



WALL MOUNT

Fat 2" diameter double cross

Double-cross can be mounted with 2" diameter bar down to help you strengthen your grip.

Triple Cross Member

1.25" (32mm) pull-up bars mounted on laser cut triangle plates, allow for multiple pull-up heights and are adjustable in 3-1/2" increments during assembly.

Optional Cross-Members

Double cross-members shown are standard for the sides. Single, additional double or a triple options are available for the front.

"Built like a tank" J-hooks

7/16" (8mm) plate steel J-hooks have U.H.M.W. wear guards on both the inside and outside to protect your Olympic bar and paint on your uprights. Engagement with the upright is made with a machined solid steel block that fits hooks into the entire wall of the tube through square slots.

Optional Uprights

Uprights enable the Wall Mount to fit into 8' ceiling heights. For taller rooms, a 9' upright option is available.

Spring-Pin Safety

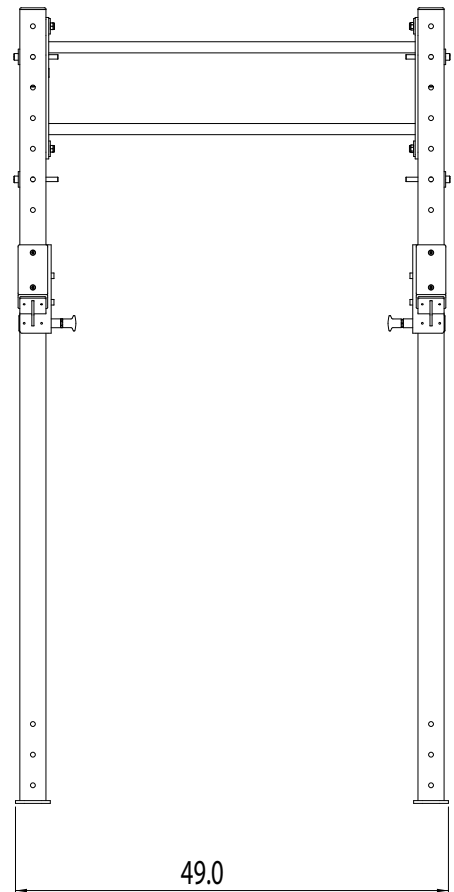
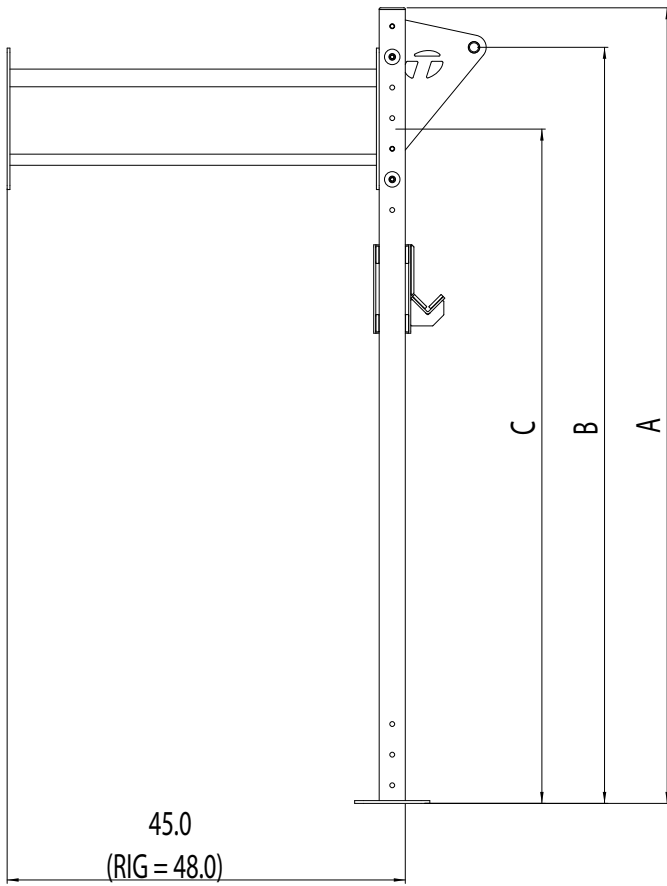
Spring pin engages in lower cut-out to prevent the J-Hook from coming disengaged with the upright in the event that it is accidentally hit with the bar or weight plates on an upward lift.

Rock Solid Stability

The X-Rack must be mounted to the wall and floor. 7/16" (8mm) connection plates have holes for mounting.



DIMENSIONS – WALL MOUNT & RIG



Key	Description	8 Foot Rack	9 Foot Rack
A	Overall Height	90.0" (229 cm)	108.0" (274 cm)
B	Upper Pull-Up Bar Height (Single, Double, Triple)	85.5" (217 cm)	103.7" (263 cm)
C	Lower Pull-Up Bar Height (Double, Triple)	76.3" (194 cm)	94.4" (240 cm)

- Note:
- ▶ Pull-Up Bars can be lowered 7" in increments of 3.5"
 - ▶ Double Cross can be mounted with either Fat or Skinny Bar down. Only bottom tube can be used for pull-ups.
 - ▶ Triple Cross member provides two pull-up positions
 - ▶ X-Racks are required to be anchored to the wall and/or floor to prevent rocking and tipping during use.