

# METAGENICS FITNESS EQUIPMENT **MF**



**RIGS, RACKS, BOXING, CROSSFIT  
AND SUSPENSION TRAINING EQUIPMENT**

[www.metagenics.ca](http://www.metagenics.ca)

## **FT7000A Squat Stand**

Easy movement: The FT7000A is equipped with rollers on the back which can be used for moving around according to the training needs  
Main material: 75 x 75mm high strength steel pipe, wall thickness up to 3mm  
Processed by laser cutting

Size: 63" x 51.2" x 94.5" (160\*137\*240cm)  
Net weight: 232lb(105 kg)  
Gross weight: 262lb(120 kg)



## **FT7005A Half Rack**

The FT7005A "fully open" squat rack provides 1 set of adjustable barbell hangers and 1 pair of bar adjustable safety stops. Includes elastic belt hanging points, a multi-angle pull-up bar and suspension trainers.

Main material: 75 x 75mm high strength steel pipe, wall thickness up to 3mm  
Processed by laser cutting

Size: 59.5" x 57.7" x 94.5" (151\*146\*240cm)  
Net weight: 463lb(210 kg)  
Gross weight: 496lb(225 kg)

## **FT7015A Power Rack**

The FT7015A provides two sets of adjustable barbell hangers and one set of adjustable barbell safety stops.  
Also provides elastic belt hanging point, multi-angle pull-up bars, lifting training points, ground rotational trainers and weight plate racks.  
Main material: 75 x 75mm high strength steel pipe, wall thickness up to 3mm  
Processed by laser cutting

Size: 77.6" x 57.7" x 94.5" (197\*152\*240cm)  
Net weight: 661lb (300 kg)  
Gross weight: 705lb(320kg)



## FT7020A 3D Power Rack

The FT7020A combines the unique sliding movement of the 3-D Smith machine with a traditional power rack.

High performance sliding guides ensure comfort and strength to the whole training process.

Unique design and features ensure proper exercise performance and safety during the exercise.

Main material: 75 x 75mm high strength steel pipe, wall thickness up to 3mm

Processed by laser cutting

Size: 98.8" x 79.1" x 94.5" (251\*201\*240cm)

Net weight: 837lb(380 kg)

Gross weight: 893lb(405 kg)



## Customized Color

METAGENICS FITNESS products provide a variety of customized color options to allow you to fit any of your specific design needs.



## Modular Design

By switching different connecting components between METAGENICS FITNESS power lifting racks, racks can be made multifunctional for many different trainees. Additional racks can hold extra bells or other functional training pieces.







### **FT7080 ADJUSTABLE BENCH**

FT7080 adjustable bench will work with all of the METAGENICS FITNESS power lifting racks  
Size: 51.5" × 25.2" × 51.5" (131\*64\*131cm)  
Net weight: 121lb(55 kg)  
Gross weight: 143lb(65 kg)



### **FT7081 ADJUSTABLE BENCH**

The FT7081 training bench is a multi-use training bench; both the seat and back are adjustable. This bench is very adjustable and can be used for many different exercises.  
Size: 51.5" × 25.2" × 51.5" (131\*64\*131cm)  
Net weight: 94lb(42.5kg)  
Gross weight: 110lb(50 kg)



### **FT7085 Accessory Rack**

\*FT7085 accessories can be fitted with the all FANATICS FITNESS power lifting racks.



### **FT7095 Heavy Duty Platform**

The METAGENICS FITNESS power lifting floor uses a thick 5cm high density rubber and the wood is from the durable Ash tree, this lifting floor may be fitted with various power lifting racks.

# Functional Training

Metagenics Fitness Functional Training Equipment provide variety and many functions for all type of users.



