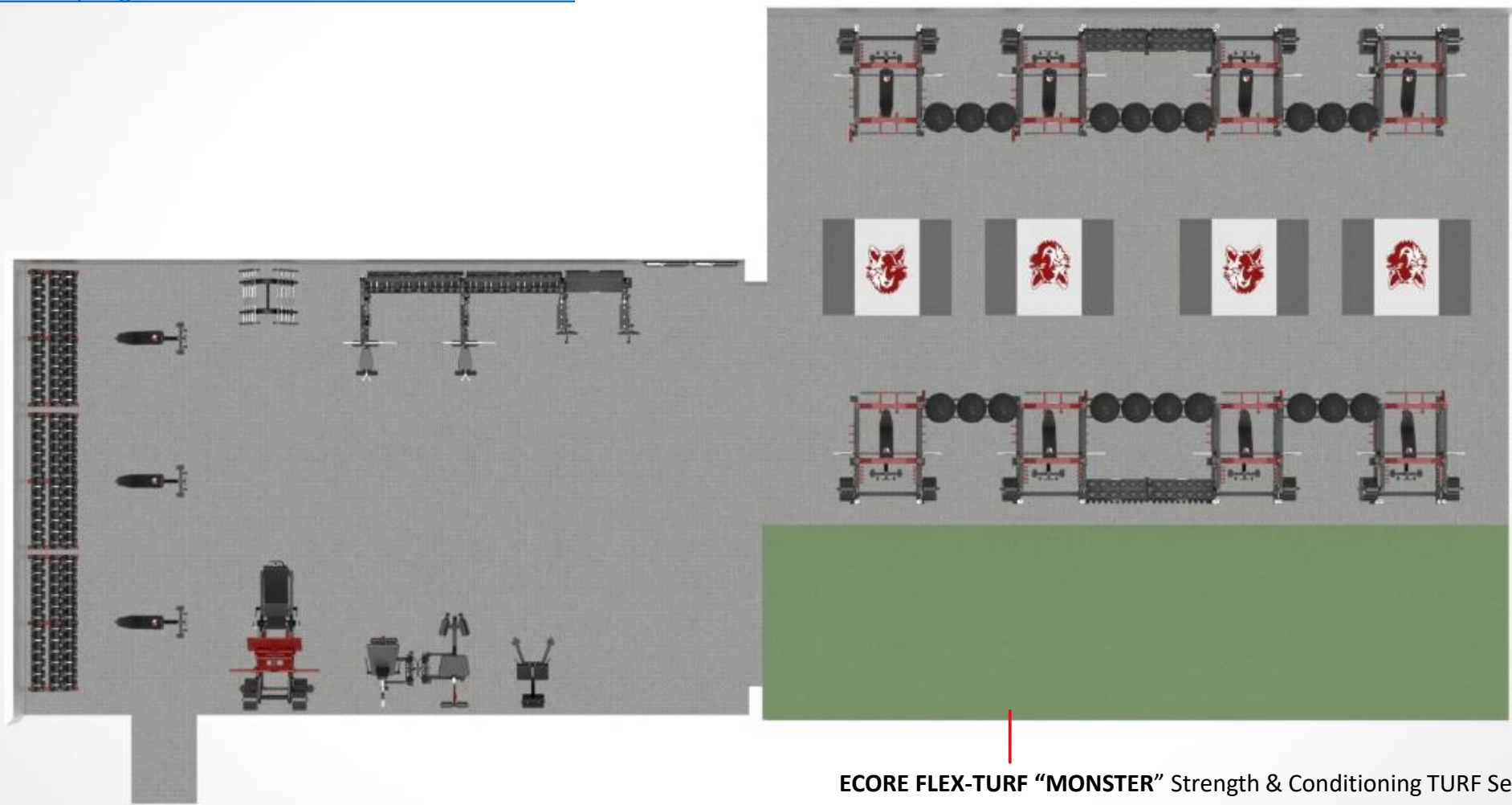




OKEMOS HIGH SCHOOL  
NEW FITNESS CENTER STRENGTH AND  
FLOORING

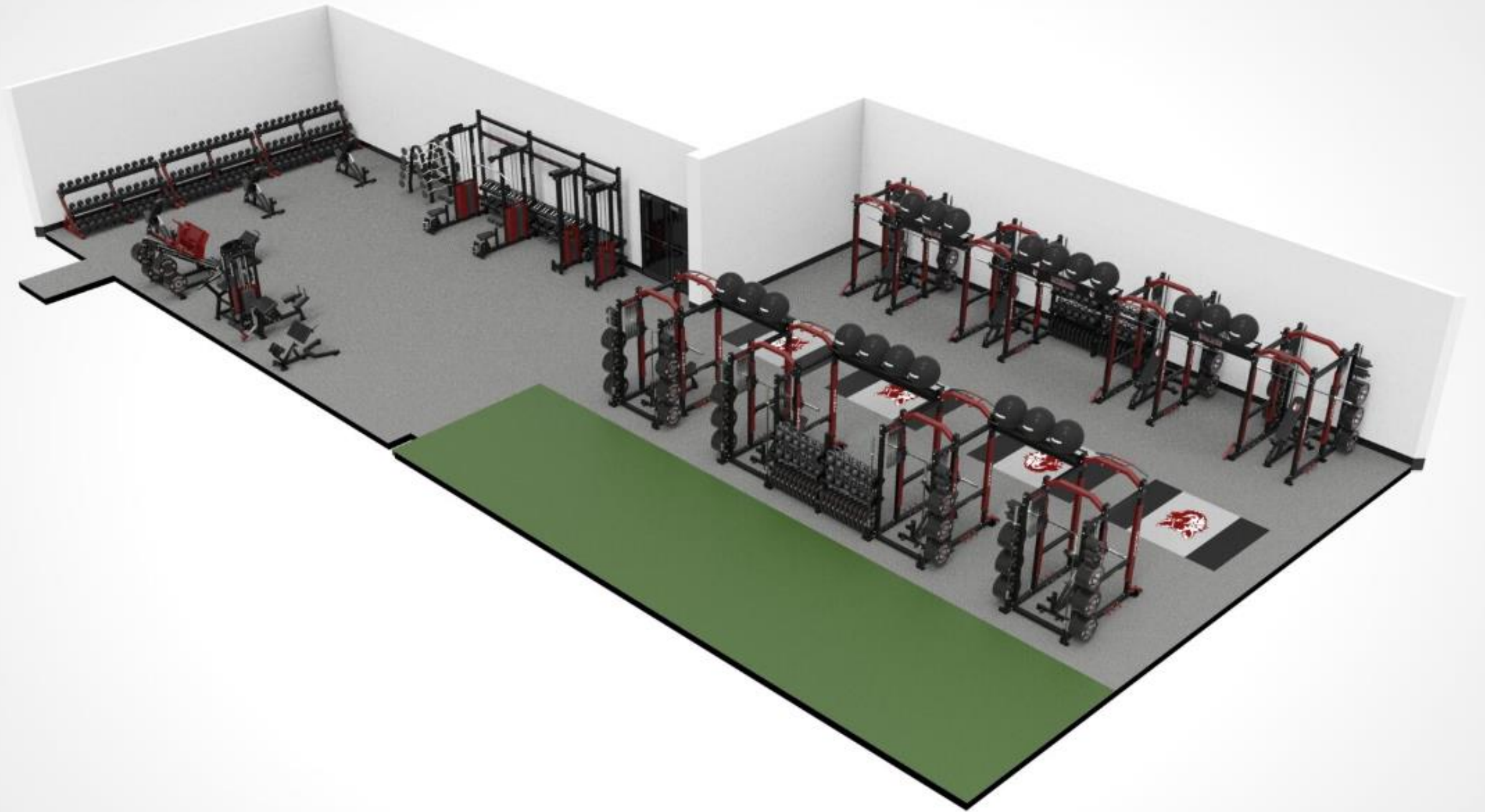
strengthio  
FITNESS  
STRENGTH CARDIO AND SERVICE SOLUTIONS



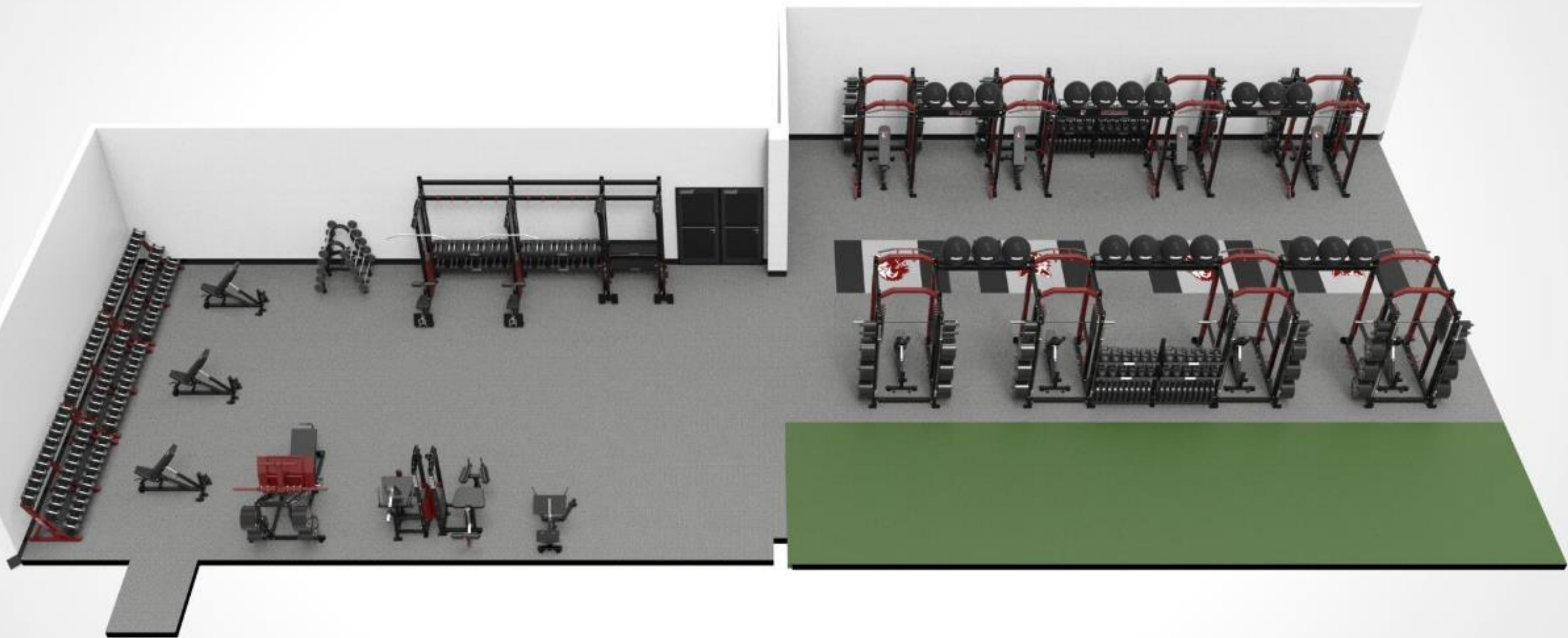
**ECORE FLEX-TURF "MONSTER" Strength & Conditioning TURF** See slides 51-54

This image is for design concept visualization only and may not fully represent the final product ordered.  
Please review the final ESTIMATE and PURCHASE ORDER for full product specifics such as color and equipment configuration.



