

# CORE

HEALTH & FITNESS

NAUTILUS

StairMaster

SCHWINN

STAR TRAC

wexer

THROWDOWN

SUCCESS IS  
EARNED  
NOT GIVEN

Product Catalog





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At Core, we bring innovative health and fitness brands to the global market. We press into the future of fitness to ensure the creation of quality products and programming that meet the needs of an ever-evolving industry.

“OUR PURPOSE IS TO  
LIVE AND SHARE OUR  
PASSION FOR FITNESS”

## A GLOBAL FITNESS COMPANY

Core Health & Fitness is a global fitness provider. With headquarters in Vancouver, Washington, we have global manufacturing, sales and support with offices in North and South America, Europe, Asia and the Middle East. We understand the importance of a worldwide presence and recognize the benefits of well networked partnerships.

Our promise is to maximize customer delight and trust. It is our job to go above and beyond to create memorable customer experiences and surpass your expectations. We endeavor to create strong relationships and lifelong brand advocates by delivering a world-class customer experience.

## VERTICAL INTEGRATION

Core Health & Fitness is a vertically integrated company. Our manufacturing facility in Xiamen, Fujian, China produces our high-end commercial fitness products.

With a focus on financial consolidation, quality control and supply chain integration, we are continually improving operations with the future of the fitness industry at the focal point of our planning.

In addition to manufacturing our own products, Core Health & Fitness is the OEM provider for many top tier brands in the fitness industry. This diverse portfolio has allowed us to expand on manufacturing capabilities while also mitigating risk.

When faced with the COVID-19 pandemic, Core Health & Fitness was able to increase manufacturing volume by pivoting with the increased production of home fitness equipment. This agility, backed by a dedicated and skilled workforce, further exemplifies our continued dedication to producing the best equipment in the industry.

Built in 2003, our facility features over 1M square feet of manufacturing space, research and development laboratories as well as executive and administrative offices. A leading-edge manufacturing area boasts continuous-flow assembly lines, electronic assembly, metal fabrication and weld shops.

The ongoing expansion of development and manufacturing capabilities emphasizes our commitment to continually raise the benchmark for value and quality in fitness and health products and services. Our manufacturing facility implements Continuous-Flow Manufacturing (CFM) and Quality Improvement Programs (QIP), providing continuous product and process improvements.



# CORE VALUES

## PLAY TO WIN

We cultivate employees who want to be part of a team; that are passionate about our industry, our products and our success. We value employees who excel in a fast-paced team environment and that want to play to win.

## KEEP SCORE

Do the math, ensuring we are using our time and resources effectively towards a common goal. We believe financial rigor drives our efforts.

## OWN IT

We own it from start to finish; we do what we say we will do. If a commitment cannot be met, we communicate and find alternative solutions. We ultimately earn the trust of our partners, achieving the right results.

## CHANGE IT UP

We are empowered to change it up. Dynamic environments call for dynamic solutions. We will look for “what’s possible”, not settle for “what is”, and keep moving forward.

## ALL IN

We know greatness is not achieved with less than everything we got. As one team, all in together, we strive for breakthrough results and push ourselves to be the best. We are motivated and passionate about our actions and the results.

## FIND A WAY

We find a way to create results where others cannot; the words “no” and “failure” are not a part of our vocabulary. We get the job done in spite of any obstacles, and our success is defined by the value we deliver, to our people and our customers.

## SPEAK UP

We value your input – Speak up. No idea will ever materialize into success if it remains inside someone’s head. All ideas qualify; best idea wins. No silent suffering.

## CREATING POSITIVE IMPACT THROUGH THOUGHTFUL ACTION

At Core Health & Fitness our values go beyond a list of ideals. We embrace our humanity and focus on those things we can do to make a positive impact in our local and global communities. We know the past, present and future hold equal weight so we assess our actions and make important choices to assure we leave the world a better place than when we entered.

With focus on Sustainability, Wellbeing and Community, Core Health & Fitness is continually finding ways to strengthen our foundation to share our passion for fitness and our sense of responsibility to protect the future of it.



COMMUNITY

Communities are powered by the human need to connect, and they empower their members to lift each other up. This support particularly from a fitness community crosses all social and physical boundaries.

Our goal is to be the catalyst that brings people together through fitness to accomplish more than they could individually. We meet this goal by participating in events like Together, We Ride virtual marathons Cycle for Survival and First Tee YMCA.



SUSTAINABILITY

The successful growth and resilience of the fitness industry is dependent on meeting the needs of today without compromising the success of future generations.

Core strives to meet this challenge by committing to the United Nations Sustainable Development Goals and follow the Plan-Do-Check-Act framework to become ISO 14001 certified. Our key target areas are to design out waste and pollution in our packaging and to maximize transportation efficiency, as well as actively address welding, injection molding, and assembly processes at the factory that have negative environmental impact.



WELLBEING

At Core, Wellbeing is the pursuit of activities and lifestyle choices that make us physically and mentally healthier, which is both integral to the successful business models of our customers, as well as part of the necessary foundation for our ability as a global team to support those customers effectively.



# CARDIO

Since its founding in 2010, Core Health & Fitness has built on the legacies of its iconic brands—StairMaster and Star Trac—to lead the way in main floor cardio solutions.

For over 40 years, StairMaster has been a game-changer, delivering the intense, results-driven workouts that challenge members to push their limits. From raising heart rates to torching calories, equipment like the legendary StairMaster and Jacobs Ladder are built to make it “easier to work harder,” offering the kind of workout people love to hate—and keep coming back for.

Founded in 1979, Star Trac has always been about inspiring movement. With a focus on creating intuitive, reliable equipment, Star Trac empowers operators to offer experiences that drive member engagement and help foster lifelong fitness habits. Powered by advanced technology and OpenHub™ connectivity, Star Trac products are designed to fit seamlessly into any fitness program while delivering an elevated user experience.

Together, StairMaster and Star Trac bring a legacy of innovation and performance that fuels results and enhances every step of the fitness journey. At Core Health & Fitness, we believe in building connections between operators and their members by offering equipment that inspires movement, delivers results, and creates new opportunities for success on the cardio floor.



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Star Trac FreeRunner™ 10 TRx

DIMENSIONS	81 x 35 x 60 in (207 x 88 x 152 cm)
DECK SYSTEM	Two piece aluminum deck with phenolic sheet
DECK CUSHIONING	HexDeck aluminum deck supported by proprietary hexagonal suspension system provides a revolutionary combination of shock absorption + response
RUNNING SURFACE	60 x 22 in (152 x 55 cm)
INCLINE RANGE	0 - 20% max incline
SPEED RANGE	0.5 - 15 mph (0.5 - 24 kmh)
STEP-UP HEIGHT	11 in (28 cm)
PRODUCT WEIGHT	515.2 lbs (233.7 kg)



Star Trac 8TRx

DIMENSIONS	85 x 36 x 60 in (215 x 91 x 152 cm)
DECK SYSTEM	Reversible MDF deck with phenolic coating
DECK CUSHIONING	SoftTrac® technology - Triple cell cushioning system provides maximum shock absorption making the entire deck a sweet spot
RUNNING SURFACE	60 x 22 in (152 x 55 cm)
INCLINE RANGE	0 - 20% max incline
SPEED RANGE	0.5 - 15 mph (0.5 - 24 kmh)
STEP-UP HEIGHT	11 in (28 cm)
PRODUCT WEIGHT	422.8 lbs (191.8 kg)



Star Trac 8TR

DIMENSIONS	81 x 35 x 60 in (207 x 88 x 152 cm)
DECK SYSTEM	Reversible MDF deck with phenolic coating
DECK CUSHIONING	SoftTrac® technology - Triple cell cushioning system provides maximum shock absorption making the entire deck a sweet spot
RUNNING SURFACE	60 x 22 in (152 x 55 cm)
INCLINE RANGE	0 - 15% max incline
SPEED RANGE	0.5 - 12.5 mph (0.5 - 20 kmh)
STEP-UP HEIGHT	9 in (23 cm)
PRODUCT WEIGHT	460.2 lbs (208.8 kg)



Star Trac STRc

DIMENSIONS	81 x 32 x 58 in (206 x 81 x 147 cm)
RUNNING SURFACE	60in x 22in (152cm x 55cm)
INCLINE RANGE	0-15% max incline
SPEED RANGE	0.5 - 12.5 mph (0.5 - 20 kmh)
STEP-UP HEIGHT	7in (25.4cm)
PRODUCT WEIGHT	381 lb (173 kg)



Star Trac STRx

DIMENSIONS	81x 32 x 55 in (206 x 81 x 55 cm)
RUNNING SURFACE	60in x 22in (152cm x 55cm)
INCLINE RANGE	0-15% max incline
SPEED RANGE	0.5 - 12.5 mph (0.5 - 20 kmh)
STEP-UP HEIGHT	7in (25.4cm)
PRODUCT WEIGHT	370 lb (168 kg)



Star Trac 4TR

DIMENSIONS	81x 32 x 60 in (206 x 81 x 152 cm)
RUNNING SURFACE	60 x 22 in (152 x 55 cm)
INCLINE RANGE	0-15% max incline
SPEED RANGE	0.5 - 12.5 mph (0.5 - 20 kmh)
STEP-UP HEIGHT	7in (25.4cm)
PRODUCT WEIGHT	399 lb (181 KG)

*\*Light commercial rated*





THE HARDEST WORKOUT IN THE GYM JUST GOT HARDER.

The StairMaster 10G marks a revolutionary shift in stair-climbing technology. The innovative new design features the OverDrive Training Mode that simulates carrying or pushing a load up stairs, for the most intense climbing workout. The 10G's advancements all focus on delivering the best climbing experience ever created. User-focused features include the widest and deepest stepping surface and lowest step-up height in the industry, ergonomic handrails to support multiple climbing positions and an all new drive train that delivers smooth, quiet performance.

StairMaster 10G	
DIMENSIONS	63 x 34 x 81in (160 x 86 x 206cm)
STEP SURFACE	12in (30cm) Deep x 22in (56cm) Width
STEP HEIGHT	8in (20cm)
STEP RATE	25 Levels ranging from 24-190 steps per minute
RECOMMENDED CEILING HEIGHT	10ft (3.05m)
STEP-UP HEIGHT	9in (23cm)
PRODUCT WEIGHT	615 lbs (279kg)

- FEATURES:**
- Intense OverDrive Training Mode: Boost cardio intensity with the OverDrive Training Mode simulating the ultimate workout challenge with Sled Push and Farmer's Carry exercises up stairs for advanced endurance training.
  - Landmark Challenge
  - Wireless phone charger
  - Apple + Samsung watch tap to pair for data tracking
  - Cup Holders



StairMaster 8Gx	
DIMENSIONS	58 x 34 x 79in (147 x 86 x 200cm)
STEP SURFACE	10in (25cm) Deep x 22in (56cm) Width
STEP HEIGHT	8in (20cm)
STEP RATE	20 Levels ranging from 24-162 steps per minute
RECOMMENDED CEILING HEIGHT	10ft (3.05m)
STEP-UP HEIGHT	9in (23cm)
PRODUCT WEIGHT	509.4lbs (231.1kg)

- FEATURES:**
- Landmark Challenge
  - Wireless phone charger
  - Apple + Samsung watch tap to pair for data tracking
  - Cup Holders



StairMaster 4G	
DIMENSIONS	54 x 29 x 64 in (137 x 74 x 64cm)
STEP SURFACE	10 in x 18in (27cm x 46cm)
RECOMMENDED CEILING HEIGHT	8ft (2.44m)
STEP UP HEIGHT	14 in (35.5cm) to first flat step
PRODUCT WEIGHT	348 lbs (158kg)

- \*Light commercial rated*
- FEATURES:**
- Landmark Challenge
  - Apple + Samsung watch tap to pair for data tracking
  - Cup Holders



StairMaster 8FC	
DIMENSIONS	43 x 27 x 68in (110 x 69 x 173cm)
STEP SURFACE	SoftTrac® cushion technology
STEP HEIGHT	1 to 14in (2.5 to 36cm)
STEP RATE	20 Levels ranging from 24-162 steps per minute
PRODUCT WEIGHT	188.2 lbs (85.4 kg)

- FEATURES:**
- Landmark Challenge
  - Wireless phone charger
  - Apple + Samsung watch tap to pair for data tracking
  - Cup Holders



Stairway GTL	
DIMENSIONS	54 x 30.5 x 75.5 in (137 x 77 x 192 cm)
PRODUCT WEIGHT	300LB (136KG)
RECOMMENDED CEILING HEIGHT	8.5 ft (259cm)

- FEATURES:**
- Self powered
  - Cup Holders



# CARDIO

## Climbing



StairMaster JLX

DIMENSIONS	79 x 30" x 71in (201 x 76 x 180 cm) 37" (94 cm) *With Removable Cupholders Attached
CLIMBING ANGLE	40°
RECOMMENDED CEILING HEIGHT	8.5ft (259cm)
PRODUCT WEIGHT	344 lbs (156 kg)



StairMaster Jacobs Ladder

DIMENSIONS	77 x 27 x 66 in (196 x 69 x 168 cm)
CLIMBING ANGLE	40°
RECOMMENDED CEILING HEIGHT	7.5ft (229cm)
PRODUCT WEIGHT	282 lbs (128 kg)



StairMaster JL2

DIMENSIONS	77 x 27 x 66 in (196 x 69 x 168 cm)
CLIMBING ANGLE	40°
RECOMMENDED CEILING HEIGHT	7.5ft (229cm)
PRODUCT WEIGHT	280 lbs (127 kg)

*\*Light commercial rated*

## Ellipticals



Star Trac Rear Drive Elliptical 8RDE

DIMENSIONS	86 x 36 x 73in (219 x 91 x 185 cm)
STRIDE LENGTH	Fixed, 18 in (48 cm)
STEP-UP HEIGHT	11 in (28 cm)
MOVEMENT ARMS	Articulating
PRODUCT WEIGHT	320 lbs (145 kg)



Star Trac Cross Trainer 8CT

DIMENSIONS	76 x 30 x 72in (193 x 76 x 182cm)
STRIDE LENGTH	Fixed, 18 in (48 cm)
STEP-UP HEIGHT	11 in (28 cm)
MOVEMENT ARMS	Articulating
PRODUCT WEIGHT	365 lbs (165.6 kg)



Star Trac VersaStrider™ 8VS

DIMENSIONS	89 x 35 x 69 in (226 x 89 x 175 cm)
STRIDE LENGTH	Dynamic Variable, 10-32" (25-81cm)
STEP-UP HEIGHT	11 in (28 cm)
MOVEMENT ARMS	Converging movement arms with multiple hand grip options
PRODUCT WEIGHT	590.8 lbs (268 kg)





Star Trac Cross Trainer SCTx

DIMENSIONS	76 x 30 x 72 in (193 x 76 x 183 cm)
STRIDE LENGTH	18in (48cm)
MOVEMENT ARMS	Standard upright design
PRODUCT WEIGHT	337 lb (153 kg)



Star Trac Cross Trainer 4CT

DIMENSIONS	76 x 30 x 64 in (193 x 76 x 163 cm)
STRIDE LENGTH	20in (51cm)
MOVEMENT ARMS	Standard upright design
PRODUCT WEIGHT	273 lb (124 kg)

*\*Light commercial rated*

Upright & Recumbent Bikes



Star Trac Upright Bike 8UB

DIMENSIONS	46 x 25 x 63 in (117 x 64 x 160 cm)
PEDALS	One-sided, self-leveling platform with removable ratcheting strap
PEDAL MOUNTING	Morse Taper
SEAT ADJUSTMENT	Seat Adjustment: Easy up ratcheting seat for ease of use, 13 positions
PRODUCT WEIGHT	150.8 lbs (68.5 kg)



Star Trac Upright Bike SUBx

DIMENSIONS	46 x 23 x 57 in (117 x 58 x145 cm)
PEDALS	One-sided, self-leveling platform with removable ratcheting strap
SEAT ADJUSTMENT	Easy up ratcheting seat for ease of use
PRODUCT WEIGHT	141 lb (64 kg)



Star Trac Recumbent Bike 4RB

DIMENSIONS	68 x 23 x 54 in (172 x 58 x 137 cm)
PEDALS	One-sided, self-leveling platform with removable ratcheting strap
SEAT ADJUSTMENT	Wrap around adjustment bar for ease of use
PRODUCT WEIGHT	186 lb (84 kg)

*\*Light commercial rated*



Star Trac Recumbent Bike 8RB

DIMENSIONS	65 x 28 x 60 in (164 x 71 x 151 cm)
PEDALS	One-sided, self-leveling platform with removable ratcheting strap
PEDAL MOUNTING	Morse Taper
SEAT ADJUSTMENT	Wrap around adjustment bar for ease of use. 12 positions, 12" (30cm) of slide adjustability
PRODUCT WEIGHT	208 lbs (94.4 kg)



Star Trac Recumbent Bike SRBx

DIMENSIONS	66 x 26 x 53 in (168 x 66 x135 cm)
PEDALS	One-sided, self-leveling platform with removable ratcheting strap
SEAT ADJUSTMENT	Wrap around adjustment bar for ease of use
PRODUCT WEIGHT	185 lb (84 kg)



Star Trac Upright Bike 4UB

WIDTH	46 x 57 x 23 in (117 x 45 x 58 cm)
PEDALS	One-sided, self-leveling platform with removable ratcheting strap
SEAT ADJUSTMENT	Pop Pin
PRODUCT WEIGHT	132 lb (60 kg)

*\*Light commercial rated*





Virtual Bike -VB

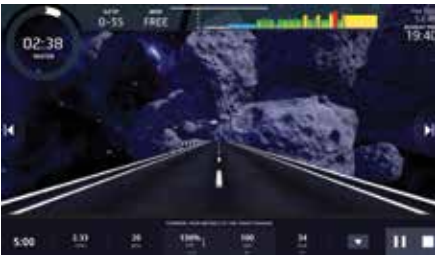
The Star Trac Virtual Bike combines the state-of-the-art commercial grade group cycle built with a 21” touchscreen display to create the ultimate cycling workout experience.

The Virtual Bike is purpose-built to withstand the rigors of a commercial cardio floor and meet the needs of non-staffed vertical market spaces such as hospitality and multi-housing.

<b>DIMENSIONS</b>	53 x 21 x 62 in (135 x 53 x 158 cm)
<b>PEDALS</b>	Morse Taper Double Link - SPD and Athletic Shoe Cage
<b>SEAT ADJUSTMENT</b>	Pop Pin
<b>PRODUCT WEIGHT</b>	76 lbs (80 kg)

- FEATURES:**
- Subscription-free cycling content library
  - Star Trac cooling fan
  - Integrated apps, streaming, social media, news, and more!

FEATURED PARTNER





# CARDIO

Connected Performance



## OPENHUB™: THE ULTIMATE PLATFORM

OpenHub isn't just a product—it's an ideology, redefining how we approach and integrate technology. As we developed OpenHub, one key insight guided our philosophy: with the vast range of potential solutions that technology can offer, no single company can be the expert in all of them. This realization led us to a simple but powerful approach: deliver world-class technology solutions by partnering with experts.

The result is the Star Trac and StairMaster OpenHub display family, designed to deliver both convenience and connectivity. These displays seamlessly combine functional design with advanced technology, allowing users to integrate their personal devices into their workout experience. Features like wireless charging, tap-to-pair connectivity, Bluetooth, and screen mirroring empower users to customize their workout to their preferences. Built on a completely open platform, OpenHub ensures compatibility with a wide range of connectivity options—including Bluetooth, Wi-Fi, HDMI, NFC, RFID, and ANT+—making it adaptable to the needs of any facility.

Our partnership with industry leaders ensures cutting-edge solutions in areas such as workout data tracking, interactive apps, IPTV, asset management, streaming media, wireless audio receivers, and add-on PVS systems. With OpenHub, you get the best of both worlds: advanced features to enhance user experiences and robust tools to support your business operations.

At the heart of OpenHub is our commitment to staying relevant in an ever-evolving technological landscape. We believe in future-proofing through adaptability, ensuring our solutions not only meet today's needs but are also prepared for tomorrow's opportunities. By collaborating with expert partners like Apple and Samsung, we deliver features such as tap-to-pair technology and wireless phone mirroring, empowering gym owners to offer modern, personalized experiences that resonate with their members.

Whatever you're looking for in technology—whether it's seamless integration, advanced entertainment, or efficient facility management—OpenHub is here to support you and your business; now and into the future.

## OUR EXPERT PARTNERS MAKE OPENHUB... OPENHUB

TO HIGHLIGHT A FEW...

### RUNTV

Standard on all Star Trac and StairMaster embedded displays, RunTV transforms your workout into an inspiring and engaging experience. Explore a curated collection of virtual environments that let you run through breathtaking landscapes or tackle iconic routes like the Tour de France. Stay motivated with empowering content, from technique-improving videos and stories of extraordinary human achievements to feature films that help you escape into your workout. Whatever inspires you, RunTV delivers personalized entertainment to keep you motivated and empowered on your fitness journey.

### APPLE WATCH AND SAMSUNG GALAXY PAIRING

Experience seamless integration with our OpenHub display family, offering effortless tap-to-pair connectivity with Apple® and Samsung® smartwatches. This NFC technology enables real-time workout data sharing, empowering you to personalize and enhance your fitness journey. Available on all 8/10 Series displays, and our 4 series embedded display.