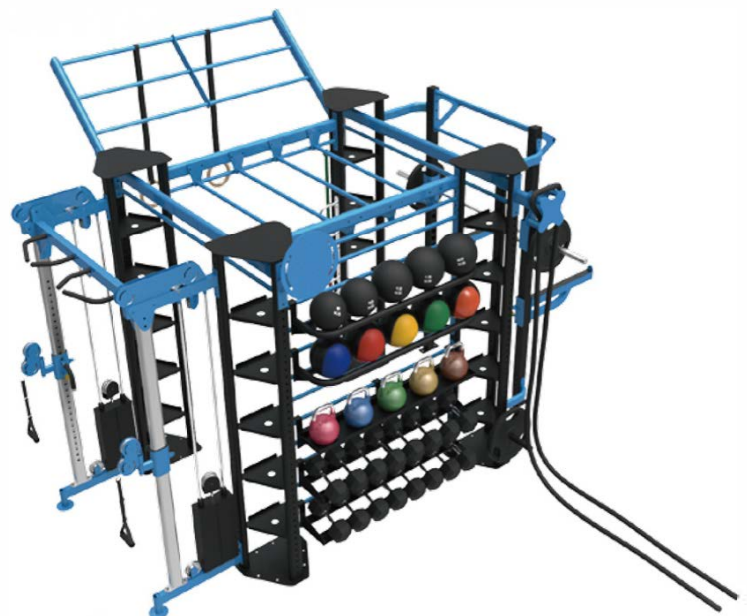
## FT9060 Classic Rig System

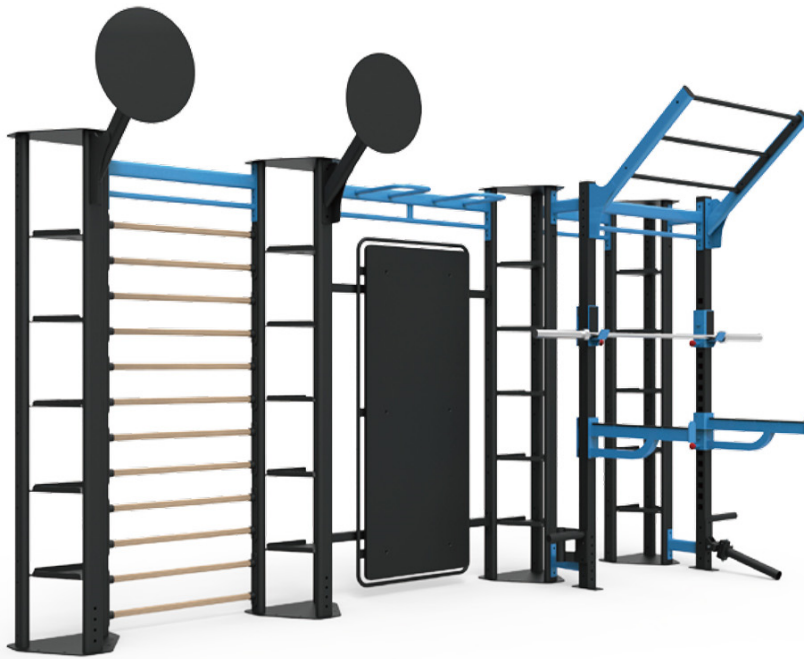
The FT 9060 combines the uses of a power rack, a cable cross, monkey bars and plenty of storage.

Size : 182" x 128" x 111" (461\*324\*282cm )

Net weight : 2127lb(965kg)

Gross weight : 2303lb(1045kg)





## **FT9055 WALL RIG**

Included are a set of barbell hooks and safety stops.

Included are plate holders and Olympic bar holders.

Include ground rotational trainers.

The space for wall bars includes twelve  $\Phi$  35 training bars which are made of beech wood. Ball targets and chin-up bars are set on top. Rack needs to be anchored to the wall.

Size: 190" x 65" x 114" (483\*165\*290cm)

## **FT9050 WALL RIG**

FT9050 is combined by two (2) Olympic lifting units with pull-up bars and ball targets in the middle.

Size: 181" x 65" x 114" (460\*164\*290cm)



## **FT9045 WALL RIG**



FT9045 combines the most used training equipment of Olympic lifting and cable cross/functional training units to provide many different uses and exercises. For the cable cross parts, it uses 4:1 pulley system. Also, pull-up bars, ball targets and plenty of storage are all included.

Size: 200" × 65" × 114" ( 510\*164\*290cm )



## **FT9003 Wall Bars-Dual**

The main frame is made of high strength steel and the holding part is made by  $\Phi 35$  mm beech wood. Also hooks are included for yoga mat storage between two main frames.