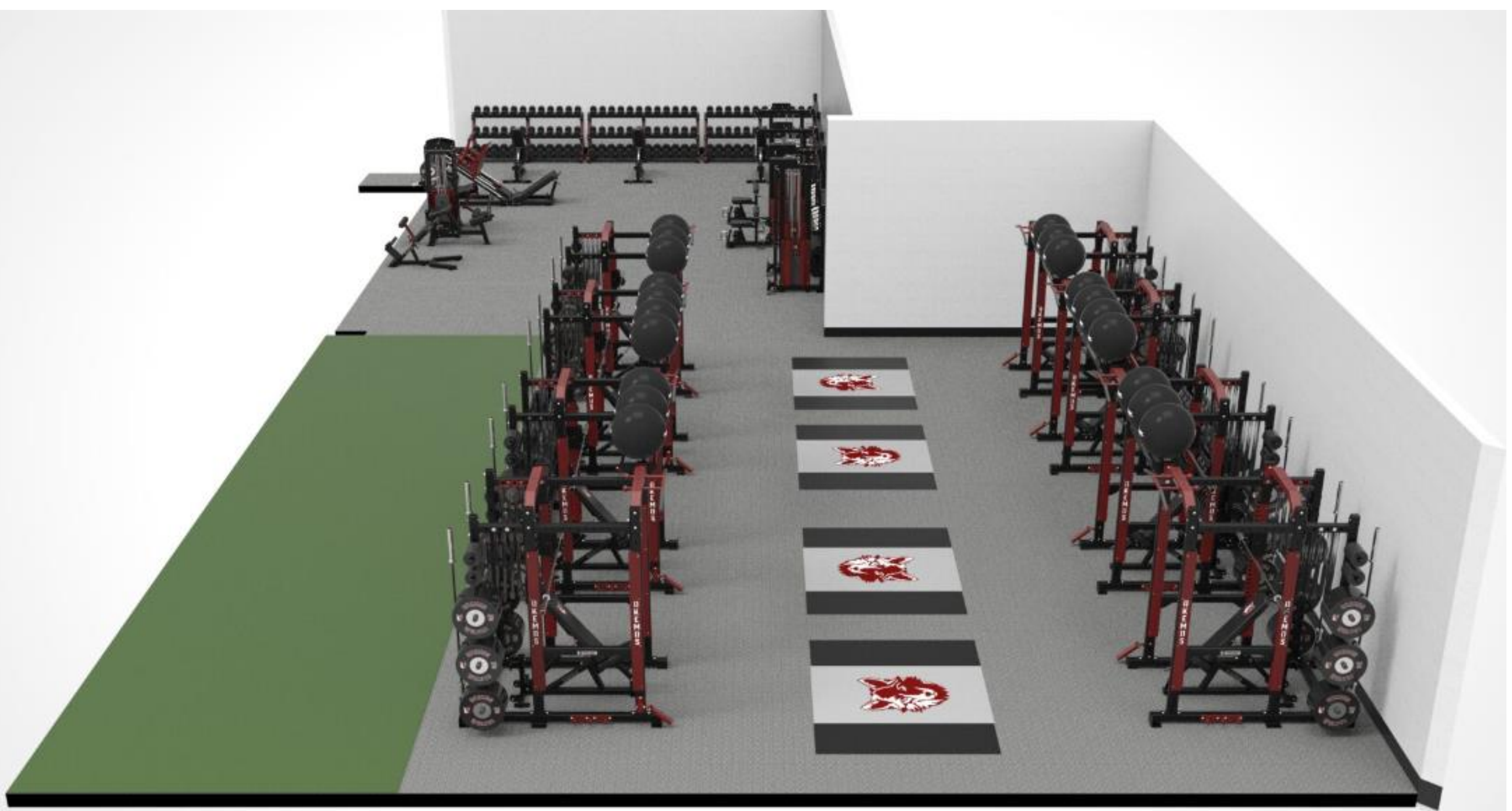


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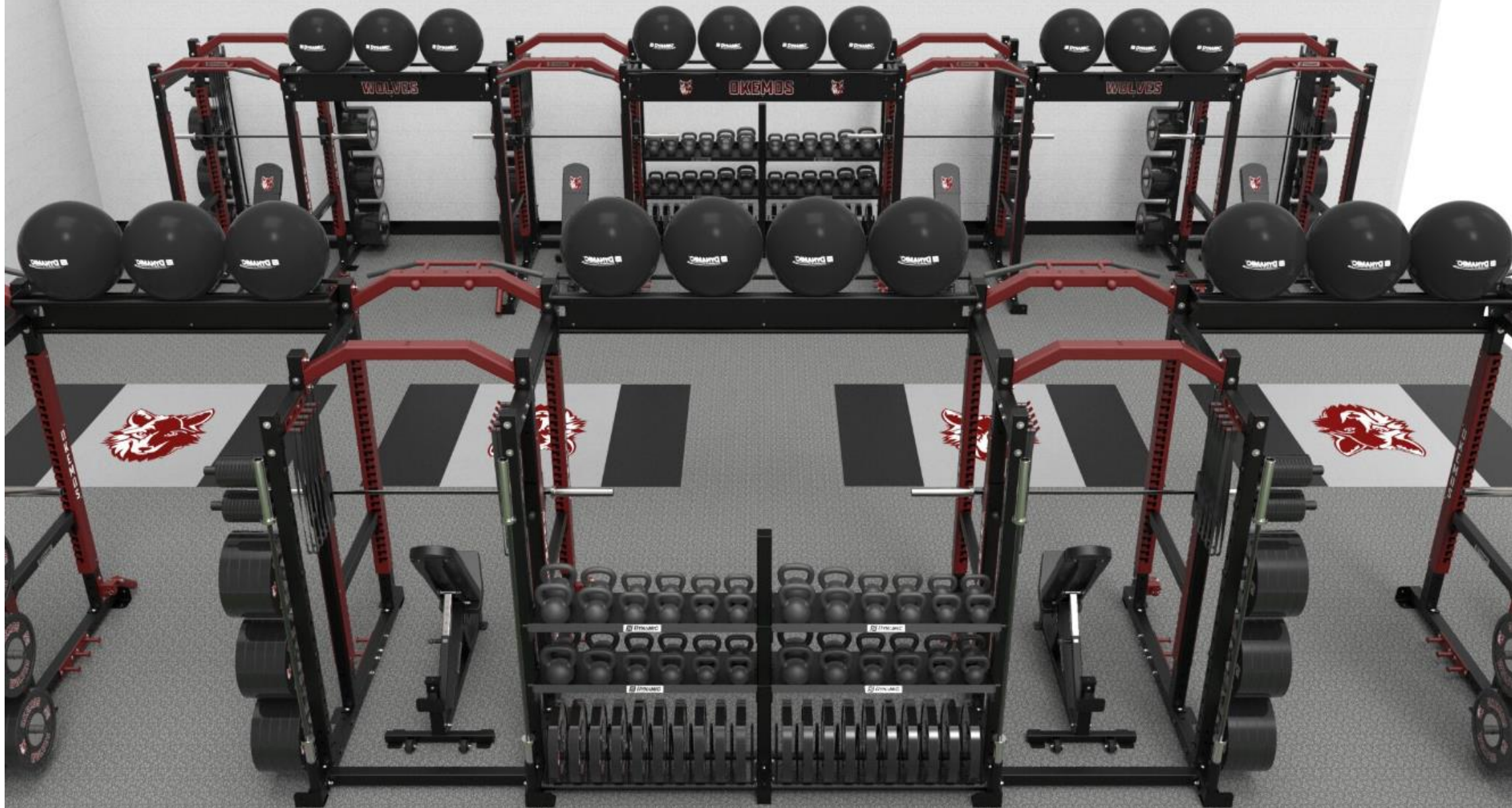




























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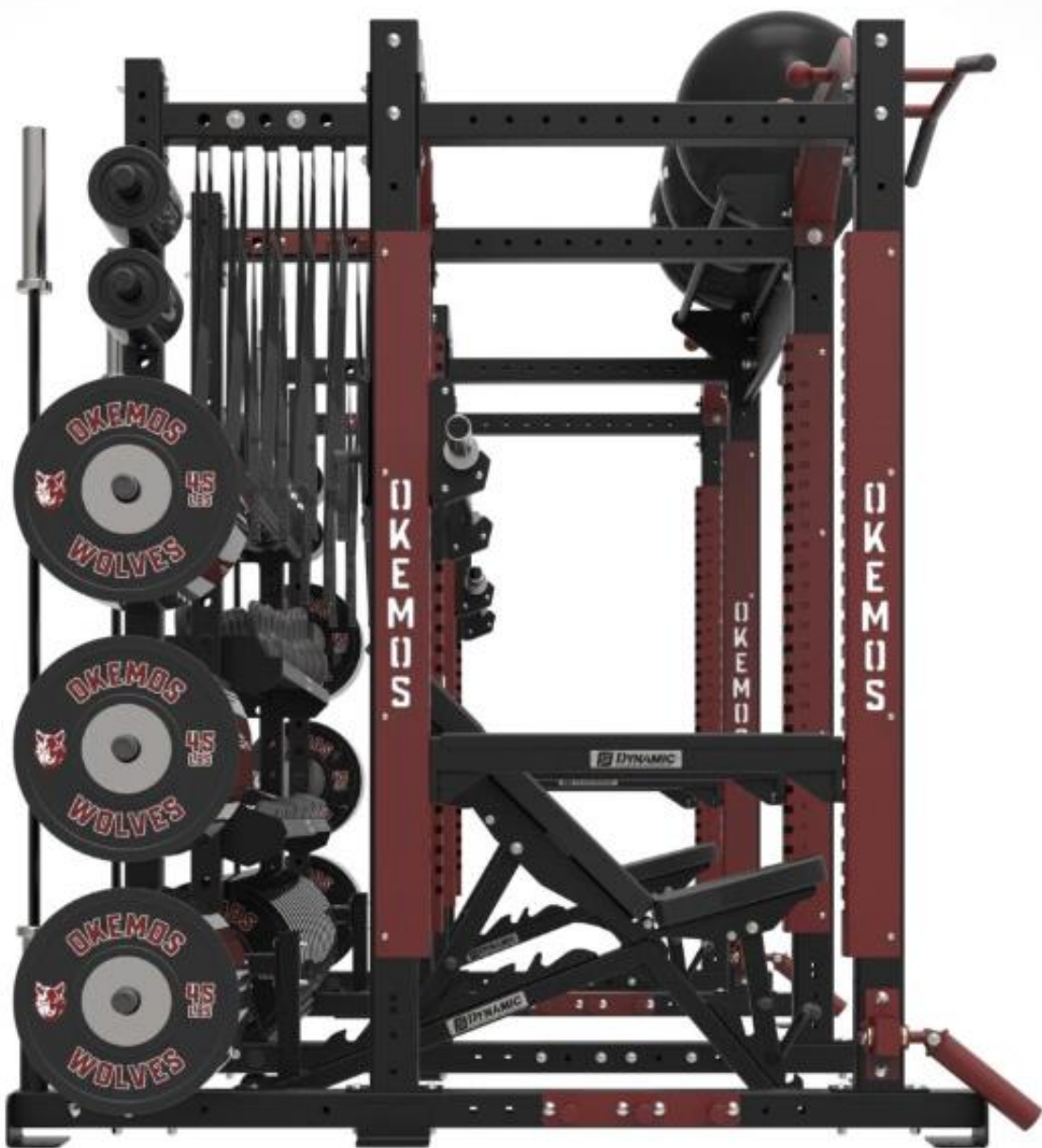
**DYNAMIC**  
FITNESS & STRENGTH

[MyDynamicFitness.com](http://MyDynamicFitness.com)



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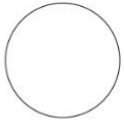
This image is for design concept visualization only and may not fully represent the final product ordered. Please review the final ESTIMATE and PURCHASE ORDER for full product specifics such as color and equipment configuration.

# Okemos

## BENCH PAD LOGO COLOR GUIDE

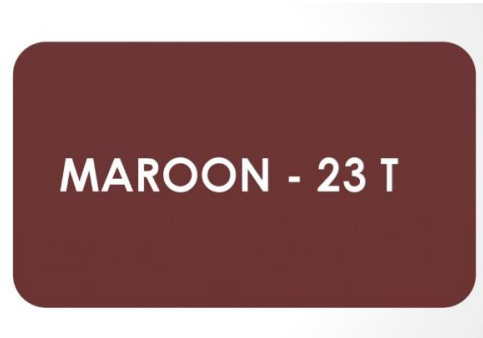


Maroon



White

O  
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**Ultra Pro™ Series**

# POWER RACK

Part #: 700104/700114

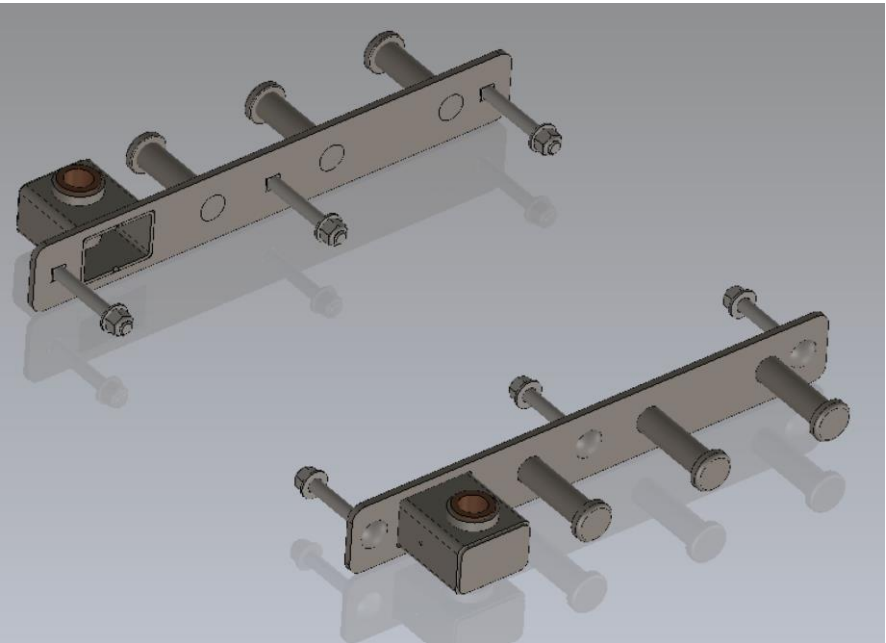
\* 9' Rack Option Available (700204 / 700214)

## FEATURES

- 2-inch Adjustable Anchor Point Increments
- Laser-Cut Numbering
- (2) NOTCH-LOCK J-Cups & (2) 34" Safety Arms
- U-Base Design for Greater Structural Integrity and Storage Options
- (1) Multi-Grip Chin Station
- (2) Barbell Storage
- (10) Plate Storage Pegs Featuring Patented Tapered Design
- Intensive Multi-Stage Pretreatment Process for Long-Lasting Powder-Coat Finish
- Textured or Gloss Powder Coated Finish Available



# Double Half Rack Training and Storage Attachments



Lower Band-Pegs on all Barbell Station.  
2 Pair (4) ordered with w/built-in Landmine Receptacles.



#709048 (pair) Storage Hooks (Lifting-Bands, Chains, Belts, Jump-ropes)

**BASE MOUNTED**  
**BOLT ON BAND PEGS**  
709069



#709069, Lower Band-Pegs.



**ULTRA PRO LANDMINE**

Four Ultra Pro Landmine Swivels (optional mounting positions)



Dynamic Ultra Pro 700114 Power Rack with world-class construction design & features. Storage for all your Olympic Bars and Training Accessories. Everything will be "Racked" and organized.

## ULTRA PRO RACK SPECIFICATIONS

6" x 3" 7-gauge steel frame

75" W x 96" H x 80" L

783 LBS

3/4" Steel Locking Pins

## MAXIMUM QUALITY, PRESENTATION AND PERFORMANCE

Dynamic Fitness & Strength's premium rack series adds even more safety with the Ultra Pro Power Rack. Its heavy-duty cage adds additional support to the safety arms while the U-shaped base brings extra stand-alone support. The 2" lock notch anchor points provide more efficient height adjustments. Customization options, American-made craftsmanship, USA-steel and state-of-the-art processes make this the ultimate rack system.

