

CORE

HEALTH & FITNESS

NAUTILUS StairMaster STAR TRAC SCHWINN
THROWDOWN COREFIT COLLECTIVE GYM RAX wexer



THROWDOWN

Product Catalog

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 (159 kg)
MACHINE WEIGHT	441 lb (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 (159 kg)
USER HEIGHT RANGE	4 ft 11 in to 6 ft 8 in (150 to 203 cm)
MACHINE WEIGHT	146 lb (66 kg)



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)



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)



**Product featured with optional platform*

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)



GROUP EX

HIIT Console



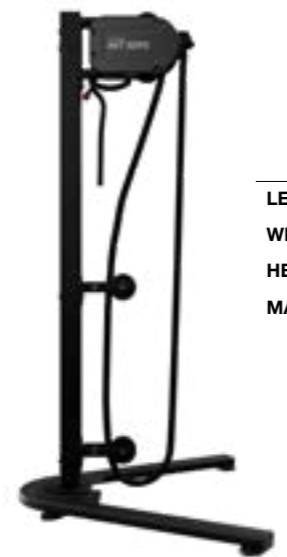
DISPLAY TYPE	Fixed Segment and Dot Matrix LCD
DISPLAY AREA	14.5 in
BACKLIGHT	Yes
# METRICS DISPLAYED	5
# PROGRAMS	5
CUSTOM PROGRAMS	5 (Time, Distance, Calories, Time interval, Calorie interval)
POWER REQUIREMENT	Power 4x AA batteries
5 GHZ HEART RATE	Yes
ANT+ HEART RATE	Yes
ANT+ L. BOARD SIGNAL	Yes
BLE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



HIIT Rope TD-RPT01

LENGTH	22 in (55.8 cm)
WIDTH	8.2 in (20.7 cm)
HEIGHT	16 in (40.6 cm)
RESISTANCE LEVELS	6 levels of resistance
MACHINE WEIGHT	41.7 lb (18.9 kg)

*Product shown with optional external pulley



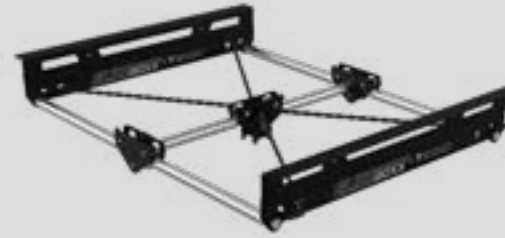
Freestand 9-TD-RPT-S

LENGTH	92 in (234 cm)
WIDTH	63 in (160 cm)
HEIGHT	45 in (114 cm)
MACHINE WEIGHT	142 lb (64 kg)



External Pulley 73-00293

LENGTH	10.8 in (27.5 cm)
WIDTH	7.5 in (19 cm)
HEIGHT	6.1 in (15.5 cm)
MACHINE WEIGHT	8.8 lb (3.8 kg)



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

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

COMPATIBLE WITH 9 FBR.
FOR MORE INFORMATION SEE PAGE 104

STRENGTH

Throwdown - Freeweights



URETHANE DUMBBELLS

- Solid steel core, one piece construction
- Premium urethane that will not discolor
- Wear resistant matte textured surfaces
- Industrial hard chrome handle finish
- Medium knurl
- Handles 5-45 = 31mm
- Handles 47.5-200 = 34mm

Sets

URETHANE DUMBBELL - SETS lb

5 - 25 lb Set	WT	5 lb	10 lb	15 lb	20 lb	25 lb
9-UDC4-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-UDC4-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-UDC4-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-UDC4-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-UDC4-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-UDC4-M2LB-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
5 - 100 lb Club Set (4 Sets)				9-UDC4-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-UDC4-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-UDC4-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-UDC4-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-UDC4-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-UDC4-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-UDC4-M2KG-THD-60	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
2.5 - 50kg Club Set (4 Sets)				9-UDC4-CLUBKG-THD-60		

