



**MORE STRENGTH  
PER SQUARE FOOT®**



# WHO WE ARE


Dynamic Fitness and Strength is a family-owned manufacturer of American-made strength and fitness solutions. Our Eau Claire, WI manufacturing plant combines the latest technologies and manufacturing techniques with state-of-the-art fabrication equipment. Dynamic Fitness and Strength has invested in our people, our process and our technology to continually exceed the demands of our customers. With everything housed under one roof, we internally scrutinize for quality and have sole control of all processes including design, manufacturing and delivery.

We believe that our people are our greatest asset and you, the customer, are king. Our motto, "The only constant is change", reminds us to constantly innovate and seek improvements in all realms of life. Our design, sales, marketing and engineering teams continually collaborate,

focusing on developing market solutions to accommodate industry trends, financial challenges, space constraints, and unique options for customization and personalization.

We are extremely excited to announce the release of our redesigned rack lines, as well as our Ultra Pro Strength Line of plate-loaded and pin-select equipment.

Thank you, sincerely, from all of us here at Dynamic, for making us your brand of choice.

 Danny Dambornino

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# ULTRA PRO™ G2 HALF RACK

700102



## FEATURES INCLUDED

- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 2 BAR STORAGE
- 10 STORAGE PEGS
- UHMW WEAR PROTECTION
- 28" SAFETY ARMS
- MULTI-GRIP CHIN STATION
- LASER CUT NUMBERING
- POWDER COATED UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 550 LBS
- FOOTPRINT: 75" W X 95" H X 64" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- HIGH/LOW ATTACHMENT
- LANDMINE
- LAT/ROW ATTACHMENT
- PLYO STEP
- PRO DIP STATION
- SPOTTER STANDS
- STORAGE HOOKS
- UPRIGHT D-RING

Primary color shown: textured Black  
Secondary color shown: Navy Blue  
Tertiary color shown: Signal Yellow

Additional upgrades, customization and attachments shown





# ULTRA PRO™ G2 POWER RACK



**700104**



## FEATURES INCLUDED

- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 2 BAR STORAGE
- 10 STORAGE PEGS
- UHMW WEAR PROTECTION
- 36" SAFETY ARMS
- MULTI-GRIP CHIN STATION
- LASER CUT NUMBERING
- POWDER COATED UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 793 LBS
- FOOTPRINT: 75" W X 95" H X 80" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- |                       |                   |
|-----------------------|-------------------|
| • BAND HOOKS          | • JAMMER ARMS     |
| • DUAL LANDMINE       | • PRO DIP STATION |
| • FUNCTIONAL TRAINER  | • STORAGE HOOKS   |
| • HIGH/LOW ATTACHMENT | • UPRIGHT D-RING  |



Primary color shown: textured Black  
Secondary color shown: Maroon  
Tertiary color shown: Ebony Chrome

Additional upgrades, customization and attachments shown



# ULTRA PRO™ G2 DOUBLE HALF RACK



700105



## FEATURES INCLUDED

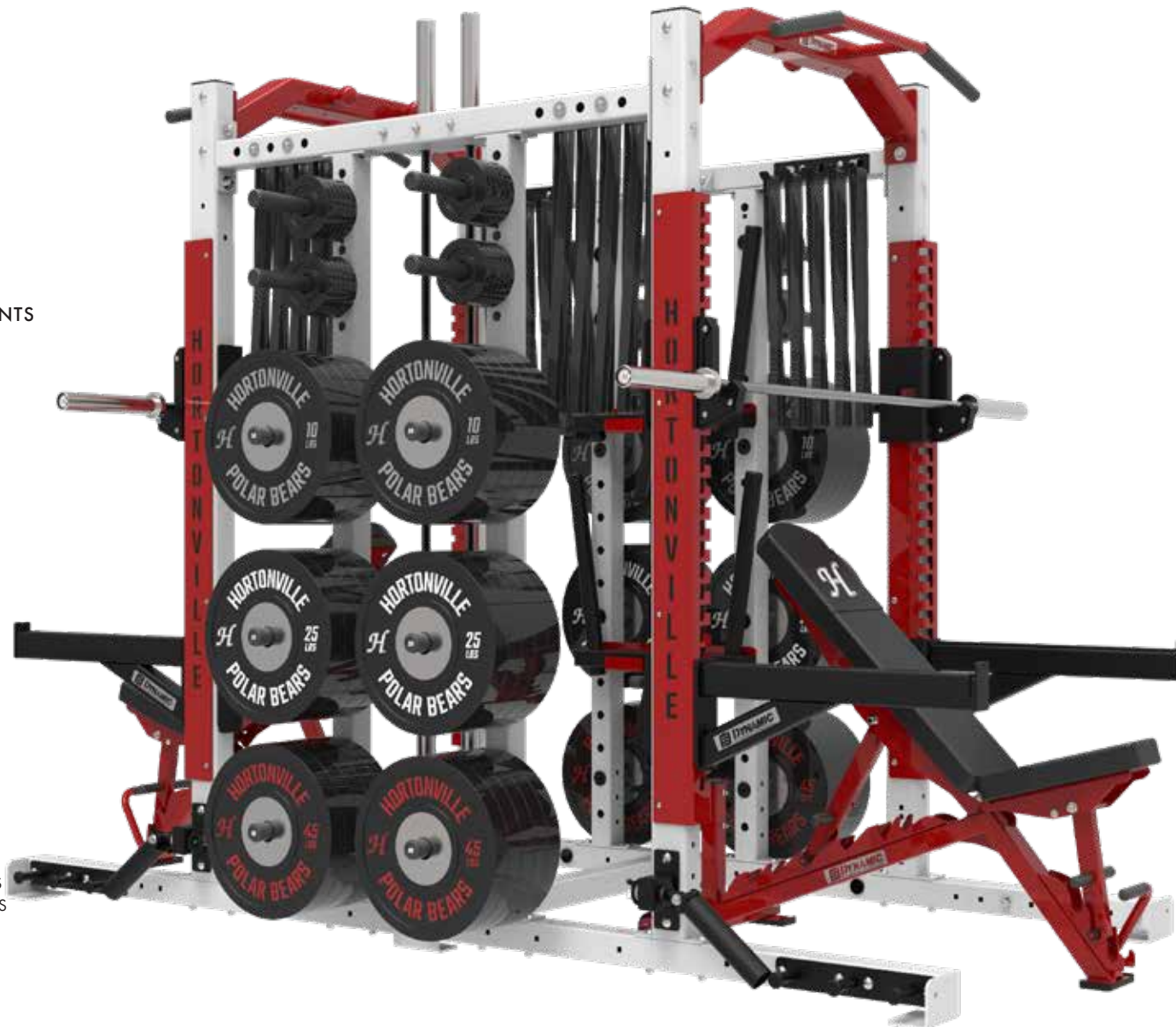
- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 4 HANGING BAR STORAGE
- 20 STORAGE PEGS
- UHMW WEAR PROTECTION
- 28" SAFETY ARMS
- MULTI-GRIP CHIN STATION
- LASER CUT NUMBERING
- POWDER COATED UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 1,065 LBS
- FOOTPRINT: 75" W X 95" H X 121" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- |                   |                  |
|-------------------|------------------|
| • BAND HOOKS      | • SIDE TABLE     |
| • LANDMINE        | • SPOTTER STANDS |
| • PLYO STEP       | • STORAGE HOOKS  |
| • PRO DIP STATION | • UPRIGHT D-RING |



Primary color shown: Eagle White  
Secondary color shown: Red Barron  
Tertiary color shown: Black

Additional upgrades, customization and attachments shown

# ULTRA PRO™ G2 DOUBLE HALF RACK



700106



## FEATURES INCLUDED

- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 4 HANGING BAR STORAGE
- 10 STORAGE PEGS
- UHMW WEAR PROTECTION
- 28" SAFETY ARMS
- MULTI-GRIP CHIN STATION
- LASER CUT NUMBERING
- POWDER COATED UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 922 LBS
- FOOTPRINT: 75" W X 95" H X 107" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- DUAL LANDMINE
- HR JAMMER ARMS
- PLYO STEP
- PRO DIP STATION
- ROPE PULL
- SPOTTER STANDS
- STORAGE HOOKS
- UPRIGHT D-RING



Primary color shown: Black  
Secondary color shown: Signal Yellow

Additional upgrades, customization and attachments shown





# ULTRA PRO™ G2 POWER HALF RACK COMBO



700107



## FEATURES INCLUDED

- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 4 HANGING BAR STORAGE
- 20 STORAGE PEGS
- UHMW WEAR PROTECTION
- 28" AND 36" SAFETY ARMS
- MULTI-GRIP CHIN STATION
- LASER CUT NUMBERING
- POWDER COATED UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 1,295 LBS
- FOOTPRINT: 75" W X 95" H X 142" L

