



Pendulum

2026 STRENGTH CATALOG

ROGERS
ATHLETIC CO.

Pendulum

Your partner in building powerful facilities

Pendulum Strength is a premium strength equipment manufacturer and complete facility solutions provider, serving programs of all sizes — from single racks to full facility build-outs.

Proudly manufactured in Clare, Michigan, every product is built in-house with precision cutting, bending, welding, and powder coating to deliver unmatched durability and performance.

Born over three decades ago to revolutionize strength training, the Pendulum line continues to evolve with innovative tools designed alongside coaches and athletes.

From equipment to facility layouts, 3D renderings, and installation support, Pendulum Strength is your partner in building high-performance training spaces.



NEW in 2026



LAT PULL PRO

Features a NEW, industry-leading strength curve with unilateral or bilateral training for unmatched back development.

page 30

HIP PRESS PRO XT

A refined evolution of our proven Hip Press – now offering isolateral movement for balanced strength and advanced lower-body training.

page 28





New rack number strips



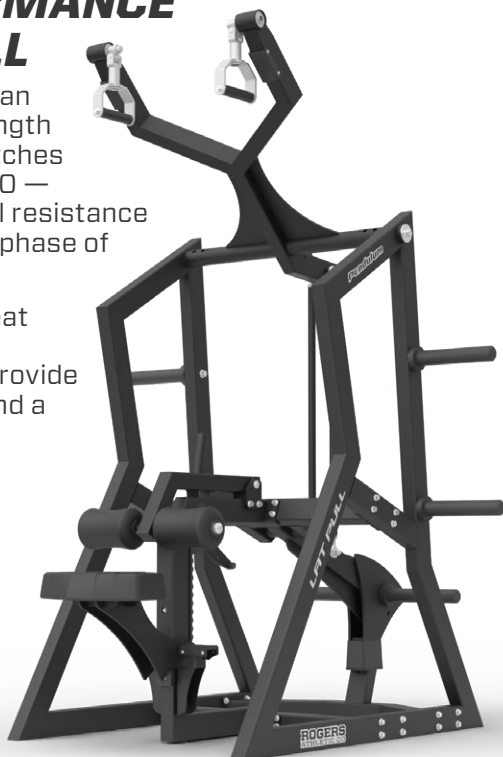
New one-piece stainless steel weight horns

PERFORMANCE LAT PULL

Now featuring an improved strength curve that matches the Lat Pull PRO — delivering ideal resistance through every phase of the pull.

Redesigned seat and thigh pad adjustments provide faster setup and a perfect fit for every athlete.

page 49



New heavy-duty PowerStack cables

Pendulum Racks

The TOUGHEST Squat Racks

Every Pendulum Rack features the **largest column dimensions** in the industry, built with **3" x 5" 7-gauge tubing** and **2" x 4" cross braces** to provide ultimate strength and durability. Each upright also features patented tapered cutouts that allow Rogers Pendulum rack accessories to attach quickly and securely.

FEATURES

- ✓ Industry leading 3"x5" x 7 gauge steel uprights
- ✓ 2"x4" steel cross braces
- ✓ Auto-leveling base with anchor points
- ✓ Full cage safety bars included
- ✓ Weight storage horns included
- ✓ Custom color & school branding options available



NEW
Updated multi-layered stainless steel number strips. Premium feel to last a lifetime.



Custom color & school branding options available



NEW
New stainless steel weight storage horns. Indestructible one-piece design made using an industry first proprietary process.



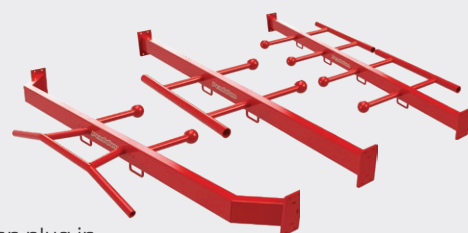
Configurable pull up bar options

Rack Bridging

A wide variety of bridging options are available to link your Pendulum Racks. Use bridges to add branding, hang a heavy bag or TRX® straps, or mount a Pendulum PowerStack.

Featuring our PIC Bridge System, athletes can plug in and hot-swap pull-up bars and attachments to customize each training session.

Our bridges come standard in 82" and 95" lengths.





Basic Rack

With our Pendulum racks we start with the mindset that overbuilt is just enough.





Full Rack

1000 lbs. 3 feet. Zero failure. We torture-test our 7-gauge uprights so you never have to worry about the limit.





Dual & Dual XL Racks

Tested to perfection: Our J-Hooks endured 37,000 abusive reps and emerged unscathed. That's the Pendulum standard.





Dual Super XL Rack

*Even our logos are heavy duty.
Laser cut, layered, powder coated
or stainless steel plates bring your
team or brand front and center.*





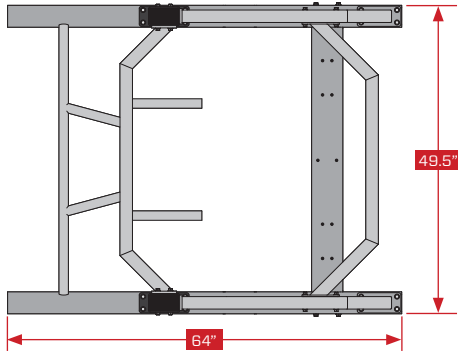
Mega, Mega XL, Mega Pro Racks

All to bring you a series of racks that have the customizability, style, function and ability to perform in the toughest of environments for years to come.

