



**DYNAMIC**  
FITNESS & STRENGTH

**DYNAMIC**<sup>TM</sup>  
FITNESS & STRENGTH

## **STRENGTH CATALOG**

An equipment guide  
for filling your facility

**MORE STRENGTH  
PER SQUARE FOOT**<sup>TM</sup>



# WHO WE ARE

Dynamic Fitness & 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 & 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 thrilled to share our premium 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.

 Dammy Damborvino

# THE LINE UP

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Notes:

MORE STRENGTH  
PER SQUARE FOOT™



**ULTRA PRO™  
SERIES**



PICK YOUR COLORS!



# ULTRA PRO™ 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
- NOTCH-LOCK J-Cups & 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

\*CHROME WRAPS AVAILABLE 700112  
 \*9 FOOT AVAILABLE 700212  
 \*SHORT BASE AVAILABLE 700112SB/700212SB

# ULTRA PRO™ 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
- NOTCH-LOCK J-Cups & 34" 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

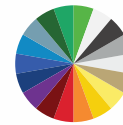
### SPECIFICATIONS

- Weight: 793 lbs.
- Footprint: 75" W x 95" H x 80" L

### MANY ATTACHMENTS AVAILABLE INCLUDING

- Band hooks
- Dual Landmine
- Functional Trainer
- High/Low Attachment
- Jammer Arms
- Pro Dip Station
- Storage Hooks
- Upright D-Ring

\*CHROME WRAPS AVAILABLE 700114  
 \*9 FOOT AVAILABLE 700214



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# ULTRA PRO™ DOUBLE HALF RACK

**DP**  
DOUBLE POST  
**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
- NOTCH-LOCK J-Cups & 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
- Landmine
- Plyo Step
- Pro Dip Station
- Side Table
- Spotter Stands
- Storage Hooks
- Upright D-Ring

\*CHROME WRAPS AVAILABLE 700115  
 \*9 FOOT AVAILABLE 700215  
 \*SHORT BASE AVAILABLE 700115SB/700215SB

# ULTRA PRO™ DOUBLE HALF RACK

**SP**  
SINGLE POST  
**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
- NOTCH-LOCK J-Cups & 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

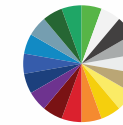
## SPECIFICATIONS

- Weight: 922 lbs.
- Footprint: 75" W x 95" H x 107" L

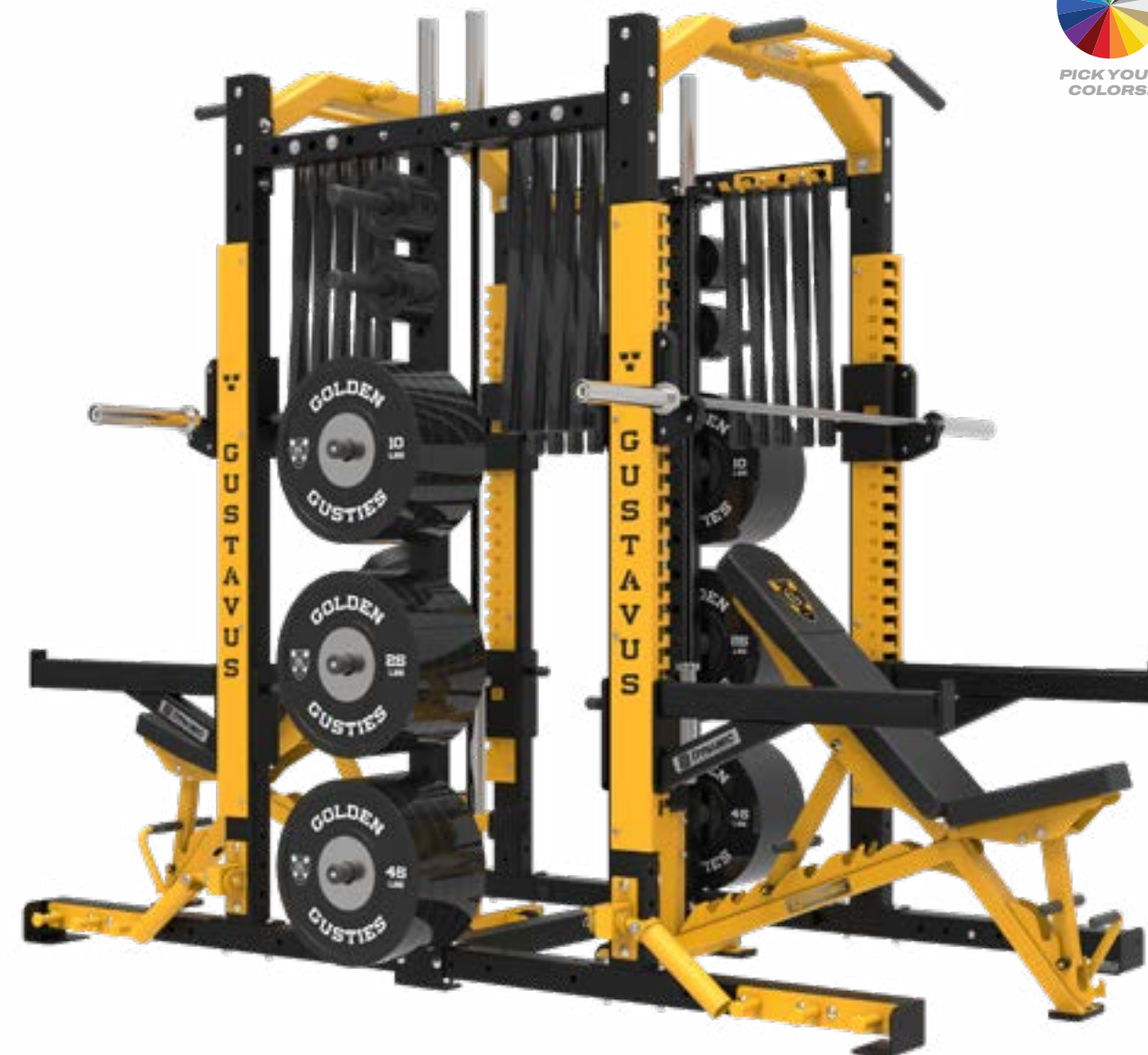
## MANY ATTACHMENTS AVAILABLE INCLUDING

- Dual Landmine
- HR Jammer Arms
- Plyo Step
- Pro Dip Station
- Rope Pull
- Spotter Stands
- Storage Hooks
- Upright D-Ring

\*CHROME WRAPS AVAILABLE 700116  
 \*9 FOOT AVAILABLE 700216  
 \*SHORT BASE AVAILABLE 700116SB/700216SB

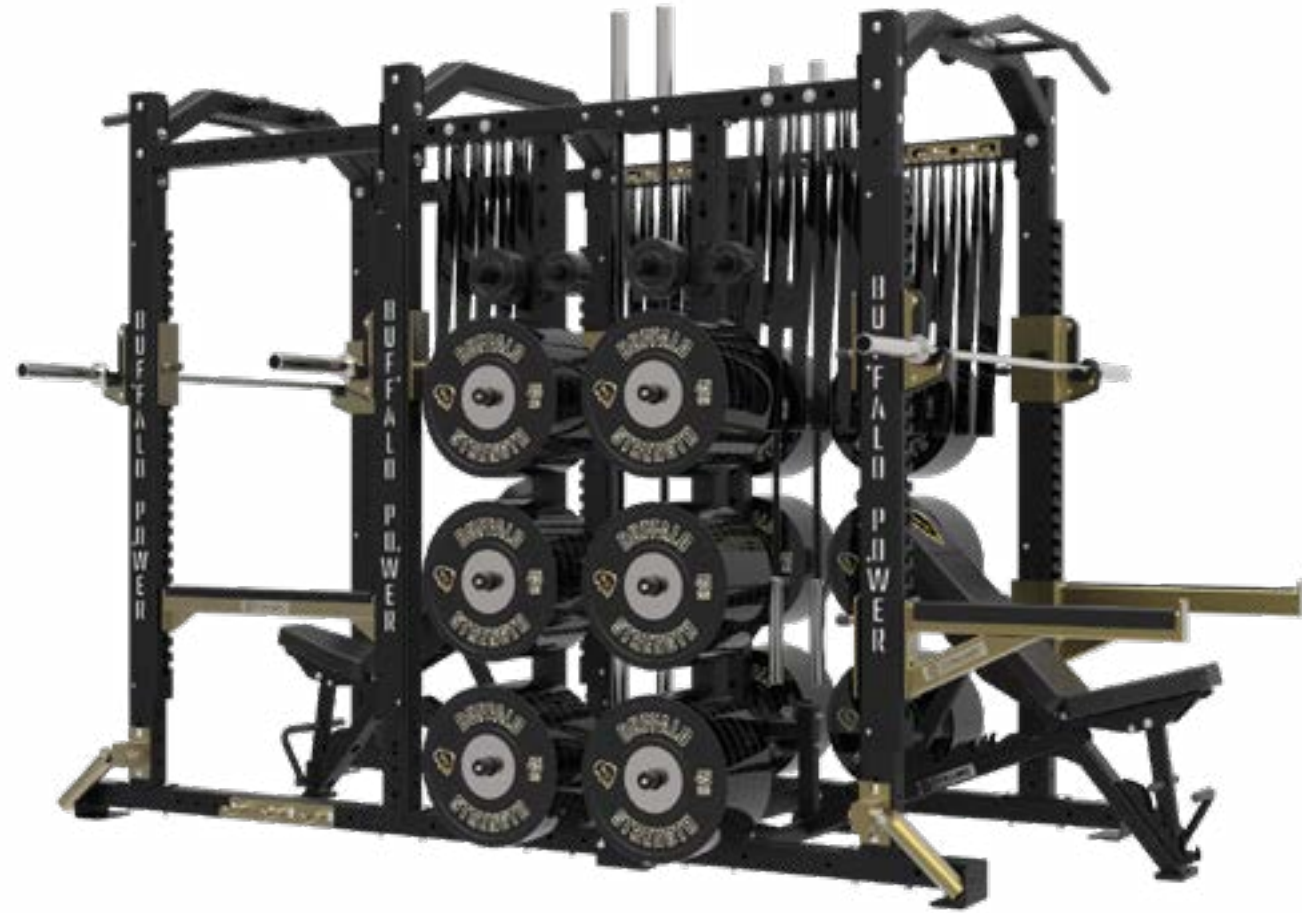


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# ULTRA PRO™ POWER HALF RACK COMBO

**DP**  
DOUBLE POST  
**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
- NOTCH-LOCK J-Cups & 28" and 34" 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

\*CHROME WRAPS AVAILABLE 700117  
\*9 FOOT AVAILABLE 700217

# ULTRA PRO™ POWER HALF RACK COMBO

**SP**  
SINGLE POST  
**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
- NOTCH-LOCK J-Cups & 28" and 34" 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
- Landmine
- Plyo Step
- Pro Dip Station
- Rope Pull
- Split Squat Roller
- Spotter Stands
- Storage Hooks

\*CHROME WRAPS AVAILABLE 700118  
\*9 FOOT AVAILABLE 700218



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# ULTRA PRO™ DOUBLE POWER RACK

**DP**  
DOUBLE  
POST **700110**

## 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
- NOTCH-LOCK J-Cups & 34" 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

\*CHROME WRAPS AVAILABLE 700120  
\*9 FOOT AVAILABLE 700210



# ULTRA PRO™ RACK ATTACHMENTS

## LAT / LOW ROW

SHOWN ON ULTRA PRO™ RACK

**710009**

### SPECIFICATIONS

- Weight: 650 lbs.
- Footprint: 62" W x 43" H x 93" L



## FUNCTIONAL TRAINER

SHOWN ON ULTRA PRO™ RACK

**710011**

### SPECIFICATIONS

- Weight: 1,050 lbs.
- Footprint: 70" W x 29" H x 97" L
- Patent pending



## ATHLETIC TRAINING ARM STATION

SHOWN ON ULTRA PRO™ RACK

**710322**

### SPECIFICATIONS

- Weight: 250 lbs.
- Footprint: 35" W x 75" H x 93" L
- Patent pending



## SINGLE STACK TRAINER

SHOWN ON ULTRA PRO™ RACK

**710016**

### SPECIFICATIONS

- Weight: 455 lbs.
- Footprint: 43" W x 30" H x 94" L
- Patent pending





**Notes:**

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**TITAN G2  
SERIES**



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# 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
- J-Cups & 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
- D-Ring
- Functional Trainer
- High/Low Attachment
- Landmine
- Lat/Row Attachment
- Quick Dip Station
- Split Squat Roller
- Bar Holders

\*9 FOOT AVAILABLE 400212  
\*SHORT BASE AVAILABLE 400112SB / 400212SB

# 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
- J-Cups & 36" safety arms
- Chin station
- Laser cut numbering
- Textured or gloss powder coated finish color options available

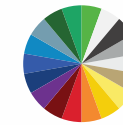
### SPECIFICATIONS

- Weight: 470 lbs.
- Footprint: 75" W x 93" H x 80" L

### MANY ATTACHMENTS AVAILABLE INCLUDING

- Band Hooks
- D-Ring
- High/Low Attachment
- Landmine
- Lat/Row Attachment
- Quick Dip Station
- Rope Pull
- Spotter Stands
- Bar Holders

\*9 FOOT AVAILABLE 400214



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# TITAN G2

## DOUBLE HALF RACK

**DP**  
DOUBLE POST  
**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
- J-Cups & 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
- Frame Mounted GHD
- Jammer Arms
- Landmine
- Side Table
- Split Squat Roller
- Storage Hooks
- Technique Tray

\*9 FOOT AVAILABLE 400215  
\*SHORT BASE AVAILABLE 400115SB / 400215SB

# TITAN G2

## DOUBLE HALF RACK

**SP**  
SINGLE POST  
**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
- J-Cups & 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