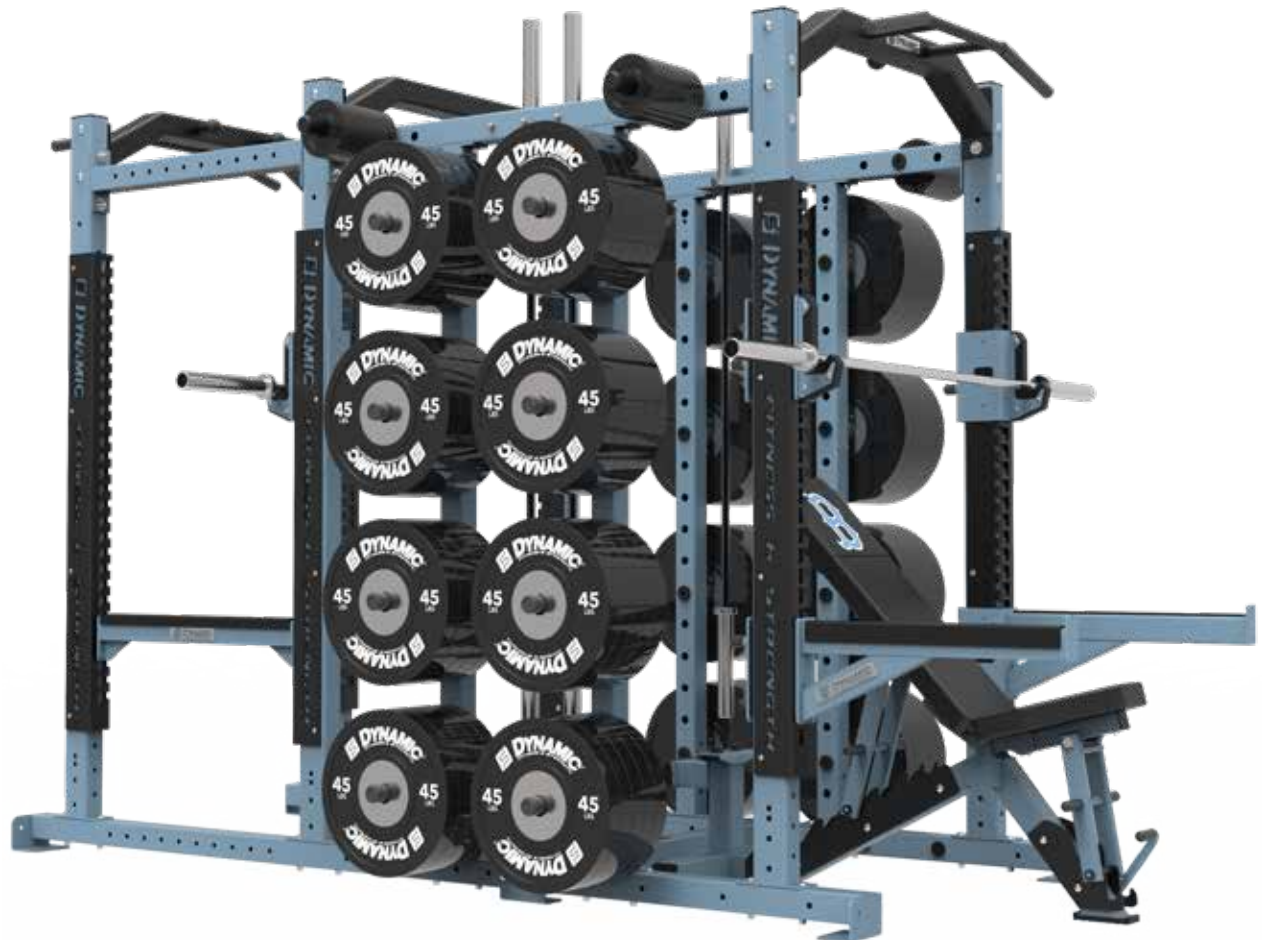
## MANY ATTACHMENTS AVAILABLE, INCLUDING

- BAND HOOKS
- DUAL LANDMINE
- HR JAMMER ARMS
- PLYO STEP
- PRO DIP STATION
- SIDE TABLE
- SPOTTER STANDS
- UPRIGHT D-RING

Primary color shown: pastel blue

Secondary color shown: textured black

Additional upgrades, customization and attachments shown





# ULTRA PRO™ G2 POWER HALF RACK COMBO



700108



## FEATURES INCLUDED

- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 4 HANGING BAR STORAGE
- 10 STORAGE PEGS
- UHMW WEAR PROTECTION
- 28" AND 36" SAFETY ARMS
- MULTI-GRIP CHIN STATION
- LASER CUT NUMBERING
- POWDER COATED UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 1,150 LBS
- FOOTPRINT: 75" W X 95" H X 129" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- |                   |                      |
|-------------------|----------------------|
| • HR JAMMER ARMS  | • ROPE PULL          |
| • LANDMINE        | • SPLIT SQUAT ROLLER |
| • PLYO STEP       | • SPOTTER STANDS     |
| • PRO DIP STATION | • STORAGE HOOKS      |



Primary color shown: textured black  
Secondary color shown: purple wave

Additional upgrades, customization and attachments shown



# ULTRA PRO™ HALF RACK

700112



## FEATURES INCLUDED

- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 2 BAR STORAGE
- 10 STORAGE PEGS
- UHMW WEAR PROTECTION
- 28" SAFETY ARMS
- MULTI-GRIP CHIN STATION
- LASER CUT NUMBERING
- CHROME UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 565 LBS
- FOOTPRINT: 75" W x 95" H x 64" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- FUNCTIONAL TRAINER
- HIGH/LOW ATTACHMENT
- LANDMINE
- PLYO STEP
- PRO DIP STATION
- SPOTTER STANDS
- STORAGE HOOKS
- UPRIGHT D-RING

Primary color shown: textured black  
Secondary color shown: Royal blue

Additional upgrades, customization and attachments shown



# ULTRA PRO™ POWER RACK

700114



## FEATURES INCLUDED

- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 2 BAR STORAGE
- 10 STORAGE PEGS
- UHMW WEAR PROTECTION
- 36" SAFETY ARMS
- MULTI-GRIP CHIN STATION
- LASER CUT NUMBERING
- CHROME UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 810 LBS
- FOOTPRINT: 75" W X 95" H X 80" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- |                       |                   |
|-----------------------|-------------------|
| • BAND HOOKS          | • LANDMINE        |
| • FUNCTIONAL TRAINER  | • PRO DIP STATION |
| • HIGH/LOW ATTACHMENT | • STORAGE HOOKS   |
| • JAMMER ARMS         | • UPRIGHT D-RING  |

Primary color shown: leaf green

Secondary color shown: textured black

Additional upgrades, customization and attachments shown





# ULTRA PRO™ DOUBLE HALF RACK



700115



## FEATURES INCLUDED

- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 4 HANGING BAR STORAGE
- 20 STORAGE PEGS
- UHMW WEAR PROTECTION
- 28" SAFETY ARMS
- MULTI-GRIP CHIN STATION
- LASER CUT NUMBERING
- CHROME UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 1,146 LBS
- FOOTPRINT: 75" W X 95" H X 121" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- |                   |                  |
|-------------------|------------------|
| • BAND HOOKS      | • SIDE TABLE     |
| • LANDMINE        | • SPOTTER STANDS |
| • PLYO STEP       | • STORAGE HOOKS  |
| • PRO DIP STATION | • UPRIGHT D-RING |

Primary color shown: purple wave

Secondary color shown: textured black

Additional upgrades, customization and attachments shown





# ULTRA PRO™ DOUBLE HALF RACK



700116



## FEATURES INCLUDED

- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 2 HANGING BAR STORAGE
- 10 STORAGE PEGS
- UHMW WEAR PROTECTION
- 28" SAFETY ARMS
- MULTI-GRIP CHIN STATION
- LASER CUT NUMBERING
- CHROME UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 922 LBS
- FOOTPRINT: 75" W X 95" H X 107" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- DUAL LANDMINE
- HR JAMMER ARMS
- PLYO STEP
- PRO DIP STATION
- ROPE PULL
- SPOTTER STANDS
- STORAGE HOOKS
- UPRIGHT D-RING

Primary color shown: sky blue

Secondary color shown: ebony chrome

Additional upgrades, customization and attachments shown



# ULTRA PRO™ POWER HALF RACK COMBO



700117



## FEATURES INCLUDED

- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 4 HANGING BAR STORAGE
- 20 STORAGE PEGS
- UHMW WEAR PROTECTION
- 28" AND 36" SAFETY ARMS
- MULTI-GRIP CHIN STATIONS
- LASER CUT NUMBERING
- CHROME UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 1,276 LBS
- FOOTPRINT: 75" W X 95" H X 143" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- DUAL LANDMINE
- HR JAMMER ARMS
- PLYO STEP
- PRO DIP STATION
- SPOTTER STANDS
- STORAGE HOOKS
- UPRIGHT D-RING

Primary color shown: textured black  
Secondary color shown: signal yellow

Additional upgrades, customization and attachments shown



# ULTRA PRO™ POWER HALF RACK COMBO



700118



## FEATURES INCLUDED

- 5" x 3" STEEL FRAME (7-GAUGE)
- 3/4" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 4 HANGING BAR STORAGE
- 12 STORAGE PEGS
- UHMW WEAR PROTECTION
- 28" AND 36" SAFETY ARMS
- MULTI-GRIP CHIN STATION
- LASER CUT NUMBERING
- CHROME UPRIGHT WRAP WITH DYNAMIC LOGO
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 1,150 LBS
- FOOTPRINT: 75" W X 95" H X 129" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- HR JAMMER ARMS
- LANDMINE
- PLYO STEP
- PRO DIP STATION
- ROPE PULL
- SPOTTER STANDS
- STORAGE HOOKS

Primary color shown: Purple Wave

Secondary color shown: Black

Additional upgrades, customization and attachments shown





# ULTRA PRO™ ATTACHMENTS

Dynamic Fitness and Strength offers customizable attachments to upgrade your Ultra Pro rack system. Each attachment is constructed with premium-quality American-made steel and finished in an intensive powder-coat process for a strong and consistent adhesion that will live up to required performance standards. Contact your Territory Manager for a complete list of attachments. Power rack accessories are also available.



