



REYMMMA
FITNESS

2020 CATALOGUE



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INSIDE REYMMA FITNESS

THE NEW ERA OF HOME GYM DESIGN.

Home fitness as we know it in the West started to appear sometime after World War II , and it's taken on a new primary role since all the gyms around the world closed due to the Covid-19 pandemic. Between January and March of 2020 in the US, sales of fitness equipment shot up 55% as lockdowns began. In the first month of COVID-19 lockdowns alone, Americans increased their spending on online workouts by 125 percent. This is according to Cardlytics ad platform that partners with banks to track consumer spending, and purchases of at-home fitness equipment were 130% higher than they were the year prior. The busy schedule and long hours of working, crowded fitness centers, and problems regarding vehicle parking have resulted in an increasing number of consumers actively inclining towards home workouts. The home fitness equipment eliminates the inconvenience of commuting to a gym and are highly cost-effective in the long run. The small recurring cost incurred in transportation, workout equipment, trainer fees, and membership fees is a major factor promoting consumer inclination for home fitness equipment.

#REINVENTINGTHEHOMEGYM





Ready?

#REINVENTINGTHEHOMEGYM

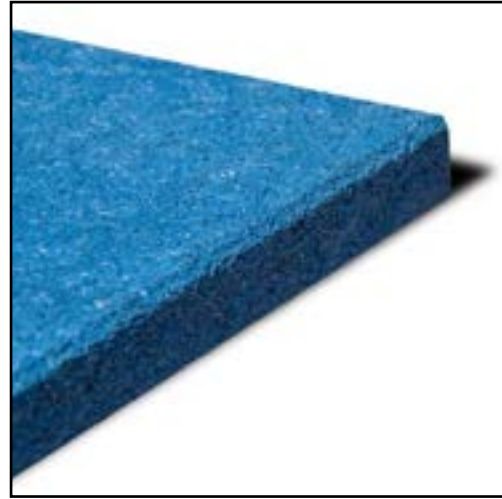


PRODUCTS

FLOORING



FLOORING - UTILITY RANGE



ANTI SLIP TILE

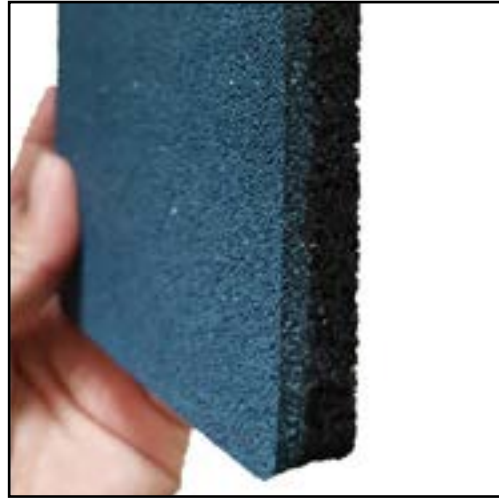
R#1

Size: 3' x 3' feet

Thickness: 0.7 inches

Material: Rubber

Color: Black with colorful EPDM on surface