### OUR EXPERT PARTNERS

E G Y M



FI+ME+RIX



SAMSUNG



# CARDIO

Connected Performance



A new era of cardio displays is here. The 8 and 10 Series introduce a sleek, modern, and sophisticated design, seamlessly blending cutting-edge technology with an intuitive user experience. Engineered for clarity and performance, these displays elevate workouts with stunning visuals, effortless navigation, and seamless connectivity —setting a new standard for cardio innovation.

A few of our favorite features....

### PERSONAL DEVICE MIRRORING

Our 8 and 10 Series OpenHub Embedded displays now have wireless screen mirroring. Users can seamlessly stream their favorite content directly from their personal device – whether it’s YouTube, training apps or custom workout programs, this feature keeps workouts engaging and personal.

### QUICK KEY SELECTION

Quickly adjust speed, incline, resistance and level with easy Quick Key buttons on all displays in the 8 and 10 series line. This user-friendly feature allows for easy adjustment to their workout while in motion. While benefiting all users, Quick Key controls are especially ideal for HIIT and performance training, they allow instant transitions with a single touch so users can move seamlessly between intervals.

### CONNECTED CONSOLES

Over-the-air (OTA) updates are a key differentiator for the 10 and 8 Series, ensuring that when connected, facilities stay ahead with the latest features, integrations, and performance enhancements—without the hassle of manual updates.

## 8 / 10 SERIES



16in/24in Apex Touch Display



Apex LED Display

Product Compatibility	24in Touchscreen - Treadmills 16in Touchscreen - Bikes, Ellipticals, Stepmills, Stepper	8 & 10 Series - Treadmills, Bikes, Ellipticals, Stepmills and Stepper
Multi-language options	22 Languages	12 Languages
20 Minute HIIT Programs	Yes	n/a
Pre-programmable Workouts	Yes, 20+ Including HIIT20, Custom Intervals, Set a Goal, HR Training, RunTV Scenic routes & more	Yes, 14+ Fitness Tests, Military Tests, CPAT, HR and Watts training, Random Hill, Landmark Challenge & more* *Workout program list varies by product type
Quick Keys	Yes, customizable	Yes
Quick start options	Yes, single button start options	Yes, single button start options
Integrated Fan	Yes, programmable auto start	Yes, programmable auto start
Connectivity & On-Board Entertainment		
Ethernet and WiFi enabled	Yes	Wifi only
Over the Air (OTA) Updates -Internet connection required	Yes	Yes
Onboard Entertainment: Integrated Apps, RunTV, Wireless Screen Mirroring + Casting	Yes	n/a
Apple GymKit & Samsung Galaxy Watch Tap-to-Pair	Yes	Yes
Bluetooth   Data Tracking & App Connectivity	Yes	Yes
Bluetooth   Audio	Yes	n/a
Bluetooth   Heart Rate	Yes	No
Wireless Phone Charging	Yes	Yes
Ports	Yes, integrated USB-A and USB-C ports for device charging and manual software updates: cables not included. HDMI port	Yes, integrated USB-A and USB-C ports for device charging and manual software updates: cables not included
External Media Compatibility		
TV tuner enabled Digital scanning only	Yes, add-on Tuner kit required (Global Tuner Options) ATSC, ISDB-T, DTMB, DVB-T2+C	n/a
Pro:Idiom	Yes, with add-on Tuner Kit* or by set top box *Future Feature	Yes, with PVS kit addition
IPTV	Yes, onboard app	Yes, with PVS kit and additional accessories
Set Top Box Compatible	Yes	Yes
PVS	n/a	Optional add-on kit
800/900 mHz receiver	n/a	Optional add-on kit



4-Series

The Star Trac 4 Series cardio line is a versatile and reliable light commercial product line designed to meet the unique needs of hospitality, multi-unit housing, and boutique fitness facilities. Combining sleek design with durable performance, the 4 Series offers smaller spaces the quality and functionality typically found in full commercial equipment. Featuring premium display options, Quick Key buttons, and the option for a personal viewing screen, this line provides an enhanced user experience while maintaining space efficiency. Whether outfitting a hotel gym, apartment complex, or specialized fitness studio, the 4 Series delivers a professional-grade solution tailored for light commercial environments.



4 SERIES  
DISPLAY FAMILY



15" Touchscreen



10" Touchscreen



10" Non-Touchscreen

Display Type	Capacitive Touchscreen	Capacitive Touchscreen	Full Color LCD Display, non-touch
Multi-language options	English, German, Spanish, Dutch, Portuguese, French, Italian, Swedish, Russian, Finnish, Danish, Chinese, Japanese, Turkish, Polish, Russian, Hebrew, Czech, Slovak	English, German, Spanish, Dutch, Portuguese, French, Italian, Swedish, Russian, Chinese, Japanese, Polish	
Pre-programmable work outs	Yes, 20+	Yes, 14+	
Quick start options	Yes, single button start options	Yes, single button start options	
TV tuner enabled	Yes (Global TV tuner options)	n/a	
Ethernet and WiFi enabled	Yes	n/a	
Bluetooth Data Tracking/App Connectivity	Yes	n/a	
Bluetooth Headphones / Heart Rate	Yes	n/a	
Apple GymKit/Samsung Galaxy Watch Connectivity	Yes	n/a	
RunTV Integrated Workout Videos	Yes	n/a	
Integrated Web-based Apps	Yes	n/a	
Customizable Home Screen	Yes	n/a	
HDMI Personal Device Casting	Yes; cables not included	n/a	
USB	USB-a port for software updates and device charging; cables not included	USB-a port for software updates and device charging; cables not included	
EGYM Compatible	No	No	
RFID	Optional	n/a	
IPTV/Set Top Box Compatible	Yes, add-on accessories required	Yes, with PVS, add-on accessories required	
ANT+ for Group Display	Yes	n/a	
Personal Fan	Yes, programmable auto start	Yes, programmable auto start	
Asset management	Ecofit Optional	Ecofit Optional	
PVS	No	Optional	



# GROUP EX

Schwinn and Throwdown bring innovation and expertise to group exercise, offering authentic, high-quality equipment for dynamic and effective workouts. Schwinn, with its historic roots in outdoor cycling, brings the road feel indoors with unmatched quality and a commitment to advancing indoor cycling through comprehensive education and information.

For high-intensity training, Throwdown leads the way, elevating HIIT workouts with a versatile, space-efficient line of equipment, including the HIITMillX, HIIT Rower, HIIT Bike, HIIT Rope, HIIT Ski, and HIIT UBE; pair these with our BoxMaster, StairMaster 10G, or Throwdown Rigs to create a complete, high-energy HIIT circuit designed to challenge and engage users.



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# GROUP EX

Throwdown - HIIT



HIITMill® X 9-4880

LENGTH	78 in (197 cm)
WIDTH	55 in (140 cm)
HEIGHT	66 in (167 cm)
RUNNING AREA	23 in Wide
STEP-ON HEIGHT	7.5 in (19 cm)
MAX USER WEIGHT	350 LB (159KG)
MACHINE WEIGHT	441LB (220 KG)



HIIT Bike 9-4860

LENGTH	51 in (130 cm)
WIDTH	29 in (74 cm)
HEIGHT	58 in (147 cm)
MAX USER WEIGHT	350 LB (159KGs)
USER HEIGHT RANGE	4 ft 11 in to 6 ft 8 in (150 to 203 cm)
MACHINE WEIGHT	146 LB (66KG)



HIIT UBE 9-4840

LENGTH	70 in (178 cm)
LENGTH WITHOUT RAMP	48 in (121 cm)
WIDTH	36 in (92 cm)
HEIGHT	Up to 73 in (178 cm)
MAX USER WEIGHT	350 LB (159 KG)
MACHINE WEIGHT	320 LB (145 KG)

OPTIONAL



RAMP 718-5637-26



HIIT Rower 9-4850

LENGTH	96 in (244 cm)
WIDTH	26.5 in (68 cm)
SEAT HEIGHT	14 in (35 cm)
MAX USER WEIGHT	350 lbs (159kg)
MACHINE WEIGHT	82 LB (37 KG)



HIIT SKI 9-4890

LENGTH	85 in (216 cm)
WIDTH	20 in (52 cm)
DEPTH	16 in (40 cm)
MAX USER WEIGHT	350 lbs (159kg)
MACHINE WEIGHT	52 lbs (23 kg)

OPTIONAL



PLATFORM 716-0176



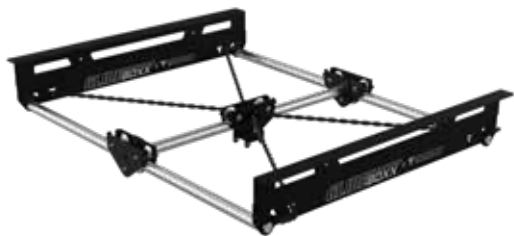
# GROUP EX

HIIT Console



DISPLAY TYPE	Fixed Segment and Dot Matrix LCD
DISPLAY AREA	14.5 in
BACKLIGHT	Yes
# METRICS DISPLAYED	5
# PROGRAMS	5
CUSTOM PROGRAMS	5 (Time, Distance, Calories, Time Interval, Calorie Interval)
POWER REQUIREMENT	Power 4x AA batteries
5 GHZ HEART RATE	Yes
ANT+ HEART RATE	Yes
ANT+ L. BOARD SIGNAL	Yes
BLE CONNECTIVITY	Yes
MULTI-LANGUAGE OPTIONS	No
QUICK START OPTIONS	Yes
BLUETOOTH DATA TRACKING	Yes
USB SOFTWARE UPLOAD	Yes





The GlideBoxx turns your punching bag into an active opponent by allowing the bag to react to your strikes and coming back at you forcing you to train footwork and angles in a realistic way. Great for Boxing, Muay Thai, MMA, and Kickboxing.

Glideboxx 9-TD-GBX3-XX

<b>WIDTH</b>	74 in (188 cm)
<b>DEPTH</b>	56 in (142 cm)
<b>HEIGHT</b>	14 in (37 cm)
<b>MACHINE WEIGHT</b>	153 lbs (69 kg)

COMPATIBLE WITH 9 FBR.  
FOR MORE INFORMATION SEE PAGE 100



\*Product shown with optional external pulley

HIIT ROPE TD-RPT01

<b>LENGTH</b>	22 in (55.8 cm)
<b>WIDTH</b>	8.2 IN (20.7 cm)
<b>HEIGHT</b>	16 IN (40.6 cm)
<b>RESISTANCE LEVELS</b>	6 levels of resistance
<b>MACHINE WEIGHT</b>	41.7 LB (18.9 KG)



External Pulley 73-00293

<b>LENGTH</b>	10.8 IN (27.5 cm)
<b>WIDTH</b>	7.5 IN (19 cm)
<b>HEIGHT</b>	6.1 IN (15.5 cm)
<b>MACHINE WEIGHT</b>	8.8 LB (3.8 KG)



# GROUP EX

Schwinn



Zs/Za Bike 9-7510/9-7520

WIDTH	20.6" (52 CM)
LENGTH	42.5" (108 CM)
HEIGHT	48" (122 CM)
PRODUCT WEIGHT	130 LB (59 KG)



Xs/Xa Bike 9-7480/9-7470

WIDTH	20.6" (52 CM)
LENGTH	42.5" (108 CM)
HEIGHT	48" (122 CM)
PRODUCT WEIGHT	130 LB (59 KG)



AC Sport 9-7340

WIDTH	20" (51 CM)
LENGTH	50" (127 CM)
HEIGHT	50" (127 CM)
PRODUCT WEIGHT	134 LB (61 KG)



SC5 9-7410

WIDTH	21" (53 CM)
LENGTH	55" (140 CM)
HEIGHT	46" (117 CM)
PRODUCT WEIGHT	134 LB (61 KG)



IC CLASSIC 9-7420

WIDTH	20" (51 CM)
LENGTH	43.5" (110 CM)
HEIGHT	46" (117 CM)
PRODUCT WEIGHT	114 LB (52 KG)

## COMPATIBLE USER

### Max User Weight

(All Bikes)

350 lb (159 KG)

### User Height Range

(All Bikes)

4'11" to 6'8" (150 cm to 203 cm)



# GROUP EX

## Zone Console

# THE ZONE CONSOLE

Group Cycling unites a diverse array of people seeking an elevated level of training and motivation. Our Zone Console is uniquely qualified to meet the challenge. Powered by Schwinn Zone Training, instructors will love uniting a class with color, allowing members at both ends of the fitness spectrum to ride side by side with the same intensity, sense of accomplishment.

Schwinn's broad-based approach reduces the traditional number of Power and Heart Rate training zones to 4 to align with ratings of perceived exertion, creating more accessible and attainable programming for instructor and member alike. Zone-colored LED lights next to the flywheel displays each member's intensity, encouraging the class to Ride As One.

## KEY FEATURES

The integration of product and education means award-winning Master Instructors live inside each and every bike and the technology featured in our Zone Console offers something for everyone.

Screen configuration allows instructors to get creative with class design; offering a more diverse and specialized schedule to members. Tying metrics to colors and recognizable graphics; instructors and members can focus on their goal at hand.

Built for growth, the Zone Console is designed for progress and loaded with new tools to discover every class. Tools like FTP trophies to track personal best and fusion timers that challenge instructors to get creative with programming concepts.

## SCHWINN JOINS THE OPENHUB™ FAMILY

When we set out to create the next generation of group-cycling bikes, one goal was to provide the best technology solutions possible. To do this, we knew we had to partner with the best tech companies in the industry. Schwinn has joined Star Trac and StairMaster and created the Zone Console as an OpenHub console, making pairing with Bluetooth, ANT+ or NFC easier than 1, 2, 3.

Whether you're a gym owner looking to elevate your member experience or an instructor setting goals for your riders, Schwinn and our partners have technology solutions to help you succeed.





# STRENGTH

With the invention of strength training machines, Nautilus brought fitness to the masses by focusing on biomechanics that complement natural human movements, making weightlifting accessible for everyone. This approach to authentic, inclusive muscle-building has influenced strength training programs globally for over 50 years. Today, Throwdown builds on this legacy by offering versatile, high-performance strength equipment designed to empower individuals at any fitness level. Together, Nautilus and Throwdown continue to make strength accessible and engaging, supporting a lifetime of fitness





# STRENGTH

Nautilus

## Inspiration

The Inspiration Strength Line embodies the innovation that redefined strength training. With sleek, modern aesthetics and uniform towers, this line makes a striking first impression in any commercial fitness space.

Every machine is engineered to mirror natural movement, delivering an intuitive, biomechanically precise workout. Users will appreciate the effortless functionality—featuring our patented Lock N Load weight selection system, wrap-around assisted seat adjustment, lenticular image placards, and pre-stretch and range of motion controls. Built for performance and accessibility, Nautilus Inspiration Strength enhances the training experience for all.



Chest Press IPVP5	
WIDTH	59 IN (150 CM)
LENGTH	43 IN (109 CM)
HEIGHT	76 IN (193 CM)
STACK WEIGHT	240 LB (109 KG)
PRODUCT WEIGHT	664 LB (301 KG)



Tricep Dip IPTD5	
WIDTH	52 IN (132 CM)
LENGTH	51 IN (130 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	240 LB (109 KG)
PRODUCT WEIGHT	750 LB (340 KG)



Lat Pull Down IPPD5	
WIDTH	55 IN (140 CM)
LENGTH	55 IN (140 CM)
HEIGHT	77 IN (196 CM)
STACK WEIGHT	240 LB (109 KG)
PRODUCT WEIGHT	715 LB (324 KG)



Vertical Row IPVR5	
WIDTH	50 IN (127 CM)
LENGTH	45 IN (114 CM)
HEIGHT	77 IN (196 CM)
STACK WEIGHT	240 LB (108 KG)
PRODUCT WEIGHT	690 LB (313 KG)



Biceps Curl IPBC5	
WIDTH	56 IN (142 CM)
LENGTH	45 IN (114 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
PRODUCT WEIGHT	613 LB (278 KG)



Shoulder Press IPSP5	
WIDTH	58 IN (147 CM)
LENGTH	60 IN (152 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
PRODUCT WEIGHT	609 LB (276 KG)



Dual Adjustable Pulley NP-D9302	
WIDTH	62 IN (157 CM)
LENGTH	46 IN (117 CM)
HEIGHT	88 IN (224 CM)
STACK WEIGHT	2 X 400 LB (2 X 181 KG) 2 X 100 LB (AT HANDLE)
PRODUCT WEIGHT	1,308 LB (593 KG)



Pec Fly/ Rear Deltoid IPPF5	
WIDTH	58 IN (147 CM)
LENGTH	46 IN (117 CM)
HEIGHT	80 IN (203 CM)
STACK WEIGHT	240 LB (109 KG)
PRODUCT WEIGHT	706 LB (320 KG)



Deltoid Raise IPDR5	
WIDTH	52 IN (132 CM)
LENGTH	47 IN (119 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
PRODUCT WEIGHT	618 LB (280 KG)



Bilateral Arm Curl IPBA5	
WIDTH	56 IN (142 CM)
LENGTH	45 IN (114 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
PRODUCT WEIGHT	618 LB (280 KG)

### LOCK N LOAD® WEIGHT SELECTION SYSTEM



Nautilus selectorized strength has one of the most innovative and easy to use weight selection systems ever. Lock N Load® removes the need for pins, which can easily be lost or broken, meaning fewer maintenance headaches. Members will love the intuitive weight adjustment, which is as simple as flipping a switch.

STRENGTH

Nautilus - Inspiration



Leg Extension  
IPLE5

WIDTH	48 IN (122 CM)
LENGTH	53 IN (135 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	240 LB (109 KG)
PRODUCT WEIGHT	717 LB (325 KG)



Leg Press  
IPLP5

WIDTH	54 IN (137 CM)
LENGTH	74 IN (187 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	400 LB (181 KG)
PRODUCT WEIGHT	1,120 LB (508 KG)



Leg Curl  
IPLC5

WIDTH	46 IN (117 CM)
LENGTH	64 IN (163 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	240 LB (109 KG)
PRODUCT WEIGHT	743 LB (337 KG)



Tricep Extension  
IPTE5

WIDTH	56 IN (142 CM)
LENGTH	43 IN (109 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
PRODUCT WEIGHT	620 LB (281 KG)



Pull Over  
IPPO5

WIDTH	58 IN (147 CM)
LENGTH	58 IN (147 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
PRODUCT WEIGHT	693 LB (314 KG)



Abduction/ Adduction  
IPAA5

WIDTH	55 IN (140 CM)
LENGTH	56 IN (142CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
PRODUCT WEIGHT	657 LB (298 KG)



Glute Press  
IPGM5

WIDTH	45 IN (114 CM)
LENGTH	75 IN (191 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	240 LB (109 KG)
PRODUCT WEIGHT	600 LB (272 KG)



Abdominal Crunch  
IPAC5

WIDTH	52 IN (132 CM)
LENGTH	51 IN (130 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
PRODUCT WEIGHT	684 LB (310 KG)



Back Extensio  
IPBE5

WIDTH	51 IN (130 CM)
LENGTH	50 IN 127 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
PRODUCT WEIGHT	600 LB (272 KG)



ROTARY TORSO  
SKU - IPRT5

WIDTH	58 IN (147 CM)
LENGTH	34 IN (86 CM)
HEIGHT	64 IN (163 CM)
STACK WEIGHT	200 LB (91 KG)
PRODUCT WEIGHT	560 LB (254 KG)



Impact

The Impact Strength line refines proven biomechanics with subtle yet powerful innovations, delivering a strength training experience built for performance. Designed for versatility, this line retains the key features that make every workout effective, including pre-stretch, start assist, range of motion selection, and graduated heavy weight stacks. Engineered for strength and durability, Impact Strength integrates advanced biomechanics with intuitive functionality, ensuring a seamless training experience. With a design that balances innovation and reliability, this line remains a trusted choice for diverse strength training environments.