Individual Dumbbells

URETHANE DUMBBELLS - SINGLE lb

UDC4-105LB-THD-60	WT	105 lb	UDC4-155LB-THD-60	WT	155 lb
UDC4-110LB-THD-60	WT	110 lb	UDC4-160LB-THD-60	WT	160 lb
UDC4-115LB-THD-60	WT	115 lb	UDC4-165LB-THD-60	WT	165 lb
UDC4-120LB-THD-60	WT	120 lb	UDC4-170LB-THD-60	WT	170 lb
UDC4-125LB-THD-60	WT	125 lb	UDC4-175LB-THD-60	WT	175 lb
UDC4-130LB-THD-60	WT	130 lb	UDC4-180LB-THD-60	WT	180 lb
UDC4-135LB-THD-60	WT	135 lb	UDC4-185LB-THD-60	WT	185 lb
UDC4-140LB-THD-60	WT	140 lb	UDC4-190LB-THD-60	WT	190 lb
UDC4-145LB-THD-60	WT	145 lb	UDC4-195LB-THD-60	WT	195 lb
UDC4-150LB-THD-60	WT	150 lb	UDC4-200LB-THD-60	WT	200 lb

URETHANE DUMBBELLS - SINGLE kg

UDC4-52.5KG-THD-60	WT	52.5 kg
UDC4-55KG-THD-60	WT	55 kg
UDC4-57.5KG-THD-60	WT	57.5 kg
UDC4-60KG-THD-60	WT	60 kg
UDC4-62.5KG-THD-60	WT	62.5 kg
UDC4-65KG-THD-60	WT	65 kg
UDC4-67.5KG-THD-60	WT	67.5 kg
UDC4-70KG-THD-60	WT	70 kg
UDC4-72.5KG-THD-60	WT	72.5 kg
UDC4-75KG-THD-60	WT	75 kg

STRENGTH

Throwdown - Freeweights

URETHANE OLYMPIC PLATES

- Three comfortable grips
- Thick premium urethane covering
- Heavy, long lasting texture
- Fits snug on bar

URETHANE BUMPER PLATES

- Encased in premium urethane
- One piece internal steel hub
- 90 on "A" shore durometer
- Dead bounce
- Bright, vibrant colors
- Bumper discs have 17.7" (450mm) outer diameter (IWF standards)

BEAUTY BELLS

- Solid steel construction
- Industrial hard chromed
- Matte finish
- Medium diamond knurl pattern
- Embossed weight indications

RUBBER BUMPER PLATES

- High Quality Rubber
- Hard Chrome Steel Hub
- 88-93A Shore Diameter
- Dead Bounce
- Bright Vibrant Colors
- Bumper Plates have 17.7" (450mm) outer diameter

Single Plates

URETHANE OLYMPIC PLATES - SINGLE

UPR4-2.5LB-60THD	WT	2.5 lb
UPR4-05LB-60THD	WT	5 lb
UPR4-10LB-60THD	WT	10 lb
UPR4-25LB-60THD	WT	25 lb
UPR4-35LB-60THD	WT	35 lb
UPR4-45LB-60THD	WT	45 lb

URETHANE BUMPER PLATES - SINGLE

UBP4-10LB-THD-BLK	WT	10 lb
UBP4-25LB-THD-GRN	WT	25 lb
UBP4-35LB-THD-YLW	WT	35 lb
UBP4-45LB-THD-BLU	WT	45 lb
UBP4-55LB-THD-RED	WT	55 lb

RUBBER BUMPER PLATES - SINGLE

RBP4-10LB-THD-BLK	WT	10 lb
RBP4-25LB-THD-GRN	WT	25 lb
RBP4-35LB-THD-YLW	WT	35 lb
RBP4-45LB-THD-BLU	WT	45 lb
RBP4-55LB-THD-RED	WT	55 lb

URETHANE OLYMPIC PLATES - SINGLE

UPR4-1.25KG-THD-60	WT	1.25 kg
UPR4-2.5KG-THD-60	WT	2.5 kg
UPR4-05KG-THD-60	WT	5 kg
UPR4-10KG-THD-60	WT	10 kg
UPR4-15KG-THD-60	WT	15 kg
UPR4-20KG-THD-60	WT	20 kg
UPR4-25KG-THD-60	WT	25 kg

URETHANE BUMPER PLATES - SINGLE

UBP4-05KG-THD-BLK	WT	5 kg
UBP4-10KG-THD-GRN	WT	10 kg
UBP4-15KG-THD-YLW	WT	15 kg
UBP4-20KG-THD-BLU	WT	20 kg
UBP4-25KG-THD-RED	WT	25 kg

