

# UCS™

**STRENGTH & SPEED**

THE ALL NEW  
**UCS SQUAT  
TRAINER**

PAGE 5

**GREG  
OLSEN**  
TIGHT END  
CAROLINA  
PANTHERS

**UCSSTRENGTH.com**

Call today! **704.732.9922** Toll Free **800.526.4856**

# UCS™

## STRENGTH & SPEED

Dedicated to research, development, and engineering, UCS uses a highly skilled work force to manufacture athletic equipment known for its quality, revolutionary design, and unparalleled safety. As a premier track and field company, UCS has been the sole supplier to four Olympic Games, Olympic Trials, NCAA Championships, and numerous championships worldwide.

UCS is proud to produce the Strength & Speed equipment line. This advanced line consists of racks, benches, platforms, glute-hams, leg presses, towers, and the renowned Plyo-Safe™ equipment. Cutting edge engineering, precision tooling, and powder-coating in house allows for customization unmatched in the industry.

We look forward to working with you on upcoming facility projects. The drive and dedication of your athletes and our customers compels us to strive for the highest quality products in the world.

- 4 GLUTE-HAM MACHINE**
- 5 SQUAT TRAINER**
- 6 X-RACK SYSTEMS**
- 17 RACK ACCESSORIES**
- 22 INCLINE BENCHES**
- 26 TOWERS**
- 30 PLYO-SAFE™ EQUIPMENT**



**WARNING! Failure to comply with these instructions could result in serious injury or death.**  
Read and observe all warnings and instructions posted on equipment and contained in instruction manuals. Inspect the equipment carefully before use. Do not use equipment if you observe any worn, missing, or damaged components. • Consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. • Consult a trained supervisor to familiarize yourself with the equipment's performance characteristics and proper use. • Never use any means of adding resistance to the equipment other than those approved by UCS. • Be sure that pins/accessories are completely inserted. • Be sure that you know how to properly adjust/engage all moving/locking parts prior to use. • Keep body, hair, clothing and jewelry free and clear of all moving parts. • Keep children away from the equipment. • Ensure all warning labels are in place and legible. To replace any missing or worn labels contact UCS.

**GSA** Contract #GS0-03F-0092V  
*Advantage!*®

Strength & Speed equipment is manufactured in-house at the Lincolnton, North Carolina facility.



# THE UCS DIFFERENCE

Strength and speed are important to your athletes and your program. UCS Strength and Speed equipment provides a foundation to build great athletes. Each piece of equipment is carefully designed to maximize workouts and durable enough to withstand the demands of an entire team. At UCS Strength and Speed, we don't just build high quality equipment, we partner with our customers. Your feedback helps us design and manufacture strength training equipment for today's athletic programs. We deliver quality so you can deliver results.



**Washington State University**  
X-20 Rack Systems and Multi-Function Benches with Docking Stations

## FACILITIES USING STRENGTH & SPEED EQUIPMENT INCLUDE:

### PROFESSIONAL TEAMS

Arizona Cardinals  
Atlanta Falcons  
Baltimore Ravens  
Buffalo Bills  
Cleveland Browns  
Denver Broncos  
Green Bay Packers  
Indianapolis Colts  
Jacksonville Jaguars  
Minnesota Vikings  
New England Patriots  
New Orleans Saints  
New York Giants  
New York Jets  
San Diego Chargers  
Seattle Seahawks  
Tampa Bay Buccaneers  
Cleveland Cavaliers  
Indiana Pacers  
Los Angeles Lakers  
New Orleans Hornets  
Utah Jazz  
Buffalo Sabers  
Florida Panthers  
Los Angeles Kings  
New Jersey Devils  
Pittsburgh Penguins  
Tampa Bay Lightning  
Cleveland Indians  
Detroit Tigers  
Pittsburgh Pirates  
San Diego Padres  
Los Angeles Clippers

Chicago Bulls  
Washington Nationals  
Colorado Rapids  
NY/NJ Red Bulls  
Seattle Sounders

### COLLEGES/UNIVERSITIES

University of Arkansas  
Boston College  
Boston University  
Charleston Southern University  
Clemson University  
University of Colorado  
Columbia University  
Florida State University  
University of Iowa Football  
John Hopkins University  
Kansas State University  
University of Kentucky  
Louisiana State University  
University of Louisville  
University of Michigan  
University of Mississippi  
Muhlenburg College  
North Carolina State  
University of North Carolina  
Oregon State University  
University of Pittsburgh  
Rice University  
Rutgers University  
University of Illinois - Champaign  
Southern Illinois University  
University of South Carolina

Southeastern University  
University of Vermont  
Vanderbilt University  
Wake Forest University  
Washington State University  
West Virginia University  
Wofford University

### HIGH SCHOOLS

Cresskill High School  
De La Salle High School  
Don Bosco Academy  
Fitzgerald High School  
Georgetown Prep Academy  
Isidore Newman School

Naples High School  
Richmond County High School  
University High School  
Vista Grande High School

### PERFORMANCE CENTERS

Davis Training Systems  
Go Performance  
Parisi Speed Schools  
Peak Performance

### GOVERNMENT AGENCIES

United States Air Force  
United States Army  
United States Marine Corps

**Boston College**



CHECK OUT INSTALLATION PHOTOS  
AT [UCSSTRENGTH.com](http://UCSSTRENGTH.com)



### EXCLUSIVE LINEAR BEARING SYSTEMS

UCS exclusively uses block and rail linear bearings. The unique system eliminates all of the "flex" and bouncing of tube and collar systems.

### PADDING

Striving to revolutionize all aspects of equipment, UCS has developed a unique stitch pattern that completely removes seams from high pressure areas. This provides a comfortable platform and a more durable pad.

### HYDRAULIC PISTON

In an effort to enhance the efficiency of today's strength facility, UCS utilizes a hydraulic piston to enable quick and safe adjustments from a seated position.