Seated Leg Press  
9NA-S1305

WIDTH	47 IN (119 CM)
LENGTH	74 IN (187 CM)
HEIGHT	65 IN (165 CM)
STACK WEIGHT	360 LB (180 KG)
PRODUCT WEIGHT	968 LB (439 KG)



Abductor  
9NA-S1307

WIDTH	48 IN (122 CM)
LENGTH	67.5 IN (171 CM)
HEIGHT	60 IN (152 CM)
STACK WEIGHT	180 LB (90 KG)
PRODUCT WEIGHT	543 LB (237 KG)



Leg Extension  
9NA-S1312

WIDTH	38 IN (145 CM)
LENGTH	57 IN (97 CM)
HEIGHT	60 IN (152 CM)
STACK WEIGHT	260 LB (130 KG)
PRODUCT WEIGHT	609 LB (276 KG)



Leg Curl  
9NA-S1301

WIDTH	38 IN (97 CM)
LENGTH	71 IN (180 CM)
HEIGHT	60 IN (152 CM)
STACK WEIGHT	180 LB (90 KG)
PRODUCT WEIGHT	516 LB (234 KG)



Kneeling Leg Curl  
9NA-S1311

WIDTH	44 IN (112 CM)
LENGTH	51 IN (130 CM)
HEIGHT	60 IN (152 CM)
STACK WEIGHT	130 LB (65 KG)
PRODUCT WEIGHT	434 LB (197 KG)



Standing Calf  
9NA-S1309

WIDTH	49 IN (124 CM)
LENGTH	41 IN (104 CM)
HEIGHT	62 IN (151 CM)
STACK WEIGHT	260 LB (130 KG)
PRODUCT WEIGHT	635 LB (288 KG)



Deltoid Raise  
9NA-S4302

WIDTH	46 IN (117 CM)
LENGTH	51 IN (130 CM)
HEIGHT	60 IN (152 CM)
STACK WEIGHT	130 LB (65 KG)
PRODUCT WEIGHT	479 LB (217 KG)



Tricep Extension  
9NA-S5302

WIDTH	46 IN (117 CM)
LENGTH	47 IN (119 CM)
HEIGHT	60 IN (152 CM)
STACK WEIGHT	180 LB (90 KG)
PRODUCT WEIGHT	499 LB (226 KG)

# STRENGTH

Nautilus - Impact



Seated Leg Curl  
9NA-S1313

<b>WIDTH</b>	39 IN 99 CM)
<b>LENGTH</b>	70 IN (178 CM)
<b>HEIGHT</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>PRODUCT WEIGHT</b>	664 LB (301 KGS)



Adductor  
9NA-S1308

<b>WIDTH</b>	48 IN (122 CM)
<b>LENGTH</b>	67.5 IN (171 CM)
<b>HEIGHT</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	180 LB (90 KG)
<b>PRODUCT WEIGHT</b>	523 LB (237 KG)



Vertical Row  
9NA-S3301

<b>WIDTH</b>	45 IN (114 CM)
<b>LENGTH</b>	62 IN (157 CM)
<b>HEIGHT</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>PRODUCT WEIGHT</b>	598 LB (271 KG)



Lat Pull Down  
9NA-S3305

<b>WIDTH</b>	55 IN (140 CM)
<b>LENGTH</b>	47 IN (119 CM)
<b>HEIGHT</b>	98 IN (249 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>PRODUCT WEIGHT</b>	593 LB (269 KG)



Fixed Lat Pull Down  
9NA-S3303

<b>WIDTH</b>	43 IN (109 CM)
<b>LENGTH</b>	64 IN (163 CM)
<b>HEIGHT</b>	80 IN (203 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>PRODUCT WEIGHT</b>	673 LB (305 KG)



Biceps Curl  
9NA-S5301

<b>WIDTH</b>	46 IN (117 CM)
<b>LENGTH</b>	58 IN (147 CM)
<b>HEIGHT</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	180 LB (90 KG)
<b>PRODUCT WEIGHT</b>	545 LB (247 KG)



Dip Machine  
9NA-S5303

<b>WIDTH</b>	42 IN (107 CM)
<b>LENGTH</b>	55 IN (140 CM)
<b>HEIGHT</b>	65 IN (165 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>PRODUCT WEIGHT</b>	540 LB (245 KG)



Chin Dip Assist  
9NA-S6334

<b>WIDTH</b>	60 IN (152 CM)
<b>LENGTH</b>	50 IN (127 CM)
<b>HEIGHT</b>	91 IN (231 CM)
<b>STACK WEIGHT</b>	200 LB (100 KG)
<b>PRODUCT WEIGHT</b>	776 LB (352 KG)



Incline Press  
9NA-S2301

<b>WIDTH</b>	51 IN (130 CM)
<b>LENGTH</b>	75 IN (191 CM)
<b>HEIGHT</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>PRODUCT WEIGHT</b>	690 LB (313 KG)



Deltoid Fly  
9NA-S4304

<b>WIDTH</b>	30 IN (76 CM)
<b>LENGTH</b>	50 IN (127 CM)
<b>HEIGHT</b>	79 IN (201 CM)
<b>STACK WEIGHT</b>	220 LB (110 KG)
<b>PRODUCT WEIGHT</b>	580 LB (263 KG)



Shoulder Press  
9NA-S4307

<b>WIDTH</b>	53 IN (135 CM)
<b>LENGTH</b>	64 IN (163 CM)
<b>HEIGHT</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>PRODUCT WEIGHT</b>	620 LB (281 KG)



Chest Press  
9NA-S4301

<b>WIDTH</b>	52 IN (132 CM)
<b>LENGTH</b>	50 IN (127 CM)
<b>HEIGHT</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>PRODUCT WEIGHT</b>	596 LB (270 KG)



Low Row  
9NA-S3306

<b>WIDTH</b>	29 IN (72 CM)
<b>LENGTH</b>	90 IN (228.6 CM)
<b>HEIGHT</b>	86 IN (218 CM)
<b>STACK WEIGHT</b>	260 LB (130 KGS)
<b>PRODUCT WEIGHT</b>	565 LB (256 KGS)



Low Back  
9NA-S3302

<b>WIDTH</b>	46 IN (117 CM)
<b>LENGTH</b>	53 IN (135 CM)
<b>HEIGHT</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	260 LB (130 KG)
<b>PRODUCT WEIGHT</b>	593 LB (269 KG)



Abdominal  
9NA-S6301

<b>WIDTH</b>	43 IN (109 CM)
<b>LENGTH</b>	59 IN (150 CM)
<b>HEIGHT</b>	60 IN (152 CM)
<b>STACK WEIGHT</b>	130 LB (65 KG)
<b>PRODUCT WEIGHT</b>	382 LB (173 KG)



# STRENGTH

Nautilus

## HumanSport

Inspired by the natural, fluid movements of the human body, HumanSport redefines functional strength training. Its intuitive, cable-based design provides a seamless, biomechanically sound workout experience that adapts to each user's unique motion. Seven dual-function machines deliver a complete, full-body training solution, maximizing space efficiency without compromising versatility. With an emphasis on user-friendly operation and progressive resistance, HumanSport offers an innovative approach to strength training that enhances performance, mobility, and overall fitness.



Freedom Trainer  
HSFT3

<b>WIDTH</b>	75 IN (191 CM) Arms Extended Left and Right 125 IN (317 CM)
<b>LENGTH</b>	43 IN (108 CM)
<b>HEIGHT</b>	72 IN (182 CM) Arms Extended Vertically Up 92 IN (234 CM)
<b>STACK WEIGHT</b>	2X 80 LB (2x 36 KG)
<b>PRODUCT WEIGHT</b>	1,100 LB (499 KG)



**WHEELCHAIR ACCESSIBLE**

- 3:1 cable ratio for low starting resistance
- Open design allowing for wheelchair access
- Easily adjustable, counter balanced pivot handles, even while in the seated position
- Weight stack utilizes Lock N Load switch technology for quick and easy weight selection even while seated



Arm Crunch  
HSAC3

<b>WIDTH</b>	39 IN (99 CM)
<b>LENGTH</b>	43 IN (109 CM)
<b>HEIGHT</b>	68 IN (172 CM)
<b>STACK WEIGHT</b>	2X 88 LB (2X 40 KG)
<b>PRODUCT WEIGHT</b>	655 LB (298 KG)



**WHEELCHAIR ACCESSIBLE**

- 2:1 cable ratio for low starting resistance
- Flat anti-skid plate that can be used to roll in a wheelchair
- Adjustable stabilizer pad
- Seat is eliminated allowing for wheelchair access
- Accessory handles are optimally placed for easy access while in the seated position
- Weight stack utilizes Lock N Load switch technology for quick and easy weight selection even while seated



Total Delts  
HSTD3

<b>WIDTH</b>	29 IN (74 CM)
<b>LENGTH</b>	78 IN (198 CM)
<b>HEIGHT</b>	64 IN (163 CM)
<b>STACK WEIGHT</b>	2X 88 LB (2X 40 KG)
<b>PRODUCT WEIGHT</b>	600 LB (273 KG)



**WHEELCHAIR ACCESSIBLE**

- 2:1 cable ratio for low starting resistance
- Fold away seat to allow for wheelchair access
- Accessory handles are optimally placed for easy access while in the seated position
- Weight stack utilizes Lock N Load switch technology for quick and easy weight selection even while seated

# STRENGTH

Nautilus - HumanSport



Lat Pulley HSLP3	
<b>WIDTH</b>	58 in (147 cm)
<b>LENGTH</b>	58 in (147 cm)
<b>HEIGHT</b>	83 in (211 cm)
<b>STACK WEIGHT</b>	2x 88 LB (2x 40 KG)
<b>PRODUCT WEIGHT</b>	655 LB (298 KG)



WHEELCHAIR ACCESSIBLE
2:1 cable ratio for low starting resistance
Fold away seat to allow for wheelchair access
Knee pad adjustment stabilizes users lifting heavy loads
Accessory handles are optimally placed for easy access while in the seated position
Weight stack utilizes Lock N Load switch technology for quick and easy weight selection even while seated



Shoulder Chest HSSC3	
<b>WIDTH</b>	63 in (160 cm)
<b>LENGTH</b>	45 in (114 cm)
<b>HEIGHT</b>	64 in (163 cm)
<b>STACK WEIGHT</b>	2x 88 LB (2x 40 KG)
<b>PRODUCT WEIGHT</b>	655 LB (298 KG)



WHEELCHAIR ACCESSIBLE
2:1 cable ratio for low starting resistance
Fold away seat to allow for wheelchair access
Accessory handles are optimally placed for easy access while in the seated position
Weight stack utilizes Lock N Load switch technology for quick and easy weight selection even while seated



Pull Lift HSpl3	
<b>WIDTH</b>	39 in (99 cm)
<b>LENGTH</b>	78 in (198 cm)
<b>HEIGHT</b>	95 in (241 cm)
<b>STACK WEIGHT</b>	2x 88 LB (2x 40 KG)
<b>PRODUCT WEIGHT</b>	750 LB (341 KG)



Total Legs HStl3	
<b>WIDTH</b>	39 in (99 cm)
<b>LENGTH</b>	64 in (163 cm)
<b>HEIGHT</b>	65 in (165 cm)
<b>STACK WEIGHT</b>	2x 88 LB (2x 40 KG)
<b>PRODUCT WEIGHT</b>	691 LB (314 KG)



# STRENGTH

Nautilus

## Leverage

The Nautilus Leverage line redefines plate-loaded strength training with biomechanics that maximize every lift. Engineered with a precision cam system, Leverage optimizes resistance through the full range of motion, delivering a lifting profile that mirrors the body's natural mechanics. The stainless steel knurled grips provide a tactile feel akin to barbells and free weights, enhancing user control and engagement. Assisted seat adjustments and pre-stretch settings allow for a customized fit, while integrated storage keeps workout areas organized. Designed for both performance and aesthetics, Leverage offers a plate-loaded experience that sets a new standard in strength training.



Chest Press  
9NP3-L2002

<b>WIDTH</b>	59 IN (150 CM)
<b>LENGTH</b>	71 IN (180 CM)
<b>HEIGHT</b>	58 IN (147 CM)
<b>STACK WEIGHT</b>	N/A
<b>PRODUCT WEIGHT</b>	481 LB (218 KG)



Decline Press  
9NP3-L2004

<b>WIDTH</b>	58 IN (147 CM)
<b>LENGTH</b>	81 IN (206 CM)
<b>HEIGHT</b>	49 IN (124 CM)
<b>STACK WEIGHT</b>	N/A
<b>PRODUCT WEIGHT</b>	503 LB (228 KG)



Shoulder Press  
9NP3-L4002

<b>WIDTH</b>	51 IN (130 CM)
<b>LENGTH</b>	71 IN (180 CM)
<b>HEIGHT</b>	58 IN (147 CM)
<b>STACK WEIGHT</b>	N/A
<b>PRODUCT WEIGHT</b>	410 LB (186 KG)



Low Row  
9NP3-L3004

<b>WIDTH</b>	51 IN (130 CM)
<b>LENGTH</b>	79 IN (201 CM)
<b>HEIGHT</b>	46 IN (117 CM)
<b>STACK WEIGHT</b>	N/A
<b>PRODUCT WEIGHT</b>	426 LB (193 KG)



Abdominal Crunch  
9NP3-L5003

<b>WIDTH</b>	61 IN (156 CM)
<b>LENGTH</b>	62 IN (157 CM)
<b>HEIGHT</b>	61 IN (156 CM)
<b>STACK WEIGHT</b>	N/A
<b>PRODUCT WEIGHT</b>	461 LB (209 KG)



Incline Press  
9NP3-L2003

<b>WIDTH</b>	51 IN (130 CM)
<b>LENGTH</b>	76 IN (193 CM)
<b>HEIGHT</b>	51 IN (130 CM)
<b>STACK WEIGHT</b>	N/A
<b>PRODUCT WEIGHT</b>	413 LB (187 KG)



High Row  
9NP3-L3005

<b>WIDTH</b>	51 IN (130 CM)
<b>LENGTH</b>	86 IN (218 CM)
<b>HEIGHT</b>	73 IN (185 CM)
<b>STACK WEIGHT</b>	N/A
<b>PRODUCT WEIGHT</b>	443 LB (201 KG)



Lat Pull Down  
9NP3-L3003

<b>WIDTH</b>	51 IN (130 CM)
<b>LENGTH</b>	81 IN (206 CM)
<b>HEIGHT</b>	80 IN (203 CM)
<b>STACK WEIGHT</b>	N/A
<b>PRODUCT WEIGHT</b>	406 LB (184 KG)



Biceps Curl  
9NP3-L5002

<b>WIDTH</b>	62 IN (157 CM)
<b>LENGTH</b>	61 IN (155 CM)
<b>HEIGHT</b>	41 IN (104 CM)
<b>STACK WEIGHT</b>	N/A
<b>PRODUCT WEIGHT</b>	465 LB (211 KG)



Deadlift Shrug  
NP-L3006

<b>WIDTH</b>	61 IN (156 CM)
<b>LENGTH</b>	74 IN (188 CM)
<b>HEIGHT</b>	31 IN (79 CM)
<b>PRODUCT WEIGHT</b>	249 LB (113 KG)

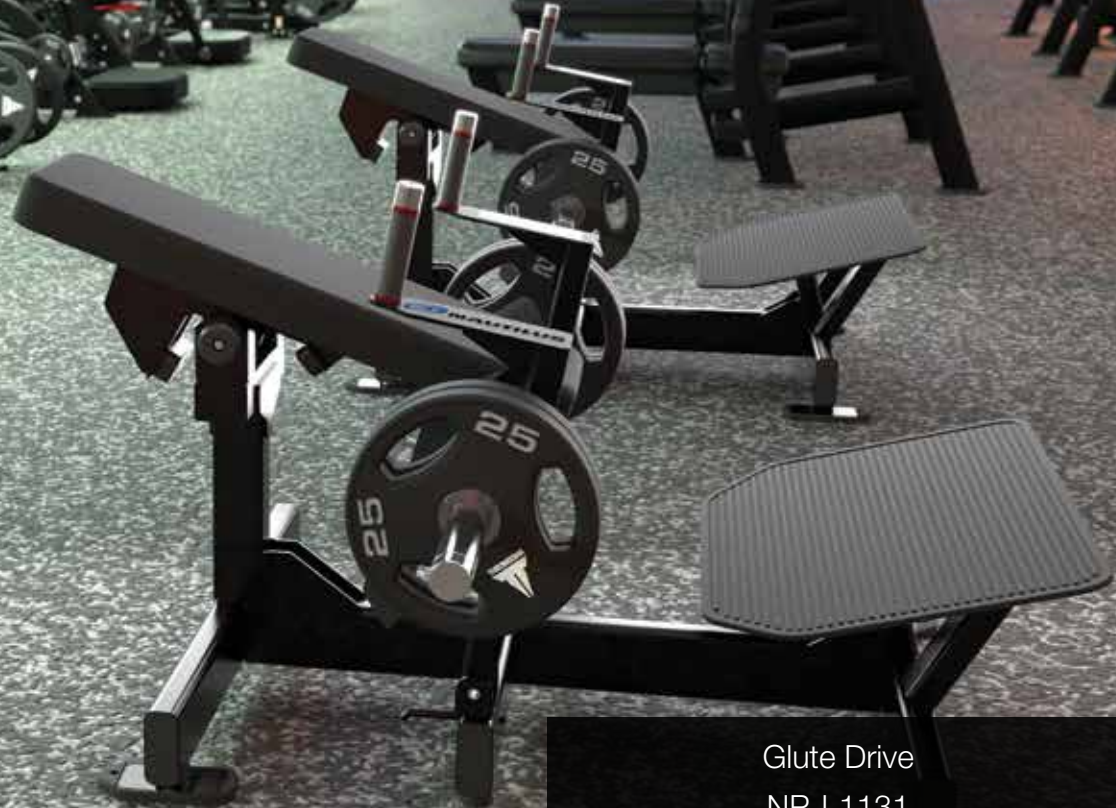


# STRENGTH

Nautilus - Plate Loaded

## Plate Loaded

Plate-loaded strength training is a cornerstone of effective muscle building, offering the versatility and control that serious lifters demand. The Nautilus Plate Loaded line is engineered to optimize biomechanics, ensuring smooth, natural movement patterns while maintaining the raw power of free weight training. Designed for both performance and safety, each machine enhances user confidence with controlled loading, stable mechanics, and intuitive adjustments. Whether maximizing space efficiency or delivering a premium strength experience, this line provides the durability, precision, and innovation that set the standard in plate-loaded equipment.



Glute Drive  
NP-L1131

WIDTH	60 IN (152.5 CM)
LENGTH	62 IN (157.5 CM)
HEIGHT	35 IN (89 CM)
PRODUCT WEIGHT	252 LB (114 KG)



Angled Leg Press  
NP-L1141

WIDTH	72 IN (182 CM)
LENGTH	90 IN (229 CM)
HEIGHT	58 IN (147 CM)
STACK WEIGHT	N/A
PRODUCT WEIGHT	569 LB (258 KG)



Smith Machine  
NP-L8500

WIDTH	89 IN (226 CM)
LENGTH	67 IN (170 CM)
HEIGHT	82 IN (208 CM)
STACK WEIGHT	N/A
PRODUCT WEIGHT	648 LB (294 KG)



Freedom Rack®  
NP-L8507

WIDTH	75 IN (191 CM)
LENGTH	83 IN (211 CM)
HEIGHT	90 IN (229 CM)
STACK WEIGHT	N/A
PRODUCT WEIGHT	655 LB (297 KG)



Tilt Seat Calf  
NP-L1110

WIDTH	27 IN (69 CM)
LENGTH	58 IN (147 CM)
HEIGHT	37 IN (94 CM)
STACK WEIGHT	N/A
PRODUCT WEIGHT	170 LB (77 KG)



Hack Squat  
NP-L1130

WIDTH	72 IN (182 CM)
LENGTH	93 IN (236 CM)
HEIGHT	47 IN (119 CM)
STACK WEIGHT	N/A
PRODUCT WEIGHT	446 LB (202 KG)



Incline Lever Row  
NP-L3140

WIDTH	34 IN (86 CM)
LENGTH	72 IN (183 CM)
HEIGHT	49 IN (124 CM)
STACK WEIGHT	N/A
PRODUCT WEIGHT	214 LB (97 KG)



# STRENGTH

Nautilus - Multi-Stations

## Multi-Stations

Today’s fitness facilities demand smarter, more adaptable strength solutions. Whether you’re optimizing a boutique space, outfitting a high-traffic gym, or designing a multi-use training zone, the Nautilus Multi-Station delivers unmatched versatility without compromising performance.

Built for efficiency and scalability, each Multi-Station seamlessly integrates key strength modalities, like the Lat Pulldown, Low Row, and Triceps Press, from our industry-leading lines into a compact footprint. Modular by design, it allows operators to configure the unit based on their space, member demographics, and training trends—ensuring a tailored solution that evolves with your facility’s needs.