Size: 135" × 25" × 93" ( 344\*63\*235cm )





## **FT9030 Modular Rig System**

FT9030 includes:

Bar hanging×2	Ground rational trainer×2
Flying frame×2	Bar holder×2
Ball target ×2	Barbell disks hanging×4
Punch bag hanging×1	Footplate×1
Triangle trainer×1	Dip bar×1

Size : 208" ×144" ×125" (530\*366\*316cm)



## **FT9040 Wall-Mounted Rig System**

FT9040 ( wall- mounted ) includes:

Bar hanging×2	Ground rational trainer×2
Ball target ×2	Bar holder×2
Barbell disks hanging×2	Footplate×1
Punch bag hanging×1	Dip bar×1
Triangle trainer×1	

Size : 208" ×144" ×125" (530\*366\*316cm)







## **FT2500 GHD**

Size : 68" x 45" x 49" (172\*113\*125cm)

Net Weight : 232lb(105Kg)

Gross Weight : 254lb(115Kg)



## **FT2720 Drive Sled**

Size : 43" x 32" x 39" (110\*80\*100cm)

Net Weight : 88lb(40Kg)

Gross Weight : 99lb(45Kg)



## **FT2750 Squat**

Size : 39" x 21" x 16" (99\*54\*40cm)

Net Weight : 48lb(22kg)

Gross Weight : 55lb(25kg)



## **FT2730 Glute Builder**

Size : 82" x 48" x 20" (207\*121\*50cm)

Net Weight : 321lb(146Kg)

Gross Weight : 463lb(210Kg)



## **FT2200 Multi Rope Holder**

Size : 32" x 32" x 25" (82\*82\*64cm)

Net Weight : 66lb(30Kg)

Gross Weight : 77lb(35Kg)



## **FT2760 Power Lift**

Size : 64" x 31" x 12" (163\*78\*31cm)

Net Weight : 55lb(25Kg)

Gross Weight : 64lb(29Kg)

# Bag Rack

METAGENICS FITNESS punching bag "forest" can be customized for many different training requirements.

\* Punching bags can be purchased separately and recommended for 1.5M height.

\* The Punching bags forest (6 bags) is equipped with a ladder as attachment (as shown on the right), others need to be specified during the order.



**A FT-BS06 Bag Rack**

Size : 146" × 73" × 107" (370\*185\*272cm)



**B FT-BS11 Bag Rack**

Size : 288" × 73" × 107" (730\*185\*272cm)