0.7 RUBBER TILE

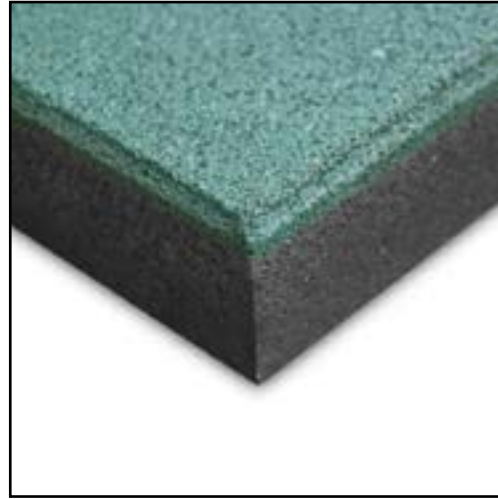
R#2

Size: 3' x 3' feet

Thickness: 0.7 inches

Material: Rubber

Color: Black with colorful EPDM on surface or customized



1.5 RUBBER TILE

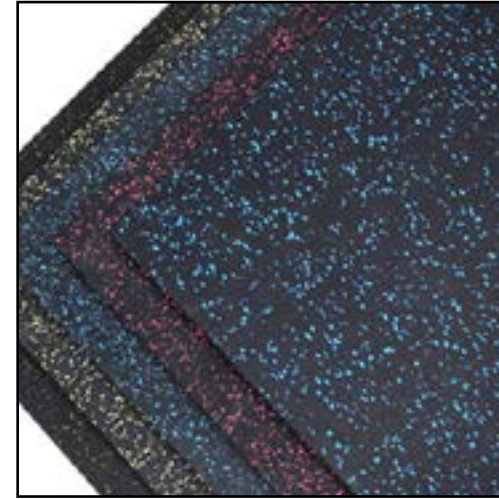
R#3

Size: 3' x 3' feet

Thickness: 1.5 inches

Material: Rubber

Color: Black with colorful EPDM on surface or customized



0.5 RUBBER TILE

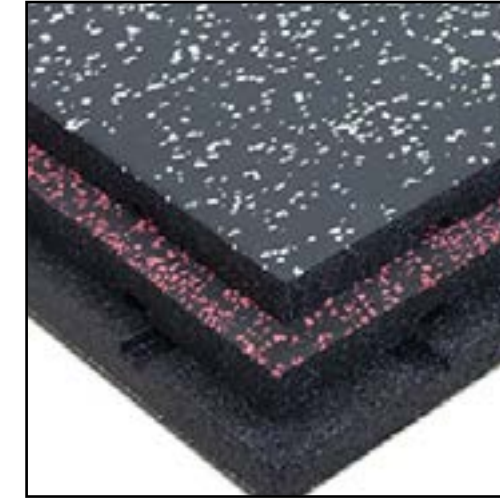
R#4

Size: 24.5' x 4' feet

Thickness: 0.5 inches

Material: Rubber

Color: Black with colorful EPDM on surface or customized



0.6 RUBBER TILE

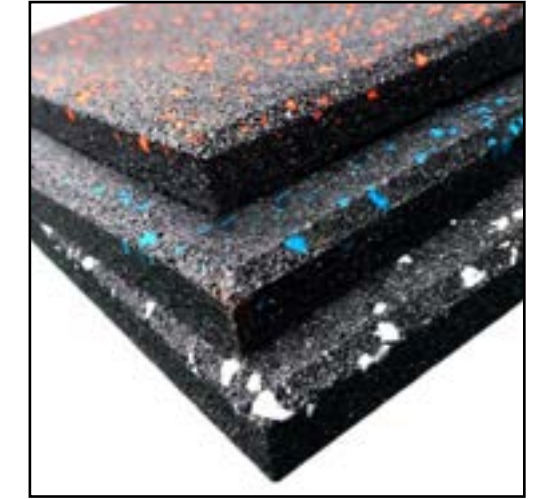
R#5

Size: 24.5' x 4' feet

Thickness: 0.6 inches

Material: Rubber

Color: Black with colorful EPDM on surface or customized



0.9 RUBBER TILE

R#6

Size: 24.5' x 4' feet

Thickness: 0.9 inches

Material: Rubber

Color: Black with colorful EPDM on surface or customized



FLOORING - PERFORMANCE RANGE



2.5 RUBBER TILE

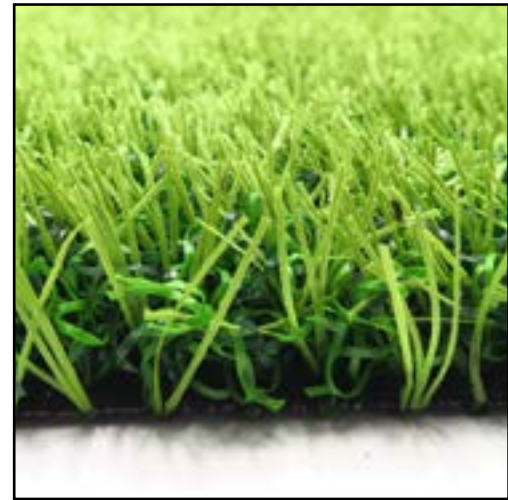
R#7

Size: 20' x 20' feet

Thickness: 2.5 inches

Material: Rubber

Color: Black with colorful EPDM on surface or customized



AGILITY TURF

R#8

Pile Height: 0.6 inches

Dimensions: 6.5 feet wide rolls or customized

Material: PE

Color: Customized



“

During the hard times, it's important to focus on the things you can change in that moment instead of what you should have or could have done differently.

”

— Annie Thorisdottir
Crossfit Athlete

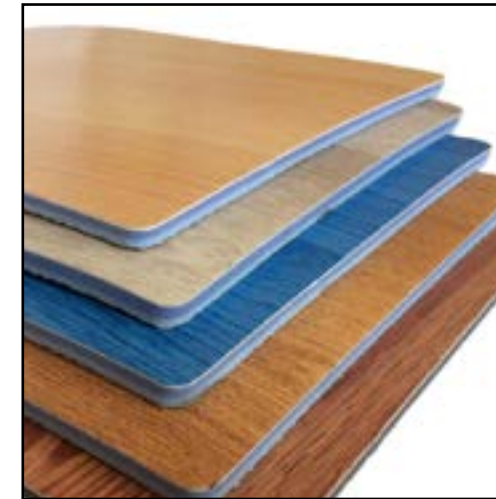
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FLOORING - UTILITY RANGE