### POWDER-COATING

UCS is renowned for its powder-coating quality. Our in-house system ensures the highest paint adhesion. Sandblasting removes all impurities from within the steel, keeping equipment looking new for years.

### HOOK PLATE

In order to maintain the integrity of our 7-gauge steel systems, UCS racks feature our nickel-plated hook plate. Laser cut from 3/4" steel, the smooth edges eliminate common pinch points. The nickel plating is guaranteed not to chip or rust.

### 7-GUAGE STEEL

Fully welded 7-gauge steel tubing and laser cut 1/4" to 3/4" plates are exclusively used on all Strength and Speed products.

### HDPE PLASTIC

In order to protect the equipment and training bars from metal to metal contact, UCS features highly resilient shatter proof HDPE coatings on all potential contact point.

### SIDE ENTRY WEIGHT STORAGE

All UCS racks are available with an optional side entry weight storage, allowing the rack to be flush against the wall with side entry for spotters.

### LOCKING ACCESSORIES

The locking mechanisms used in our equipment are specially designed for our number one goal: safety. Bar holders, safety spot arms, and many other pieces utilize this feature allowing for quick repositioning.

### STANDARD VINYL COLORS

Custom colors available, contact factory for details.



### STANDARD FRAME COLORS

Custom colors available, contact factory for details.



# GLUTE-HAM MACHINE

ENGINEERED **INNOVATION**

Innovative engineering, stylish design, and durability are combined to create the most impressive Glute-Ham Machine. Its unique design allows athletes of all sizes to perform activities safely and comfortably.

- 72"L x 38"W
- 7-gauge steel construction, fully welded frame
- An innovative pad design offers numerous activity positions in addition to traditional glute-ham exercises
- A gradual curve of the pads creates a comfortable, supportive platform
- Pad can rotate to a flat padded platform, ideal for abdominal activity
- Two welded band attachments increase the Glute-Ham's versatility
- The foot support system operates on hidden rails beneath the platform, providing a walk-through design eliminating the tripping hazard of a center support bar **(A)**
- The piston-driven footrest raises the pads vertically by depressing one foot pedal or horizontally by depressing the other foot pedal **(B)**
- Curved upper pads offer a unique shelf to help align the athlete into proper position **(C)**

CODE	DESCRIPTION
A-630613	Glute-Ham Machine



**JON BEASON**  
FORMER NFL LINEBACKER



# UCS SQUAT TRAINER

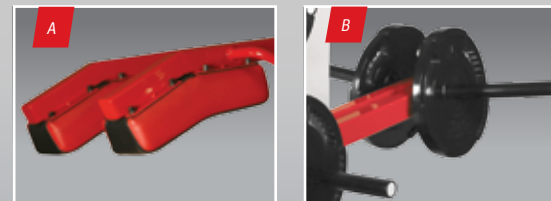
THE ULTIMATE TOOL FOR **EXPLOSIVE POWER**

The all new **UCS SQUAT TRAINER** has been designed to give your athletes the ultimate tool for explosive power. Continuing the tradition of UCS, the **UCS SQUAT TRAINER** is built from 7-gauge steel tube and 1/4" steel plate.

Configured to allow your athletes to attain a full squat, the **UCS SQUAT TRAINER** is a great addition to any performance program. Shoulder pads **(A)** adjust with a single hand while the athlete is on the machine, no unloading required. The horizontal mounted weight horns **(B)** are angled to prevent any risk of movement during use. The steel reinforced belt provides a quiet and durable movement system.

Welded weight horns and a completely enclosed structure give the **UCS SQUAT TRAINER** a clean and finished look. The athlete's platform is covered in a dense 3/4" rubber for sure-footing and impact absorption.

CODE	DESCRIPTION
A-630614	Squat Trainer



**GREG OLSEN**  
TIGHT END  
CAROLINA PANTHERS

# X-10 RACK SYSTEM

ELITE LEVEL PERFORMANCE

The X-10 Series Rack System is built to provide the versatility of the X-20 in a more compact footprint. Designed to accept both Olympic and bumper plates, the low-profile plate storage opens up sight lines in a facility.

- 7-gauge tubing, welded, upright and base construction
- Frame, base, and accessories are sandblasted prior to powder-coating, creating the highest possible powder to steel adhesion properties
- Standard Equipment: Low-profile bumper plate storage unit, vertical bar sleeves, quick-release single bar holders, and safety spot arms
- Available in 8' or 9' heights



Multiple frame colors



X10-A19S without platform



X-10 Weight Storage



Wake Forest University

CODE	DESCRIPTION
X10-A08H	8' Rack w/ Horizontal Weight Storage
X10-A09H	9' Rack w/ Horizontal Weight Storage

#### Olympic Platforms with Logos and Inserts

P-861	8' x 6' Platform w/ Logo & Insert
P-881	8' x 8' Platform w/ Logo & Insert
B-538950	Bench Ramp (for use w/ platform)

Warning! When adding a pull-up bar to the X-10 Rack, UCS recommends securing the rack to either the facility floor or platform.

**MORE  
COMPACT  
FOOTPRINT**

#### X10-A09H shown with accessories:

- P-881 8' x 6' Platform
- A-730420 Multi-Function Bench
- B-538490 Bench Docking Station



# X-20 RACK SYSTEM

## ELITE LEVEL PERFORMANCE

Simplicity and versatility are key components of the X-20 Rack System. The X-20 is manufactured to the industry's highest standards. The open design lends itself to being the most functional and versatile rack for any weight room.

- 7-gauge tubing, welded, upright and base construction
- Frame, base, and accessory parts are pre-treated prior to powder-coating, creating the highest possible powder to steel adhesion properties
- Standard Equipment: Weight storage unit, bar holder, combo grip pull up bar, quick release single bar holders, and safety spot arms
- Available in 8' or 9' heights



X20-A19E with Side Entry Weight Storage is designed to be flush against a wall.