\*9 FOOT AVAILABLE 400216  
\*SHORT BASE AVAILABLE 400116SB / 400216SB

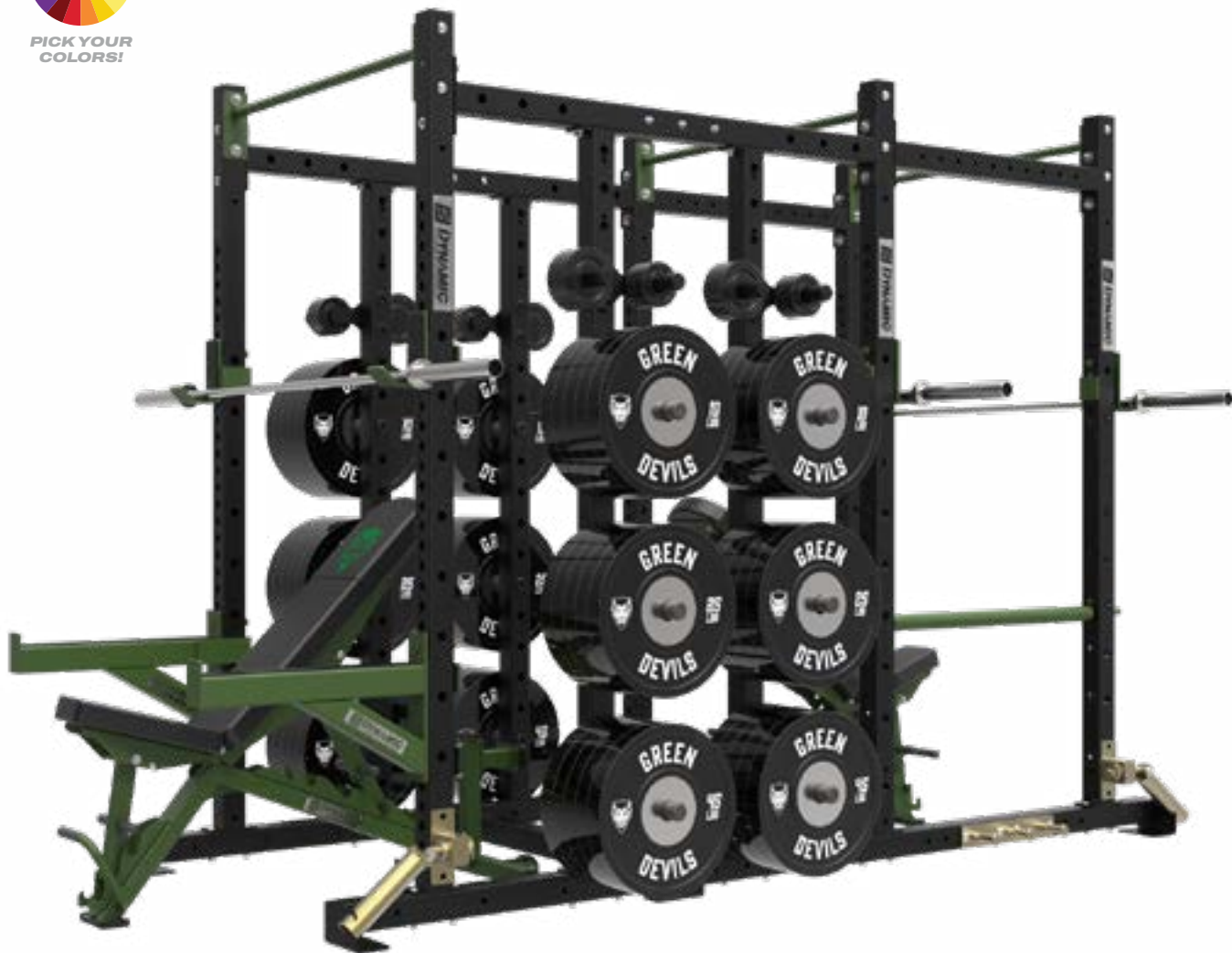


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# TITAN G2 POWER HALF RACK COMBO

**DP**  
DOUBLE  
POST  
**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
- J-Cups & 24" and 36" 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

\*9 FOOT AVAILABLE 400217

# TITAN G2 POWER HALF RACK COMBO

**SP**  
SINGLE  
POST  
**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
- J-Cups & 24" and 36" safety arms
- Chin station
- Laser cut numbering
- Textured or gloss powder coated finish color options available

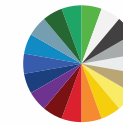
### SPECIFICATIONS

- 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

\*9 FOOT AVAILABLE 400218

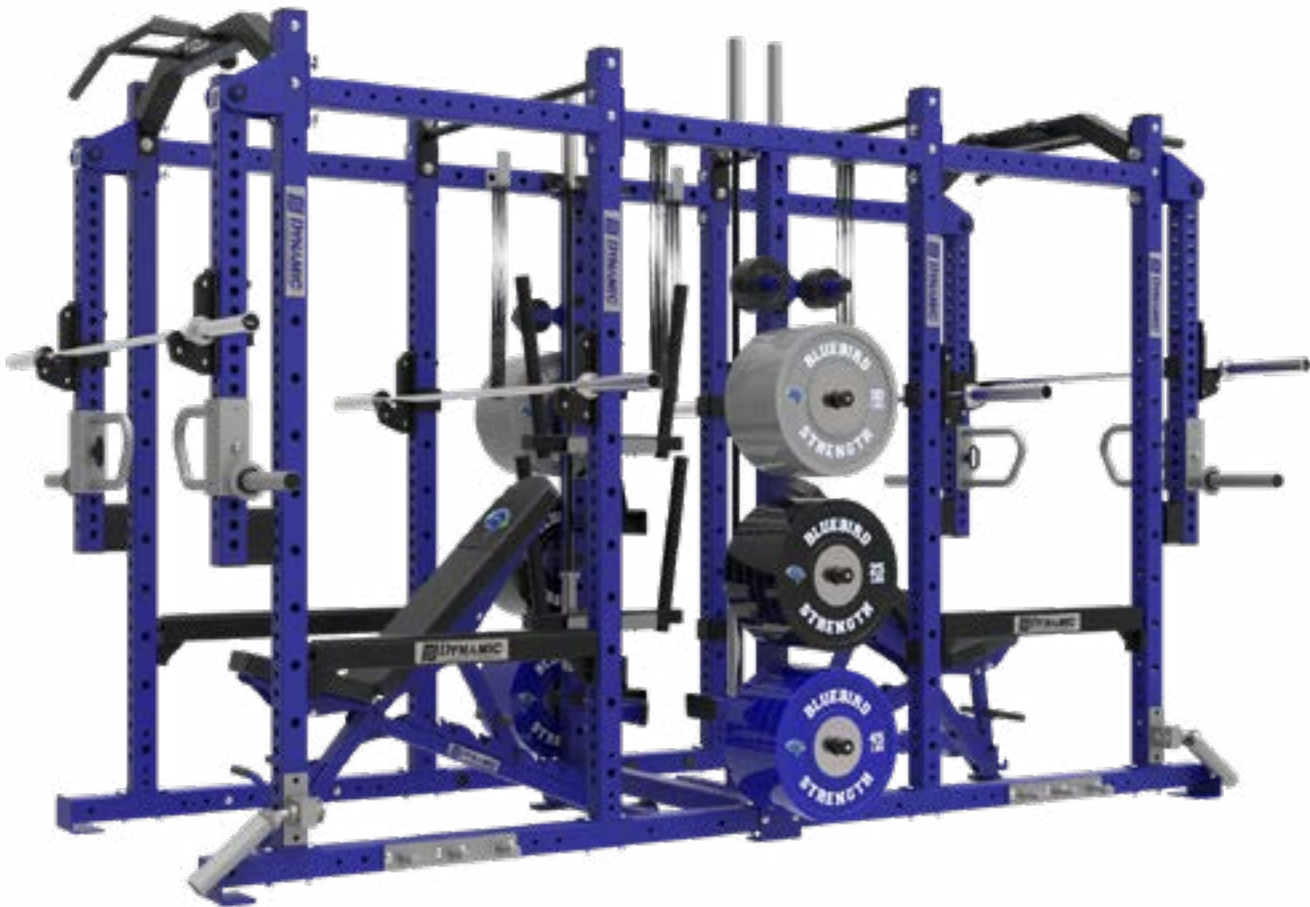


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# TITAN G2

## DOUBLE POWER RACK

**SP**  
SINGLE POST  
**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
- J-Cups & 36" safety arms
- Chin station
- Laser cut numbering
- Textured or gloss powder coated finish color options available

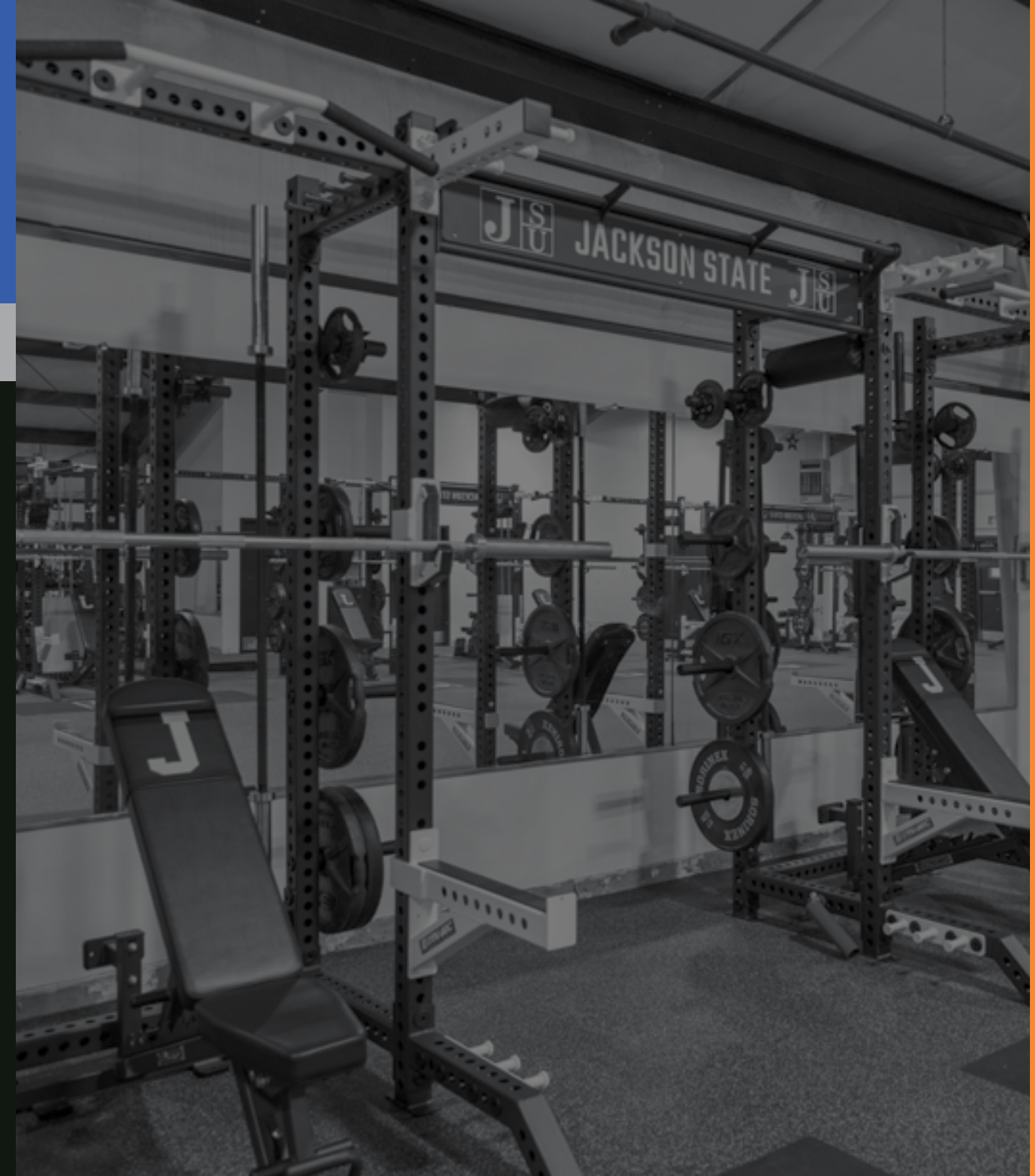
### SPECIFICATIONS

- 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

\*9 FOOT AVAILABLE 400219



# TITAN PRO SERIES



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# TITAN PRO HALF RACK

## 400512

### FEATURES INCLUDED

- 3" x 3" steel frame (11-gauge)
- 1" steel locking pins
- 4-way hole design
- 2" adjustable anchor point increments
- 10-storage pegs
- 2-bar storage
- UHMW Wear protection
- J-Cups & 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 103" H x 63" L

### MANY ATTACHMENTS AVAILABLE INCLUDING

- Band Hooks
- D-Ring
- High/Low Attachment
- Landmine
- Lat/Row Attachment
- Quick Dip Station
- Rope Pull
- Spotter Stands
- Bar Holders

# TITAN PRO POWER RACK

## 400514

### FEATURES INCLUDED

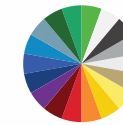
- 3" x 3" steel frame (11-gauge)
- 1" steel locking pins
- 4-way hole design
- 2" adjustable anchor point increments
- 10-storage pegs
- 2-bar storage
- UHMW Wear protection
- J-Cups & 43" safety arms
- Chin station
- Laser cut numbering
- Textured or gloss powder coated finish color options available

### SPECIFICATIONS

- Weight: 534 lbs.
- Footprint: 75" W x 103" H x 89" L

### MANY ATTACHMENTS AVAILABLE INCLUDING

- Band Hooks
- D-Ring
- High/Low Attachment
- Landmine
- Lat/Row Attachment
- Quick Dip Station
- Rope Pull
- Spotter Stands
- Bar Holders