WOOD-GRAIN TILE

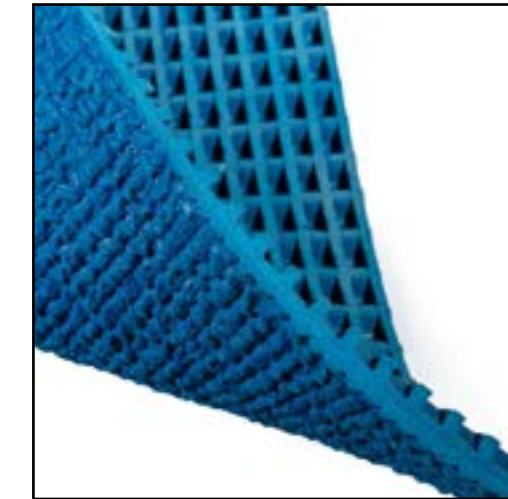
R#9

Thickness: Ranging from 0.1 to 0.6 inches

Length: 49, 59, 65.5 feet or customized

Color: Simulated Wood

Material: PVC



RUNNING TRACK TILE

R#10

Pie Height: Ranging from 0.4 to 0.6 inches

Length: 3 to 93 feet or customized

Color: Customized

Material: EPDM Rubber



PRODUCTS

RIGS & **RACKS**



RIGS & RACKS



WALL MOUNTED BIG
R#11

Height: 7.5 feet (customized size available)
Material: Steel
Color: Customized



FREE STANDING RIG
R#12

Height: 7.5 feet (customized size available)
Material: Steel
Color: Customized



MONKEY BAR RIG
R#13

Height: 7.5 feet (customized size available)
Material: Steel
Color: Customized



HIGH BAR RIG
R#14

Height: 12 feet (customized size available)
Material: Steel
Color: Customized



RIGS & RACKS



BINARY FOLDAWAY RACK

R#15

Height: 7.5 feet (customized size available)

Material: Metal/Steel Tube

Color: Customized



QUARTER RACK

R#16

Height: 7.5 feet (customized size available)

Material: Steel

Color: Customized



HALF RACK

R#17

Height: 7.5 feet (customized size available)

Material: Steel

Color: Customized



FULL RACK

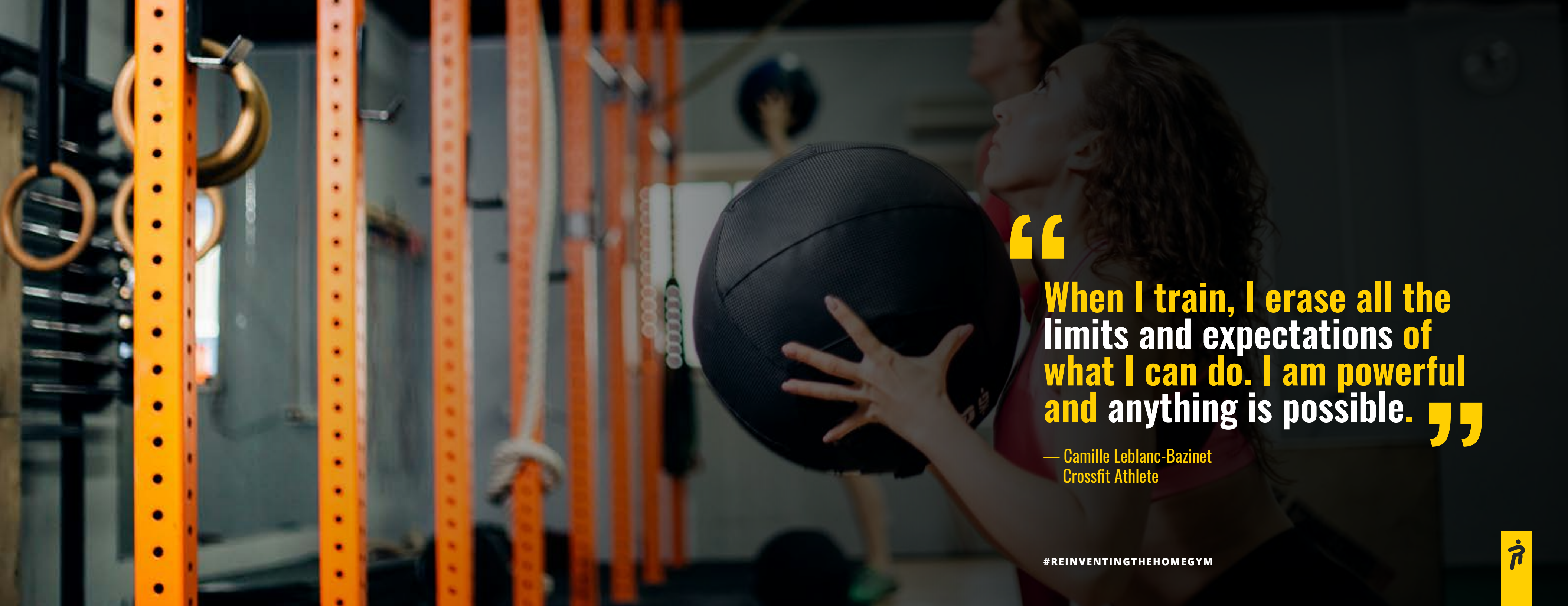
R#18

Height: 7.5 feet (customized size available)

Material: Steel

Color: Customized





“

When I train, I erase all the limits and expectations of what I can do. I am powerful and anything is possible.”

