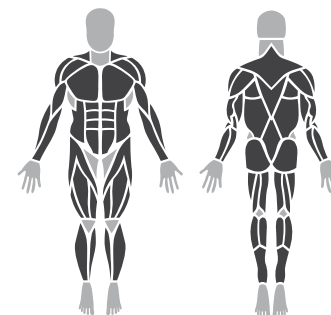


# Titan Multigym

#OF-100-06



The Titan Multigym supports four users and offers more than 13 exercises in a compact footprint. Simple yet effective bodyweight exercises that target the major muscle groups.



**Targets:**  
Quadriceps,  
glutes,  
hamstrings,  
abs, obliques,  
shoulders,  
chest, arms



## GENERAL SPECIFICATIONS

**Ages** 13+  
**User Capacity:** 4  
**Number of Stations:** 5  
**Number of Exercises:** 23+



## INSTALLATION SPECIFICATIONS

**Equipment (LxWxH):**  
57 in x 54 in x 85 in  
(145 cm x 137 cm x 216 cm)  
**Weight:** 253 lbs (115 kg)  
**ASTM Fall Height:** 84 in (213 cm)  
**Use Zone:** 11 ft x 13 ft (3.2 m x 3.9 m)  
**ASTM Pad Size:** 17 ft x 19 ft (5.0 m x 5.7 m)  
**ASTM Safety Surfacing Area:** 214 ft<sup>2</sup> (19.9 m<sup>2</sup>)

## COLOR OPTIONS



# Technical Design Features

## **Frame**

Constructed of 3/16" and 1/4" thick heavy-duty steel.

All fasteners are tamperproof stainless steel carriage bolts with a smooth, rounded head and square neck.

The locking nuts are shielded behind a padlocked access hatch.

## **Multi-Step Coating Process**

**Abrasive Blast with Aluminum Oxide:** Surfaces are blasted with aluminum oxide to remove contaminants and create a textured profile that promotes strong adhesion of coatings.

**Pre-Treatment Wash:** Parts undergo a steam rinse, a zirconium-based chemical conversion coating for corrosion resistance and adhesion, a clean water rinse, and are then oven-dried to eliminate all moisture before coating.

**Zinc-Rich Primer:** A zinc-rich primer is applied (2.5-3.5 mil thickness) to provide corrosion protection and is oven-cured to form a durable bond with the metal surface. It is rated for 4000 hours of salt spray.

**Top Coat:** The final topcoat is applied for color, UV, and weather protection, then cured in an oven to create a long-lasting, high-performance finish. The polyester powder is applied with TGIC-Free super durable polyester, exterior grade powder.

## **Instructional Placards**

Instructional placards are 0.25" thick Lexan and reverse printed with UV stabilized ink.

The Lexan is anchored to the column with a stainless steel trim ring and tamperproof rounded head carriage bolts.

## **Engineered with Real Exercise Biomechanics**

Safe and effective exercise biomechanics are built into every product through adjustable resistance systems, ergonomically designed bodyweight stations, and configurable bench and seat height adjustments.

# Available Exercises

## CHIN-UP/DIP

Regular dips - without assist  
Triceps Dips - without assist  
Chest dips - without assist  
Negative dips - without assist  
Isometric dip holds - without assist  
Chin-up (underhand) - without assist  
Neutral grip pull-ups - without assist  
Wide grip pullups - no assist  
Hammer grip pullups - no assist  
Mixed grip - no assist  
Close grip pullups - no assist  
Hanging L-Sit  
Oblique knee raises  
Hanging holds

## PULL-UP BAR

Neutral grip pull-ups - without assist  
Wide grip pullups - no assist  
Hammer grip pullups - no assist  
Mixed grip - no assist  
Close grip pullups - no assist  
Hanging L-Sit  
Oblique knee raises  
Hanging holds

## PUSH-UP PLATFORM

Push-ups

## ABDOMINAL KNEE RAISE

Bent leg  
Straight leg  
Single leg alternating raises  
Flutter kicks  
Bent leg twist  
Straight leg twist

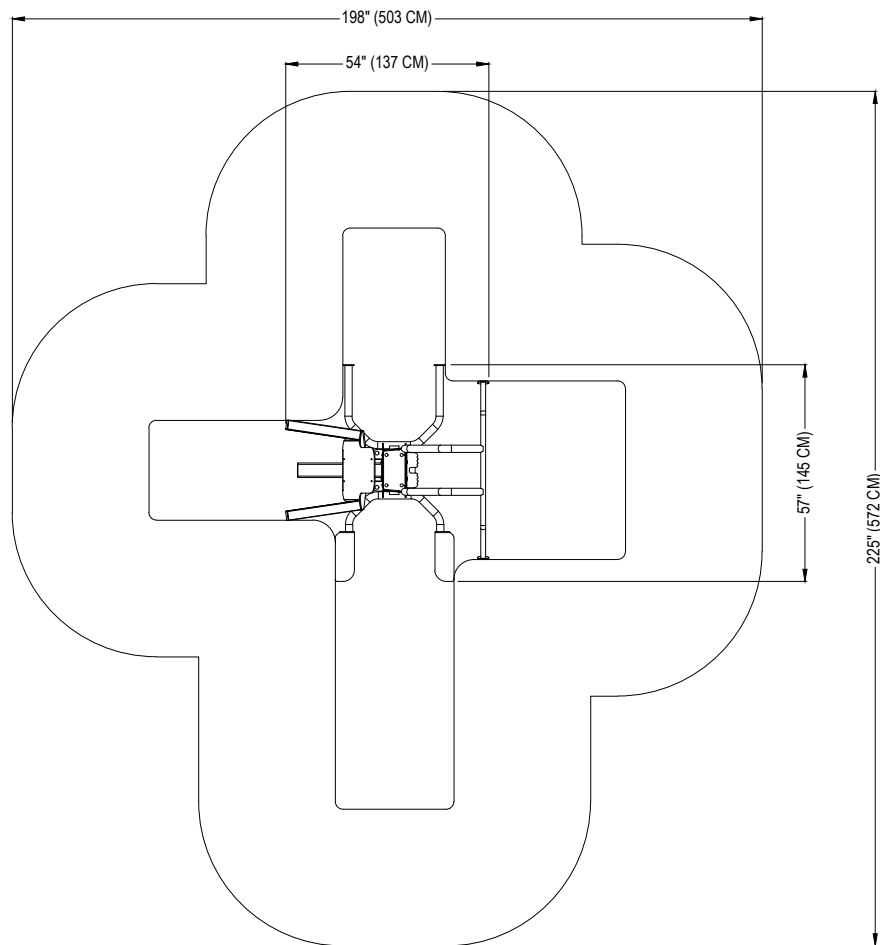
## CALF RAISE

Single Leg  
Double Leg

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**ASTM Fall Height:** 84 in (213 cm) | **Total Height:** 85 in (216 cm) | **ASTM Safety Surfacing Area:** 214 ft<sup>2</sup> (19.9 m<sup>2</sup>)



[Click to see CAD details online](#)