RUBBER BUMPER PLATES - SINGLE

RBP4-05KG-THD-BLK	WT	5 kg
RBP4-10KG-THD-GRN	WT	10 kg
RBP4-15KG-THD-YLW	WT	15 kg
RBP4-20KG-THD-BLU	WT	20 kg
RBP4-25KG-THD-RED	WT	25 kg

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, one piece construction
- Thick premium urethane covering
- Wear resistant matte textured surfaces
- Industrial hard chromed
- Handle Diameter - 32 mm



EZ CURL BARBELLS

- Solid steel, one piece construction
- Thick odourless Bayer urethane covering
- Wear resistant matte textured surfaces
- Industrial hard chromed
- Handle Diameter - 32 mm

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-UBS4-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-UBS4-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

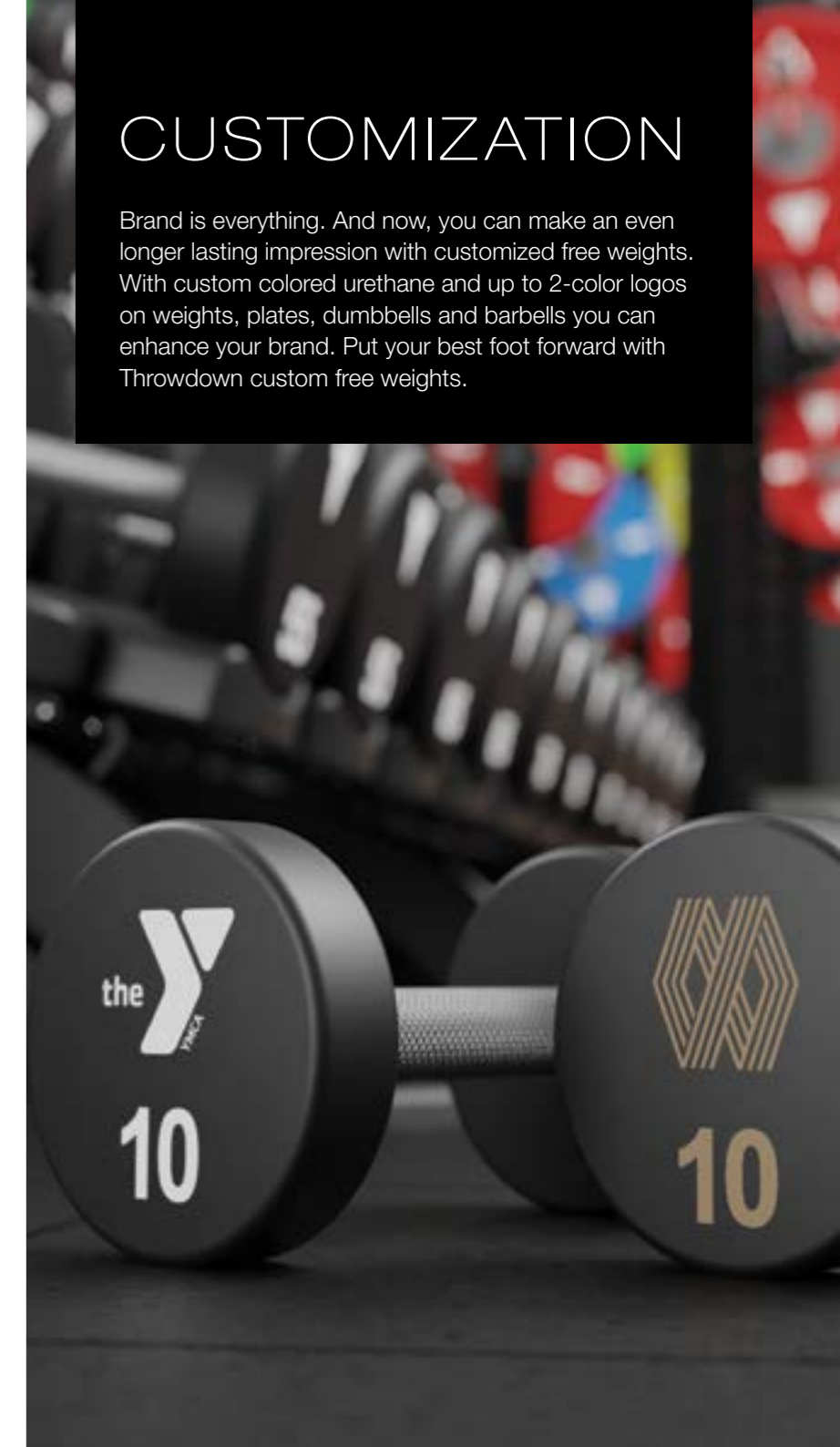
EZ Curl Barbell Set	WT	20 lb	30 lb	40 lb	50 lb	60 lb	70 lb	80 lb	90 lb	100 lb	110 lb
9-UBC-CLUBIB-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each