— Camille Leblanc-Bazinet
Crossfit Athlete

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RIG & RACK ATTACHMENTS



WING

R#19

Dimensions: 3.5 feet / 6 feet
(customized size available)

Material: Steel

Colors: Black or customized



DIP STATION

R#20

Dimensions: 12" x H x 25" W x 22" L
(customized size available)

Material: Steel

Colors: Black or customized



RIG MOUNTED LANDMINE

R#21

Base Post Diameter: 2 inches

Material: Steel

Colors: Black



SPOTTING ARMS

R#22

Dimensions: 24 inches

Material: Steel

Colors: Customized



J-HOOKS

R#23

Dimensions: XX

Material: Steel + Polyethylene Plastic

Colors: Customized



WALL BALL TARGET

R#24

Thickness: 0.2 inches

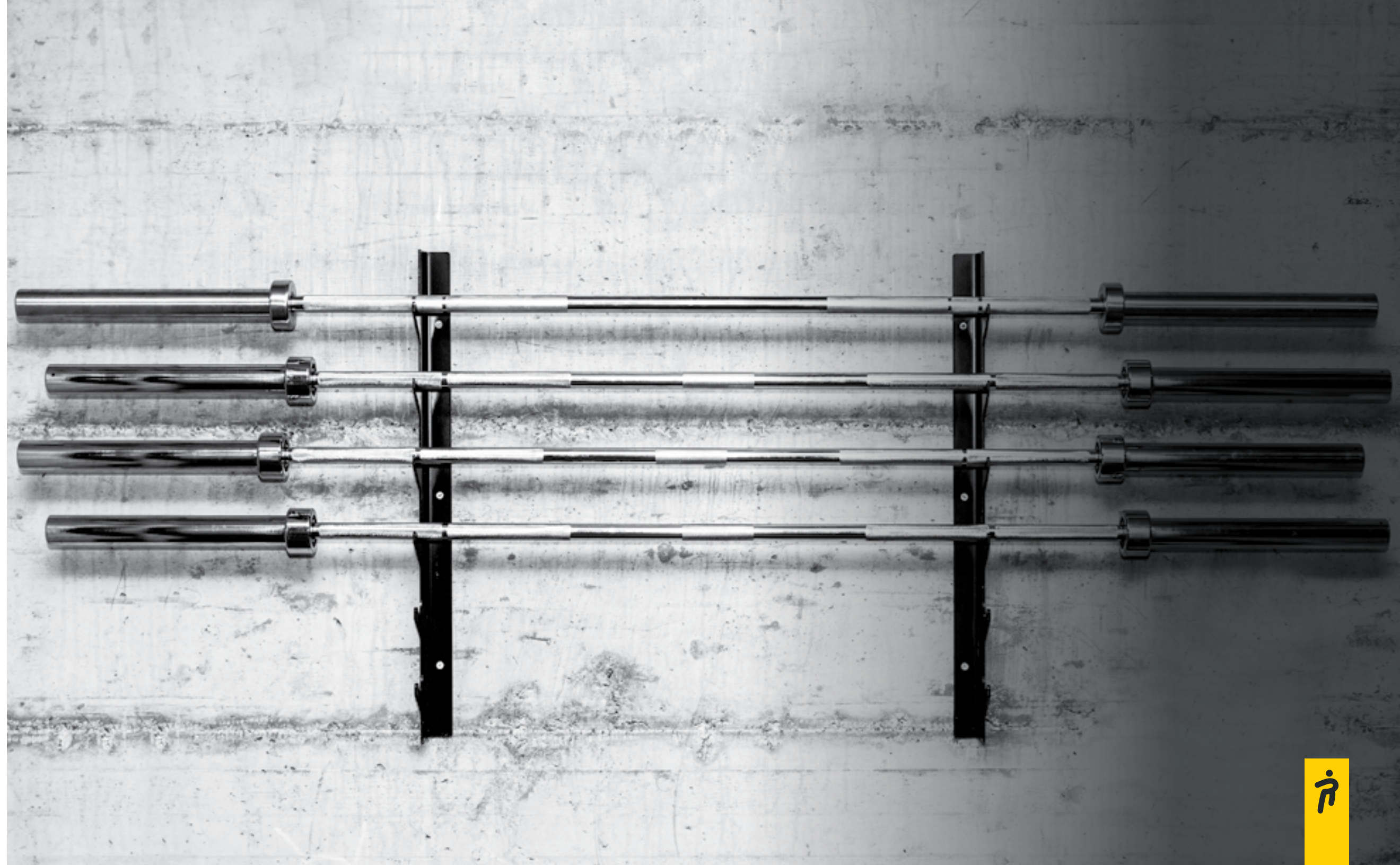
Material: Steel

Colors: Black



PRODUCTS

BARS



BARS



BARBELLS (MEN/WOMEN)
R#25

Weight: 7kg., 10kg., 15kg., 20kg.
Material: Steel
Shaft Diameter: 1in. / 1.1in./1.2in.
Length: 7ft.