## Choose Between Powder-Coated or Chrome-Plated Wraps



Powder-Coated Wrap



Chrome-Plated Wrap

## Rack Features



**Elevated UHMW Channel**  
eliminates metal-on-metal contact.



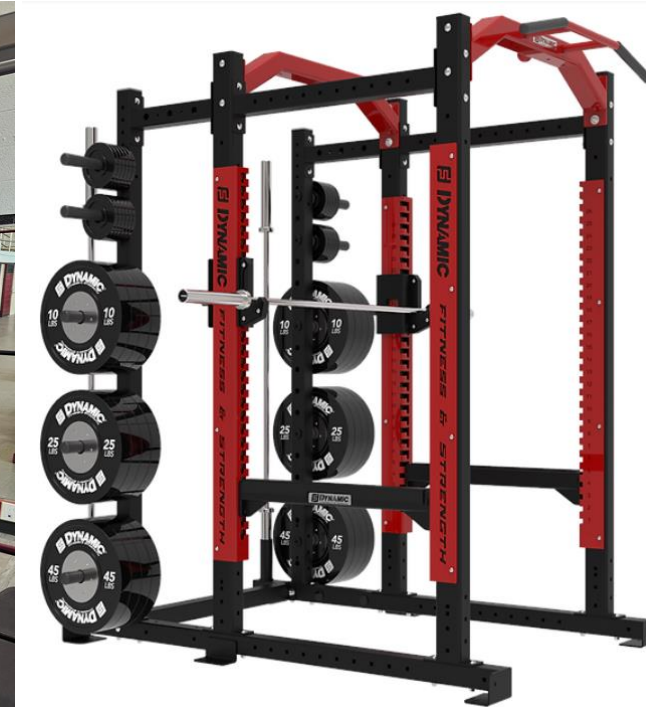
**Multi-Grip Chin Bar**  
offers wide or narrow grip and includes ball grips.



**Laser-Cut Numbering**  
for clear, permanent marking.



**Lock Notch Anchor Points**  
ensure a hard, secure anchoring for safety.







### UHMW

Elevated UHMW channel eliminates lifting bar from all metal on metal contact.



### MULTI GRIP CHIN BAR

Allows for wide or narrow grip chin ups. Included ball grips.



### ATTACHMENTS

Allows for any our Ultra Pro attachments for maximizing space utilization.



### LASER CUT NUMBERS

Makes the right bar or safety adjustments simple.



### 28IN SAFETY ARMS

Insures athlete safety with extended safe zone.



### WEIGHT PEGS

Patented tapered design eliminates plates from sliding off and injuring athletes.



### LOCK NOTCH

Designed to ensure a hard anchor point to ensure athlete safety.



### POWDERED WRAP

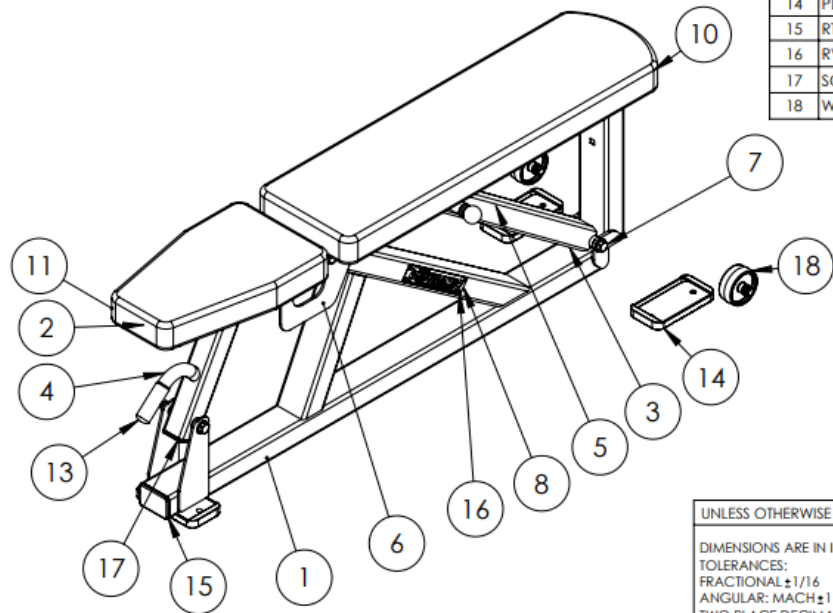
Gives it a sleek and professional look while ensuring product durability.



# Dynamic 718064 "Dual-action" Bench. One "Pop-pin" adjusts the back and butt pad at the same time. Worlds only Stand-up storage Dual-action adjustable Bench.

REVISIONS			
REV.	DESCRIPTION	DATE	APPROVED
A	REPLACED 718064-A09-C WITH CHRM-0006-A06-C	1/24/2022	CJH

ITEM NO.	PART NUMBER	DESCRIPTION	MATERIAL	MFG	Weight	QTY.
1	718064-A01	BENCH BASE ASSEMBLY	SEE DWG	INT	34.22	1
2	718064-A05	SEAT BRACKET ASSEMBLY	SEE DWG	INT	4.59	1
3	718064-A06	BACK REST LOWER ADJUSTMENT TUBE ASSEMBLY	SEE DWG	INT	3.59	1
4	718064-A07	SEAT ARM ASSEMBLY	SEE DWG	INT	2.63	1
5	CHRM-0006-A06-C	BACK REST UPPER ADJUSTMENT TUBE	SEE DWG	OUT	3.29	1
6	718064-P11	BACK REST BRACKET	S-P01880408-A36	INT	15.18	1
7	BK718064	718064 BOLT KIT	SEE DWG	PUR	2.66	1
8	DYNLABEL2	LOGO PLATE (SMALL) v2	S-S18GA-304-4B	INT	0.09	2
9	FBB 005	R BENCH LONG 1/2" BUSHING	BRONZE	PUR	0.05	12
10	FPAD 001	UTILITY BENCH BACK PAD	SEE DWG	PUR	20.00	1
11	FPAD 002	UTILITY BENCH SEAT PAD	SEE DWG	PUR	10.00	1
12	FWG 028	FLAT WEARGUARD 028	P-S337523752500-UHMW	Internal	0.55	1
13	GRP 100-002	1" GRIP 2.88"L	CLOSED CELL FOAM	PUR	0.04	1
14	PLFT 001	RUBBER BOOT 6" X 3" LF586	BLACK EPDM	PUR	0.20	3
15	RTTI 001	3" X 2" TUBE INSERT 001 LOW PROFILE	BLACK LDPE	PUR	0.07	1
16	RVT 125-001	ZINC 1/8" BLIND RIVET .462"L	STEEL	PUR	0.00	8
17	SGTI 001	SQUARE TUBE INSERT 001 2X2 11G	LDPE	PUR	0.05	1
18	WHL 001	3" O.D. WHEEL 3/8" BORE	PLASTIC	PUR	0.20	2



## 36 STANDARD COLORS

We offer 36 standard colors FREE of any up-charge. Our colors are available in Gloss or Texture powdered finish. Our standard colors are pictured below in the following order: Black Gloss, Ebony Chrome, Silvadillo, Eagle White, Dynamic Yellow, Signal Yellow, Sun Gold, Signal Orange, River Red, Maroon, Purple Wave, Pastel Blue, Sky Blue, Royal Blue, Navy Blue, Yellow Green, Mint Green and Leaf Green. \*Quick Color Reference Only\*



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PUNCH  
EXT PART NO.  
K FACTOR

DIE  
EXT SUPPLIER

UNLESS OTHERWISE SPECIFIED:  
DIMENSIONS ARE IN INCHES  
TOLERANCES:  
FRACTIONAL  $\pm 1/16$   
ANGULAR: MACH  $\pm 1^\circ$  BEND  $\pm 1^\circ$   
TWO PLACE DECIMAL  $\pm .03$   
THREE PLACE DECIMAL  $\pm .015$   
INTERPRET GEOMETRIC TOLERANCING PER:  
MATERIAL SEE DWG  
FINISH SEE DWG  
DO NOT SCALE DRAWING

NAME	DATE
DRAWN Admin	3/14/2014
CHECKED	
COMMENTS:	

**DYNAMIC**  
EQUIPMENT & FINISHING

TITLE:  
**ULTRA PRO MULTI BENCH**

SIZE <b>A</b>	DWG. NO. <b>718064</b>	REV <b>-</b>
SCALE: 1:12		WEIGHT: 98.65
SHEET 1 OF 3		

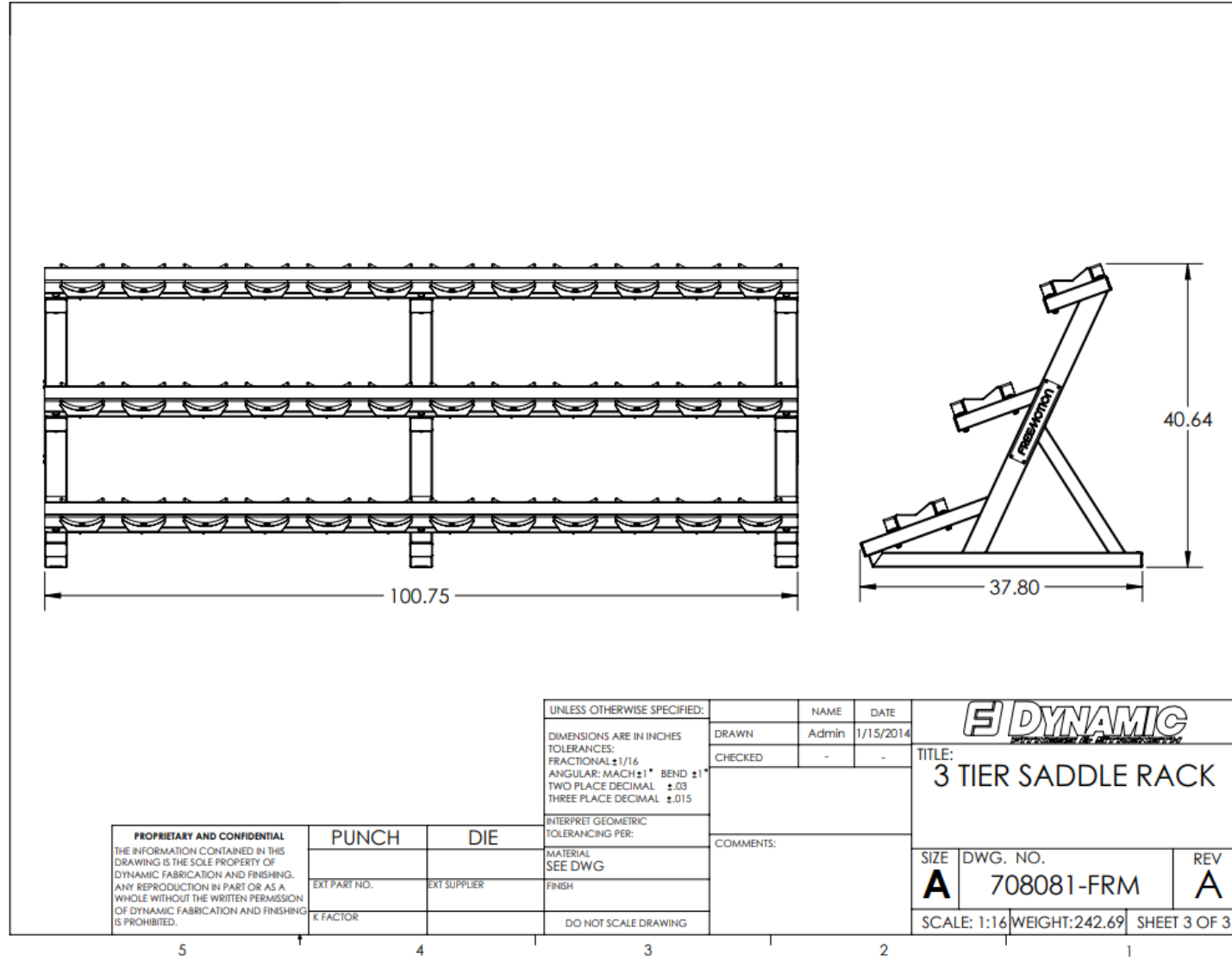


# 3 Dynamic F&S 708081 Three Tier Saddles Dumbbell Rack (18 pair). Rack-up 54 pairs Dumbbells.



## 36 STANDARD COLORS

We offer 36 standard colors FREE of any up-charge. Our colors are available in Gloss or Texture powdered finish. Our standard colors are pictured below in the following order: Black Gloss, Ebony Chrome, Silvadillo, Eagle White, Dynamic Yellow, Signal Yellow, Sun Gold, Signal Orange, River Red, Maroon, Purple Wave, Pastel Blue, Sky Blue, Royal Blue, Navy Blue, Yellow Green, Mint Green and Leaf Green. \*Quick Color Reference Only\*





54 Pairs. Dynamic Fitness & Strength: Premium **Urethane Solid Steel Dumbbells** w/5 years structural & coating warranty:

5 pairs each: 5 lb. 10 lb. 15 lb. 20 lb. 25 lb. 4 pairs each: 30 lb. 35 lb. 3 pairs each: 40 lb. 45 lb. 50 lb. 55 lb. 2 pairs each: 60 lb. 65 lb. 1 pair each: 70 lb. 75 lb. 80 lb. 85 lb. 90 lb.

## Accessory Line


# URETHANE DUMBBELLS

Part #: DB-UR

## FEATURES & SPECIFICATIONS

- SOLD IN PAIRS OR IN SETS
- WEIGHT RANGE: 5LB-150LB
- $\leq$  45LB: 32MM DIA HANDLE
- $\geq$  50LB: 35MM DIA HANDLE
- 6" LONG SOLID STEEL HANDLE, CHROME FINISH
- MEDIUM KNURL
- PLATES WELDED TO HANDLE FOR LONG-LASTING DURABILITY



 SHOP OUR DUMBBELLS

12 New hi strength Olympic Bars from **WRIGHT-Equipment NG20 needle bearing Bar** (USA made) with CeraKote bar coating. Will not flake or peel. Bars include custom Bar End-caps with L'anse Creuse HS Logo no-charge.