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# TITAN PRO

## DOUBLE HALF RACK

**DP**  
DOUBLE POST  
**400515**

### FEATURES INCLUDED

- 3" x 3" steel frame (11-gauge)
- 1" steel locking pins
- 4-way hole design
- 2" adjustable anchor point increments
- 20-storage pegs
- 4-bar storage
- UHMW Wear protection
- J-Cups & 24" safety arms
- Chin station
- Laser cut numbering
- Textured or gloss powder coated finish color options available

### SPECIFICATIONS

- Weight: 779 lbs.
- Footprint: 75" W x 103" H x 134" L

### MANY ATTACHMENTS AVAILABLE INCLUDING

- D-Ring
- Frame Mounted GHD
- Jammer Arms
- Landmine
- Side Table
- Split Squat Roller
- Storage Hooks
- Technique Tray

# TITAN PRO

## DOUBLE HALF RACK

**SP**  
SINGLE POST  
**400516**

### FEATURES INCLUDED

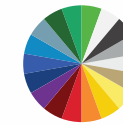
- 3" x 3" steel frame (11-gauge)
- 1" steel locking pins
- 4-way hole design
- 2" adjustable anchor point increments
- 10-storage pegs
- 4-Bar Holders
- UHMW Wear protection
- J-Cups & 24" safety arms
- Chin station
- Laser cut numbering
- Textured or gloss powder coated finish color options available

### SPECIFICATIONS

- Weight: 579 lbs.
- Footprint: 75" W x 103" H x 107" L

### MANY ATTACHMENTS AVAILABLE INCLUDING

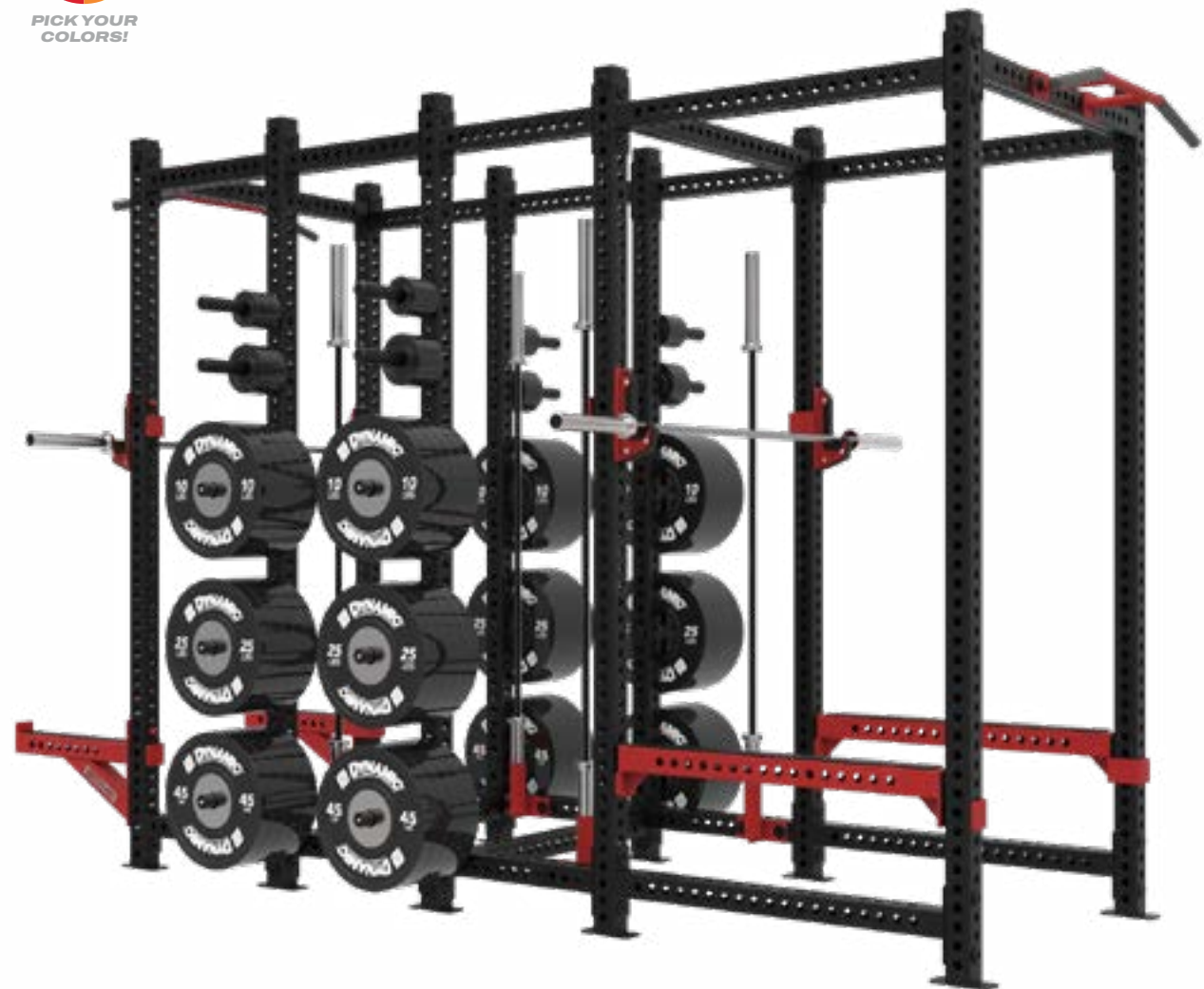
- Band Hooks
- D-Ring
- Dual Landmine
- Jammer Arms
- Plyo Step
- Rope Pull
- Side Table
- Split Squat Roller
- Bar Holders



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# TITAN PRO

## POWER HALF RACK COMBO

**DP**  
DOUBLE POST  
**400517**

### FEATURES INCLUDED

- 3" x 3" steel frame (11-gauge)
- 1" steel locking pins
- 4-way hole design
- 2" adjustable anchor point increments
- 20-storage pegs
- 4-bar storage
- UHMW Wear protection
- J-Cups & 24" and 43" safety arms
- Chin station
- Laser cut numbering
- Textured or gloss powder coated finish color options available

### SPECIFICATIONS

- Weight: 972 lbs.
- Footprint: 75" W x 103" H x 163" L

### MANY ATTACHMENTS AVAILABLE INCLUDING

- Band Hooks
- Dual Landmine
- Jammer Arms
- Quick Dip Station
- Reverse J-Cups
- Reverse Safeties
- Side Table

# TITAN PRO

## POWER HALF RACK COMBO

**SP**  
SINGLE POST  
**400518**

### FEATURES INCLUDED

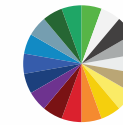
- 3" x 3" steel frame (11-gauge)
- 1" steel locking pins
- 4-way hole design
- 2" adjustable anchor point increments
- 10-storage pegs
- 4-bar storage
- UHMW Wear protection
- J-Cups & 24" and 43" safety arms
- Chin station
- Laser cut numbering
- Textured or gloss powder coated finish color options available

### SPECIFICATIONS

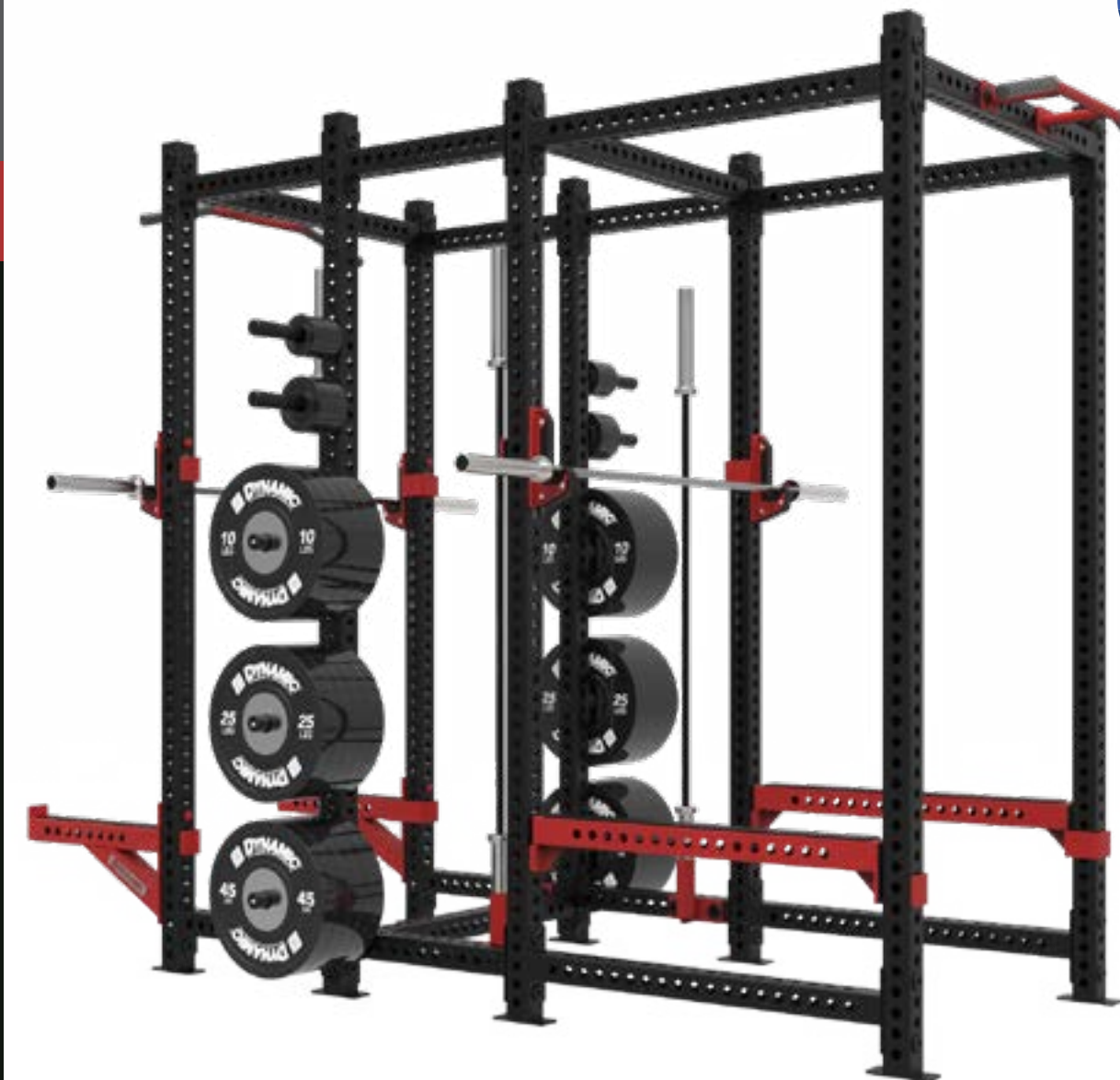
- Weight: 766 lbs.
- Footprint: 75" W x 103" H x 136" L

### MANY ATTACHMENTS AVAILABLE INCLUDING

- Band Hooks
- Dual Landmine
- Jammer Arms
- Quick Dip Station
- Reverse J-Cups
- Reverse Safeties
- Side Table
- Bar Holders



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# TITAN PRO

## RECOVERY RACK

**400056**

### FEATURES INCLUDED

- 4-Way Hole Design
- 2" Adjustable Anchor Point Increments for Precise Settings
- (1) Split Squat Roller
- (4) Foam Rollers
- (1) 43" Storage Bin
- (1) 43" Dumbbell/Kettlebell Shelf with rubber liner
- (3) D-Handles
- (1) Calf Stretch Plate
- (2) Storage Pegs
- (2) Chin Up Bars
- Configurable Design
- Personalized Connector Bar Options Available
- Intensive Multi-Stage Pretreatment Process for Long-Lasting Powder-Coat Finish

### SPECIFICATIONS

- Weight: 446 lbs.
- Footprint: 63" W x 101" H x 61" L

### MANY ACCESSORIES AVAILABLE INCLUDING

- Resistance Bands
- Foam Rollers
- Lacrosse Balls
- Rubber Hex Dumbbells
- Slam Balls



**RACK  
ATTACHMENTS**



# RACK ATTACHMENTS

Dynamic Fitness & Strength offers customizable attachments to upgrade your Ultra Pro™ or Titan 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.