SAFETY SQUAT BAR
R#26

Weight: 15kg., 20kg.
Material: Steel
Shaft Diameter: 1.1in.
Length: 7ft.
Includes: Foam Pad



SWISS BAR
R#27

Weight: 10kg., 20kg., 25kg.
Material: Steel
Shaft Diameter: 1.1in. / 1.2in.
Length: 6ft. / 7ft.
Color: Silver / Black
*Different shapes available



CURL BAR
R#28

Weight: 7kg., 10kg., 15kg., 20kg.
Material: Steel
Shaft Diameter: 1in.
Length: 4ft. / 6ft. / 7ft.



BARS



OPEN HEX BAR

R#29

Weight: 20kg., 26kg.

Material: Steel



HEX BAR

R#30

Weight: 20kg.

Material: Steel



BARS



LOCK JAW COLLARS

(NYLON POLYMER)
R#31

Material: Nylon Polymer

Diameter: 2in.

Colors: Customized



ALUMINUM LOCK JAW COLLAR

R#32

Material: Aluminum

Diameter: 2in.

Colors: Customized



COMFORT GRIP SPRING COLLAR

R#33

Material: Steel

Diameter: 2in.

Includes: Ergonomic Grip



REGULAR SPRING COLLAR

R#34

Material: Steel

Diameter: 2in.



PRODUCTS

PLATES



PLATES



UTILITY & IMPACT BUMPER PLATES

R#35

Weight: 5kg, 7.5kg., 10kg., 15kg., 20kg., 25kg.

Diameter: 450mm (IWF Standard)

Material: Rubber

Inserts: Steel



BLACK HD BUMPER PLATES

R#36

Weight: 5kg, 7.5kg., 10kg., 15kg., 20kg., 25kg.

Diameter: 450mm (IWF Standard)

Material: Rubber

Inserts: Steel



COLORED HD PLATES & URETHANE PLATES

R#37

Weight: 5kg, 7.5kg., 10kg., 15kg., 20kg., 25kg.

Diameter: 450mm (IWF Standard)

Material: Rubber

Inserts: Steel

Color: Customized



COMPETITION PLATES

R#38

Weight: 10kg., 15kg., 20kg., 25kg.

Diameter: 450mm (IWF Standard)

Material: Rubber

Inserts: Steel

Color: Customized



OVERSIZE TECHNIQUE PLATE

R#39

Weight: 2.5kg (red), 5kg (white)

Diameter: 450mm

Thickness: 80mm. (2.5kg.), 100mm. (5kg.)

Material: Plastic



PRODUCTS

DUMBBELLS &
KETTLEBELLS





DUMBBBELLS



HEX DUMBBBELLS

R#40

Weight: Available from 2.5kg. up to 30, 40 & 50kg.

Material: Rubber +Steel /Cast Iron

Handle: Ergonomic grip



URETHANE DUMBBBELLS

R#41

Weight: Available from 2.5kg. up to 30, 40, 50 & 70kg.

Material: Urethane + Cast Iron

Handle: Ergonomic grip





“

Every pro was once an amateur. Every expert was once a beginner. So dream big and start now. ”

— Author Unknown

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KETTLEBELLS



CAST IRON KETTLEBELLS

R#42

Weight: Available from 4kg. to 40kg.

Material: Cast Iron



COMPETITION KETTLEBELLS

R#43

Weight: Available from 8kg. to 40kg.

Material: Cast Iron

Size: Universal - Competition Standard



URETHANE KETTLEBELLS

R#44

Weight: Available from 8kg. to 32kg.

Material: PU + Chromed handle

Size: Universal - Competition Standard



PRODUCTS

STRENGTH **TRAINING**



BENCHES



FLAT BENCH

R#45

Overall Dimensions: 17.5" H x 19.5" W x 47" L

Material: High Density Foam Pad + Steel Tubes

Color: Black



UTILITY ADJUSTABLE BENCH

R#46

Overall Dimensions: 18" H x 30" W x 53" L*

(*dimensions may vary depending on the model)

Material: High Density Foam Pad + Steel Tubes

Color: Black or customized



PERFORMANCE ADJUSTABLE BENCH

R#47

Overall Dimensions: 48" H x 20" W x 18" L

(*dimensions may vary depending on the model)

Material: High Density Foam Pad + Steel Tubes

Color: Black or customized



PRONE ROW

R#48

Overall Dimensions: 38" H x 43" W x 35" L

Material: High Density Foam Pad + Steel Tubes



BENCHES



HIP THRUSTER BENCH

R#49

Overall Dimensions: 18" H x 35" W x 62" L

Material: High Density Foam Pad + Steel

Color: Black or customized

**Available as a standalone or with a full set of resistance bands*



GHD

R#50

Overall Dimensions: 44" W x 28" H x 66" L

*(*dimensions may vary depending on the model)*

Material: High Density Foam Pad + Steel Tubes

Color: Black



COMPACT SINGLE LEG SQUAD STAND

R#51

Overall Dimensions: 19" H x 25.5" W x 23" L

Material: High Density Foam Pad + Steel Tubes

Color: Black or customized



RESISTANCE EQUIPMENT



DUAL ADJUSTABLE PULLEY

R#52

Overall Dimensions: 91" H x 35" W x 79" L

(*dimensions may vary depending on the model)