It starts with the Steel. If you don't start with the best American Steel you won't end with the best Barbell. We use a high grade 28mm steel and a proprietary heat treating process to get our steel shafts to 200,000 psi tensile strength. This is the perfect tensile because we know that you can heat treat something too much and while it may have tensile, it won't have durability. And the durability is what you want in a barbell. We choose to work with only US Steel Mills. The Next Gen Wright Bar also has the thick walled steel sleeves. We precision machine these sleeves so our bar can offer the most possible loadable area. We source the most heavy-duty bearings so that you can experience the most incredible spin. We test these bearings to 20,000 drops to insure you will get the maximum life from your bar.

#### Coating:

The Wright Bar 20kg Next Generation CERAKOTE is offered in your choice of 7 Cerakote colors for the bar Shaft but will have an option on the Sleeves of Clear or Black Zinc. We have found that if applied correctly, the Cerakote can have a far longer lasting coating than zinc and can stand up to the oils and acids that a barbell is exposed to. This means a better-looking bar, longer. And with the bright colors your bar will stand out and look super cool. We do need to mention that if you plan to use your bar with metal J-Hooks you will scratch the Cerakote coating just like you would any coating. We recommend you use UHMW/Plastic covered J-Hooks.

## Wright Bar 20kg Next Gen Bearing CERAKOTE (Built to Order 21 Days at the moment)

The Rebellion is upon us and now in COLOR. Why do you feel the need to settle for a bushing barbell? Be a Rebel!!! That's how we feel at least. Because we are constantly setting the standard for innovation in the barbell market we felt like it was time to start the rebellion from the Bushing Barbells out there.



#### SPECS

- SKU : WRI-WCFB-CERAKOTE
- Brand: Wright Equipment
- Bar Type: Men's Bar
- Bar Use: Weightlifting, Olympic Weightlifting, Powerlifting, Multipurpose
- Bar Weight: 20kg/44lb
- Diameter: 28mm
- Center Knurl: No
- Knurl Marks: Dual
- Shaft Coating: Choice of 7 Cerakote colors
- Total Length: 2200mm (86.6")
- Distance between sleeves: 51.5"
- Loadable Sleeve Length: 16.40"
- Sleeve Coating: Bright Zinc / Black Zinc
- Spin Design: Needle Bearing
- Assembly: Snap Ring
- Tensile Strength: 201,000 PSI
- Whip: Moderate
- Guarantee/Warranty: Lifetime\*
- Made in the USA: Yes



# 4 each: WRIGHT-Equipment WRI-NG15, Same Hi-strength needle-Bearing Olympic Bar as the NG20 with 25mm diameter knurled Bar, 33 lb. with Black Cherry Cera-kote bar and custom school logo end-caps



BARS & PLATES ▾ COMMERCIAL POWER RACKS RIGS/RACKS ▾ STRENGTH & CONDITIONING ▾ CARDIO ▾ STORAGE & ACCESSORIES ▾ FLOORING

INSTALLATIONS SPECIALS HOT DEALS



## Women's 15KG Next Gen Bearing Bar Cerakote

\$257.00

Starting at \$24/mo with [affirm](#). See if you qualify

CHOOSE YOUR COLOR — USMC RED/BLACK



QUANTITY



Add to cart

Buy with [shop Pay](#)

More payment options

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If you are searching for your new favorite barbell, the search is over. The Wright Bar Next Generation is the new Standard. The Next Generation Wright Bar is manufactured in the USA, Alabama to be exact. Using top end CNC automation, Wright machines all of these parts with a  $\pm 002$  tolerance. Our Barbells have to pass a 22-point inspection to be worthy of the Wright Name. Using only the finest material, paired with the "Wright" Process we are able to manufacture these barbells and still offer our customers great prices. Join the Rebellion; you will be so glad you did.

### Coating:

The Wright Bar 15kg Next Generation CERAKOTE is offered in your choice of 7 Cerakote colors for the bar Shaft but will have an option on the Sleeves of Clear or Black Zinc. We have found that if applied correctly, the Cerakote can have a far longer lasting coating than zinc and can stand up to the oils and acids that a barbell is exposed to. This means a better-looking bar, longer. And with the bright colors your bar will stand out and look super cool. We do need to mention that if you plan to use your bar with metal J-Hooks you will scratch the Cerakote coating just like you would any coating. We recommend you use UHMW/Plastic covered J-Hooks.

We still use the Zinc coating on our sleeves because we feel that it holds up aesthetically better to the sliding of metal plates and bumpers on and off the sleeves. That being said if you just want cerakote sleeves please call us at 800-239-5194 to make a special order

### Why Bearing?

Why Not? Everyone wants to use the Bearing Bar in the Gym. It's like the favorite Pool Stick at the Pool Hall. If we can find a way to bring that type of bar to you or your gym for a good price, shouldn't we do it? With our design, we have given the user the ability to have a high-end bar with even higher end spin. With our design we also have claim to the easiest bar to maintenance and clean.

### Did you say I could rebuild this bar?

Yes we did. The Cerakote bars will have the same awesome feature as the standard Next Gen bar. With our new design we have made this bar the easiest bar on the market to perform maintenance on. With our design you can remove the bearings and easily clean and maintenance them to insure you have a great spinning barbell for many years to come. You can also pick up the rebuild maintenance kit for this bar and if you ever want, you can just replace the bearings. Designed with the consumer in mind.

### SPECS

- SKU: WRI-WWCFB-CER
- Brand: Wright Equipment
- Bar Type: Women's Bar
- Bar Use: Weightlifting, Olympic Weightlifting, Powerlifting, Multipurpose
- Bar Weight: 15kg
- Diameter: 25mm
- Center Knurl: No
- Knurl Marks: Dual
- Shaft Coating: CERAKOTE
- Loadable Sleeve Length: 13.00"
- Sleeve Coating: Bright Zinc
- Bearing Design: Yes
- Assembly: Snap Ring
- Tensile Strength: 201,000 PSI
- Guarantee/Warranty: Lifetime\*
- Made in the USA: Yes

1 each: Wright-Equipment WRI-WAB. 15 lb. Aluminum Technique/Training Bar.

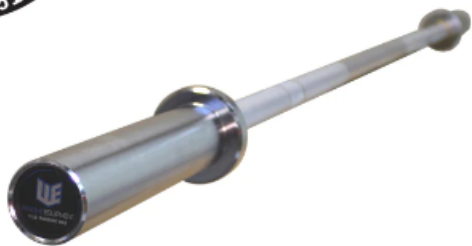


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INSTALLATIONS SPECIALS HOT DEALS

## SPECS

- Brand: Wright Equipment
- Bar Type: Light Weight Training
- Bar Use: Technique Training
- Bar Weight: 15lbs
- Bar Total Length: 6'
- Diameter: 28mm
- Center Knurl: No
- Knurl Marks: Olympic
- Shaft Coating: Aluminum Shaft
- Loadable Sleeve Length: 10"
- Sleeve Coating: Chrome
- Bushing Design: Yes
- Assembly: Snap Ring
- Warranty: 1 year
- Made in the USA: No



## 15LB Aluminum Bar

\$139.00

Buy with [affirm](#) on orders over \$250. See if you qualify

QUANTITY

- 1 +

Add to cart

Buy with [shop Pay](#)

More payment options

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The 15LB Aluminum Training bar is perfect for you if you're looking for a durable technique bar to practice your lifting form. This bar is great for beginners as well as experienced weightlifters looking to take their training to the next level. It all begins with great form and this bar helps to achieve that. Just because you're practicing doesn't mean your bar should be subpar! That's why this bar has the Olympic knurl marks to mimic Olympic weightlifting barbells. Grab one today!

\*This barbell is not made for loading!



4 each: WRIGHT-Equipment WRI-TRAPBAR60. Dual Grip Deadlift/Trap Bar. Your price 149.00

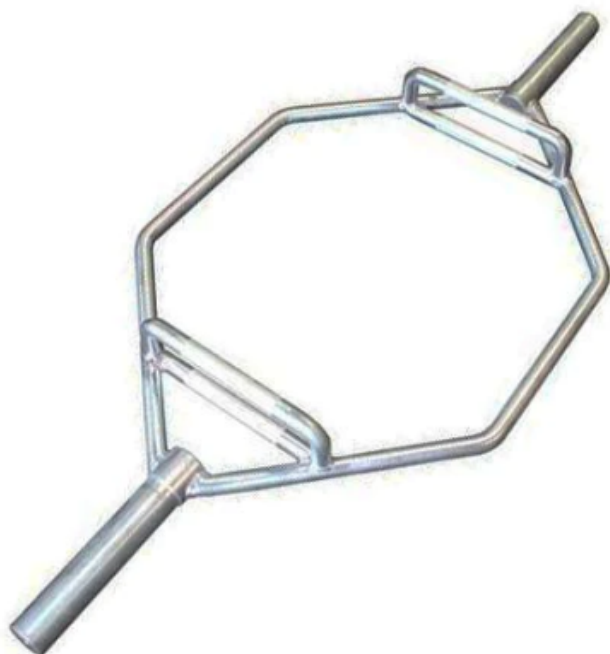


BARS & PLATES ▾ COMMERCIAL POWER RACKS RIGS/RACKS ▾ STRENGTH & CONDITIONING ▾ CARDIO ▾ STORAGE & ACCESSORIES ▾ FLOORING

INSTALLATIONS SPECIALS HOT DEALS

## SPECS

- Uses: Hex Deadlift
- Length: 60"
- Width: 20.5"
- Capacity Weight: 750 Lbs
- Use: Commercial or Home Use
- Bar Weight: 45 lbs
- Made in the USA: No
- Loadable Sleeve Length: 12 inches
- Shipping Dimensions: 60" x 30" x 3".



## Wright Econ Combo Hex Trap Barbell

\$179.00

Buy with [affirm](#) on orders over \$250. See if you qualify

### QUANTITY

- 1 +

Add to cart

Buy with [shop Pay](#)

[More payment options](#)

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One of the best innovations to strength training around, the Hex Bar sometimes called a Trap Bar, has become an awesome addition to the weight room as it offers a more friendly way to perform deadlift motions at heavy weight, than that of the traditional straight bar deadlift. Using the Hex bar will allow the athlete to avoid stress on the lower spine while deadlifting. The grip area on the Wright Hex Bar is knurled like other Wright Barbells. With a 750 lb weight capacity and 2" diameter sleeves.



## BLACK BUMPER PLATES

SKU: PL-BP-10B

- Distinctive smooth rubber finish
- Consistent dead bounce
- Stainless steel bushings
- IWF standard 17.7" diameter



### DESCRIPTION

Dynamic's commercial grade Premium Bumper Plates have the consistent dead bounce and distinctive smooth finish that serious athletes demand. They are made with quality recycled materials, and feature a stainless steel bushing for long life and durability. These quality, yet budget-friendly plates are IWF standard 17.7" / 450mm in diameter and are perfect for executing technical lifts like the snatch, clean and jerk and dead lift. A high-performance, economical solution for any weight room or training facility, and much quieter than cast-iron plates. Will not chip floors.

### FEATURES

- Distinctive smooth finish
- Made from quality recycled rubber
- Consistent dead bounce
- Available in 5 different weight options
- Stainless steel bushings

### SPECIFICATIONS

- Diameter: 450mm / 17.7 inches (IWF Standard)
- Collar opening: 50.40mm / 1.98 inches
- Weight tolerance: +/- 1% of claimed weight
- Material: Quality recycled rubber
- Finish: Smooth/Shiny
- Color: Black
- Warranty: 90-Day Limited
- Weight: 10LB
- Weight: 15LB
- Weight: 25LB
- Weight: 35LB
- Weight: 45LB





## ***RUBBER GRIP PLATE***

GP-002-R

### **WEIGHT**

2.5 lbs ▾

The USA rubber encased grip plate is here. This Olympic 2" grip plate has both the poundage marking as well as the KG markings for easily identifiable weight. A unique three hole grip with raised texture handles for a sure grip. This is also a branded plate with the USA SPORTS logo at the top to set this quality plate apart from others in the market. With the solid reputation of USA SPORTS, this item is the perfect addition to any home gym.

***Speak With A Representative***



## KBR

Body-Solid Tools KBR Kettlebells are a fantastic addition to any home or commercial gym facility, offering a wide range of benefits and unmatched exercise versatility for fitness beginners and experts alike. KBR Kettlebells feature a durable matte-black chip-resistant powder-coat finish and easy-to-read weight display. The matte powder-coat finish on Body-Solid Tools' KBR Kettlebells provides superior grip and feel even during intense, sweaty workouts.

KBR Kettlebells are also durable and chip-resistant, giving them a clean, sleek look for longer than other competitive kettlebells. The easy-to-read weight display ensures users find the right size and weight more quickly and easily. The machined bottoms on Body-Solid Tools KBR Kettlebells provide a flat, stable, and wobble-free base for a safer workout environment.

Use Body-Solid KBR Kettlebells for a wide range of exercises and movements, including kettlebell swings, presses, cleans, lunges, pulls, and so much more. Body-Solid Tools KBR Kettlebells are available in 5-80 lbs. and 100 lb. sizes.

- Durable matte-black chip-resistant powder coat finish
- Easy-to-read weight display
- Flat machined bottoms for a wobble-free base
- Available in 5-80 lb. and 100 lb. sizes



TROY Barbell, Set Fixed Bars and 10 Bar Rack. 5 each PFB-Straight Bars 20-60 x 10 lb. and PZB-CURL Bars 25- 65 x 10 lb.