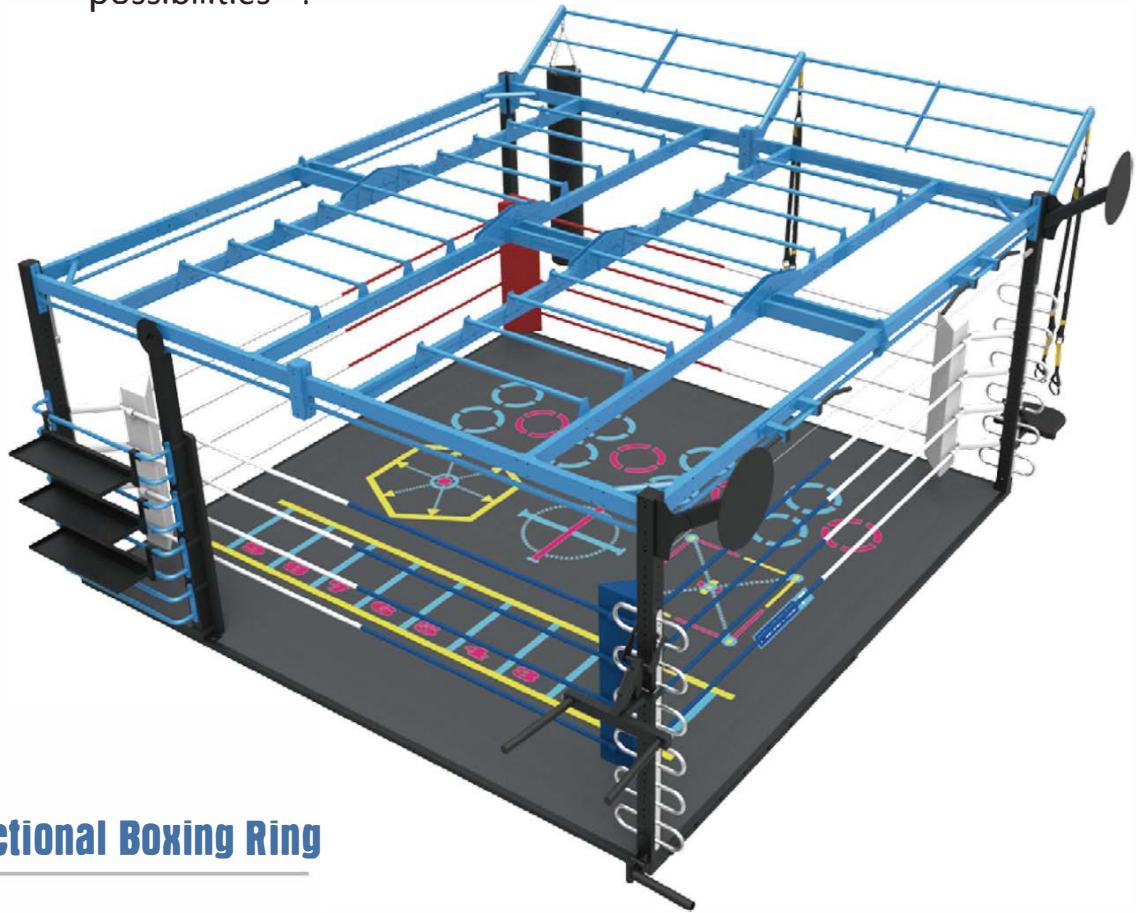
**C FT-BS08 Bag Rack**



**D FT-BS14 Bag Rack**

# Boxing Ring

METAGENICS FITNESS multifunctional boxing ring is a very versatile and functional tool. The ring will increase the performance of boxing and also provide many other options for functional training. With a limited training space, this ring offers a club a host of many "different training possibilities" .



## QT3 Functional Boxing Ring

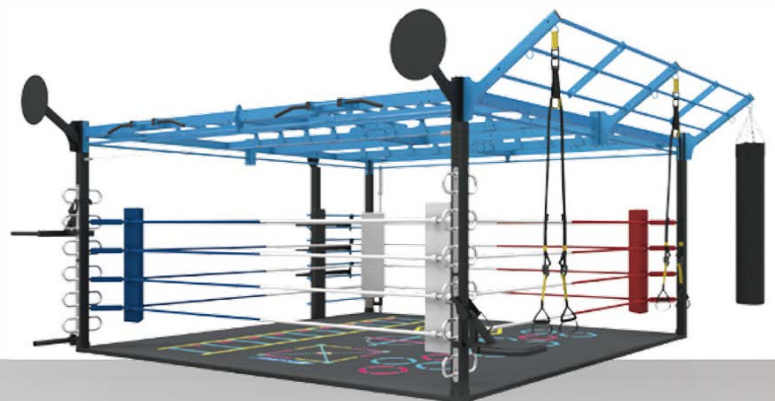
Cable walls are fixed around the QT3 boxing ring so to provide full safety for boxers. The high standard ring provides a whole set of accessories for different types of functional training exercises.

Model: QT3 5\*5(High standard)