**LAT / LOW ROW**  
710009



**FUNCTIONAL TRAINER**  
710011  
PATENT PENDING



**ATHLETIC TRAINING  
ARM STATION**  
710322  
PATENT PENDING



**SINGLE STACK  
TRAINER**  
710016  
PATENT PENDING





**BOLT-ON BAND PEG**  
709069

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**RECEPTACLE**  
709250

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**BAND PEGS**  
709010

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**LANDMINE**  
709007

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**DUAL LANDMINE**  
709040

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**BAR STORAGE**  
709058

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**BAND STORAGE**  
709093

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**HANGING BAR  
STORAGE** 709045

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**STORAGE HOOKS**  
709017

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**SIDE STORAGE**  
709033

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**ATHLETIC  
TRAINING ARMS  
(HR ONLY)**  
709124

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**DIP STATION  
(HR ONLY)**  
709088

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**PLYO STEP  
(HR ONLY)**  
709092

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**ROPE PULL  
(HR ONLY)**  
709035

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**TECHNIQUE TRAY  
(HR ONLY)**  
709095

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## LAT / LOW ROW SHOWN ON RACK

**710009**

### SPECIFICATIONS

- WEIGHT: 650 LBS
- FOOTPRINT: 62" W x 43" H x 93" L

Specifications listed are for the attachment only



## FUNCTIONAL TRAINER SHOWN ON RACK

**710011**

### SPECIFICATIONS

- WEIGHT: 1,050 LBS
- FOOTPRINT: 70" W x 29" H x 97" L
- PATENT PENDING

Specifications listed are for the attachment only



## ATHLETIC TRAINING ARM STATION SHOWN ON RACK

**710322**

### SPECIFICATIONS

- WEIGHT: 250 LBS
- FOOTPRINT: 35" W x 75" H x 93" L
- PATENT PENDING

Specifications listed are for the attachment only



## SINGLE STACK TRAINER SHOWN ON RACK

**710016**

### SPECIFICATIONS

- WEIGHT: 455 LBS
- FOOTPRINT: 43" W x 30" H x 94" L
- PATENT PENDING

Specifications listed are for the attachment only

# TITAN G2 HALF RACK

400112



## FEATURES INCLUDED

- 3" x 3" STEEL FRAME (11-GAUGE)
- 1" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 10 STORAGE PEGS
- 2 BAR STORAGE
- UHMW WEAR PROTECTION
- 24" SAFETY ARMS
- CHIN STATION
- LASER CUT NUMBERING
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 339 LBS
- FOOTPRINT: 75" W X 93" H X 61" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- |                       |                      |
|-----------------------|----------------------|
| • BAND PEG            | • LAT/ROW ATTACHMENT |
| • D-RING              | • QUICK DIP STATION  |
| • FUNCTIONAL TRAINER  | • SPLIT SQUAT ROLLER |
| • HIGH/LOW ATTACHMENT | • BAR HOLDERS        |
| • LANDMINE            |                      |



Primary color shown: textured black

Secondary color shown: River red

Additional upgrades, customization and attachments shown



# TITAN G2 POWER RACK

400114



## FEATURES INCLUDED

- 3" x 3" STEEL FRAME (11-GAUGE)
- 1" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 10 STORAGE PEGS
- 2 BAR STORAGE
- UHMW WEAR PROTECTION
- 30" SAFETY ARMS
- CHIN STATION
- LASER CUT NUMBERING
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 470 LBS
- FOOTPRINT: 75" W X 93" H X 80" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- |                       |                     |
|-----------------------|---------------------|
| • BAND HOOKS          | • QUICK DIP STATION |
| • D-RING              | • ROPE PULL         |
| • HIGH/LOW ATTACHMENT | • SPOTTER STANDS    |
| • LANDMINE            | • BAR HOLDERS       |
| • LAT/ROW ATTACHMENT  |                     |

Primary color shown: navy blue

Secondary color shown: textured black

Additional upgrades, customization and attachments shown



# TITAN G2 DOUBLE HALF RACK



400115



## FEATURES INCLUDED

- 3" x 3" STEEL FRAME (11-GAUGE)
- 1" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 20 STORAGE PEGS
- 4 BAR STORAGE
- UHMW WEAR PROTECTION
- 24" SAFETY ARMS
- CHIN STATION
- LASER CUT NUMBERING
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 665 LBS
- FOOTPRINT: 75" W X 93" H X 121" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- |                     |                      |
|---------------------|----------------------|
| • D-RING            | • SIDE TABLE         |
| • FRAME MOUNTED GHG | • SPLIT SQUAT ROLLER |
| • JAMMER ARMS       | • STORAGE HOOKS      |
| • LANDMINE          | • TECHNIQUE TRAY     |



Primary color shown: royal blue  
Secondary color shown: silvadillo

Additional upgrades, customization and attachments shown

# TITAN G2 DOUBLE HALF RACK



400116



## FEATURES INCLUDED

- 3" x 3" STEEL FRAME (11-GAUGE)
- 1" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 10 STORAGE PEGS
- 2 BAR HOLDERS
- UHMW WEAR PROTECTION
- 24" SAFETY ARMS
- CHIN STATION
- LASER CUT NUMBERING
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 542 LBS
- FOOTPRINT: 75" W X 93" H X 107" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- BAND HOOKS
- D-RING
- DUAL LANDMINE
- JAMMER ARMS
- PLYO STEP
- ROPE PULL
- SIDE TABLE
- SPLIT SQUAT ROLLER
- BAR HOLDERS

Primary color shown: maroon  
Secondary color shown: sun gold

Additional upgrades, customization and attachments shown





# TITAN G2 POWER HALF RACK COMBO



400117



## FEATURES INCLUDED

- 3" x 3" STEEL FRAME (11-GAUGE)
- 1" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 20 STORAGE PEGS
- 4 BAR STORAGE
- UHMW WEAR PROTECTION
- 24" AND 30" SAFETY ARMS
- CHIN STATION
- LASER CUT NUMBERING
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 773 LBS
- FOOTPRINT: 75" W X 93" H X 136" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- BAND HOOKS
- DUAL LANDMINE
- JAMMER ARMS
- QUICK DIP STATION
- REVERSE J-CUPS
- REVERSE SAFETIES
- SIDE TABLE

Primary color shown: purple wave

Secondary color shown: textured black

Additional upgrades, customization and attachments shown





# TITAN G2 POWER HALF RACK COMBO



400118



## FEATURES INCLUDED

- 3" x 3" STEEL FRAME (11-GAUGE)
- 1" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 10 STORAGE PEGS
- 2 BAR STORAGE
- UHMW WEAR PROTECTION
- 24" AND 30" SAFETY ARMS
- CHIN STATION
- LASER CUT NUMBERING
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 651 LBS
- FOOTPRINT: 75" W X 93" H X 108" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- BAND HOOKS
- DUAL LANDMINE
- JAMMER ARMS
- QUICK DIP STATION
- REVERSE J-CUPS
- REVERSE SAFETIES
- SIDE TABLE
- BAR HOLDERS