Products ▾

Brands ▾

Industries ▾

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About

Contact



## TROY PRO STYLE BARBELL

PRO-STYLE-BARBELLS

The TROY Pro Style Barbell is pre-assembled to meet the standards required for any commercial application. All of our pro style barbells use solid steel bolt design. These barbells consist of straight or curl bars and feature deep set knurling for functional performance and top-of-the-line TROY high grade Hammertone Gray plates, premium black plates or rubber black plates. Of your choice. The chrome or rubber encased end caps include the TROY name and numbers for easy identification.

[Speak With A Representative](#)

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## HORIZONTAL BARBELL RACK

BB-10

Our redesigned Horizontal Barbell Rack is dual sided and can hold 10 fixed barbells or fixed curl bars. The chrome wear-guard adds to the striking look of this barbell rack.

[Speak With A Representative](#)



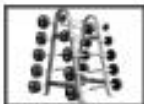
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Worlds best WALL-BALL/Med-balls stored on the ANNEX Storage Racks.  
 ,Hi-strength Dynamic Lifting Bands: Red, Black, Purple, Green (stored on BB Rack Storage Hooks).

MORE STRENGTH PER SQUARE FOOT®



## WALL BALLS

600800

\$58.00

HIGHEST QUALITY WALL BALL ON THE MARKET  
 EXTRA-DURABLE WOVEN NYLON SHELL  
 DOUBLE-STITCHED SEAMS  
 HIGH-TENSILE PARACORD LACING  
 10 WEIGHTS / 6-30 LBS.

SIZES

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MORE STRENGTH PER SQUARE FOOT®



### DESCRIPTION

Dynamic Lifting Bands are an extremely versatile component of any level workout program. The perfect accessory for resistance training tailored to the individual, Dynamic Lifting Bands enhance everything from suspension, mobility, pull-ups, squats, bench presses and more. Seven different colors for seven different resistance levels. Made from natural latex rubber of varying width and thickness per color, see reference chart below:

### RESISTANCE

RED:	30LBS RESISTANCE
BLACK:	50LBS RESISTANCE
PURPLE:	65LBS RESISTANCE
GREEN:	100LBS RESISTANCE
BLUE:	140LBS RESISTANCE
ORANGE:	175BS RESISTANCE
GRAY:	200LBS RESISTANCE

### DESCRIPTION

The Dynamic Wall Ball is available in 10 different weights to accommodate a wide range of training levels, from beginner to the most advanced. Woven nylon shell with double-stitched seams ensures durability with regular use. Each Wall Ball includes a fill material with enough body to maintain the ball's shape with repeated use, but also soft enough to safely stop / catch high velocity throws. Perfect for group, sport-specific or rehabilitation exercises where additional incremental resistance is desired.

### FEATURES

- EXTRA-DURABLE WOVEN NYLON SHELL
- MOISTURE AND SCUFF RESISTANT
- DOUBLE-STITCHED SEAMS
- HIGH-TENSILE PARACORD LACING
- SOFT SHELL FOR SAFE HIGH VELOCITY THROWS
- MAINTAINS SHAPE WITH USE
- ADDS INTEREST AND VARIETY TO WORKOUTS
- IMPROVES POWER AND COORDINATION
- ENHANCES RANGE OF MOTION
- TWO-TONE GRAY/BLACK WEAVE
- DYNAMIC BRANDING

### INTERACTIVE

### SPECIFICATIONS

6 LBS	350MM CIRCUMFERENCE
8 LBS	350MM CIRCUMFERENCE
10 LBS	350MM CIRCUMFERENCE
12 LBS	350MM CIRCUMFERENCE
14 LBS	350MM CIRCUMFERENCE
16 LBS	350MM CIRCUMFERENCE
18 LBS	350MM CIRCUMFERENCE
20 LBS	350MM CIRCUMFERENCE
25 LBS	350MM CIRCUMFERENCE
30 LBS	350MM CIRCUMFERENCE
MATERIAL:	WOVEN NYLON
WARRANTY:	90 DAY LIMITED

### INTERACTIVE



### BODY-SOLID TOOLS RESISTANCE BANDS

## BSTB



### TECHNOLOGY

#### FEATURES

#### MODELS

#### BODY FOCUS

#### GALLERY

#### MEDIA & DOWNLOADS

#### HI-RES IMAGES

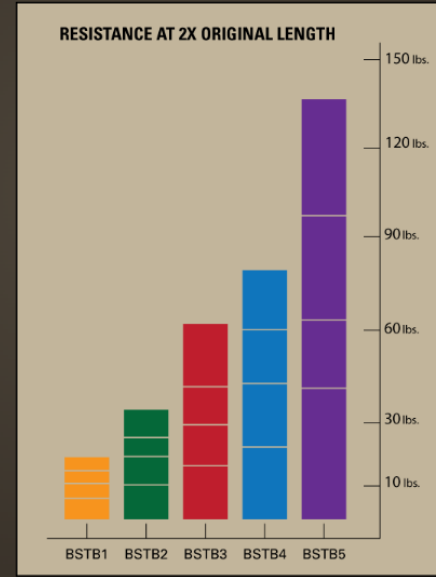
#### VIDEOS

#### BSTB PRODUCT DATA SHEET

## TECHNOLOGY

### Dimension:

- BSTB1 - 41"L x 1/2" W
- BSTB2 - 41"L x 3/4"W
- BSTB3 - 41"L x 1 1/8"W
- BSTB4 - 41"L x 1 3/4"W
- BSTB5 - 41"L x 2 1/2"W



2 Rope Anchors (two mounted to floor at end of TURF Section).



252BA - BATTLE ROPE ANCHOR



SET Dynamic Premium Soft Plyo-box's (1 each: 3,6,12,18,24")



2 Sets 30 lb. Pair Chains.

2 Sets 45 lb. Pair Chains.

Include oversized Carabiners for easy-on Olympic Bar and storage hooks.



Lifting Chain Set



C



D



G



H



**TORQUE M1-TANK. Magnetic Resistance Training Sled. Push-Pull and Deceleration-Training Like no other (on any surface)! Your price 775.00**

**TORQUE** USA

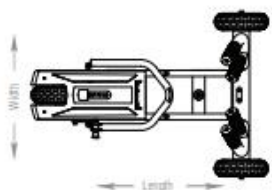
**TANK M1**

**REMOVABLE PERFORMANCE HANDLES**



Model number	XTTM1-RPH-102
Footprint (L x W x H)	45.1" x 31.9" x 37.5" (115 cm x 81 cm x 95 cm)
Weight	78 lbs (35.4 kg)
Warranty	10 year frame and welds/1 year parts and finish/90 days grips and optional accessories

TOP VIEW



Note: 6.4" (162 mm) long weight horn can hold up to three 45 lb grip plates or two 45 lb bumper plates.



# TORQUE TANK M4 Training Sled. Push-Pull and Deceleration-Training like no other (on any surface)! **YOUR PRICE 1619.00**

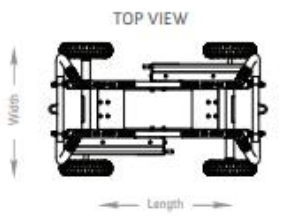
**TORQUE** USA

**TANK M4**

PERFORMANCE HANDLE PACKAGE



Model number	XTTM4-PH
Footprint (L x W x H)	52.4" x 31.9" x 37.1" (133 cm x 81 cm x 94 cm)
Weight	198 lbs (89.8 kg)
Warranty	10 year frame and welds/1 year parts and finish/90 days grips and optional accessories



- TANK M4 OPTIONS**
- CRASH BUMPERS
  - WEIGHT HORNS
  - TRACTION KIT
  - TOW KIT
  - TOW ROPE
  - GROUP TRAINING KIT
  - GROUP ANCHOR STATION
  - OUTDOOR COVER

**DON'T QUIT. EVER.™**





## Adjustable Cable Columns/Low Row attachments (2 each)

LEATHER ANKLE STRAP

### MA308V



### TECH SPECS

- Can be worn on ankles or wrists
- Heavy-duty leather construction for years of use
- Contoured neoprene lining
- Cuff size adjustable (One Size Fits All)
- Resistance bands or cables attach easily to the metal D-Rings on the cuffs
- Strengthen and tone your legs and hips

### MB502



### FEATURES

Seated Row/Chinning Bar

Super heavy-duty welded flange ensures a lifetime of usage even under extreme usage. Solid Steel construction for heavy use.

Solid Steel | 5 lbs.

### TR20



[+ Click Image to Enlarge](#)

### DIMENSIONS

Assembled Weight:	2lb / 0.91kg		
Assembled Dimensions:	Length	Width	Height
	30.00in / 762.00mm	2.25in / 57.15mm	2.25in / 57.15mm

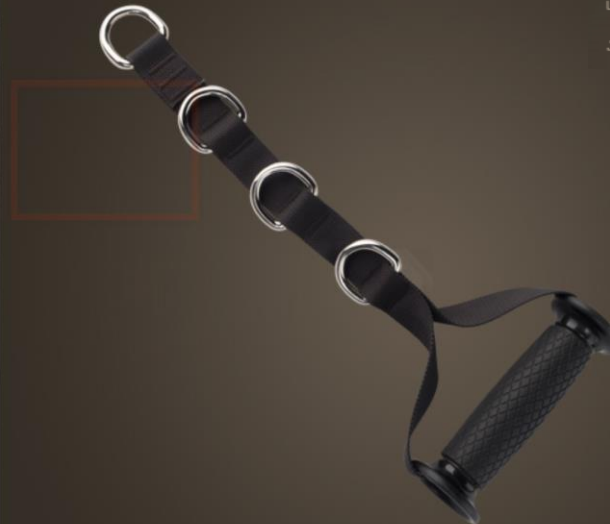
### MB022RG



Pro-Grip Revolving Straight Bar

Engineered to do triceps press downs, straight bar curls, upright rows, arm pullovers and much more. A smooth, fluid center swivel ensures constant, steady, uninterrupted motion. This versatile bar is perfect for any gym, club or home. Solid steel, 21" L, 6 lbs.

### NB59



### FEATURES

Pull all your cable workouts together with the Adjustable Nylon Stirrup Handle

Give your fingers a hand with ergonomically designed, textured grip stirrup handles that are ideal for all your lifting and pulling exercises. Constructed from extra heavy-duty nylon and rubber and featuring easy-adjust steel D-rings for quick changes, Body-Solid puts a lifetime of comfortable workouts into your hands.

# TRX V-4 commercial Suspension Trainer for use on the connecting Barbell Racks and Pull-up bars.



## WHAT'S INCLUDED

Workout anywhere — home or outdoors — with these included anchors and accessories.

Comes with the following equipment:

TRX PRO 4 SUSPENSION TRAINER

FREE ONE-YEAR APP SUBSCRIPTION

ADJUSTABLE FOOT CRADLES

BUILT-IN MICROBAN ANTIMICROBIAL RUBBER HANDLES

THEFT-RESISTANT CARABINER

INDUSTRIAL-GRADE REINFORCEMENT STITCHING

BARREL LOCK ADJUSTERS

SUSPENSION ANCHOR

DOOR ANCHOR

**TRX Strength Advanced**  
Looking for a challenging workout? Build total-body strength with the TRX® Suspension Trainer® through this advanced program.

**Get Started Now**  
ADJUSTING THE LENGTH OF THE TRX

**PERFORM EACH EXERCISE AS FOLLOWS:**

1. Adjust suspension length to desired height.
2. Attach suspension anchor to desired anchor point.
3. Attach suspension trainer to suspension anchor.
4. Adjust suspension length to desired height.

**TRX LENGTH ADJUSTMENT**

**BODY POSITIONS**

**UPPER BODY**

1. TRX 1 Frontal Step
2. TRX 2 Scapular Rotation
3. TRX 3 Frontal Step
4. TRX 4 Shoulder Pull

**LOWER BODY**

5. TRX 5 Single Leg Squat
6. TRX 6 Hunching Forward
7. TRX 7 Crossing
8. TRX 8 Lunge

**CORE**

9. TRX 9 Frontal Squat
10. TRX 10 Mountain Climber
11. TRX 11 Side Plank
12. TRX 12 Abdominal

Visit [TRXtraining.com](http://TRXtraining.com)

Fitness Level: Advanced





### JUMP-X SYSTEM SET-UP

- 1) Secure cords to the Trak-X™ via the Trak-X™ clip.
- 2) Position the Speed-X 360 belt around the waist with Perform-X™ label facing up. Secure the Velcro. Insert by pinching the cam/buckle and inserting the tether. Tighten belt snug around the hips.
- 3) Secure the cords to the 360-X belt via the carabiner FIXED O-rings on the belt. (Don't attach to mobile 360 O-rings while using the Jump-X System).

### JUMP-X SYSTEM EXERCISES

Perform cord-loaded vertical jump and footwork training on either the Lift-X or Plyo-X Platform, on a retrofit above-ground platform or squat rack. Complete posterior, medial, and anterior load exercises using the Perform-X™ pattern, barrier jump steps or traditional vertical jumps. For best results contrast train with cord loaded and non-cord loaded exercises.