Material: Steel Tubes + Cast Iron Weight Stack

Color: Black or customized



DUAL STACK FUNCTIONAL TRAINER

R#53

Overall Dimensions: 64" H x 46" W x 70" L

Material: Steel + Cast Iron

Color: Black or customized



SPUD INC. LAT & LOW PULLEY

R#54

Triceps & Lat Pulley Set: (1) Cable: 75" long, 0.25" diameter, (1) 18" Loading Strap Pin, (1) Short Triceps/Ab Strap, (1) 2.5" Swivel-Eye Pulley, (2) 0.375" Spring Clips. Low Pulley Set: (1) Cable: 75" long, 0.25" diameter, (1) 2.5" Swivel-Eye Pulley, (2) 0.375" Spring Clips, (1) Utility Stump Strap Handle, (1) Hamstringer Deluxe. Total Load Capacity: 550 lb



SPUD INC. CHAINLESS DIP BELT

R#55

Overall Dimensions: 30 inches

Width: 2 inches

Weight Capacity: 500 lbs

Strap Material: Nylon



KBOX4

R#56

kMeter Module II, Flywheel, Hip Belt (size standard), Harness (size XS-S-M-L-XL, XXL), Ankle Cuffs, kGrips, kBar, Head Harness, Foot Block (2 pieces), Elevation Blocks (2 pieces), Floor Attachment Kit, Extension Strap, Flywheel Bag, Accessory Rack, Cover Mat.



BELT SQUAT MACHINE

R#57

Overall Dimensions: 51" H x 59" W x 56" L

Material: Steel Tubes

Color: Black or customized





“

Amazing bodies don't just happen.
It's not something you're born
with. It's something earned one
day at a time. ”

— Kris Green

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PRODUCTS

BODYWEIGHT



BODYWEIGHT



**3 IN 1 WOOD
PLYO JUMP BOX**
R#58

Heights: 20", 24", 30" or customized
Material: Plywood



**SOFT 3 IN 1
PLYO BOX**
R#59

Heights: 20", 24", 30" or customized
Material: PVC Cover + EPE inside



**SOFT STACKABLE
PLYO BOX SET**
R#60

Heights: 20", 24", 30" or customized
Material: PVC Cover + EPE inside



BODYWEIGHT



MINI LATEX BANDS

R#61

Material: Natural Latex

(comes with a mesh bag)

Thickness: Light 0.4mm, Medium 0.7mm, Heavy 1.0mm & Extra Heavy 1.2mm

Resistance Values: 5lb up to 50lb



LATEX RESISTANCE BANDS

R#62

Material: Natural Latex

(comes with a mesh bag)

Thickness: 4.5mm

Resistance Values: 11lb up to 420lb



FABRIC RESISTANCE BANDS

R#63

Material: Polyester + Latex

(comes with a mesh bag)

Size: Customized

Resistance Values: 5lb up to 150lb



FABRIC PULL UP ASSIST BANDS

R#64

Material: Polyester + Latex

(comes with a mesh bag)

Size: Customized

Color: Customized

Resistance Values: 10lb up to 100lb



SMART HURDLES

R#65

Material: Plastic + PVC

Color: 6 - 14 inches

Size: Customized



MINI HURDLES

R#66

Material: Plastic + PVC

Color: 6 inches

Size: Customized



BODYWEIGHT



LACROSSE MOBILITY BALL

R#67

Material: Rubber

Diameter: 2.5 inches

Color: Customized



FOAM ROLLER

R#68

Material: EVA

Diameter: 5.5 inches

Length: 13 inches

Color: Customized



GRID FOAM ROLLER*

R#69

Material: EVA

Diameter: 5.5 inches

Length: 13 inches

Color: Customized



AB MAT

R#70

Material: PVC + Foam

Dimensions: 15 in. L x 12 in. W

Color: Black or Customized



EXERCISE MAT

R#71

Material: NBR

Thickness: 0.4 inches - 0.6 inches

Color: Customized



GLIDING CORE SLIDERS

R#72

Style: Available in different shapes

Color: Customized





“

**Never put an age limit
on your dreams.** ”

— Lauren Fisher

#REINVENTINGTHEHOMEGYM

BODYWEIGHT



KO8
R#73

Includes: KO8 Suspension Straps 6 black resistance bands of 22 lbs. each 2 red bands of 13 lbs. (Webbing Sheathed).



TRX
R#74

Includes: TRX Move System Suspension Anchor Door Anchor Mesh Carry BagMax weight - 350 lbs.



CROSSOVER SYMMETRY CORDS
R#75

Resistance: 3 lbs – 40 lbs Colors: Green, Purple, Yellow, Red, Blue, Orange
Material: full-length nylon sleeve



UTILITY GYM RINGS
R#76

Material: ABS Ring + Nylon Strap
Ring Diameter: 9 inches
Strap Length: 15 feet
Color: Black



WOODEN GYM RINGS
R#77

Material: Wood Ring + Nylon Strap
Ring Diameter: 9 inches
Strap Length: 15 feet



SPEED ROPE
R#78

Material: Aluminum Handle
Length: 10 feet (adjustable)
Color: Customized



BODYWEIGHT



**HYPERWEAR
WEIGHT VEST**

R#79

Size: S, M, L & XL

Weight Capacity: 15 to 65 lbs.