### X20-A19S shown with accessories:

- P-881 8' x 8' Platform
- A-730420 Multi-Function Bench
- B-538490 Bench Docking Station
- B-538950 Bench Ramp
- B-538904 Combo Grip Pull-Up Bar



CODE	DESCRIPTION
X20-A18S	8' Rack w/ Standard Weight Storage
X20-A18E	8' Rack w/ Side Weight Storage
X20-A19S	9' Rack w/ Standard Weight Storage
X20-A19E	9' Rack w/ Side Weight Storage
<b>Olympic Platforms with Logos and Inserts</b>	
P-861	8' x 6' Platform w/ Logo & Insert
P-881	8' x 8' Platform w/ Logo & Insert
B-538950	Bench Ramp (for use w/ platform)

**GREG OLSEN**  
TIGHT END  
CAROLINA PANTHERS



# X-30 RACK SYSTEM

ELEVATE **MAXIMUM POTENTIAL**

The X-30 Series Rack System is one of the most versatile pieces of equipment in any strength program. Offering a safe and controlled environment, the X-30 Rack is perfect for facilities with limited space. The open design is ideal for a wide variety of exercises.

- Fully welded 3" x 3" 7-gauge steel tube side frames, powder-coated
- Standard Equipment: Weight storage unit, combo grip pull up bar, quick release single bar holders, and interior safety spot arms
- Available in 8' or 9' heights

CODE	DESCRIPTION
X30-A28S	8' Rack w/ Standard Weight Storage
X30-A28E	8' Rack w/ Side Weight Storage
X30-A29S	9' Rack w/ Standard Weight Storage
X30-A29E	9' Rack w/ Side Weight Storage

#### Olympic Platforms with Logos and Inserts

P-862	8' x 6' Platform w/ Logo & Insert
P-882	8' x 8' Platform w/ Logo & Insert
B-538950	Bench Ramp (for use w/ platform)
P-2	Insert Only w/ Metal Frame



#### X30-A29S shown with accessories:

- A-730420 Multi-Function Bench
- B-538490 Bench Docking Station
- B-538904 Combo Grip Pull-Up Bar

# X-40 RACK SYSTEM

ELEVATE **MAXIMUM POTENTIAL**

The powerful X-40 Series Rack System has the ability to adapt to any activity and is a valuable addition in any facility. The enclosed design makes it the safest rack for athletes.

- Four 3" x 3" 7-gauge welded uprights, powder-coated and equipped with an interior 3/4" steel nickel-plated hook plate
- Standard Equipment: Weight storage unit, bar holder, combo grip, pull-up bar, quick release single-bar holders, and interior safety spot arms
- Available in 8' or 9' heights

CODE #	DESCRIPTION
X40-A38S	8' Rack w/ Standard Weight Storage
X40-A38E	8' Rack w/ Side Weight Storage
X40-A39S	9' Rack w/ Standard Weight Storage
X40-A39E	9' Rack w/ Side Weight Storage

#### Olympic Platforms with Logos and Inserts

P-863	8' x 6' Platform w/ Logo & Insert
P-883	8' x 8' Platform w/ Logo & Insert
B-538950	Bench Ramp (for use w/ platform)
P-3	Insert Only w/ Metal Frame



X40-A39E with Side Weight Storage



#### X40-A39S shown with accessories:

- A-730420 Multi-Function Bench
- B-538490 Bench Docking Station
- B-538904 Combo Grip Pull-Up Bar

# X-50 RACK SYSTEM

ELITE LEVEL PERFORMANCE

The versatile and efficient X-50 Rack System allows two athletes to engage in activity at the same time, each with an individual spotter. With the ability to adapt to any program and create more space, the X-50 Rack System is the most popular rack at all levels.

- Four 3" x 3" 7-gauge welded uprights, linked together by a double sided side entry weight storage system (Wrinkle Black powder-coated), giving both sides the ability to store equal amounts of plates
- Standard Equipment: Dual sided side entry weight storage unit, safety spot arms, vertical bar storage, two combo grip pull-up bars, and two pairs of quick-release single bar holders
- Available in 8' or 9' heights



**X50-AM19E19 shown with accessories:**

- P-881 Platform
- A-730420 Multi-Function Bench
- B-538490 Bench Docking Station
- B-538910 Technique Scoops
- B-538904 Combo Grip Pull-Up Bar
- B-538950 Bench Ramp
- B-538906 Pull-Up Bar with Rotating Handles



**X50-AM19E19 shown with accessories:**

- P-881 8' x 8' Platform
- A-730420 Multi-Function Bench
- B-538490 Bench Docking Station
- B-538910 Technique Scoops
- B-538950 Bench Ramp
- B-538904 Combo Grip Pull-Up Bar
- B-538906 Pull-Up Bar with Rotating Handles

CODE	DESCRIPTION
X50-AM18E	18' 8" Rack System w/ Dual Side Entry Weight Storage
X50-AM19E	19' 9" Rack System w/ Dual Side Entry Weight Storage

**Olympic Platforms with Logos and Inserts**

P-8611 8' x 6'	Platform w/ Logo & Insert
P-8811 8' x 8'	Platform w/ Logo & Insert
P-861 8' x 6'	Single Sided Platform w/ Logo & Insert
P-881 8' x 8'	Single Sided Platform w/ Logo & Insert
B-538950	Bench Ramp (for use w/ platform)



# X-60 RACK SYSTEM

ELITE LEVEL PERFORMANCE

With two workout areas, the X-60 Rack System offers the versatility of the X-20 with the safety, adaptability, and control of the X-40 system.