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### JUMP-X SYSTEM RESISTANCE GUIDE

Start Height	Yellow (Light)	Red (Medium)	Blue (Heavy)	Gray (Ex. Heavy)	Black (Ultimate)
30	16.6	23.8	32.6	40.4	50.2
31	18.4	25	33.8	41.6	51.7
32	19.8	26.4	35.2	43.8	53.4
33	20.6	27.6	37	45.2	55.5
34	22	28.6	38.8	46.8	57.3
35	23.2	30	40.4	48.3	58.8
36	24.2	30.8	41.4	50	60
37	25	32	43.2	52.3	62.4
38	26	33	44.4	54.2	64.3
39	26.8	33.8	45.8	55	66.2
40	27.2	34.8	46.6	56.8	68.4
41	28.2	35.6	48	58.2	70.3
42	29	36.4	49.2	59.5	72
43	30	37.4	50.2	60.6	73.8
44	30.4	38	51.4	61.8	75.2

Start Height	Yellow (Light)	Red (Medium)	Blue (Heavy)	Gray (Ex. Heavy)	Black (Ultimate)
46	31.6	40	53.6	63.8	77.8
47	32	40.5	54.6	64.5	79.2
48	33	42	55.8	65	80
49	33.8	42.6	57.2	67.3	82.4
50	34.8	43.6	58.2	68.5	84.3
51	35.6	44.4	59.4	69.2	86.5
52	36	45.5	60.5	70.4	88.6
53	37	46.2	61.8	71.2	90
54	37.6	47	63.4	72	91.5
55	39.2	48	64.6	73.5	93
56	41	49	65.7	75.2	95.5
57	43	51	66.3	76.8	96.6
58	44	53	67.5	78.2	98.2
59	43.5	55	68.8	79.1	99.2
60	46	60	70	80	100

360 Universal Belt	
Size	Waist Size Range
One Size Fits All	30" - 50"

#### CORD GUIDELINES:

Thank you for your purchase of the Perform-X™ Cord products. Our specialized and unique cord devices allow you to maximize your personal workout and fitness goals.

#### USAGE GUIDELINES:

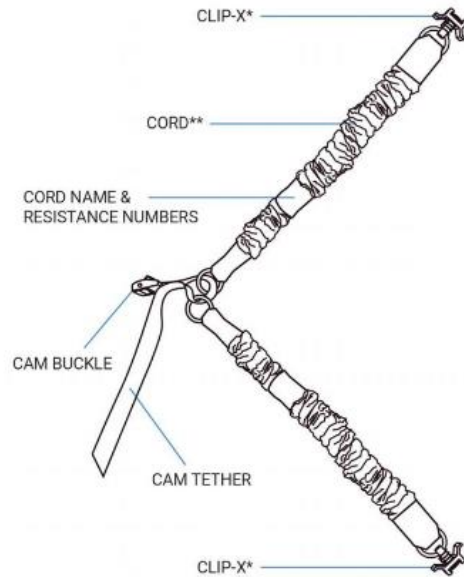
- Check cords for tears or punctures before all exercises. DO NOT use if cord has been damaged.
- Check carabiners and trak-x clips for any damage or anything that will not ensure a secure attachment. DO NOT use if carabiners or trak-x clips are damaged.
- Make sure carabiners and trak-x clips are securely attached prior to use.
- Make sure cords are being used as intended. Cords are made to be used at 2-3x their resting length.
- DO NOT stretch cords longer than 2-3x resting length. Increase to a heavier cord resistance or add extra cords to the exercise.
- CAUTION: Anchors and attachment sites can become loose during exercise, make sure to recheck all attachments between sets.

The Trak-X pieces and Cord products are warranted for one year to be free of defect in material or workmanship. If there is a covered defect, Perform-X will (i) at Perform-X's election, replace the defect two cords or Trak-X pieces only, not remove or unretail all (ii) pay the cost of transporting defective Cords or Trak-X pieces to a fit and returning replacement Cords or Trak-X pieces to buyer. Buyer must notify Perform-X of any defect in replacement Cords or Trak-X pieces within a period of ninety (90) days after the Cords or Trak-X are received or they will be deemed to be without defect. Warranty must be returned to Perform-X Sports Training within fourteen (14) days of purchase of the Cords or Trak-X. Failure to meet this condition will cause the warranty to be null and void. The limited warranties in this Section do not cover any defects or costs caused by: (i) modification, alteration, repair, or modification (ii) physical abuse, or misuse, of the Cords or Trak-X or operation thereof, or (iii) any use of the Cords or Trak-X not for the use for which they were intended. This warranty also excludes all costs arising from routine cleaning/maintenance, Perform-X reserves the right to modify, alter or improve the Cords or Trak-X, or parts thereof, at any time without incurring an obligation to notify, substitute or replace the Cords or Trak-X, or parts thereof, previously sold.

EXCEPT AS EXPRESSLY PROVIDED IN THE SECTION ABOVE (PERFORM-X MAKES NO PROMISE OR WARRANTY, EXPRESS OR IMPLIED, WITH RESPECT TO CORDS, TRAK-X, OR PERFORM-X WILL HAVE NO OTHER OBLIGATION OR LIABILITY TO BUYER WITH RESPECT TO ANY DEFECT IN CORDS OR TRAK-X OR ANY NON-CONFORMITY TO THE SPECIFICATIONS OF ANY DAMAGE TO OR CONDITION OF CORDS OR TRAK-X OR THE USE OF THE CORDS OR TRAK-X AND (B) BUYER WILL HAVE NO OTHER REMEDIES IN RESPECT OF SUCH DEFECT, NON-CONFORMITY, DAMAGE, CONDITION OR USE, WITHOUT LIMITING THE FOREGOING, AND REGARDLESS OF THE CIRCUMSANCES AND EVEN IF A REMEDY IS AVAILABLE, PERFORM-X WILL HAVE NO LIABILITY TO BUYER FOR LOSS OF REVENUE OR PROFITS, OR FOR INCIDENTAL, CONSEQUENTIAL, OR PUNITIVE DAMAGES OF ANY KIND OR NATURE. THE SPECIFIC WRITTEN WARRANTIES SET OUT IN THIS AGREEMENT FROM PERFORM-X ARE IN LIEU OF ANY OTHER WARRANTY WHATSOEVER. THERE ARE NO WARRANTIES WHICH EXTEND BEYOND THE DESCRIPTION ON THE FACE HEREOF. ANY EXPRESS WARRANTY NOT PROVIDED HEREOF, AND ANY REMEDY WHICH BUT FOR THE WARRANTY CONTAINED HEREIN MIGHT ARISE BY IMPLICATION OR OPERATION OF LAW, IS HEREBY EXCLUDED AND DISCLAIMED INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY AND OF FITNESS FOR A PARTICULAR PURPOSE OR USE. PERFORM-X HAS NO LIABILITY ASSOCIATED WITH THE USE OF THE CORDS OR TRAK-X. IT IS UNDERSTOOD AND AGREED THAT PERFORM-X'S LIABILITY AND BUYER'S SOLE REMEDY, WHETHER IN CONTRACT, UNDER ANY WARRANTY, IN TORT (INCLUDING NEGLIGENCE), IN STRICT LIABILITY OR OTHERWISE SHALL NOT EXCEED THE RETURN OF THE AMOUNT OF THE PURCHASE PRICE PAID BY BUYER. THIS WARRANTY GIVES BUYER SPECIFIC LEGAL RIGHTS, AND BUYER MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.



# DEAD-X CORD BREAKDOWN



\* See reverse side for CLIP-X anchoring instructions  
\*\* Cords only work with TRAK-X



SCAN FOR SETUP + USE

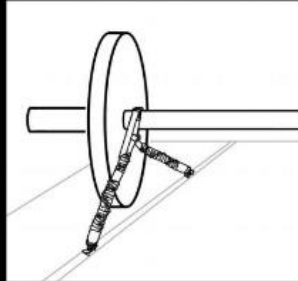
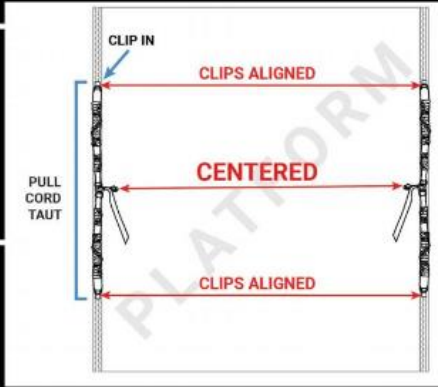
## PRODUCT SETUP DETAILS

### STEP 1

Lay out DEAD-X cords in line with platform inlaid TRAK-X (one cord on each side of platform next to TRAK-X). Make sure Cam Buckle and Cam Tether are centered on platform on each side with each DEAD-X Cord.

### STEP 2

Clip one end of the DEAD-X Cord into TRAK-X. Pull opposite end taut and clip into TRAK-X. Repeat with second DEAD-X cord making sure to line up CLIP-X with first cord CLIP-X locations.



### STEP 3

Attach Cam Buckle to bar on each side.

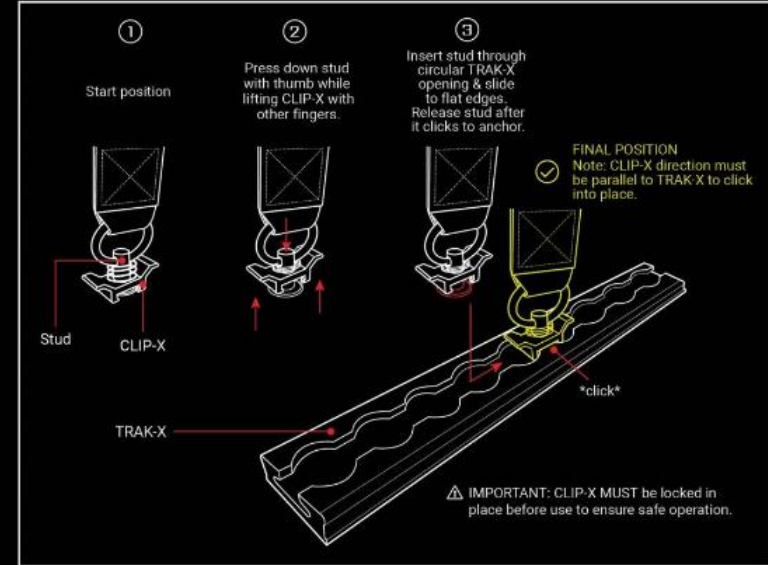
### FINAL POSITION

## DEAD-X RESISTANCE CHART (SET OF 2 CORDS)

RESISTANCE	AVG LBS OF RESISTANCE	WORKING RANGE OF RESISTANCE
MEDIUM	40 LBS	10-70 LBS
HEAVY	65 LBS	10-105 LBS
EXTRA HEAVY	85 LBS	15-150 LBS
ULTIMATE	105 LBS	15-195 LBS

## PERFORM-X ADVANTAGE

### HOW TO SECURE CLIP-X



### PERFORM-X TRAINING SYSTEMS LIMITED WARRANTY

The Cord products are warranted for one year to be without defect in material or workmanship. Buyer acknowledges that Perform-X does not manufacture specific raw Cord. If there is a covered defect, Perform-X will: (i) at Perform-X's election, replace the defective Cord; (ii) customer is responsible for the cost of transporting defective Cord to Perform-X. Perform-X will return the replacement Cord to Buyer if actual cord received is deemed defective. Buyer must notify Perform-X of any defect in replacement Cord within a period of ninety (90) days after the Cord is received or it will be deemed to be without defect.

The limited warranties in this Section do not cover any defects or costs caused by: (i) modification, alteration, repair, or installation; (ii) physical abuse to, or misuse of, the Cord or operation thereof; or (iii) any use of the Cord other than that for which it was intended. This warranty also excludes all costs arising from routine cleaning/maintenance. Perform-X reserves the right to modify, alter or improve the Cord, or parts thereof, at any time without incurring an obligation to modify, alter, improve or replace the Cord, or parts thereof, previously sold.

EXCEPT AS EXPRESSLY PROVIDED IN THIS SECTION 2, (i) PERFORM-X MAKES NO PROMISE OR WARRANTY, EXPRESS OR IMPLIED, WITH RESPECT TO CORD, (ii) PERFORM-X WILL HAVE NO OTHER OBLIGATION OR LIABILITY TO BUYER WITH RESPECT TO ANY DEFECT IN CORD OR ANY NON-CONFORMITY TO THE SPECIFICATIONS OR ANY DAMAGE TO OR

CONDITION OF THE CORD OR THE USE OF THE CORD AND (iii) BUYER WILL HAVE NO OTHER REMEDIES IN RESPECT OF SUCH DEFECT, NON-CONFORMITY, DAMAGE, CONDITION OR USE. WITHOUT LIMITING THE FOREGOING, AND REGARDLESS OF THE CIRCUMSTANCES AND EVEN IF A REMEDY FAILS, PERFORM-X WILL HAVE NO LIABILITY TO BUYER FOR LOSS OF REVENUE OR PROFITS, OR FOR INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES OF ANY KIND OR NATURE. THE SPECIFIC WRITTEN WARRANTIES SET OUT IN THIS AGREEMENT FROM PERFORM-X ARE IN LIEU OF ANY OTHER WARRANTY WHATSOEVER. THERE ARE NO WARRANTIES WHICH EXTEND BEYOND THE DESCRIPTION ON THE FACE HEREOF. ANY EXPRESS WARRANTY NOT PROVIDED HEREIN, AND ANY REMEDY WHICH BUT FOR THE WARRANTY CONTAINED HEREIN MIGHT ARISE BY IMPLICATION OR OPERATION OF LAW, IS HEREBY EXCLUDED AND DISCLAIMED INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY AND OF FITNESS FOR A PARTICULAR PURPOSE OR USE. PERFORM-X HAS NO LIABILITY ASSOCIATED WITH THE USE OF THE CORDS. IT IS UNDERSTOOD AND AGREED THAT PERFORM-X'S LIABILITY AND BUYER'S SOLE REMEDY, WHETHER IN CONTRACT, UNDER ANY WARRANTY, IN TORT (INCLUDING NEGLIGENCE), IN STRICT LIABILITY OR OTHERWISE SHALL NOT EXCEED THE RETURN OF THE AMOUNT OF THE PURCHASE PRICE PAID BY BUYER. THIS WARRANTY GIVES BUYER SPECIFIC LEGAL RIGHTS, AND BUYER MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.  
PATENT NO. - US D680,545 S



## PRODUCT SETUP DETAILS

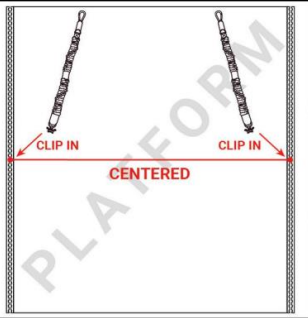
### ATTACHING THE SET OF JUMP-X CORDS TO TRAK-X

#### STEP 1

Clip in the CLIP-X ends of the JUMP-X Cords into each side of the PERFORM-X Platforms inlaid TRAK-X using screw heads/holes in inlaid Trak-X as reference.