Cable Cross Over  
9NP-M9201

WIDTH	158 IN (401 CM)
LENGTH	34 IN (86 CM)
HEIGHT	91 IN ( 230 CM)
STACK WEIGHT	2 X 115.5 LB (2 X 52.2 KG)
PRODUCT WEIGHT	1010 LB (458 KG)



4 Station  
9NP-M9601

WIDTH	75 IN (190 CM)
LENGTH	152 IN (387 CM)
HEIGHT	94 IN (239 CM)
STACK WEIGHT	Lat Pull Down/Low Row 297 LB (135 KG) Triceps Press 231 LB (105 KG) Cross over 115.5 LB (52.5 KG)
PRODUCT WEIGHT	1689 LB (766 KG)



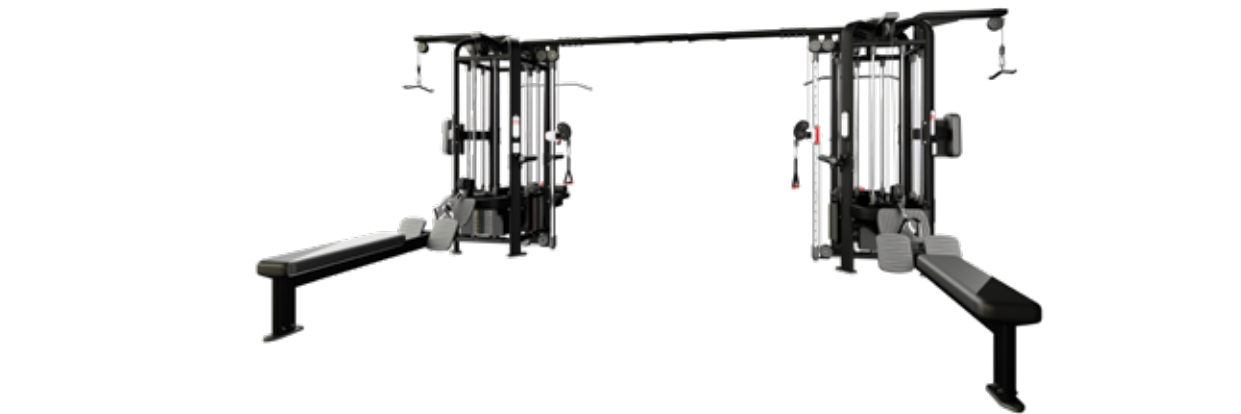
5 Station  
9NP-M9605

WIDTH	200 IN (508 CM)
LENGTH	152 IN (387 CM)
HEIGHT	94 IN (239 CM)
STACK WEIGHT	Lat Pull Down/Low Row 297 LB (135 KG) Triceps Press 231 LB (105 KG) Cross over 2 x 115.5 LB (2 x 52.5 KG)
PRODUCT WEIGHT	2350 LB (1066 KG)



# STRENGTH

## Nautilus - Multi-Stations



### 9 Station 9NP-M9619

WIDTH	240 IN (609 CM)
LENGTH	152 IN (387 CM)
HEIGHT	94 IN (239 CM)
STACK WEIGHT	Lat Pull Down/Low Row 297 LB (135 KG) Triceps Press 231 LB (105 KG) Cross over 2 X 115.5 LB (2 X 52.5 KG)
PRODUCT WEIGHT	3690 LB (1673 KG)

### 14 Station 9NP-M9620

WIDTH	395 IN (1003 CM)
LENGTH	152 IN (387 CM)
HEIGHT	94 IN (239 CM)
STACK WEIGHT	Lat Pull Down/Low Row 297 LB (135 KG) Triceps Press 231 LB (105 KG) Cross over 2 X 115.5 LB (2 X 52.5 KG)
PRODUCT WEIGHT	5565 LB (2524 KG)

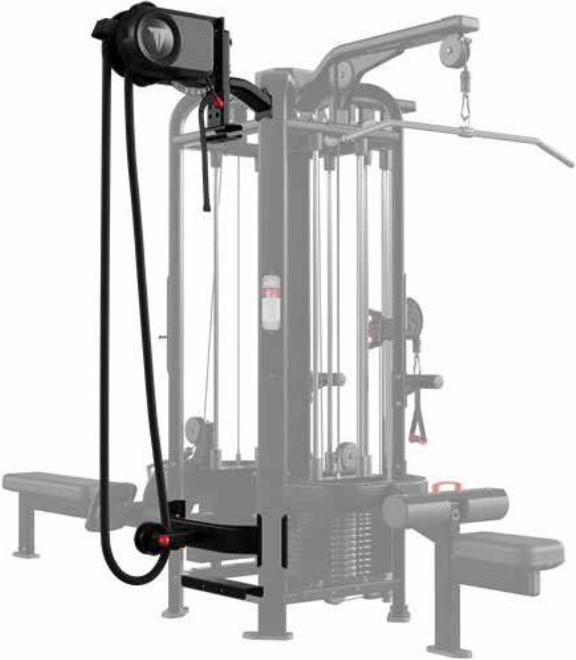
### Mid-Row 731-9475

WIDTH	30 in (76 cm)
LENGTH	142 in (361cm)
HEIGHT	94 in (239 cm)
STACK WEIGHT	297 lbs (135 kg)
PRODUCT WEIGHT	162 lbs (90 kg)
TOTAL STACK WEIGHT	297 lbs (135 kg)



NEW

HIIT Rope Mount



Elevate your Multi-Station's functionality with the HIIT Rope, transforming it into a powerhouse of versatility. By adding the Upper Mount, you can seamlessly integrate a dynamic HIIT Station into one of the available positions. This enhancement builds on the Multi-Station's modular circuit design, offering expanded training possibilities that target strength, endurance, and cardio in one cohesive system.

**QUICK CHANGE PULLEY**  
Quick rope orientation changes make for a dynamic workout! The external pulley system enables vertical, diagonal and horizontal rope positions

**RESISTANCE LEVER**  
The HIIT Rope 6-level Magnetic resistance provides a broad range of resistance.

**RESISTANCE RANGE**  
Easier at the bottom, harder at the top! More than twice the resistance than the top competitor.

HIIT ROPE MOUNT	
731-9678	
WEIGHT	34 lbs (15.5 kg)

FOR HIIT ROPE SPECS SEE PAGE 33



# STRENGTH

Nautilus

## Benches

Every detail matters when it comes to durability, functionality, and aesthetics. Nautilus Benches are engineered to exceed industry standards, offering a premium strength-training experience that seamlessly integrates with our full strength lineup. From Olympic benches with optional weight storage to our innovative abdominal and back extension benches, each piece is designed for stability, comfort, and longevity in high-use environments. With a consistent design language across all Nautilus strength equipment, your free weight area will have a cohesive, professional look—ensuring both performance and visual impact for your facility.



Multi-Adjustable Bench  
9NP-B7506

<b>WIDTH</b>	27 IN (69 CM)
<b>LENGTH</b>	55 IN (140 CM)
<b>HEIGHT</b>	16.5 IN (42 CM)
<b>PRODUCT WEIGHT</b>	117 LB (53 KG)



Flat Bench  
9NP-B7507

<b>WIDTH</b>	27 IN (69 CM)
<b>LENGTH</b>	55 IN (140 CM)
<b>HEIGHT</b>	20 IN (51 CM)
<b>PRODUCT WEIGHT</b>	77 LB (35 KG)



Adjustable Decline Bench  
9NP-B7508

<b>WIDTH</b>	34 IN (86 CM)
<b>LENGTH</b>	53 IN (135 CM)
<b>HEIGHT</b>	31 IN (79 CM)
<b>PRODUCT WEIGHT</b>	155 LB (70 KG)



Adjustable Abdominal Bench  
9NP-B7510

<b>WIDTH</b>	35 IN (89 CM)
<b>LENGTH</b>	55 IN (140 CM)
<b>HEIGHT</b>	45 IN (114 CM)
<b>PRODUCT WEIGHT</b>	159 LB (72 KG)



Utility Bench  
9NP-B7516

<b>WIDTH</b>	27 IN (69 CM)
<b>LENGTH</b>	34 IN (86 CM)
<b>HEIGHT</b>	38 IN (97 CM)
<b>PRODUCT WEIGHT</b>	71 LB (32 KG)



Stool  
9NP-B7521

<b>WIDTH</b>	31 IN (79 CM)
<b>LENGTH</b>	27 IN (68 CM)
<b>HEIGHT</b>	17 IN (44 CM)
<b>PRODUCT WEIGHT</b>	27 LB (12 KG)



Adjustable Back Extension  
9NP-B7514

<b>WIDTH</b>	34 IN (86 CM)
<b>LENGTH</b>	53 IN (135 CM)
<b>HEIGHT</b>	31 IN (79 CM)
<b>PRODUCT WEIGHT</b>	157 LB (71 KG)



Glute Ham  
9NP-B7522

<b>WIDTH</b>	43 IN (110 CM)
<b>LENGTH</b>	72 IN (182 CM)
<b>HEIGHT</b>	48 IN (122 CM)
<b>PRODUCT WEIGHT</b>	188 LB (85 KG)



# STRENGTH

## Nautilus - Benches



Preacher Curl  
9NP-B7509

<b>WIDTH</b>	30 IN (76 CM)
<b>LENGTH</b>	43 IN (109 CM)
<b>HEIGHT</b>	40 IN (102 CM)
<b>PRODUCT WEIGHT</b>	163 LB (74 KG)



Standing Preacher Curl  
9NP-B7515

<b>WIDTH</b>	30 IN (76 CM)
<b>LENGTH</b>	39 IN (99 CM)
<b>HEIGHT</b>	45 IN (114 CM)
<b>PRODUCT WEIGHT</b>	174 LB (79 KG)



Military Press  
9NP-B7205

<b>WIDTH</b>	74 IN (188 CM)
<b>LENGTH</b>	65 IN (165 CM)
<b>HEIGHT</b>	60 IN (152 CM)
<b>PRODUCT WEIGHT</b>	269 LB (122 KG)



Leg Raise/Dip  
9NP-B7517

<b>WIDTH</b>	28 IN (71 CM)
<b>LENGTH</b>	61 IN (155 CM)
<b>HEIGHT</b>	66 IN (168 CM)
<b>PRODUCT WEIGHT</b>	267 LB (121 KG)



Stretch Bench  
9NP-B7524

<b>WIDTH</b>	28 IN (71 CM)
<b>LENGTH</b>	52 IN (132 CM)
<b>HEIGHT</b>	36 IN (91 CM)
<b>PRODUCT WEIGHT</b>	60 LB (27 KG)



Incline Bench Press  
9NP-B7203

<b>WIDTH</b>	51 IN (130 CM)
<b>LENGTH</b>	59 IN (150 CM)
<b>HEIGHT</b>	59 IN (150 CM)
<b>PRODUCT WEIGHT</b>	185 LB (84 KG)



Olympic Bench Press  
9NP-B7202

<b>WIDTH</b>	65 IN (165 CM)
<b>LENGTH</b>	73 IN (185 CM)
<b>HEIGHT</b>	49 IN (124 CM)
<b>PRODUCT WEIGHT</b>	115 LB (52 KG)



Decline Bench Press  
9NP-B7204

<b>WIDTH</b>	50 IN (127 CM)
<b>LENGTH</b>	70 IN (178 CM)
<b>HEIGHT</b>	49 IN ( 124 CM)
<b>PRODUCT WEIGHT</b>	177 LB (80 KG)



Pull-Up/Dip/Leg Raise  
9NP-B7511

<b>WIDTH</b>	48 IN (122 CM)
<b>LENGTH</b>	61 IN (155 CM)
<b>HEIGHT</b>	90 IN (229 CM)
<b>PRODUCT WEIGHT</b>	335 LB (152 KG)

### A PERFECT PARTNERSHIP



Throwdown Free Weights pair perfectly with Nautilus Strength products allowing you to get everything in one place. You can even find free weight sets crafted specifically for popular Nautilus Benches & Racks, Leverage and Plate Loaded products.



# STRENGTH

Nautilus

## Racks

Strength training demands durability, versatility, and innovation—Nautilus Racks deliver all three. Designed to seamlessly integrate with our strength lines, they provide the right solution for your members’ needs, with the option to include plate storage for added efficiency.

At the core of our system is the SVA Platform—the industry’s most advanced platform technology, engineered to reduce noise, vibration, and shock for a superior lifting experience. Built to exceed industry standards in strength and durability, Nautilus Racks offer the ultimate combination of safety, performance, and aesthetics, ensuring your free weight area is as functional as it is visually cohesive.



SVA Platform Bamboo II  
9-HDP6D-BB2

WIDTH	95 in (241 cm)
LENGTH	141 in (358 cm)
HEIGHT	4 in (10 cm)
PRODUCT WEIGHT	943 LB (428 KG)



\*Platform shown with Half Rack HDHR2



Stand Alone SVA Platform  
Bamboo II 9-HDP6D-BB2-SA

WIDTH	95 in (241 cm)
LENGTH	77 in (196 cm)
HEIGHT	4 in (10 cm)
PRODUCT WEIGHT	642 LB (292 KG)



\*Platform shown with Half Rack HDHR2

6' Nautilus Bamboo Platform II  
9-HDP6-BB2

WIDTH	95 in (241 cm)
LENGTH	141 in (358 cm)
HEIGHT	3 in (8 cm)
PRODUCT WEIGHT	751 LB (341 KG)



# STRENGTH

## Nautilus - Racks



Nautilus 4' Bamboo SVA Platform  
9-HDP4-BB2

<b>WIDTH</b>	95 in (241 cm)
<b>LENGTH</b>	53 in (135 cm)
<b>HEIGHT</b>	4 in (10 cm)
<b>PRODUCT WEIGHT</b>	408 LB (185 KG)



*\*Platform shown with Half Rack HDHR2*

4' Nautilus Bamboo Platform II  
9-HDP4-BB2

<b>WIDTH</b>	95 in (241 cm)
<b>LENGTH</b>	115 in (292 cm)
<b>HEIGHT</b>	3 in (8 cm)
<b>PRODUCT WEIGHT</b>	655 LB (297 KG)



*\*Platform shown with Half Rack HDHR2*

4' Bamboo SVA with Half Rack  
9-HDP4D-BB2-SA

<b>WIDTH</b>	95 in (241 cm)
<b>LENGTH</b>	117 in (297 cm)
<b>HEIGHT</b>	4 in (10 cm)
<b>PRODUCT WEIGHT</b>	589 LB (267 KG)



Power Cage SVA Combo  
9NP-R8006, 9-HDP6D-BB2,  
731-9082-KT, 731-9092-KT

<b>WIDTH</b>	95 in (241 cm)
<b>LENGTH</b>	143 in (363 cm)
<b>HEIGHT</b>	89 in (226 cm)
<b>PRODUCT WEIGHT</b>	1276 LB (579 KG)



Squat Rack  
NP-R8008

<b>WIDTH</b>	80 in (203 cm)
<b>LENGTH</b>	71 in (180 cm)
<b>HEIGHT</b>	79 in (201 cm)
<b>PRODUCT WEIGHT</b>	445 LB (202 KG)



2-Sided Olympic Weight Tree  
NP-R7512

<b>WIDTH</b>	27 in (69 cm)
<b>LENGTH</b>	35 in (89 cm)
<b>HEIGHT</b>	40 in (102 cm)
<b>PRODUCT WEIGHT</b>	86 LB (39 KG)



4-Sided Olympic Weight Tree  
NP-R7513

<b>WIDTH</b>	28 in (71 cm)
<b>LENGTH</b>	28 in (71 cm)
<b>HEIGHT</b>	46 in (117 cm)
<b>PRODUCT WEIGHT</b>	135 LB (61 KG)



Beauty Bell Rack  
NP-R8014

<b>WIDTH</b>	32 in (81 cm)
<b>LENGTH</b>	40 in (102 cm)
<b>HEIGHT</b>	40 in (102 cm)
<b>PRODUCT WEIGHT</b>	132 LB (60 KG)



*\*Platform shown with Life Fitness HD Elite Half Rack*

HD SVA Platform 6', LF Half Rack  
9-HDP6D-LFHR

<b>WIDTH</b>	95 in (241 cm)
<b>LENGTH</b>	115 in (292 cm)
<b>HEIGHT</b>	4 in (10 cm)
<b>PRODUCT WEIGHT</b>	751 LB (341 KG)



Half Rack  
HDHR2

<b>WIDTH</b>	72 in (183 cm)
<b>LENGTH</b>	63 in (160 cm)
<b>HEIGHT</b>	97 in (246 cm)
<b>PRODUCT WEIGHT</b>	512 LB (232 KG)



Power Cage  
NP-R8006

<b>WIDTH</b>	63 in (160 cm)
<b>LENGTH</b>	69 in (174 cm)
<b>HEIGHT</b>	94 in (239 cm)
<b>PRODUCT WEIGHT</b>	538 LB (244 KG)



Barbell Rack  
NP-R8012

<b>WIDTH</b>	36 in (91 cm)
<b>LENGTH</b>	38 in (97 cm)
<b>HEIGHT</b>	53 in (135 cm)
<b>PRODUCT WEIGHT</b>	159 LB (72 KG)



Accessory Rack  
NP-R8013

<b>WIDTH</b>	28 in (71 cm)
<b>LENGTH</b>	35 in (89 cm)
<b>HEIGHT</b>	51 in (130 cm)
<b>PRODUCT WEIGHT</b>	141 LB (64 KG)



Single Dumbbell Rack  
NP-R8009

<b>WIDTH</b>	90 in (229 cm)
<b>LENGTH</b>	28 in (71 cm)
<b>HEIGHT</b>	26 in (66 cm)
<b>PRODUCT WEIGHT</b>	155 LB (70 KG)



Double Dumbbell Rack  
NP-R8022

<b>WIDTH</b>	90 in (229 cm)
<b>LENGTH</b>	38 in (97 cm)
<b>HEIGHT</b>	26 in (66 cm)
<b>PRODUCT WEIGHT</b>	255 LB (116 KG)



Triple Dumbbell Rack  
NP-R8023

<b>WIDTH</b>	90 in (229 cm)
<b>LENGTH</b>	38 in (97 cm)
<b>HEIGHT</b>	39 in (99 cm)
<b>PRODUCT WEIGHT</b>	387 LB (176 KG)



# STRENGTH

Instinct

## Instinct Strength Solutions

Experience the ideal fusion of functionality and durability with Instinct Light Commercial Strength Solutions. Our sleek and intuitive designs are crafted to elevate your fitness space, seamlessly meeting the expectations of residents, guests, and employees alike. Specifically engineered to fit within light commercial footprints, our solutions encompass functional training, freeweight, and selectorized fitness pieces. Tailored to accommodate all users' needs, our offerings maximize convenience and efficiency throughout your facility, ensuring an exceptional experience for everyone.

Complementing our strength solutions are the cutting-edge cardio offerings from our Star Trac and StairMaster brands, providing a comprehensive fitness experience that exceeds expectations. Together, we deliver everything you need to create a standout fitness amenity.



Leg Extension 9NL-S1010

<b>WIDTH</b>	37 IN (94 CM)
<b>LENGTH</b>	41 IN (104 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>PRODUCT WEIGHT</b>	436 LB (198 KG)



Glute Press 9NL-S1012

<b>WIDTH</b>	37 IN (94 CM)
<b>LENGTH</b>	67 IN (170 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	120 LB (55 KG)
<b>PRODUCT WEIGHT</b>	313 LB (142 KG)



Leg Curl 9NL-S1011

<b>WIDTH</b>	37 IN (94 CM)
<b>LENGTH</b>	56 IN (140 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>PRODUCT WEIGHT</b>	469 LB (213 KG)



Dual Leg Press/Calf Raise 9NL-D1013

<b>WIDTH</b>	39 IN (99 CM)
<b>LENGTH</b>	74 IN (188 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	235 LB (107 KG)
<b>PRODUCT WEIGHT</b>	612 LB (278 KG)



Dual Inner/Outer Thigh 9NL-D1015

<b>WIDTH</b>	27 IN (69 CM)
<b>LENGTH</b>	57 IN (145 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	150 LB (68 KG)
<b>PRODUCT WEIGHT</b>	451 LB (205 KG)



Chest Press 9NL-S2100

<b>WIDTH</b>	28 IN (71 CM)
<b>LENGTH</b>	49 IN (124 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	235 LB (107 KG)
<b>PRODUCT WEIGHT</b>	427 LB (194 KG)



# STRENGTH

Nautilus - Instinct



Dual Adjustable Pulley  
9NL-D2002

<b>WIDTH</b>	36 IN (91 CM)
<b>LENGTH</b>	66 IN (168 CM)
<b>HEIGHT</b>	81 IN (207 CM)
<b>STACK WEIGHT</b>	2 X 400 LB (2 X 181 KG) 2 X 100 LB (AT HANDLE)
<b>PRODUCT WEIGHT</b>	894 LB (406 KG)



Dual Leg Extension/Leg Curl  
9NL-D1014

<b>WIDTH</b>	37 IN (94 CM)
<b>LENGTH</b>	56 IN (142 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>PRODUCT WEIGHT</b>	484 LB (220 KG)



Vertical Row  
9NL-S3320

<b>WIDTH</b>	46 IN (117 CM)
<b>LENGTH</b>	48 IN (122 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	235 LB (107 KG)
<b>PRODUCT WEIGHT</b>	405 LB (183 KG)



Rotary Torso  
9NL-S6300

<b>WIDTH</b>	38 IN (97 CM)
<b>LENGTH</b>	39 IN (99 CM)
<b>HEIGHT</b>	55 IN 140 (CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>PRODUCT WEIGHT</b>	418 LB (190 KG)



Shoulder Press  
9NL-S4100

<b>WIDTH</b>	53 IN (135 CM)
<b>LENGTH</b>	58 IN (147 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>PRODUCT WEIGHT</b>	448 LB (203 KG)



Dual Pectoral Fly/  
Rear Deltoid  
9NL-D2110

<b>WIDTH</b>	50 IN (127 CM)
<b>LENGTH</b>	54 IN (137 CM)
<b>HEIGHT</b>	79 IN (201 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>PRODUCT WEIGHT</b>	426 LB (193 KG)



Dual Multi-Press  
9NL-D2120

<b>WIDTH</b>	55 IN (140 CM)
<b>LENGTH</b>	74 IN (188 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	235 LB (107 KG)
<b>PRODUCT WEIGHT</b>	506 LB (230 KG)



Lat Pull Down  
9NL-S3310

<b>WIDTH</b>	47 IN (119 CM)
<b>LENGTH</b>	60 IN (152 CM)
<b>HEIGHT</b>	73 IN (185 CM)
<b>STACK WEIGHT</b>	235 LB (107KG)
<b>PRODUCT WEIGHT</b>	515 LB (234 KG)



Dual Abdominal/Lower Back  
9NL-D6330

<b>WIDTH</b>	40 IN (102 CM)
<b>LENGTH</b>	45 IN (114 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	120 LB (54 KG)
<b>PRODUCT WEIGHT</b>	369 LB (168 KG)



Dual Lat Pull Down/  
Vertical Row  
9NL-D3340

<b>WIDTH</b>	47 IN (119 CM)
<b>LENGTH</b>	50 IN (127 CM)
<b>HEIGHT</b>	84 IN (213 CM)
<b>STACK WEIGHT</b>	235 LB (107 KG)
<b>PRODUCT WEIGHT</b>	473 LB (215 KG)