- Four 3" x 3" 7-gauge standard uprights, equipped with hook plates, plus an additional interior facing 3" x 3" welded upright
- Standard Equipment: Weight storage unit, one pair of internal safety spot arms, bar-holder, combo grip pull-up bar, and two pairs of quick release single-bar holders
- Available in 9' height only

**X60-A49S shown with accessories:**

A-730420 Multi-Function Bench  
 B-538490 Bench Docking Station  
 B-538904 Combo Grip Pull-Up Bar  
 B-538901 Safety Spot Arms



**X60-A49S shown with accessories:**

P-881 8' x 8' Platform  
 A-730420 Multi-Function Bench  
 B-538490 Bench Docking Station  
 B-538950 Bench Ramp  
 B-538904 Combo Grip Pull-Up Bar

CODE	DESCRIPTION
X60-A49S	9' Rack w/ Standard Weight Storage
X60-A49E	9' Rack w/ Side Weight Storage

**Olympic Platforms with Logos and Inserts**

P-864	8' x 6' Platform w/ Logo & Insert
P-884	8' x 8' Platform w/ Logo & Insert
B-538950	Bench Ramp (for use w/ platform)

# X-70 RACK SYSTEM

ELEVATE **MAXIMUM POTENTIAL**

Offering the ultimate strength facility efficiency, the X-70 Rack System is the choice of many university and professional strength programs.

- Activity zones for three athletes
- Six 3" x 3" 7-gauge welded uprights, two 3" x 3" interior facing uprights, equipped with 3/4" steel, nickel-plated hook plates
- Unique dual side-entry weight storage system providing space for plates facing in both directions, making weight selection and replacement safe, easy, and non-disruptive to other users
- Additional weight storage (more than single side-entry) ensuring enough equipment for the three activity areas
- Standard Equipment: Double side-entry weight storage, one pair of interior safety spot arms, bar-holder, two combo-grip pull-up bars, and three pairs of quick release single bar holders
- Available in 9' height only



**X70-AM49E19 shown with accessories::**

- P-884 8' x 8' Platform
- A-730420 Multi-Function Bench
- B-538490 Bench Docking Station
- B-538910 Technique Scoops
- B-538901 Safety Spot Arms
- B-538906 Pull-Up Bar with Rotating Handles
- B-538950 Bench Ramp
- B-538904 Combo-Grip Pull-Up Bar

CODE	DESCRIPTION
X70-AM49E	19 9' Rack w/ Dual Side Entry Weight Storage

CODE	DESCRIPTION
<b>Olympic Platforms with Logos and Inserts</b>	
P-8641	8' x 6' Platform w/ Logo & Insert
P-8841	8' x 8' Platform w/ Logo & Insert
B-538950	Bench Ramp (for use w/ platform)
P-861	8' x 6' Single Sided Platform w/ Logo & Insert
P-881	8' x 8' Single Sided Platform w/ Logo & Insert

# ACCESSORIES

FULLY WELDED **SEAMLESS INTEGRATION**

## DUMBBELL RACK

- Constructed using 3" x 3" 7-gauge steel, these fully welded side frames are joined together by 1/4" steel plate shelves
- Rubber saddles **(A)** ensure dumbbells stay in place and prevent damage to shelves and dumbbells
- Customize your storage with alternate shelf options including kettle bell, or medicine ball shelves **(B)**
- Multiple shelf configurations available on a single unit **(C)**
- Each dumbbell shelf holds 5 pairs



Dumbbell Rack	
CODE	DESCRIPTION
A-530821	Single Tier
A-530822	Double Tier
A-530823	Triple Tier



## ACCESSORIES CART

- Keep your accessories mobile with this durable cart designed with non-marring, durable casters for gyms and tracks.
- 2 universal shelves finished in a durable wrinkle-black powder coat handle various equipment

Mobile Accessories Cart	
CODE	DESCRIPTION
526-9100	Double Tier



# ACCESSORIES

FULLY WELDED SEAMLESS INTEGRATION

To enhance the functionality of your UCS equipment there are several options, upgrades, and complimentary products available. These accessories integrate seamlessly with racks, benches, and platforms. Manufactured from 7-gauge steel, all accessories are fully welded.

## PULL-UP BARS

Pull-up bar with rotating handles can be adjusted to meet training requirements. Powder-coated steel tubing, knurled solid bars. Call for details.

## BAR HOLDERS

Quick Lock Single Bar Holders are standard on all UCS racks. Spring loaded lock for added safety. Composite HDPE hook protects the bar. B-638903

