

CABLE ATTACHMENTS & ACCESSORIES BUYER'S GUIDE

WHAT TO KNOW BEFORE YOU BUY.

The right cable attachments expand exercise variety, improve performance, and help users train every muscle with better control and comfort. Quality attachments make every workout more effective—and every facility more versatile.



DOUBLE D-HANDLE
Neutral grip for rows and seated cable exercises.



TRICEPS ROPE
Ideal for tricep pushdowns and face pulls.



V-HANDLE
Close grip for rows and pulldowns.



CLOSE GRIP ROW
Targets back thickness and mid-back.



WIDE GRIP PULLDOWN
Builds lat width and upper body strength.



NEUTRAL GRIP PULLDOWN
Reduces shoulder stress and improves comfort.



MULTI-EXERCISE BAR
Versatile angles for rows, pulldowns, and more.



LAT PULLDOWN BAR
Classic design for lat focused exercises.

ATTACHMENT TYPE & BEST USES

ATTACHMENT	BEST EXERCISES	TARGET AREAS	GRIP TYPE	KEY BENEFITS
	Seated Rows, Chest Supported Rows, Cable Rows, Bicep Curls	Mid-Back, Rhomboids, Biceps	Neutral	Neutral grip reduces strain on wrists and shoulders.
	Tricep Pushdowns, Face Pulls, Overhead Extensions	Triceps, Rear Delts, Upper Back	Neutral	Rope ends allow natural wrist rotation for better contraction.
	Close Grip Rows, Close Grip Pulldowns, Seated Rows	Lats, Mid-Back, Biceps	Neutral	Close grip increases lat engagement and control.
	Seated Cable Rows, T-Bar Rows, Bent Over Rows	Mid-Back, Lats, Biceps	Neutral	Targets thickness and improves rowing mechanics.
	Wide Grip Lat Pulldowns, Straight Arm Pulldowns	Lats (Width), Upper Back	Pronated	Extra width maximizes lat activation and width.
	Neutral Grip Pulldowns, Assisted Pullups	Lats, Biceps, Upper Back	Neutral	Neutral grip is easier on shoulders and elbows.
	Pulldowns, Rows, Face Pulls, Bicep Curls	Lats, Back, Biceps, Triceps	Multiple	Multiple grips for a wide variety of training options.
	Lat Pulldowns, Straight Arm Pulldowns, Wide Grip Pulls	Lats, Upper Back, Biceps	Pronated	Classic bar for traditional lat pulldown movements.

KEY CONSIDERATIONS

- Compatibility:** Ensure attachments fit your cable machine and carabiner size.
- Build Quality:** Look for solid steel construction and quality welds for commercial durability.
- Grip Design:** Knurled, rubber, or textured grips improve comfort and prevent slipping.
- Rotating Connections:** Swiveling attachment points reduce stress on wrists and joints.
- Exercise Variety:** A mix of grips and angles ensures complete muscle development.
- Storage:** Keep attachments organized and easily accessible to save time and space.

BEFORE YOU BUY

- ☐ Confirm compatibility with existing equipment
- ☐ Identify the exercises and muscle groups needed
- ☐ Choose durable, commercial-grade attachments
- ☐ Check grip style and handle comfort
- ☐ Verify attachment connection and carabiner size
- ☐ Consider storage solutions
- ☐ Review warranty coverage
- ☐ Compare total cost and value



BUILD YOUR ATTACHMENT COLLECTION

STARTER PACK THE ESSENTIALS

- Double D-Handle
- Triceps Rope
- V-Handle
- Wide Grip Pulldown Bar



Perfect for facilities getting started or upgrading the basics.

PERFORMANCE PACK MORE VARIETY

- Starter Pack
- Close Grip Row Handle
- Neutral Grip Pulldown Handle
- Lat Pulldown Bar



Adds key variations to expand exercise options and training variety.

COMPLETE FACILITY PACK MAXIMUM VERSATILITY

- Performance Pack
- Multi-Exercise Bar
- Specialty Attachments
- Storage Rack



Everything needed for a complete commercial training experience.

BUILT TO PERFORM. BUILT TO LAST.

Commercial-grade attachments are designed for heavy daily use and long-term reliability.



SOLID STEEL
CONSTRUCTION



PREMIUM
GRIPS



SMOOTH
ROTATION



COMMERCIAL
DURABILITY



THE DEPOT RULE

QUALITY EQUIPMENT. STRONGER FACILITIES.

The right attachments may be small, but they make a big impact. Invest in quality that performs, lasts, and keeps your members coming back.

**BUILD SMART. BUILD STRONG.
BUILD ON THE RIGHT FOUNDATION.**



NEED HELP SPEC'ING YOUR SPACE?

Tell us your equipment and goals. We'll help you choose the right attachments and accessories to maximize performance and member results.

WE'RE HERE TO HELP YOU BUILD IT RIGHT.