Ⓣ = Titan G2   Ⓟ = Titan Pro   Ⓤ = Ultra Pro™   ⓐ = Fits All Rack Series

## LAT / LOW ROW

Ⓤ 710009  
9' Ultra Pro™ Series option 710021  
8' Titan Pro Series option 411005  
9' Titan Pro Series option 411007

## FUNCTIONAL TRAINER

Ⓤ 710011 • Patent pending  
Titan Pro Series needs 411006

## SINGLE STACK TRAINER

Ⓤ 710016 • Patent pending  
Not available in Titan Pro Series

## ATHLETIC TRAINING ARM STATION

Ⓤ 710322 • Patent pending  
Requires 9' Foot Storage Post  
Not available in Titan Pro Series

Ⓣ = Titan G2   Ⓟ = Titan Pro   Ⓤ = Ultra Pro™   ⓐ = Fits All Rack Series



## J-CUPS

ⓉⓅ 409222



## RIG STEP UP SEAT

ⓉⓅ 409260  
409256 Safety Arms required for Titan G2



## ADJUSTABLE D RING ANCHOR

ⓉⓅ 409093



## PLYO STEP

ⓉⓅ 409131  
Ⓤ 709034A for Ultra Pro™ HR only  
Ⓤ 709099 for Ultra Pro™ PR only



## DIP STATION

ⓉⓅ 409130  
Ⓤ 709088 for Ultra Pro™ HR only  
Ⓤ 709098 for Ultra Pro™ PR only



## SPLIT SQUAT ROLLER

Ⓟ 409261  
Ⓣ 409194  
Ⓤ 709041



## ATHLETIC TRAINING ARMS

Ⓟ 409241  
Ⓤ 709124



## TECHNIQUE TRAY

Ⓟ 409046  
Ⓤ 709046 for Ultra Pro™ HR only  
Ⓤ 709106 for Ultra Pro™ PR only



## FORMED BAND STORAGE HOOKS

ⓉⓊ 709048  
Ⓟ 709048MB



## LANDMINE

ⓉⓊ 709007  
Ⓟ 409010  
709250 Receptacle required for Ultra Pro™



## DUAL LANDMINE

ⓉⓊ 709040



## HANGING BAR STORAGE

ⓉⓊ 709045  
Ⓟ 409104MB for Titan Pro



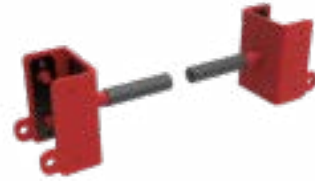
**REVERSE J-CUP**  
(PR Only)  
Ⓤ 709113



**RECEPTACLE**  
ⓉⓊ 709250  
Ⓟ 409216 for Titan Pro



**BAND PEGS**  
ⓐ 709010  
ⓉⓊ 709250 Receptacle Required



**SAFETY SQUAT ASSIST HANDLES**  
Ⓤ 709052  
ⓉⓅ 409249



**BAND STORAGE**  
ⓐ 709093



**BOLT-ON BAND PEG**  
ⓐ 709069



**STORAGE HOOKS**  
ⓐ 709017



**DIP STORAGE**  
ⓐ 709137



**TABLET MOUNT**  
ⓐ 709153A



**SIDE TABLE**  
ⓐ 709169



**BUMPER PLATE END TABLE**  
ⓐ 709033

**ULTRA PRO™ PULL-UP STATION OPTIONS:**



**4" X 3" PULL-UP XMEMBER**  
RACK-301 (INCLUDED ON RACKS)



**4" X 3" STD PULL-UP XMEMBER**  
RACK-303



**MULTI-PULL UP BAR**  
RACK-305



**MULTI-GRIP PULL-UP BAR**  
RACK-310  
Can be used with Titan G2 series



**43" SINGLE PULL-UP BAR**  
XM43-004

**TITAN G2 PULL-UP STATION OPTIONS:**



**43" SINGLE PULL-UP BAR**  
XM43-004 (INCLUDED ON RACKS)



**STRAIGHT MULTI-GRIP PULL-UP**  
RACK-315



**3" X 3" STD PULL-UP XMEMBER**  
RACK-306



**3" X 3" PULL-UP XMEMBER**  
RACK-307



**MULTI-PULL UP BAR**  
RACK-308

Notes:

MORE STRENGTH  
PER SQUARE FOOT™



**CONNECTOR  
BARS**

# RACK CONNECTORS

XMember Rack Connectors attach between any 2 **ULTRA PRO™ OR TITAN G2 SERIES RACKS** (these will not fit on TITAN PRO SERIES) to provide additional stabilization, offer additional training and storage options, and provide opportunities to take your custom branding to the next level. They come in different lengths, the most popular being our 71" wide models. The bar extension is great for attaching suspension equipment or resistance bands, and can be used to store medicine balls or similar equipment. Add custom Laser cut logo or phrasing for dramatic effect. Single- or multi-layer custom presentations possible.



**43" DOUBLE BAR XMEMBER**  
XM43-0001

**43" DOUBLE BAR XMEMBER**  
XM43FP-0001-LOGO  
*\*ALSO AVAILABLE IN 0005/0006/0007/0008*  
XM43ML-0001-LOGO  
*\*ALSO AVAILABLE IN 0005/0006/0007/0008*

**43" XD XMEMBER**  
XM43-0002

**43" PULL-UP XMEMBER**  
XM43-0003



**43" SINGLE PULL-UP BAR**  
XM43-0004

**43" DOUBLE BAR XMEMBER**  
XM43FP-0005-LOGO  
*\*ALSO AVAILABLE IN 0001/0006/0007/0008*  
XM43ML-0005-LOGO  
*\*ALSO AVAILABLE IN 0001/0006/0007/0008*

**43" PULL-UP XMEMBER**  
XM43FP-0006-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0007/0008*  
XM43ML-0006-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0007/0008*

**60" DOUBLE BAR XMEMBER**  
XM60FP-0005-LOGO  
*\*ALSO AVAILABLE IN 0001/0006/0007/0008*  
XM60ML-0005-LOGO  
*\*ALSO AVAILABLE IN 0001/0006/0007/0008*

**60.5" DOUBLE BAR XMEMBER**  
XM60FP-0008-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0006/0007*  
XM60ML-0008-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0006/0007*

# RACK CONNECTORS



**71" DOUBLE BAR XMEMBER**  
XM71FP-0001

**71" DOUBLE BAR XMEMBER**  
XM71FP-0001-LOGO  
*\*ALSO AVAILABLE IN 0005/0006/0007/0008*  
XM71ML-0001-LOGO  
*\*ALSO AVAILABLE IN 0005/0006/0007/0008*

**71" XD XMEMBER**  
XM71-0002

**71" PULL-UP XMEMBER**  
XM71-0003

**71" SINGLE BAR XMEMBER**  
XM71-0004



**71" DOUBLE BAR XMEMBER**  
XM71FP-0005-LOGO  
*\*ALSO AVAILABLE IN 0001/0006/0007/0008*  
XM71ML-0005-LOGO  
*\*ALSO AVAILABLE IN 0001/0006/0007/0008*

**71" PULL-UP XMEMBER**  
XM71FP-0006-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0007/0008*  
XM71ML-0006-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0007/0008*

**71" PULL-UP XMEMBER**  
XM71-0007

**71" DOUBLE BAR XMEMBER**  
XM71FP-0008-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0006/0007*  
XM71ML-0008-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0006/0007*

# RACK CONNECTORS



**95" DOUBLE BAR  
XMEMBER**  
XM95-0001

**95" DOUBLE BAR  
XMEMBER**  
XM95FP-0001-LOGO  
*\*ALSO AVAILABLE IN 0005/0006/0007/0008*  
XM95ML-0001-LOGO  
*\*ALSO AVAILABLE IN 0005/0006/0007/0008*

**95" XD  
XMEMBER**  
XM95-0002

**95" PULL-UP  
XMEMBER**  
XM95-0003

**95" SINGLE BAR  
XMEMBER**  
XM95-0004



**95" DOUBLE BAR**  
XM95-0005

**95" PULL-UP  
XMEMBER**  
XM95FP-0006-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0007/0008*  
XM95ML-0006-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0007/0008*

**95" DOUBLE BAR  
& PHYSIO BALL  
STORAGE**  
XM95-0008

**95" DOUBLE BAR  
WITH 2' BAR**  
XM95FP-0010-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0006/0007/0008*  
XM95ML-0001-LOGO  
*\*ALSO AVAILABLE IN 0001/0005/0006/0007/0008*



# PLATES & BARS



# CUSTOM BUMPER PLATES

Elevate team camaraderie in your weight room by utilizing premium bumper plates customized with your team's name and mascot. With an abundance of plates typically found in a weight room, you have numerous chances to proudly display your team's identity. Select from a variety of single colors or opt for our multi-color option, capturing intricate logo details flawlessly. Our exclusive printing method withstands the rigors of the gym environment and is applicable to all Dynamic standard and competition plates, featuring double-sided printing.



## URETHANE COMPETITION BUMPER PLATES



## RUBBER COMPETITION BUMPER PLATES



## ECONOMY BUMPER PLATES



## HIGH-IMPACT BUMPER PLATES



### FEATURES INCLUDED

- Sold in pairs
- Color coded by weight
- Customization options available
- Zinc coated steel hubs
- Custom logo options available

### SPECIFICATIONS

- Plate Diameter: 450 mm / 17.72" (IWF Standard)
- Collar Diameter: 50.4 mm / 1.98"
- Weight Tolerance: within 0.5% of claimed weight
- Rubber Durometer Range: 88-92

### PRODUCTS

PL-BP-10-COMP-UB	Black	10lbs.	0.87" thick
PL-BP-10-COMP-UB	Grey	10lbs.	0.87" thick
PL-BP-25-COMP-UB	Green	25lbs.	1.18" thick
PL-BP-25B-COMP-UB	Black	25lbs.	1.18" thick
PL-BP-35-COMP-UB	Yellow	35lbs.	1.57" thick
PL-BP-35B-COMP-UB	Black	35lbs.	1.57" thick
PL-BP-45-COMP-UB	Blue	45lbs.	2.01" thick
PL-BP-45B-COMP	Black	45lbs.	2.01" thick
PL-BP-55-COMP	Red	55lbs.	2.36" thick
PL-BP-55B-COMP	Black	55lbs.	2.36" thick

### FEATURES INCLUDED

- Sold in pairs
- Color coded by weight
- Customization options available
- Zinc coated steel hubs
- Custom logo options available

### SPECIFICATIONS

- Plate Diameter: 450 mm / 17.72" (IWF Standard)
- Collar Diameter: 50.4 mm / 1.98"
- Weight Tolerance: within 0.3% of claimed weight
- Rubber Durometer Range: 88-92

### PRODUCTS

PL-BP-25-COMP	Green	25lbs.	1.18" thick
PL-BP-25B-COMP	Black	25lbs.	1.18" thick
PL-BP-35-COMP	Yellow	35lbs.	1.57" thick
PL-BP-35B-COMP	Black	35lbs.	1.57" thick
PL-BP-45-COMP	Blue	45lbs.	2.01" thick
PL-BP-45B-COMP	Black	45lbs.	2.01" thick
PL-BP-55-COMP	Red	55lbs.	2.36" thick
PL-BP-55B-COMP	Black	55lbs.	2.36" thick

### FEATURES INCLUDED

- Made from quality recycled rubber
- Color coded by weight
- Stainless steel bushings
- Sold in pairs
- Custom logo options available

### SPECIFICATIONS

- Plates Diameter: 450 mm / 17.7" (IWF Standard)
- Collar Diameter: 50.40 mm / 1.98"
- Weight Tolerance: +/- 1% of claimed weight
- Rubber Durometer Range: 88-92

### PRODUCTS

PL-BP-10-GR	Green	10lbs.	0.98" thick
PL-BP-10B	Black	10lbs.	0.98" thick
PL-BP-15B	Black	15lbs.	1.18" thick
PL-BP-25-YE	Yellow	25lbs.	1.81" thick
PL-BP-25B	Black	25lbs.	1.81" thick
PL-BP-35-BL	Blue	35lbs.	2.24" thick
PL-BP-35B	Black	35lbs.	2.24" thick
PL-BP-45-RD	Red	45lbs.	2.91" thick
PL-BP-45B	Black	45lbs.	2.91" thick

### FEATURES 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: 450 mm / 17.7" (IWF Standard)
- Collar Diameter: 50.40 mm / 1.98"
- Weight Tolerance: +/- 1% of claimed weight

### PRODUCTS

PL-BP-10-HI	Black	10lbs.	1.13" thick
PL-BP-15-HI	Black	15lbs.	1.75" thick
PL-BP-25-HI	Black	25lbs.	2.25" thick
PL-BP-35-HI	Black	35lbs.	3.00" thick
PL-BP-45-HI	Black	45lbs.	3.25" thick



## MEN'S OLYMPIC BAR



**608000**

### FEATURES 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**

### FEATURES INCLUDED

- Light knurling
- NO center knurling
- Olympic and power lifting marks
- Dual Oilite 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 TRAINING BAR



**608002**

### FEATURES INCLUDED

- Light knurling
- NO center knurling
- Olympic and power lifting marks
- Dual Oilite bronze bushings
- Dual snap ring design
- Custom logo options available

### SPECIFICATIONS

- Bar Diameter: 28.5 mm
- Weight: 6.8 kg / 15 lbs.

## BADGER BAR



**608004**

### FEATURES 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**

### FEATURES INCLUDED

- Dual bearing design
- 10 Precision needle bearings
- Olympic and power lifting marks
- Two year warranty
- Zinc plating
- Custom logo options available

### SPECIFICATIONS

- Bar Diameter: 28.5 mm
- Weight: 20 kg / 45 lbs.
- Min. Tensile: 195,000 psi

## WOMEN'S BEARING BAR



**608017**

### FEATURES 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: 25 mm
- Weight: 15 kg / 33 lbs.
- Min. Tensile: 160,000 psi

## GUNGNIR BAR

**608014**

### FEATURES INCLUDED

- Titanium slide locks
- Satin hard chrome shaft coating
- Medium knurl, mild center knurl, dual knurl mark
- Electroless nickel deposit sleeve coating
- Bronze bushing
- Lifetime warranty

### SPECIFICATIONS

- Weight: 20 kg / 45 lbs.
- Tensile Strength: 230,000 psi
- Maximum Load: 680 kg / 1500 lbs.