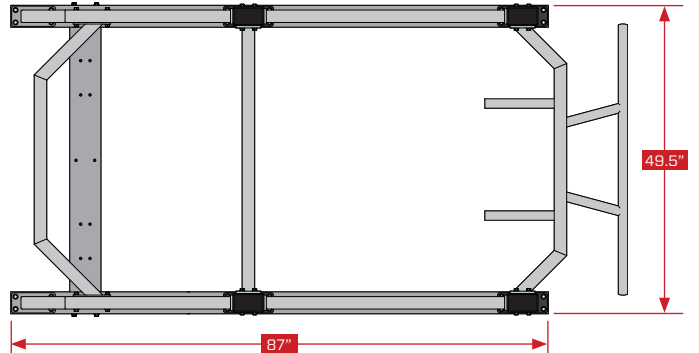


Pendulum Rack Specs

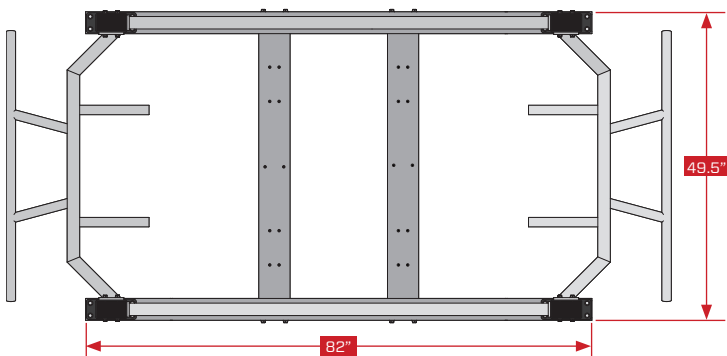
BASIC



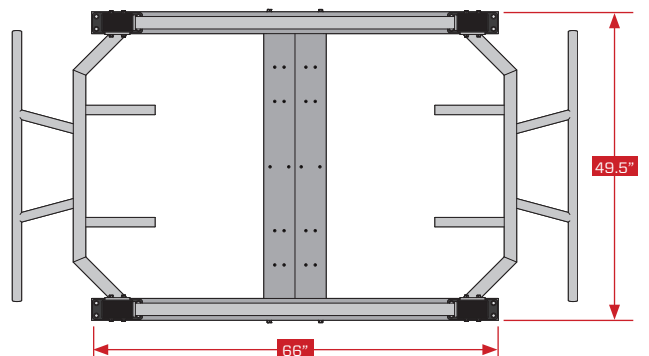
FULL



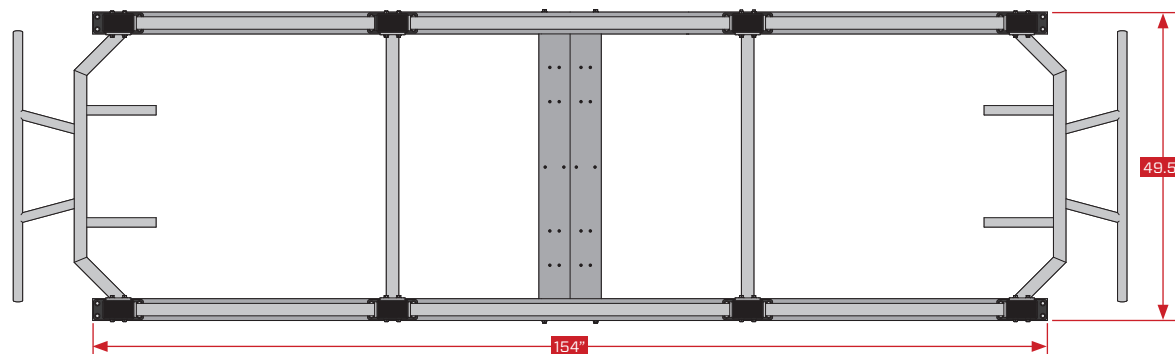
DUAL XL



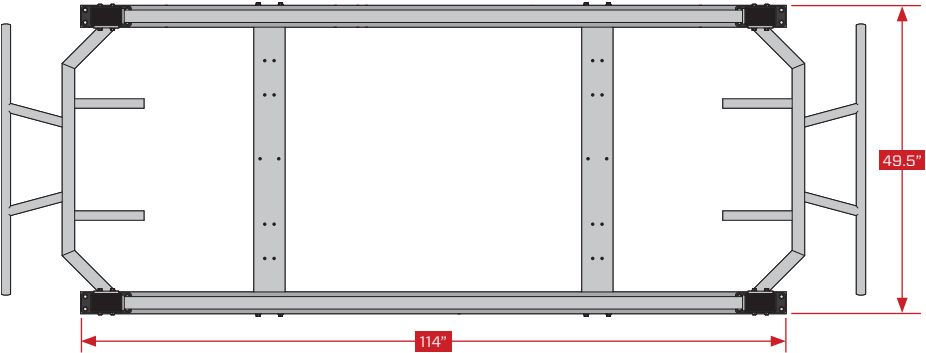
DUAL



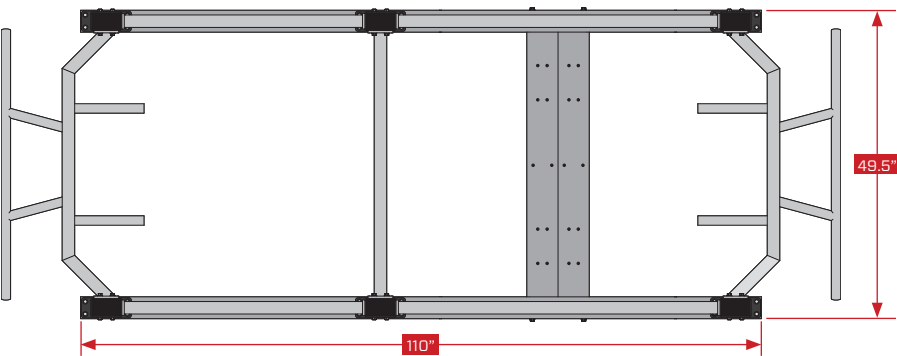
MEGA PRO



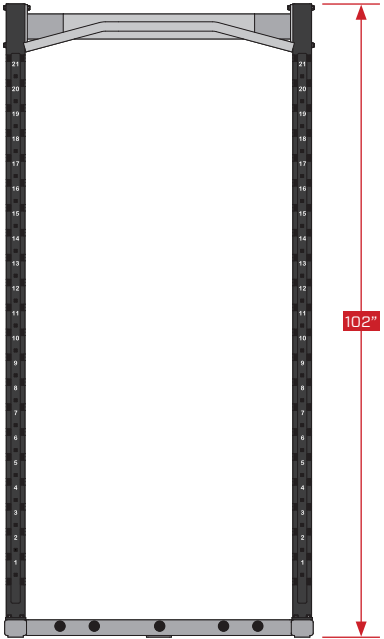
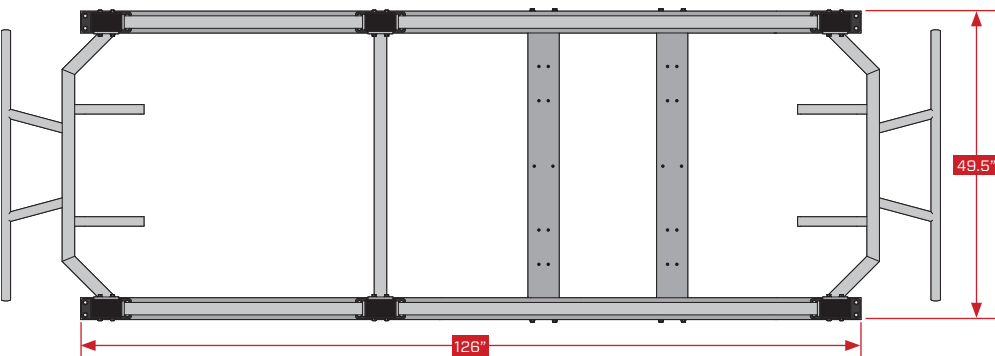
SUPER DUAL XL



MEGA



MEGA XL



Need a custom configuration?
Contact your sales rep for a custom quote.

Made to Order Customizations

No matter what you need, from custom storage solutions to integration of cameras and tracking software - **Pendulum Strength** has got you covered!



Custom PowerStacks



Custom storage



Custom storage



Custom storage



Custom camera mounts



Custom height racks

Wall Mounted Folding Rack

Save space in your weight room with the Folding Rack. Built with 11-gauge, 3" x 5" steel uprights, it delivers exceptional strength and durability. A wide range of accessories and attachments can be used, allowing any workout performed on a traditional rack to be done on the Folding Rack.

When training is complete, the rack folds compactly to make room for other activities.

The rack face folds to just 8" from the wall and extends to 24" from the wall when in use.

