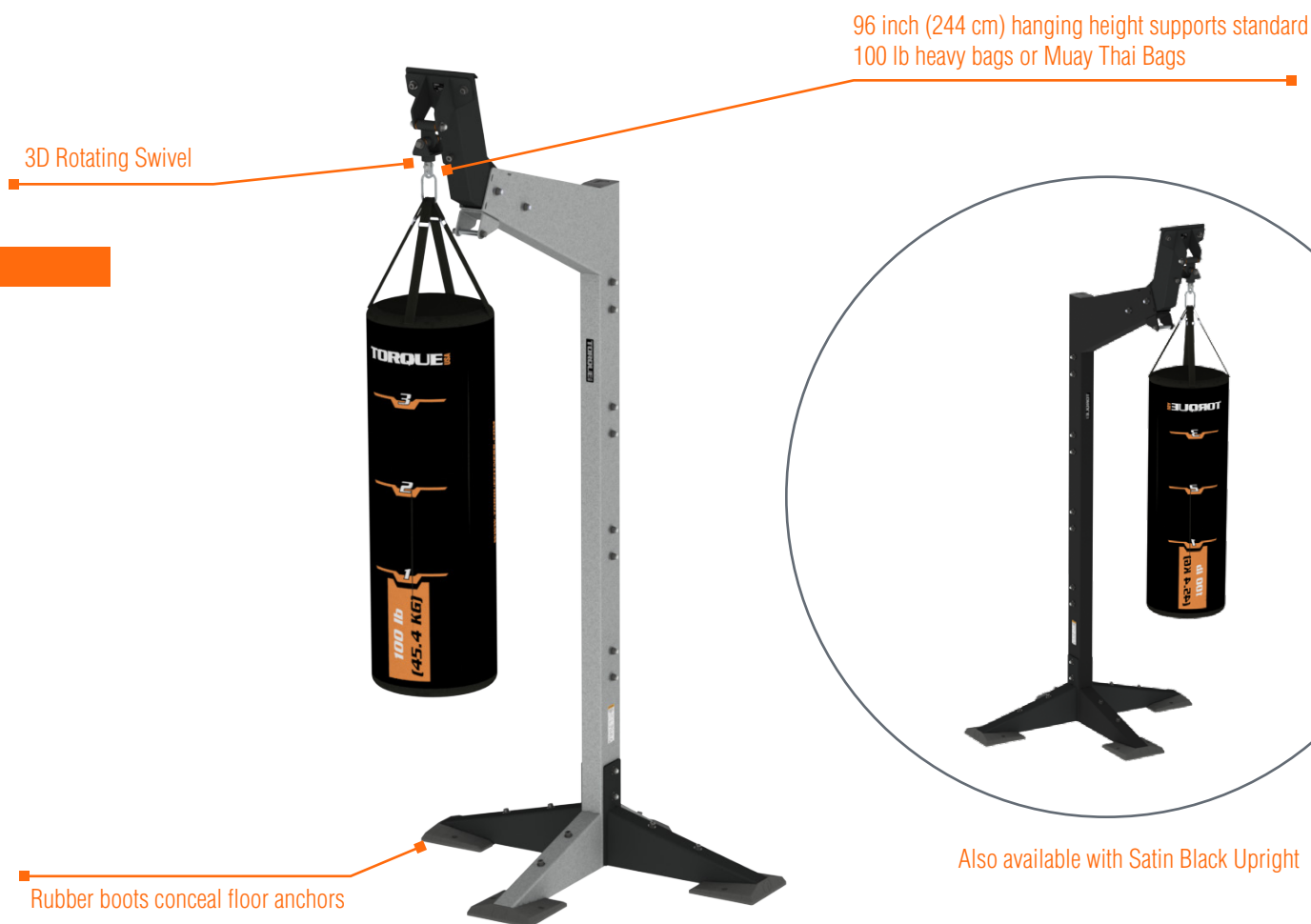


Pro Suspension Straps

The split anchor and modular component design also allows you to use the Pro Suspension System in a variety of ways, perform more exercises, and have two people per set of straps if needed for group training.

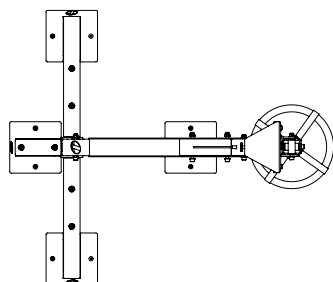
FUNCTIONAL

HEAVY BAG STAND



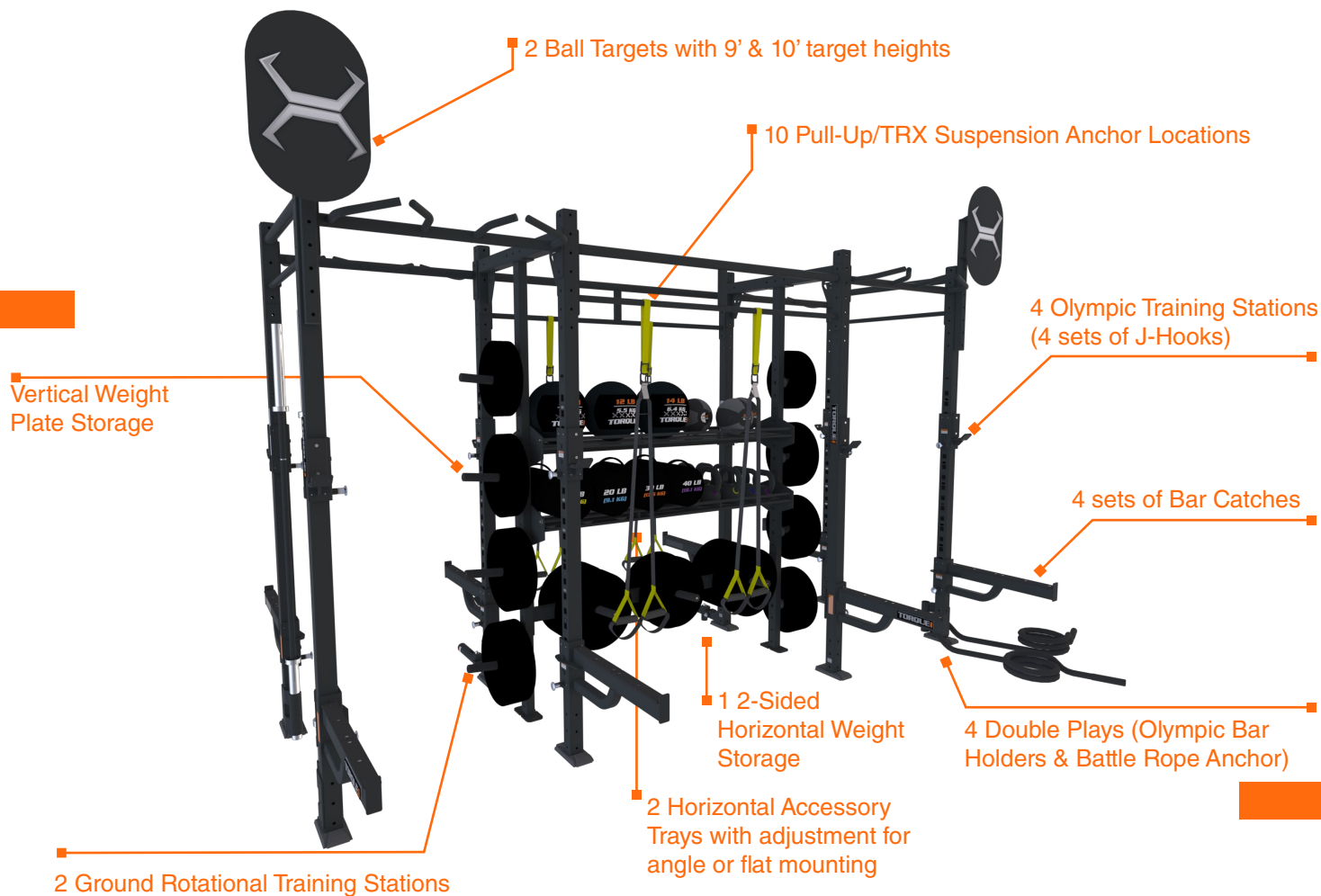
Model number	XCW-HBS
Footprint (L x W x H)	36.8" x 49.1" x 107.8" (93 cm x 125 cm x 274 cm)
Minimum Required Live Area	8' x 8' (2.4 m x 2.4 m)
Warranty	10 year frame and welds/1 year parts and finish

TOP VIEW



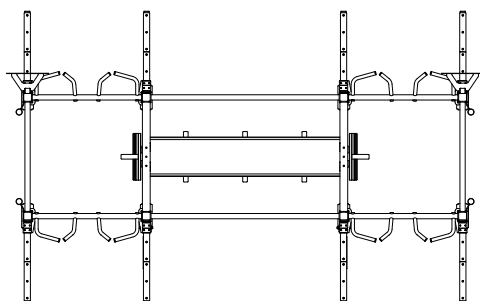
Note: Must be anchored securely to concrete floor. Mounting hardware is not included.

Torque Heavy bag available but not included.



Model number	XRS-4-14-X1
Footprint	168.9" x 53.5" (429 cm x 136 cm)
Height	Frame: 107.1" (272 cm) Ball Target: 126.7" (322 cm)
Minimum Required Live Area	19' x 12' (5.8 m x 3.7 m)
Upright Height Options	9 ft (XRACK-9U) Standard; Optional 8 ft (XRACK-8U)
Upright Color Options	Storm Grey, High Wear Red, Blue, Orange, and Platinum
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



Note: Accessories shown are not included; X-Racks are required to be bolted to a concrete sub-floor

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TORQUE^{USA}

TRAINING ACCESSORIES



TORQUE FITNESS FUNCTIONAL AND WEIGHT TRAINING ACCESSORIES FOR ANYTIME FITNESS INDIVIDUAL, SMALL GROUP, AND TEAM TRAINING.

NORTH AMERICA

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Accessory Packages

Torque makes outfitting your gym easy with packages available for sets of individual accessories designed to fit on Torque storage trays as well as group functional training packages designed to fit on our training systems. See our Accessory Package Brochure.



Rubber Grip Plates

Tri-spoked Grip Plates have a large comfortable grip and are available in 2.5, 5, 10, 25, and 45 lb weights. The stainless steel hubs are hydraulically pressed into permanent position to prevent surface damage to plates and bars. Available in both Rubber and Urethane.



Torque Fitness offers stand-alone and integrated system storage solutions for weight plates and bumpers. Contact us and we can help recommend what you will need.



Black Bumper Plates

Torque Alpha bumpers have a proprietary chemical coating on the molded in steel reinforced hubs making them even more durable than our standard bumpers. Raised lettering and a smooth finish give them a premium look.

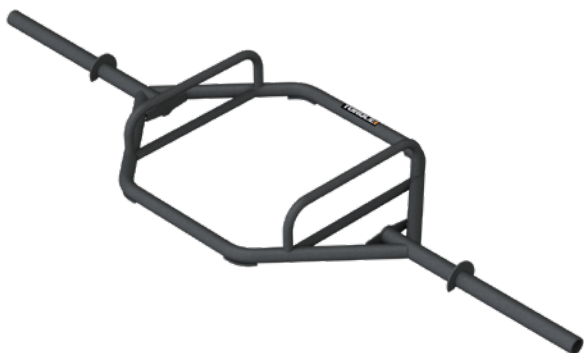
Colored Bumper Plates

Torque colored bumpers bring energy to any workout room and make weight identification easy. With the same features as the black, the bumpers have been tested for 8000 drops from 6 feet.

WEIGHT

Hex Bar

The Torque 7 foot (2.3 m) Hex Olympic Bar features durable fully welded construction. The versatile dual-handle design allows athletes to switch grips by simply flipping the bar over.



Hex Dumbbells

Rubber hex head dumbbells with fully welded sand-blasted cast heads are available in six weights ranging from 5 to 100 lb.



Torque Fitness is an Anytime Preferred Vendor and also offers storage solution and packages for barbells and dumbbells. Contact us and we can help recommend what you will need.



Collars

Easy to use spring collars are available for the standard Olympic bars and high impact nylon collars with a cam locking mechanism designed to stay put during drops are available for our X-Series training bars.



Aerobic Dumbbells

Torque Aerobic Dumbbells have an extra thick neoprene coating with a slightly soft and textured grip making them easy to hold even when palms get sweaty. Sets include, 2 lb - 12 lb weights.

WEIGHT

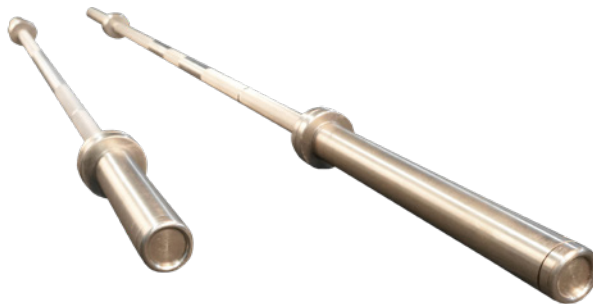
Short Olympic Bar

Our 5' (153 cm) Standard Olympic Bar, while not long enough to fit most racks, is great for arm curl benches or Olympic movements when you are short on space. At 11.9 kg in weight, the bar is rated to 220 kg.



