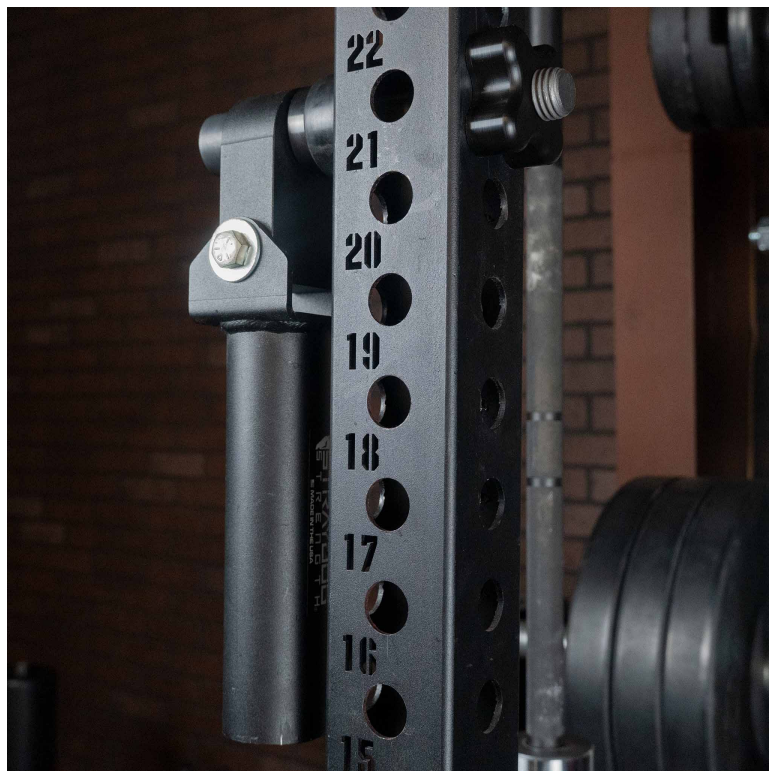


Landmine

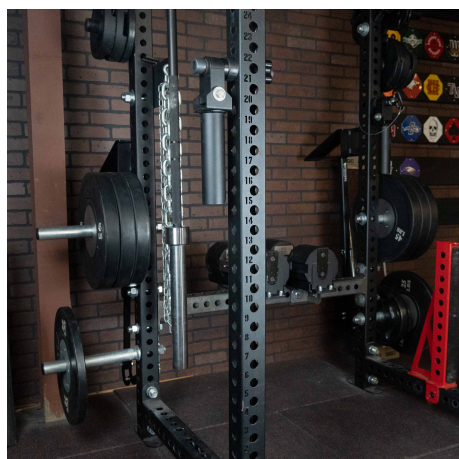
SPECS

Material Tubing	Aluminum/Steel
Height	9" Bar sleeve
Width	2.5"
Depth	6" Threaded
Weight	Adjustment Peg
Foot Print	9"x 2.5"x 6"
Made In Usa	Yes

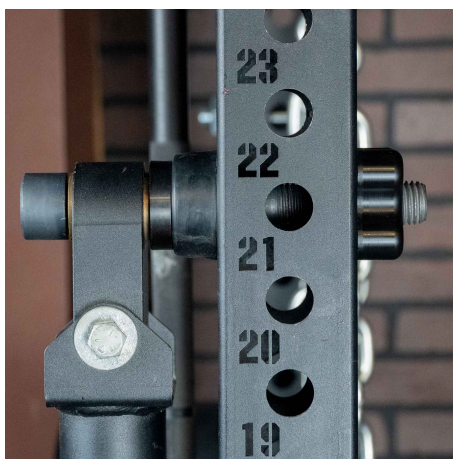


Our Landmine attachment uses an Adjustable Nut allowing it to be quickly moved to any 1" hole on 3x3" tubing. This allows it to be used not just on our racks but our ATR Units or Alpha Bench as well. The height of the unit can be adjusted to create a higher starting point for Viking Press or Hack Squats.

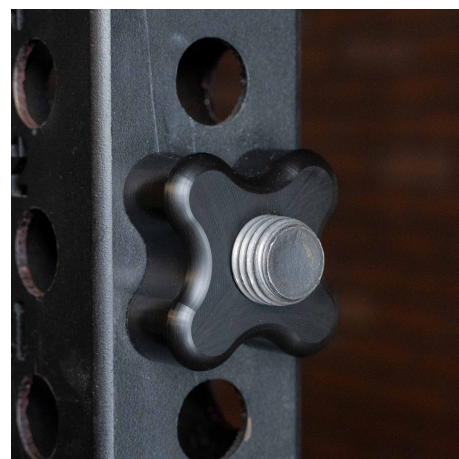
FEATURES



Movable to any hole



Rubber Stop to protect post



Adjustable Nut with Plastic