## SAFETY SQUAT BAR



**608018**

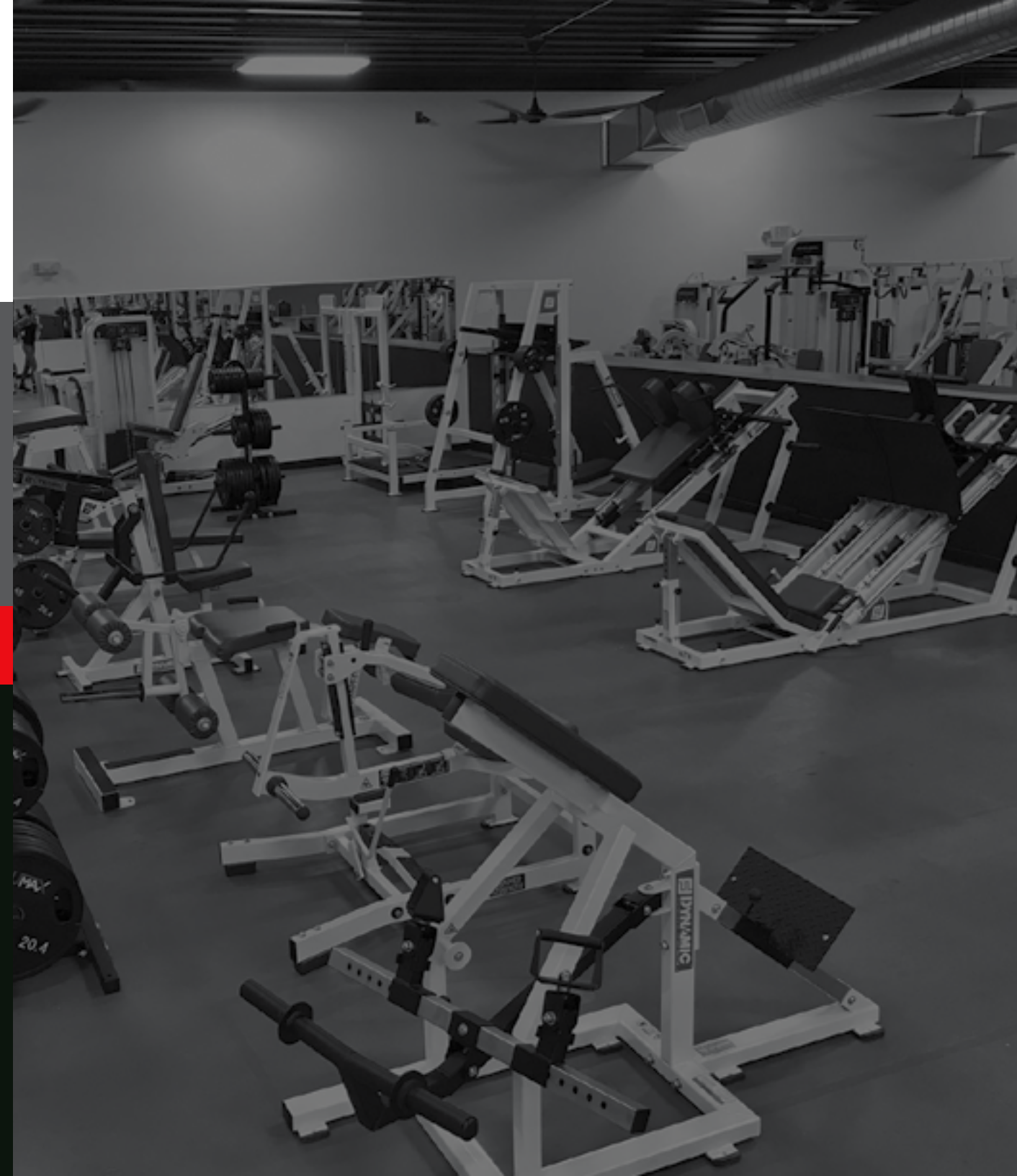
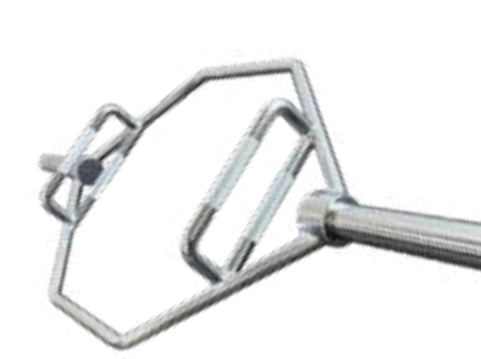
### FEATURES INCLUDED

- Rubber grip handles
- Comfortable padding
- Works with standar bar clamps
- Durable texture powder coating

### SPECIFICATIONS

- Weight: 65 lbs.
- 91 inches long
- 15 inch sleeve





# ULTRA PRO™ STRENGTH LINE

## HEX BAR



**608005**

### FEATURES INCLUDED

- Dual knurled handles
- 4 1/2" Handle height variations
- Durable chrome finish

### SPECIFICATIONS

- Handle Diameter: 25 mm
- Weight: 50 lbs.
- Weight Capacity: 750 lbs.

## OPEN HEX BAR



**608007**

### FEATURES INCLUDED

- Open side, free from obstruction
- Knurled handles
- Steel-shot blasted for maximum powder coat adhesion
- 4-step electrostatic powder coat process

### SPECIFICATIONS

- Weight: 24 kg / 53 lbs.
- 82" L x 9" H x 27" W
- Middle work out area: 23"

## SWISS BAR: ANGLED



**608012**

### FEATURES INCLUDED

- Knurled handles
- Steel shot blasted for maximum powder coat adhesion
- 4-Step electrostatic powder coat process

### SPECIFICATIONS

- Weight: 20 kg / 51.19 lbs.
- Heavy gauge steel

## SWISS BAR: STRAIGHT



**608011**

### FEATURES INCLUDED

- Knurled handles
- Steel shot blasted for maximum powder coat adhesion
- 4-Step electrostatic powder coat process

### SPECIFICATIONS

- Weight: 51.23 lbs.
- Heavy gauge steel



# ULTRA PRO™ STRENGTH LINE

The Dynamic Ultra Pro™ strength line of plate loaded and pin-select equipment. This 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

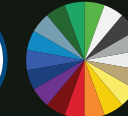
714002

### FEATURES 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
- Approximate carriage weight: 240 lbs.



PICK YOUR COLORS!



## BILATERAL LEG PRESS

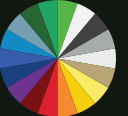
714003

### FEATURES 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
- Approximate carriage weight: 280 lbs. (140 lbs. each)



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# HACK SQUAT

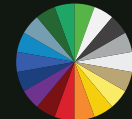
714004

## FEATURES 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
- Approximate carriage weight: 235 lbs.



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# POWER SQUAT

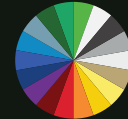
714005

## FEATURES 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
- Approximate carriage weight: 168 lbs.



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# VERTICAL LEG PRESS

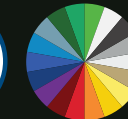
714000

## FEATURES 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
- Approximate carriage weight: 166 lbs.



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# BELT SQUAT

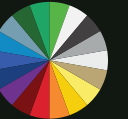
702014

## FEATURES 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
- Approximate slide weight: 50 lbs.



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# BILATERAL INCLINE CHEST PRESS

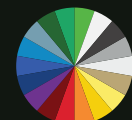
**713008**

## FEATURES INCLUDED

- Plate loaded upper body with additional plate storage
- 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



PICK YOUR COLORS!

# BILATERAL FLAT CHEST PRESS

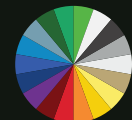
**713009**

## FEATURES INCLUDED

- Plate loaded upper body with additional plate storage
- 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



PICK YOUR COLORS!

# BILATERAL SHOULDER PRESS

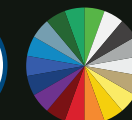
**713010**

## FEATURES INCLUDED

- Plate loaded upper body with additional plate storage
- 2" x 3" 11-gauge steel
- Converging motion with industrial flange bearings
- Adjustable safety stops
- Multiple grip and 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



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# BILATERAL LOW ROW

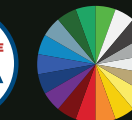
**713011**

## FEATURES INCLUDED

- Plate loaded upper body with additional plate storage
- 2" x 3" 11-gauge steel
- Converging motion with industrial flange bearings
- Adjustable safety stops
- Multiple grip and 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



PICK YOUR COLORS!



# PLATE LOADED SHRUG

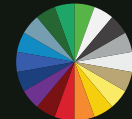
713021

## FEATURES INCLUDED

- Plate loaded upper body with additional plate storage
- 3" x 3" 11-gauge steel
- Converging motion with industrial flange bearings
- Adjustable safety stops
- Multiple grip and 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



PICK YOUR COLORS!

# INCLINE LEVER ROW

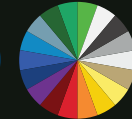
713025

## FEATURES 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



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# ANGLED ROW BENCH

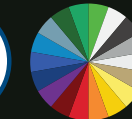
716012

## FEATURES 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



PICK YOUR COLORS!

# FREE STANDING JAMMER

713003

## FEATURES 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



PICK YOUR COLORS!



# BILATERAL LAT PULLDOWN

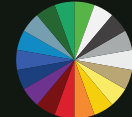
713036

## FEATURES INCLUDED

- Plate loaded upper body
- 2" x 3" 11-gauge steel
- Converging motion with 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



PICK YOUR  
COLORS!



# SMITH MACHINE

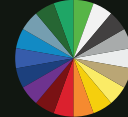
713007

## FEATURES 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



PICK YOUR  
COLORS!



# LAT / LOW ROW COMBO

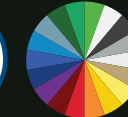
713002

## FEATURES 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



PICK YOUR  
COLORS!



# BICEP CURL

713034

## FEATURES 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



PICK YOUR  
COLORS!



# HEAD & NECK ISOLATOR

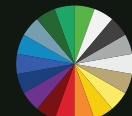
**700030A**

## FEATURES 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 and powder coated finish color options available

## SPECIFICATIONS

- Weight: 250 lbs.
- Footprint: 53" W x 61" H x 45" L



PICK YOUR COLORS!



# TRICEP KICK BACK

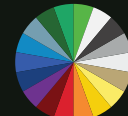
**713035**

## FEATURES 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



PICK YOUR COLORS!



# SEATED CALF RAISE

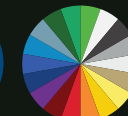
**714016**

## FEATURES 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



PICK YOUR COLORS!



# SEATED PREACHER CURL

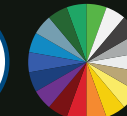
**716073**

## FEATURES 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



PICK YOUR COLORS!





# EIGHT STACK TRAINER

**710013**

## FEATURES INCLUDED

- Pin-select upperbody
- 3" x 3" 11-gauge steel
- (8) Training stations
- (2) Lat pull down
- (2) Low row
- (2) Adjustable column
- (1) 2:1 ration cable crossover
- 33 Vertical adjustment options
- 2" Vertical adjustment spacing
- Weight stack options
- Pivoting cable housing
- Functional Bars included
- Custom color pad options
- Textured or gloss powder coated finish color options available
- Patent pending
- Additional configurations available

## SPECIFICATIONS

- Weight: 3,950 lbs.
- Footprint: 139" W x 98" H x 198" L



# LAT / LOW ROW COMBO

**712001**

## FEATURES 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**

## FEATURES INCLUDED

- Pin-select upper body
- 3" x 3" 11-gauge steel
- Multiple training options
- 2:1 ratio
- 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

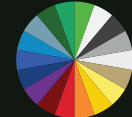
**710003**

## FEATURES INCLUDED

- Pin-select upper body
- 3" x 3" 11-gauge steel
- Adjustable cable columns (2x)
- 2:1 ratio cable crossover
- 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



PICK YOUR COLORS!

# REAR DELT PEC COMBO MACHINE

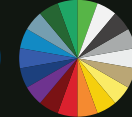
**712028**

## FEATURES INCLUDED

- Pin-select upper body
- 2" x 3" 11-gauge steel
- 180° working arm rotation and adjustable seat height
- 200 lbs. weight stack
- Full Back Support Pad with 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



PICK YOUR COLORS!

# BICEP CURL MACHINE

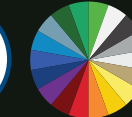
**712037**

## FEATURES INCLUDED

- Pin-select upper body
- 2" x 3" 11-gauge steel
- Pivoting grip and adjustable seat height
- 200 lbs. weight stack
- 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



PICK YOUR COLORS!

# STANDING CALF RAISE MACHINE

**711029**

## FEATURES INCLUDED

- Pin-select lower body
- 2" x 3" 11-gauge steel
- Linear bearings and chrome guide rods
- Adjustable shoulder pad with custom color pad options
- 300 lbs. weight stack
- Textured or gloss powder coated finish color options available

## SPECIFICATIONS

- Weight: 675 lbs.
- Footprint: 30" W x 86" H x 48" L



PICK YOUR COLORS!



# LEG EXTENSION MACHINE

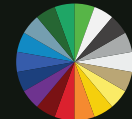
711015

## FEATURES 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



PICK YOUR COLORS!

# PRONE LEG CURL MACHINE

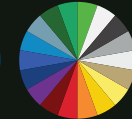
711027

## FEATURES INCLUDED

- Pin-select lower body
- 2" x 3" 11-gauge steel
- Adjustable ankle pad
- 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



PICK YOUR COLORS!

# KNEELING LEG CURL MACHINE

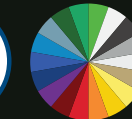
711031

## FEATURES INCLUDED

- Pin-select lower body
- 2" x 3" 11-gauge steel
- 200 lbs. weight stack
- 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



PICK YOUR COLORS!

# ADJUSTABLE CABLE COLUMN

712002

## FEATURES INCLUDED

- 200 lbs. weight stack
- 2:1 ratio
- Intensive multi-stage pretreatment process for long lasting powder coat finish
- Textured or gloss powder coated finish available
- Custom color matching options available
- 300 lbs. weight stack option available (712002-300)

## SPECIFICATIONS

- Weight: 482 lbs.
- Footprint: 41" W x 95" H x 37" L



PICK YOUR COLORS!



**Notes:**

**MORE STRENGTH  
PER SQUARE FOOT™**



**UTILITY  
BENCHES**

# ULTRA PRO™ LADDER BENCH

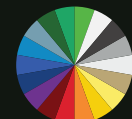
**718065**

## FEATURES INCLUDED

- 3" x 3" 11-gauge steel
- Powder coated adjustment plates
- Adjustable pad angle, 0°-85°, with custom color pad options
- 12" Wide pad
- Rolling base with protective rubber feet
- Textured or gloss powder coated finish color options available

## SPECIFICATIONS

- Weight: 143 lbs.
- Footprint: 25" W x 20" H x 56" L



PICK YOUR COLORS!