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-UBC4-CLUBKG-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each

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

- Industrial hard chrome plated 417mm sleeves
- Medium volcano knurling
- High quality needle bearings on olympic bars and high quality bushings on powerlifting bar and deadlift bar
- 205,000 PSI tensile strength
- 28mm, 20KG Olympic Bar, Hard Chrome or Black Chrome
- 25mm, 15KG Olympic Bar, Hard Chrome or Black Chrome
- 29mm, 20KG Powerlifting Bar, Hard Chrome
- 27mm, 22KG Deadlift Bar, Black Chrome



EZ CURL BAR CBC-4

- Length: 1200mm
- Shaft and Sleeve Coating: Hard Chrome
- Sleeve Rotation: bushing
- Diameter: 30mm
- Weight: 10kg
- Sleeve Length: 162mm
- Fits Standard Olympic size discs



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

- Length: 1405mm
- Shaft and Sleeve Coating: Hard Chrome
- Diameter: 25mm
- Weight: 22KG
- Medium Knurled handles
- Fits standard Olympic size discs

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.



**TRAIN FOR THE RACE
EQUIP FOR THE FUTURE**



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

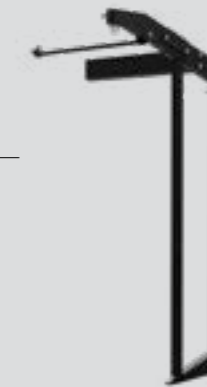
[Check out page 78 to see our shorter AXTC - Suitable for our Light Commercial Solutions](#)

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



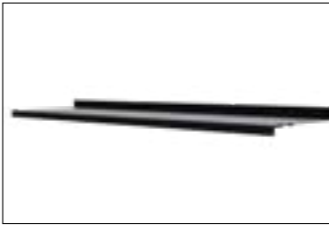
STABILITY BALL SHELF, 6'
SKU: 52-00156-60-KT



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



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



PLYO SHELF
SKU: 52-00158-60-KT



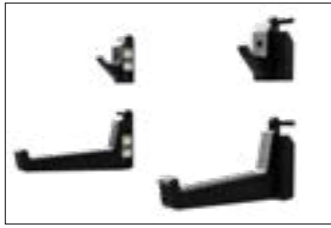
BARBELL STORAGE
SKU: 73-00239-60-KT



BALANCE BALL
SKU: 73-00191-60-KT



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



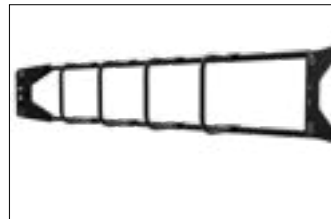
SQUAT STATION
SKU: 73-00151-60-KT



ATTACHMENT POINT
SKU: 72-00108-60-KT



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



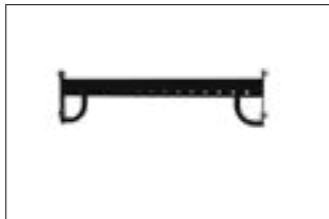
ROLLER STORAGE KIT, 6'
SKU: 73-00197-60-KT



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



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



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



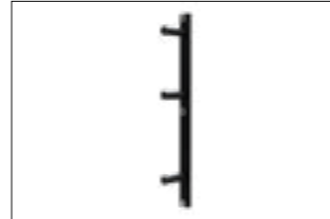
PLATE STORAGE, 6'
SKU: 73-00242-60-KT



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



BAR STORAGE
SKU: 71-00267-60-KT



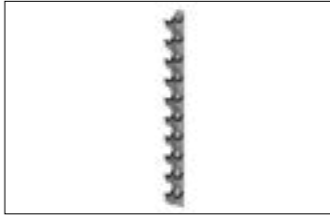
WEIGHT PLATE STORAGE HANGER
SKU: 73-00162-60-KT



