

XFW SERIES



TRUE FITNESS STRENGTH:
XFW SERIES

NEVER LIFT ALONE WITH TRUE

Offering modern styling, high-quality construction, and time-tested innovative designs, the XFW plate-loaded strength equipment, racks, and benches represent the best in form, function, and reliability.



LONG-LASTING QUALITY

High-quality construction ensures your facility is investing in TRUE strength products that can stand up to the toughest workouts.



USER-FRIENDLY FEATURES

With contoured pads and easy adjustments on select pieces, the XFW line provides an enjoyable and effective workout for all users.



SPACE-EFFICIENT DESIGN

Select models come with standard plate storage, offering convenience and efficiency in your fitness space.



POWER RACK WITH PLATE HOLDERS
XFW-7900



With 23 available adjustment points at three-inch increments, fully adjustable bar catches and catch rails, and an integrated pull-up station, the XFW-7900 Power Rack is suitable for a wide range of users and exercises. Users can use the XFW-7900 for bench presses, squats, pull-ups, and deadlifts. No matter the strength and muscle training your members want to target, this power cage can suit their needs.

The XFW-7900 Power Rack also comes with eight plate holders, providing convenient, organized, and easily accessible weight plate storage.

- + 23 available adjustment points
- + Fully adjustable bar catches and chrome-plated catch rails
- + Integrated pull-up station



DUAL SIDED HALF RACK
XFW-8300



Fully adjustable bar catches and catches rails with multiple options of training tools to accommodate a wide range of exercises. Optional accessories are sold separately.

- + Optional plate storage, chin bar, band pegs, core trainer, dip station, and center rack catch rails
- + 19 available adjustment points
- + 2 upright Olympic Bar storage posts



HALF RACK WITH PLATE HOLDERS
XFW-8100



Open face design features 19 available adjustment points at 3" increments, fully adjustable bar catches and catch rails to accommodate a wide range of exercises with integrated pull-up station including wide and narrow grips. The 8 plate holders and Olympic bar storage are standard while optional band peg kit (including band pegs and band storage posts) are sold separately.

- + Optional band peg kit
- + 19 available adjustment points at 3-inch increments
- + Fully adjustable bar catches and catch rails
- + Integrated pull-up station
- + Optional step available



SMITH MACHINE
XFW-6800



Offering modern styling, high-quality construction, and time-tested innovative designs, XFW plate loaded products truly represent the best in form, function and reliability.

- + Open-frame design and elevated head clearance provide for easy access and use of utility benches
- + 14-position bar catch assembly allows multiple exercise movements
- + Weight carriage counterbalanced to 10 lbs (4.5kg) and angled 3 degrees to accommodate natural rotation of anatomical joints during exercise
- + Dual-adjustable safety stops allow users to adjust range of motion to suit their individual needs
- + 8 weight storage posts standard



LEG PRESS
XFW-7800



LEVER ROW
XFW-5500



Offering modern styling, high-quality construction, and time-tested innovative designs, XFW plate loaded products truly represent the best in form, function and reliability.

- + Premium grade linear bearings and high capacity weight carriage angled 45 degrees for optimum performance and durability
- + Dual-position pivoting carriage stops accommodate wide range of users
- + 3-position secondary safety stops allow users to adjust range of motion to suit their individual needs
- + Back pad with integrated head rest easily adjusts to 7 positions
- + Wide foot plate with molded rubber non-skid covering and calf raise provision offers secure placement and exercise variation

Offering modern styling, high-quality construction, and time-tested innovative designs, XFW plate loaded products truly represent the best in form, function and reliability.

- + Heavy-duty swivel plate rack assembly accommodates 8-45 lbs / 8-20 kg plates
- + Standard and neutral grip positions for exercise variation
- + Rubber covered foot platforms provide support and encourage proper alignment during exercise
- + Dual 1" / 3 cm pivot axles provide smooth vertical and lateral range of motion
- + Floor anchor provisions in frame



SEATED CALF
XFW-5700



Offering modern styling, high-quality construction, and time-tested innovative designs, XFW plate loaded products truly represent the best in form, function and reliability.