Primary color shown: textured black  
Secondary color shown: signal orange

Additional upgrades, customization and attachments shown



# TITAN G2 DOUBLE POWER RACK



400119



## FEATURES INCLUDED

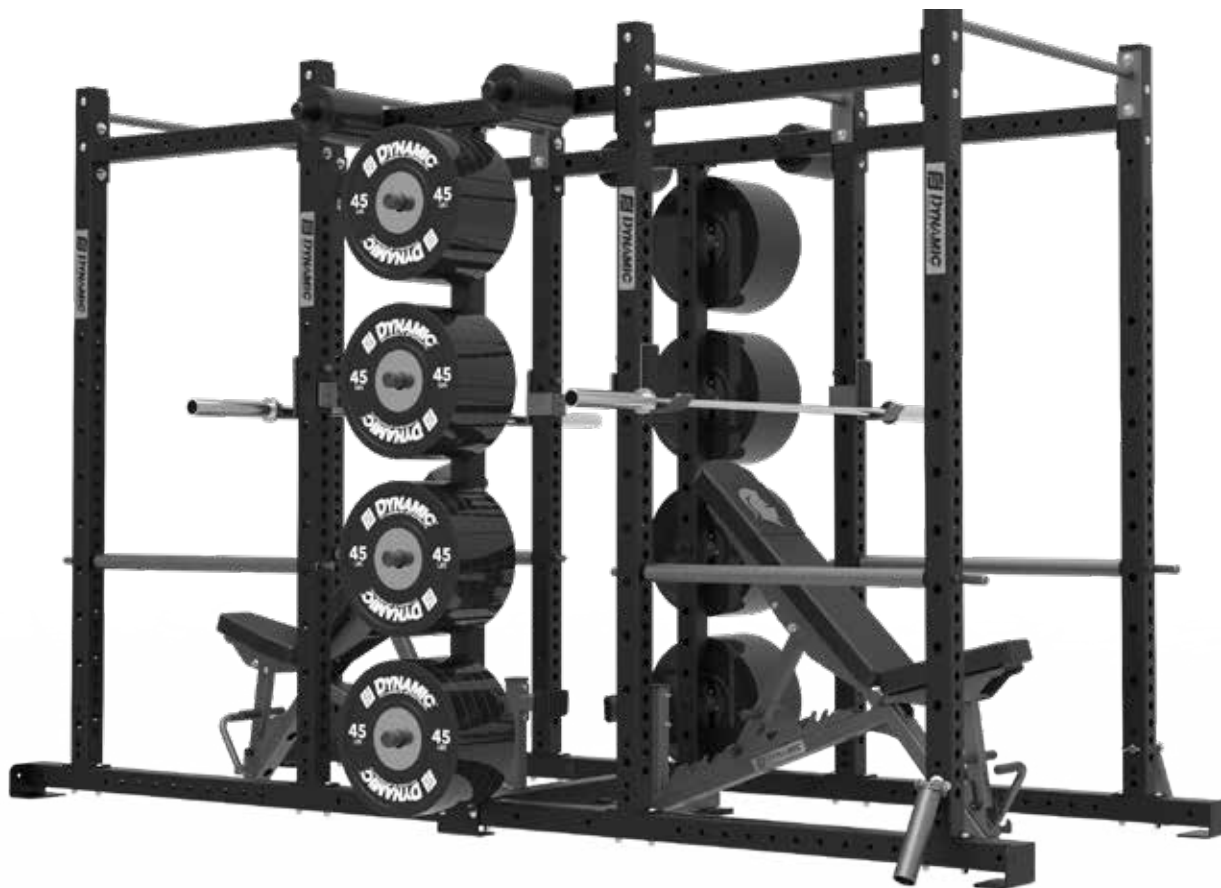
- 3" x 3" STEEL FRAME (11-GAUGE)
- 1" STEEL LOCKING PINS
- 2" ADJUSTABLE ANCHOR POINT INCREMENTS
- 10 STORAGE PEGS
- 2 BAR STORAGE
- UHMW WEAR PROTECTION
- 30" SAFETY ARMS
- CHIN STATION
- LASER CUT NUMBERING
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 790 LBS
- FOOTPRINT: 75" W X 93" H X 145" L

## MANY ATTACHMENTS AVAILABLE, INCLUDING

- BAR STORAGE
- JAMMER ARMS
- PLYO STEP
- REVERSE DIP
- SPOTTER STAND
- SQUAT ROLLER
- STORAGE HOOKS



Primary color shown: textured black

Secondary color shown: ebony chrome

Additional upgrades, customization and attachments shown

# TITAN G2 ATTACHMENTS

Dynamic Fitness and Strength offers customizable Titan G2 attachments to upgrade your rack system. Each attachment is constructed with premium-quality American-made steel and finished in an intensive powder-coat process for a strong and consistent adhesion that will live up to required performance standards. Contact your Territory Manager for a complete list of attachments. Power rack accessories are also available.



**LAT / LOW ROW**  
710009



**FUNCTIONAL TRAINER**  
710011  
PATENT PENDING



**ATHLETIC TRAINING  
ARM STATION**  
710322  
PATENT PENDING



**SINGLE STACK  
TRAINER**  
710016  
PATENT PENDING



**BOLT-ON BAND PEG**  
709069

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**RECEPTACLE**  
709250

---



Reqs 709250

**BAND PEGS**  
709010

---



Reqs 709250

**LANDMINE**  
709007

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**DUAL LANDMINE**  
709040

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**ADJUSTABLE  
D-HANDLE**  
409093

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**BAND STORAGE**  
709093

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**HANGING BAR  
STORAGE 709045**

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**STORAGE HOOKS**  
709017

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**SIDE STORAGE**  
709033

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Reqs 409243 or  
40023X Series Rack

**ATHLETIC  
TRAINING ARMS  
(HR ONLY)**  
409241

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**DIP STATION  
(HR ONLY)**  
409130

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**PLYO STEP  
(HR ONLY)**  
409131

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**ROPE PULL  
(HR ONLY)**  
409107

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**TECHNIQUE TRAY  
(HR ONLY)**  
409046

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## COMP RUBBER BUMPER PLATES

### FEATURE INCLUDED

- SOLD IN PAIRS
- COLOR CODED BY WEIGHT
- CUSTOMIZATION OPTIONS AVAILABLE
- ZINC COATED STEEL HUBS
- CUSTOM LOGO OPTIONS AVAILABLE

### SPECIFICATIONS

- PLATE DIAMETER:  
450MM / 17.72" (IWF STANDARD)
- COLLAR DIAMETER: 50.4MM / 1.98"
- WEIGHT TOLERANCE:  
WITHIN 0.3% OF CLAIMED WEIGHT
- RUBBER DUROMETER RANGE: 88-92

| PART#          | COLOR  | WEIGHT  | THICKNESS      |
|----------------|--------|---------|----------------|
| PL-BP-25-COMP  | Green  | 25 lbs. | 30mm (1.18 in) |
| PL-BP-25B-COMP | Black  | 25 lbs. | 30mm (1.18 in) |
| PL-BP-35-COMP  | Yellow | 35 lbs. | 40mm (1.57 in) |
| PL-BP-35B-COMP | Black  | 35 lbs. | 40mm (1.57 in) |
| PL-BP-45-COMP  | Blue   | 45 lbs. | 51mm (2.01 in) |
| PL-BP-45B-COMP | Black  | 45 lbs. | 51mm (2.01 in) |
| PL-BP-55-COMP  | Red    | 55 lbs. | 60mm (2.36 in) |
| PL-BP-55B-COMP | Black  | 55 lbs. | 60mm (2.36 in) |



## COLOR-CODED PLATES

### FEATURE INCLUDED

- MADE FROM QUALITY, RECYCLED RUBBER
- COLOR-CODED BY WEIGHT
- STAINLESS STEEL BUSHINGS
- SOLD IN PAIRS
- CUSTOM LOGO OPTIONS AVAILABLE

### SPECIFICATIONS

- PLATES DIAMETER:  
450MM / 17.7" (IWF STANDARD)
- COLLAR DIAMETER: 50.40MM / 1.98"
- WEIGHT TOLERANCE:  
+/- 1% OF CLAIMED WEIGHT
- RUBBER DUROMETER RANGE: 88-92

| PART#       | COLOR  | WEIGHT  | THICKNESS |
|-------------|--------|---------|-----------|
| PL-BP-10-GR | Green  | 10 lbs. | 0.98"     |
| PL-BP-10B   | Black  | 10 lbs. | 0.98"     |
| PL-BP-15B   | Black  | 15 lbs. | 1.18"     |
| PL-BP-25-YE | Yellow | 25 lbs. | 1.26"     |
| PL-BP-25B   | Black  | 25 lbs. | 1.26"     |
| PL-BP-35-BL | Blue   | 35 lbs. | 1.57"     |
| PL-BP-35B   | Black  | 35 lbs. | 1.57"     |
| PL-BP-45-RD | Red    | 45 lbs. | 2.01"     |
| PL-BP-45B   | Black  | 45 lbs. | 2.01"     |



## HIGH-IMPACT BUMPER PLATES

### FEATURE INCLUDED

- FIT 2" / 50MM OLYMPIC BARS
- DISTINCTIVE, ROUGH RUBBER FINISH
- MADE FROM QUALITY, RECYCLED VULCANIZED RUBBER
- SOFTER BOUNCE COMPARED TO STANDARD BUMPERS
- AVAILABLE IN FIVE WEIGHT OPTIONS
- INSET, STAINLESS STEEL BUSHINGS

### SPECIFICATIONS

- PLATES DIAMETER:  
450MM / 17.7" (IWF STANDARD)
- COLLAR DIAMETER: 50.40MM / 1.98"
- WEIGHT TOLERANCE:  
+/- 1% OF CLAIMED WEIGHT

| PART#       | COLOR | WEIGHT  | THICKNESS |
|-------------|-------|---------|-----------|
| PL-BP-10-HI | Black | 10 lbs. | 1.125"    |
| PL-BP-15-HI | Black | 15 lbs. | 1.75"     |
| PL-BP-25-HI | Black | 25 lbs. | 2.25"     |
| PL-BP-35-HI | Black | 35 lbs. | 3.00"     |
| PL-BP-45-HI | Black | 45 lbs. | 3.25"     |



## MEN'S OLYMPIC BAR

608000



### FEATURE INCLUDED

- MEDIUM KNURLING
- NO CENTER KNURLING
- OLYMPIC AND POWER-LIFTING MARKS
- DUAL OILLITE BRONZE BUSHINGS
- DUAL SNAP RING DESIGN
- BLACK OXIDE SHAFT
- ZINC PLATING
- CUSTOM LOGO OPTIONS AVAILABLE

### SPECIFICATIONS

- BAR DIAMETER: 28.5 MM
- WEIGHT: 20 KG / 44 LBS
- MIN. TENSILE: 195,000 PSI

## WOMEN'S OLYMPIC BAR

608001



### FEATURE INCLUDED

- LIGHT KNURLING
- NO CENTER KNURLING
- OLYMPIC AND POWER-LIFTING MARKS
- DUAL OILLITE BRONZE BUSHINGS
- DUAL SNAP RING DESIGN
- BLACK OXIDE SHAFT
- ZINC PLATING
- CUSTOM LOGO OPTIONS AVAILABLE