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



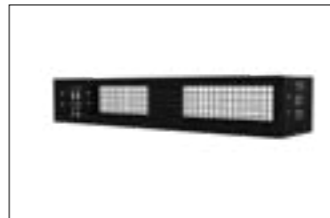
ROPE HANGER, PTC
SKU: 73-00194-60-KT



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



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



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



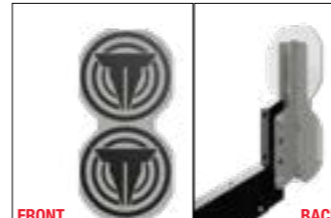
STORAGE BIN, 4'
SKU: 71-00402-60-KT



STORAGE PIN
SKU: 52-00139-60-KT



STORAGE PEG
SKU: 71-00357-60-KT



COMPETITION BALL TARGET
SKU: 73-00411-29THD-KT

FUNCTIONAL TRAINING

Throwdown XTC Rigs



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

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

RECOMMENDED FLOOR SPACE 14' X 24' (4.26 X 7.32M)

INCLUDES:

- BALL SHELF, 4' X4
- BAR STORAGE X2
- PLATE STORAGE, 4' X2
- LANDMINE, RIG MOUNT X2
- ROPE ANCHOR, RIG MOUNT X2
- STORAGE BIN, 6' X1
- STORAGE PIN X4
- SQUAT STATION, 4' X2
- TARGET + DPU ADAPTER X2
- VERTICAL DUMBBELL RACK X2
- WIDE SHELF, 4' X2
- 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
- BAR STORAGE X2
- DIP BAR X2
- LANDMINE, RIG MOUNT X2
- MEGA GRIP PULLUP BAR, 4' X1
- MUSCLE UP ATTACHMENT X1
- NEUTRAL GRIP PULLUP X2
- PLATE STORAGE, 4' X2
- ROPE ANCHOR, RIG MOUNT X2
- STORAGE BIN, 6' X2
- STORAGE PIN X8
- SQUAT STATION, 4' X2
- TARGET + DPU ADAPTER X2
- VERTICAL DUMBBELL RACK X2
- WIDE SHELF, 4' X6
- 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
- BAR STORAGE X4
- LANDMINE, RIG MOUNT X4
- NEUTRAL GRIP PULLUP X1
- PLATE STORAGE, 4' X4
- ROCK GRIP PULLUP X1
- ROPE ANCHOR, RIG MOUNT X4
- STORAGE BIN, 6' X2
- STORAGE PIN X8
- SQUAT STATION, 4' X4
- TARGET + DPU ADAPTER X4
- VERTICAL DUMBBELL RACK X2
- WIDE SHELF, 4' X4
- WIDE SHELF, 6' X3
- XTC CROSSMEMBER, 6' X2

*PICTURED ABOVE

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 - XTC Attachments



DUAL POSTMOUNT 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



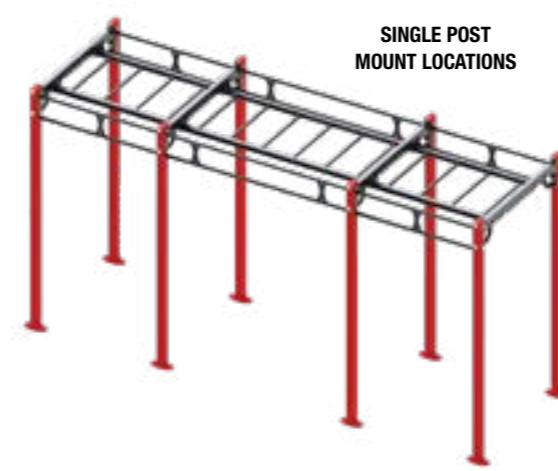
NEUTRAL GRIP PULLUP
SKU: 71-00268-60-KT
MOUNT: DOUBLE PULLUP BAR