Includes: Adjustable Side Lacing



**WALL MOUNTED
PULL-UP BAR**

R#80

Material: Steel

Dimensions: 31" H x 47" W x 33" L (smaller size available)

Color: Customized



PARALLETTES

R#79

Material: Steel

Dimensions: 12" H x 23" W x 14" L

Color: Black



**MICRO FARMERS
WALK HANDLES**

R#80

Material: Steel

Dimensions: 14" H x 10" W x 10" L [7" handle]

Color: Black



PRODUCTS

GYM
ESSENTIALS



GYM ESSENTIALS



SANDBAGS

R#83

Material: PVC + Sand

Dimensions: 5kg. - 30kg.

Color: Customized



MEDICINE BALLS

R#84

Material: Rubber

Weight: 1kg. - 10kg.



WALL BALLS

R#85

Material: PVC

Weight: 3kg. - 15kg.



SLAM BALLS / D-BALLS

R#84

Material: PVC + Sand

Weight: 3-15kg. (Slam Balls), 20-70 kg. (D-Balls)



DYNAMAX BALLS

R#85

Diameter: 14 inches

Color: Customized

Weight: 4 to 30 lbs.



A group of people in a gym are performing a plank exercise. They are in a low, horizontal position on a grey carpeted floor. Each person is holding a medicine ball with both hands. The person in the foreground on the right is holding a black medicine ball with blue stripes and the text "8 KG" on it. The person in the foreground on the left is holding a black medicine ball with red stripes. In the background, other people are also in a plank position, some holding medicine balls. The gym has a white wall with a red horizontal stripe.

“

It's not always what you do
for training, it's who you do
it with. ”

— Annie Sakamoto

#REINVENTINGTHEHOMEGYM

GYM ESSENTIALS



BUMPER LANDMINE

R#88

Material: Steel

Base Post Length: 5.5" / 7.5"

Pivot-Sleeve Length: 10 inches



CHALK BOWL

R#89

Material: Steel Base + Plastic/Steel Bowl
(depending on model)



DC BLOCKS

R#90

Material: 15.5" H x 19" W x 2" L

Weight: 11 lbs / block

Material: 100% recycled plastics

Features: Extreme Impact Durability



6 & 8 DIGIT TIMER

R#91

Material: Aluminum alloy frame with plexiglass panel

Display: 12/24 hrs, Count down + up, Stopwatch, Interval Timer

Led Color: Red, amber, blue, white, green, (default 2 digits blue and 4 digits red)

Includes: Wireless remote control



PUSH BAND 2.0

R#92

Includes: 1 PUSH Band 2.01 Arm Strap (size L)
Large Strap (11.5-17.5 in / 29-44 cm)

Wireless: 20 ft. range, enhance

Bluetooth Dimensions: 3" H X 2" W x 0.6" Deep

Compatibility: iOS 9 and up, Bluetooth 4.1 and up
Battery: A built-in rechargeable Lithium Polymer Battery



PRODUCTS

STORAGE



STORAGE SYSTEM



9 BAR HOLDER

R#93

Material: Steel

Number of Holes: 9

Overall Dimensions: 7" H x 18" W x 25" L
(dimensions may vary depending on model)

Color: Black



TOAST RACK

R#94

Material: Steel

Overall Dimensions: (dimensions may vary depending on model)

Color: Black



WEIGHT TREE WITH BAR HOLDER

R#95

Material: Steel

Overall Dimensions: 42" H x 22" W x 25" L
(dimensions may vary depending on model)

Color: Black



BUMPER STORAGE ON WHEELS

R#96

Material: Steel

Height: 42 inches
(dimensions may vary depending on model)

Color: Black



DUMBBELL RACK

R#97

Material: Steel

Overall Dimensions: (dimensions may vary depending on model)

Color: Black or Silver



STORAGE SYSTEM



2-TIER DUMBBELL RACK

R#98

Material: Steel/Cast Iron (depending on model)

Overall Dimensions: Vary depending on model

Fits 10 pairs of dumbbells



3-TIER DUMBBELL RACK

R#99

Material: Steel

Overall Dimensions: Vary depending on model

Fits 15 pairs of dumbbells



2-TIER KETTLEBELL RACK

R#100

Material: Steel

Overall Dimensions: Vary depending on model



3-TIER KETTLEBELL RACK

R#101

Material: Steel

Overall Dimensions: Vary depending on model



STORAGE SYSTEM



BARBELL HANGER
R#103

Material: Steel

Overall Dimensions: Vary depending on model



GUN RACK
R#104

Material: Steel

Overall Dimensions: Vary depending on model



MULTI STORAGE
R#105

Material: Steel

Overall Dimensions: Vary depending on model



BAND HOLDER
R#106

Material: Steel

Overall Dimensions: 4" W x 5" W x 23.5" L
(customi size available)



MEDICINE BALL HOLDER
R#107

Material: Steel

Dimensions: 10" H x 18" W x 61" L
(Dimensions may vary depending on model)