### SPECIFICATIONS

- BAR DIAMETER: 25 MM
- WEIGHT: 15 KG / 33 LBS
- MIN. TENSILE: 180,000 PSI

## TECHNIQUE BAR

608002



### FEATURE INCLUDED

- LIGHT KNURLING
- NO CENTER KNURLING
- OLYMPIC AND POWER LIFTING MARKS
- DUAL OILLITE BRONZE BUSHINGS
- DUAL SNAP RING DESIGN
- CUSTOM LOGO OPTIONS AVAILABLE

### SPECIFICATIONS

- BAR DIAMETER: 28.5 MM
- WEIGHT: 15 LBS



## BADGER BAR

608004



### FEATURE INCLUDED

- MEDIUM KNURLING
- CENTER KNURLING
- OLYMPIC AND POWER-LIFTING MARKS
- DUAL OILLITE BRONZE BUSHINGS
- DUAL SNAP RING DESIGN
- CLEAR ZINC SHAFT
- ZINC PLATING
- CUSTOM LOGO OPTIONS AVAILABLE

### SPECIFICATIONS

- BAR DIAMETER: 28.5 MM
- WEIGHT: 20 KG / 44 LBS
- MIN. TENSILE: 190,000 PSI



## OLYMPIC BEARING BAR

608008



### FEATURE INCLUDED

- DUAL BEARING DESIGN
- 10 PRECISION NEEDLE BEARINGS
- OLYMPIC AND POWER-LIFTING MARKS
- TWO-YEAR WARRANTY
- ZINC PLATED
- CUSTOM LOGO OPTIONS AVAILABLE

### SPECIFICATIONS

- BAR DIAMETER: 28.5 MM
- WEIGHT: 20 KG / 44 LBS
- MIN. TENSILE: 195,000 PSI



## HEX BAR

608005

### FEATURE INCLUDED

- DUAL KNURLED HANDLES
- 4 1/2" HANDLE HEIGHT VARIATIONS
- DURABLE CHROME FINISH

### SPECIFICATIONS

- HANDLE DIAMETER: 25 MM
- WEIGHT: 50LB
- WT CAPACITY: 750 LBS



# ULTRA PRO™ STRENGTH LINE

Introducing the Dynamic Ultra Pro strength line of plate-loaded and pin-select equipment. This new line features commercial-quality strength equipment based on the proven functionality and form of classic industry designs. Our robust steel frame structures with industrial-grade bearing components provide stable, resistance-free motion.







## LEG PRESS

**714002**



### FEATURE INCLUDED

- PLATE-LOADED LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- LINEAR BEARINGS AND CHROME GUIDE RODS
- LARGE FOOT PLATE
- ADJUSTABLE SEAT SUPPORT
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 793 LBS
- FOOTPRINT: 67" W x 56" H x 106" L



## BILATERAL LEG PRESS

**714003**



### FEATURE INCLUDED

- PLATE-LOADED LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- LINEAR BEARINGS AND CHROME GUIDE RODS
- INDEPENDENT FOOT PLATES
- PLATE STORAGE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 942 LBS
- FOOTPRINT: 67" W x 56" H x 106" L



## HACK SQUAT

714004



### FEATURE INCLUDED

- PLATE-LOADED LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- LINEAR BEARINGS AND CHROME GUIDE RODS
- ADJUSTABLE INCLINE FOOT PLATE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 730 LBS
- FOOTPRINT: 67" W x 56" H x 102" L



## POWER SQUAT

714005



### FEATURE INCLUDED

- PLATE-LOADED LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- ADJUSTABLE PLATFORM ANGLE
- PLATE STORAGE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 475 LBS
- FOOTPRINT: 52" W x 61" H x 80" L



## VERTICAL LEG PRESS

**714000**



### FEATURE INCLUDED

- PLATE-LOADED LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- LINEAR BEARINGS AND CHROME GUIDE RODS
- LARGE FOOT PLATE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED  
FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 764 LBS
- FOOTPRINT: 72" W x 79" H x 68" L



## BELT SQUAT

**702014**



### FEATURE INCLUDED

- PLATE-LOADED LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- LINEAR BEARINGS AND CHROME GUIDE RODS
- LARGE WORKING PLATFORM
- MULTIPLE TRAINING OPTIONS
- TEXTURED OR GLOSS POWDER COATED  
FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 590 LBS
- FOOTPRINT: 53" W x 74" H x 91" L



## BILATERAL INCLINE CHEST PRESS

713008



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 2" X 3" 11-GAUGE STEEL
- MULTIPLE GRIP OPTIONS
- CONVERGING MOTION
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 291 LBS
- FOOTPRINT: 62" W x 40" H x 65" L



## BILATERAL FLAT CHEST PRESS

713009



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 2" X 3" 11-GAUGE STEEL
- MULTIPLE GRIP OPTIONS
- CONVERGING MOTION
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 291 LBS
- FOOTPRINT: 62" W x 40" H x 65" L





## BILATERAL SHOULDER PRESS

**713010**



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 2" X 3" 11-GAUGE STEEL
- MULTIPLE GRIP OPTIONS
- CONVERGING MOTION
- PLATE STORAGE
- INDUSTRIAL FLANGE BEARINGS
- ADJUSTABLE SAFETY STOPS
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 279 LBS
- FOOTPRINT: 58" W x 52" H x 46" L



## BILATERAL LOW ROW

**713011**



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 2" X 3" 11-GAUGE STEEL
- MULTIPLE GRIP OPTIONS
- CONVERGING MOTION
- PLATE STORAGE
- INDUSTRIAL FLANGE BEARINGS
- ADJUSTABLE SAFETY STOPS
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 428 LBS
- FOOTPRINT: 61" W x 64" H x 52" L



## SHRUG MACHINE

713021



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 3" X 3" 11-GAUGE STEEL
- MULTIPLE GRIP OPTIONS
- CONVERGING MOTION
- PLATE STORAGE
- INDUSTRIAL FLANGE BEARINGS
- ADJUSTABLE SAFETY STOPS
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 287 LBS
- FOOTPRINT: 69" W x 33" H x 63" L



## INCLINE LEVER ROW

713025



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 2" X 3" 11-GAUGE STEEL
- MULTIPLE GRIP LOCATIONS
- ADJUSTABLE FOOT PLATE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 180 LBS
- FOOTPRINT: 41" W x 58" H x 75" L



## ANGLED ROW BENCH

**716012**



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 2" x 3" 11-GAUGE STEEL
- FULL FRAME PAD
- ADJUSTABLE FOOT PLATE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 151 LBS
- FOOTPRINT: 61" W x 45" H x 71" L



## JAMMER MACHINE

**713003**



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 3" X 3" 11-GAUGE STEEL
- MULTIPLE GRIP OPTIONS
- CONVERGING MOTION
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 377 LBS
- FOOTPRINT: 88" W x 84" H x 81" L



## BILATERAL LAT PULL DOWN

713036



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 2" X 3" 11-GAUGE STEEL
- CONVERGING
- FULL ROTATION GRIPS
- ADJUSTABLE HOLD-DOWN PAD
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 310 LBS
- FOOTPRINT: 50" W x 86" H x 68" L



## SMITH MACHINE

713007



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- COUNTER BALANCE
- 3" X 3" 11-GAUGE STEEL
- LINEAR BEARINGS AND CHROME GUIDE RODS
- MULTIPLE HEIGHT ADJUSTMENTS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 621 LBS
- FOOTPRINT: 87" W x 95" H x 62" L





## LAT ROW

**713002**



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 3" X 3" 11-GAUGE STEEL
- MULTIPLE TRAINING OPTIONS
- LINEAR BEARINGS AND CHROME GUIDE RODS
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 289 LBS
- FOOTPRINT: 31" W x 93" H x 62" L



## BICEP CURL

**713034**



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 2" X 3" 11-GAUGE STEEL
- PIVOTING GRIP
- ADJUSTABLE SEAT
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 187 LBS
- FOOTPRINT: 39" W x 59" H x 70" L



## HEAD & NECK MACHINE

700030



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 2" x 3" 11-GAUGE STEEL
- INCLUDES AN EVIDENCE-BASED HEAD AND NECK STRENGTHENING PROTOCOL
- INDEPENDENT SETTINGS FOR PRECISE ISOLATION OF THE CAPITAL MUSCLES OF THE HEAD
- MULTI-LAYERED, MEMORY FOAM, MERSA-RESISTANT UPHOLSTERED FACE PAD COMFORTABLY MOLDS AND CONFORMS TO THE FACE AND HEAD
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 250 LBS
- FOOTPRINT: 53" W x 61" H x 45" L



## TRICEP KICK BACK

713035



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 2" X 3" 11-GAUGE STEEL
- LARGE SUPPORT PAD
- ADJUSTABLE SEAT
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 191 LBS
- FOOTPRINT: 28" W x 51" H x 46" L



## SEATED CALF RAISE

714016



### FEATURE INCLUDED

- PLATE-LOADED LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- ADJUSTABLE PAD HEIGHT
- FLANGED BEARING PIVOT
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 154 LBS
- FOOTPRINT: 31" W x 37" H x 62" L



## SEATED PREACHER CURL

716073



### FEATURE INCLUDED

- PLATE-LOADED UPPER BODY
- 3" x 3" 11-GAUGE STEEL
- FULL FRAME PAD
- ADJUSTABLE SEAT
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 130 LBS
- FOOTPRINT: 30" W x 36" H x 46" L