## TECHNIQUE SCOOPS

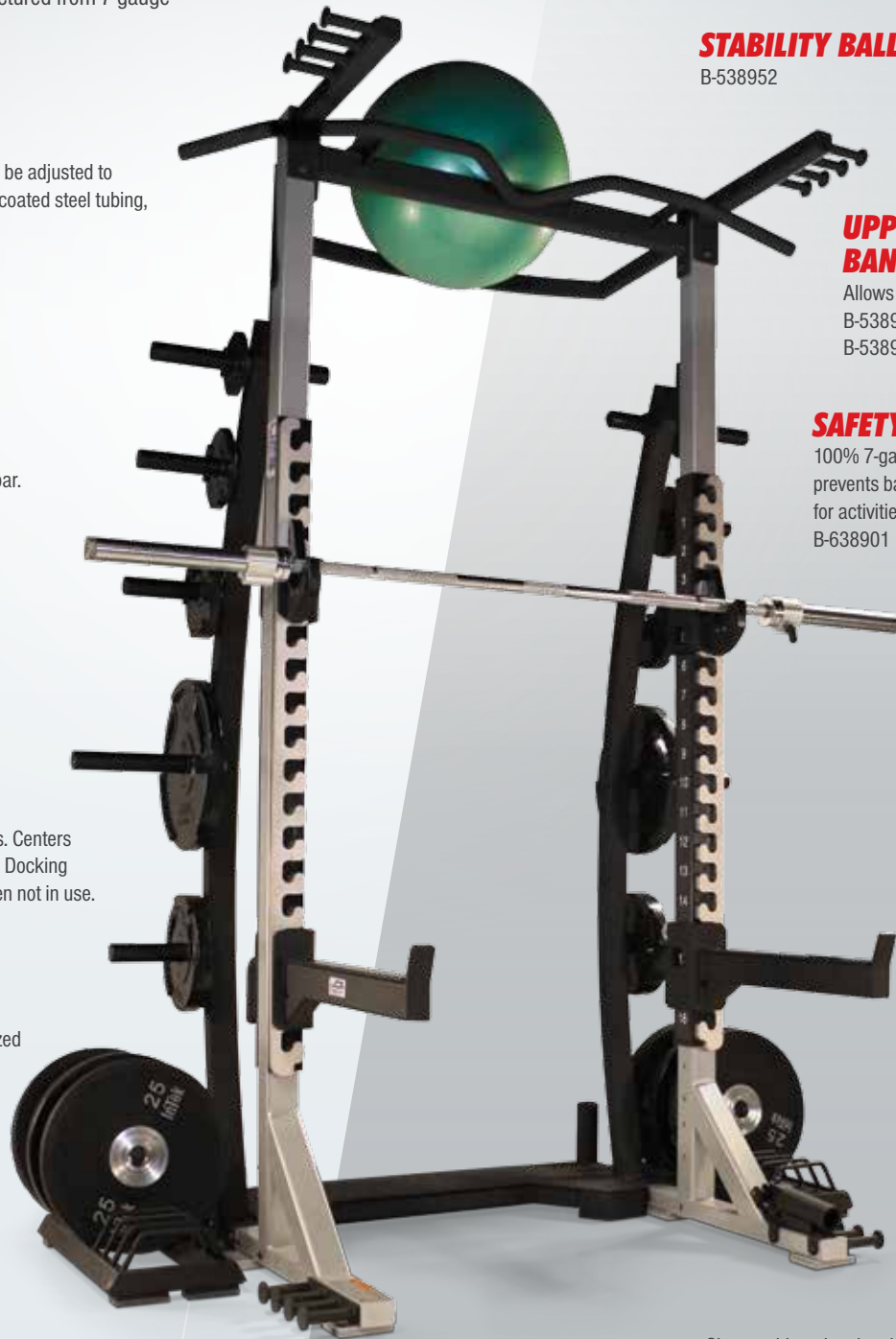
Fully welded 7-gauge construction. B-538910

## DOCKING STATION

Standard with Multi-Function Bench orders. Centers and secures bench between rack uprights. Docking Station flips up and secures into place when not in use. B-538950

## DIP ATTACHMENT

Variable width positions for different sized athletes. Non-slip grip adds safety. B-538928



## STABILITY BALL STORAGE

B-538952

## UPPER AND LOWER RACK BAND ATTACHMENT

Allows elastic bands to be used during training. B-538913  
B-538912

## SAFETY SPOT ARMS

100% 7-gauge construction. HDPE hook at front prevents bar roll-off and offers additional starting point for activities. Padded handle for easy adjustment. B-638901



## TORSO TWIST TRAINER

Fits any standard olympic bar. B-538915

Shown with optional rack mounted bumper plate storage.

# ACCESSORIES

FULLY WELDED SEAMLESS INTEGRATION

## X-SERIES FREE-STANDING PLATFORMS

UCS Platforms are constructed from the finest materials available to provide the strongest, most durable platforms on the market. The unique "cropped corner" shape eliminates dangerous edges and tripping hazards. A custom formed 11-gauge steel frame with a 11/2" steel lip and routed understructure corners ensure the frame cannot be dislodged during use. Comprised of four layers, the two rubber sections are first constructed with 2" x 4" select pine followed by a layer of 11/8" proprietary wood elements. The final layer is 3/4" rubber surface to absorb the impact of weights, minimizing noise. The center section is built identically to the rubber sections with the final layer 3/4" select tongue and groove oak. Six layers of polyurethane protect the logos and platform. Two layers are applied prior to logo application.



### Accessories: X-60 Rack

CODE	DESCRIPTION
P-88	8' x 8' Olympic Platform w/ Logo
P-86	8' x 6' Olympic Platform w/ Logo

## HORIZONTAL WEIGHT STORAGE

Stores both certified and fat bumper plates. Fully welded plate support rails. Tilt 'n roll option available.

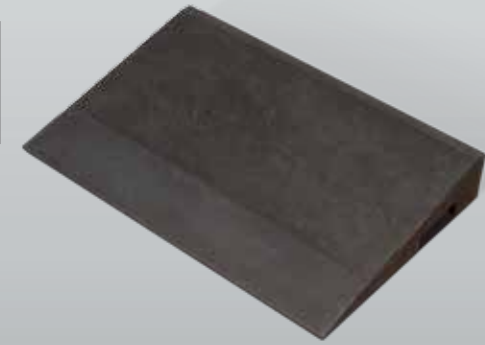


### Horizontal Weight Storage

CODE	DESCRIPTION
A-HFR-5	Holds 5 Bumpers
A-HFR-10	Holds 10 Bumpers
A-HFR-5W	Holds 5, w/ wheels
A-HFR-10W	Holds 10, w/ wheels

## PLATFORM RAMP

Allows bench to easily roll on and off UCS platforms. Steel frame with built-in handles and durable rubber surface.



### Platform Ramp

CODE	DESCRIPTION
538950	

## TECHNIQUE BOXES

Our oak constructed Technique Boxes are manufactured from 3/4" oak and sealed with polyurethane. The interior construction has been specially designed to allow for safe and easy stacking. To increase strength and durability, the understructure is 3/4" oak, while powder-coated steel corner strips provide additional strength. The top layer of each box is 3/4" rubber with two strips of Purple Heart Oak. The Purple Heart Oak helps prevent the plates and bar from accidentally rolling off. Technique Boxes are equipped with a pair of stainless steel handles to aid in moving the equipment.