# ULTRA PRO™ LADDER BENCH WITH SPOTTER

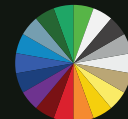
**718065SS**

## FEATURES INCLUDED

- 3" x 3" 11-gauge steel
- Spotter platform
- Powder coated adjustment plates
- 12" Wide pad with adjustable pad angle, 0°-85°, with custom color pad options
- Rolling base with protective rubber feet
- Textured or gloss powder coated finish color options available

## SPECIFICATIONS

- Weight: 150 lbs.
- Footprint: 25" W x 20" H x 60" L



PICK YOUR COLORS!

# LADDER BENCH

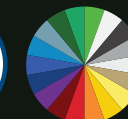
**418060SU**

## FEATURES INCLUDED

- 2" x 3" steel frame (11-gauge) with 2" x 2" tubing
- Five adjustment settings
- 10" Wide pad with adjustable pad angle, 0°-85°, with custom color pad options
- Rolling base with protective rubber feet
- Textured or gloss powder coated finish color options available

## SPECIFICATIONS

- Weight: 113 lbs.
- Footprint: 51" W x 25" H x 19" L



PICK YOUR COLORS!

# ULTRA PRO™ ADJUSTABLE BENCH

**718064**

## FEATURES INCLUDED

- 2" x 3" steel frame (11-gauge)
- Single lever adjustment
- 10" Wide pad with adjustable pad angle, 0°-85°, with custom color pad options
- Laser cut adjustment numbers
- Rolling base
- Textured or gloss powder coated finish color options available

## SPECIFICATIONS

- Weight: 110 lbs.
- Footprint: 54" W x 25" H x 20" L



PICK YOUR COLORS!



# ULTRA PRO™ FID BENCH

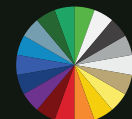
**718063**

## FEATURES INCLUDED

- 2" x 3" 11-gauge steel
- Chrome plated adjustment tube
- Adjustable pad angle, 0°-85°
- 12" Wide dual pivoting pads, ankle support pads, custom color pad options
- Rolling base with protective rubber feet
- Textured or gloss powder coated finish color options available

## SPECIFICATIONS

- Weight: 154 lbs.
- Footprint: 25" W x 19" H x 64" L



PICK YOUR COLORS!

# ULTRA PRO™ DECLINE BENCH

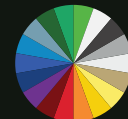
**718062**

## FEATURES INCLUDED

- 2" x 2" 11-gauge steel
- Chrome plated adjustment tube
- Adjustable pad angle (angle adjustment: 10°-25°)
- 17" max tapered pad, ankle support pads, custom color pad options
- Rolling base with protective rubber feet
- Textured or gloss powder coated finish color options available

## SPECIFICATIONS

- Weight: 113 lbs.
- Footprint: 25" W x 24" H x 61" L



PICK YOUR COLORS!

# ULTRA PRO™ FLAT BENCH

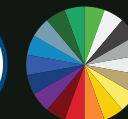
**718061**

## FEATURES INCLUDED

- 3" x 3" 11-gauge steel
- Chrome plated adjustment tube
- Fixed-position Pad
- 12" wide pad, custom color pad options
- Rolling base with protective rubber feet
- Textured or gloss powder coated finish color options available

## SPECIFICATIONS

- Weight: 48 lbs.
- Footprint: 17" W x 18" H x 48" L



PICK YOUR COLORS!

# ULTRA PRO™ UTILITY BENCH

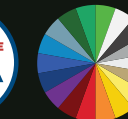
**718022**

## FEATURES INCLUDED

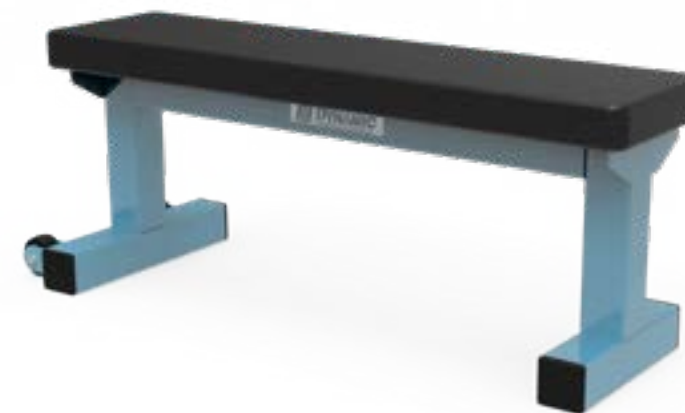
- 2" x 3" 11-gauge steel
- 10° Offset back support
- Fixed position pad
- 10" wide pad, custom color pad options
- Rolling base with protective rubber feet
- Textured or gloss powder coated finish color options available

## SPECIFICATIONS

- Weight: 84 lbs.
- Footprint: 25" W x 36" H x 46" L



PICK YOUR COLORS!



# ULTRA PRO™ OLYMPIC FLAT BENCH

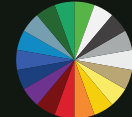
715024

## FEATURES INCLUDED

- Heavy gauge steel frame
- Protective rubber feet
- 3-tier chrome plated catch hooks
- Fixed bench pad
- 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



PICK YOUR COLORS!

# ULTRA PRO™ OLYMPIC INCLINE BENCH

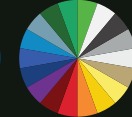
715018

## FEATURES INCLUDED

- Heavy gauge steel frame
- Protective rubber feet
- Quick adjust height change
- Spotter platform stand
- Custom color pad options
- Custom printed slip cover options available
- Textured or gloss powder coated finish color options available

## SPECIFICATIONS

- Weight: 256 lbs.
- Footprint: 73" W x 60" H x 62" L



PICK YOUR COLORS!

# ULTRA PRO™ OLYMPIC DECLINE BENCH

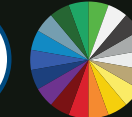
715033

## FEATURES INCLUDED

- Heavy gauge steel frame
- Protective Rubber Feet
- Adjustable Bench Angle
- Adjustable Leg Pad
- 3-Tier Chrome Plated Catch Hooks
- 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



PICK YOUR COLORS!

# ULTRA PRO™ OLYMPIC COMPETITION BENCH

715065

## FEATURES INCLUDED

- Adjustable rack height in 1" increments
- Adjustable bar catch & safety arms with laser cut adjustment numbers
- Fixed position 12" x 48" bench pad & 29" x 16" spotter platform
- Safety catches with UHMW wear fuards to protect safeties and your bar
- Chrome plated adjustable J-cups
- Custom color pad options
- Textured or gloss powder coated finish color options available

## SPECIFICATIONS

- Weight: 370 lbs.
- Footprint: 58" W x 45" H x 56" L



PICK YOUR COLORS!



**Notes:**

**MORE STRENGTH  
PER SQUARE FOOT™**



**GHD  
& ICONIC  
SERIES**

# GHD HYPER COMBO

**720082**

## FEATURES INCLUDED

- 2" x 3" 11-gauge steel
- Pendulum weight arm for hip extension, and decompression
- Multiple grip handles on footplate
- Convenient mount / dismount step
- Fully adjustable rear foot rest
- Textured or gloss powder coated finish and custom color pad options available

## SPECIFICATIONS

- Weight: 251 lbs.
- Footprint: 37" W x 42" H x 70" L



# LINEAR GHD WITH KNEE PAD

**720071**

## FEATURES INCLUDED

- 3" x 3" 11-gauge steel
- UHMW plastic protects wear surfaces
- Linear bearing adjustment
- 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**

## FEATURES INCLUDED

- 2" x 3" 11-gauge steel
- UHMW plastic protects wear surfaces
- Pivoting pad adjustment
- Vertical pad adjustment
- 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**

## FEATURES 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 DEGREE REVERSE HYPER

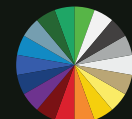
700017

## FEATURES 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



PICK YOUR COLORS!

# ICONIC INVERSE CURL

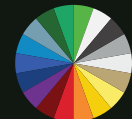
700018

## FEATURES 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



PICK YOUR COLORS!



# CARDIO

# MORE STRENGTH PER SQUARE FOOT™ SOLUTIONS

## CARDIO LINE

Our extensive range of cardio equipment is meticulously crafted to elevate your fitness journey. From state-of-the-art treadmills to advanced stationary bikes and ellipticals, our selection offers a variety of options to cater to your cardiovascular needs. Designed for performance, durability, and user comfort, our cardio machines are the perfect companions for achieving your fitness goals.



**INTENZA  
ELLIPTICAL  
TRAINER**  
550 Series



**INTENZA  
ESCALATE STAIR  
CLIMBER**  
550 Series



**INTENZA GC**  
550 Series



**INTENZA  
RECUMBENT  
BIKE**  
550 Series



**INTENZA  
TREADMILL**  
550 Series



**INTENZA  
UPRIGHT BIKE**  
550 Series



**SPIRIT  
ELLIPTICAL  
TRAINER**  
SPRT-900046 / SPRT-900056



**SPIRIT SEMI-  
RECUMBANT  
BIKE**  
SPRT-951115 / SPRT-900146



**SPIRIT  
TREADMILL**  
SPRT-900846 / SPRT-900856



**SPIRIT  
UPRIGHT BIKE**  
SPRT-900156 / SPRT-900346



## ACCESSORIES

## AGILITY LADDER

## BARBELLS

## BATTLE ROPE

## CHAINS

## SPRING COLLARS

## FOAM ROLLER

## GYM RINGS

## KETTLEBELLS



### FEATURES INCLUDED

- 10 adjustable, high-impact flat PVC rungs
- Includes carry bag
- Available in black and yellow

### SPECIFICATIONS

- 15' long
- 20" wide
- Made in China

### IMPROVE FOOTWORK WHILE INCREASING SPEED AND AGILITY

This agility ladder is a perfect fitness tool for endurance and high-intensity interval training. Designed to withstand all types of weather elements and built with high-grade polypropylene material, ensuring that your ladder will last for years to come. Ideal for cross training, endurance training, and increasing your stamina and overall agility.

### FEATURES INCLUDED

- Precision engineering
- Customization options available for most bar styles
- See barbell section for further details

### SPECIFICATIONS

- See barbell section for further details

### A VARIETY OF BARBELL STYLES, ALL WITH PRECISION QUALITY AND HIGHEST STANDARDS

Dynamic Fitness & Strength offers every style of barbell your weight room needs to support a robust weight training program. These barbells represents the highest level of precision engineering and feature great strength and high-quality construction, custom logo end caps available

### FEATURES INCLUDED

- Glued and shrunk handles
- Water-resistant for indoor and outdoor use
- Available in black
- Nylon sheath option available

### SPECIFICATIONS

- 3-strand polyester twine
- 3 lengths: 30', 40', 50'
- 1.5" & 2" diameter
- Made in China

### TOP QUALITY & FRAY-RESISTANT

Dynamic's battle rope is a great tool for heavy rope training and undulation rope workouts. Top-quality, fray resistant and designed to last, our battle ropes are highly versatile and deliver a full body workout for athletes of all levels. These high strength black battle ropes use a tight weave of soft poly-twine that won't damage or mark hardwood floors. Also available sheathed to provide extra protection from wear over time.

### FEATURES INCLUDED

- Sold in pairs
- Bright zinc finish
- Rust resistant
- Meets NACM specifications
- Available in 3 Weights: 30 lbs., 45 lbs., 60 lbs.
- Storage bucket included

### SPECIFICATIONS

- (2) 15 lbs., (2) 22.5 lbs. or (2) 30 lbs. chains
- 4' long
- Chain grade varies on weight of chain
- Made in China

### ENHANCE YOUR WEIGHTLIFTING ROUTINE

Our chains are the perfect addition to your weightlifting regimen. Crafted for incremental strength gains, these chains offer a versatile and challenging way to intensify your workouts. Experience a more dynamic and effective training session as you target different muscle groups and improve your overall performance.

### FEATURES INCLUDED

- Sold in pairs
- Spring steel construction
- Fits standard bars
- Bent handle for easy grip
- Made in China

### SPECIFICATIONS

- 1/2 lb.
- 6" W x 4" H x 7" L

### ESSENTIAL & RELIABLE GYM EQUIPMENT

Barbell collars are a fundamental component of any gym setup. These unassuming yet crucial devices ensure your weights stay securely in place during your lifts, preventing accidents and interruptions. Discover the peace of mind that comes with a well-secured barbell, allowing you to focus entirely on your workout.

### FEATURES INCLUDED

- Firm & extra firm options
- Firm: medium density EVA foam
- Extra firm: high density polystyrene foam

### SPECIFICATIONS

- 12" & 36" in each style (firm & extra firm)
- Made in China

### VERSATILE GYM RINGS TO ELEVATE YOUR WORKOUTS

Enhance your training regimen with our versatile gym rings. Choose from durable plastic or classic natural wood options to suit your style. These rings provide a stable platform for bodyweight exercises, including ring dips, muscle-ups, pull-ups, and more. Discover timeless strength training with a touch of tradition.

### FEATURES INCLUDED

- Sold in pairs
- Available in natural wood or HDPE Plastic
- 1" diameter
- Double stitched nylon straps
- Velcro strap organizers
- Includes storage bag

### SPECIFICATIONS

- 3 lbs.
- 14' long
- 7" inner diameter, 9" outer diameter
- Made in China

### VERSATILE GYM RINGS TO ELEVATE YOUR WORKOUTS

Enhance your training regimen with our versatile gym rings. Choose from durable plastic or classic natural wood options to suit your style. These rings provide a stable platform for bodyweight exercises, including ring dips, muscle-ups, pull-ups, and more. Discover timeless strength training with a touch of tradition.