“

**WHATEVER YOUR 100%
LOOKS LIKE, GIVE IT...**”

— Chyna Cho

#REINVENTINGTHEHOMEGYM



STORAGE SYSTEM



ROPE ANCHOR

R#108

Material: Steel

Overall Dimensions: Vary depending on model

Color: Customized



ROPE HOOK

R#109

Material: Steel

Features: Rounded edged hanging bar so that it does not cut or stress the rope stands
- Angled stopper helps in easy mounting and dismounting heavy battle ropes



PRODUCTS

10 ***CONDITIONING***





CONDITIONING



2-TIER DUMBBELL RACK
R#114

Material: Cast Iron

Overall Dimensions: 18.5" H x 16.5" W x 24" L

Color: Black



DOG SLED
R#115

Material: Cast Iron

Overall Dimensions: 45" H x 24" W x 41" L

Color: Black



CONDITIONING



BATTLE ROPES

R#116

Material: Nylon/Polyester

Rope Length: 10 feet (or customized)

Rope Diameter: 1.5 or 2 inches



CLIMBING ROPE

R#117

Material: Manilla

Rope Length: 10 feet (or customized)

Rope Diameter: 1.5 or 2 inches



SPUD INC. MAGIC SLED

R#118

Dimensions: 19.6" x 23"

Sled Weight: 4lb

Weighted Sled Capacity: 4 x 44lb
Bumpers; 14 x 44lb Steel Plates



SPUD INC. STRONG MAN HARNESS

R#119

Size: Small (125-225 lbs.), Large (225-350lbs.)

Material: Woven Nylon



SPUD INC. SLED STRAP PACKAGE

R#120

Includes: sled strap, sled pulling belt,
upper body sled strap, and the
lower body sled strap.



CONDITIONING



AIRDYNE AD8

R#121

Dimensions: 53 in x 26 in x 53 inMax.

User Weight: 352lb

Assembled Product Weight: 113lb

Product Features: Single-stage direct drive system, Telemetric Heart Rate Technology, corrosion resistant powder coated steel construction, multi-position hand grips, multi-display LCD console, Optimized fan



AIRDYNE X

R#122

Footprint (W x L): 26 in x 55 inMax. **User Weight:** 350lbProduct weight: 113lb **Resistance levels:** Progressive Wind ResistancePerformance fan: 27" Fan (26-blades) **Features:** Performance drive system , Single-stage belt for instant activation , Smooth motion, HIIT training, Calibration technology, Essential workout stats and tachometer, Moisture-repellent, double-coated steel body construction, Biomechanically correct positioning, Fore/aft seat and height adjustments, Oversized cushioned seat, Anti-slip triple-sided foot pegs, Cordless operation



WATT BIKE

R#123

Height: 51 in

Frame Width: 26 in W x 50 in L

Frame Material: Steel

Bike Weight: 121lb

Gears: 1-10 (air) 1-7 (magnetic)

Seat: Includes Race and comfort saddle

Max Rider Weight: 330lb

Key Features: Accurate Data, Polar view, Resistance Systems, Real Ride Feel Technology



KEISER M3 SPIN BIKE

R#124

Dimensions: 44 in H x 26 in W x 50 in L

Bike Weight: 88lb

Features: Stretch pads, Water bottle holder, Two-way adjustable handlebars, Four-way adjustable seat, Transport wheels for ease of transport, console displaying Cadence, Power, Kcals, Heart Rate, Ride Time, Odometer, Trip Distance, and Gear, all on one screen





“

Everyone has an internal dialogue, and how you talk to yourself will greatly impact your performance —both in terms of production and what the experience feels like.

”

— Elisabeth Akinwale

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CONDITIONING



KEISER M5 ELLIPTICAL

R#125

Overall Dimensions: 63.5" H x 22.5" W x 49" L

Bike Weight: 131lb



WOODWAY CURVE

R#126

Overall Dimensions: 66.5" H x 33" W x 67" L

Incline: Natural Curve

Speed: Unlimited



VERSACLIMBER SPORT

R#127

Height: 7' 10" (assembled)

Color: Black

Footprint: 43" x 46"

Product Weight: 150lb

Climb Angle: 75 degrees



CONCEPT 2 ROWER

R#128

Dimensions: 14" H x 24" W x 96" L

Footprint: 8ft x 2 ft

Color: Black

Product Weight: 55 lb



CONDITIONING



CONCEPT 2 BIKE

R#129

Length: 48 in

Width: 24 in

Product Weight: 57lb

Monitor: PM5 Performance Monitor



CONCEPT 2 SKI ERG

R#130

Length: 52 in

Width: 24 in

Height: 85 in

Product Weight: 44lb



“

As an elite athlete, there are only five things that you can truly control — your training, nutrition, sleep, recovery, and mindset. If it doesn't fall into one of those categories, I tell my athletes, forget about it. Control the things you can control, and ignore everything else.

”

— Ben Bergeron,
from his book *Chasing Excellence*

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“

Crossfit is a way of life. You eat well, you train hard, you push yourself. It teaches you so much about yourself.”

— Ben Smith

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