Standard Olympic Bars

Our standard 6' (184 cm) and 7' (220 cm) 32 mm diameter Olympic bars feature hard chrome, are rated to 1500 lbs (680 kg), and pair well with grip plates.



Torque Fitness supplies racks and rigs that integrate functional and free weight training, saving space and your investment. Call us and we can provide recommendations based on your needs in your facility.



EZ Curl Bar

Our 4' (1.2 m) 28.0 mm diameter EZ Curl bar fits all of our Olympic sized plates, has a medium knurl, rotates freely on bearings, and is coated with hard chrome.



X-Series Bars

X-Series Olympic bars are designed to handle repeated drops. The 20 kg - 190,000 psi/28.5 mm dia, and the 15 kg - 180,000 psi/25.0 mm dia tensile strength bars are finished in black and clear zinc.

WEIGHT

Torpedo Bags

Torque Torpedo Bags are a challenging alternative to traditional strength training products, allowing you to train for balance, plyometrics, rotational movements, and Olympic lifts. 5 weights from 10 to 50 lb.



Stability Balls

Torque Pro Stability Balls are available in 55 cm (silver) and 65 cm (black) sizes and include an air pump and nozzle.



Torque Fitness has functional group training systems for integrated use with and storage for all the functional training accessories. Accessory packages are available that will provide everything you need to get off to a great start with small group and team training.



Kettlebells

Our solid cast kettlebells are constructed as a one-piece solid casting and painted black for years of durability. The kettlebells are available in weights ranging from 18 lb to 88 lb and are color-coded for easy identification.



Foam Roller

Our closed cell foam 15.2 cm (6 in diameter) x 91.4 cm (36 inch) roller stimulates blood flow, improves circulation to the body's soft tissues and lengthens and loosens tight muscles.

FUNCTIONAL

Medicine Balls

Our medicine balls are a versatile total body training tool helping you to develop muscular strength, endurance, power, stability, and joint integrity. Available in 4, 6, 8, 10, and 12 lb, they feature a durable rubber construction with a high grip texture.



Slam Balls

Torque Slam Balls are built to absorb the energy of a slam with zero bounce. The sand-filled center shifts during throws which engages core and stabilizing muscles. The textured cover has a pliable and tacky surface making it easy to grasp and throw making it perfect for floor slams. Available in 10 - 45 lb weights in 5 lb increments.



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Wall Balls

The pliable soft-shell construction and balanced uniform weight of these balls make it easy to catch and throw. Comprised of heavy-duty vinyl-coated nylon, the wall balls remain dimensionally stable and balanced over time.



Mobility Ball

The 63 mm Lacrosse/Mobility ball is great for breaking up muscle knots and hard to reach trigger points.

FUNCTIONAL

Strap Handles

Torque's premium custom designed short strap handles feature heavy duty yet soft feel nylon webbing, a glass reinforced nylon handle that has beveled edges for smooth rotation and an over-molded rubber T-Grip for a secure and comfortable hold. These handles are also great for attaching to resistance bands and power bands.



Hanging Mat

Our premium hanging mat provides cushioning for floor based exercises and can be hung from Torque systems or rolled. 72 in x 23 in x .39 in.



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Handled Power Tubes

The dual-handled power tubes feature a comfortable ergonomic grip with flared ends for smooth rotation. The power tubes are available in four different resistance levels and are encased in a protective nylon sleeve.

Strength Loop Bands

The 104 cm (41 inch) Torque Strength Loop Bands feature sturdy seamless constructions and are color-coded for easy identification. The Strength Bands are a versatile tool and can be used in a wide range of applications.

FUNCTIONAL

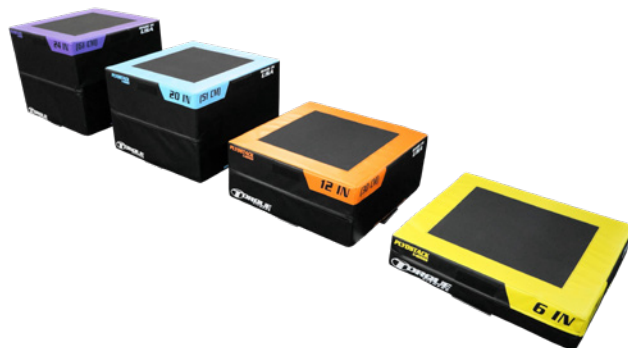
Tripleplyo™

Our TRIPLEPLYO™ provides heights of 20, 24, and 30 inches and is the perfect tool for plyometric training. The dense foam provides a safe padded surface to jump on and the unique grabber material makes your feet stick on every jump. At 25 kg, the box stays put.



Plyostack™

The Torque PLYOSTACK™ set includes a 6, 12, 20 and 24 inch height padded box that provides fifteen height combinations. Velcro tabs keep each 28 x 28 inch box securely linked when stacked and premium dual foam, heavy weight vinyl and grabber material on landing surfaces make them stand apart.



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Plyoprotect

Our smaller 18 x 18 inch non-stacking plyoprotect boxes include grabber material on top and bottom and are available in 12 and 18 inch heights.



100 lb Heavy Bag

Torque's innovative bag has a high density molded foam core that ensures a more even striking surface and equal density throughout. Includes three target zones that improve an athlete's accuracy and allows for combination drills.

FUNCTIONAL

Stackable Steps

Designed to stack, the steps are easily stored. The rounded corners reduce the risk of injury from rough edges. The non-slip top and non-skid bottom, with six rubber feet are additional safety features. Available in 4 inch (5 lbs.) or 6 inch (7 lb.) heights. These steps measure 26.5" in length and are 15.5" wide. Steps have a 250 lbs. weight capacity.



Core Slides

Our 6.75 inch low-friction non-marking convex slides allow you to engage your core on virtually any surface. Sold as a pair.



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Training Gloves

Our 16 oz synthetic Dura-Skin Training Gloves are machine molded with flexible latex rubber, have a velcro closure, heavy duty lining and are one size fits all.



Power Wheel

The Lifeline Power Wheel delivers a series of intense exercises that challenge your abs, obliques, back, hips and glutes. The heavy-duty wheel includes an adjustable toe/heel fastener.

FUNCTIONAL

TRX Club4 Suspension

Torque offers TRX commercial suspension trainers individually and in packages designed to outfit Torque Systems. Included with each are a TRX Pro Suspension Trainer, and Xtender strap, carrying bag and a wrench for the locking carabineer.



TRX Ripp

The Rip Trainer employs an innovative resistance cord system to create a variable, unbalanced load that enables you to develop core strength, explosive rotational power, flexibility and endurance.



Torque Fitness makes purchasing easy with packages of accessories that provide all the tools you need for Anytime Live Programming or to outfit Torque Functional and Storage Systems. Contact us for details.



Battle Rope

The Torque premium nylon covered 38 mm (1.5 inch) diameter nylon covered battle ropes are available in 9.1 m (30 ft) and 15.2 m (50 ft) lengths and are a great tool for metabolic and strength training.



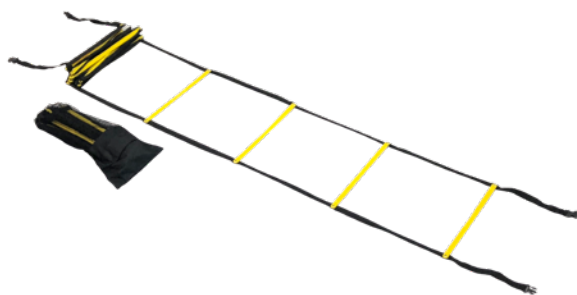
Jump Ropes

Our Jump Ropes are constructed with durable PVC rope, ball bearing swivels and foam grips on nylon handles. Sizes include 8 ft (2.4 m), 9 ft (2.7 m) and 10 ft (3.0 m) to fit athletes of all heights.

FUNCTIONAL

Agility Ladder

Develop fast feet with our 15 ft (4.6 m) long x 16.5 in (42 cm) wide 9-rung agility ladder. The fixed rungs save set-up time and clips allow you to connect multiple ladders together.



Agility Cones

Create infinite training patterns to develop overall agility and balance. The set of 12 stacking 7.5 in (19 mm) diameter yellow cones are made of pliable PVC and their low profile 2 in (5 cm) height resist damage from foot strikes.



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CrankIt Straps

The split anchor and modular component design also allows you to use the CrankIt system in a variety of ways, perform more exercises, and have two people per set of straps if needed for group training.



Inertia Wave Pro

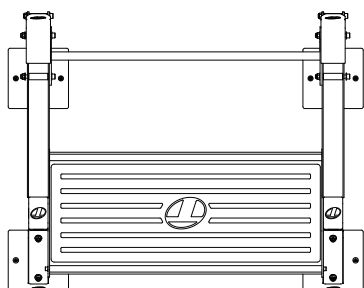
The Inertia Wave is a portable or stationary metabolic conditioning device designed to engage your entire body and strengthen your core. The Inertia Wave is the evolution of the traditional battle ropes.

FUNCTIONAL



Model number	XCSW-1M
Footprint	36.7" x 53.9" (93 cm x 136 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 8.5' (3.37 m x 2.59 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MAIN OPTIONS / SUBSTITUTIONS

- BALL TARGET
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO ATTACHMENT
- STALL BARS
- BALL TARGET WALL
- MONKEY BAR CONFIGURATIONS
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE
- ROCK CLIMBING GRIPS

NOTE: X-Create systems are required to be bolted to a concrete sub-floor.

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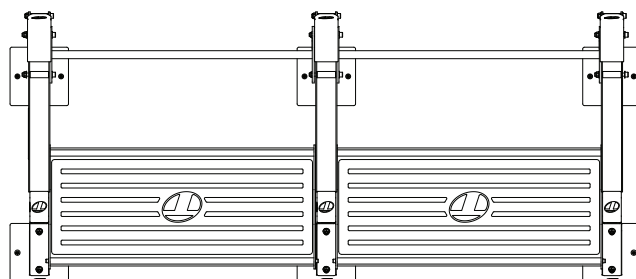
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Model number	XCSW-2M
Footprint	36.7" x 99" (93 cm x 251 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 12.3' (3.37 m x 3.75 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MAIN OPTIONS / SUBSTITUTIONS

- BALL TARGET
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO ATTACHMENT
- STALL BARS
- BALL TARGET WALL
- MONKEY BAR CONFIGURATIONS
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE
- ROCK CLIMBING GRIPS

NOTE: X-Create systems are required to be bolted to a concrete sub-floor.

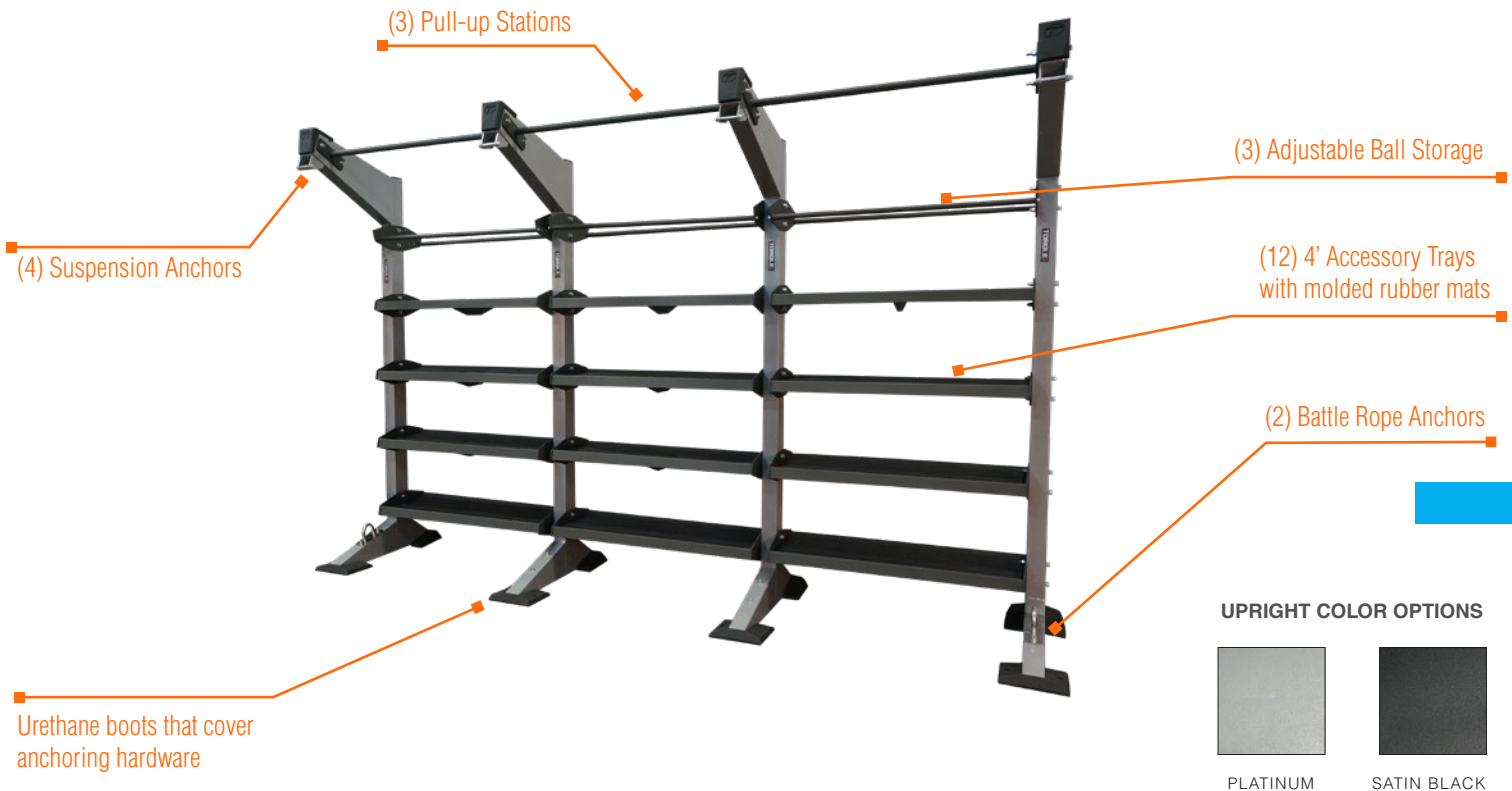
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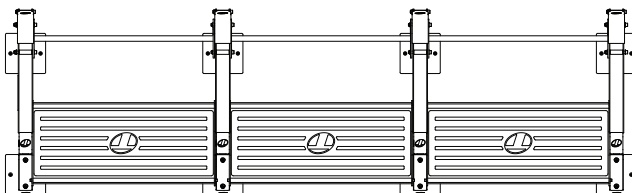
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Model number	XCSW-3M
Footprint	36.7" x 144.1" (93 cm x 366 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 16.0' (3.37 m x 4.88 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MAIN OPTIONS / SUBSTITUTIONS