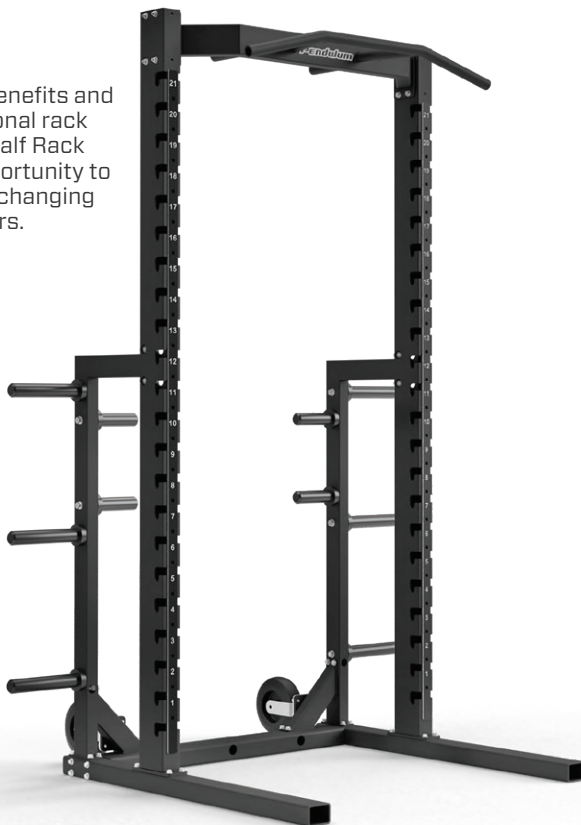


Mobile Half Rack

Delivering the same benefits and features of our traditional rack systems, the Mobile Half Rack gives the athletes opportunity to train safely by rapidly changing proximity to other users.

52"l x 50"w x 102"h

52"l x 50"w x 84"h





Super Bridges

Showcase the pride of your program with a functional Super Bridge. Available in an arch style for lengths 10'-16', and a truss style for lengths 17'-24'.





Custom Rack Branding

Even our custom rack branding is bomb-proof. Laser cut, powder coated or stainless steel. We forge your identity front and center.





Pendulum PowerStack™

Now you can convert your basic rack system into a powerful multi-station strength center. Pendulum PowerStack's can be wall or rack mounted, or in a free standing group by utilizing our modular mounting system.

- ✓ Heavy duty, commercial frames
- ✓ Machined aluminum pulleys with precision bearings
- ✓ Premium steel plate stacks
- ✓ Pivoting pulleys with bearings for multi-dimensional training
- ✓ Easily adjustable high/low pulleys

NEW

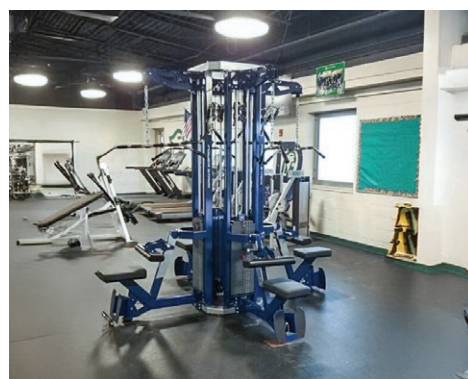
New PowerStack Cable

Starting from solid steel, our proprietary cable ends are precision CNC-machined and encased in an extreme-durability urethane cover. Each assembly is swaged with 40 tons of hydraulic force to create a permanent, fail-safe connection.

The result is a system proven to endure 250,000 cycles at 300 lbs, setting a new industry standard for commercial durability.



Wall mounted



Modular mount



Rack & bridge mounted



Freestanding

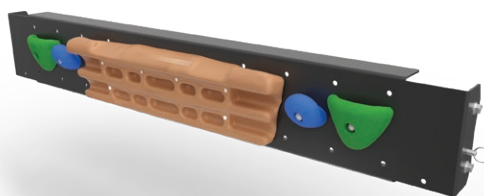
Rack Accessories

Do more with your Pendulum Rack with our universal rack training attachments. The patented cutout design of the Pendulum Rack upright provides an easy to use interface for our complete line of supplementary training attachments.



NEW Safety Straps

Pendulum Safety Straps deliver quiet, durable protection. They reduce bar wear, dampen noise, and install easily on any Pendulum full cage rack, providing reliable safety for squats, benches, pulls, and presses. Sold as a pair and built to last.



Rock Climbing Attachment

Mounts at any height on your Pendulum rack, featuring a finger board and interchangeable rock climber grips. Customize and rearrange for versatile grip and finger strength training.



Chest Supported Row

A versatile rack attachment for rows, flys, and training with dumbbells, kettlebells, barbells, or sandbags. Adjusts to zero or thirty degrees, folds for storage, and locks securely. Standard black upholstery; custom colors available.



Standing Leg Curl

The Pendulum Standing Leg Curl is adjustable, it's on wheels and is easy to move with little effort. It can be connected in seconds to any weight stack with a low pulley in your facility.

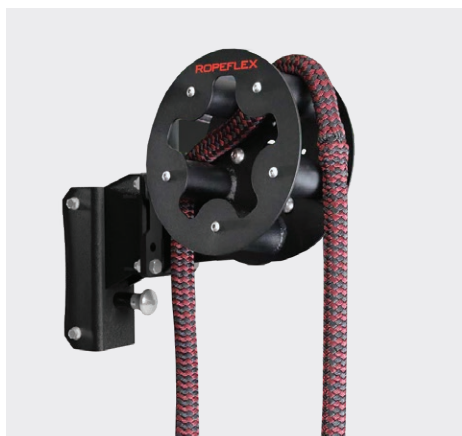


Rope Pull

Increase upper body strength and perform resistance training with the adjustable Rope Pull Attachment. Easily adjust the tension and height to ensure the perfect fit and training for each athlete. Adjustable on the rack to accommodate all athletes. It rotates 90 degrees providing high, low, and lateral pulling. Fits all ropes up to 2" in diameter.



***ROPEFLEX
RX2100 Rack
Face Mount***



***ROPEFLEX RX505 with rack
face mount***

***ROPEFLEX RX505 with
flexible rack mount***

Includes ROPEFLEX RX505 and mounting plate for flexible attachment at any position on our Pendulum Rack.



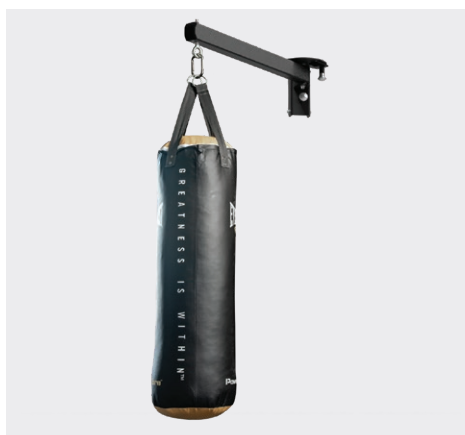
Pit Shark Attachment

More than just a squat attachment, the Pit Shark Belt Squat allows you to complete a variety of exercises, including: squats, dips, chins, pulling movements, calf raises and more. Get proven results with a real squat movement while de-loading the spine.



Speed Bag Attachment

(Rack attachment + swivel mount only)



Heavy Bag Attachment

(Mount Only)

Our Speed bag and Heavy bag mounts attach directly to the face of the Pendulum Rack System. Our Heavy Bag Attachment features a pivoting mount that can position the bag anywhere in a 180 degree arc at the face of the rack.



Rotational Core Developer



Battle Ropes Attachment



Mono Squat Pro



External Safety Bars



Internal Safety Bars



Spotter Platform



Monster Arms v2.0



Adjust the height of the Rogers' Monster Arm attachments to complete various ground based training exercises. Each monster arm includes our patented cutouts for attaching additional accessories.