Dual Biceps Curl/  
Triceps Extension  
9NL-D5120

<b>WIDTH</b>	39 IN (99 CM)
<b>LENGTH</b>	52 IN (132 CM)
<b>HEIGHT</b>	55 IN (140 CM)
<b>STACK WEIGHT</b>	190 LB (86 KG)
<b>PRODUCT WEIGHT</b>	395 LB (180 KG)



# STRENGTH

Nautilus - Instinct



Multi-Adjustable Bench 100  
9NN-B7506

<b>WIDTH</b>	25 IN (64 CM)
<b>LENGTH</b>	61 IN (155 CM)
<b>HEIGHT</b>	17 IN (44 CM)
<b>PRODUCT WEIGHT</b>	80 LB (36 KG)



Multi-Adjustable Bench  
9NN-B7501

<b>WIDTH</b>	27 IN (69 CM)
<b>LENGTH</b>	53 IN (135 CM)
<b>HEIGHT</b>	18 IN (46 CM)
<b>PRODUCT WEIGHT</b>	73 LB (33 KG)



Adjustable Abdominal  
Decline Bench  
9NN-B7200

<b>WIDTH</b>	25 IN (64 CM)
<b>LENGTH</b>	53 IN (135 CM)
<b>HEIGHT</b>	34 IN (86 CM)
<b>PRODUCT WEIGHT</b>	95 LB (43 KG)



Olympic Incline Bench  
9NN-B7201

<b>WIDTH</b>	61 IN (155 CM)
<b>LENGTH</b>	63 IN (160 CM)
<b>HEIGHT</b>	69 IN (175 CM)
<b>PRODUCT WEIGHT</b>	269 LB (122 KG)



45 Degree Back Extension  
9NN-B7502

<b>WIDTH</b>	32 IN (81 CM)
<b>LENGTH</b>	54 IN (137 CM)
<b>HEIGHT</b>	39 IN (99 CM)
<b>PRODUCT WEIGHT</b>	97 LB (44 KG)



Olympic Flat Bench  
9NN-B7503

<b>WIDTH</b>	61 IN (155 CM)
<b>LENGTH</b>	63 IN (160 CM)
<b>HEIGHT</b>	54 IN (137 CM)
<b>PRODUCT WEIGHT</b>	185 LB (84 KG)



Ab Bench  
9NN-B7505

<b>WIDTH</b>	37 IN (94 CM)
<b>LENGTH</b>	61 IN (155 CM)
<b>HEIGHT</b>	42 IN (106 CM)
<b>PRODUCT WEIGHT</b>	148 LB (67 KG)



Dumbbell Rack 10-Pair/2 Tier  
9NN-R8001

<b>WIDTH</b>	105 IN (267 CM)
<b>LENGTH</b>	29 IN (74 CM)
<b>HEIGHT</b>	37 IN (94 CM)
<b>PRODUCT WEIGHT</b>	221 LB (100 KG)



Dumbbell Rack 10-Pair/3 Tier  
9NN-R8002

<b>WIDTH</b>	69 IN (175 CM)
<b>LENGTH</b>	29 IN (74 CM)
<b>HEIGHT</b>	50 IN (127 CM)
<b>PRODUCT WEIGHT</b>	243 LB (110 KG)



# STRENGTH

Light Commercial Strength



Half Rack 9NN-R8303-60AAS	
WIDTH	87 in (221cm)
LENGTH	54.7 in (139.7 cm )
HEIGHT	90 in ( 228.6 cm)
PRODUCT WEIGHT	370.5lb (168kg)



Smith Machine 9NN-L8506-60AAS	
WIDTH	52.36 in (133 cm)
LENGTH	88 in (223.5 cm)
HEIGHT	88 in (223.5 cm)
PRODUCT WEIGHT	445.5lb (202kg)



8' Alpha XTC 73-00318	
WIDTH	95 in (231.4cm)
LENGTH	56 in (142.3cm)
HEIGHT	48.5 in (123.1cm)
PRODUCT WEIGHT	



8' Add-On 73-00319	
WIDTH	105 in (267 cm)
LENGTH	45 in (118 cm)
HEIGHT	46 in (116 cm)
PRODUCT WEIGHT	



3 Stack Multi-Station 9NN-M8008-60AAS	
WIDTH	108in (274.5cm)
LENGTH	136in (345.5cm)
HEIGHT	86in (281.5cm)
WEIGHT-STACK	200lb (91kg)
PRODUCT WEIGHT	1605 lb (728 kg)



Accessory Rack 9NN-R8015-60AAS	
WIDTH	70 in (178 cm)
LENGTH	30 in (76.2 cm)
HEIGHT	90 in (228.6 cm)
PRODUCT WEIGHT	152 lb (48.94 kg)



3-Tier Dumbbell Rack 9NN-R8003-60AAS	
WIDTH	36.5in (93 cm)
LENGTH	64.5in (164 cm)
HEIGHT	40 in (101.6 cm)
PRODUCT WEIGHT	198.5 lb (90 kg)



Vertical Dumbbell Rack 9NN-R8016-60AAS	
WIDTH	30.5 in (77.5 cm)
LENGTH	24 in (61 cm)
HEIGHT	62 in (157.5 cm)
PRODUCT WEIGHT	103 lb (46.72 kg)



# STRENGTH

Throwdown - Freeweights



- URETHANE DUMBBELLS
- Solid steel heads
  - Premium hard-wearing urethane coating
  - Stainless steel ring at joint
  - Stainless steel grips (5-20 lb are 29 mm,
  - 25-125 lb are 35 mm diameter grips.)
  - Head Diameter (5-15 lb are 126mm, 20-30 lb are 155mm, 35-125 lb are 205mm)

# SETS

URETHANE DUMBBELL - SETS LB

5 - 25 lb Set	WT	5 lb	10 lb	15 lb	20 lb	25 lb
9-UDC3-SMLB-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
30 - 50 lb Set	WT	30 lb	35 lb	40 lb	45 lb	50 lb
9-UDC3-MDLB-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
55 - 75 lb Set	WT	55 lb	60 lb	65 lb	70 lb	75 lb
9-UDC3-LGLB-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
80 - 100 lb Set	WT	80 lb	85 lb	90 lb	95 lb	100 lb
9-UDC3-XLLB-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
7.5 - 27.5 lb Set	WT	7.5 lb	12.5 lb	17.5 lb	22.5 lb	27.5 lb
9-UDC3-S2LB-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
32.5 - 52.5 lb Set	WT	32.5 lb	37.5 lb	42.5 lb	47.5 lb	52.5 lb
9-UDC3-M2LB-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
5 - 100 lb Club Set (4 Sets)				9-UDC3-CLUBLB-THD-60		

URETHANE DUMBBELL - SETS KG

2.5 - 12.5 kg Set	WT	2.5 KG	5 KG	7.5 KG	10 KG	12.5 KG
9-UDC3-SMKG-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
15 - 25 kg Set	WT	15 KG	17.5 KG	20 KG	22.4 KG	25 KG
9-UDC3-MDKG-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
27.5 - 37.5 Set	WT	27.5 KG	30 KG	32.5 KG	35 KG	37.5 KG
9-UDC3-LGKG-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
40 - 50 kg Set	WT	40 KG	42.5 KG	45 KG	47.5	50 KG
9-UDC3-XLKG-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
1 - 5 kg Set	WT	1 KG	2 KG	3 KG	4 KG	5 KG
9-UDC3-S2KG-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
6 - 10 kg Set	WT	6 KG	7 KG	8 KG	9 KG	10 KG
9-UDC3-M2KG-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
2.5 - 50KG Club Set (4 Sets)				9-UDC3-CLUBKG-THD-60		

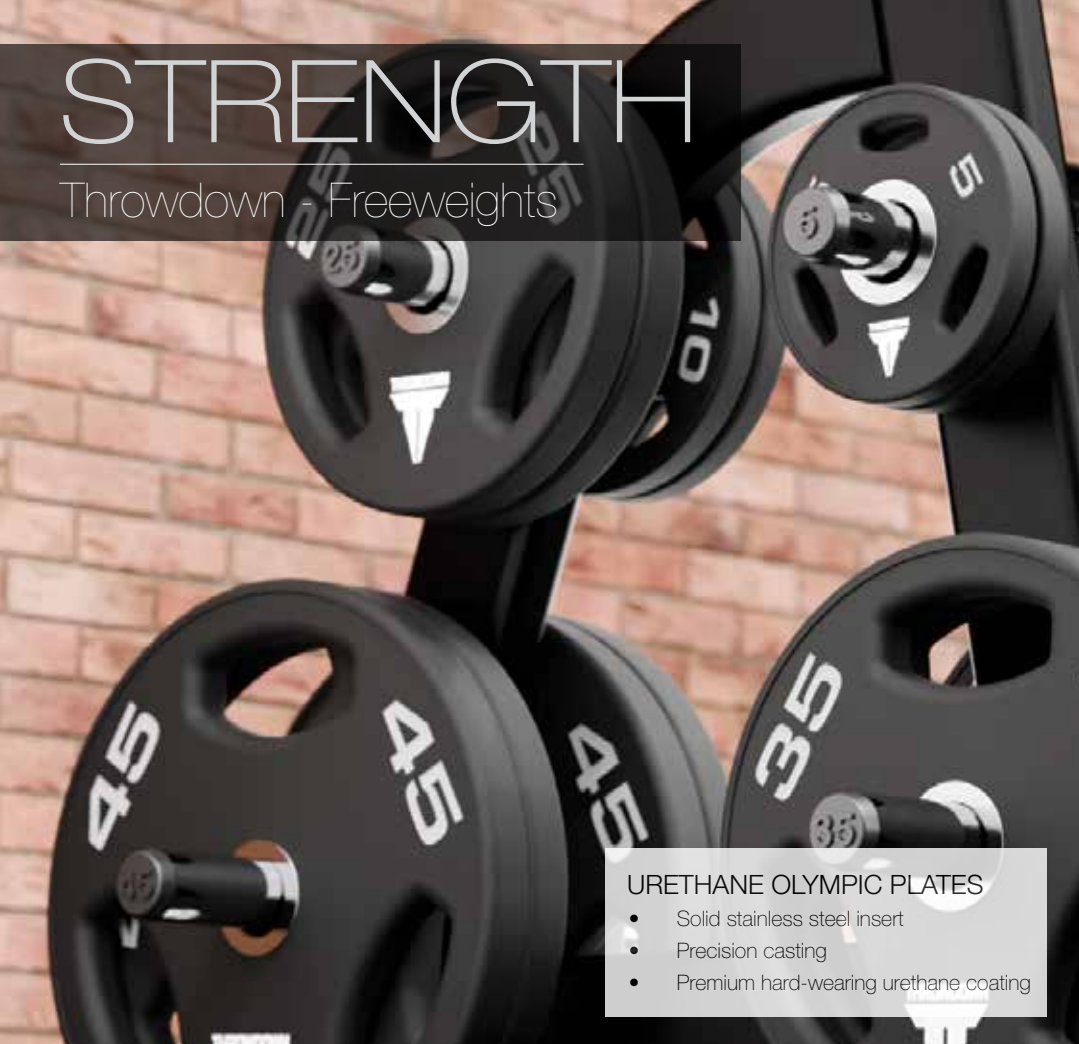
# INDIVIDUAL DUMBBELLS

URETHANE DUMBBELLS - SINGLE LB

UDC3-105LB-THD-60	WT	105 lb
UDC3-110LB-THD-60	WT	110 lb
UDC3-115LB-THD-60	WT	115 lb
UDC3-120LB-THD-60	WT	120 lb
UDC3-125LB-THD-60	WT	125 lb

URETHANE DUMBBELLS - SINGLE KG

UDC3-52.5KG-THD-60	WT	52.5 KG
UDC3-55KG-THD-60	WT	55 KG
UDC3-57.5KG-THD-60	WT	57.5 KG
UDC3-60KG-THD-60	WT	60 KG
UDC3-62.5KG-THD-60	WT	62.5 KG
UDC3-65KG-THD-60	WT	65 KG
UDC3-67.5KG-THD-60	WT	67.5 KG
UDC3-70KG-THD-60	WT	70 KG
UDC3-72.5KG-THD-60	WT	72.5 KG
UDC3-75KG-THD-60	WT	75 KG



# STRENGTH

Throwdown • Freeweights

**URETHANE OLYMPIC PLATES**

- Solid stainless steel insert
- Precision casting
- Premium hard-wearing urethane coating



**URETHANE BUMPER PLATES**

- Precision casting
- Large hard chrome plated hubs
- Premium hard-wearing urethane coating
- Beveled edges for easy pickup
- Bumper discs have 17.7" (450mm) outer diameter for 25-45 lb (IWF standards)



**BEAUTY BELLS**

- Straight knurled handles
- Chrome finish
- Stamped weight increments

## Single Plates

URETHANE OLYMPIC PLATES - SINGLE		
UPR3-2.5LB-60THD	WT	2.5 lb
UPR3-05LB-60THD	WT	5 lb
UPR3-10LB-60THD	WT	10 lb
UPR3-25LB-60THD	WT	25 lb
UPR3-35LB-60THD	WT	35 lb
UPR3-45LB-60THD	WT	45 lb

URETHANE BUMPER PLATES - SINGLE		
UBP-05KG-THD-60	WT	5 KG
UBP-10KG-THD-GRN	WT	10 KG
UBP-15KG-THD-YLW	WT	15 KG
UBP-20KG-THD-BLU	WT	20 KG
UBP-25KG-THD-RED	WT	25 KG

URETHANE OLYMPIC PLATES - SINGLE		
UPR3-1.25KG-THD-60	WT	1.25 KG
UPR3-2.5KG-THD-60	WT	2.5 KG
UPR3-05KG-THD-60	WT	5 KG
UPR3-10KG-THD-60	WT	10 KG
UPR3-15KG-THD-60	WT	15 KG
UPR3-20KG-THD-60	WT	20 KG
UPR3-25KG-THD-60	WT	25 KG

URETHANE BUMPER PLATES - SINGLE		
UBP-10LB-THD-GRN	WT	10 lb
UBP-25LB-THD-YLW	WT	25 lb
UBP-35LB-THD-BLU	WT	35 lb
UBP-45LB-THD-RED	WT	45 lb

## Beauty Bell Sets

BEAUTY BELL SET						
Beauty Bell Set	WT	5 lb	8 lb	10 lb	12 lb	15 lb
9-CDFLB	QTY	3 pair	3 pair	2 pair	2 pair	2 pair

BEAUTY BELL SET											
Beauty Bell Set	WT	1 KG	2 KG	3 KG	4 KG	5 KG	6 KG	7 KG	8 KG	9 KG	10 KG
9-CDFKG	QTY	1 pair	1 pair	1 pair	1 pair	1 pair	1 pair	1 pair	1 pair	2 pair	2 pair



# STRENGTH

Throwdown - Barbells

### STRAIGHT BARBELLS

- Solid steel heads
- Premium hard-wearing urethane coating
- 10 lb increments
- Stainless steel ring at joint
- Ultra-durable hard chrome plated grips in 32 mm (20-50 lb) and 34 mm (60-110 lb) diameter grips

# Sets

### STRAIGHT BARBELL SET

Straight Barbell Set	WT	20 lb	30 lb	40 lb	50 lb	60 lb	70 lb	80 lb	90 lb	100 lb	110 lb
9-UBS-CLUBLB-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each

### STRAIGHT BARBELL SET

Straight Barbell Set	WT	10 KG	12.5 KG	15 KG	17.5 KG	20 KG	25 KG	30 KG	35 KG	40 KG	45 KG
9-UBS-CLUBKG-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each

### EZ CURL BARBELL SET

EZ Curl Barbell Set	WT	20 lb	30 lb	40 lb	50 lb	60 lb	70 lb	80 lb	90 lb	100 lb	110 lb
9-UBC-CLUBLB-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each

### EZ CURL BARBELL SET

EZ Curl Barbell Set	WT	10 KG	12.5 KG	15 KG	17.5 KG	20 KG	25 KG	30 KG	35 KG	40 KG	45 KG
9-UBC-CLUBKG-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each

### EZ CURL BARBELLS

- Solid steel heads
- Premium hard-wearing urethane coating
- 10 lb increments
- Stainless steel ring at joint
- Ultra-durable hard chrome plated grips in 32 mm (20-50 lb) and 34 mm (60-110 lb) diameter grips

# CUSTOMIZATION

Brand is everything. And now, you can make an even longer lasting impression with customized free weights. With custom colored urethane and up to 2-color logos on weights, plates, dumbbells and barbells you can enhance your brand. Put your best foot forward with Throwdown custom free weights.





# STRENGTH

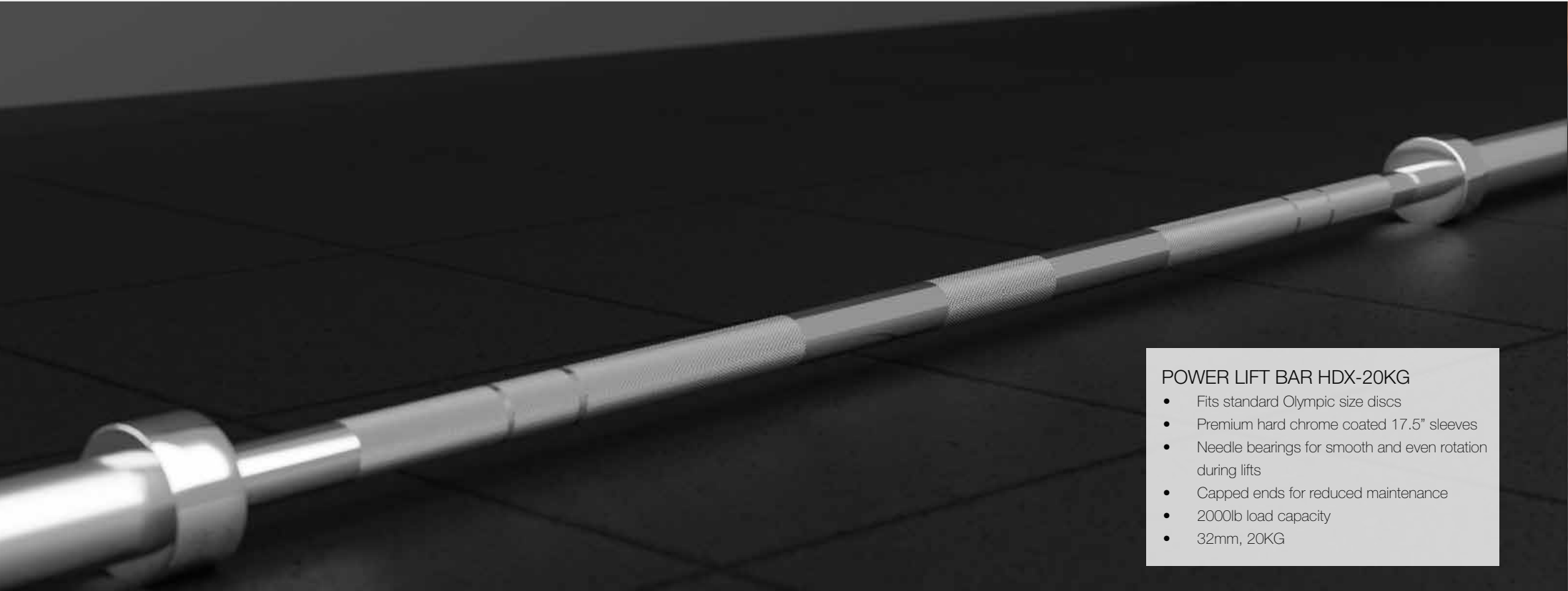
## Throwdown Bars



- OLYMPIC LIFT BAR HDR-20KG**
- Fits standard Olympic size discs
  - Premium hard chrome coated 17.5" sleeves
  - Needle bearings for smooth and even rotation during lifts
  - Capped ends for reduced maintenance
  - 2000lb load capacity
  - 28mm, 20KG



- EZ CURL BAR CBC-4**
- Fits standard Olympic size discs
  - Hard Chrome Coating
  - Capped ends for reduced maintenance
  - 30mm diameter



- POWER LIFT BAR HDX-20KG**
- Fits standard Olympic size discs
  - Premium hard chrome coated 17.5" sleeves
  - Needle bearings for smooth and even rotation during lifts
  - Capped ends for reduced maintenance
  - 2000lb load capacity
  - 32mm, 20KG



- HEX TRAP BAR TB-7**
- Fits standard Olympic size discs
  - Hard Chrome Coating
  - Capped ends for reduced maintenance
  - 32mm grip diameter



# FUNCTIONAL TRAINING

For 20 years, Throwdown has offered unique workout opportunities that add diversity and challenge to any exercise routine. From functional training zones and innovative equipment that optimize movement efficiency, to boxing, mixed martial arts, and more, Throwdown products are the differentiator in any facility.