#### STEP 2

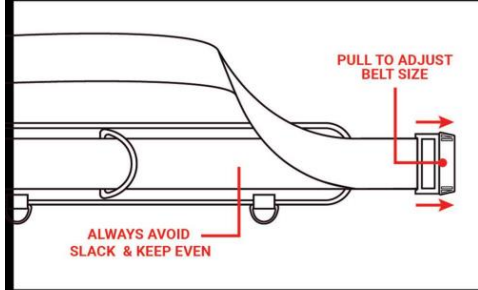
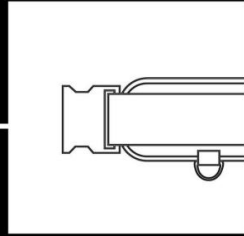
Make sure the CLIP-X clips for both cords are directly across from each other (using screw heads in TRAK-X holes in inlaid TRAK-X as reference).



### FASTENING BELT-X

#### STEP 1

Hold BELT-X in left hand holding Female Attachment End.



#### STEP 2

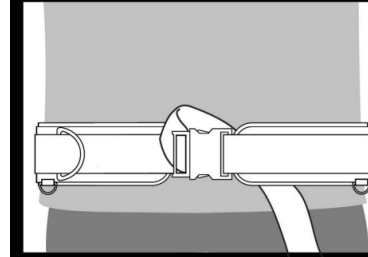
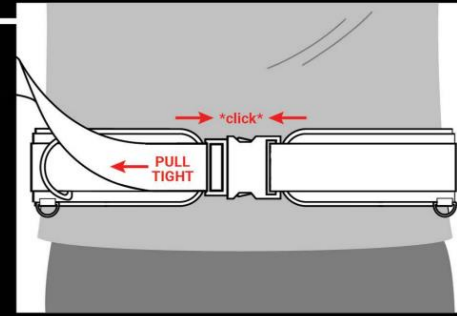
With your right hand, pull Male Attachment End as needed to make sure Doubled Up Adjustable Strap feeds EVENLY through that end.

#### STEP 3

With D Rings on BELT-X facing down toward the ground, put BELT-X around waist and clip ends together.

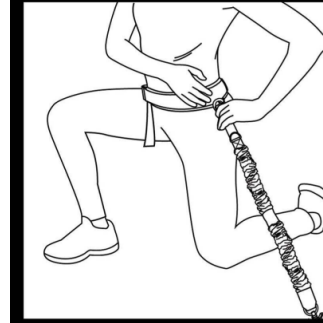
Adjust as needed by lifting and pulling Male Attachment End. Make sure Doubled Up Adjustable Strap still stays even.

Tighten BELT-X by EVENLY pulling Doubled Up Adjustable Strap.



#### STEP 4

IMPORTANT STEP – When tight, pull Doubled Up Adjustable Strap aggressively upwards and back behind buckle to bind up loose end behind buckle. Then tuck that end to the left of buckle for maximum hold.



### ATTACHING JUMP-X CORDS TO BELT-X

#### STEP 1

With BELT-X on, kneel down between JUMP-X Cords.

#### STEP 2

Take JUMP-X Cord by carabiner and clip to D ring on that side of BELT-X. Do the same on the other side with other JUMP-X Cord.

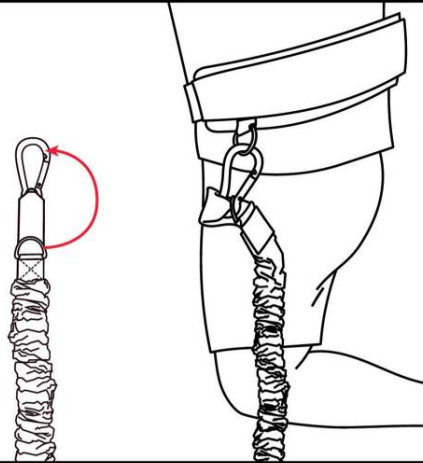
## OPTIONAL SETUP

### ADJUSTING JUMP-X CORDS USING D-RING

#### STEP 1

While kneeling, insert adjustable D-ring into carabiner for additional resistance.

NOTE: D-ring also provides proper resistance for shorter users.



### JUMP-X RESISTANCE CHART (SET OF 2 CORDS)

RESISTANCE	AVG LBS OF RESISTANCE	AVG INCREASE USING D-RING	WORKING RANGE OF RESISTANCE (LBS)
EXTRA LIGHT	10 LBS	2.5 LBS	5-15 LBS
LIGHT	20 LBS	5 LBS	15-25 LBS
MEDIUM	25 LBS	8 LBS	20-35 LBS
HEAVY	30 LBS	10 LBS	25-40 LBS
EXTRA HEAVY	40 LBS	15 LBS	35-50 LBS
ULTIMATE	45 LBS	20 LBS	40-55 LBS



## LIFT-X™ DEAD-X™ CORDS



### LIFT-X DEAD-X CORDS SET-UP

- 1) Lay Dead-X cords out along Trak-X in platform (one on each side) with center of cords at the location of the bar for lifts.
- 2) Secure Dead-X cords taught using Trak-X clips on end of cord.
- 3) Attach the cam buckle and tether to the universal bar for loaded lifts.

### LIFT-X DEAD-X CORDS EXERCISES

Add cord loaded measurable and progressive resistance to the Dead-Lift exercise with and without resistance. For best results contrast train with cord load and non-cord load.



PerformX Training Systems Copyright © All Rights Reserved.

## PLAT-X SYSTEM

Adding PERFORM-X Platforms (wood or rubber) or converting existing platforms completely transforms the lifting station into a dynamic resistance space. With the TRAK-X Advantage and the PLAT-X Cord Package now variable load can be added to lifts and jump drills.

### BENEFITS

- Works with any flooring over 1/2" thick
- Transforms platform & floor areas into loaded lifting & jumping stations
- The PLAT-X Cord Package adds measurable and adjustable resistance
- PERFORM-X Cords last 3x longer than typical resistance bands
- Optional PERFORM-X PLYO-LOGO with PERFORM-X Programs

### WHAT YOU GET

- PERFORM-X Platform with TRAK-X (wood or rubber) or TRAK-X (set of 2 for existing platforms)
- Set of DEAD-X Cords
- JUMP-X System (set of JUMP-X Cords + BELT-X)
- Access to Smart Charts

### HOW IT WORKS

- PLAT-X SYSTEM – Pick the desired PERFORM-X Platform or TRAK-X solution and use install guidelines to setup.
- PLAT-X CORD PACKAGE
  - JUMP-X SYSTEM - Attach JUMP-X cords to TRAK-X and to BELT-X for loaded jump training.
  - DEAD-X CORDS - Attach DEAD-X cords to TRAK-X and attach to bar for added resistance for deadlift exercises.

## PLAT-X CORD PACKAGE

### DEAD-X CORDS



TRAK-X

### JUMP-X SYSTEM

#### JUMP-X CORDS



SPEED-X BELT



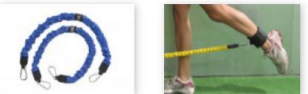
SCAN FOR MORE INFO





DESCRIPTION      SPECIFICATIONS      OTHER

The Jump-X™ System allows for cord-loaded vertical jump and footwork training on either the Lift-X Platform w/Trak-X or Plyo-X Custom Floors, or on a retrofit above-ground platform or squat rack. The durable cords come in 7 resistance levels all with specific loads based on height and inches of cord stretch. The versatile and comfortable Speed-X 360 Belt comes in 4 distinct sizes, and provides comfort during dynamic jumping drills.





# SPEED-X LOWER BODY TRAINING SYSTEM

— ×

Lower body training for speed and agility

**\$215.00 - \$250.00**



STORE-X

**\$200.00**



NEW Hi-Performance ECORE BEAST FLOORING AND Flex-Turf MONSTER Strength Training Turf.

# Performance Beast

Durable Strength & Conditioning Surfacing

## PRODUCT ATTRIBUTES

- **2.5mm Vulcanized Composition Rubber (VCR) Surface Layer**  
Provides excellent durability and slip resistance
- **8mm Factory Fusion-Bonded VCR Beast Base Layer**  
Extremely dense, upcycled VCR minimizes bar bounce and provides ultimate durability



Made using our patented itsTRU® technology, Performance Beast is a durable 10.5mm vulcanized composition rubber system that absorbs shock. Designed for heavy strength training, Performance Beast maximizes energy restitution and enhances durability in applications dominated by free weight training



## APPLICATIONS

- Selectorized Strength
- Free Weights
- Olympic Style Lifting
- Functional Training
- Cardio

## BENEFITS

- Extreme durability
- Sustainable
- Slip-resistant
- Provides substrate protection

## NOMINAL DIMENSIONS

Available as a standard in rolls. Talk to your local sales rep to determine availability, pricing, minimums, and lead times.



10.5mm (2.5mm + 8mm) x 48" (1.22m)

NRG =



**Force Reduction: 11.4%**  
Absorption of impact energy



**Energy Restitution: 72.2%**  
Useful return of impact energy

Typical Dabtec Field Tester Results

## Performance Beast

### COLOR SWATCHES



Medium Gray E5504



Charcoal E5505



Dark Taupe E5506



Warm Gray E5507



Navy E5508



Green E5509



Maroon E5510



Red E5511



Steel Appeal 2 E515A



Dark Gray E5502



Mocha Latte 2 E543A



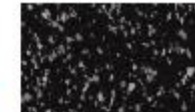
Blue E5500



Blue Jays E5103



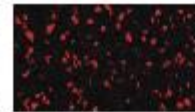
Cardinals E5104



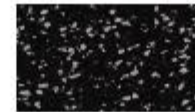
Raiders E5503



Buff Blue 20 E545



Rippin Red 20 E547



Grippin Gray 20 E546



Whey Protein 2 E597A



Basic Black E500

## TECHNICAL DETAILS

Performance Criteria	Test Standard	Typical Results
Recovery after Static Load	ASTM F970	0.004*
Coefficient of Friction	ASTM D2047	>0.8
FloorScore	CA 01350	Certified
Abrasion Resistance	ASTM D3389	Pass
Flammability - Pill Test	ASTM D2859	Pass
Impact Insulation Class (IIC)*	ASTM E492	53
Delta IIC*	ASTM E2179	22

\*Tested on a 6" concrete slab with no ceiling





# FlexTurf Monster

Indoor/Outdoor Training and Recreational Field Turf

## PRODUCT ATTRIBUTES

- **15mm Pile Height Polyethylene FlexTurf Surface Layer**  
Provides excellent durability, playability, and comfort for body contact points
- **10 or 15mm Field United VCR Monster ShockPad**  
Upcycled VCR provides exceptional force reduction, mitigating the force of impacts on the athlete's body



FlexTurf Monster features a polyethylene turf surface layer that is field united to a 10 or 15mm vulcanized composition rubber (VCR) ShockPad. Customize your turf surface layer with lines, logos, and 7 different colors. FlexTurf Monster creates the ultimate, safe and ergonomic training surfaces for indoor or outdoor use.



## APPLICATIONS

- Functional Training
- Fields
- Outdoor

\*Studded cleats cannot be worn on FlexTurf Monster

## BENEFITS

- Extreme shock absorption
- Custom lines & logos available
- No infill needed
- Ergonomic
- Durable
- Indoor or outdoor
- Comfortable for body contact points

## NOMINAL DIMENSIONS

Available as a standard in rolls plus a field united ShockPad. Talk to your local agent to determine availability, pricing, minimums, and lead times.



**FLEXTURF**  
15mm x 15' (4.57m) x custom length

+ (FIELD UNITED)



**MONSTER SHOCKPAD**  
10mm: [.39"] x 48" (1.22m) x 25 LF (7.62m)  
15mm: [.59"] x 48" (1.22m) x 25 LF (7.62m)

=



**FLEXTURF MONSTER SYSTEM**  
25 or 30mm thick



Force Reduction: **53.0% | 55.0%**  
Absorption of impact energy



Energy Restitution: **32.2% | 35.3%**  
Useful return of impact energy

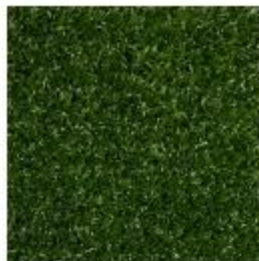
Typical Deltec Field Tester Results



# FlexTurf Monster

## COLOR SWATCHES

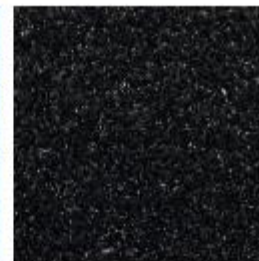
Custom lines and logos are available.