- BALL TARGET
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO ATTACHMENT
- STALL BARS
- BALL TARGET WALL
- MONKEY BAR CONFIGURATIONS
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE
- ROCK CLIMBING GRIPS

NOTE: X-Create systems are required to be bolted to a concrete sub-floor.

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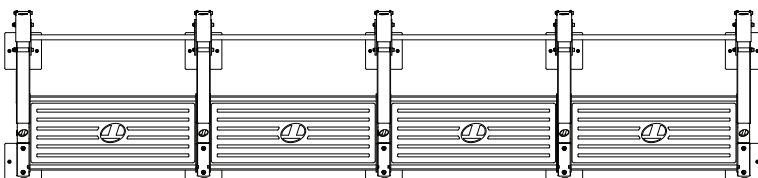
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Model number	XCSW-4M
Footprint	36.7" x 189.1" (93 cm x 480 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 19.8' (3.37 m x 6.04 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MAIN OPTIONS / SUBSTITUTIONS

- BALL TARGET
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO ATTACHMENT
- STALL BARS
- BALL TARGET WALL
- MONKEY BAR CONFIGURATIONS
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE
- ROCK CLIMBING GRIPS

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UPRIGHT COLOR OPTIONS



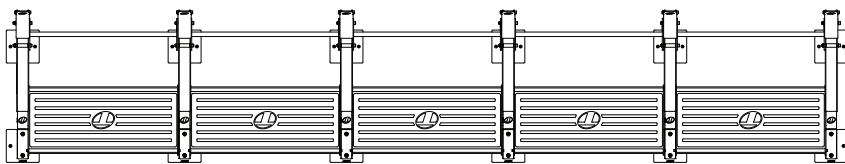
PLATINUM



SATIN BLACK

Model number	XCSW-5M
Footprint	36.7" x 234.2" (93 cm x 594 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 23.5' (3.37 m x 7.16 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MAIN OPTIONS / SUBSTITUTIONS

- BALL TARGET
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO ATTACHMENT
- STALL BARS
- BALL TARGET WALL
- MONKEY BAR CONFIGURATIONS
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE
- ROCK CLIMBING GRIPS

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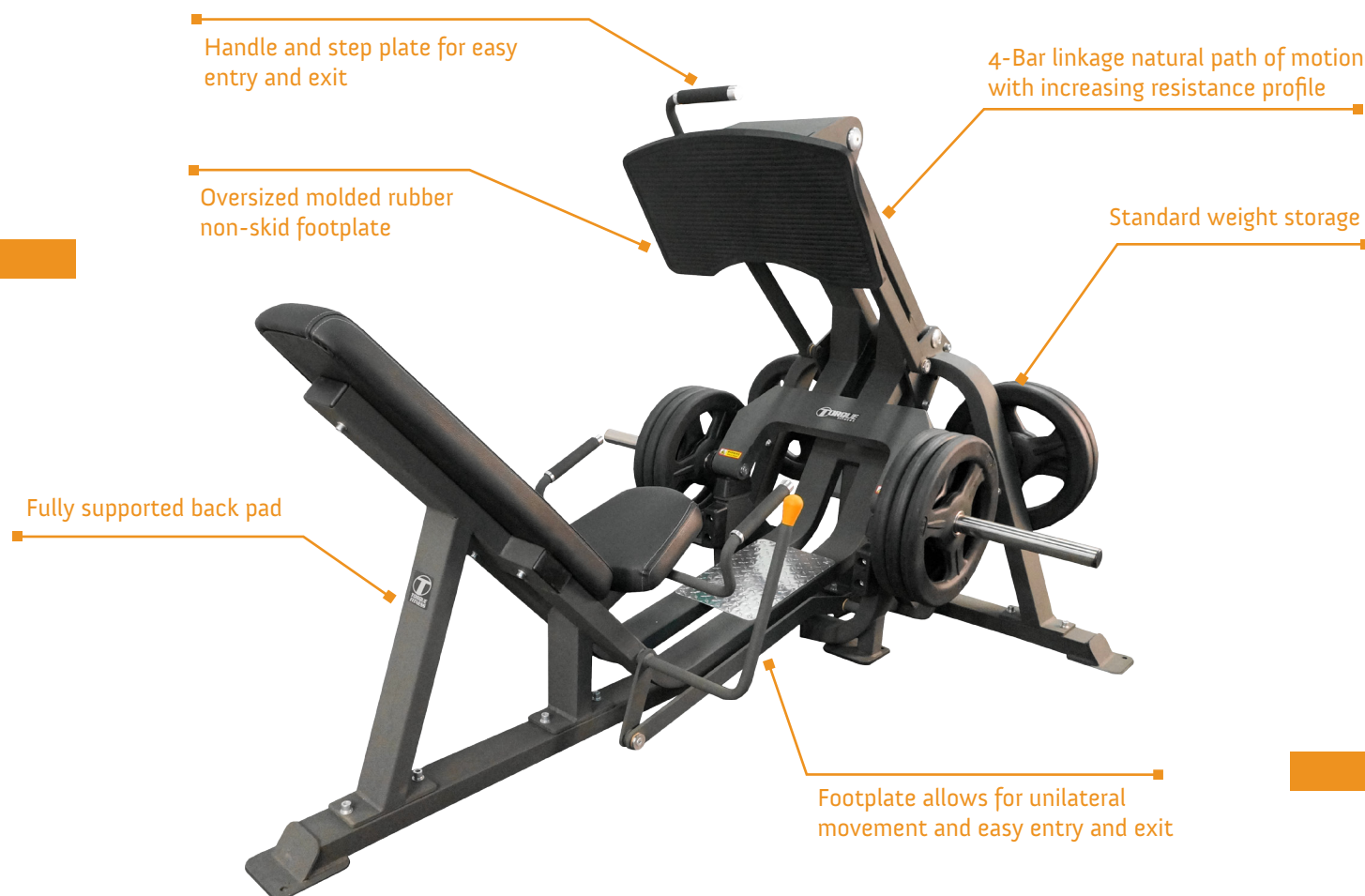
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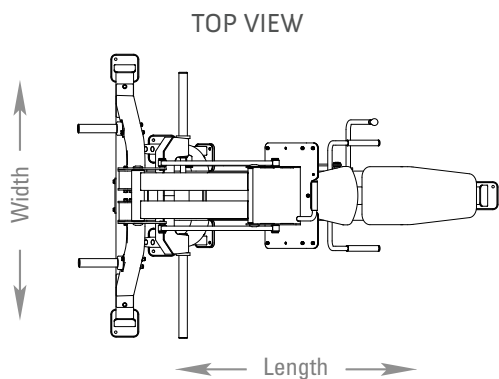
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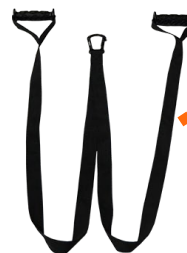
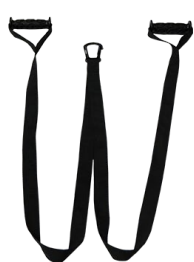
PLATE LOADED LEG PRESS



Model number	XPLL
Footprint	94.1" x 63.4" (239 cm x 161 cm)
Height	50.7" (129 cm)
Warranty	10 year frame and welds/1 year parts/90 days misc.



TANK GROUP ACCESSORY KIT



Two V-Strap Handles

One nylon drawstring bag to store V-Strap Handles and Harnesses



Two 30' Tow Ropes with Quick Attach Carabiners



Two Padded Waist Harnesses with Tow Straps

Model number	XTGAK
Weight	45 lbs (20.4 kg)
Included in kit	(2) V-Strap Handle Assy, (2) Waist Harness Assy, (2) Tow Ropes, (1) Drawstring Bag.

Removable Performance Handles for storage and transportation with custom molded grips on high and mid-handle positions.

Weight horn for traction and for keeping rear wheels down

Adjustable and frictionless magnetic brake system that increases resistance with speed

Outdoor UV resistant powder coat paint

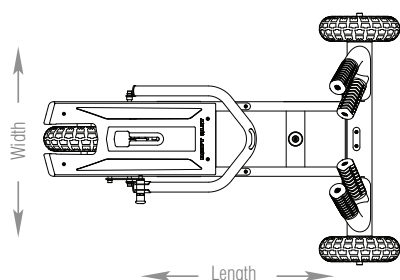
Adjustable Push/Pull Bar can be used with V-Strap Handles and Tow Rope and can be used for a low handle position to push the M1 in reverse.

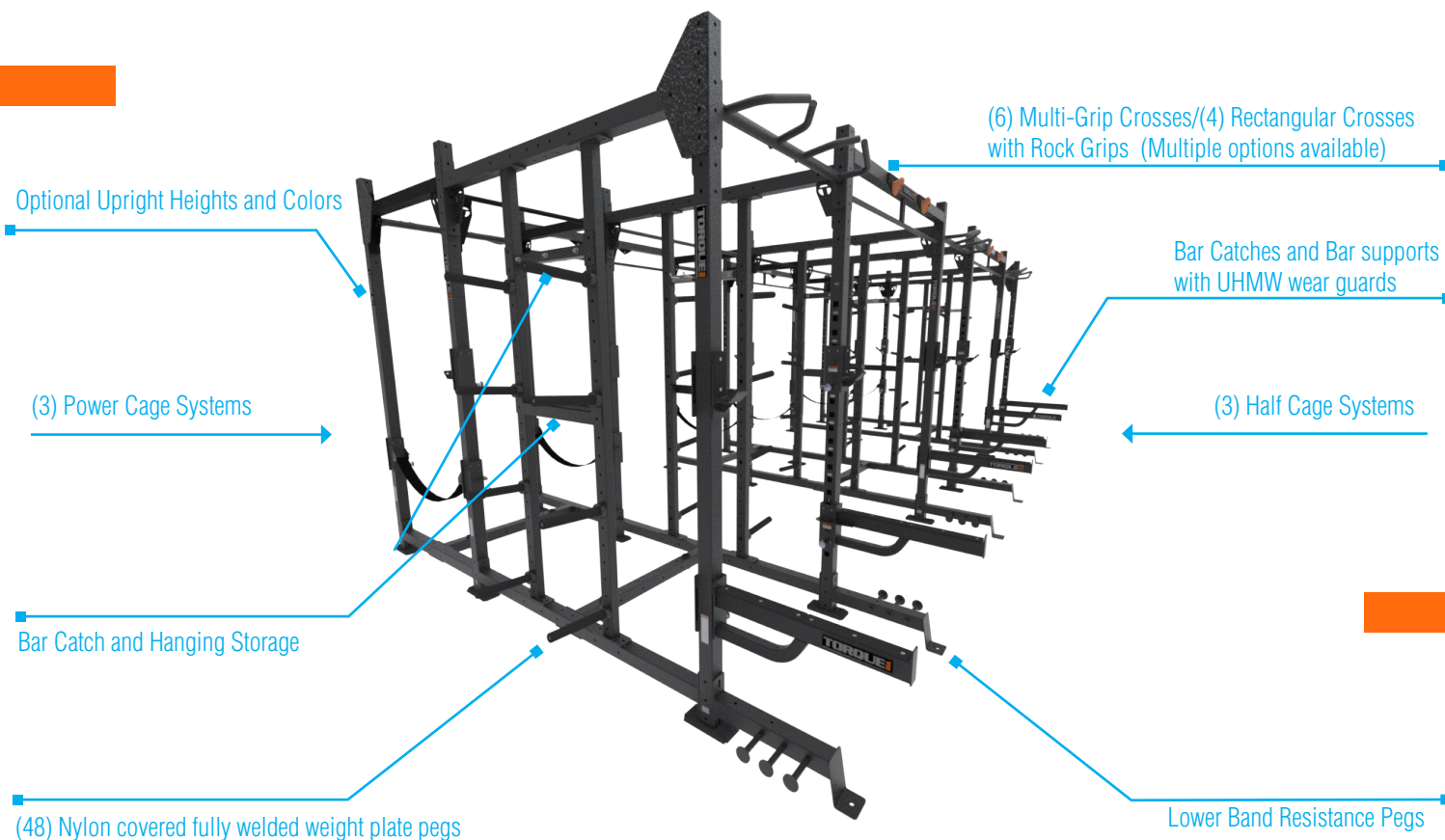


Model number	XTM1-RPH
Footprint (L x W x H)	45.1" x 31.9" x 37.5" (115 cm x 81 cm x 95 cm)
Weight	67 lbs (30.4 kg)
Warranty	10 year frame and welds/1 year parts and finish/90 days grips and optional accessories