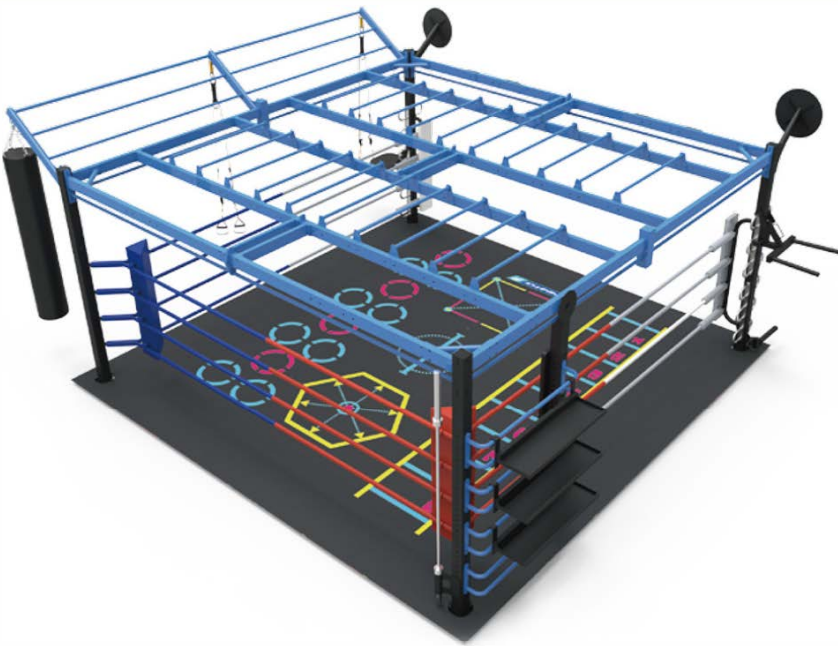
Specifications: 5M\*5M with 4 columns, all accessories

Size: 248" × 205" × 112" (630\*520\*285cm)

\*Size can be customized, please contact us for details







## QT2 Functional Boxing Ring

Cables walls are fixed around the QT2 boxing ring by 3 sides which leave one side open for entrance/exit. The high standard ring provides a whole set of accessories for extra functional training exercises.

Model: QT2 5\*5(high standard)

Specifications: 5M\*5M with 4 columns, all accessories, and cables for 3 sides

The high standard ring provides the whole set of accessories for extra functional training.

Size: 248" × 205" × 112" (630\*520\*285cm)

\*Size can be customized, please contact us for details



METAGENICS FITNESS products has a professional design team which can give you a "private customization plan" based on the size of your studio, environment and functions you require.

## QT2 Functional Boxing Ring

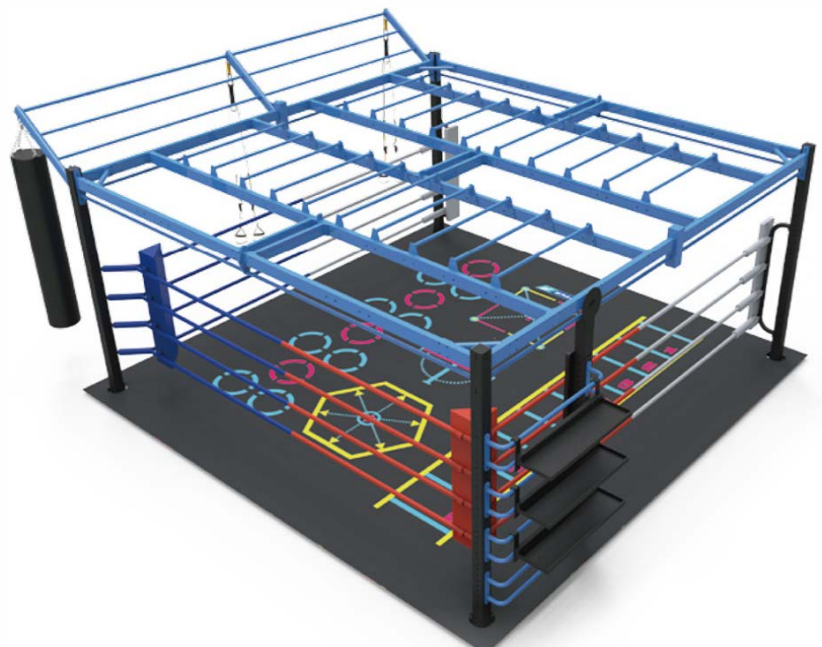
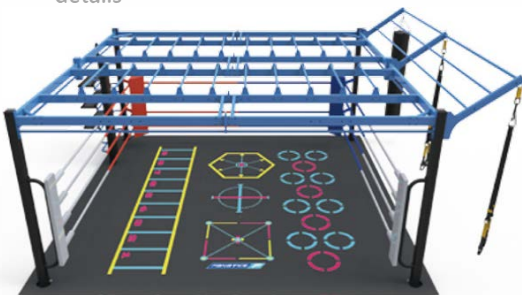
Simplified high standard QT2 boxing ring, includes the functional frame along with the storage plate.