- + Pivoting seat with 5-position, adjustable thigh pad assembly
- + Dual rubber-coated handles on the thigh pad frame provide an ergonomic hand position during the exercise and aid in the ease of entry and exit of the machine
- + Custom-molded, curved non-skid foot platforms provide proper foot support, alignment and comfort during exercise
- + Weight horn with plastic wear guard accommodates 10 x 45 lbs / 20 kg plates



**SUPINE PRESS BENCH
WITH PLATE HOLDERS**
XFW-7100



Offering modern styling, high-quality construction, and time-tested innovative designs, XFW benches truly represent the best in form, function and reliability.

- + 9 3/4" / 23 cm bench width allows free shoulder movement during exercise
- + Replaceable 2-position chrome bar catches
- + 6 plate holders come standard
- + Floor anchor provisions in frame



**INCLINE PRESS BENCH
WITH PLATE HOLDERS**
XFW-7200



Offering modern styling, high-quality construction, and time-tested innovative designs, XFW benches truly represent the best in form, function and reliability.

- + Fixed, 30 degrees angled seat back for optimum exercise benefit
- + 6 plate holders come standard
- + Replaceable 2-position chrome bar catches
- + Contoured, molded seat pad adjusts to seven positions to accommodate wide range of users
- + Floor anchor provisions in frame



**3-WAY PRESS BENCH WITH
PLATE HOLDERS**
XFW-8200



The 3-Way Bench Press with Plate Holders adjusts quickly and easily into 3 positions: supine, 30° incline and 10° decline. The 3-position seat and dual-position footrest accommodate a wide range of users for each exercise.

- + Easily adjusts into 3 positions: Supine, 30 degrees incline, 10 degrees decline
- + 3-position seat and dual-position foot rest to accommodate wide range of users for each exercise
- + Replaceable, 3-position chromed bar catches with 6 plate holders come standard
- + Dual foot rest tubes with custom, molded-rubber, non-skid foot grips provide support during exercise
- + Floor anchor provisions in frame



DUMBBELL RACK
XFW-4700



An organized gym offers many benefits beyond aesthetics, from enhanced safety to efficient workout experiences. With our XFW-4700 Dumbbell Rack, you can reap those benefits and keep your gym's workout areas orderly, safe, and easy to navigate, maximizing your members' strength training experience.

The XFW-4700 Dumbbell Rack is available in six pair, 10 pair, 12 pair, 16 pair, 20 pair, and 30 pair. It does not accommodate hex head dumbbells.

- + XFW-4700-6 (6 pair)
- + XFW-4700-10 (10 pair)
- + XFW-4700-12 (12 pair)
- + XFW-4700-16 (16 pair)
- + XFW-4700-20 (20 pair)
- + XFW-4700-30 (30 pair)



PREACHER CURL
XFW-5000



Precise arm pad angle with comfort edge roll and easily adjustable seat.

- + Molded, contoured seat with 6-position height adjustment accommodates a wide range of users
- + Arm pad angled at 45 degrees for proper ergonomic support
- + Replaceable, plastic wear guards on bar-support catches
- + Custom molded, non-skid foot support pads
- + Floor anchor provisions in frame



ROMAN BENCH
XFW-5600



Adjustable thigh pad assembly angled 45° for proper ergonomics, accommodation to a wide range of users.

- + 45 degree angle for proper ergonomics
- + 9-position, adjustable thigh pad assembly supports wide range of users
- + Rubber-coated handles with attractive aluminum end covers provide assistance for ease of entry and exit
- + U-shaped base frame provides open feel during the lower part of the exercise movement
- + Floor anchor provisions in frame



TRICEPS SEAT
XFW-4400



Versatile bench perfect for seated dumbbell exercises. Includes wheels for easy moving.