Olympic Lock-N-Load J-Hook



Lock-N-Load J-Hook



Accessory Storage Cart



Single Leg Squat Pad
(Dual Post Mount)



Single Leg Squat Pad
(Single Post Mount)



Technique Trays



Step Up Platform



Bumper Plate Storage Rack



Band Pin Attachment



Bolt On Band Pin Attachment



Bolt On Pull Up Bars



Mono Post Dip Bar



***Mono Post Dip Bar
(Knurled handles)***



Squat Assist Handle



Medicine Ball Mount



Medicine Ball Upper Mount



Flex Ball Mount



Vertimax Raptor



Adjustable Chin Up



Chalk Bowl



Synchro Adjustable Bench

Available in Docking or FTS (Fold-to-Store) Configurations

Pendulum Synchro Bench delivers fast, secure adjustments from flat to 90° on smooth bearing rails — without leaving the bench.

Integrated docking locks the bench into Pendulum racks for rock-solid stability and releases quickly for free-floor training.

Docking Synchro Bench

Locks into the rack for maximum stability, releases easily for storage or open-floor use.

FTS Fold-to-Store Synchro Bench

Stays docked and folds vertically with a foot-pedal release to clear floor space instantly.



Utility Bench

Offers smooth adjustability in a compact, free-standing design. The back pad adjusts from flat to 90°, with a multi-position seat (0°-15°) for proper positioning across all incline angles.

Available with wide or narrow pads, plus custom colors and branding.



Custom logo head wraps





Flooring

Rogers Athletic works with multiple flooring providers to meet your flooring needs, from rolled rubber, tile, or turf.

Eliminate trip hazards by utilizing logo branded inlay floor platforms. Further customize by selecting from a wide variety of floor color options.

Accessories

Rogers Athletic works with all major manufacturers of high quality barbells, plates, bumpers, kettlebells, and dumbbells to meet your training needs.



Dumbbell Racks

Our 3-tier heavy duty dumbbell rack can be customized with dumbbell shelves, utility shelves or kettlebell shelves. Available in 89" and 53" wide versions.



MEDICINE BALL SHELF



LOWER UTILITY SHELF



PRO STYLE DUMBBELL SHELF



KETTLEBELL SHELF



Treadmills & cardio

Complete your weight room and fitness facility with our offerings of cardio equipment including VersaClimbers, stationary bikes, treadmills, ellipticals and more.





Pendulum PRO Machines

Pendulum PRO machines are the product of three decades of relentless innovation forged alongside the world's elite strength coaches. The end result is total training dominance.





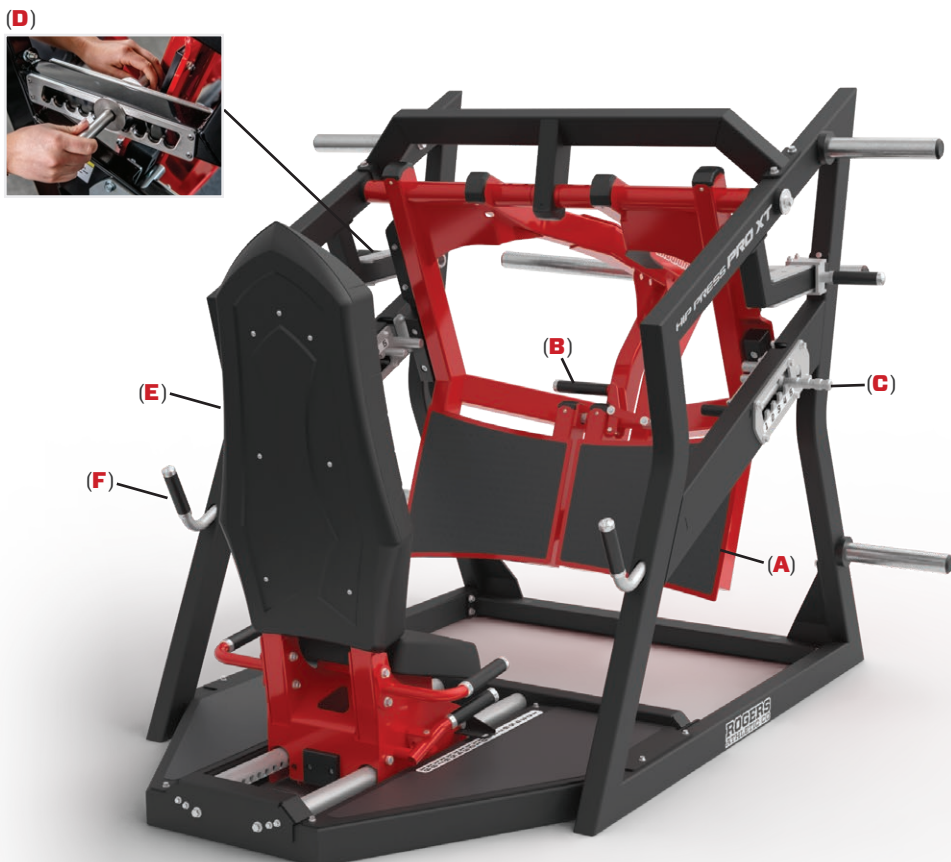
Lever to lock or unlock footplates



S.E.T. range limiter defines maximum depth



Large footplates for varied stance widths & foot angles



NEW

Hip Press PRO XT

Length: 83"

Width: 69"

Height: 58"

Weight: 613 lbs.

Features

The Hip Press PRO XT upgrades the classic Hip Press with independent footplates, allowing athletes to train each leg separately. Each footplate includes independent weight horns, S.E.T. range limiters, lockout limiters, and locking safety handles, enabling training with different loads and/or ranges of motion. This feature is especially valuable for athletes recovering from injury or rebuilding strength in one leg. Advanced athletes may also choose unilateral training to enhance focused neural drive.

With the flip of a lever, the footplates lock together to deliver the tried-and-true training stimulus of the traditional Hip Press. Like the original, the Hip Press PRO XT features a custom seat design and engineered strength curve that maximizes glute and hip activation beyond any traditional leg press.

S.E.T. (Set Extension Technology): Adjustable range limiter for rehabilitation, mobility limitations, or intensified variable-range training.