# FUNCTIONAL TRAINING

Throwdown - Alpha XTC Rigs



Personal Training Center 9-PTC-60THD

LENGTH	290 in (737 cm)
WIDTH	235 in (598 cm)
HEIGHT	105 in (267 cm)
RECOMMENDED FLOOR SPACE	24' x 26' (7.3 x 7.9 m)
CONSTRUCTION	11-gauge steel, 3"x6" (7.5cm x 15cm) tubing
FINISH	Electrostatic Powder coating



Functional Strength Station 9-WR1-60THD

LENGTH	60 (153 Cm)
WIDTH	54 in (139 cm)
HEIGHT	105 in (268 cm)
RECOMMENDED FLOOR SPACE	14' x 14' (4.27m x 4.27m)
CONSTRUCTION	11-gauge steel, 3"x6" (7.5cm x 15cm) tubing
FINISH	Electrostatic Powder coating

*\*Accessories not included*



Functional Core Station 9-WR2-60THD

LENGTH	69 in (175 cm)
WIDTH	56 in (144 cm)
HEIGHT	105 in (268 cm)
RECOMMENDED FLOOR SPACE	14' x 14' (4.27m x 4.27m)
CONSTRUCTION	11-gauge steel, 3"x6" (7.5cm x 15cm) tubing
FINISH	Electrostatic Powder coating

*\*Accessories not included*

[Check out page 74 to see out shorter AXTC - Suitable for our Light Commercial Solutions](#)

Throwdown - Alpha XTC Accessories



4' Core 73-00221-60

LENGTH	46 in (116 cm)
WIDTH	48 in (123 cm)
HEIGHT	105 in (267 cm)
CONSTRUCTION	11-gauge steel, 3"x6" (7.5cm x 15cm) tubing
FINISH	Electrostatic Powder coating



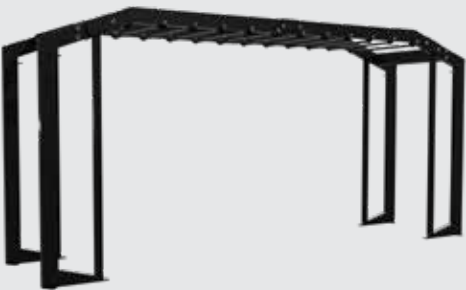
4' Add-On 73-00190-60

LENGTH	46 in (116 cm)
WIDTH	45 in (118 cm)
HEIGHT	105 in (267 cm)
CONSTRUCTION	11-gauge steel, 3"x6" (7.5cm x 15cm) tubing
FINISH	Electrostatic Powder coating



20' Bridge 73-00222-60

LENGTH	225 in (572 cm)
WIDTH	57 in (146 cm)
HEIGHT	105 in (267 cm)
CONSTRUCTION	11-gauge steel, 3"x6" (7.5cm x 15cm) tubing
FINISH	Electrostatic Powder coating



16' Bridge 73-00223-60

LENGTH	177 in (450 cm)
WIDTH	57 in (146 cm)
HEIGHT	105 in (267 cm)
CONSTRUCTION	11-gauge steel, 3"x6" (7.5cm x 15cm) tubing
FINISH	Electrostatic Powder coating



# FUNCTIONAL TRAINING

## Alpha XTC Attachments



**WIDE SHELF, 4'**  
SKU: 52-00124-60-KT



**WIDE SHELF, 6'**  
SKU: 52-00125-60-KT



**STABILITY BALL SHELF, 6'**  
SKU: 52-00156-60-KT



**DUMBBELL SHELF, 6'**  
SKU: 73-00266-60-KT



**DUMBBELL SHELF, 4'**  
SKU: 73-00280-60-KT



**STORAGE BIN, 4'**  
SKU: 71-00402-60-KT



**STORAGE PIN**  
SKU: 52-00139-60-KT



**STORAGE PEG**  
SKU: 71-00357-60-KT



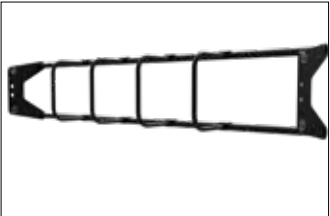
**BARBELL STORAGE**  
SKU: 73-00239-60-KT



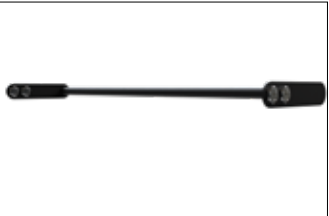
**BALANCE BALL**  
SKU: 73-00191-60-KT



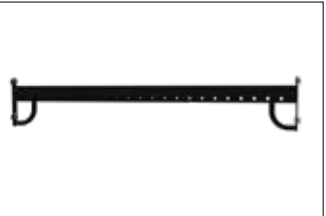
**PLYO SHELF**  
SKU: 52-00158-60-KT



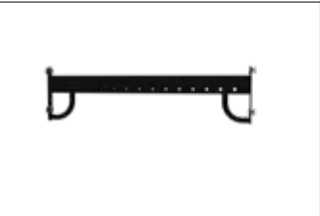
**ROLLER STORAGE KIT, 6'**  
SKU: 73-00197-60-KT



**ROLLER CONTAINMENT, 4'**  
SKU: 73-00196-60-KT



**XTC CROSSMEMBER, 6'**  
SKU: 52-00114-60-KT



**XTC CROSSMEMBER, 4'**  
SKU: 52-00113-60-KT



**ROPE ANCHOR RIG MOUNT**  
SKU: 71-00308-60-KT



**SQUAT STATION**  
SKU: 73-00151-60-KT



**ATTACHMENT POINT**  
SKU: 72-00108-60-KT



**LANDMINE RIG MOUNT**  
SKU: 71-00227-60-KT



**BAR STORAGE**  
SKU: 71-00267-60-KT



**PLATE STORAGE, 6'**  
SKU: 73-00242-60-KT



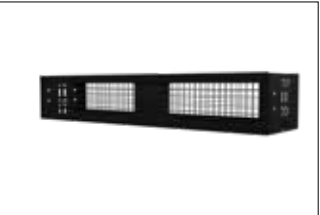
**PLATE STORAGE, 4'**  
SKU: 71-00363-60-KT



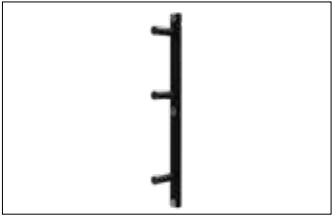
**LOCKING DRAWER, 4'**  
SKU: 73-00268-60-KT



**LOCKING DRAWER, 6'**  
SKU: 73-00269-60-KT



**STORAGE BIN, 6'**  
SKU: 52-00127-60-KT



**WEIGHT PLATE  
STORAGE HANGER**  
SKU: 73-00162-60-KT



**PULL UP BAR ADD-ON**  
SKU: 73-00192-60-KT



**BAG HANGER**  
SKU: 73-00158-60-KT



**VERTICAL DUMBBELL RACK**  
SKU: 71-00367-29-KT



**ROPE HANGER, PTC**  
SKU: 73-00194-60-KT

# FUNCTIONAL TRAINING

Throwdown XTC Rigs



## XTC 4x14 Standard 9-XTC-414C-60THD

RECOMMENDED FLOOR SPACE		14' X 24' (4.26 X 7.32M)
INCLUDES:		
BALL SHELF, 4' X4	STORAGE PIN X4	
BAR STORAGE X2	SQUAT STATION, 4' X2	
PLATE STORAGE, 4' X2	TARGET + DPU ADAPTER X2	
LANDMINE, RIG MOUNT X2	VERTICAL DUMBBELL RACK X2	
ROPE ANCHOR, RIG MOUNT X2	WIDE SHELF, 4' X2	
STORAGE BIN, 6' X1	XTC CROSSMEMBER, 6' X1	

## XTC 4X24 STANDARD 9-XTC-424C-60THD

RECOMMENDED FLOOR SPACE		14' X 34' (4.26 X 10.36M)
INCLUDES:		
BALL SHELF, 4' X4	ROPE ANCHOR, RIG MOUNT X2	
BAR STORAGE X2	STORAGE BIN, 6' X2	
DIP BAR X2	STORAGE PIN X8	
LANDMINE, RIG MOUNT X2	SQUAT STATION, 4' X2	
MEGA GRIP PULLUP BAR, 4' X1	TARGET + DPU ADAPTER X2	
MUSCLE UP ATTACHMENT X1	VERTICAL DUMBBELL RACK X2	
NEUTRAL GRIP PULLUP X2	WIDE SHELF, 4' X6	
PLATE STORAGE, 4' X2	XTC CROSSMEMBER, 6' X2	

## XTC 4X34 STANDARD 9-XTC-434C-60THD

RECOMMENDED FLOOR SPACE		14' X 44' (4.26 X 13.41M)
INCLUDES:		
BALL SHELF, 4' X8	STORAGE PIN X8	
BAR STORAGE X4	SQUAT STATION, 4' X4	
LANDMINE, RIG MOUNT X4	TARGET + DPU ADAPTER X4	
NEUTRAL GRIP PULLUP X1	VERTICAL DUMBBELL RACK X2	
PLATE STORAGE, 4' X4	WIDE SHELF, 4' X4	
ROCK GRIP PULLUP X1	WIDE SHELF, 6' X3	
ROPE ANCHOR, RIG MOUNT X4	XTC CROSSMEMBER, 6' X2	
STORAGE BIN, 6' X2		

\*PICTURED ABOVE



## XTC 2x4 Compact 9-XTC-204C-60THD

RECOMMENDED FLOOR SPACE		14' X 12' (4.5M X 4M)
INCLUDES:		
BALL SHELF, 4' X1		
BAR STORAGE X1		
PLATE STORAGE, 4' X1		
SQUAT STATION X1		
WIDE SHELF, 4' X1		



## XTC 4x4 Compact 9-XTC-404C-60THD

RECOMMENDED FLOOR SPACE		14' X 14' (4.5M X 4.5M)
INCLUDES:		
BALL SHELF, 4' X1		
BAR STORAGE X1		
PLATE STORAGE, 4' X1		
SQUAT STATION X1		
WIDE SHELF, 4' X2		



## XTC 2x8 Compact 9-XTC-208C-60THD

RECOMMENDED FLOOR SPACE		18' X 12' (5.5M X 4M)
INCLUDES:		
TRIANGLE PULL UP BAR X1		
DIP BAR X1		
WIDE SHELF, 4' X6		

## CUSTOM COLORS

We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Throwdown XTC rigs in a variety of custom color options.



BLACK -60



SILVER -29



KARMINROT -30



ULTRAMARINE BLUE -73




GALVANIZED -01




# FUNCTIONAL TRAINING


## Throwdown - Attachments




**DUAL POST MOUNT LOCATIONS**




**FLYING PULLUP BAR, 4'**  
SKU: 51-00246-60-KT  
MOUNT: DUAL POST



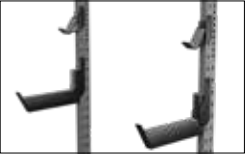
**TRIANGLE PULLUP BAR, 4'**  
SKU: 51-00252-60-KT  
MOUNT: DUAL POST



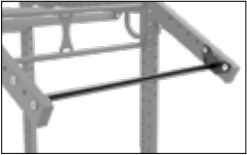
**ROCK GRIP PULLUP**  
SKU: 71-00229-60-KT  
MOUNT: DOUBLE PULLUP BAR




**NEUTRAL GRIP PULLUP**  
SKU: 71-00268-60-KT  
MOUNT: DOUBLE PULLUP BAR




**SQUAT STATION**  
SKU: 73-00120-60-KT  
MOUNT: DUAL POST




**MEGA GRIP PULLUP BAR, 4'**  
SKU: 51-00293-60-KT  
MOUNT: MUSCLEUP/POST




**SINGLE POST MOUNT LOCATIONS**



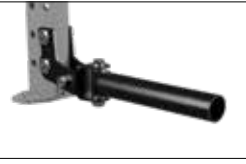
**UNIVERSAL CLIP ATTACHMENT**  
SKU: 72-00108-60-KT  
MOUNT: POST




**STEP-UP**  
SKU: 71-00100-60-KT  
MOUNT: POST



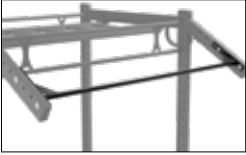
**DIP BAR**  
SKU: 71-00101-60-KT  
MOUNT: POST




**LANDMINE, RIG MOUNT**  
SKU: 71-00227-60-KT  
MOUNT: POST




**BAR STORAGE**  
SKU: 71-00267-60-KT  
MOUNT: POST




**MEGA GRIP PULLUP BAR, 6'**  
SKU: 51-00314-60-KT  
MOUNT: MUSCLEUP/POST




**TARGET + DPU ADAPTER**  
SKU: 73-00121-29THD-KT  
MOUNT: DOUBLE PULLUP BAR



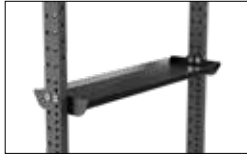
**XTC CROSSMEMBER, 6'**  
SKU: 52-00114-60-KT  
MOUNT: DUAL POST




**XTC CROSSMEMBER, 4'**  
SKU: 52-00113-60-KT  
MOUNT: DUAL POST




**WIDE SHELF, 6'**  
SKU: 52-00125-60-KT  
MOUNT: DUAL POST



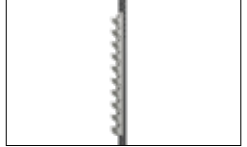
**WIDE SHELF, 4'**  
SKU: 52-00124-60-KT  
MOUNT: DUAL POST




**BALL SHELF, 4'**  
SKU: 71-00271-60-KT  
MOUNT: DUAL POST




**ROPE HANGER**  
SKU: 71-00360-60-KT  
MOUNT: POST




**VERTICAL DUMBBELL RACK**  
SKU: 71-00367-60-KT  
MOUNT: POST




**ROPE ANCHOR, RIG MOUNT**  
SKU: 71-00308-60-KT  
MOUNT: POST




**STORAGE PEG**  
SKU: 71-00357-60-KT  
MOUNT: POST




**CROSSMEMBER EXTENSION**  
SKU: 52-00144-60-KT  
MOUNT: POST




**KETTLEBELL SHELF, 4'**  
SKU: 73-00122-60-KT  
MOUNT: DUAL POST




**PLATE STORAGE, 4'**  
SKU: 71-00363-60-KT  
MOUNT: DUAL POST




**STABILITY BALL SHELF, 6'**  
SKU: 52-00156-60-KT  
MOUNT: DUAL POST




**PLYO SHELF, 6'**  
SKU: 73-00128-60-KT  
MOUNT: DUAL POST




**PLATE STORAGE, 6'**  
SKU: 73-00242-60-KT  
MOUNT: DUAL POST




**DUMBBELL SHELF, 4'**  
SKU: 73-00280-60-KT  
MOUNT: DUAL POST




**DUMBBELL SHELF, 6'**  
SKU: 73-00266-60-KT  
MOUNT: DUAL POST




**MUSCLE UP ATTACHMENT**  
SKU: 52-00122-60-KT  
MOUNT: DUAL POST




**TARGET**  
SKU: 72-00133-29THD-KT  
MOUNT: POST




**HEX BARBELL STORAGE KIT**  
SKU: 73-00239-60-KT  
MOUNT: POST




**XTC WEIGHT HORN (LEFT, RIGHT)**  
SKU: 72-00142-XX-KT (LEFT)  
72-00143-XX-KT (RIGHT)  
MOUNT: POST




**LOCKING DRAWER, 4'**  
SKU: 73-00268-60-KT  
MOUNT: DUAL POST



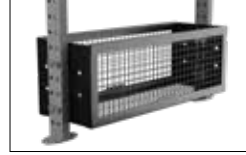
**LOCKING DRAWER, 6'**  
SKU: 73-00269-60-KT  
MOUNT: DUAL POST




**LOCKABLE BIN, 4'**  
SKU: 73-00282-60-KT  
MOUNT: DUAL POST




**LOCKABLE BIN, 6'**  
SKU: 73-00283-60-KT  
MOUNT: DUAL POST




**STORAGE BIN, 4'**  
SKU: 71-00402-60-KT  
MOUNT: DUAL POST




**STORAGE BIN, 6'**  
SKU: 52-00127-60-KT  
MOUNT: DUAL POST



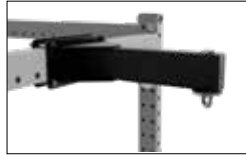
**CROSSMEMBER MOUNT LOCATIONS**



**TARGET**  
SKU: 72-00133-29THD-KT  
MOUNT: CROSSMEMBER



**STORAGE PIN**  
SKU: 52-00139-60-KT  
MOUNT: CROSSMEMBER



**BAG HANGER**  
SKU: 71-00323-60-KT  
MOUNT: CROSSMEMBER

# FUNCTIONAL TRAINING

## Throwdown



### XTR™ Storage

Throwdown XTR Storage is built to be both functional and durable. Simple intricate designs keep the area around the training center clutter free and safe for all members. Each piece provides a specific storage solution for all of your functional training accessories.

### Throwdown FXD Bench

The FXD Bench is a multi-functional bench with integrated storage. The bench was designed for efficient use with a live or virtual on-screen instructor. It allows most exercises to be accomplished while facing the instructor. The layout of the bench and modular attachment points facilitate quick transitions between exercises.



Shown with optional Knux FXD Bench Set (Sku: TD-KNX-FXD-SET ) which includes a set of 1lb, 2lb and 3lb Knux plus the Knux Holder



**XTR STANDARD STORAGE**  
9-XTR-6061-60



**XTR BALL STORAGE**  
9-XTR-6062-60



**XTR SUSPENSION STORAGE**  
9-XTR-6063-60



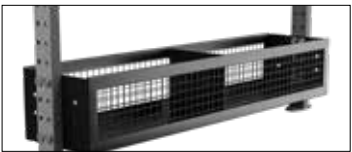
STABILITY BALL SHELF, 6'



WIDE SHELF, 6'



XTC CROSSMEMBER, 6'



STORAGE BIN, 6'



STORAGE PIN

LENGTH	44.1 IN (112 CM)
WIDTH	16.5 IN (42 CM)
HEIGHT	16.9 IN (42.9 CM)
INTERNAL STORAGE DIMENSIONS (LXWXD)	5.25 x 23 x 11.5 IN (13.3 x 58.4 x 29.2 CM)
BENCH WEIGHT	138 LB (62.8 KG)
ACCESSORY WEIGHT	164 LB (74.5 KG)
PRODUCT WEIGHT	302 LB (137.2 KG)
SHIPPING WEIGHT	350 LB (159 KG)
STANDARD FRAME COLOR OPTIONS	Black
STANDARD UPHOLSTERY COLOR OPTIONS	Black
CONSTRUCTION	Steel Frame, Molded Foam Cushion

#### PUSH POSITION



#### PULL POSITION



- LB ACCESSORY KIT:**  
(2) 5 LB Dumbbells, (2) 10 LB Dumbbells, (2) 15 LB Dumbbells  
(2) 20 LB Dumbbells, (1) 15 LB Kettlebell,  
(1) 30 LB Kettlebell, (1) 15 LB Slam Ball,  
(2) Level 1 Sleeved Resistance Tubes  
(2) Level 2 Sleeved Resistance Tubes,  
(2) Level 3 Sleeved Resistance Tubes,  
(2) Resistance Tube Handle Attachments,  
(2) Resistance Tube Ankle Attachments

- KG ACCESSORY KIT:**  
(2) 4 KG Dumbbells, (2) 6 KG Dumbbells, (2) 8 KG Dumbbells  
(2) 10 KG Dumbbells, (1) 8 KG Kettlebell,  
(1) 14 KG Kettlebell, (1) 8 KG Slam Ball,  
(2) Level 1 Sleeved Resistance Tubes  
(2) Level 2 Sleeved Resistance Tubes,  
(2) Level 3 Sleeved Resistance Tubes,  
(2) Resistance Tube Handle Attachments,  
(2) Resistance Tube Ankle Attachments



# IMPACT SPORTS

Designed to meet the rigorous demands of athletes and enthusiasts alike, Throwdown offers premium training equipment, including striking bags, functional rigs, and versatile accessories. With a focus on durability, safety, and cutting-edge design, Throwdown Impact Sports supports training across disciplines such as mixed martial arts, boxing, and high-intensity interval training (HIIT). By blending high-quality materials with expert craftsmanship, Throwdown empowers users to push their limits, achieve their goals, and make an impact in every workout.



# IMPACT SPORTS

Throwdown - SSTT



\*OPTIONAL LAYOUT EXAMPLE

## Throwdown Single Station Training Tree

Throwdown's Single Station Training Tree is a space efficient solution to offer impact fitness in any facility. This floor mounted bag rack can be used as a single unit in an open gym layout or as a series in a row to create the perfect group exercise experience. The Throwdown SSTT bag racks blend the best of impact sports and functional training to help members meet their goals.



SSTT 9-SSTT-60

LENGTH	46.2" (117.3 CM)
WIDTH	12" (20.5 CM)
HEIGHT	96.2" (244.4 CM)
RECOMMENDED FLOOR SPACE	4' x 7' (122 CM x 213 CM)
CONSTRUCTION	7-gauge steel, 4" x 4" (10 Cm x 10 Cm) tubing
FINISH	Electrostatic Powder Coating
SHIPPING WEIGHT	130 LB (59 KG)
SHIPPING DIMENSIONS	96.5" x 42.25" x 12" (245 Cm x 107 Cm x 30.5 Cm)

### OPTIONAL ATTACHMENTS



MEGA GRIP PULL UP BAR, 4'  
SKU: 51-00293-60-KT



BALLET BAR SET, 4'  
SKU: 73-00187-60



BALLET BAR ADD-ON SET, 4'  
SKU: 73-00188-60

## COLOR CUSTOMIZATION

We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Throwdown Single Station Training Tree in a variety of custom color options.