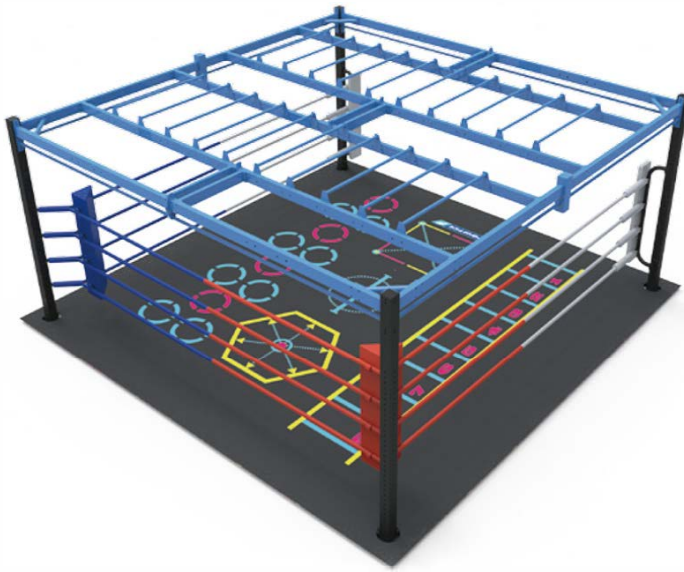
Model: QT2 5\*5(medium standard)

Specifications: 5M\*5M with 4 columns, cables for 3 sides

Size: 248" × 205" × 112" (630\*520\*285cm)

\*Size can be customized, please contact us for details





## QT2 Functional Boxing Ring

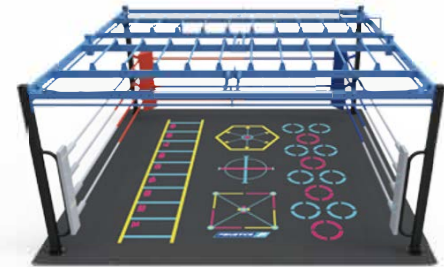
A simplified medium standard QT2 boxing ring.

Model: QT2 5\*5( standard)

Specifications: 5M\*5M with 4 columns, cables for 3 sides

Size: 205" × 205" × 98" (520\*520\*248cm)

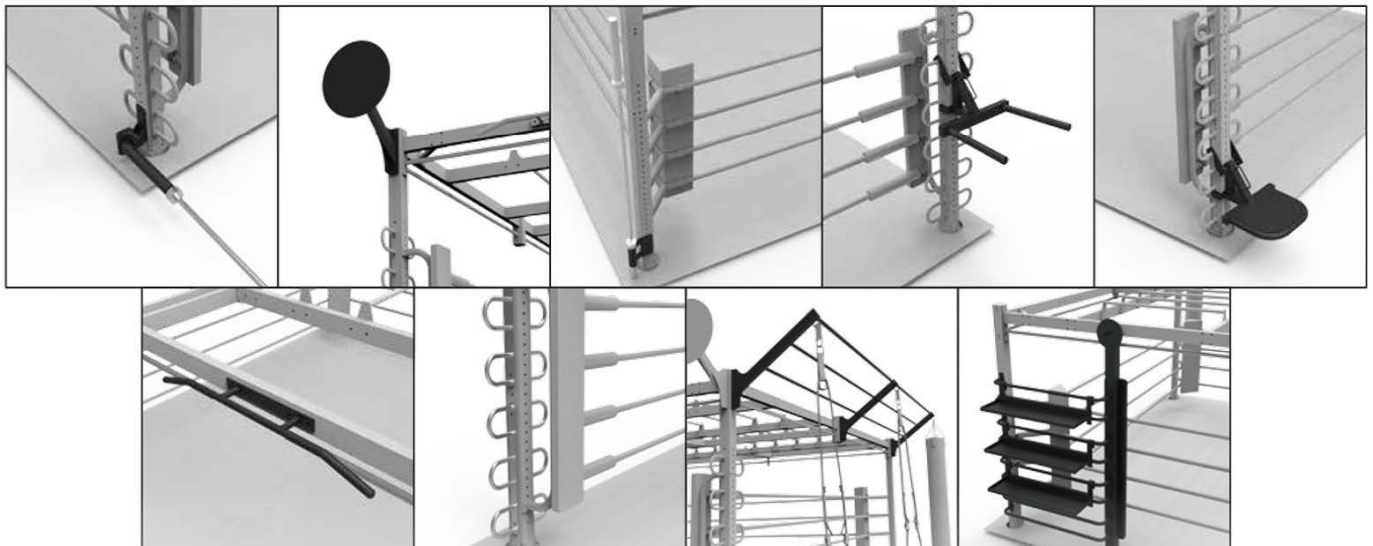
\*Size can be customized, please contact us for details