- (A) Independent footplates allow single-leg movements
- (B) Lever links footplates for double-leg movements
- (C) Five-position S.E.T. range limiter
- (D) Lockout limiter prevents knee hyperextension and enables lengthened-partial repetition intensification techniques
- (E) Adjustable seat with 18 increments to fit all athletes
- (F) Locking safety handles start and end exercise in a midrange position
- Customizable color options available



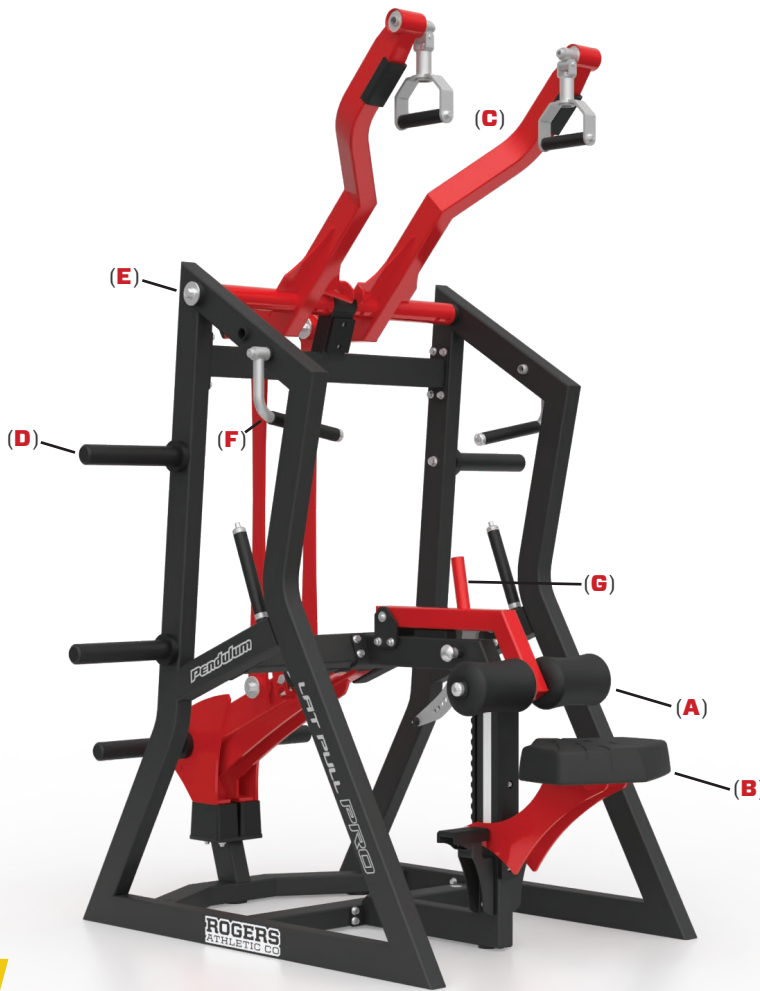
Fully adjustable seat & thigh restraints



Quick change rotating handles



Lever to unlock unilateral & isolateral exercise options



NEW

Lat Pull PRO

Length: 66 1/2"

Width: 58 1/2"

Height: 85"

Weight: 433 lbs.

Features

The NEW Lat Pull PRO elevates back training with a smarter design and upgraded features. A precision-engineered strength curve aligns with the natural movement pattern and the science of muscle development. Specifically, the Lat Pull PRO features a lengthened-biased strength curve, resulting in smoother repetitions, greater tension in the target muscles, and more effective training.

Single-arm functionality allows athletes to address asymmetries developed through sport participation or prior injury. A central support handle provides added stability during single-arm pulldown variations. The movement arms can also be locked together for traditional double-arm pulldowns.

Redesigned thigh restraints and an adjustable seat accommodate users of all sizes, while integrated footrests allow shorter athletes to set up and train comfortably. Quick-change handles attach to either side of the pulldown arms, providing multiple grip orientations and widths.

- (A) Adjustable thigh restraint securely locks athlete in place with roller pads to enable effortless entry and exit
- (B) Adjustable height seat with low profile foot rests accommodates athletes of all sizes
- (C) Choose between single-arm and double-arm movement
- (D) On board weight storage to help manage your weight plates
- (E) Industrial size bearings reduce friction and provide years of smooth operation repetition intensification techniques
- (F) Interchangeable handles allow varied grip orientations and widths
- (G) Knurled support handle for single-arm pulldowns
 - Customizable color options available



Included Handle Attachments

Rotating handles, straight handles, and J-handles

Optional Handle Attachments

Ab/hands-free straps, rope handles



Hip Press

Length: 83"

Width: 69"

Height: 58"

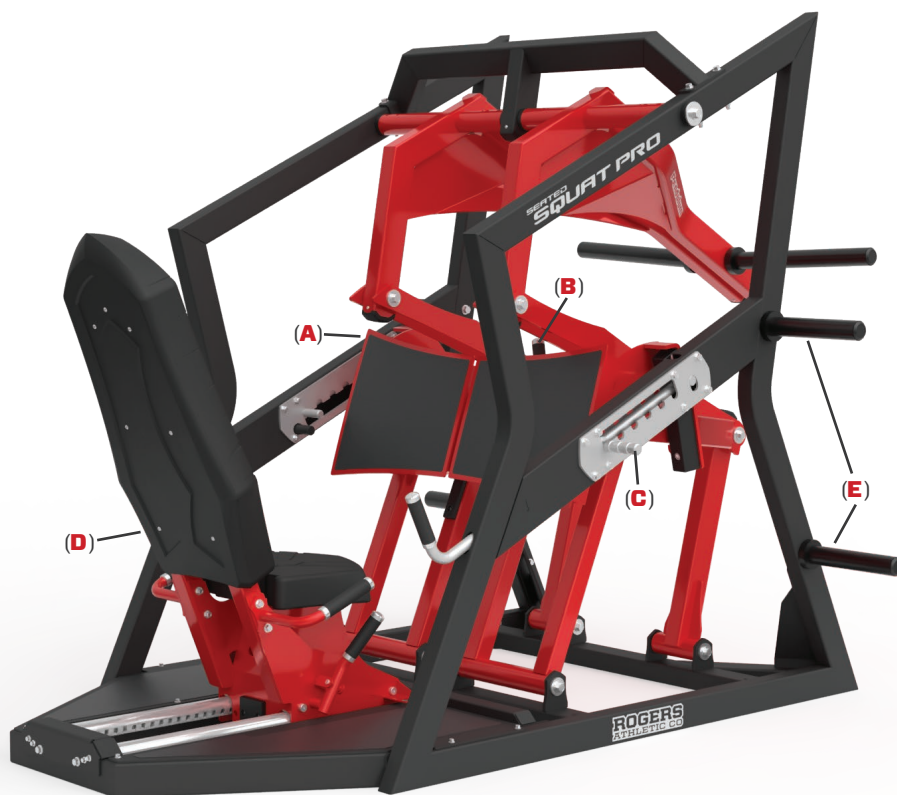
Weight: 613 lbs.

Features

The Pendulum Hip Press was designed to minimize spinal compression, reduce sheering forces on the knees and most critically, offer a safe and productive alternative to free weight squatting. The hip press is a completely unique leg press. With our engineered strength curves and our custom seat design, the hip and glute region are activated beyond that of a traditional leg press.

S.E.T. (Set Extension Technology) - On the side of the hip press is an adjustable stopper which controls the depth of movement. This can be used when training injured athletes who do not have full range of motion, or train athletes with poor flexibility. S.E.T. can also be used for variable range training which can be very intense.

- (A) Five position S.E.T. (Set Extension Technology) range limiter
- (B) Lockout limiter stops forward progress and keeps athletes from locking their knees out
- (C) Built to fit all athletes with a movable seat that provides adjustment in 18 increments
- (D) Unique locking handles allows the athlete to begin exercise in a strong semi-contracted position
- (E) Four plate storage horns
 - Customizable color options available



Seated Squat PRO

Length: 93"

Width: 69"

Height: 69"

Weight: 949 lbs.

Features

The Pendulum Seated Squat PRO was created to meet coaches' requests for a way to train the legs independently with maximum loads. A multiple linked footpad carriage gives it a path that is somewhat downward in direction. This unique linkage maintains a consistent foot angle for knee and ankle relief making this a great training or rehab tool.