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



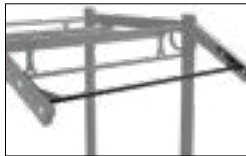
DIP BAR
SKU: 71-00101-60-KT
MOUNT: POST



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



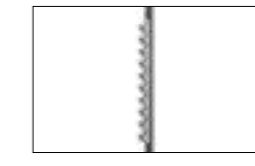
WIDE SHELF, 4'
SKU: 52-00124-60-KT
MOUNT: DUAL POST



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



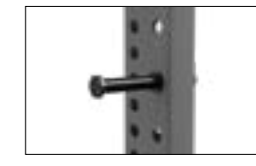
ROPE HANGER
SKU: 71-00360-60-KT
MOUNT: POST



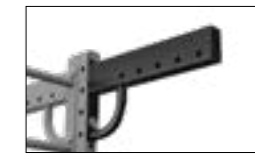
VERTICAL DUMBBELL RACK
SKU: 71-00367-60-KT
MOUNT: POST



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



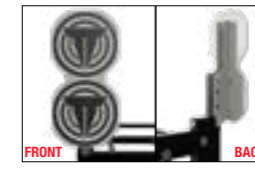
DUMBBELL SHELF, 6'
SKU: 73-00266-60-KT
MOUNT: DUAL POST



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



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



COMPETITION BALL TARGET
SKU: 73-00410-29THD-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



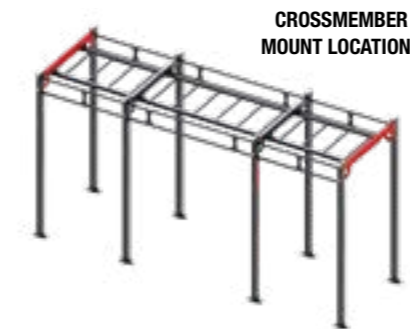
LOCKABLE BIN, 6'
SKU: 73-00283-60-KT
MOUNT: DUAL POST



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

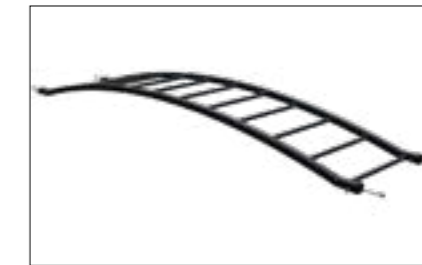
Length	297.9" (756.7CM)
Width	153.95" (391CM)
Height	102" (259CM)
Recommended Floor Space	17' X 29' (5.2 X 8.8 M)
Bag Spacing	4.5' (137 cm)
Construction	7-gauge steel, 4"x4" (10cm x 10cm) tubing
Finish	Electrostatic Powder coating



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)



BASEPLATE 400-1120

OPTIONAL



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)