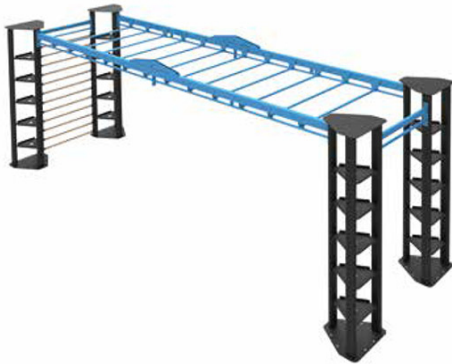
## Accessory

METAGENICS FITNESS multifunctional boxing ring provides a wide range of training accessories which can expand the rings training function. To simplify the ordering process, FANATICS offers you 3 different type of configurations (standard, medium, high). Please see the chart on the right side. And of course, you can also choose different components to customize your own boxing ring.

	Standard	Medium	High
Frame/ladder	√	√	√
Cable/cushion	√	√	√
Functional frame		√	√
Additional shelf		√	√
Chin up handles			√
Ground Rotational Trainers			√
Multi- functional anchor			√
Ball target			√
Dip bar			√
Footboard			√
Bar holder			√



# Suspension Training



## Option 1

It is combined by monkey bars and ( 4 ) triangular columns. Each column provides ( 5 ) storage shelves. All those triangular columns are connected with base by expansion bolts that provide excellent structural stability.



## Option 3

It can be connected at the top in order to maximize the training space.



## Option 4

Between those columns, the triangular hangers can be fitted in to make extra suspension training space.



## Option 2

It is combined by monkey bars and ( 6 ) triangular columns. Also it provides 10 extra storage plates for accessories.



## Option 5

It is easy assembly without any fixing or drilling issues.





### **FT3030 Sand Bag Rack**

Size : 29" × 42" × 59"  
(75\*106\*150cm)  
Net weight : 121lb(55Kg)  
Gross weight : 132(60Kg)



### **FT3050 Medicine Ball Rack**

Size : 23" × 42" × 58"  
(58\*105\*146cm)  
Net weight : 110lb(50Kg)  
Gross weight : 121(55Kg)



### **FT3040 X-Shape Dumbbell Rack**

Size : 26" × 46" × 63"  
(65\*116\*160cm)  
Net weight : 110lb(50Kg)  
Gross weight : 121(55Kg)



### **FT3095 Bar Holder**

Size : 22" × 19" × 9"  
(55\*47\*22cm)  
Net weight : 70lb(32Kg)  
Gross weight : 77lb(35Kg)



### **FT3080 Bulgarian Bag Rack**

Size : 27" × 36" × 57"  
(68\*91\*143cm)  
Net weight : 59lb(27Kg)  
Gross weight : 70lb(32Kg)



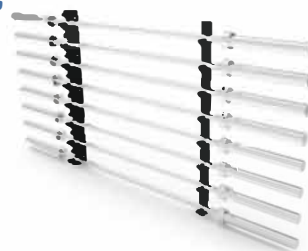
### **FT3090 Bumper Plate Cart**

Size : 60" × 13" × 9.5"  
(153\*33\*24cm)  
Net weight : 35lb(16Kg)  
Gross weight : 44lb(20Kg)



### **FT3000 3-Tier Mass Storage**

Size : 71" × 23" × 72"  
(180\*57\*181cm)  
Net weight : 216lb(98Kg)  
Gross weight : 231lb(105Kg)



### **FT5101 8 Bar Gun Rack**

Size : 7.5" × 10" × 25"  
(19\*26\*62cm)  
Net weight : 15lb(7Kg)  
Gross weight : 22lb(10Kg)