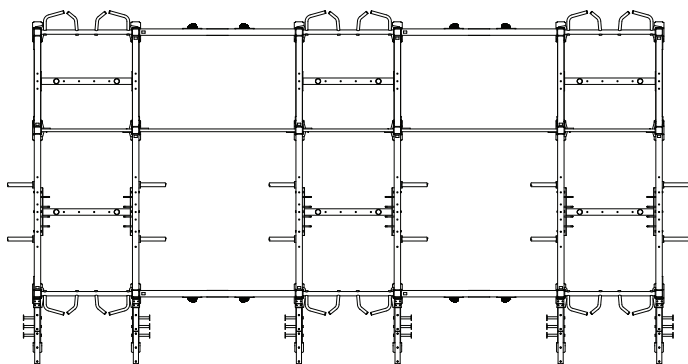
Note: 6.375" (162 mm) long weight horn can hold up to three 45 lb grip plates or two 45 lb bumper plates.

TOP VIEW



TORQUE USA**X-SIEGE****24 x 10 SIEGE FOOT STORAGE
COMBINATION RACK - X1 PACKAGE**

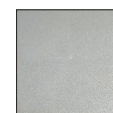
Model number	XSS-10-24-X1
Footprint	289.5" x 151.6" (735 cm x 385 cm)
Height	Frame 107.1" (272 cm) Optional Ball Target 129.0" (328 cm)
Minimum Required Live Area	336" x 206" (853 cm x 523 cm)
Upright Height Options	9 ft (XRACK-9U) Standard; Optional 8 ft (XRACK-8U)
Upright Color Options	Storm Grey, High Wear Red, Blue, Orange, and Platinum
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW**MAIN OPTIONS / SUBSTITUTIONS**

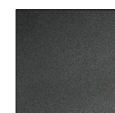
- BALL TARGET
- PULL-UP CROSSES
- DIP/STEP/ATTACHMENT ANCHOR
- UPPER BAND PEG ATTACHMENT
- UPRIGHT COLORS & 8' HEIGHT OPTION
- PLATFORM & INSERT
- GROUND ROTATIONAL TRAINER
- BATTLE ROPE ANCHOR
- ENDLESS ROPE
- FLYING PULL-UP
- HEAVY BAG ATTACHMENT



UPRIGHT COLOR OPTIONS



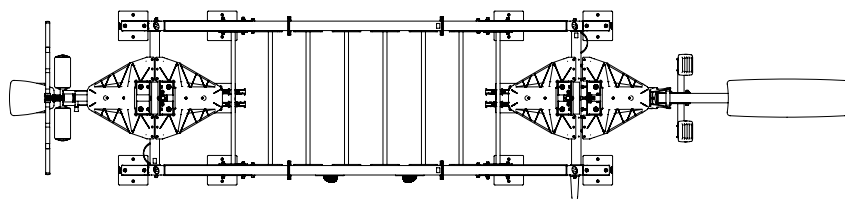
PLATINUM



SATIN BLACK

Model number	XCXSB-2M-13-X1
Footprint	259.4" x 54.3" (659 cm x 138 cm)
Height	Frame 101.8" (259 cm);
Minimum Required Live Area	11.5' x 25.6' (3.5 m x 6.6 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



INCLUDED MODULES

- (2) LIGHT CABLE COMPONENT MODULES
- (1) LAT PULldown MODULE
- (1) SEATED ROW MODULE

INCLUDED ATTACHMENTS

- (1) BATTLE ROPE ANCHOR
- (1) HANGING STORAGE HOOK
- (1) ROCK CLIMBING KIT

NOTE: X-Create systems are required to be bolted to a concrete sub-floor.
Accessories shown sold separately.

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XC-5MAPI

The 5-Module Accessory Package includes all the tools required to train up to 14 individuals at one time. This pairs well with any X-Create system with 5 Storage Modules like the one shown on the right. Torque recommends a 1000 ft² (92.9 m²) training area for this package.



* See below for actual accessories included.

XCSW-5M

The X-CREATE 5-Module Storage/Suspension system below is designed to hold this accessory package. Additional functional modules and attachments can be added for more diverse training.



P/N	DESCRIPTION	QUANTITY
DBRH-10LB/4.5KG	DUMBBELL, RUBBER HEXAGON - 10 LB/4.5 KG	6
DBRH-15LB/6.8KG	DUMBBELL, RUBBER HEXAGON - 15 LB/6.8 KG	6
DBRH-20LB/9.1KG	DUMBBELL, RUBBER HEXAGON - 20 LB/9.1 KG	6
DBRH-25LB/11.3KG	DUMBBELL, RUBBER HEXAGON - 25 LB/11.3 KG	6
DBRH-30LB/13.6KG	DUMBBELL, RUBBER HEXAGON - 30 LB/13.6 KG	6
DBRH-35LB/15.9KG	DUMBBELL, RUBBER HEXAGON - 35 LB/15.9 KG	6
CBT-20	TORPEDO BAG, 20 LB/9.1 KG TORQUE	3
CBT-40	TORPEDO BAG, 40 LB/18.2 KG TORQUE	2
CS	CORE SLIDES (QUANTITY 2)	4
XPP-12	PLYOPROTECT, 12 IN (30 CM)	3
XPP-18	PLYOPROTECT, 18 IN (46 CM)	3
SBTP-55	STABILITY BALL, 55 CM TORQUE PRO - SILVER	2
SBTP-65	STABILITY BALL, 65 CM TORQUE PRO - BLACK	2
RHDT-6-36	ROLLER, HIGH DENSITY FOAM TORQUE - 6 X 36 INCHES	14
KBTC-8KG/18LB	KETTLEBELL, TORQUE CAST IRON - 8 KG/17.6 LB	8
KBTC-12KG/26LB	KETTLEBELL, TORQUE CAST IRON - 12 KG/26.4 LB	8
KBTC-16KG/35LB	KETTLEBELL, TORQUE CAST IRON - 16 KG/35.2 LB	8
KBTC-20KG/44LB	KETTLEBELL, TORQUE CAST IRON - 20 KG/44.1 LB	6
KBTC-24KG/53LB	KETTLEBELL, TORQUE CAST IRON - 24 KG/52.9 LB	6
KBTC-28KG/62LB	KETTLEBELL, TORQUE CAST IRON - 28 KG/61.7 LB	4
KBTC-32KG/70LB	KETTLEBELL, TORQUE CAST IRON - 32 KG/70 LB	2
KBTC-36KG/80LB	KETTLEBELL, TORQUE CAST IRON - 36 KG/80 LB	2
KBTC-40KG/88LB	KETTLEBELL, TORQUE CAST IRON - 40 KG/88 LB	2
WBT-6LB/2.7KG	WALL BALL, 6 LB/2.7 KG TORQUE	3
WBT-8LB/3.6KG	WALL BALL, 8 LB/3.6 KG TORQUE	3
TBR-CN30	TORQUE BATTLE ROPE, NYLON COVER 1.5 INCHES (38.1 mm) X 30 ft (9.1 m)	2
TSLB-1	STRENGTH LOOP BAND, TORQUE #1 5-35 LB 41 INCH (RED)	2
TSLB-2	STRENGTH LOOP BAND, TORQUE #2 10-60 LB 41 INCH (PURPLE)	2
TSLB-3	STRENGTH LOOP BAND, TORQUE #3 25-80 LB 41 INCH (GREEN)	2
TRQ-STRAPS-BLUE	PRO SUSPENSION STRAPS	5
HMT-24-72	HANGING MAT, TORQUE .59 X 72 X 24 IN (15 X 1830 X 610 MM)	6
AL-15-9	AGILITY LADDER, 12 IN (4.6 M) 9 RUNG	1
AC-2Y-12	AGILITY CONES, 2" (5 CM) HIGH YELLOW (SET OF 12)	1
JR-8FH	JUMP ROPE, 8 FT (2.4 M) FOAM HANDLE - GREEN	3
JR-9FH	JUMP ROPE, 9 FT (2.7 M) FOAM HANDLE - RED	3
JR-10FH	JUMP ROPE, 10 FT (3.0 M) FOAM HANDLE - BLACK	3

TORQUE^{USA}

TRAINING ACCESSORIES



TORQUE FITNESS FUNCTIONAL AND WEIGHT TRAINING ACCESSORIES FOR ANYTIME FITNESS INDIVIDUAL, SMALL GROUP, AND TEAM TRAINING.

NORTH AMERICA

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Accessory Packages

Torque makes outfitting your gym easy with packages available for sets of individual accessories designed to fit on Torque storage trays as well as group functional training packages designed to fit on our training systems. See our Accessory Package Brochure.



Rubber Grip Plates

Tri-spoked Grip Plates have a large comfortable grip and are available in 2.5, 5, 10, 25, and 45 lb weights. The stainless steel hubs are hydraulically pressed into permanent position to prevent surface damage to plates and bars. Available in both Rubber and Urethane.



Torque Fitness offers stand-alone and integrated system storage solutions for weight plates and bumpers. Contact us and we can help recommend what you will need.



Black Bumper Plates

Torque Alpha bumpers have a proprietary chemical coating on the molded in steel reinforced hubs making them even more durable than our standard bumpers. Raised lettering and a smooth finish give them a premium look.

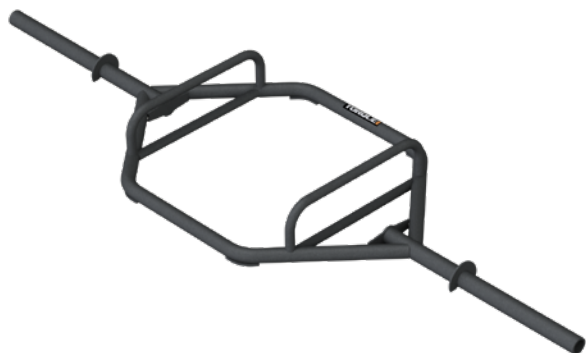
Colored Bumper Plates

Torque colored bumpers bring energy to any workout room and make weight identification easy. With the same features as the black, the bumpers have been tested for 8000 drops from 6 feet.

WEIGHT

Hex Bar

The Torque 7 foot (2.3 m) Hex Olympic Bar features durable fully welded construction. The versatile dual-handle design allows athletes to switch grips by simply flipping the bar over.



Hex Dumbbells

Rubber hex head dumbbells with fully welded sand-blasted cast heads are available in six weights ranging from 5 to 100 lb.



Torque Fitness is an Anytime Preferred Vendor and also offers storage solution and packages for barbells and dumbbells. Contact us and we can help recommend what you will need.



Collars

Easy to use spring collars are available for the standard Olympic bars and high impact nylon collars with a cam locking mechanism designed to stay put during drops are available for our X-Series training bars.



Aerobic Dumbbells

Torque Aerobic Dumbbells have an extra thick neoprene coating with a slightly soft and textured grip making them easy to hold even when palms get sweaty. Sets include, 2 lb - 12 lb weights.

WEIGHT

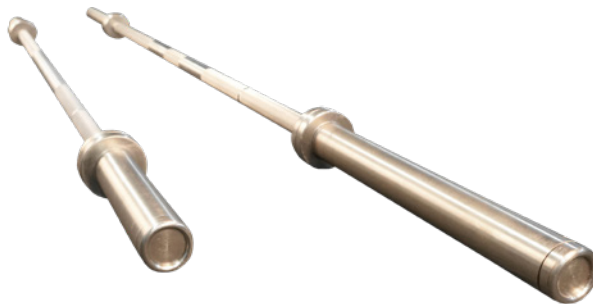
Short Olympic Bar

Our 5' (153 cm) Standard Olympic Bar, while not long enough to fit most racks, is great for arm curl benches or Olympic movements when you are short on space. At 11.9 kg in weight, the bar is rated to 220 kg.



