

## Rig Attachments



Step-Up Platform Attachment for the 'Build Your Own' CrossFit Training Rig only. The attachment is designed to fit onto the upright of the 'Build Your Own' CrossFit Training Rig, creating a platform/step for step-ups.

Price: £156.00

<http://www.gymratz.co.uk/step-up-platform-attachment>



Dips Bars Attachment for the 'Build Your Own' CrossFit Training Rig only. The attachment is designed to fit onto the upright of the 'Build Your Own' CrossFit Training Rig, creating a dip station for bodyweight dips.

Price: £70.82

<http://www.gymratz.co.uk/dip-bars-attachment>



Lift-Offs/ J-Hooks for the 'strength Series' CrossFit Training Rig only. The Lift-Offs are designed to fit onto the upright of the 'Build Your Own' CrossFit Training Rig, creating lift-offs for a 7ft bar.

Price: £37.50

<http://www.gymratz.co.uk/rig-lift-offs>



4ft Offset Wing, ideal for attaching to the 'Build Your Own' CrossFit Training Rig (only), creating a versatile chin-up bar for muscle-ups etc.

Price: £191.66

<http://www.gymratz.co.uk/rig-wing>



4ft Monkey Bar for the 'Build Your Own' CrossFit Training Rig (only). Add one for an extra pull-up station or multiples to create monkey bars.

RRP: £39.99

Our Price: £33.32

You Save: £6.67 - 17 % Discount

<http://www.gymratz.co.uk/monkey-bar>



4ft Cross Bar for the 'Build Your Own' CrossFit Training Rig (only).

Price from £34.00

<http://www.gymratz.co.uk/rig-cross-bar-url>



Braced Cross Bar for the 'Build Your Own' CrossFit Training Rig (only).

RRP: £74.99

**Our Price: £58.33**

You Save: £16.66 - 22 % Discount

<http://www.gymratz.co.uk/braced-cross-bar>



Band Pegs for the 'Build Your Own' CrossFit Training Rig (only).

**Price: £140.00**

<http://www.gymratz.co.uk/band-pegs>



Suitable for use with the GymRatZ Power Rack, GymRatZ Power Cage, or Professional Half Rack. The Grappler Attachment plugs-in to the upright holes providing a Grappler for all-sorts of leverage and rotational work.

**Price: £185.00**

<http://www.gymratz.co.uk/plug-in-grappler-attachment>



Pair of Safety bar catchers for the Strength Series 'Build Your Own' CrossFit Training Rig (only). Add attachments such as lift-offs and safeties to use your rig like a power rack.

**Price: £87.50**

<http://www.gymratz.co.uk/rig-safeties>



Lift-Off Hooks for our StrengthGear Modular rigs. Whether including a set or 2 of these hooks to use with your new modular rig or buying a pair to increase the training options on your existing StrengthGear Functional Training Rig these are a must-have item.

**Price: £55.00**

<http://www.gymratz.co.uk/sg-rig-lifft-off-hooks>



the Strength Series 'Build Your Own' CrossFit Training Rig Offset bar

**Price: £112.50**

<http://www.gymratz.co.uk/crossfit-workout-rig-offset>

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the Strength Series 'Build Your Own Crossfit Rig core trainer attachment.

Price from £57.99

<http://www.gymratz.co.uk/crossfit-workout-rig-core-trainer>



the Strength Series 'Build Your Own' CrossFit Training height extension

Price from £99.96

<http://www.gymratz.co.uk/crossfit-workout-rig-height-extender>



The rig Monkey ladder side bar is required should you want to install a monkey bar run across the top of your rig.

Price: £91.65

<http://www.gymratz.co.uk/rig-monkey-ladder-side-bar>



Pair of Safety bar catchers for 60mm box section Cages and Racks. Add attachments such as lift-offs and safeties to use your rig like a power rack.

Price: £87.49

<http://www.gymratz.co.uk/rack-safeties>



4ft Cross Bar for the 'Build Your Own' CrossFit Training Rig (only).

Price from £34.00

<http://www.gymratz.co.uk/rig-cross-bar-red>

Gym Ratz - (Fitness Equipment UK)

GymRatz - Fitness Equipment, 199 Avonmouth Road, Avonmouth, Bristol, BS11 9EG UK

Tel: 0845 86 86 888 Fax: 0870 4711 011