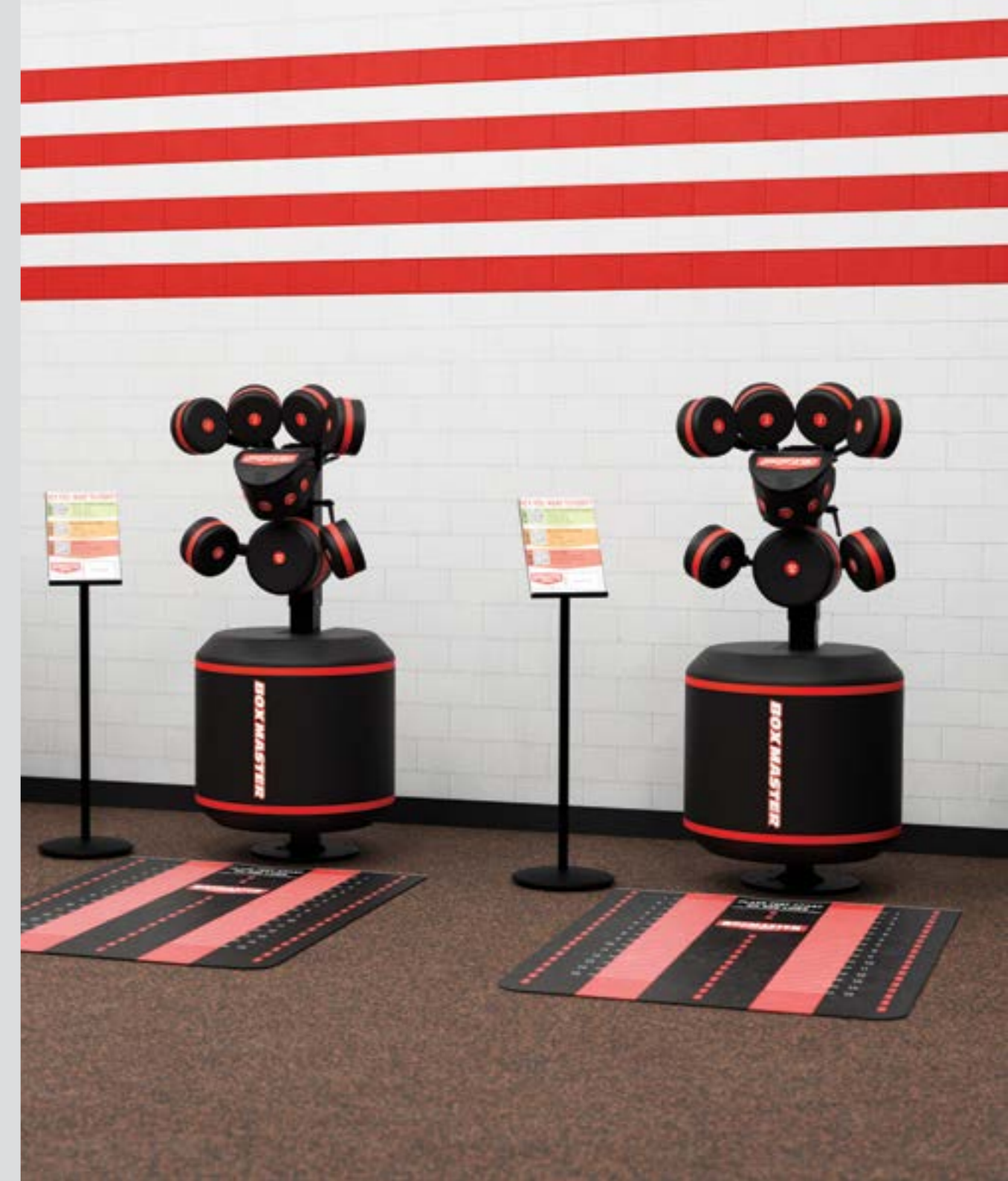
Stance Mat 731-9445

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



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)



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)



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)



BATTLE ROPES

- Heavy-duty, woven rope
 - Secured hand grips on both ends
 - Available in 20' & 30' Length
 - Black
 - 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)



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)

FIT ACCESSORIES

Throwdown



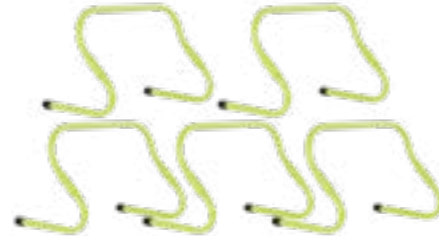
3-N-1 POWER PLYOS

- 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



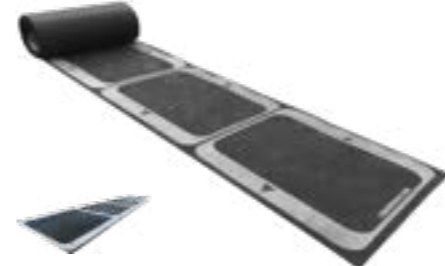
POWER PLYO SETS

- 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



AGILITY LADDERS

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



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)



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



AGILITY DOTS

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



AGILITY CONES

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



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)



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)



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



6' 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.
- 14" x 72" / 120 lbs. Filled
 - Black
- Sold individually
- SKU(s):
- + TD-HB-6



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

FIT ACCESSORIES

Throwdown



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



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)



SPEED ROPES

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



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



FLOOR SLIDERS

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



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



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)
- Two sizes: 55cm and 65cm
- 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



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



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)



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) |

FIT ACCESSORIES

Throwdown



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)	25 kg (TD-HDB-25kg)
8 kg (TD-HDB-8kg)	30 kg (TD-HDB-30kg)
9 kg (TD-HDB-9kg)	
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

5 lb (TD-FKB-5)	SKUS:	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)	



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)



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)



OLYMPIC BAR COLLARS

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



BUMPER PLATE STORAGE CART

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



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