The strength curve on this machine intensifies the amount of tension placed on the quadriceps and unlike other machines activates the vastus medialis so it truly exercises the entire quadricep muscle.

S.E.T. (Set Extension Technology) - On the side of the seated squat is an adjustable stopper which controls the depth of movement. This can be used when training injured athletes who do not have full range of motion, or to safely train athletes with poor flexibility. This can also be used for variable range training which can be very intense.

- (A) Train multiple foot positions, and change muscle emphasis by utilizing the extra wide footpad
- (B) Independent movement allows freedom to move from fused double leg press to single leg
- (C) S.E.T. (Set Extension Technology) allows you to go to failure quickly and safely in a variety of positions
- (D) Adjustable seat provides 18 different settings to allow athletes of all sizes to train in comfort
- (E) Four plate storage horns
 - Customizable color options available





Power Squat PRO

Length: 57"

Width: 71"

Height: 56"

Weight: 510 lbs.

Features

The Power Squat PRO was designed to deliver the muscle stimulation of a free-weight squat while minimizing the risks associated with the movement. Many athletes face challenges due to biomechanical weaknesses, injuries, uneven limb lengths, or hand, forearm, or casting limitations that prevent securely gripping a bar. The Power Squat PRO provides the solution.

The patented floating yoke allows lifters of all sizes and limb lengths to position their bodies in a biomechanically correct alignment. It enables athletes to place their feet where needed without the risk of falling forward while balancing the load. Knees remain in a healthier position with reduced strain, and athletes can adjust their stance to minimize stress on the lower back.

- (A) Patented floating yoke allows for a free-weight feel
- (B) Five position S.E.T. (Set Extension Technology) range limiter
- (C) Two plate storage horns
- (D) User friendly, easy access design allows for easy access for athletes of all sizes
 - Customizable color options available
 - Can accommodate over 1500 lbs. of weight

XT LOADING HORNS: For a 6' tall individual, 400 lbs. feels like 504 lbs. at the top and 519 lbs. at the bottom.

MIDDLE LOADING HORNS: For a 6' tall individual, 400 lbs. feels like 268 lbs. at the top, and 298 lbs. at the bottom.

Empty carriage weight 110lbs.

LOWER LOADING HORNS: For a 6' tall individual, 400 lbs. feels like 397 lbs. at the top and 299 lbs. at the bottom.

Power Squat PRO XT

Length: 57"

Width: 71"

Height: 57"

Weight: 566 lbs.

Features

The Power Squat PRO XT delivers the muscle stimulation of a free-weight squat while minimizing the risks associated with the movement. For lifters demanding maximum overload, the Power Squat XT pushes intensity even further, featuring an additional loading point that dramatically increases eccentric stress for an uncompromising squatting experience.

The patented floating yoke allows lifters of all sizes and limb lengths to achieve biomechanically correct positioning. Athletes can place their feet where needed without the forward pull common when balancing heavy loads, promoting stronger alignment and reduced joint strain.

- (A) Patented floating yoke allows for a free-weight feel.
- (B) Five position S.E.T. (Set Extension Technology) range limiter.
- (C) Two plate storage horns
- (D) User friendly, easy access design allows for easy access for athletes of all sizes.
 - User friendly, easy access design allows for easy access for athletes of all sizes.
 - Can accommodate over 1500 lbs. of plates (depending on plate thickness)
 - Customizable color options available



Reverse Glute Ham

Length: 59"

Width: 72"

Height: 40"

Weight: 358 lbs.

Features

Achieving exceptional results in athletics requires specific training for the glutes, hamstrings and hip regions of our musculature. The Pendulum Reverse Glute-Ham gives the athlete the ability to isolate the glutes or hamstring, or train both simultaneously.

Leg training is a critical component for optimal athletic performance. Options can be very limited when foot, ankle, shoulder, or back injuries occur. The Pendulum Reverse Glute-Ham will optimize your athletic health through a variety of training limitations.

- (A) Five position S.E.T. (Set Extension Technology) range limiter allows control of range of motion for training or rehab
- (B) User friendly, easy access design allows for easy access for athletes of all sizes
- (C) Two plate storage horns provide convenient weight storage
- Customizable color options available



Leg Extension

Length: 55"

Width: 59"

Height: 54"

Weight: 358 lbs.

Features

The Pendulum Leg Extension is one of the most efficient ways to isolate the quadriceps. With our unique strength curves and adjustable range of motion, we have created a machine that maximizes the benefit of the extension movement while minimizing the impact to the knee.

The ability to completely control the range of motion throughout the rep, makes this a powerful tool in your training protocol.

- (A) Adjustable seat back accommodates to a wide variety of athlete sizes
- (B) S.E.T. (Set Extension Technology) range limiter
- (C) Two plate storage horns provide convenient weight storage
 - Customizable color options available





Prone Leg Curl

Length: 73"

Width: 42"

Height: 30"

Weight: 256 lbs.

Features

Due to the position we place the body in, it is critical to have a strength curve that is biomechanically correct.

When the tendon on the back of the knee is overstretched or agitated from existing injury the Pendulum Prone Leg Curl gives you the ability to adjust the amount of stretch that is taking place during the leg curl by simply adjusting the S.E.T. Training on the Pendulum Prone Leg Curl, you will instantly feel the hamstring contract to avoid an overstretched position.

- (A)** Adjustable calf roller is designed to accommodate all athletes regardless of size
- (B)** Convenient storage horns help manage your weight plates
- (C)** S.E.T. (Set Extension Technology) range limiter
 - Customizable color options available





3-Way Row

Length: 69"

Width: 35"

Height: 45"

Weight: 347 lbs.

Features

Training the upper back is a fundamental part of strength training. The muscles that make up what we refer to as the "back" are complex and perform a variety of movements in connection with the upper arms. The primary function is to pull the arms back from an extended position either down or in.

To more precisely target different areas of the back, we have created a machine that emphasizes the three main hand positions, underhand, overhand, and neutral. By using a fixed hand position, the strength trainer dictates which protocol his lifters are using, therefore creating a more measurable training protocol, which is key to effective training.

- (A) Independently moving handles allow training arms together or independently
- (B) Adjustable seat and arms fits all users
- (C) Three separate hand positions
- (D) S.E.T. (Set Extension Technology) range limiter
- (E) Rotating vertical handles
 - Customizable color options available





Glute Ham



Length: 58"

Width: 34"

Height: 50"

Weight: 450 lbs.

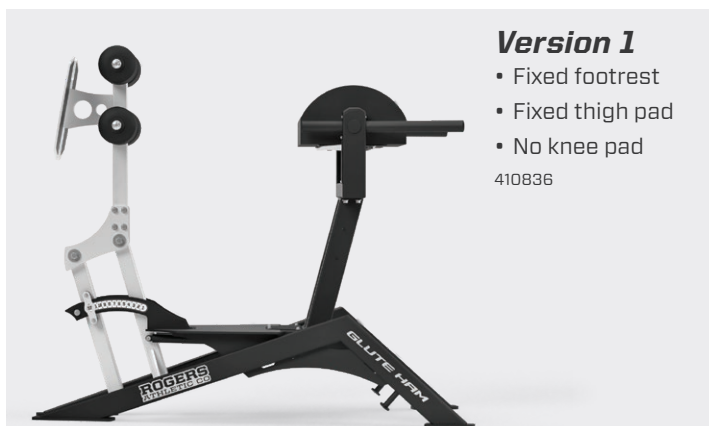
Features

The Pendulum Glute Ham features an open design that provides athletes with a more accessible and efficient training environment. Its wide front base ensures stability for reverse hyper and banded exercises, while the user-friendly, step-through design allows for easy access during workouts.