# EIGHT STACK TRAINER

710013



## FEATURES INCLUDED

- PIN-SELECT UPPER BODY
- 3" X 3" 11-GAUGE STEEL
- (8) TRAINING STATIONS
- (2) LAT PULL DOWN
- (2) LOW ROW
- (2) ADJUSTABLE COLUMN
- (1) CABLE CROSSOVER
- 33 VERTICAL ADJUSTMENT OPTIONS
- 2" VERTICAL ADJUSTMENT SPACING
- WEIGHT STACK OPTIONS
- PIVOTING CABLE HOUSING
- 2:1 PULLEY RATIO
- FUNCTIONAL BARS INCLUDED
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE
- PATENT PENDING

## SPECIFICATIONS

- WEIGHT: 3,950 LBS
- FOOTPRINT: 139" W x 98" H x 198" L







## LAT / LOW ROW COMBO

**712001**



### FEATURE INCLUDED

- PIN-SELECT UPPER BODY
- 2" X 3" 11-GAUGE STEEL
- MULTIPLE TRAINING OPTIONS
- 300 LBS. WEIGHT STACKS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 606 LBS
- FOOTPRINT: 62" W x 31" H x 93" L



## FUNCTIONAL TRAINER

**710010**



### FEATURE INCLUDED

- PIN-SELECT UPPER BODY
- 3" X 3" 11-GAUGE STEEL
- MULTIPLE TRAINING OPTIONS
- 200 LBS. WEIGHT STACKS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE
- PATENT PENDING

### SPECIFICATIONS

- WEIGHT: 1,073 LBS
- FOOTPRINT: 51" W x 97" H x 78" L



## CABLE CROSSOVER SYSTEM

710003



### FEATURE INCLUDED

- PIN-SELECT UPPER BODY
- 3" X 3" 11-GAUGE STEEL
- ADJUSTABLE CABLE COLUMNS (2X)
- 200 LBS. WEIGHT STACKS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE
- PATENT PENDING

### SPECIFICATIONS

- WEIGHT: 985 LBS
- FOOTPRINT: 40" W x 92" H x 136" L



## REAR DELT PEC COMBO MACHINE

712028



### FEATURE INCLUDED

- PIN-SELECT UPPER BODY
- 2" X 3" 11-GAUGE STEEL
- 180 DEGREE WORKING ARM ROTATION
- 200 LBS. WEIGHT STACK
- ADJUSTABLE SEAT HEIGHT
- FULL BACK SUPPORT PAD
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 531 LBS
- FOOTPRINT: 27" W x 76" H x 50" L



## BICEP CURL BENCH MACHINE

**712037**



### FEATURE INCLUDED

- PIN-SELECT UPPER BODY
- 2" X 3" 11-GAUGE STEEL
- PIVOTING GRIP
- 200 LBS. WEIGHT STACK
- ADJUSTABLE SEAT HEIGHT
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 478LBS
- FOOTPRINT: 24" W x 74" H x 54" L



## STANDING CALF RAISE MACHINE

**711029**



### FEATURE INCLUDED

- PIN-SELECT LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- LINEAR BEARINGS AND CHROME GUIDE RODS
- ADJUSTABLE SHOULDER PAD
- 300 LBS. WEIGHT STACK
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 675 LBS
- FOOTPRINT: 30" W x 86" H x 48" L



## LEG EXTENSION MACHINE

711015



### FEATURE INCLUDED

- PIN-SELECT LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- ADJUSTABLE SEAT
- 200 LBS. WEIGHT STACK
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 532 LBS
- FOOTPRINT: 37" W x 74" H x 52" L



## PRONE LEG CURL MACHINE

711027



### FEATURE INCLUDED

- PIN-SELECT LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- ADJUSTABLE ANKLE PAD
- 200 LBS. WEIGHT STACK
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 516 LBS
- FOOTPRINT: 38" W x 73" H x 71" L





## KNEELING LEG CURL MACHINE

**711031**



### FEATURE INCLUDED

- PIN-SELECT LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- ADJUSTABLE ANKLE ROLLER
- SINGLE-LEG ISOLATION
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 505 LBS
- FOOTPRINT: 29" W x 73" H x 62" L



## ULTRA PRO LADDER BENCH

718065



### FEATURE INCLUDED

- 3" x 3" 11-GAUGE STEEL
- POWDER-COATED ADJUSTMENT PLATES
- ADJUSTABLE PAD ANGLE, 0-85 DEG
- 12" WIDE PAD
- PROTECTIVE RUBBER FEET
- ROLLING BASE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 143 LBS
- FOOTPRINT: 25" W x 20" H x 56" L



## ULTRA PRO LADDER BENCH WITH SPOTTER

718065SS



### FEATURE INCLUDED

- 3" x 3" 11-GAUGE STEEL
- SPOTTER PLATFORM
- POWDER-COATED ADJUSTMENT PLATES
- ADJUSTABLE PAD ANGLE, 0-85 DEG
- 12" WIDE PAD
- PROTECTIVE RUBBER FEET
- ROLLING BASE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 150 LBS
- FOOTPRINT: 25" W x 20" H x 60" L



## LADDER BENCH

418060SU



### FEATURE INCLUDED

- 2" x 2" STEEL FRAME (11-GAUGE)
- ADJUSTABLE PAD ANGLE, 0-85 DEG
- FIVE ADJUSTMENT SETTINGS
- 10" WIDE PAD
- PROTECTIVE RUBBER FEET
- ROLLING BASE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 113 LBS
- FOOTPRINT: 51" W x 25" H x 19" L



## ULTRA PRO ADJUSTABLE BENCH

718064



### FEATURE INCLUDED

- 2" x 3" STEEL FRAME (11-GAUGE)
- SINGLE LEVER ADJUSTMENT
- ADJUSTABLE PAD ANGLE, 0-85 DEG
- 10" WIDE PAD
- LASER-CUT ADJUSTMENT NUMBERS
- ROLLING BASE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 110 LBS
- FOOTPRINT: 54" W x 25" H x 20" L



## ULTRA PRO FID BENCH

718063



### FEATURE INCLUDED

- 2" x 3" 11-GAUGE STEEL
- CHROME-PLATED ADJUSTMENT TUBE
- ADJUSTABLE PAD ANGLE, 0-85 DEG
- 12" WIDE, DUAL PIVOTING PADS
- ANKLE SUPPORT PADS
- PROTECTIVE RUBBER FEET
- ROLLING BASE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 154 LBS
- FOOTPRINT: 25" W x 19" H x 64" L



## ULTRA PRO DECLINE BENCH

718062



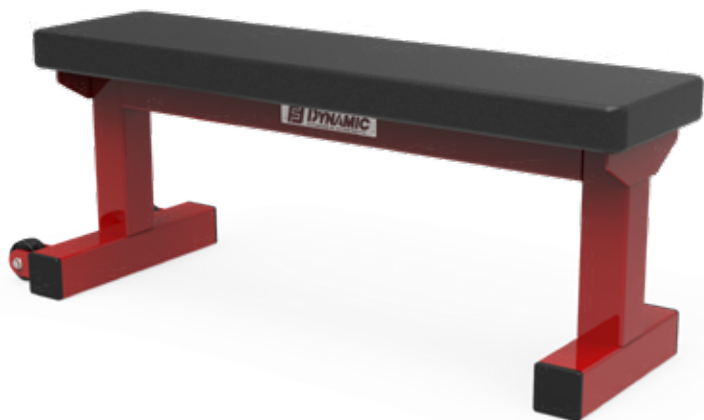
### FEATURE INCLUDED

- 2" x 2" 11-GAUGE STEEL
- CHROME-PLATED ADJUSTMENT TUBE
- ADJUSTABLE PAD ANGLE  
(ANGLE ADJUSTMENT: 10 - 25 DEG)
- 17" MAX TAPERED PAD
- ANKLE SUPPORT PADS
- PROTECTIVE RUBBER FEET
- ROLLING BASE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 113 LBS
- FOOTPRINT: 25" W x 24" H x 61" L





## ULTRA PRO FLAT BENCH

718061



### FEATURE INCLUDED

- 3" x 3" 11-GAUGE STEEL
- CHROME-PLATED ADJUSTMENT TUBE
- FIXED-POSITION PAD
- 12" WIDE PAD
- PROTECTIVE RUBBER FEET
- ROLLING BASE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 48 LBS
- FOOTPRINT: 17" W x 18" H x 48" L



## ULTRA PRO UTILITY BENCH

718022



### FEATURE INCLUDED

- 2" x 3" 11-GAUGE STEEL
- 10 DEG OFFSET BACK SUPPORT
- FIXED-POSITION PAD
- 10" WIDE PAD
- PROTECTIVE RUBBER FEET
- ROLLING BASE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 84 LBS
- FOOTPRINT: 25" W x 36" H x 46" L



## ULTRA PRO OLYMPIC FLAT BENCH

715024



### FEATURE INCLUDED

- HEAVY GAUGE STEEL FRAME
- UHMW PLASTIC PROTECTS WEAR SURFACES
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 200 LBS
- FOOTPRINT: 50" W x 51" H x 64" L



## ULTRA PRO OLYMPIC INCLINE BENCH

715018



### FEATURE INCLUDED

- HEAVY GAUGE STEEL FRAME
- UHMW PLASTIC PROTECTS WEAR SURFACES
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 300 LBS
- FOOTPRINT: 73" W x 51" H x 79" L



## ULTRA PRO OLYMPIC DECLINE BENCH

**715033**



### FEATURE INCLUDED

- HEAVY GAUGE STEEL FRAME
- UHMW PLASTIC PROTECTS WEAR SURFACES
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 300 LBS
- FOOTPRINT: 73" W x 51" H x 79" L