Standard Olympic Bars

Our standard 6' (184 cm) and 7' (220 cm) 32 mm diameter Olympic bars feature hard chrome, are rated to 1500 lbs (680 kg), and pair well with grip plates.



Torque Fitness supplies racks and rigs that integrate functional and free weight training, saving space and your investment. Call us and we can provide recommendations based on your needs in your facility.



EZ Curl Bar

Our 4' (1.2 m) 28.0 mm diameter EZ Curl bar fits all of our Olympic sized plates, has a medium knurl, rotates freely on bearings, and is coated with hard chrome.

X-Series Bars

X-Series Olympic bars are designed to handle repeated drops. The 20 kg - 190,000 psi/28.5 mm dia, and the 15 kg - 180,000 psi/25.0 mm dia tensile strength bars are finished in black and clear zinc.

WEIGHT

Torpedo Bags

Torque Torpedo Bags are a challenging alternative to traditional strength training products, allowing you to train for balance, plyometrics, rotational movements, and Olympic lifts. 5 weights from 10 to 50 lb.



Stability Balls

Torque Pro Stability Balls are available in 55 cm (silver) and 65 cm (black) sizes and include an air pump and nozzle.



Torque Fitness has functional group training systems for integrated use with and storage for all the functional training accessories. Accessory packages are available that will provide everything you need to get off to a great start with small group and team training.



Kettlebells

Our solid cast kettlebells are constructed as a one-piece solid casting and painted black for years of durability. The kettlebells are available in weights ranging from 18 lb to 88 lb and are color-coded for easy identification.



Foam Roller

Our closed cell foam 15.2 cm (6 in diameter) x 91.4 cm (36 inch) roller stimulates blood flow, improves circulation to the body's soft tissues and lengthens and loosens tight muscles.

FUNCTIONAL

Medicine Balls

Our medicine balls are a versatile total body training tool helping you to develop muscular strength, endurance, power, stability, and joint integrity. Available in 4, 6, 8, 10, and 12 lb, they feature a durable rubber construction with a high grip texture.



Slam Balls

Torque Slam Balls are built to absorb the energy of a slam with zero bounce. The sand-filled center shifts during throws which engages core and stabilizing muscles. The textured cover has a pliable and tacky surface making it easy to grasp and throw making it perfect for floor slams. Available in 10 - 45 lb weights in 5 lb increments.



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Wall Balls

The pliable soft-shell construction and balanced uniform weight of these balls make it easy to catch and throw. Comprised of heavy-duty vinyl-coated nylon, the wall balls remain dimensionally stable and balanced over time.



Mobility Ball

The 63 mm Lacrosse/Mobility ball is great for breaking up muscle knots and hard to reach trigger points.

FUNCTIONAL

Strap Handles

Torque's premium custom designed short strap handles feature heavy duty yet soft feel nylon webbing, a glass reinforced nylon handle that has beveled edges for smooth rotation and an over-molded rubber T-Grip for a secure and comfortable hold. These handles are also great for attaching to resistance bands and power bands.



Hanging Mat

Our premium hanging mat provides cushioning for floor based exercises and can be hung from Torque systems or rolled. 72 in x 23 in x .39 in.



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Handled Power Tubes

The dual-handled power tubes feature a comfortable ergonomic grip with flared ends for smooth rotation. The power tubes are available in four different resistance levels and are encased in a protective nylon sleeve.

Strength Loop Bands

The 104 cm (41 inch) Torque Strength Loop Bands feature sturdy seamless constructions and are color-coded for easy identification. The Strength Bands are a versatile tool and can be used in a wide range of applications.

FUNCTIONAL

Tripleplyo™

Our TRIPLEPLYO™ provides heights of 20, 24, and 30 inches and is the perfect tool for plyometric training. The dense foam provides a safe padded surface to jump on and the unique grabber material makes your feet stick on every jump. At 25 kg, the box stays put.



Plyostack™

The Torque PLYOSTACK™ set includes a 6, 12, 20 and 24 inch height padded box that provides fifteen height combinations. Velcro tabs keep each 28 x 28 inch box securely linked when stacked and premium dual foam, heavy weight vinyl and grabber material on landing surfaces make them stand apart.



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Plyoprotect

Our smaller 18 x 18 inch non-stacking plyoprotect boxes include grabber material on top and bottom and are available in 12 and 18 inch heights.



100 lb Heavy Bag

Torque's innovative bag has a high density molded foam core that ensures a more even striking surface and equal density throughout. Includes three target zones that improve an athlete's accuracy and allows for combination drills.

FUNCTIONAL

Stackable Steps

Designed to stack, the steps are easily stored. The rounded corners reduce the risk of injury from rough edges. The non-slip top and non-skid bottom, with six rubber feet are additional safety features. Available in 4 inch (5 lbs.) or 6 inch (7 lb.) heights. These steps measure 26.5" in length and are 15.5" wide. Steps have a 250 lbs. weight capacity.



Core Slides

Our 6.75 inch low-friction non-marking convex slides allow you to engage your core on virtually any surface. Sold as a pair.



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Training Gloves

Our 16 oz synthetic Dura-Skin Training Gloves are machine molded with flexible latex rubber, have a velcro closure, heavy duty lining and are one size fits all.



Power Wheel

The Lifeline Power Wheel delivers a series of intense exercises that challenge your abs, obliques, back, hips and glutes. The heavy-duty wheel includes an adjustable toe/heel fastener.

FUNCTIONAL

TRX Club4 Suspension

Torque offers TRX commercial suspension trainers individually and in packages designed to outfit Torque Systems. Included with each are a TRX Pro Suspension Trainer, and Xtender strap, carrying bag and a wrench for the locking carabineer.



TRX Ripp

The Rip Trainer employs an innovative resistance cord system to create a variable, unbalanced load that enables you to develop core strength, explosive rotational power, flexibility and endurance.



Torque Fitness makes purchasing easy with packages of accessories that provide all the tools you need for Anytime Live Programming or to outfit Torque Functional and Storage Systems. Contact us for details.



Battle Rope

The Torque premium nylon covered 38 mm (1.5 inch) diameter nylon covered battle ropes are available in 9.1 m (30 ft) and 15.2 m (50 ft) lengths and are a great tool for metabolic and strength training.



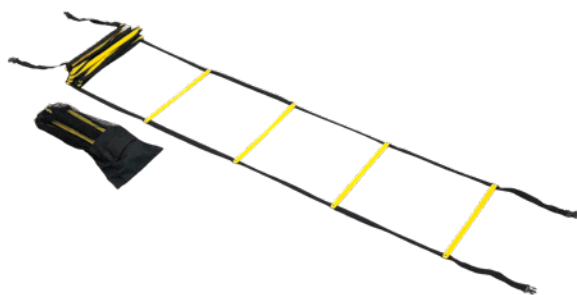
Jump Ropes

Our Jump Ropes are constructed with durable PVC rope, ball bearing swivels and foam grips on nylon handles. Sizes include 8 ft (2.4 m), 9 ft (2.7 m) and 10 ft (3.0 m) to fit athletes of all heights.

FUNCTIONAL

Agility Ladder

Develop fast feet with our 15 ft (4.6 m) long x 16.5 in (42 cm) wide 9-rung agility ladder. The fixed rungs save set-up time and clips allow you to connect multiple ladders together.



Agility Cones

Create infinite training patterns to develop overall agility and balance. The set of 12 stacking 7.5 in (19 mm) diameter yellow cones are made of pliable PVC and their low profile 2 in (5 cm) height resist damage from foot strikes.



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CrankIt Straps

The split anchor and modular component design also allows you to use the CrankIt system in a variety of ways, perform more exercises, and have two people per set of straps if needed for group training.



Inertia Wave Pro

The Inertia Wave is a portable or stationary metabolic conditioning device designed to engage your entire body and strengthen your core. The Inertia Wave is the evolution of the traditional battle ropes.

FUNCTIONAL

Three 15 inch wide x 6 foot long accessory trays with height adjustments. (an optional 4th tray can be added)

Trays can be mounted flat or angled to accept hex dumbbells

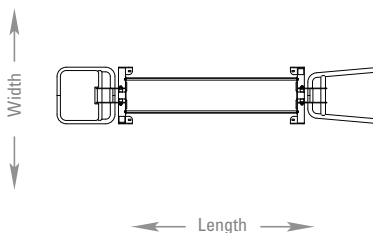


Removable Dip Attachment

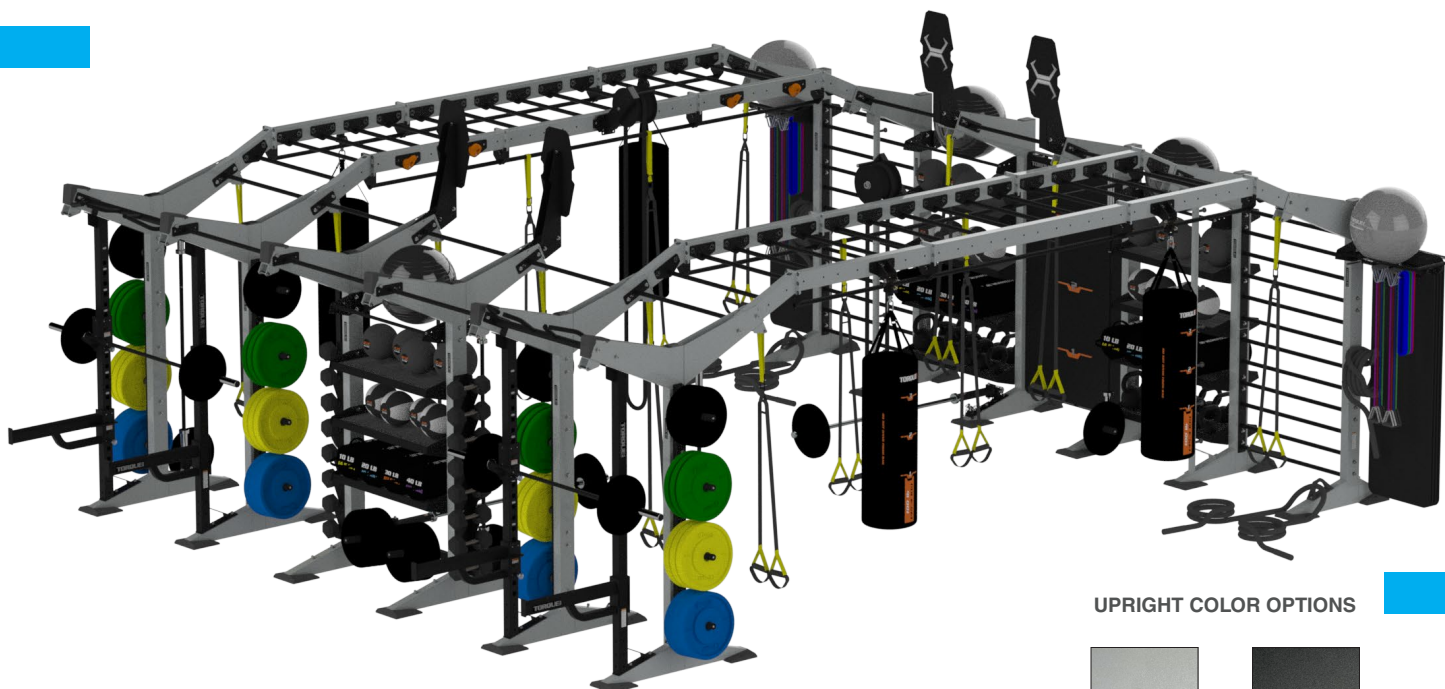
Adjustable Plyo-Step Attachment

Model number	X6USDPR
Footprint (L x W x H)	134.8" x 24.0" x 59.0" (342 cm x 61 cm x 150 cm)
Weight	338 lbs (153 kg)
Warranty	10 year frame and welds/1 year parts and finish

TOP VIEW



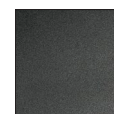
Note: The storage rack must be secured to the ground to perform dip and plyo movements.