BLACK -60



SILVER - 29



KARMINROT -30



ULTRAMARINE BLUE -73



# IMPACT SPORTS

Throwdown - FBR



\*OPTIONAL LAYOUT EXAMPLE

## FBR 6x12 9-FBR-0612-60

LENGTH	153.95" (391 CM)
WIDTH	81.95" (208 CM)
HEIGHT	102" (259 CM)
RECOMMENDED FLOOR SPACE	11' X 17' (3.35 M X 5.18 M)
BAG SPACING	4.5' (137 CM)
CONSTRUCTION	7-GAUGE STEEL, 4"x4" (10CM X 10CM) TUBING
FINISH	ELECTROSTATIC POWDER COATING

## FBR 6x24 9-FBR-0624-60

LENGTH	297.9" (756.7 CM)
WIDTH	81.95" (208 CM)
HEIGHT	102" (259 CM)
RECOMMENDED FLOOR SPACE	11' X 29' (3.35 X 8.8 M)
BAG SPACING	4.5' (137 CM)
CONSTRUCTION	7-GAUGE STEEL, 4"x4" (10CM X 10CM) TUBING
FINISH	ELECTROSTATIC POWDER COATING

## FBR 12x12 9-FBR-1212-60

LENGTH	153.95" (391CM)
WIDTH	153.95" (391CM)
HEIGHT	102" (259 CM)
RECOMMENDED FLOOR SPACE	17'X 17' (5.2 X 5.2 M)
BAG SPACING	4.5' (137 CM)
CONSTRUCTION	7-GAUGE STEEL, 4"x4" (10CM X 10CM) TUBING
FINISH	ELECTROSTATIC POWDER COATING

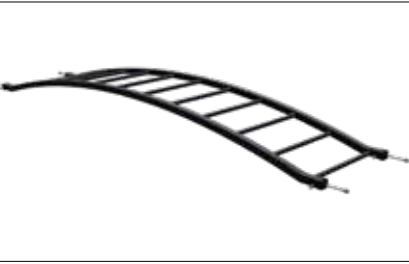
## FBR 12x24 9-FBR-1224-60

Length	297.9" (756.7CM)
Width	153.95" (391CM)
Height	102" (259CM)
Recommended Floor Space	17' X 29' (5.2 X 8.8 M)
Bag Spacing	4.5' (137 Cm)
Construction	7-gauge steel, 4"x4" (10cm x 10cm) tubing
Finish	Electrostatic Powder coating

## FBR 24x24 9-FBR-2424-60

Length	297.9" (756.7 CM)
Width	297.9" (756.7 CM)
Height	102" (259 CM)
Recommended Floor Space	29' X 29' (8.8 X 8.8 M)
Bag Spacing	4.5' (137 Cm)
Construction	7-gauge steel, 4"x4" (10cm x 10cm) tubing
Finish	Electrostatic Powder coating

## optional attachments



MONKEY BARS

SKU: 71-00143-60

MOUNT: CROSSMEMBER



PULL UP

SKU: 71-00377-60

MOUNT: CROSSMEMBER



ADD-ON BEAM

SKU: 73-00130-60

MOUNT: CROSSMEMBER

# IMPACT SPORTS

Throwdown - ABR



9x18 ABR 8-Bag 9-ABR-1808-60

LENGTH	226" (574 CM)
WIDTH	118" (300 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	19' X 28' (5.8 X 8.5 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	8
CONSTRUCTION	7-GAUGE STEEL, 4"X 4" (10CM X 10CM) TUBING
FINISH	ELECTROSTATIC POWDER COATING

9x18 ABR 12-Bag 9-ABR-1812-60

LENGTH	267" (680 CM)
WIDTH	118" (300 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	19' X 32' (5.8 X 9.8 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	12
CONSTRUCTION	7-GAUGE STEEL, 4"X 4" (10CM X 10CM) TUBING
FINISH	ELECTROSTATIC POWDER COATING

9x18 ABR 16-Bag 9-ABR-1816-60

LENGTH	267" (680 CM)
WIDTH	152" (386 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	22' X 32' (6.7 X 9.8 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	16
CONSTRUCTION	7-GAUGE STEEL, 4"X 4" (10CM X 10CM) TUBING
FINISH	ELECTROSTATIC POWDER COATING



9x36 ABR 16-Bag 9-ABR-3616-60

LENGTH	441" (1122 CM)
WIDTH	118" (300 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	19' x 46' (5.8 x 14 M)
BAG SPACING	4.5' (137 Cm)
BAG POSITIONS	16
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating



9x36 ABR 24-Bag 9-ABR-3624-60

LENGTH	484" (1228 CM)
WIDTH	152" (386 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	22' x 50' (6.7 x 15.2 M)
BAG SPACING	4.5' (137 Cm)
BAG POSITIONS	24
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating



9x36 ABR 20-Bag 9-ABR-3620-60

LENGTH	484" (1228 CM)
WIDTH	118" (300 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	19' x 50' (5.8 x 15.2 M)
BAG SPACING	4.5' (137 Cm)
BAG POSITIONS	20
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating



9x36 ABR 28-Bag 9-ABR-3628-60

LENGTH	484" (1228 CM)
WIDTH	152" (386 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	22' x 50' (6.7 x 15.2 M)
BAG SPACING	4.5' (137 Cm)
BAG POSITIONS	28
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating



9x18 ABR 20-Bag 9-ABR-1820-60

LENGTH	267" (680 CM)
WIDTH	152" (386 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	22' x 32' (6.7 x 9.8 M)
BAG SPACING	4.5' (137 Cm)
BAG POSITIONS	20
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating



9x36 ABR 36-Bag 9-ABR-3636-60

LENGTH	484" (1228 CM)
WIDTH	152" (386 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	22' x 50' (6.7 x 15.2 M)
BAG SPACING	4.5' (137 Cm)
BAG POSITIONS	36
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating



# IMPACT SPORTS

## Throwdown



**FEATURES:**

**Versatile Base:** Weighted base includes integrated handles for use as footholds during abdominal exercises and handholds for various workouts. These handles also serve as anchor points for resistance bands, straps, and battle ropes. The base can be filled with water, aqueous gel, sand, or steel shot for stability.

**Advanced Shock Absorption:** A dampening tank and elastic diaphragm reduce impact (absorbing stikes), prevent tipping with enhanced balance, and minimize injury risk.

Freestanding Punching Bag  
9-TD-FHB1-35THD

HEIGHT	67" (171cm)
WIDTH	24" (61cm)
LENGTH	24" (61cm)
MACHINE WEIGHT	117 LBS (18.9 KG)



BoxMaster PRO 9BM-K9601

HEIGHT	82 in (208 cm)
WIDTH	33 in (84 cm)
LENGTH	30 in (76 cm)
MACHINE WEIGHT	222 LB (100 KG)



Boxmaster PRO Quad 9BM-K9604

HEIGHT	82 in (208 cm)
WIDTH	75 in (185 cm)
LENGTH	73 in (183 cm)
MACHINE WEIGHT	1214LB (551 KG)

**OPTIONAL**



BASEPLATE 400-1120



KICK PAD 731-5674



Dual Base 9BM-K9405

HEIGHT	11.7 in (29 cm)
WIDTH	42.9 in (108.8 cm)
LENGTH	109.6 in (278.5 cm)



Stance Mat 731-9445

HEIGHT	.12 in (3 mm)
WIDTH	51 in (1295 mm)
LENGTH	106 in (2692 mm)



Education Stand 9-BMES-60ENG

HEIGHT	58.7 in (1492 mm)
WIDTH	15.7 in (400 mm)
LENGTH	15.7 in (400 mm)





# FIT ACCESSORIES

Throwdown



### FOAM ROLLERS

- High density foam
  - Therapeutic benefits
  - Roller maintains its form and feel
  - Two sizes available: 18" and 36" long
    - Black
  - Sold individually
- SKU: 18" (TD-FMR-18)  
SKU: 36" (TD-FMR-36)



### EXERCISE MATS

- Closed cell foam is light and resilient
  - Includes eyelets for hanging storage
  - Provides a base for comfortable floor exercises and stretching
    - Black
  - Sold individually
- SKU: 21" x 48" (TD-EXM-48)  
SKU: 21" x 66" (TD-EXM-66)



### AGILITY CONES

- Stackable & Lightweight
  - Improve speed, agility, balance and coordination
    - 5" x 1.25"
    - Light Grey
  - Sold in sets of 10
- SKU: TD-AC



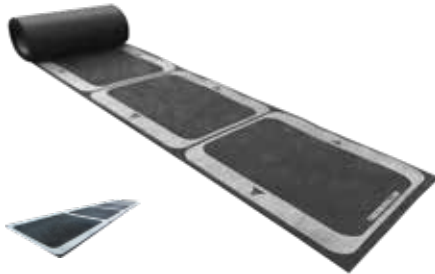
### AGILITY DOTS

- Soft, flexible, plastic non-slide markers
    - 7" diameter
    - Black/Grey
  - Sold in sets of 12
- SKU: TD-DOT-SET



### PREMIUM ABDOMINAL WHEELS

- Simple, yet effective training tool that targets the abs, shoulders and back
  - Smooth, 8" rubber wheel with ball bearings
    - Padded handles
    - 8" x 8" x 11"
    - Grey/Black
  - Sold individually
- SKU: TD-ABW



### AGILITY LADDERS

- Premium black recycled rubber
  - Improve speed, agility, balance and coordination
    - 16' x 15"
    - Black/Grey
  - Sold individually
- SKU: TD-AGL



### FLOOR SLIDERS

- Efficient design invites multiple bodyweight exercises with maximum range of motion
    - For carpet and turf
    - Black
  - Sold in pairs
- SKU: TD-FLS



### JUMP ROPES

- Rubber rope for speed
  - Ergonomically designed handle with internal ball-bearing eliminates rope curling
    - Three, color coded lengths
    - Sold individually
- SKU: 8' Yellow - (TD-JR-8)  
SKU: 9' Neon Green - (TD-JR-9)  
SKU: 10' Blue - (TD-JR-10)



# FIT ACCESSORIES

## Throwdown



### SPEED ROPES

- Adjustable, black coated wire rope
  - Polymer handles with precision ball bearings
  - Sold individually
- SKU: TD-SR



### DYNAMIC RESISTANCE BANDS

- Made of latex, each band varies in color, width, thickness and tension for specialized training
  - Sold individually
- SKU: Level 1 - 1/2" Red (TD-RB-L1)  
SKU: Level 2 - 3/4" Black (TD-RB-L2)  
SKU: Level 3 - 1 1/4" Purple (TD-RB-L3)  
SKU: Level 4 - 1 3/4" Green (TD-RB-L4)  
SKU: Level 5 - 2 1/2" Blue (TD-RB-L5)  
SKU: Level 6 - 3 1/4" Orange (TD-RB-L6)



### MINI RESISTANCE BANDS

- Each band varies in color, thickness & tension for specialized training.
  - 2" wide x 12" diameter, made of latex
  - Sold in sets of 5
- SKU: Assorted Set - One Each (TD-MRB-SET)  
SKU: Level 1 - Yellow (TD-MRB-L1-SET)  
SKU: Level 2 - Green (TD-MRB-L2-SET)  
SKU: Level 3 - Blue (TD-MRB-L3-SET)  
SKU: Level 4 - Black (TD-MRB-L4-SET)  
SKU: Level 5 - Red (TD-MRB-L5-SET)



### SLEEVED RESISTANCE TUBING

- Padded, textured handles for a firm, comfortable grip
  - Five tensions
  - Grey/Color coded
  - Sold individually
- SKU: Level 1 Orange (TD-ST-L1)  
SKU: Level 2 Black (TD-ST-L2)  
SKU: Level 3 Purple (TD-ST-L3)  
SKU: Level 4 Green (TD-ST-L4)  
SKU: Level 5 Blue (TD-ST-L5)



### PORTABLE LEGEND LANDMINES

- Steel construction
  - Conveniently secured using two bumper plates
  - Compatible with most barbells
  - Black
  - Sold individually
- SKU: TD-PLM



### STATIONARY LEGEND LANDMINES

- Sturdy steel construction to build core strength
  - Bolts to any floor for worry-free stability
  - Compatible with most barbells
  - Black
  - Sold individually
- SKU: 72-00114-60



### FACILITY SERIES GROUND-N-POUND DUMMIES

- Industrial grade construction with fiber fill
  - Webbing overlays reinforced structural seams
  - Used for a variety of striking & grappling drills
  - 5.6" tall / 90 LB.
  - Black
  - Sold individually
- SKU: TD-GDM-90



### FIT DUMMIES

- Industrial grade construction with fiber fill
  - Practice and perfect a variety of lifts, carries, throws and ground techniques
  - Angled design and filling mimics a real body
  - Two sizes
  - Black
  - Sold individually
- SKU: 60 LB (TD-DMY-60-TD)  
SKU: 75 LB (TD-DMY-75-TD)



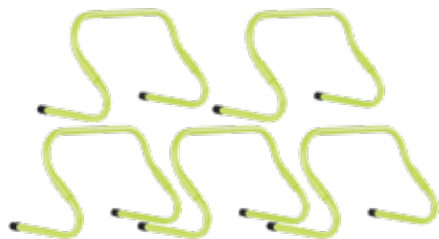
### 3-N-1 POWER PLYOS

- Sturdy foam core provides the perfect jump platform
  - Durable vinyl cover
  - Provides 20", 24" and 30" jump heights
  - Black/Color coded height designation
  - Sold individually
- SKU: TD-PB-3N1-C



### POWER PLYO SETS

- Firm foam boxes are stackable, providing seven jump heights (6", 12", 18", 24", 30", 36" and 42".)
  - Three individual boxes measuring 6", 12" and 24"
  - Durable vinyl cover with a wide 30"x36" base
  - Boxes attach with Velcro connections
  - Black/Color coded height designation
  - Sold in sets
- SKU: TD-PB-SET-C



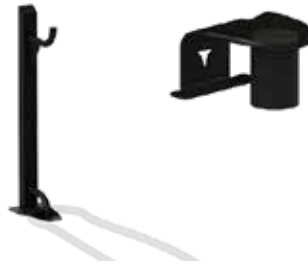
### ADJUSTABLE SPEED HURDLES

- Made of durable PVC
  - 2 height adjustments, 7" & 12"
  - Bright green
  - Sold in sets of 5
- SKU: TD-ASH



### HIIT INTERVAL WHITE BOARD MAGNETS

- White dry erase magnets provide a simple way to set up your station workouts
  - Mountable to all steel surfaces
  - 4" x 6"
  - White
  - Sold in sets of 20
- SKU: 91-00202



### ROPE ANCHORS

- Instrumental partner component for every battle rope
  - Steel Construction
  - Mounts to floor
  - Black
  - Sold individually
- SKU: [A] Standing Rope Anchor w/ Storage (52-00118-60)  
SKU: [B] Floor Mount Rope Anchor (TD-FRPA)



### BATTLE ROPES

- Heavy-duty, woven rope
  - Secured hand grips on both ends
  - Available in 20' & 30' Length
  - Collapsible
  - Sold individually
- SKU: 1.5" x 20' (TD-BTR-20-1.5)  
SKU: 1.5" x 30' (TD-BTR-1.5)  
SKU: 2" x 30' (TD-BTR-2)



### SUPER SLEDs

- Sturdy, steel construction
  - Multi-directional design for partner training
  - Multiple grip options
  - Collapsible
  - Silver/Black
  - Sold individually
- SKU: 71-00432



### SLED / CLIMBING ROPES

- Heavy-duty, woven rope
  - Secured hand grips on both ends
  - 15' & 20' full length ropes
  - Available in 1.5" diameter
  - Black
  - Sold individually
- SKU: 1.5" x 15' (TD-CLR-1.5)  
SKU: 1.5" x 20' (TD-SLR-1.5)

# FIT ACCESSORIES

## Throwdown



### OLYMPIC RINGS

- Specifically designed for suspension training
    - Complete with nylon straps
  - Great for both beginner to expert users
  - Wood ring offers a firm, comfortable grip
    - Sold in pairs
- SKU: TD-OR



### SUSPENSION TRAINERS

- Versatile training kit uses gravity to build muscle, balance and endurance
  - Includes nylon webbed straps, door anchor and carrying bag
    - Black/Grey
  - Sold individually
- SKU: TD-SST



### STABILITY BALL

- Made of anti-burst vinyl
  - Develop abdominal strength and balance
  - Ships deflated (pump not included)
    - 25.5" Diameter
    - Grey
  - Sold individually
- SKU: 55 cm (TD-STB-55)  
SKU: 65 cm (TD-STB-65)



### BALANCE TRAINER

- Non-skid, rubber platform
  - Durable, ribbed half-ball fills with air, facilitating multiple training routines
    - 25.5" Diameter
  - Air pump included
  - Grey/Black
  - Sold individually
- SKU: TD-BTP



### TEARDROP BAGS

- T-Flex Tarpoline shell with industrial fiber fill
  - Nylon, adjustable, webbed hanging straps
  - Heavy bag hardware kit included, made from custom premium wear resistant steel.
    - 14" x 35" / 75 LB.
    - Black
  - Sold individually
- SKU: TD-TDB



### UPPERCUT BAGS

- T-Flex Tarpoline shell with industrial fiber fill
  - Nylon, adjustable, webbed hanging straps
  - Heavy bag hardware kit included, made from custom premium wear resistant steel.
    - 30" x 16" / 70 LB.
    - Black
  - Sold individually
- SKU: TD-UB



### WRECKING BALL BAGS

- T-Flex Tarpoline shell with industrial fiber fill
  - Nylon, adjustable, webbed hanging straps
  - Heavy bag hardware kit included, made from custom premium wear resistant steel.
    - Tactical strap included
    - 22" x 24" / 100 LB.
    - Black
  - Sold individually
- SKU: TD-WB



### FIT BUMPER PLATES (LB)

- Made of rubber, minimizing gym noise
  - Durable stainless-steel insert
    - Color coded
    - Sold individually
- SKU: 10 LB Green (TD-BP-10)  
SKU: 25 LB Yellow (TD-BP-25)  
SKU: 35 LB Blue (TD-BP-35)  
SKU: 45 LB Red (TD-BP-45)



### MEDICINE BALLS

- Functional 14" diameter
  - Reinforced shell and soft fill material provide a balanced shape
  - Available in pounds
    - Black/Grey
  - Sold individually
- SKUS:
- |                  |                  |
|------------------|------------------|
| 5 LB (TD-MB-5)   | 15 LB (TD-MB-15) |
| 8 LB (TD-MB-8)   | 20 LB (TD-MB-20) |
| 10 LB (TD-MB-10) | 25 LB (TD-MB-25) |



### SLAM BALLS (LB)

- Rubberized shell provides a non-slip grip
    - 9" diameter and 11" diameter
  - Available in both pounds & kilograms
    - Black/Grey
  - Sold individually
- SKUS:
- |                   |                   |
|-------------------|-------------------|
| 5 LB(TD-SLB-5)    | 30 LB (TD-SLB-30) |
| 10 LB(TD-SLB-10)  | 35 LB (TD-SLB-35) |
| 15 LB(TD-SLB-15)  | 40 LB (TD-SLB-40) |
| 20 LB(TD-SLB-20)  | 45 LB (TD-SLB-45) |
| 25 LB (TD-SLB-25) | 50 LB (TD-SLB-50) |



### SLAM BALLS (KG)

- Sturdy foam core provides the perfect jump
  - Rubberized shell provides a non-slip grip
  - 4 - 12 KGs. (9" diameter), 15 KG. (11" diameter)
    - Available in both pounds & kilograms
    - Black/White
  - Sold individually
- SKUS:
- |                       |                         |
|-----------------------|-------------------------|
| +4 KG - (TD-SLB-4KG)  | + 10 KG - (TD-SLB-10KG) |
| + 5 KG - (TD-SLB-5KG) | + 12 KG - (TD-SLB-12KG) |
| + 8 KG - (TD-SLB-8KG) | + 15 KG - (TD-SLB-15KG) |



### 4' HEAVY BAGS

- T-Flex Tarpoline shell with industrial fiber fill
  - Nylon, adjustable, webbed hanging straps
  - Heavy bag hardware kit is included with each bag, made from custom premium wear resistant steel.
    - 16" x 48" / 100 LB.
    - Black
  - Sold individually
- SKU: TD-HB-4



### FIT BUMPER PLATES (KG)

- Made of rubber, minimizing gym noise
  - Durable stainless-steel insert
    - Black/White
  - Sold individually
- SKU: 5 KG (TD-BP-5KG)  
SKU: 10 KG (TD-BP-10KG)  
SKU: 15 KG (TD-BP-15KG)  
SKU: 20 KG (TD-BP-20KG)



### FIT BUMPER PLATES (LB)

- Made of rubber, minimizing gym noise
  - Durable stainless-steel insert
    - Available in pounds only
    - Color coded
  - Sold individually
- SKU: 10 LB Green (FIT-BMPPLT-10LB-GRN)  
SKU: 25 LB Yellow (FIT-BMPPLT-25LB-YLW)  
SKU: 35 LB Blue (FIT-BMPPLT-35LB-BLU)  
SKU: 45 LB Red (FIT-BMPPLT-45LB-RED)