- + Fixed back pad angled at 5 degrees for proper support
- + Heavy-duty, ball-bearing wheels for easy movement
- + Floor anchor provisions in frame



WEIGHT PLATE TREE
XFW-6300



6 weight posts accommodate more than 1,000 lbs. of Olympic plates and collars.

- + 6 weight posts for maximum storage
- + Base frame accommodates 1,000 lbs / 454 kg of weight and utilizes a four foot design for maximum stability
- + Each of the four lower weight horns accommodates a maximum of 4 x 45 lbs / 20 kg plates for a total of 16 plates on the lower level
- + Each of the two upper weight horns accommodates a maximum of 4 x 35 lbs / 15 kg plates for a total of 8 plates on the upper level



VERTICAL KNEE RAISE/DIP
XFW-6400



Elbow pads and dip handles designed to provide stability and encourage proper body positioning during exercise.

- + Contoured elbow pads and back pad angled 15 degrees for support and proper anatomical alignment during knee raise exercise
- + Rubber molded foot plates ease entry and exit
- + Floor anchor provisions in frame



ABDOMINAL/DECLINE BENCH
XFW-5300



Our XFW-5300 Abdominal Decline Bench is adjustable from -30° to +10° in 5° increments. Dual roller assembly for proper support during exercise and equipped with wheels for easy transportation.

- + 9 adjustments from -30° to +10° in 5° increments
- + Gas cylinder assist for adjustment of the back pad
- + Wheels for easy moving



FLAT BENCH
XFW-7000



Multi-use exercise bench with wheels and handle for easy moving and small base for unrestricted use.

- + Small base end for unrestricted use
- + Heavy-duty ball-bearing wheels and ergonomic lifting handle provide mobility
- + Floor anchor provisions in frame



**FLAT/INCLINE/DECLINE
BENCH**
XFW-7500

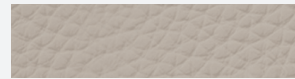


Versatile bench adjusts into 11 positions ranging from 10° decline to 85° incline. Seat pad adjusts to 3 positions to accommodate multiple exercise positions. Lifting handle and rear wheels for portability.

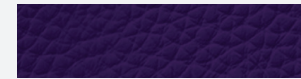
- + Easily adjustable, 11-position bench ranging from -10 degrees to 85 degrees
- + 3-position seat pad to accommodate multiple exercise positions
- + Easy-to-read Lexan label indicates back pad angle
- + Heavy-duty ball-bearing wheels coupled with ergonomic lifting handle provide mobility
- + Floor anchor provisions in frame

COLOR OPTIONS

- + Standard paint finish is matte black with choice of 18 upholstery color options.
- + Custom powder coat finish, custom upholstery color, and facility branding available upon request.



Alabaster



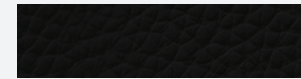
Deep Violet



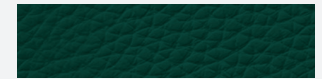
American Beauty



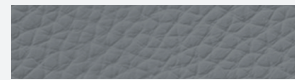
Grotto Teal



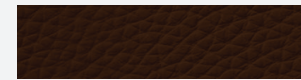
Black



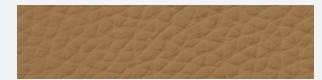
Hunter Green



Cadet



Java



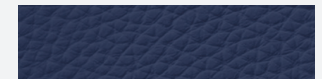
Camel



Light Gray



Candy Apple Red



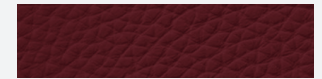
Navy



Graphite



Royal Blue



Cranberry



Slate



Desert Tan



Suede

Weight plates and dumbbells shown are not included.



CONTACT US

sales@truefitness.com
1.800.426.6570

865 Hoff Road
St. Louis, MO 63366

TRUEFITNESS.COM