UPRIGHT COLOR OPTIONS



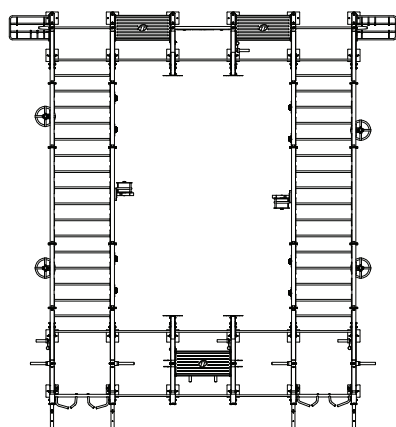
PLATINUM



SATIN BLACK

Model number	XCFB-10M-23-X1
Outside Bridge Footprint	234.3" x 287.4" (595 cm x 730 cm)
Inside Bridge Footprint	234.3" x 200.4" (595 cm x 509 cm)
Height	Frame 101.8" (259 cm); Endless Rope Drum 107.2" (272 cm); Ball Target 125.5" (319 mm)
Minimum Required Live Area	24.8' x 30.0' (7.6 m x 9.1 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



INCLUDED MODULES

- STALL BARS (2)
- STORAGE MODULE (2)
- ACCESSORY & WEIGHT STORAGE
- BALL & HANGING STORAGE
- BALL TARGET WALL
- OLYMPIC LIFTING STATION (2)

INCLUDED ATTACHMENTS/OPTIONS

- ENDLESS ROPE (2)
- 3D HEAVY BAG SWIVEL (4)
- ROCK CLIMBING GRIPS (4)
- BALL & HANGING STORAGE EXTENSION (2)
- BATTLE ROPE ANCHOR (2)
- HANGING STORAGE HOOK (2)
- VERTICAL DUMBBELL STORAGE (2)
- RESISTANCE BAND ANCHOR (2)
- BALL TARGET (4)
- GROUND ROTATIONAL TRAINER (2)
- DOUBLE PLAY (4)
- VERTICAL WEIGHT STORAGE (2)
- MULTI-GRIP CROSS (2)

NOTE: X-Create systems are required to be bolted to a concrete sub-floor.

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Urethane boots that cover anchoring hardware

UPRIGHT COLOR OPTIONS



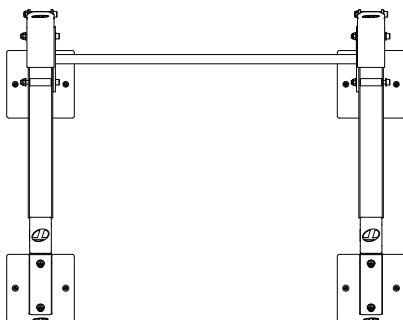
PLATINUM



SATIN BLACK

Model number	XCW-1M
Footprint	36.7" x 53.9" (93 cm x 136 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 8.5' (3.37 m x 2.59 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MODULE OPTIONS

- STORAGE MODULE
- BALL & HANGING STORAGE
- STALL BARS
- BALL TARGET WALL
- MODULE EXTENSION

ATTACHMENT OPTIONS

- BALL TARGET
- BATTLE ROPE ANCHOR
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO-STEP ATTACHMENT
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE

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UPRIGHT COLOR OPTIONS



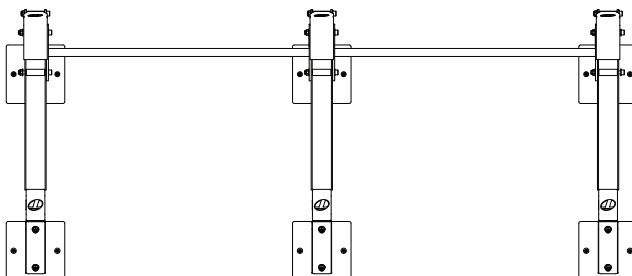
PLATINUM



SATIN BLACK

Model number	XCW-2M
Footprint	36.7" x 99" (93 cm x 251cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 12.3' (3.37 m x 3.75 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MODULE OPTIONS

- STORAGE MODULE
- BALL & HANGING STORAGE
- STALL BARS
- BALL TARGET WALL
- MODULE EXTENSION

ATTACHMENT OPTIONS

- BALL TARGET
- BATTLE ROPE ANCHOR
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO-STEP ATTACHMENT
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE

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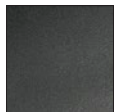
(3) Pull-up Stations

Urethane boots that cover anchoring hardware

UPRIGHT COLOR OPTIONS



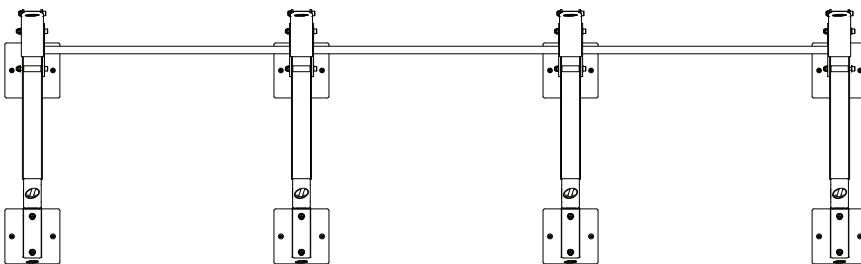
PLATINUM



SATIN BLACK

Model number	XCW-3M
Footprint	36.7" x 144.1" (93 cm x 366 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 16.0' (3.37 m x 4.88 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MODULE OPTIONS

- STORAGE MODULE
- BALL & HANGING STORAGE
- STALL BARS
- BALL TARGET WALL
- MODULE EXTENSION

ATTACHMENT OPTIONS

- BALL TARGET
- BATTLE ROPE ANCHOR
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO-STEP ATTACHMENT
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE

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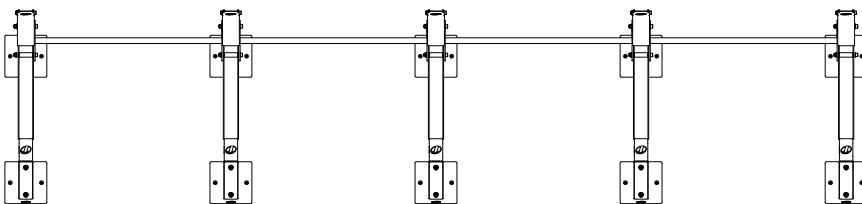
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Model number	XCW-4M
Footprint	36.7" x 189.1" (93 cm x 480 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 19.8' (3.37 m x 6.04 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MODULE OPTIONS

- STORAGE MODULE
- BALL & HANGING STORAGE
- STALL BARS
- BALL TARGET WALL
- MODULE EXTENSION

ATTACHMENT OPTIONS

- BALL TARGET
- BATTLE ROPE ANCHOR
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO-STEP ATTACHMENT
- 3D HEAVY BAG SWIVEL
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UPRIGHT COLOR OPTIONS



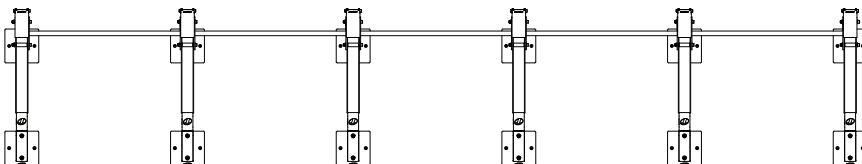
PLATINUM



SATIN BLACK

Model number	XCW-5M
Footprint	36.7" x 234.2" (93 cm x 594 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 23.5' (3.37 m x 7.16 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



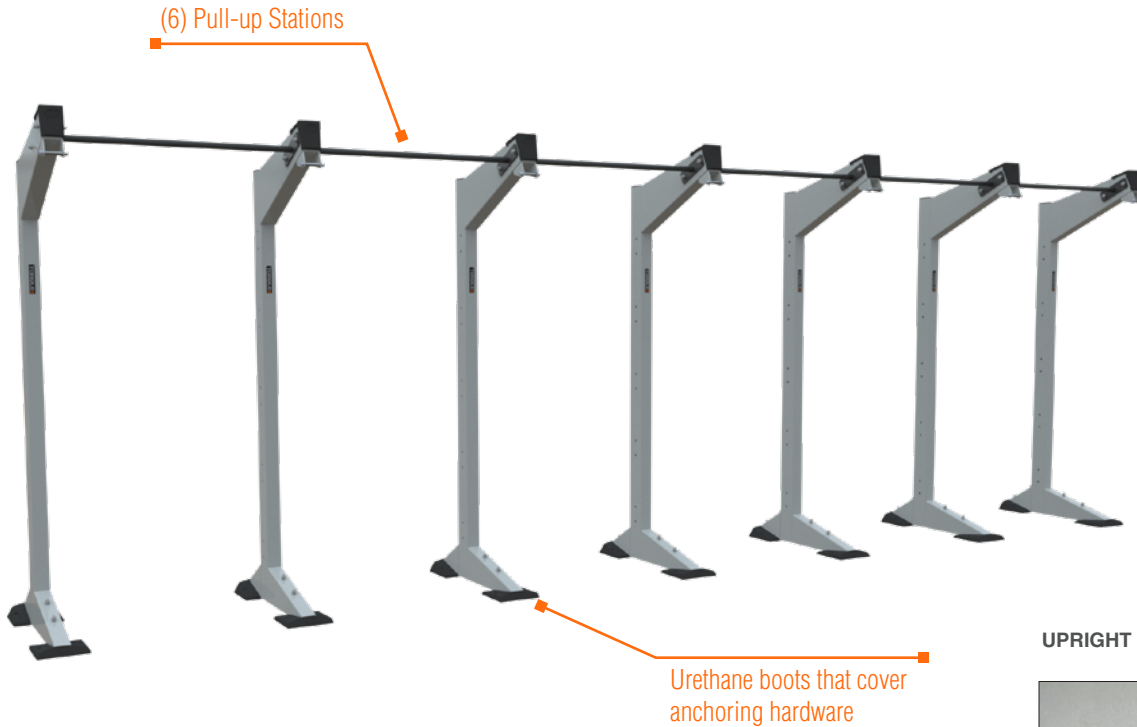
MODULE OPTIONS

- STORAGE MODULE
- BALL & HANGING STORAGE
- STALL BARS
- BALL TARGET WALL
- MODULE EXTENSION

ATTACHMENT OPTIONS

- BALL TARGET
- BATTLE ROPE ANCHOR
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO-STEP ATTACHMENT
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE

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UPRIGHT COLOR OPTIONS



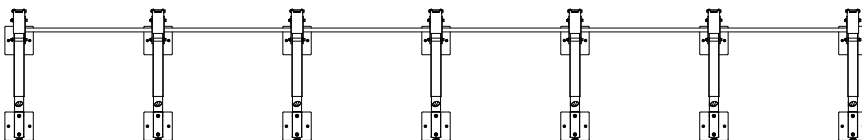
PLATINUM



SATIN BLACK

Model number	XCW-6M
Footprint	36.7" x 279.7" (93 cm x 710 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 27.3' (3.37 m x 8.32 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MODULE OPTIONS

- STORAGE MODULE
- BALL & HANGING STORAGE
- STALL BARS
- BALL TARGET WALL
- MODULE EXTENSION

ATTACHMENT OPTIONS

- BALL TARGET
- BATTLE ROPE ANCHOR
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO-STEP ATTACHMENT
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE

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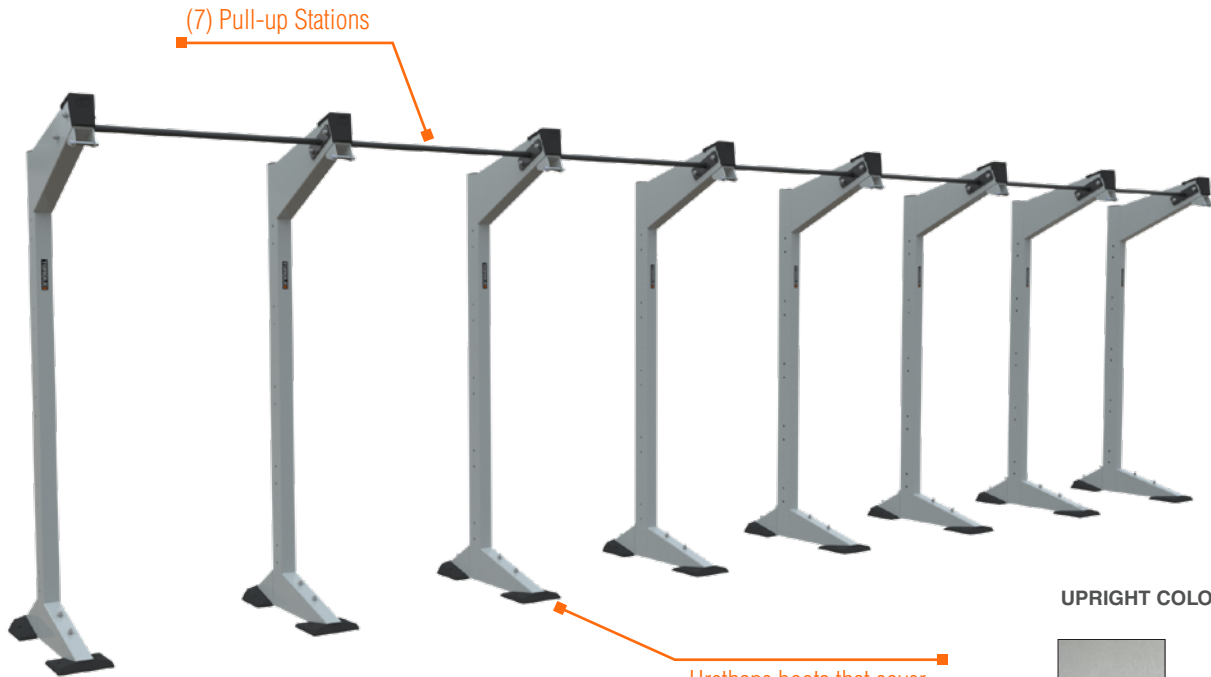
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UPRIGHT COLOR OPTIONS



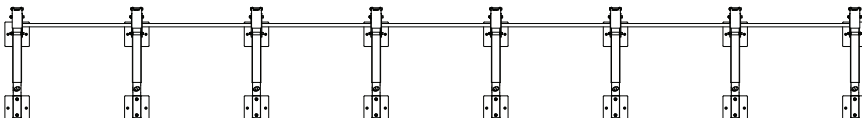
PLATINUM



SATIN BLACK

Model number	XCW-7M
Footprint	36.7" x 324.8" (93 cm x 825 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 31.1' (3.37 m x 9.48 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MODULE OPTIONS

- STORAGE MODULE
- BALL & HANGING STORAGE
- STALL BARS
- BALL TARGET WALL
- MODULE EXTENSION

ATTACHMENT OPTIONS

- BALL TARGET
- BATTLE ROPE ANCHOR
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO-STEP ATTACHMENT
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE

NOTE: X-Create systems are required to be bolted to a concrete sub-floor.