## ULTRA PRO OLYMPIC COMPETITION BENCH

**715065**



### FEATURE INCLUDED

- 3" x 3" STEEL FRAME (11-GAUGE)
- ADJUSTABLE BAR CATCH
- ADJUSTABLE SAFETY ARMS
- LASER-CUT ADJUSTMENT NUMBERS
- 12" X 48" PAD
- SPOTTER PLATFORM

### SPECIFICATIONS

- WEIGHT: 200 LBS
- FOOTPRINT: 64" W x 50" H x 51" L

# GHD HYPER COMBO

**720080**



## FEATURES INCLUDED

- 2" x 2" 11-GAUGE STEEL
- PENDULUM WEIGHT ARM FOR HIP EXTENSION, AND DECOMPRESSION
- MULTIPLE GRIP HANDLES ON FOOTPLATE
- CONVENIENT MOUNT / DISMOUNT STEP
- USER FRIENDLY, STEP THROUGH DESIGN
- FULLY ADJUSTABLE REAR FOOT-REST
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

## SPECIFICATIONS

- WEIGHT: 251 LBS
- FOOTPRINT: 37" W x 42" H x 70" L





## WALK THRU GHD WITH KNEE PAD

**720073**



### FEATURE INCLUDED

- 2" x 3" 11-GAUGE STEEL
- UHMW PLASTIC PROTECTS WEAR SURFACES
- PIVOTING PAD ADJUSTMENT
- VERTICAL PAD ADJUSTMENT
- OTHER MODELS AVAILABLE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 285 LBS
- FOOTPRINT: 64" W x 40" H x 52" L



## SISSY SQUAT

**717001**



### FEATURE INCLUDED

- 2" X 3" 11-GAUGE STEEL
- HIGH-DENSITY ROLLER PAD
- ADJUSTABLE PAD HEIGHT
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 63 LBS
- FOOTPRINT: 23" W x 17" H x 42" L





## ICONIC 5° REVERSE HYPER®

700017



### FEATURE INCLUDED

- 2" X 2" 11-GAUGE STEEL
- MULTIPLE TRAINING POSITIONS
- STRAPS INCLUDED
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 260 LBS
- FOOTPRINT: 46" W x 47" H x 60" L



## ICONIC INVERSE CURL®

700018



### FEATURE INCLUDED

- PLATE-LOADED LOWER BODY
- 2" X 3" 11-GAUGE STEEL
- ADJUSTABLE PAD HEIGHT
- MULTI-POSITION FOOT PLATE
- CUSTOM COLOR PAD OPTIONS
- TEXTURED OR GLOSS POWDER COATED FINISH COLOR OPTIONS AVAILABLE

### SPECIFICATIONS

- WEIGHT: 278 LBS
- FOOTPRINT: 59" W x 64" H x 52" L

# ANNEX STORAGE

## WE HAVE SOLUTIONS!

Help your athletes get the most out of their training sessions with our space-saving storage solutions. These racks increase training productivity by keeping weights at or near the athlete. Spend less time walking and more time training.



# MODULAR TRAINING STATIONS

We will help you design the ultimate training facility, built to accommodate your athletes, by configuring the room based on desired function and space.



# SPACE SOLUTION WALL MOUNT

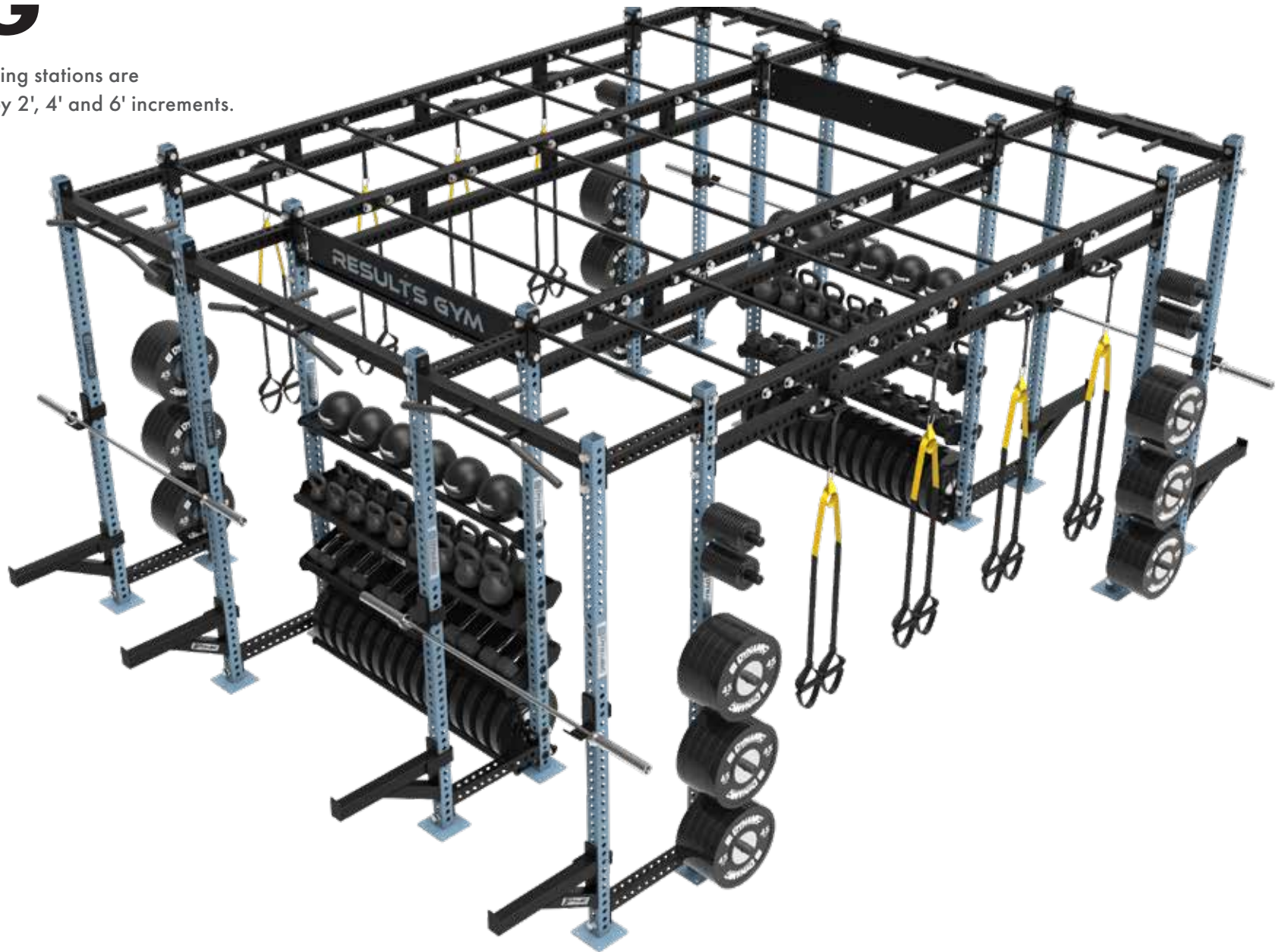
Economical, space-saving solutions to fit all projects and any facility.





# RACK RIG

Modular training stations are expandable by 2', 4' and 6' increments.





# BRIDGE SYSTEM

Great for TRX training and various pull-up accessory options, bridge systems provide additional or alternative training stations in the unused vertical space between racks.