### Technique Boxes

CODE	DESCRIPTION
A-540273	One Pair 12"
A-540272	One Pair 6"
A-540271	One Pair 3"
A-540270	Complete Set
A-540279	Custom Size

Custom logos available, contact factory for details.

# RACK ENHANCEMENTS

## RACK CONNECTOR BARS

Add additional functionality to your facility with the installation of Rack Connector Bars between your stations. Connectors are available with a variety of attachments such as Pull-Up Bars, Rope Attachments and Grip Balls. Three standard sizes accommodate the majority of facility designs, connectors can be made in custom lengths if required. Contact UCS for additional information.



### RACK CONNECTOR BARS

CODE	SIZE
B-538996	6' Rack Connector
B-538997	7' Rack Connector
B-538998	8' Rack Connector

Rack Connector Bars can be customized to meet your programs needs. Please call **800.526.4856** to discuss different attachment options.

## PULL-UP BAR LOGO ATTACHMENT

Display your branding and school pride on your Rack System with full-color digital graphics.

### PULL-UP BAR LOGO ATTACHMENT

CODE
B-538902

## LAT PULL DOWN RACK ATTACHMENT

Increase the functionality of your facility without using additional space. Towers can be attached to the rear of the X-10, X-20, X-30, X-40, and X-60. Available in all 3 Tower models.

LAT PULL DOWN RACK ATTACHMENT	
CODE	DESCRIPTION
A-630712	Lat Pull-Down Rack Attachment
A-630713	Low Row Rack Attachment
A-630714	Combo Rack Attachment



A-630712R Shown with reverse Lat Pull-Tower Attachment

# ADJUSTABLE INCLINE BENCH



A-730123

- 54" L x 24" W
- One piece laser cut 1/4" steel plate and 7-gauge tube components create the stable bench understructure
- The welded handle and non-marring wheels enable tilt 'n roll mobility **(A)**
- Adjustments can be performed while seated
- Pneumatic piston driven back pad support structure
- Back angle positions are 0, 20, 35, 45, 50, 60, 65, and 82 degrees **(B)**
- Front seat adjusts independently to five positions
- Specially designed 3" total height pad with 2" EVA foam
- Unique stitch pattern removes seams from high pressure points

Adjustable Incline Bench	
CODE	DESCRIPTION
A-730123	Adjustable Incline Bench
A-730421	Removable Head Wrap



**STANDARD VINYL COLORS**  
Custom colors available, contact factory for details.



**STANDARD FRAME COLORS**  
Custom colors available, contact factory for details.



# MULTI-FUNCTION BENCH

WITH **DOCKING STATION**



A-730420

- The Multi-Function Bench is the perfect compliment to any X-Series Rack.
- 54" L x 24" W (fully extended)
  - Laser cut 1/4" steel plate and 7-gauge tube components create the stable bench understructure
  - One piece back support structure eliminates flexing of the frame during activity
  - All adjustments can be performed while seated
  - Horizontal movement is achieved with a block and rail bearing system allowing 121/4" total bench travel
  - A pneumatic piston assists the adjustment of the bench back to these positions: 0, 20, 35, 45, 50, 60, 65, and 82 degrees **(A)**
  - Front seat adjusts independently to five positions, from 0-35 degrees
  - Specially designed 3" total height pad, with 2" EVA foam
  - Unique stitch pattern removes seams from high pressure points
  - Raised, diamond plate spotter's platform
  - Welded handle and non-marring wheels enable tilt 'n roll mobility **(B)**
  - Standard with Docking Station **(C)**

Multi-Function Bench	
CODE	DESCRIPTION
A-730420	Multi-Function Bench
A-730421	Removable Head Wrap



# MEDICINE BALL BENCH

The adjustable Medicine Ball Bench's support platform allows the athlete to select from five different positions. The ankle pads adjust for support during activity. An oversized platform provides a position for the spotter to enhance exercises using a variety of tools such as weight balls.



A-630350



- 85"L x 28"W
- 7-gauge steel construction
- Oversized spotter's platform
- 5-Position piston-assisted adjustable support pad **(A)**
- Fully-welded frame
- Adjustable ankle pads for a secure fit **(B)**



Medicine Ball Bench	
CODE	DESCRIPTION
A-630350	Medicine Ball Bench

# ADJUSTABLE PRONE ROW

UCS is proud to introduce the first Adjustable Prone Row Bench, which incorporates exclusive gas piston driven body support.

- 65"L x 48"W
- Gas spring assisted system adjusts prone row from 0° to 30° in 5° increments
- 3" x 3" 7-gauge steel tubing uprights protected by 1/4" high density polyethylene (HDPE)
- Leg roller support is adjustable 15" in length in 3" increments
- Bar height is adjustable up to 8" in 2" increments
- Specially designed 2" EVA pad conforms to the athlete's body providing excellent support
- Twist and Lock Bar Holders are made of 1/2" laser cut and formed steel with high density polyethylene (HDPE) guard and spring loaded pin lock for safety



A-63001

Adjustable Prone Row	
CODE	DESCRIPTION
A-630301	Prone Row Bench

# OLYMPIC SERIES BENCHES

DESIGNED FOR SAFE AND STABLE **FUNCTIONALITY**

Constructed with 3" x 3" 7-gauge steel, these fully welded benches are built to keep pace with any strength program. Made of HDPE composite plastic, the twist and lock bar holders allow for quick adjustments. Olympic Benches include a spotter's platform.