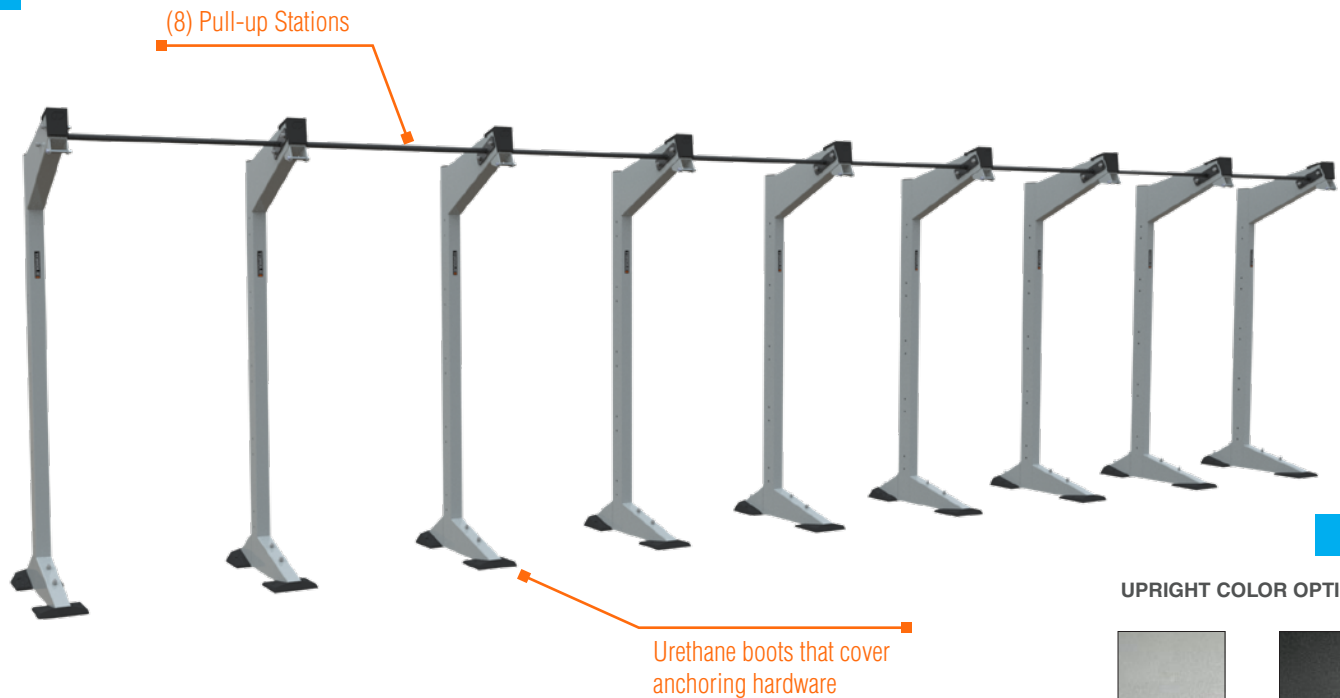
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EVER.™**



UPRIGHT COLOR OPTIONS



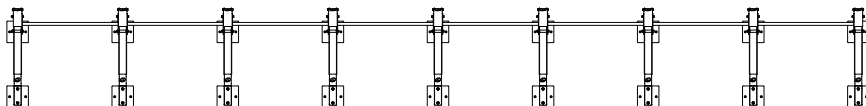
PLATINUM



SATIN BLACK

Model number	XCW-8M
Footprint	36.7" x 369.8" (93 cm x 939 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 34.8' (3.37 m x 10.61 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



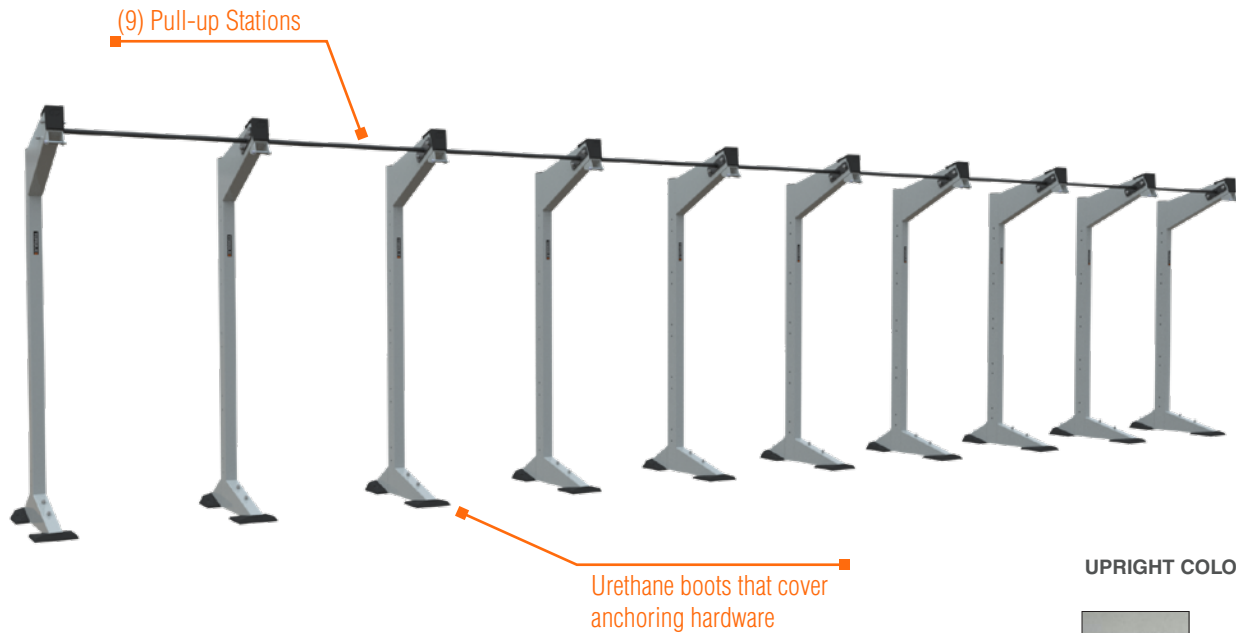
MODULE OPTIONS

- STORAGE MODULE
- BALL & HANGING STORAGE
- STALL BARS
- BALL TARGET WALL
- MODULE EXTENSION

ATTACHMENT OPTIONS

- BALL TARGET
- BATTLE ROPE ANCHOR
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO-STEP ATTACHMENT
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE

NOTE: X-Create systems are required to be bolted to a concrete sub-floor.



UPRIGHT COLOR OPTIONS



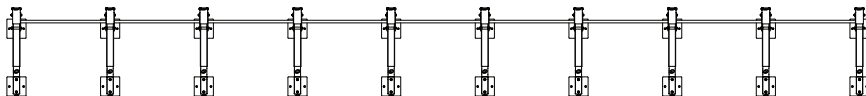
PLATINUM



SATIN BLACK

Model number	XCW-9M
Footprint	36.7" x 414.9" (93 cm x 1054 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 38.6' (3.37 m x 11.77 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



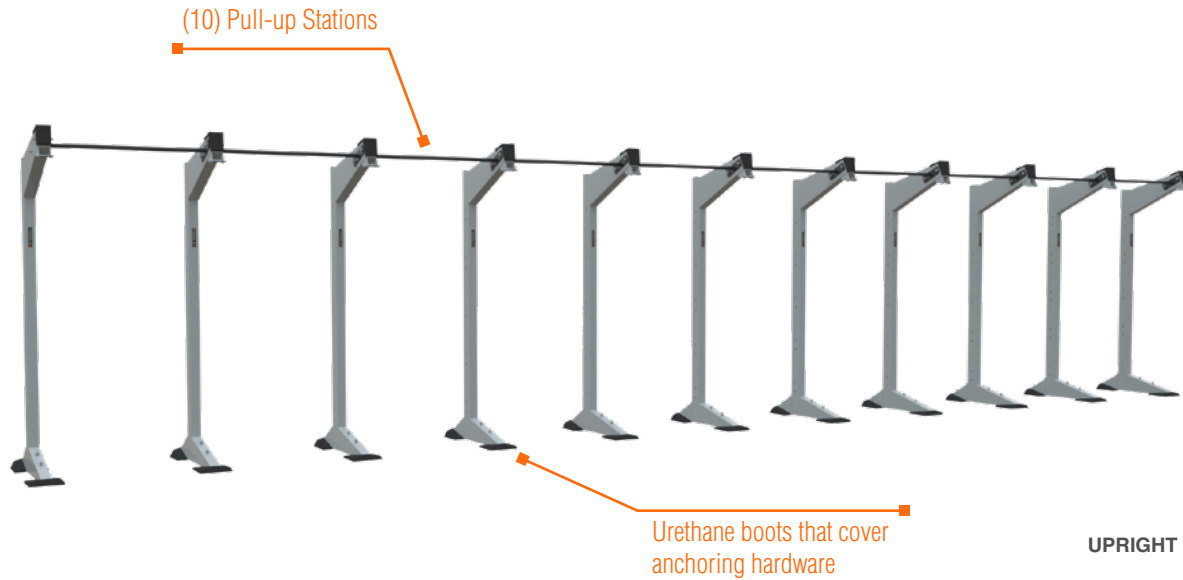
MODULE OPTIONS

- STORAGE MODULE
- BALL & HANGING STORAGE
- STALL BARS
- BALL TARGET WALL
- MODULE EXTENSION

ATTACHMENT OPTIONS

- BALL TARGET
- BATTLE ROPE ANCHOR
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO-STEP ATTACHMENT
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE

NOTE: X-Create systems are required to be bolted to a concrete sub-floor.



UPRIGHT COLOR OPTIONS



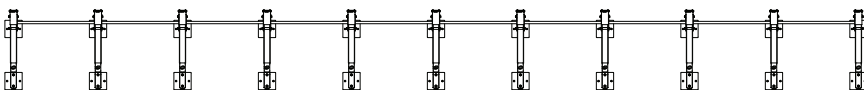
PLATINUM



SATIN BLACK

Model number	XCW-10M
Footprint	36.7" x 460.0" (93 cm x 1168 cm)
Height	Frame 95.8" (243 cm)
Minimum Required Live Area	11' x 42.3' (3.37 m x 12.89 m)
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW



MODULE OPTIONS

- STORAGE MODULE
- BALL & HANGING STORAGE
- STALL BARS
- BALL TARGET WALL
- MODULE EXTENSION

ATTACHMENT OPTIONS

- BALL TARGET
- BATTLE ROPE ANCHOR
- BALL & HANGING STORAGE EXTENSION
- GROUND ROTATIONAL TRAINER
- BAR/WEIGHT STORAGE
- DIP ATTACHMENT
- PLYO-STEP ATTACHMENT
- 3D HEAVY BAG SWIVEL
- ENDLESS ROPE

NOTE: X-Create systems are required to be bolted to a concrete sub-floor.

X-LAB ACCESSORY PACKAGE INT.