### OLYMPIC BARS

- 15 KG - 25 mm diameter
  - 20KG - 28 mm diameter
  - Standard Olympic Knurl marks
    - Two weights
  - Black zinc bar w/ hard chrome bar ends
    - Sold individually
- SKU: 15KG (TD-OB-15KG)  
SKU: 20KG (TD-OB-20KG)



### OLYMPIC BAR COLLARS

- Single motion locking mechanism
  - Lightweight and easy to maneuver
    - Black
  - Sold in pairs
- SKU: FIT-OLYCOL-OS-BK



FIT ACCESSORIES

Throwdown



OLYMPIC BAR COLLARS

- Single motion locking mechanism
  - Lightweight and easy to maneuver
    - Black
  - Sold in pairs
- SKU: FIT-OLYCOL-OS-BK



LIGHT NEO DUMBBELLS

- PVC-encased, minimizing noise
    - Available in pounds
      - Black/Grey
    - Sold individually
- SKU: 1 LB (TD-LDB-1)  
SKU: 2 LB (TD-LDB-2)  
SKU: 3 LB (TD-LDB-3)



SUPER SAND BAGS

- Hook & loop closure prevents sand leakage
    - Tough, nylon construction
      - Six sizes available
    - One internal bag included
      - Black
    - Sold individually
- SKU: 25-75 LB Unfilled (TD-SB-SM)  
SKU: 80-120 LB Unfilled (TD-SB-LG)



HIIT HEX DUMBBELLS (LB)

- Made of latex, each band varies in color, width,
  - Rubber-encased heads minimize noise and floor damage
  - Custom designed and manufactured chrome wear-resistant handles
    - Available in both pounds & kilograms
      - Black/Grey
    - Sold individually
- SKUS:

5 LB (TD-HDB-5)	55 LB (TD-HDB-55)
8 LB (TD-HDB-8)	60 LB (TD-HDB-60)
10 LB (TD-HDB-10)	65 LB (TD-HDB-65)
15 LB (TD-HDB-15)	70 LB (TD-HDB-70)
20 LB (TD-HDB-20)	75 LB (TD-HDB-75)
25 LB (TD-HDB-25)	80 LB (TD-HDB-80)
30 LB (TD-HDB-30)	85 LB (TD-HDB-85)
35 LB (TD-HDB-35)	90 LB (TD-HDB-90)
40 LB (TD-HDB-40)	95 LB (TD-HDB-95)
45 LB (TD-HDB-45)	100 LB (TD-HDB-100)
50 LB (TD-HDB-50)	



HIIT HEX DUMBBELLS (KG)

- Rubber-encased heads minimize noise and floor damage
  - Custom designed and manufactured chrome wear-resistant handles
    - Available in both pounds & kilograms
      - Black/White
    - Sold individually
- SKUS:

2 KG (TD-HDB-2KG)	12.5 KG (TD-HDB-12.5KG)
3 KG (TD-HDB-3KG)	15 KG (TD-HDB-15KG)
4 KG (TD-HDB-4KG)	17.5 KG (TD-HDB-17.5KG)
5 KG (TD-HDB-5KG)	20 KG (TD-HDB-20KG)
6 KG (TD-HDB-6KG)	22.5 KG (TD-HDB-22.5KG)
7 KG (TD-HDB-7KG)	
8 KG (TD-HDB-8KG)	25 KG (TD-HDB-25KG)
9 KG (TD-HDB-9KG)	30 KG (TD-HDB-30KG)
10 KG (TD-HDB-10KG)	



FITNESS KETTLE BELLS

- Powder-coated, balanced, single-piece casting
    - Flat, wobble-free base
    - Available in pounds
      - Black/Grey
    - Sold individually
- SKUS:

5 LB (TD-FKB-5)	35 LB (TD-FKB-35)
8 LB (TD-FKB-8)	40 LB (TD-FKB-40)
10 LB (TD-FKB-10)	45 LB (TD-FKB-45)
15 LB (TD-FKB-15)	50 LB (TD-FKB-50)
20 LB (TD-FKB-20)	60 LB (TD-FKB-60)
25 LB (TD-FKB-25)	80 LB (TD-FKB-80)
30 LB (TD-FKB-30)	100 LB (TD-FKB-100)



COMPETITION KETTLE BELLS

- Balanced, single-piece casting
    - Flat, wobble-free base
    - Available in kilograms
      - Sold individually
- SKUS:

8 KG Pink (TD-CKB-8KG)	32 KG Red (TD-CKB-32KG)
12KG L.Blue (TD-CKB-12KG)	36 KG Gray (TD-CKB-36KG)
16 KG Yellow (TD-CKB-16KG)	40 KG White (TD-CKB-40KG)
20 KG Purple (TD-CKB-20KG)	44 KG D. Blue (TD-CKB-44KG)
24 KG Green (TD-CKB-24KG)	48 KG Gold (TD-CKB-48KG)
28 KG Orange (TD-CKB-28KG)	



BUMPER PLATE STORAGE CART

- Sturdy, steel construction minimizes vibration and noise
    - Stores Bumper Plates & Bars
    - Efficient, portable design
      - Silver
    - Sold individually
- SKU: TD-BPC



KNUX

- Front center weight designed to mimic the weight of boxing gloves
  - Ergonomically molded to fit users' hand resulting in a comfortable and secure grip.
- SKU: 1 LB (TD-KNX-1)  
SKU: 2 LB (TD-KNX-2)  
SKU: 3 LB (TD-KNX-3)  
SKU: 5 LB (TD-KNX-5)  
SKU: 8 LB (TD-KNX-8)



KEPROTEC® KEVLAR® SAND DISC W/ FOAM HANDLES

Our Sand Disc with Foam Handles provide extra grip on the edges for added exercises, control, and grip strength. This highly durable sand disc keeps its shape due to its heavy-duty construction. Filled with steel sand, the shape enhances workouts due to the shift in the sand during use. Soft weight prevents damage to the user and to the floor.

SKU	DESCRIPTION	DIAMETER	WEIGHT
TD-SD-KEV-5LB	KEVLAR SAND DISC	23 Cm	5 LB
TD-SD-KEV-10LB	KEVLAR SAND DISC	29 Cm	10 LB
TD-SD-KEV-15LB	KEVLAR SAND DISC	33.5 Cm	15 LB
TD-SD-KEV-20LB	KEVLAR SAND DISC	38.5 Cm	20 LB
TD-SD-KEV-25LB	KEVLAR SAND DISC	41.5 Cm	25 LB
TD-SD-KEV-30LB	KEVLAR SAND DISC	44.5 Cm	30 LB
TD-SD-KEV-35LB	KEVLAR SAND DISC	46 Cm	35 LB
TD-SD-KEV-40LB	KEVLAR SAND DISC	48 Cm	40 LB
TD-SD-KEV-45LB	KEVLAR SAND DISC	49.5 Cm	45 LB
TD-SD-KEV-50LB	KEVLAR SAND DISC	50 Cm	50 LB



KEPROTEC® KEVLAR® SANDBAG

This extremely durable sandbag will help you take your total body workouts to a new level. The Kevlar® fiber cover featuring 5 nylon handles with reinforced stitching allows for the most heavy of use. Special interior construction prevents weight from shifting around in bag and helps the bag maintain its shape. All bags come prefilled with weight so no filling required

SKU	DESCRIPTION	WEIGHT	SKU	DESCRIPTION	WEIGHT
TD-SB-KEP-10LB	KEVLAR SAND BAG	10 LBS	TD-SB-KEP-5KG	KEVLAR SAND BAG	5 KG
TD-SB-KEP-20LB	KEVLAR SAND BAG	20 LBS	TD-SB-KEP-10KG	KEVLAR SAND BAG	10 KG
TD-SB-KEP-30LB	KEVLAR SAND BAG	30 LBS	TD-SB-KEP-15KG	KEVLAR SAND BAG	15 KG
TD-SB-KEP-40LB	KEVLAR SAND BAG	40 LBS	TD-SB-KEP-20KG	KEVLAR SAND BAG	20 KG
TD-SB-KEP-50LB	KEVLAR SAND BAG	50 LBS	TD-SB-KEP-25KG	KEVLAR SAND BAG	25 KG
			TD-SB-KEP-30KG	KEVLAR SAND BAG	30 KG



# FIT ACCESSORIES

Kevlar



### 14” KEPROTEC® KEVLAR® MEDICINE BALL

The toughest and only reinforced medicine ball with DuPont™ Kevlar® fiber on the market. This extremely durable and low-bounce ball keeps its shape due to its patented construction. Perfect for the large variety of exercises preformed by athletes of all types.

SKU	DESCRIPTION	WEIGHT
TD-MB-KEP-14IN-4LB	KEVLAR MEDICINE BALL	4 LB
TD-MB-KEP-14IN-6LB	KEVLAR MEDICINE BALL	6 LB
TD-MB-KEP-14IN-8LB	KEVLAR MEDICINE BALL	8 LB
TD-MB-KEP-14IN-10LB	KEVLAR MEDICINE BALL	10 LB
TD-MB-KEP-14IN-12LB	KEVLAR MEDICINE BALL	12 LB
TD-MB-KEP-14IN-14LB	KEVLAR MEDICINE BALL	14 LB
TD-MB-KEP-14IN-16LB	KEVLAR MEDICINE BALL	16 LB
TD-MB-KEP-14IN-18LB	KEVLAR MEDICINE BALL	18 LB
TD-MB-KEP-14IN-20LB	KEVLAR MEDICINE BALL	20 LB
TD-MB-KEP-14IN-25LB	KEVLAR MEDICINE BALL	25 LB
TD-MB-KEP-14IN-30LB	KEVLAR MEDICINE BALL	30 LB
TD-MB-KEP-14IN-35LB	KEVLAR MEDICINE BALL	35 LB
TD-MB-KEP-14IN-40LB	KEVLAR MEDICINE BALL	40 LB
TD-MB-KEP-14IN-45LB	KEVLAR MEDICINE BALL	45 LB
TD-MB-KEP-14IN-50LB	KEVLAR MEDICINE BALL	50 LB

SKU	DESCRIPTION	WEIGHT
TD-MB-KEP-14IN-2KG	KEVLAR MEDICINE BALL	2 KG
TD-MB-KEP-14IN-4KG	KEVLAR MEDICINE BALL	4 KG
TD-MB-KEP-14IN-6KG	KEVLAR MEDICINE BALL	6 KG
TD-MB-KEP-14IN-8KG	KEVLAR MEDICINE BALL	8 KG
TD-MB-KEP-14IN-10KG	KEVLAR MEDICINE BALL	10 KG
TD-MB-KEP-14IN-12KG	KEVLAR MEDICINE BALL	12 KG
TD-MB-KEP-14IN-14KG	KEVLAR MEDICINE BALL	14 KG
TD-MB-KEP-14IN-16KG	KEVLAR MEDICINE BALL	16 KG
TD-MB-KEP-14IN-18KG	KEVLAR MEDICINE BALL	18 KG
TD-MB-KEP-14IN-20KG	KEVLAR MEDICINE BALL	20 KG



### 14” TACTEC KEVLAR® MEDICINE BALL

Our medicine ball features a new cover constructed of high tensile TacTec™ Kevlar®, delivering increased durability and grip when compared to traditional medicine balls.

SKU	DESCRIPTION	WEIGHT
TD-MB-TAC-14IN-4LB	XD MEDICINE BALL KEVLAR	4 LB
TD-MB-TAC-14IN-6LB	XD MEDICINE BALL KEVLAR	6 LB
TD-MB-TAC-14IN-8LB	XD MEDICINE BALL KEVLAR	8 LB
TD-MB-TAC-14IN-10LB	XD MEDICINE BALL KEVLAR	10 LB
TD-MB-TAC-14IN-12LB	XD MEDICINE BALL KEVLAR	12 LB
TD-MB-TAC-14IN-14LB	XD MEDICINE BALL KEVLAR	14 LB
TD-MB-TAC-14IN-16LB	XD MEDICINE BALL KEVLAR	16 LB
TD-MB-TAC-14IN-18LB	XD MEDICINE BALL KEVLAR	18 LB
TD-MB-TAC-14IN-20LB	XD MEDICINE BALL KEVLAR	20 LB
TD-MB-TAC-14IN-25LB	XD MEDICINE BALL KEVLAR	25 LB
TD-MB-TAC-14IN-30LB	XD MEDICINE BALL KEVLAR	30 6 LB

SKU	DESCRIPTION	WEIGHT
TD-MB-TAC-14IN-2KG	XD MEDICINE BALL KEVLAR	2 KG
TD-MB-TAC-14IN-3KG	XD MEDICINE BALL KEVLAR	3 KG
TD-MB-TAC-14IN-4KG	XD MEDICINE BALL KEVLAR	4 KG
TD-MB-TAC-14IN-5KG	XD MEDICINE BALL KEVLAR	5 KG
TD-MB-TAC-14IN-6KG	XD MEDICINE BALL KEVLAR	6 KG
TD-MB-TAC-14IN-7KG	XD MEDICINE BALL KEVLAR	7 KG
TD-MB-TAC-14IN-8KG	XD MEDICINE BALL KEVLAR	8 KG
TD-MB-TAC-14IN-9KG	XD MEDICINE BALL KEVLAR	9 KG
TD-MB-TAC-14IN-10KG	XD MEDICINE BALL KEVLAR	10 KG
TD-MB-TAC-14IN-12KG	XD MEDICINE BALL KEVLAR	12 KG
TD-MB-TAC-14IN-14KG	XD MEDICINE BALL KEVLAR	14 KG



### KEVLAR® RUBBER MEDICINE BALL

This uniquely designed medicine ball is one of a kind. We used tire technology to combine the best natural rubber with DuPont™ Kevlar® fiber making this the most durable medicine ball on the market. This is truly an evolution in a product that hasn’t seen progress in decades. Unique custom pattern provides grippy texture to aid in catching, throwing, slamming, or moving with the ball in general. This ball has a medium bounce to it and is not a dead bounce slam ball.

SKU	DESCRIPTION	WEIGHT
TD-RMB-KEV-4LB	XD RUBBER MED BALL WITH KEVLAR	4 LB
TD-RMB-KEV-6LB	XD RUBBER MED BALL WITH KEVLAR	6 LB
TD-RMB-KEV-8LB	XD RUBBER MED BALL WITH KEVLAR	8 LB
TD-RMB-KEV-10LB	XD RUBBER MED BALL WITH KEVLAR	10 LB
TD-RMB-KEV-12LB	XD RUBBER MED BALL WITH KEVLAR	12 LB
TD-RMB-KEV-15LB	XD RUBBER MED BALL WITH KEVLAR	15 LB
TD-RMB-KEV-20LB	XD RUBBER MED BALL WITH KEVLAR	20 LB
TD-RMB-KEV-25LB	XD RUBBER MED BALL WITH KEVLAR	25 LB
TD-RMB-KEV-30LB	XD RUBBER MED BALL WITH KEVLAR	30 LB

SKU	DESCRIPTION	WEIGHT
TD-RMB-KEV-2KG	XD RUBBER MED BALL WITH KEVLAR	2 KG
TD-RMB-KEV-3KG	XD RUBBER MED BALL WITH KEVLAR	3 KG
TD-RMB-KEV-4KG	XD RUBBER MED BALL WITH KEVLAR	4 KG
TD-RMB-KEV-5KG	XD RUBBER MED BALL WITH KEVLAR	5 KG
TD-RMB-KEV-6KG	XD RUBBER MED BALL WITH KEVLAR	6 KG
TD-RMB-KEV-8KG	XD RUBBER MED BALL WITH KEVLAR	8 KG
TD-RMB-KEV-10KG	XD RUBBER MED BALL WITH KEVLAR	10 KG
TD-RMB-KEV-12KG	XD RUBBER MED BALL WITH KEVLAR	12 KG
TD-RMB-KEV-14KG	XD RUBBER MED BALL WITH KEVLAR	14 KG



### XD SLAM BALL

Our best Slam Ball is designed to elevate your workouts with its grooved tire tread texture, no-slip grip, and bounce-resistant construction. Perfect for cardio, agility, and strength training, this versatile tool helps you build muscle, ignite your core, enhance rotational power, and unleash your full potential through high-energy slams.

SKU	DESCRIPTION	WEIGHT
TD-SLB-XD-6LB	XD SLAM BALL	6 LB
TD-SLB-XD-8LB	XD SLAM BALL	8 LB
TD-SLB-XD-10LB	XD SLAM BALL	10 LB
TD-SLB-XD-15LB	XD SLAM BALL	15 LB
TD-SLB-XD-20LB	XD SLAM BALL	20 LB
TD-SLB-XD-25LB	XD SLAM BALL	25 LB
TD-SLB-XD-30LB	XD SLAM BALL	30 LB
TD-SLB-XD-40LB	XD SLAM BALL	40 LB
TD-SLB-XD-50LB	XD SLAM BALL	50 LB
TD-MB-TAC-14IN-25LB	XD SLAM BALL	25 LB
TD-MB-TAC-14IN-30LB	XD SLAM BALL	30 LB

SKU	DESCRIPTION	WEIGHT
TD-SLB-XD-3KG	XD SLAM BALL	3 KG
TD-SLB-XD-4KG	XD SLAM BALL	4 KG
TD-SLB-XD-5KG	XD SLAM BALL	5 KG
TD-SLB-XD-7KG	XD SLAM BALL	7 KG
TD-SLB-XD-9KG	XD SLAM BALL	9 KG
TD-SLB-XD-12KG	XD SLAM BALL	12 KG
TD-SLB-XD-14KG	XD SLAM BALL	14 KG
TD-SLB-XD-18KG	XD SLAM BALL	18 KG
TD-SLB-XD-22KG	XD SLAM BALL	22 KG



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At Core Health & Fitness we believe that knowledge is power. With the world’s greatest Master Instructors, we create the most personal, accessible and innovative instructor education programs available in the industry. With our award-winning teams, instructors can earn continuing education credits backed by global accreditation organizations like ACE AFAA, CIMSPA, NASM and REPS. Our courses transform passionate enthusiasts into thoughtful, empowered and skilled experts.

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We also know, in an ever-changing, global community it is important to meet our customers where they are. This is why we offer 3 ways for instructors to access our educational content:

1. ONLINE (REMOTE/SELF PACED LEARNING)
2. VIRTUAL (LIVE STREAM/REAL TIME THROUGH ZOOM)
3. LIVE IN PERSON



## ONLINE: REMOTE/ SELF PACED LEARNING COURSES

Hosted on Inspire360.com, our Online Courses are self-paced and pre-recorded, allowing instructors to sign-up for and complete a course at their own pace. They are crafted in modules so that content can be watched in one sitting or incrementally, and each module is followed by a short quiz. Once the course has been completed and final exam passed, a certificate of completion including continuing education credits is attached. Once certified there are no additional requirements to maintain certification.

- Schwinn Classic Certification
- Schwinn Performance and Periodization Workshop
- HIIT Functional Training Certification by StairMaster
- Strength Training Specialist Training Program by Nautilus
- Cardio Coach Specialty Training Course by Star Trac

[INSTRUCTORS CAN REGISTER AT COREHANDF.INSPIRE360.COM](https://corehandf.inspire360.com)

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## VIRTUAL(LIVESTREAM / REAL-TIME VIA ZOOM)

The Schwinn Power Instructor Certification is offered quarterly as a virtual event and does not require access to fitness equipment. Although the coaching principles are tailored to a specific modality, they are applicable across all formats of coaching. Our virtual ride provides attendees with a unique opportunity to deeply focus on coaching, cueing, and the execution of the experience as guided by our Master Instructors. This allows participants to gain a fresh perspective on how a coach can truly impact the class experience.

Additionally, we can offer other certifications via live stream through Zoom upon request and coordination with the Education Manager.

## LIVE IN-PERSON LEARNING

Core Health & Fitness offers various live in-person training opportunities, which can be hosted at any facility. These include:

- Schwinn Classic Instructor Program Certification
- Schwinn Power Instructor Program Certification
- HIIT Instructor Certification
- Strength Training Specialist Training Course
- Cardio Coach Specialty Training Course
- BoxMaster Certification

We also host our own CoreFit Summits in different regions, and partner with major conventions such as SCW, IDEA WORLD, FIBO, and Canfitpro. At these events, you’ll find workshops covering indoor cycling, HIIT, strength training, and more.



# CUSTOMER SERVICE

Support isn't just something we offer—it's at the heart of what we do best. Our world-class services reach customers in over 90 countries, backed by a dedicated team that partners with you every step of the way, from pre-sale guidance to post-sale support. Our ultimate goal? To keep your facility running at peak performance with minimal equipment downtime.

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Get world class support for all of our brands with our Core Connect portal, a platform that simplifies the process for warranty registration, preventive maintenance, service requests, parts orders and allows you to get help with your general inquiries.

[CONNECT.COREHANDF.COM/](https://connect.corehandf.com/)

## CORE ADVANTAGE



Our preventative maintenance program, Core Advantage, will help preserve your equipment as excessive use takes its toll and ensures the longest possible life of your products while reducing downtime. We offer programs for all aspects of gym equipment, in every category and for every Core Health & Fitness brand. Core Advantage provides the industry's most complete programs; including one-time, monthly, once every other month, semi-annual and quarterly options available.



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[connect.corehandf.com](https://connect.corehandf.com/)

for preventative maintenance schedules, owner's manuals, and other online support

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