- 3" x 3" 7-gauge steel tubing uprights protected by 1/4" high density polyethylene (HDPE)
- Bar Holders are made of 1/2" laser cut steel with HDPE guard and spring loaded pin lock
- 12-peg weight storage
- Spotter's platform is 1/4" thick diamond plate Wrinkle Black powder-coated
- 2" x 3" 7-gauge steel tubing and 1/4" steel laser cut plate on front frame
- Seat pad is made with 2" thick EVA foam

## OLYMPIC FLAT BENCH

- 74"L x 67"W
- Bar height is adjustable up to 10 inches

Olympic Flat Bench	
CODE	DESCRIPTION
A-630412	Olympic Flat Bench w/ Storage
A-630413	Olympic Flat Bench w/o Storage



A-630412



A-630412

## OLYMPIC MILITARY PRESS

- 54"L x 67"W
- Seat is adjustable horizontally up to 8" in 1" increments
- Bar height is adjustable up to 10" in 2" increments

Olympic Military Press Bench	
CODE	DESCRIPTION
A-630417	Military Press Bench w/ Storage
A-630418	Military Press Bench w/o Storage

## OLYMPIC INCLINE BENCH

- 67"L x 67"W
- Seat height is adjustable up to 71/2" in 11/2" increments **(A)**
- Bar height is adjustable up to 10" in 2" increments
- Unit can be ordered to be built at 30°, 31°, 32°, 33°, 34°, 35°, 36° (standard), 37°, and 38°

Olympic Incline Bench	
CODE	DESCRIPTION
A-630414	Olympic Incline Bench w/ Storage
A-630415	Olympic Incline Bench w/o Storage



A-630412

# UCS TOWER SERIES

UCS Tower Series feature a new streamlined design. The 2" reinforced Kevlar belt provides a smooth movement of the 250 lb. weight stack. Each Tower is self-standing and manufactured from rolled 2" x 4" 11-gauge tube. Benches feature a combination of 2" x 2" and 2" x 4" 11-gauge tube, bench pads feature 37 oz. vinyl and 2" EVA foam. 1/4" textured HDPE shield protects front and rear of weight stack. Ships fully assembled.

## LAT PULL-DOWN TOWER

- Belt Driven System (A)
- Includes 48" revolving bar
- Adjustable thigh pads (B)
- 250 lb. weight stack
- Optional Custom Graphics

CODE	DESCRIPTION
A-630702	Lat Pull-Down Tower



A-630702

## LOW ROW TOWER

- Belt Driven System (A)
- Includes Double-D handle attachment
- 250 lb. weight stack
- Optional Custom Graphics
- 3/4" thick rubber foot rest

CODE	DESCRIPTION
A-630703	Low Row Tower



A-630703

# UCS TOWER SERIES

## COMBO TOWER

- Belt Driven System (A)
- Includes 48" revolving bar and Double-D handle attachment
- Adjustable thigh pads (B)
- 250 lb. weight stack
- Optional Custom Graphics
- 3/4" thick rubber foot rest
- Dedicated belt for each activity

CODE	DESCRIPTION
A-630704	Combo Tower



A-630704



A-630704

CREATIVE IMAGINATION, **STATE-OF-THE-ART MANUFACTURING**

Creative imagination, state-of-the-art manufacturing, and requests from strength coaches and athletes have led to the creation of Plyo-Safe Systems. Plyo-Safe products offer unique platforms for training today's athletes.

### PLYO-MATS

With the ability to turn any space into a productive activity zone, the Plyo-Mat has a seamless top. The 2" high density polyethylene foam is encased in durable 21oz knife coated vinyl with leather grain finish. Without cracks there is no risk of injury from tripping or getting caught. The Plyo-Mat has a unique design (photo A) which allows quick folding.

CODE	DESCRIPTION
425-1200	6' x 12' x 2"
425-1800	6' x 18' x 2"
425-2400	6' x 24' x 2"
425-8000	8' x 18' x 2"
425-9900	Custom Sizes



### DELUXE FOLDING MATS

140 Deluxe Folding Mats are encased in durable 21oz knife coated vinyl with leather grain finish. The 1' panel 2' fold design is lightweight and easy to store. The fold pattern ensures the mat will always lay flat when open. All seams and hems are double-folded and double-stitched with high tenacity nylon thread.

CODE	DESCRIPTION
140-44NV	4' x 4' x 13/8"
140-46NV	4' x 6' x 13/8"
140-48NV	4' x 8' x 13/8"
140-50NV	5' x 10' x 13/8"
140-62NV	6' x 12' x 13/8"



### PLYO-SAFE HURDLE

A safe and effective piece of equipment for use with most hurdle drills, the Plyo-Safe Hurdle is stable enough to stand but can be easily carried. Constructed from durable 21oz coated vinyl, the Plyo-Safe Hurdle can be used both inside and outside. The attachable foam boards allow four different heights: 30", 33", 36", and 39". Custom logos and colors are available. Footprint: 41" wide x 12" long.

CODE	DESCRIPTION
A-10440	Plyo-Safe Hurdle



### I BEAM PADS

Manufactured from 13/8" crosslink polyethylene and 21oz. vinyl coated nylon, I-Beam Pads provide a thick cushion of protection to the flat surface of exposed beams. Velcro strips position the pad for optimal protection. Customization is available with your measurements (see diagrams on the right).

CODE	DESCRIPTION
260-01	6" Face x 6'



# FACILITY PADDING

An essential safety addition to any activity area, Pads and Wall Panels help protect the athlete from injury, improve the appearance of your gym, and absorb noise. Padding can be customized with your school name, logo, and colors.

### WALL PROTECTION PANELS

Manufactured out of 3/8" wood backing with 2" thick 100 ILD foam, panels are covered in a double coated 14oz vinyl. Custom sizes are available with cutouts for light switches, outlets, and vents. Fire Retardant Wall Panels meet ASTM 84 regulations and are manufactured out of 2" FR-SAF foam, OSD 3/8" wood and 14oz. vinyl laminated material.