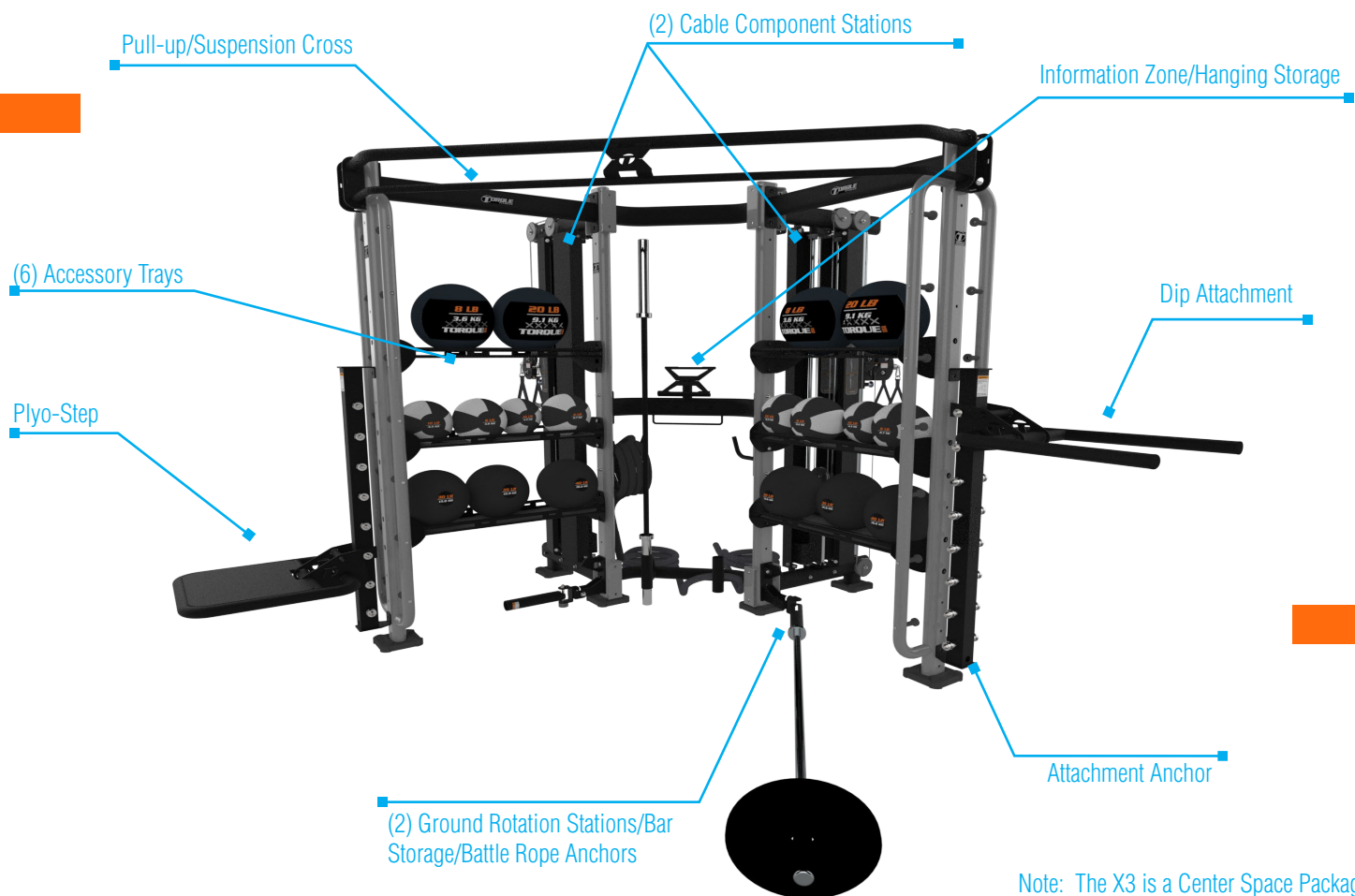
The XLABAP1I provides a wide variety of professional tools for functional and group training and is designed to fit any X-Lab with six accessory trays.

Most X-Lab Systems like the Edge X4 shown below include two bays of three trays for which the package is designed for. A fourth tray can be added to each bay if additional items are needed.



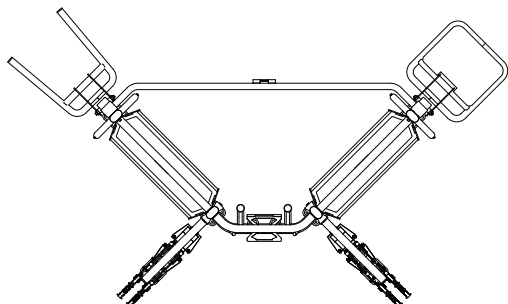
P/N	DESCRIPTION	QUANTITY
SBT-10LB/4.5KG	SLAM BALL, 10 LB/4.5 KG TORQUE	1
SBT-15LB/6.8KG	SLAM BALL, 15 LB/6.8 KG TORQUE	1
SBT-20LB/9.1KG	SLAM BALL, 20 LB/9.1 KG TORQUE	1
SBT-25LB/11.4KG	SLAM BALL, 25 LB/11.4 KG TORQUE	1
WBT-6LB/2.7KG	WALL BALL, 6 LB/2.7 KG TORQUE	1
WBT-8LB/3.6KG	WALL BALL, 8 LB/3.6 KG TORQUE	1
WBT-10LB/4.5KG	WALL BALL, 10 LB/4.5 KG TORQUE	1
TBR-CN30	TORQUE BATTLE ROPE, NYLON COVER 1.5 INCHES (38.1 mm) X 30 ft (9.1 m)	2
TSLB-1	STRENGTH LOOP BAND #1 41" (104 CM) - RED	1
TSLB-2	STRENGTH LOOP BAND #2 41" (104 CM) - PURPLE	1
TSLB-3	STRENGTH LOOP BAND #3 41" (104 CM) - GREEN	1
TSLB-4	STRENGTH LOOP BAND #4 41" (104 CM) - BLUE	1
PT-LIGHT	LIGHT TORQUE POWER TUBE - DOUBLE HANDLE/NYLON COVERED - YELLOW	2
PT-MEDIUM	MEDIUM TORQUE POWER TUBE - DOUBLE HANDLE/NYLON COVERED - ORANGE	2
PT-HEAVY	HEAVY TORQUE POWER TUBE - DOUBLE HANDLE/NYLON COVERED - BLUE	2
PT-XHEAVY	X-HEAVY TORQUE POWER TUBE - DOUBLE HANDLE/NYLON COVERED - PURPLE	2
KBTC-4KG/9LB	KETTLEBELL, TORQUE CAST IRON - 4 KG/8.8 LB	2
KBTC-8KG/18LB	KETTLEBELL, TORQUE CAST IRON - 8 KG/17.6 LB	2
KBTC-12KG/26LB	KETTLEBELL, TORQUE CAST IRON - 12 KG/26.4 LB	2
KBTC-16KG/35LB	KETTLEBELL, TORQUE CAST IRON - 16 KG/35.2 LB	2
KBTC-20KG/44LB	KETTLEBELL, TORQUE CAST IRON - 20 KG/44.1 LB	2
KBTC-24KG/53LB	KETTLEBELL, TORQUE CAST IRON - 24 KG/52.9 LB	2
MBT-4LB/1.8KG	MEDICINE BALL, 4 LB/1.8 KG TORQUE	1
MBT-6LB/2.7KG	MEDICINE BALL, 6 LB/2.7 KG TORQUE	1
MBT-8LB/3.6KG	MEDICINE BALL, 8 LB/3.6 KG TORQUE	1
MBT-10LB/4.5KG	MEDICINE BALL, 10 LB/4.5 KG TORQUE	1
06B	OLYMPIC BAR, 6 FOOT STANDARD 32 MM CHROME BEARING	1
CBT-10	TORPEDO BAG, 10 LB/4.5 KG TORQUE	1
CBT-20	TORPEDO BAG, 20 LB/9.1 KG TORQUE	1
CBT-30	TORPEDO BAG, 30 LB/13.6 KG TORQUE	1

NOTE: Additional sizes and weights are available for most types of accessories.



Model number	XLE-X3
Footprint	56.0" x 99.4" (142 cm x 252 cm)
Height	Frame 98.5" (250 cm) Optional Ball Target 129.0" (328 cm)
Minimum Required Live Area	15.5' x 15.5' Corner (4.7 m x 4.7 m Corner)
Color Options	Platinum, Illusion Orange, Illusion Red (With Clear Coat)
Warranty	10 year frame and welds/1 year parts/90 days misc.

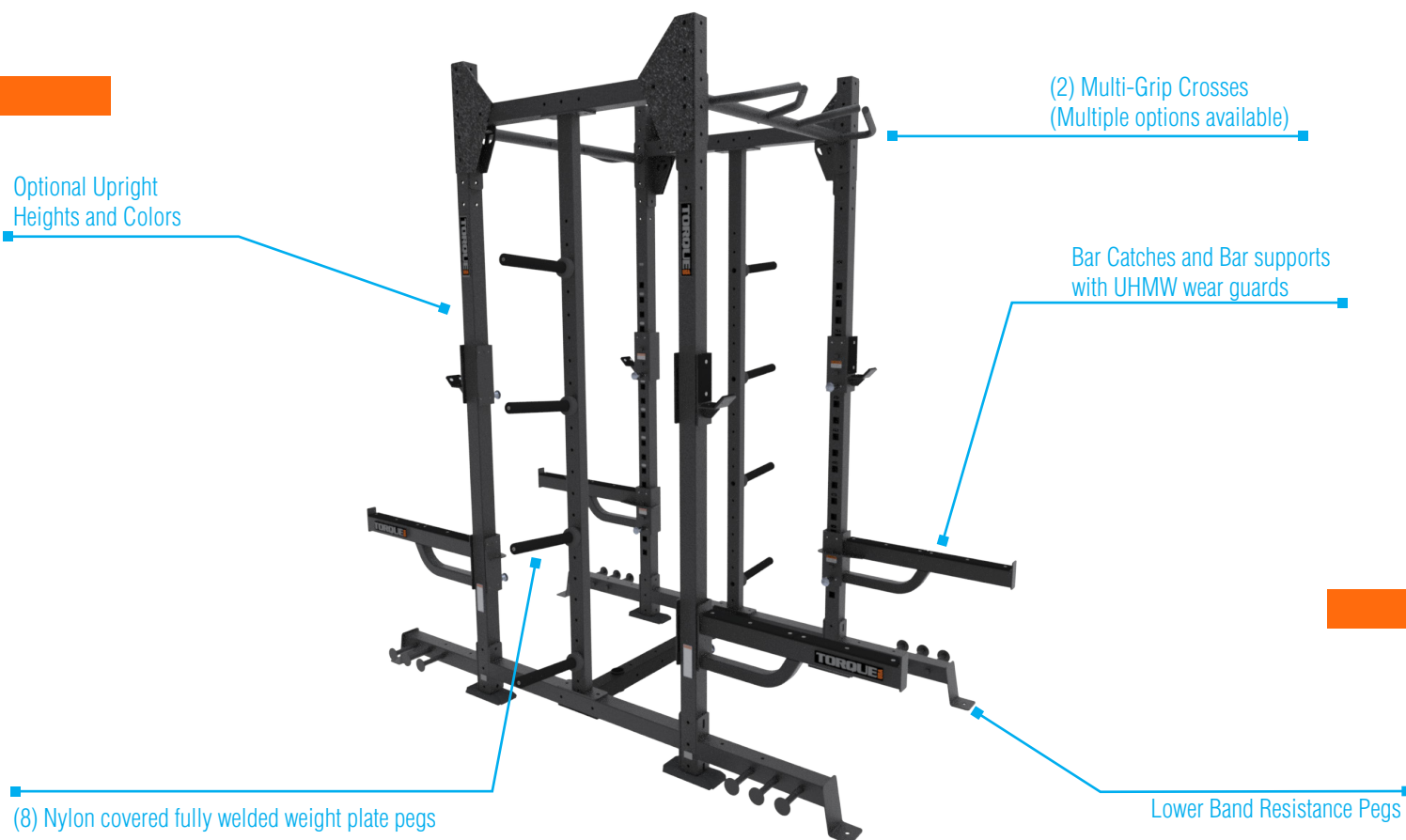
TOP VIEW



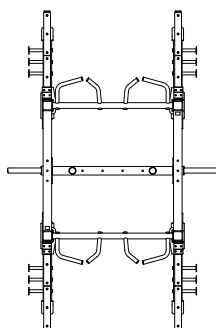
Note: X-Lab is required to be bolted to a concrete sub-floor.

MAIN OPTIONS / SUBSTITUTIONS

- BALL TARGET
- GROUND ROTATIONAL TRAINER
- BATTLE ROPE ANCHOR
- CABLE COMPONENT STATIONS
- HEAVY BAG ANCHOR
- DIP
- PLYO
- BALL REBOUNDER
- ENDLESS ROPE
- ACCESSORY TRAY (UP TO 4 PER BAY)
- RESISTANCE BAND UPRIGHT

TORQUE USA**X-SIEGE****4 X 4 FOOT SIEGE STORAGE RACK
- X1 PACKAGE**

Model number	XSS-4-4-X1
Footprint	49.5" x 98.8" (125.73 cm x 250 cm)
Height	Frame 107.1" (272 cm) Optional Ball Target 129.0" (328 cm)
Minimum Required Live Area	96" x 199" (243 cm x 505 cm)
Upright Height Options	9 ft (XRACK-9U) Standard; Optional 8 ft (XRACK-8U)
Upright Color Options	Storm Grey, High Wear Red, Blue, Orange, and Platinum
Warranty	10 year frame and welds/1 year parts/90 days misc.

TOP VIEW**MAIN OPTIONS / SUBSTITUTIONS**

- BALL TARGET
- PULL-UP CROSSES
- DIP/STEP/ATTACHMENT ANCHOR
- UPPER BAND PEG ATTACHMENT
- UPRIGHT COLORS & 8' HEIGHT OPTION
- PLATFORM & INSERT
- GROUND ROTATIONAL TRAINER
- BATTLE ROPE ANCHOR
- ENDLESS ROPE
- FLYING PULL-UP