All adjustments can be made from the workout position using a convenient lever control. The machine offers interchangeable pad options, allowing you to choose between a fixed half-moon or roller thigh pad, which can be easily swapped to suit your training needs. Additionally, the Pendulum Glute Ham is equipped with band attachments for added versatility and includes an adjustable roller height, enabling you to customize resistance and exercise intensity.

The Glute Ham comes with various pad and accessory options, including a knee pad, roller thigh pad, fixed thigh pad, and an adjustable footrest.

- (A) User friendly, step through design
- (B) Lever control allows adjustments from the workout position utilizing incredibly smooth gas shocks
- (C) Interchangeable fixed half moon, or roller thigh pad options are available
- (D) Equipped with band attachments
- (E) Adjustable roller height
 - Customizable color options available



Adjustable Footrest



Roller Pads



Knee Pad



Shoulder Incline

Length: 60"

Width: 75"

Height: 70"

Weight: 545 lbs.

Features

The Pendulum Shoulder Incline is two excellent & unique machines in one. It is a space saver. Not only is it a tremendous shoulder and chest developer but there is no better rehabilitative tool. The Shoulder Incline is completely unique to the industry and makes overhead pressing possible to many who would otherwise not be able to perform this movement. This machine adjusts to the lifter's body type and his or her preferred range of motion.

The Shoulder Incline machine allows the shoulder to function naturally. As you lift your arms upward, the arm begins to travel up and forward during the pressing movement. Being able to maintain this natural pressing position allows for continuous tension on the targeted musculature.

The seat is fully adjustable. By quickly changing the seat settings and adjusting the handle starting position the shoulder press becomes an incline chest press.

- (A) Independently moving arms provide a variety of movement and exercises
- (B) Adjustable seat allows athlete to adjust to his or her biomechanically correct position
- (C) S.E.T. (Set Extension Technology) allows you to go to failure quickly and safely in a variety of positions
- (D) Convenient storage horns help manage your weight plates
 - Customizable color options available





Vertical Chest Press

Length: 55"

Width: 75"

Height: 56"

Weight: 403 lbs.

Features

The Pendulum Vertical Chest Press was created to maximize the stimulation to the pectoral muscles, while minimizing the impact to the shoulder joint. We achieve this by creating a very unique strength curve that maintains tension on the chest, while simultaneously placing the body and its appendages in the perfect pressing position. The handles move independently, so balanced strength gains are achieved and weaknesses can quickly be corrected.

There is nothing on the market that will develop chest driving power like the Pendulum Vertical Chest Press!

- (A) Adjustable seat design allows the athlete to adjust the exercise and change the amount of shoulder involvement for training variations
- (B) S.E.T. (Set Extension Technology) allows you to go to failure quickly and safely in a variety of positions
- (C) Ergonomic handles provide maximum elbow relief
- (D) Four weight storage horns
 - Customizable color options available



4-Way Neck

Length: 39"

Width: 59"

Height: 60"

Weight: 294 lbs.

Features

Like the 5-Way Neck the Pendulum 4-Way Neck machine allows you to reach a level of neck training not achievable on other neck machines available in today's market.

Training the head and neck muscles from multiple positions is an important component to any serious strength training program. Not only can an athlete train the neck in four distinct directions, but the athlete can also train the supporting musculature of the head simply by adjusting the cam setting. The integrated S.E.T. (Set Extension Technology) cam provides 18 different settings for athletes, 4 of which specifically target the muscles that nod and tilt the head.

- (A) Ergonomic face pad with multi-level foam and antimicrobial cover
- (B) Adjustable seat height for all athlete sizes and exercises
- (C) Rotating Cam with S.E.T. provides strength-curve matching and adjustable range of motion for targeted head and neck training
- (D) Three weight storage horns





5-Way Neck

Length: 39"

Width: 71"

Height: 60"

Weight: 337 lbs.

Features

The Pendulum 5-Way Neck is unique in that it not only targets the neck in four distinct directions, but also can be used to specifically exercise the supporting musculature of the head.

Integrated into the same machine is a trap station. The trap station allows you to train the large diamond shape trapezius muscle either unilaterally or bilaterally. A unique cam and lever system reduces the shrug weight so that you can train from station to station without excessive weight changes.

Training the head and neck muscles from multiple positions is an important component to any serious strength training program. The integrated S.E.T. (Set Extension Technology) cam provides 18 different settings for athletes, 4 of which specifically target the muscles that nod and tilt the head.

- (A) Ergonomic face pad with multi-level foam and antimicrobial cover
- (B) Adjustable seat height for all athlete sizes and exercises
- (C) Rotating Cam with S.E.T. provides strength-curve matching and adjustable range of motion for targeted head and neck training
- (D) Independently moving shrug handles with convenient multi-position drop-down handles
- (E) Three weight storage horns



Power Grip PRO

Base Length: 37"

Base Width: 37"

Height: 49"

Weight: 126 lbs.



Features

The limiting factor that affects most athletes is grip strength. Grip strength can be difficult to train. The Pendulum Power Grip PRO adds a new dimension to workouts and brings hand and forearm strength to a new magnitude.

The Power Grip PRO was specifically created to give the hand more closing strength, and more importantly increase the amount of time you can keep the hand closed in a power position.

You can perform static holds, powerful eccentric contractions, force repetitions, train individual digits, as well as do traditional training on the Power Grip PRO.

- (A) Ergonomically positioned stainless steel handles maximize your grip
- (B) Steel footplate enables static contractions and forced negatives throughout a routine
- (C) Four weight storage horns
 - 600 lb. weight capacity challenges even the world's strongest grip
 - Customizable color options available



Pit Shark

Length: 70"

Base Width: 67"

Height: 60" & 91"

Weight: 488/490 lbs.

Features

Pit Shark Squats, performed without the risk of spinal compression, are the foundational movement of the Pit Shark — but the possibilities are endless.

The Short Frame Pit Shark is a compact version of the tall frame model. It allows athletes to perform all of the same strength movements as the taller model, with the exception of chin-ups. This incredible training tool enables effective strength training while unloading the spine.

Optional accessories further expand training versatility. Adding Dip Handles for weighted dips or push-ups is a popular option, as is the Push-Up/Squat Harness.

- The Pit Shark is an ideal "Squat Teacher".
- The short frame Pit Shark efficiently fits on a 4 x 6 mat and includes squat handles and hip belt with SpeedHook.