CODE	DESCRIPTION
260-16	1' x 6'
260-18	1' x 8'
260-26	2' x 6'
260-28	2' x 8'
260-46	4' x 6'
260-48	4' x 8'
Custom Graphics	

Robins Air Force Base



### FAT PADS

Available in folding and non-folding models, Fat Pads are manufactured out of 21oz. vinyl knife coated nylon. The breather material offers the right amount of depression with an extra high resilient polyethylene allowing for years of vigorous use. Each pad comes with eight handles.

CODE	DESCRIPTION
221-05	4' x 8' x 8"
221-08	5' x 10' x 8"
221-10	5' x 10' x 12"
221-12	6' x 12' x 8"
221-13	6' x 12' x 12"

University of South Carolina



### AGILITY HURDLE

The Agility Hurdle endures years of rigorous use and is powder-coated to avoid rust and discoloration. The fully welded 2" x 2" Zeneel tubular base is one solid unit. 1 1/2" Zeneel upright tubes are double welded to the base to prevent twisting. A welded weight in the base prevents tipping during activity. Telescoping aluminum tubes raise and lower the tri-ribbed Polycarbonate crossbar to five different heights (30", 33", 36", 39", and 42"). Footprint: 41" wide x 27.5" long.

CODE	DESCRIPTION
A-3011	UCS Agility Hurdle



### WELDED ROCKER HURDLE

- 16 gauge welded base frame extends into uprights for added durability
- Galvanized inside and out to prevent rust

CODE	DESCRIPTION
505-1501	Rocker Hurdle



### UCS HURDLE TUBE COLORS





# G2 BOXES

ELEVATE **MAXIMUM POTENTIAL**

**The World's most trusted foam Plyo-Box.** Strength and Speed's Plyo-Safe line continues to revolutionize the plyometric industry. Entering its 10th year of production, Plyo-Safe G2 Boxes offer the ultimate combination of durability, stability, and safety. With an extra large landing surface of 30" x 36", fears of missing the box are eliminated. They are made with a 100% polyurethane foam core that will not break down or delaminate, and a 21oz knife coated vinyl with built-in bacterial inhibitor. Handles on the 12", 18", and 24" allow for quick repositioning. Each box has three 2" strips of Velcro to enable stacking and prevent the boxes from slipping. Custom logos are available on 24" boxes, contact factory for details.

\*8 year warranty

**ASHTON  
LOCKLEAR**

**TEAM USA  
GYMNASTICS**



**NEW NON-SLIP BASE STANDARD  
ON ALL G2 PLYO-BOXES**



CODE	DESCRIPTION
A-540280	Set of G2 Plyo-Boxes (3", 6", 12", 18", 24")
A-540281	Set of 3 G2 Plyo-Boxes (12", 18", 24")
A-540287	Set of 3 G2 Plyo-Boxes (6", 12", 18")
A-540288	Set of 3 G2 Plyo-Boxes (6", 12", 24")
A-540289	Custom logo - 24" G2 Box



**DISPLAY YOUR BRANDING AND SCHOOL PRIDE WITH  
FULL COLOR DIGITAL GRAPHICS**

**STANDARD VINYL COLORS**

Custom colors available, contact factory for details.





# ELITE BOXES

ELEVATE **MAXIMUM POTENTIAL**

A UCS original, these fully padded Plyo-Box sets (26" x 26" x specified height: measuring 24", 18", and 12") not only provide protection from common Plyo-Box injuries but give any weight facility a professional look. The understructure of this equipment is comprised of the finest 3/4" oak covered in a dense foam which is upholstered in tough 38oz Boltaflex vinyl. Each corner is strengthened with two stainless steel "L" brackets. A raised lip on all boxes allows stacking and locking of the lids. The 24" box is bottomed with 3/4" high density rubber for stability. With four primary pads and four curved corner pads there are no sharp edges or dangerous corners exposed to the athlete. Stainless steel handles are recessed on two sides of each box. Each pad is individually replaceable.

**Plyo-Safe Plyo-Boxes are used by:**

- |                                |                              |
|--------------------------------|------------------------------|
| University of Arkansas         | New England Patriots         |
| Baltimore Ravens               | New Orleans Saints           |
| Boston University              | New York Giants              |
| Buffalo Bills                  | New York Jets                |
| Buffalo Sabers                 | Pittsburgh Penguins          |
| Charleston Southern University | University of Pittsburgh     |
| University of Colorado         | San Diego Padres             |
| De La Salle High School        | Seattle Seahawks             |
| Green Bay Packers              | Southern Illinois University |
| Indiana Pacers                 | University of Vermont        |
| Los Angeles Lakers             | Washington State University  |
| Los Angeles Kings              | West Virginia University     |
| Louisiana State University     | and many more!               |
| Muhlenburg College             |                              |

**LaDANIAN TOMLINSON**  
RUNNING BACK  
6X ALL-PRO



**APRIL STEINER BENNETT**  
USA OLYMPIC  
POLE VAULTER



CODE	DESCRIPTION
A-540260	Set of 3 Plyo-Boxes: consists one each of the following:
A-540261	26" x 26" x 24" Plyo-Box
A-540262	26" x 26" x 18" Plyo-Box
A-540263	26" x 26" x 12" Plyo-Box
A-540269	Logo - per color

\*Includes one lid per box



**CONTRASTING COLORS ON CENTER AND CORNER PADS AVAILABLE**  
(LID MATCHES CENTER PADS)

**STANDARD VINYL COLORS**

Custom colors available, contact factory for details.





# ELITE & G2 BOXES

DEVELOPING SPEED, EXPLOSIVE POWER AND FLEXIBILITY,  
WITH THE OPTIMAL COMBINATION OF DURABILITY,  
FUNCTIONALITY, CUSTOMIZATION, AND SAFETY.



ENGINEERED, DESIGNED, AND HANDCRAFTED IN THE USA.



**UCSSTRENGTH.com**

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