# SLIP COVERS



# PLATES



# PLATFORMS



# CONNECTOR BARS



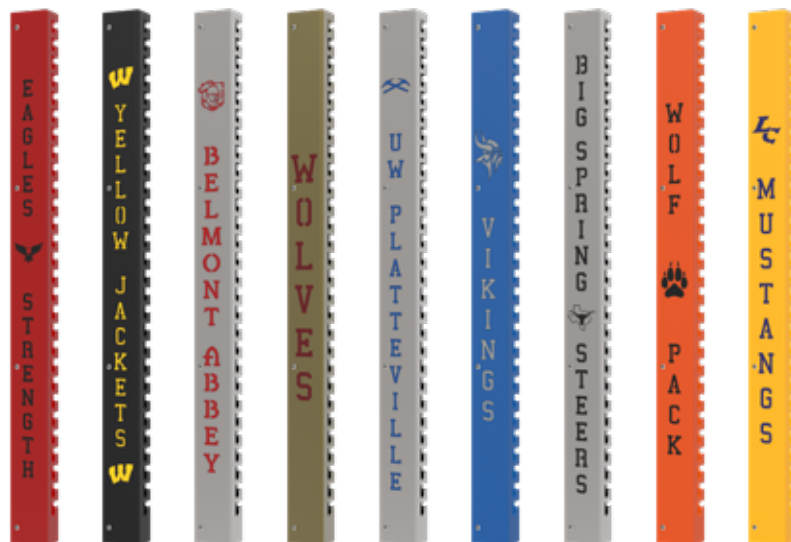
## BAR CAPS



## BALL TARGETS



## UPRIGHT WRAPS



## BAR RACKS

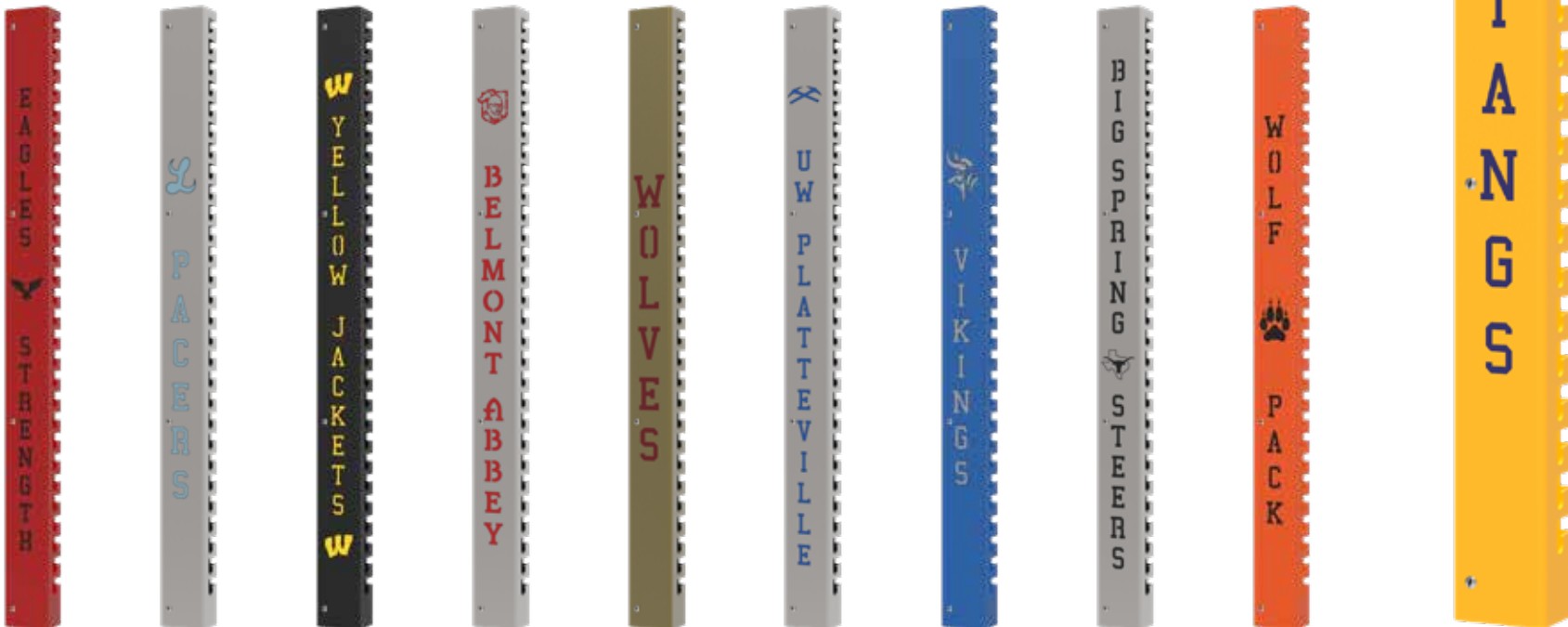




# CUSTOMIZED UPRIGHTS

## FEATURES INCLUDED

- UPRIGHT DESIGN: YOUR LOGO AND / OR LETTERING PRECISION LASER-CUT
- STEEL FRAME- HEAVY DUTY 7 GAUGE
- POWDER COAT COLOR SELECTION: OVER 300 OPTIONS
- COLOR FINISH: CHROME OR POWDER COATED WITH TEXTURED OR GLOSS OPTIONS
- ADDITIONAL OPTIONS: COLOR INSET VINYL LAYER FOR A DETAILED 3D LOOK



# CUSTOMIZED CONNECTOR BARS

## FEATURES INCLUDED

- STEEL FRAME: HEAVY DUTY STEEL 11-GAUGE
- MULTIPLE STEEL LAYER OPTION: COLOR INSET VINYL LAYERS FOR A DETAILED 3D LOOK
- TWO SIDED SIGN OPTION: PROVIDES GREATER VISIBILITY
- INSET VINYL LAYER OPTION: ALLOWS FULL-COLOR DETAILS
- VINYL THICKNESS: 3.5 MIL
- DESIGN: YOUR MASCOT OR SCHOOL NAME OPTIONS
- POWDER COAT COLOR SELECTION: OVER 300 OPTIONS
- POWDER COAT FINISH: TEXTURED OR GLOSS OPTIONS





# CUSTOMIZED SLIP COVERS

Dynamic Fitness and Strength offers bench slip covers that are designed exactly the way you and your team want them. Whether you want your logo, your mascot, full color or a single color, we can help make it happen.

Check out our website to start customizing your bench slip covers now.

## FEATURES INCLUDED

- SINGLE- OR MULTI-COLORED PRINTING OPTIONS AVAILABLE
- DIGITAL SUBLIMATION PROCESS PROVIDES LONGER LIFE COMPARED TO SCREEN PRINTED LOGOS
- 40oz MARINE VINYL
- MATERIAL WITHSTANDS MOISTURE AND DOES NOT BREAKDOWN
- 2.5" THICK PAD IS MADE OF HIGH-DENSITY NEOPRENE
- UPHOLSTERY COLOR CHOICES

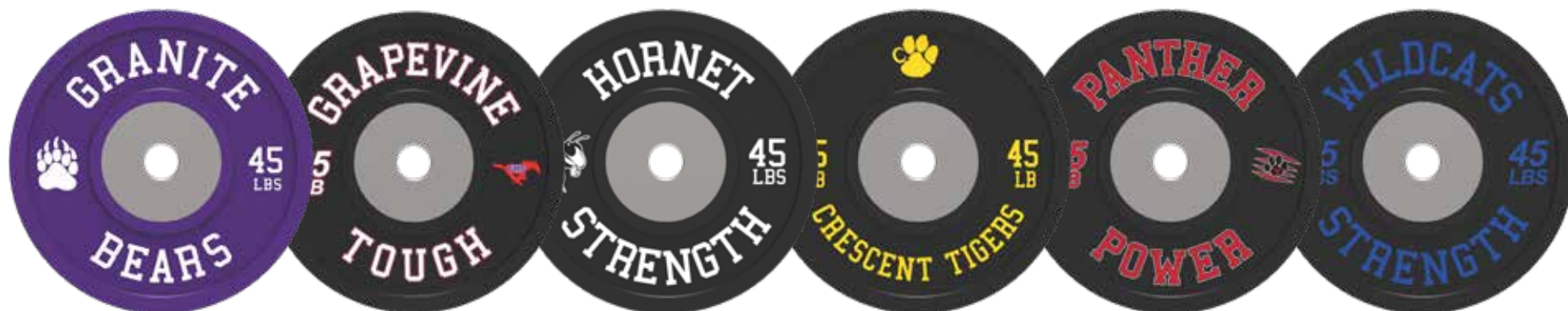


# CUSTOMIZED PLATES

The possibilities are limitless with these custom bumper plates that are sure to drive team spirit. The power is in your hands. Simply provide us your full-color logo, or any design you want, and we will custom-print directly on the plates. Your athletes are sure to be energized.

## FEATURES INCLUDED

- SINGLE- OR MULTI-COLORED PLATE  
LOGOS CAN BE PRINTED ON BOTH SIDES
- OVER 2,600 CUSTOM COLOR OPTIONS AVAILABLE  
FOR COMPETITION AND STANDARD PLATES



# CUSTOMIZED BAR ENDS

Customize everything! We mean it. Customization puts the final touch on any weight room. Our high-quality bars and custom tabs ensure your facility has a feel of strength, brand identity and pride. With the option to choose standard single colors or upgrade to the multi-color option, your logo details will be well represented. Our proprietary printing process endures the wear and tear of the weight room so our custom bars are sure to make a lasting impression.

## FEATURES INCLUDED

- SINGLE- OR MULTI-COLORED BAR END LOGO OPTIONS
- DISPLAY YOUR MASCOT OR SCHOOL LOGO
- BAR IDENTIFICATION: BAR WEIGHT AND DIAMETER PRINTED ON EACH CAP
- AVAILABLE FOR ALL BAR TYPES



# CUSTOMIZED PLATFORMS

## FEATURES INCLUDED

- 3/4" GREAT LAKES OAK
- CERAMIC BASED URETHANE TOP COAT
- URETHANE TOP
- CUSTOMIZED TRIM
- CUSTOM LOGO
- 3.5 MIL VINYL LOGO
- 3/4" SHOCK ABSORBENT RUBBER
- TRIM POWDER COATED  
GLOSS OR TEXTURED FINISH





# 3D FACILITY DESIGN

The sky is the limit with our 3D facility design layouts. We ensure your customized weight room is manufactured and assembled to give you more strength per square foot®. Using our in-house expertise, we can translate your sketches and concepts to 3D models and bring your ideas to life. A detailed render of your facility or custom rack shows you the layout of your equipment before having to build anything. Space restraints, limited budgets and the safety of your athletes are all key factors - we understand that. That's why we will produce a full-color, detailed render of your customized equipment. Logo plates, platforms, bars, uprights and benches are all included in the render. We wear your colors with pride so that you can too!









## CONNECT WITH US



PHONE  
844.678.7447



EMAIL  
SALES@MYDYNAMICFITNESS.COM



WEB  
MYDYNAMICFITNESS.COM

## LOCATION

### WISCONSIN

2020 PRAIRIE LANE  
EAU CLAIRE, WI



SEE WEBSITE FOR OUR FULL LINE OF PRODUCTS,  
SOLUTIONS AND CUSTOMIZATION!