### FEATURES INCLUDED

- E-coated and powder finished
- Color coded
- Flat base to prevent wobbling

### SPECIFICATIONS

- 9 lbs. to 106 lbs.
- Made in China

### SOLID CAST IRON FOR ACCURACY AND POWDER COATED FOR LASTING FINISH

Dynamic Kettlebells are precision machine molded as one solid piece of cast iron, ensuring that dimensions and weight are more accurate than traditional kettlebells on the market. They feature BlackTex powder coating - a great gripping surface and the most durable and long lasting form of kettlebell finish available. Traditional kettlebells are made using putty to smooth the surface, making them prone to chipping. Dynamic Deluxe Kettlebells use precision casting which provides a fine, natural, smooth surface. Colored emblems & bands on handles easily identify the weight in both Kilograms and Pounds.

## MEDICINE BALLS

## PHYSIO BALLS

## PLYOS

## RESISTANCE BANDS

## RUBBER HEX DUMBBELLS

## SLAM BALLS

## URETHANE DUMBBELLS

## WALL BALLS



### FEATURES INCLUDED

- Medium bounce
- Natural rubber
- Multi-textured grip
- Balance tested

### SPECIFICATIONS

- 7-7/8" diameter
- 6 lbs. to 30 lbs.
- Made in China

### EXCELLENT FOR THROWING, CATCHING AND BOUNCING OFF WALL OR TARGET

Build core strength to support balance and posture with durable, high-quality medicine balls from Dynamic Fitness & Strength. Featuring multi-textured grip and medium bounce, these balance-tested medicine balls are made of natural rubber and are the perfect addition to any weight room or fitness center.

### FEATURES INCLUDED

- Anti-burst advanced material
- Non-slip texture
- Available in 3 sizes: 55 cm, 65 cm, 75 cm
- Includes air pump
- Available in black

### SPECIFICATIONS

- 1 lb.
- Made in China

### HIGH-STRENGTH VINYL ABLE TO SUPPORT HEAVY WEIGHTS

The Dynamic Physio Ball uses a high strength anti-burst vinyl shell to ensure durability with regular use. Each ball is designed to support up to 500 lbs. of body weight. Available in 3 sizes to accommodate a wide variety of workouts, according to athlete's height.

### FEATURES INCLUDED

- Metal plyo boxes available in custom color powder coat finish
- Soft plyos feature 2 mm thick vinyl sheel and non-slip texture surface
- Available individually or in sets

### SPECIFICATIONS

- Available in metal, soft or wood

### THE PERFECT EQUIPMENT FOR ANY PLYOMETRIC PROGRAM

From sturdy metal plyo boxes to our most popular soft plyos, we have you covered for any plyometric program. Our metal plyo boxes range in height from 6" to 42" and our soft plyos range from 3" to 30" high. Whatever jump training you offer, our plyos will get the job done.

### FEATURES INCLUDED

- Layered band design to prevent abrupt breakage
- Color coded

### SPECIFICATIONS

- 7 different sizes
- 41" long
- 1/4" to 3-1/4" wide

### A GREAT ADDITION TO ANY WORKOUT PROGRAM

Dynamic Lifting Bands feature a layered band design that prevents the band from snapping all at once, but instead indicates wear by slowly shredding, thus preventing injury. Resistance bands are an extremely versatile component of any level workout program. The perfect accessory for resistance training tailored to the individual, Dynamic Lifting Bands enhance everything from suspension, mobility, pull-ups, squats, bench presses and more. Seven different colors for seven different resistance levels. Made from natural latex rubber of varying width and thickness per color.

### FEATURES INCLUDED

- Sold in pairs
- Natural molded rubber
- Chrome plated ergonomic handle
- Light knurling

### SPECIFICATIONS

- 2.5 lbs. to 150 lbs.
- 10 lbs. and under: 25 mm diameter handle
- 12.5 lbs. and under: 35 mm diameter handle
- Made in China

### SOLID, QUALITY DUMBBELLS THAT WON'T ROLL AWAY

Dynamic's Rubber Hex Dumbbells are a clean, professional choice for your gym, delivering the performance and longevity you demand. The heavy-duty, urethane rubber-encased heads minimize noise and wear on surrounding surfaces. The anti-roll hex shape design keeps the dumbbells in place with no surprises. Chrome-plated, knurled cast iron handles are ergonomically designed for a firm, comfortable grip.

### FEATURES INCLUDED

- Flexible rubber shell
- Texture grip material
- Dual wall design
- Air pump valve allows for firmness preference

### SPECIFICATIONS

- 14" diameter
- Made in China

### DURABLE WITH SOFT EASY-TO-GRIP SURFACE

The Dynamic Slam Ball is available in 9 different weights to accommodate a wide range of training levels, from beginner to the most advanced. Change the size of the ball based on your preference by adding or removing air. Perfectly balanced and extra durable, the textured rubber surface ensures maximum grip and ease of use. Great for improving coordination, balance, endurance, and core strength.

### FEATURES INCLUDED

- Sold in pairs
- Medium knurl
- 6 inch long solid steel chrome-finish handle
- Customizations options available

### SPECIFICATIONS

- 5 lbs. to 150 lbs.
- 45 lbs. and under: 32 mm diameter handle
- 50 lbs. and under: 35 mm diameter handle
- Made in China

### THE HIGHEST-QUALITY DUMBBELLS TO WITHSTAND A BEATING

Choose Urethane Dumbbells if you're looking for the highest-quality and most durable on the market. Urethane dumbbells are impact- and mar-resistant. Dynamic Fitness & Strength urethane dumbbells feature a matte black finish, straight chrome handles and easy-to-read labelling. We carry weight ranges from 5 lbs. to 150 lbs.

### FEATURES INCLUDED

- Weight and balance tested
- Durable double-stitch seams

### SPECIFICATIONS

- 13-3/5" diamter
- 6 lbs. to 30 lbs.
- Made in China

### ENHANCE YOUR CARDIO AND EXPLOSIVE TRAINING

Wall ball routines are a great way to increase heart rate and improve cardiovascular fitness. Dynamic Fitness & Strength wall balls are weight- and balance-tested and feature double-stitch seams for added durability.

**Notes:**

**MORE STRENGTH  
PER SQUARE FOOT™**



**STORAGE,  
TRAINING  
STATIONS  
& SYSTEMS**

# KETTLEBELL RACK

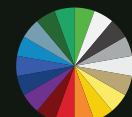
109080

## FEATURES INCLUDED

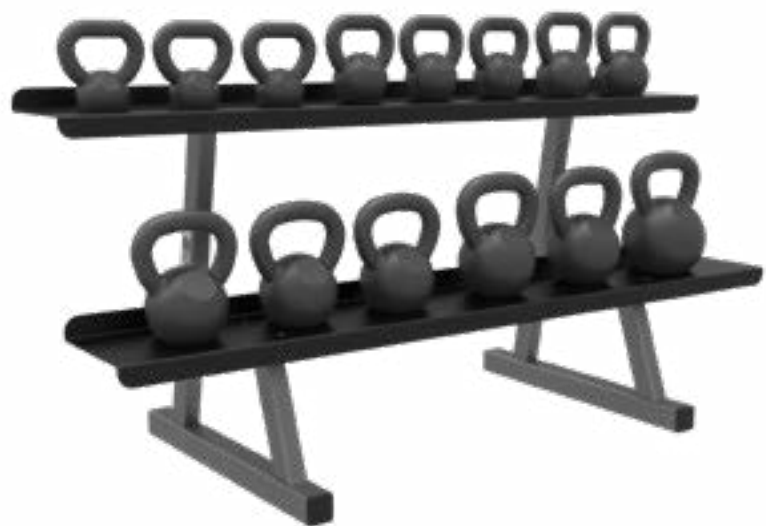
- Two flat - 11-gauge metal shelves
- Shelf includes a deep tray with backstop
- 11- and 14-gauge metal support tubing
- Shelf heights include 12" and 26.5"
- Intensive multi-stage pretreatment process for long lasting powder coat finish

## SPECIFICATIONS

- Weight: 74 lbs.
- Footprint: 25" W x 28" H x 60" L



PICK YOUR COLORS!



# 52" - 3-TIER HEX DUMBBELL RACK

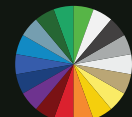
109083

## FEATURES INCLUDED

- Built to hold one set of 2.5 lbs. - 50 lbs. hex dumbbells
- Intensive multi-stage pretreatment process for long lasting powder coat finish

## SPECIFICATIONS

- Weight: 153 lbs.
- Footprint: 35" W x 39" H x 52" L



PICK YOUR COLORS!



# 3-TIER DUAL DUMBBELL RACK

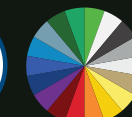
708095

## FEATURES INCLUDED

- Rubber tray liner for extended durability
- 11-gauge metal support tubing
- Shelf heights include 6", 22.5" and 38.5"
- Additional holes for conversion to flat shelf orientation as desired
- Mating bolt assemble
- Intensive multi-stage pretreatment process for long lasting powder coat finish

## SPECIFICATIONS

- Weight: 426 lbs.
- Footprint: 31" W x 45" H x 117" L



PICK YOUR COLORS!



# 3-TIER SADDLE DUMBBELL RACK

708098

## FEATURES INCLUDED

- (5) Pairs of saddles per tier to cradle dumbbells
- Available as single, 15-pair rack (708100)
- Intensive multi-stage pretreatment process for long lasting powder coat finish

## SPECIFICATIONS

- Weight: 739 lbs.
- Footprint: 31" W x 44" H x 191" L



PICK YOUR COLORS!



## 2 TIER SADDLE DUMBBELL RACK

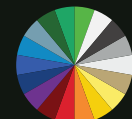
708099

### FEATURES INCLUDED

- (5) Pairs of saddles per tier to cradle dumbbells
- Intensive multi-stage pretreatment process for long lasting powder coat finish

### SPECIFICATIONS

- Weight: 287 lbs.
- Footprint: 31" W x 44" H x 96" L



PICK YOUR COLORS!

## 3 TIER SADDLE DUMBBELL RACK (5 LB TO 75 LB)

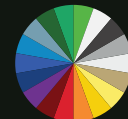
708100

### FEATURES INCLUDED

- (5) Pairs of saddles per tier to cradle dumbbells
- Available as double, 30-pair rack (708098)
- Intensive multi-stage pretreatment process for long lasting powder coat finish

### SPECIFICATIONS

- Weight: 191 lbs.
- Footprint: 31" W x 44" H x 96" L



PICK YOUR COLORS!

## 2 TIER HEX DUMBBELL RACK

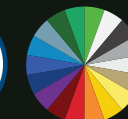
708182

### FEATURES INCLUDED

- Intensive multi-stage pretreatment process for long lasting powder coat finish
- Textured or gloss powder coated finish available
- Custom color matching options available

### SPECIFICATIONS

- Weight: 274 lbs.
- Footprint: 27" W x 34" H x 101" L



PICK YOUR COLORS!

## 3 TIER HEX DUMBBELL RACK

708183

### FEATURES INCLUDED

- Intensive multi-stage pretreatment process for long lasting powder coat finish
- Textured or gloss powder coated finish available
- Custom color matching options available

### SPECIFICATIONS

- Weight: 425 lbs.
- Footprint: 37" W x 42" H x 101" L



PICK YOUR COLORS!



# ROLLING POWERBLOCK CART

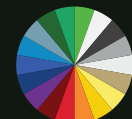
109116

## FEATURES INCLUDED

- 30" x 24" 11-gauge angled tray with front edge designed for use with PowerBlock adjustable dumbbells
- Four - 6" 360° swivel casters with flat-free wheels, rear wheels lockable
- Accessory tray for additional storage
- Assembled with our patented mating bolts
- Support frame constructed of 11-gauge, 3" square tubing

## SPECIFICATIONS

- Weight: 138 lbs.
- Footprint: 30" W x 29" H x 33" L



PICK YOUR  
COLORS!



# TRAINING CART

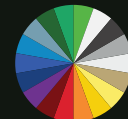
109124

## FEATURES INCLUDED

- 25" Wide, 39.5" tray height
- Three - 7.5" wheels, front wheel 360° swivel
- Multi-use cart with cable cord routing cutouts
- Lower storage compartment
- Ergonomic handles for optimal control

## SPECIFICATIONS

- Weight: 93 lbs.
- Footprint: 25" W x 40" H x 44" L

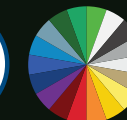


PICK YOUR  
COLORS!



# 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.



PICK YOUR  
COLORS!







# SPACE SOLUTIONS

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



# SPACE SOLUTIONS 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-foot 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. Bridge systems are offered in 12- to 20-foot lengths.



# MORE STRENGTH PER SQUARE FOOT™ SOLUTIONS

## BRIDGE SYSTEMS

CARMEL CATHOLIC  
HIGH SCHOOL, IL



HUDSON HIGH  
SCHOOL, WI



DALLAS CENTER-GRIMES  
HIGH SCHOOL, IA



**DYNAMIC™**  
FITNESS & STRENGTH

**CUSTOM  
DESIGNED  
FURNITURE**

# CUSTOM FURNITURE

We offer custom-made furniture that combines functionality and style, tailored to fit your unique needs and preferences. From durable and ergonomic workout benches to elegant storage solutions, our furniture seamlessly integrates with your space while promoting comfort and organization.