Customizable color and logo plate options are available

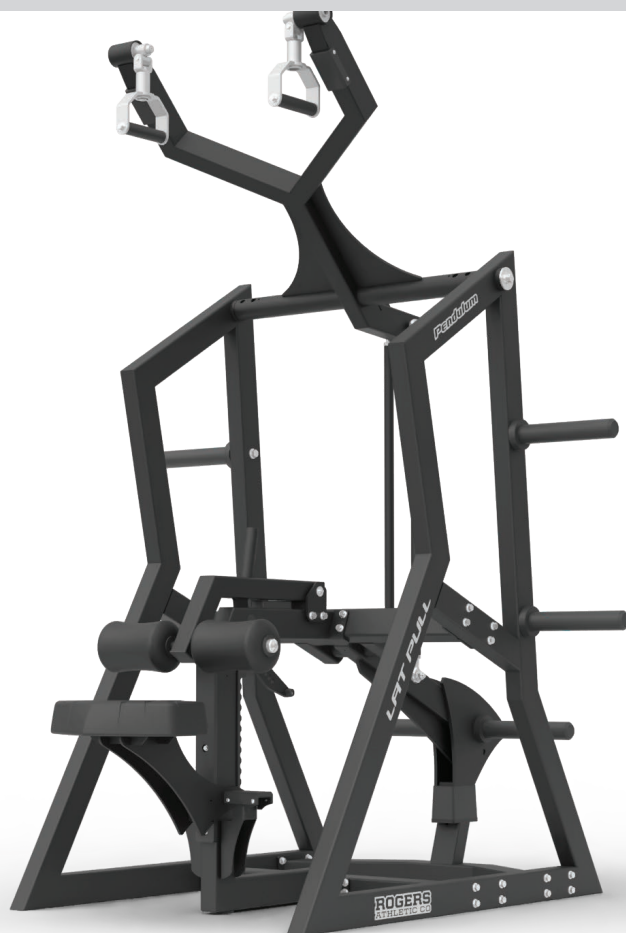
See page 20 for our Pit Shark rack attachment



Pendulum
PERFORMANCE

Pendulum Performance Machines

Pendulum Performance machines deliver our proven biomechanics in a streamlined, easy-to-use design – perfect for gyms and fitness centers that want rugged quality without added complexity.



NEW

Performance Lat Pull

The NEW Performance Lat Pull is built to elevate back training with a smarter design and updated features. The same engineered strength curve developed for the NEW “PRO” model delivers ideal resistance throughout the full range of motion.

Rotating handles attach to the inside or outside of the connected pulldown arms, providing medium and wide grip options for two-arm pulldowns. The fully adjustable seat and thigh restraints accommodate users of all sizes.

Standard color options available.



Performance Leg Extension

The Performance Leg Extension was designed to occupy a smaller footprint on the gym floor. Its engineered strength curve biases the lengthened position of the quadriceps while providing a near-zero load at the top to help reduce shearing forces at the knee. These features make the Performance Leg Extension an excellent option for quadriceps development and rehabilitation.

Standard color options available.



Performance Power Squat

The Power Squat was designed to capture all the muscle stimulation of a free weight squat while minimizing the dangers and risks associated with this movement. Many individuals have great difficulties due to biomechanical weaknesses, injuries, irregular limb lengths, as well as hand, forearm, or casting issues that do not allow the grasping of a bar. The Power Squat is the solution.

The patented floating yoke allows lifters of all sizes and limb lengths to position their bodies into a biomechanically correct position. The floating yoke allows the lifter to place their feet where needed without the problem of falling forward from trying to balance the load.

Knees can stay in a healthy position without excessive strain and athletes can position themselves to minimize strain on the lower back.

Standard color options available.



Performance Glute Ham

The Performance Glute Ham features an open design that creates a more accessible, efficient training environment. Its wide front base provides stability for reverse hypers and banded exercises, while the step-through design allows easy athlete access.

Choose interchangeable roller or fixed thigh pad options. The new molded thigh pad is sculpted for maximum support with the comfort needed to grind out the final reps — delivering superior feel and durability.

Band attachments add versatility, and the adjustable roller height lets athletes fine-tune resistance and intensity. Pad and accessory options include a knee pad, roller thigh pad, fixed thigh pad, and adjustable footrest.

Standard color options available.



Performance 3-Way Row

Training the upper back is a fundamental part of strength training. The muscles that make up what we refer to as the “back” are complex and perform a variety of movements in connection with the upper arms. The primary function is to pull the arms back from an extended position either down or in.

To more precisely target different areas of the back, we have created a machine that emphasizes the three main hand positions, underhand, overhand, and neutral.

Standard color options available.



Performance Hip Press

The Pendulum Hip Press was designed to minimize spinal compression, reduce sheering forces on the knees and most critically, offer a safe and productive alternative to free weight squatting. The hip press is a completely unique leg press. With our engineered strength curves and our custom seat design, the hip and glute region are activated beyond that of a traditional leg press.

Standard color options available.



Performance Shoulder Press

This Shoulder Press is completely unique to the industry and makes overhead pressing possible to many who would otherwise not be able to perform this movement. The Shoulder Press allows the shoulder to function naturally. As you lift your arms upward, the arm begins to travel up and forward during the pressing movement. Being able to maintain this natural pressing position allows for continuous tension on the targeted musculature.

Standard color options available.



Performance Chest Press

The Chest Press was created to maximize the stimulation to the pectoral muscles, while minimizing the impact to the shoulder joint. We achieve this by creating a very unique strength curve that maintains tension on the chest, while simultaneously placing the body and its appendages in the perfect pressing position. The handles move independently, so balanced strength gains are achieved and weaknesses can quickly be corrected.

Standard color options available.

Creating the Ultimate Training Space, Step by Step

Your dream weight room starts here, with a customized, strategic approach.

At Pendulum Strength, we don't just sell equipment — we help you create the ultimate training environment. Our process is designed to ensure that every detail is tailored to your specific needs, from understanding your goals to delivering a fully integrated, functional, and inspiring space. We work with you every step of the way, offering expert guidance and cutting-edge technology to bring your vision to life.



STEP 1

Define your goals & training style

We start with a consultation to understand your program's needs, space requirements, and long-term vision.

STEP 2

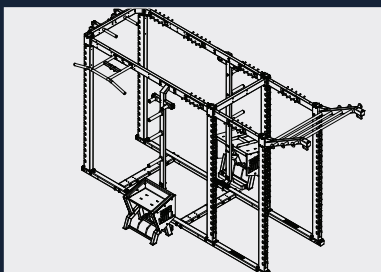
Measurements & CAD design

Using precise measurements and advanced CAD tools, we create detailed floor plans of your facility.

STEP 3

Layout options & optimization

Multiple layout concepts are developed to maximize flow, training efficiency, and equipment placement.



STEP 4

Equipment customization

Choose colors, branding, and rack configurations to match your program and training approach.

STEP 5

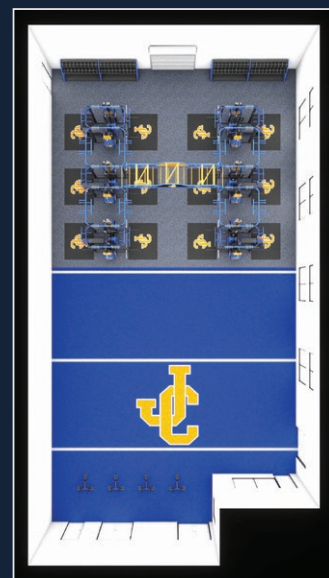
Final quote & equipment plan

A complete, itemized package including equipment, logistics, and installation.

STEP 6

Photorealistic 3D renderings

Preview your finished facility before installation to finalize details with confidence.





"I would like to say anyone who is looking for a weight room project, I would highly recommend Rogers to the fullest of my recommendation, there were just awesome through and through and did a phenomenal job."

Mickey Groody - John Carrol High School

STEP 7

Delivery & installation



Seamless setup so your weight room is ready for a





Rogers Athletic Company

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