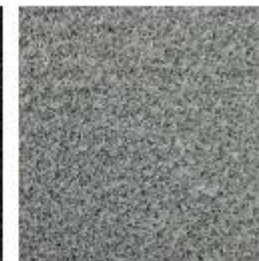
Green



Royal Blue



Black



Gray



Red



Yellow



White

## TECHNICAL DETAILS

Performance Criteria	Test Standard	Typical Results	
		w/ 10mm ShockPad	w/ 15mm ShockPad
Force Reduction	Deltec Field Tester	53.0%	55.0%
Energy Restitution	Deltec Field Tester	32.2%	35.3%
Vertical Deformation	Deltec Field Tester	8.1mm	7.9mm
G-Max	Clegg	70	59
Tufted Pile Height		.59"	.59"
Flammability - Pill Test	ASTM D2859	Pass	Pass
Coefficient of Friction	ASTM D2047	>0.8	>0.8

# Logo Quote Drawing

## CUSTOMER SIGNATURE OF APPROVAL

BY SIGNING YOU ARE APPROVING PRODUCTION OF THE IMAGE AND COLORS SHOWN. LOGOS ARE CUSTOM PRODUCED PER ORDER AND CANNOT BE CHANGED WITHOUT A FINANCIAL IMPACT TO THE CUSTOMER AND WILL BE HANDLED AS A NEW PROJECT STARTING OVER AT OUR STANDARD 20 BUSINESS DAY LEAD TIME

Job Number:  
LD-009917

Drawn By: **AJS**

### Colors:

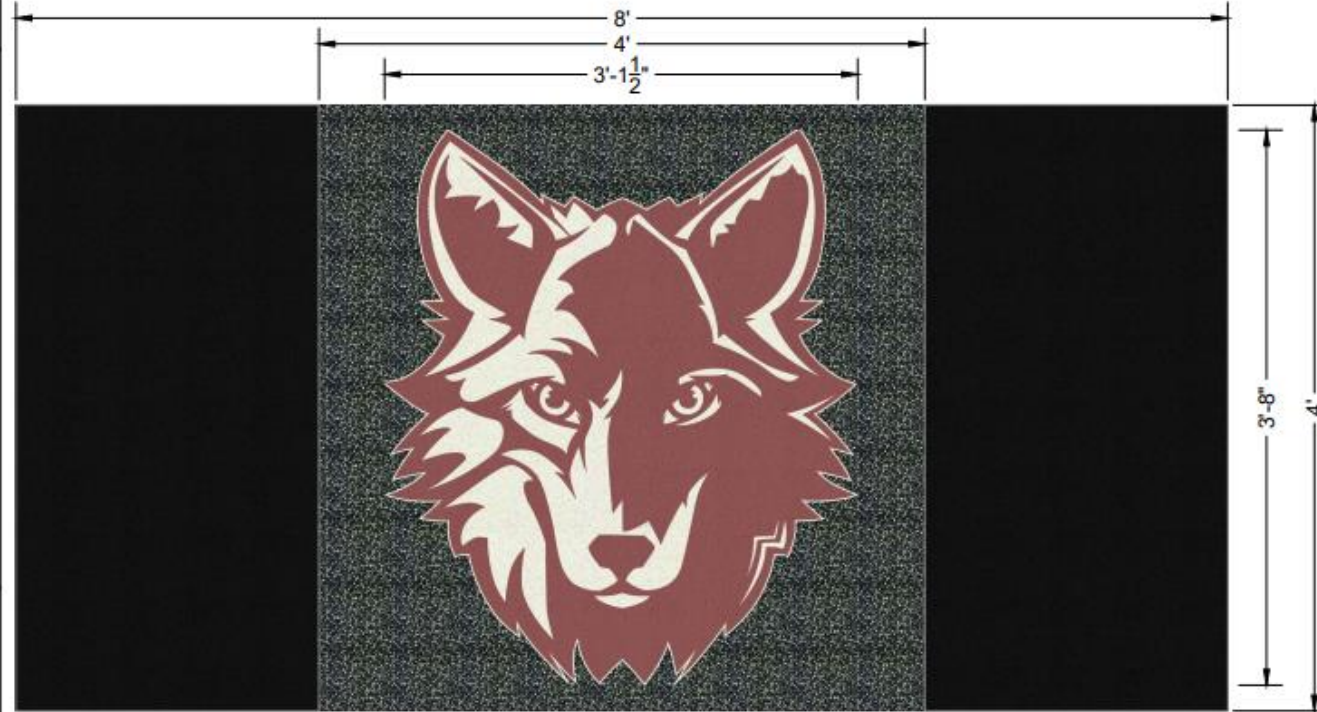
#### Field Color(s)

-  EL46  
GRIPPIN GREY 20%
-  BLACK

#### Logo Color(s)

-  1102  
EGGSHELL
-  1820  
MAROON

### Notes:



\* DIMENSIONAL TOLERANCE FOR LOGO FIELD IS +0"-1"  
\* THIS IS A ROUGH GRAPHIC REPRESENTATION FOR PRELIMINARY APPROVAL ONLY, THE ACTUAL PRODUCT MAY DIFFER SLIGHTLY \*  
\* LOGO FIELD MATERIAL AND SURROUNDING FLOORING MAY NOT BE FROM SAME DYE LOT \*  
\* LOCATIONS OF SEAMS ARE ESTIMATED AND MAY CHANGE WHEN PRODUCTION FILES ARE CREATED \*  
\* DUE TO THE DIMENSIONAL VARIABILITY OF PRE-INSTALLED RUBBER, LOGO SHOULD BE INSTALLED BEFORE SURROUNDING MATERIAL \*  
\* ACTUAL FINISHED DIMENSIONS OF LOGO MAY VARY SLIGHTLY FROM DESIGNATED DIMENSIONS DUE TO SNAP-BACK AND THE NATURE OF THE MATERIAL \*  
\* THIS QUOTE IS VALID FOR 90 DAYS AFTER THE DATE BELOW \*

**ecore™**

Field Type:

Beast

Quantity:

4

Client Name:

Strengthio Fitness

Date:

10/26/2023

Version Number:

Version 1

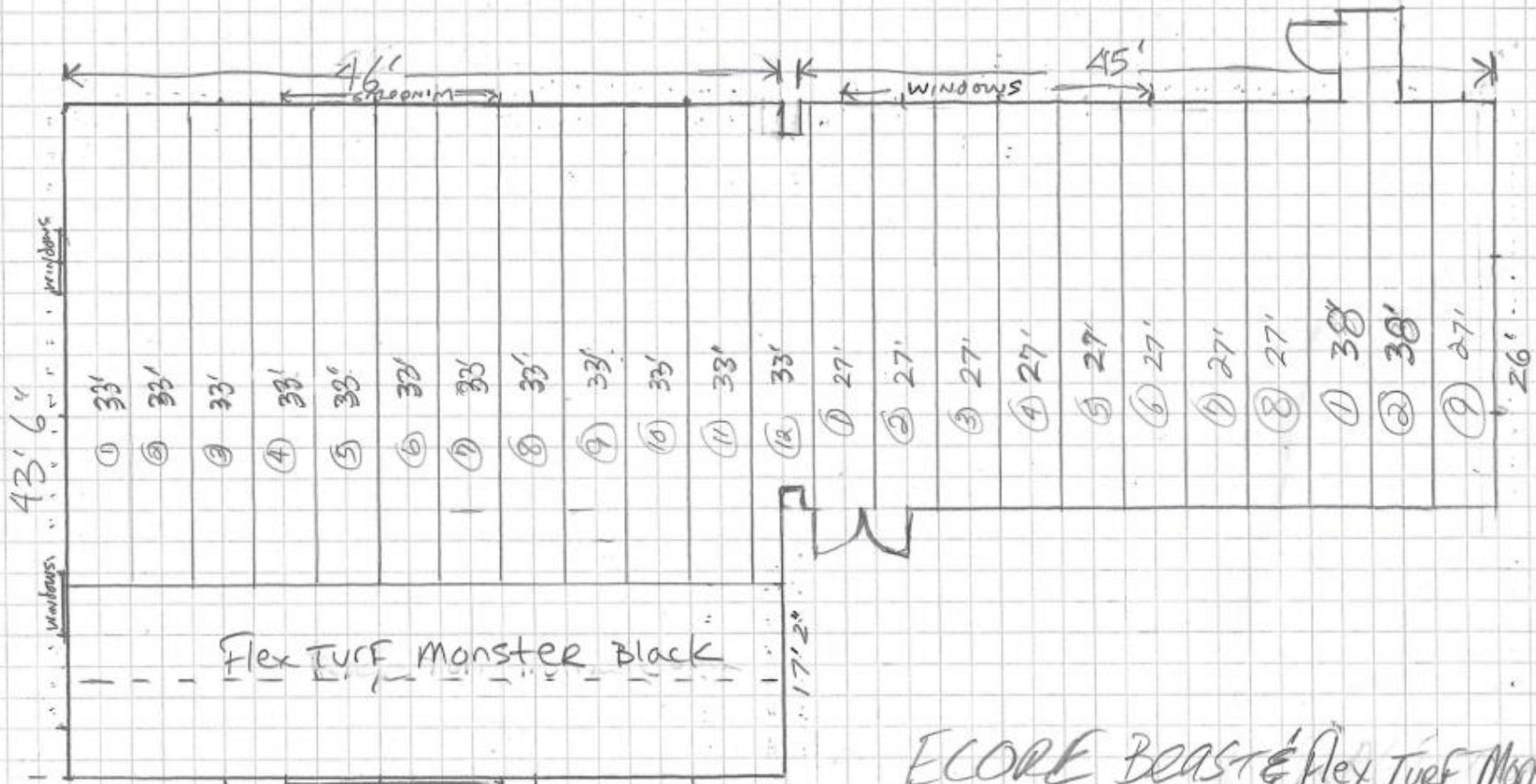
Roll Direction:

Up/Down

Project Name:

Okemos HS

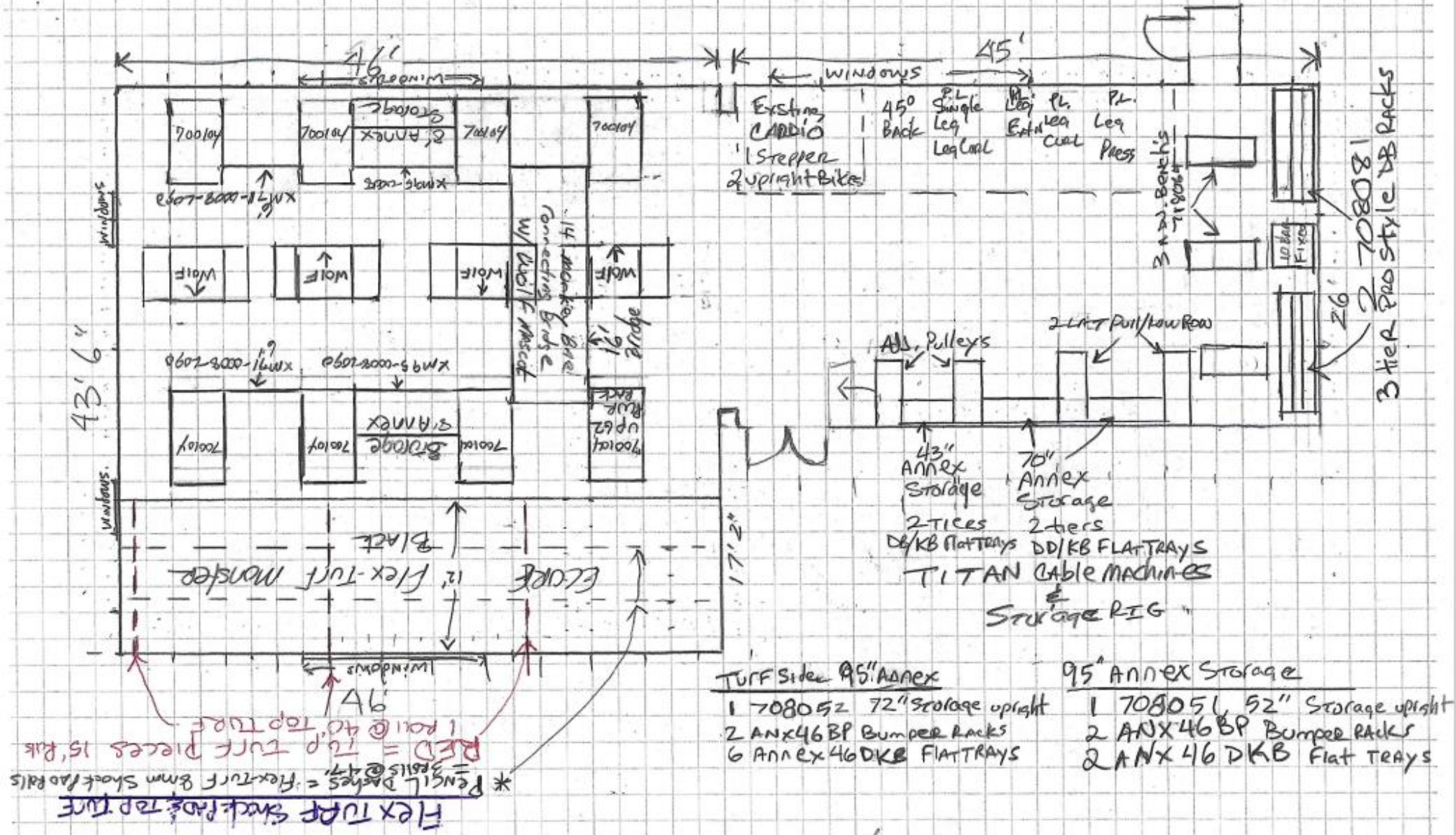




**ECORE BEAST & Flex Turf Monster**

- 46' Flex Turf Monster (1 Roll @ 40' = 600 SF)
  - 3 Rolls Ecore Beast @ 47'
  - 12 Rolls @ 33' = 128 SF/Roll = 1584 SF.
  - 9 Rolls @ 27' = 108 SF/Roll = 972 SF.
  - 2 Rolls @ 38' = 132 SF/Roll = 304 SF.
- 2860 SF.**
- A CUSTOM WATERJET PLATFORM 4'x8' (4'x4' LOOP)

**OKEMOS H.S.**  
 1 square = 2'



OKEMOS H/S.  
 1 square = 2'