## COACHES CORNER DESK

**900790**

### FEATURES INCLUDED

- 3" x 3" 11-gauge tube frame & 11-gauge steel panels
- 11-gauge steel top standard
- High top table height
- Customizable logo options available
- Optional lower shelf
- Please see your Territory Manager for customized desk options
- Textured or gloss powder coat options available

### SPECIFICATIONS

- Weight: 575 lbs.
- Dimensions: 48" W x 42" H x 73" L

## LOW TOP TABLE

**900855**

### FEATURES INCLUDED

- 3/8" Steel frame
- Rubber feet to protect floor
- 48" Diameter laminate top
- Customizable logo options available
- Standard table height
- Textured or gloss powder coat options available

### SPECIFICATIONS

- Weight: 185 lbs.
- Footprint: 42" W x 31" H x 42" L



## HIGH TOP TABLE

**900773**

### FEATURES INCLUDED

- 3/8" Steel frame
- Rubber feet to protect floor
- 48" Diameter laminate top
- Customizable logo options available
- High top table height
- Textured or gloss powder coat options available

### SPECIFICATIONS

- Weight: 190 lbs.
- Footprint: 48" W x 42" H x 48" L



**Notes:**

**MORE STRENGTH  
PER SQUARE FOOT™**



**OUTDOOR  
EQUIPMENT**

## WARM UP / COOL DOWN BENCH

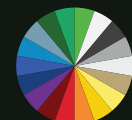
### 900140SM

#### FEATURES INCLUDED

- Steel tube construction
- Main frame - 3" sq. 11-gauge tubing
- Seat frame - 3" sq. 11-gauge tubing
- Diamond Plate Tread Top
- Textured or gloss powder coated finish color options available with zinc enriched primer base
- Surface mount shown; in-ground post mount available

#### SPECIFICATIONS

- Weight: 204 lbs.
- Footprint: 21" W x 66" H x 67" L



PICK YOUR COLORS!



## VERTICAL KNEE RAISE

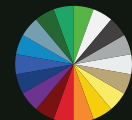
### 900141SM

#### FEATURES INCLUDED

- Steel tube construction
- Vertical post - 4" sq. 7-gauge tubing
- Foot rest and arm support 3" Sq. 11-gauge tubing
- Rubber backrest and arm pads - 3/4" thick
- Diamond plate foot rest
- Textured or gloss powder coated finish color options available with zinc enriched primer base
- Surface mount shown; in-ground post mount available

#### SPECIFICATIONS

- Weight: 205 lbs.
- Footprint: 30" W x 76" H x 32" L



PICK YOUR COLORS!



## PUSH UP / ROW STATION

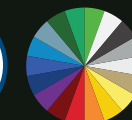
### 900142SM

#### FEATURES INCLUDED

- Steel tube construction
- Vertical post - 3" sq. 7-gauge tubing
- 1-1/4" Round tube 11-gauge support
- Textured or gloss powder coated finish color options available with zinc enriched primer base
- Surface mount shown; in-ground post mount available

#### SPECIFICATIONS

- Weight: 74 lbs.
- Footprint: 99" W x 61" H x 99" L



PICK YOUR COLORS!



## SIT UP STATION

### 900143SM

#### FEATURES INCLUDED

- Steel tube construction
- Supports - 3" sq. 11-gauge tubing
- Seat frame - 3" sq. 11-gauge tubing
- Rubber pad - 3/4" thick
- Textured or gloss powder coated finish color options available with zinc enriched primer base
- Surface mount shown; in-ground post mount available

#### SPECIFICATIONS

- Weight: 257 lbs.
- Footprint: 23" W x 27" H x 89" L



PICK YOUR COLORS!



\*DYNAMIC FITNESS & STRENGTH CAN IN NO WAY GUARANTEE HOW OUR EQUIPMENT WILL WITHSTAND THE OUTDOOR ELEMENTS.

# PLYO STEPS

6", 12", 24", 36"

## 900144SM

### FEATURES INCLUDED

- Steel tube construction
- Supports - 3" x 2" 11-gauge tubing
- Top frame - 2" sq. 11-gauge tubing
- 7-gauge diamond plate top plates
- Textured or gloss powder coated finish color options available with zinc enriched primer base
- Surface mount shown; in-ground post mount available

### SPECIFICATIONS

- Weight: 286 lbs.
- Footprint: 21" W x 36" H x 40" L



PICK YOUR COLORS!



*\*DYNAMIC FITNESS & STRENGTH CAN IN NO WAY GUARANTEE HOW OUR EQUIPMENT WILL WITHSTAND THE OUTDOOR ELEMENTS.*

# BALANCE BEAM

SURFACE MOUNT

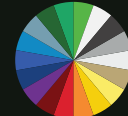
## 900145SM

### FEATURES INCLUDED

- Steel tube construction
- Supports - 3" sq. 11-gauge tubing
- Beam section - 4" x 3" sq. 7-gauge tubing
- Textured or gloss powder coated finish color options available with zinc enriched primer base
- Surface mount shown; in-ground post mount available

### SPECIFICATIONS

- Weight: 211 lbs.
- Footprint: 66" W x 17" H x 184" L



PICK YOUR COLORS!



# PULL-UP / DIP STATION

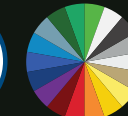
## 900147SM

### FEATURES INCLUDED

- Steel tube construction
- Frame - 3" sq. 7-gauge tubing
- Pull-Up bars - 1-1/4" round 11-gauge tube
- 7-gauge diamond plate step up
- Textured or gloss powder coated finish color options available with zinc enriched primer base
- Surface mount shown; in-ground post mount available

### SPECIFICATIONS

- Weight: 308 lbs.
- Footprint: 126" W x 95" H x 116" L



PICK YOUR COLORS!



# SIGN HOLDER

SURFACE MOUNT

## 900148SM

### FEATURES INCLUDED

- Steel tube construction
- 1.5" sq. 11-gauge tube
- Textured or gloss powder coated finish color options available with zinc enriched primer base
- Surface mount shown; in-ground post mount available

### SPECIFICATIONS

- Weight: 75 lbs.
- Footprint: 8" W x 62" H x 31" L



PICK YOUR COLORS!





# CUSTOM OUTDOOR RIG SYSTEMS

Discover a new level of outdoor fitness with our custom outdoor rigs. Crafted to your specifications, these rigs are designed to bring your outdoor workout visions to life. Elevate your training experience with equipment built for the great outdoors.



PICK YOUR COLORS!



**CUSTOMIZATION  
OPTIONS**



## SLIP COVERS



## PLATES



## BAR CAPS



## BALL TARGETS



## PLATFORMS



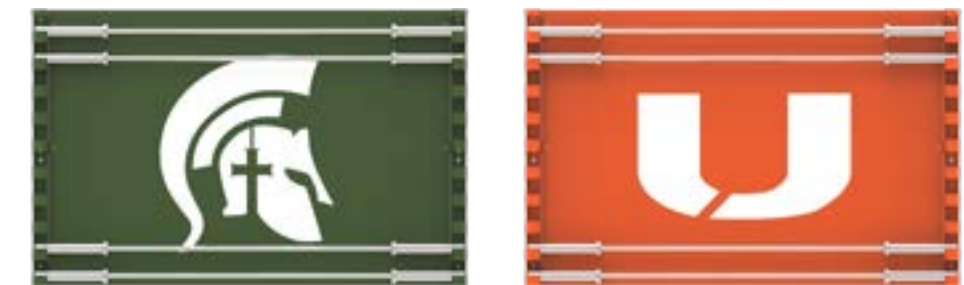
## CONNECTOR BARS



## UPRIGHT WRAPS



## BAR RACKS





PICK YOUR COLORS!



## CUSTOMIZED UPRIGHTS

Dynamic Fitness & Strength offers a complete palette of options for customizing your rigs and racks. With an array of design and manufacturing technology, we are able to custom-wrap your fitness equipment to truly represent your colors, logo, and team pride. We offer Laser cutting for precision text and logos, as well as color matching with over 300 different options. Check out our colored vinyl insets for a professional, three-dimensional look.

### FEATURES INCLUDED

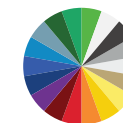
- Upright Design: your logo and / or lettering precision laser cut
- Steel frame-heavy duty 7-gauge
- Powder coat color selection: over 300 options
- Color finish: chrome or powder coated with textured or gloss options
- Additional options: color inset vinyl layer for a detailed 3D look

## CUSTOMIZED CONNECTOR BARS

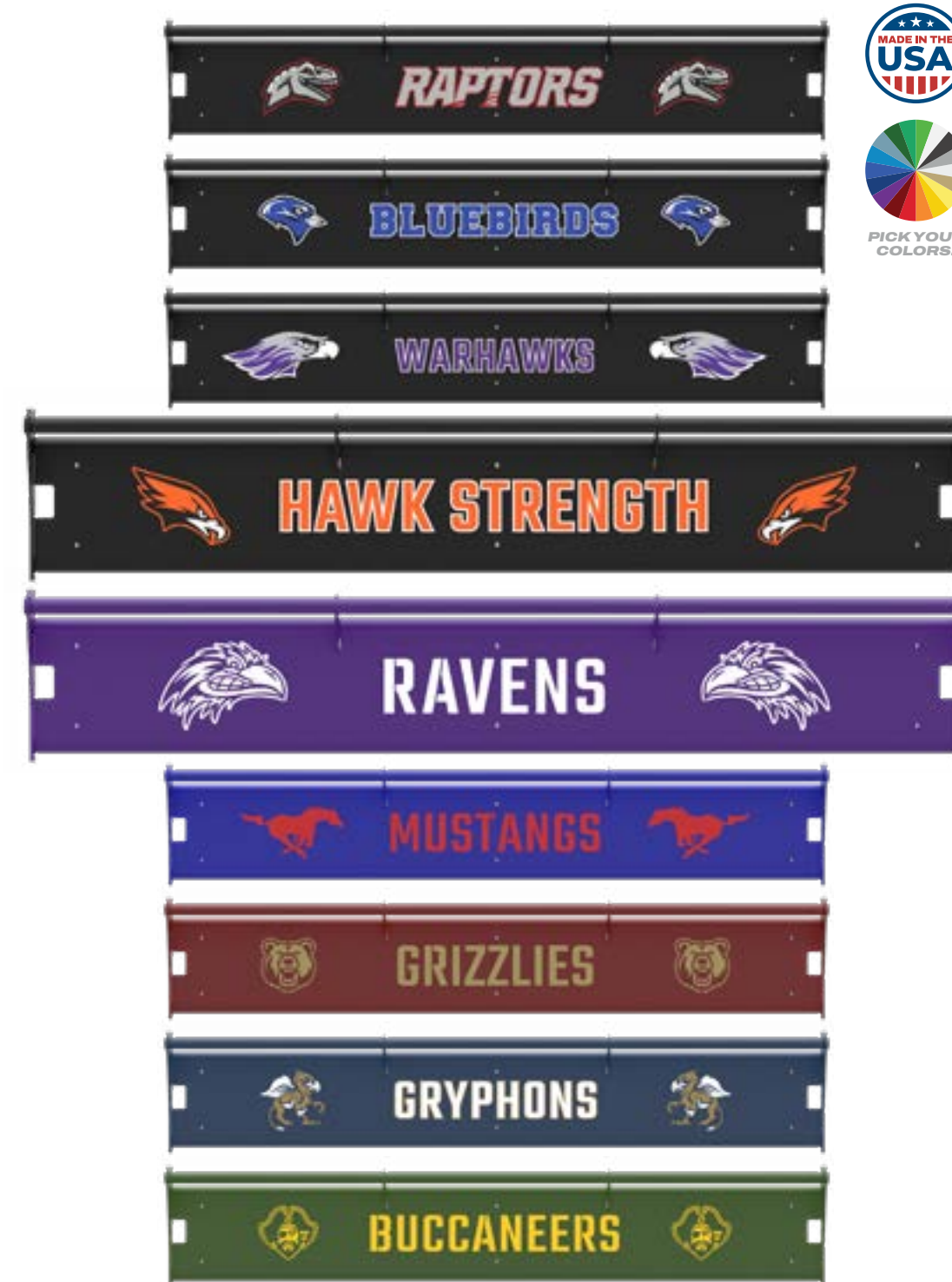
Dynamic Fitness & Strength custom signage is the perfect way to bring your weight room or training facility together to instill spirit and motivation in your athletes. Our signs feature heavy-duty construction with a full custom color palette available, allowing you to fully represent and show off your logo with pride. Logos are laser cut into steel and powder coated specific to your gym. We use colored plates and inset vinyl to craft a one-of-a-kind, layered logo sign. Signs are available with any annex storage, bridge system, or multiple racks.

### FEATURES INCLUDED

- Standard lengths include: 43", 60", 71", 95". We are able to customize the length to your specifications
- 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 mm
- Design: your mascot or school name options
- Powder coat color selection: over 300 options
- Powder coat finish: textured or gloss options



PICK YOUR COLORS!





PICK YOUR COLORS!



## CUSTOMIZED BENCH SLIP COVERS

Dynamic Fitness & 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.

### FEATURES INCLUDED

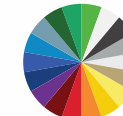
- Single- or multi-colored printing options available
- Digital sublimation process provides longer lift compared to screen printed logos
- 40 oz Marine Vinyl
- Material withstands moisture and does not breakdown
- 2.5" thick pad is made of high-density neoprene
- Upholstery color choices

## CUSTOMIZED PLATES

Custom weight plates provide a unique accent, changing the way your athletes view your gym or workout space. The average weight room contains hundreds of plates, meaning hundreds of opportunities to show your colors with pride! Choose standard single colors or upgrade to our multi-color option, capturing all of the fine logo details. Our proprietary printing process stands up to the wear and tear of the gym and is available on all Dynamic standard and competition plates, printed both sides. The possibilities are limitless with these custom bumper plates that are sure to drive team spirit.

### 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



PICK YOUR COLORS!





PICK YOUR COLORS!



## CUSTOMIZED BAR END CAPS

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-colored 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

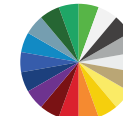
- Single- or multi-colored bar end logo options
- Display your mascot or school logo
- Bar identification: bar weight and diameter printed on each cap
- Available for all bar types

## CUSTOMIZED PLATFORMS

A personalized platform decked with your logo and striped with your team colors can bring an instant change in the minds of your athletes. It sparks determination, courage, and a desire to push harder than ever before. Dynamic Fitness & Strength workout platforms are available to be customized to your exact specifications. We offer wood raised platforms and rubber inlay options.

### FEATURES INCLUDED

- 3/4" Great Lakes Oak
- Ceramic-based urethane top coat
- Urethane top
- Customized trim
- Custom logo
- 3.5 mm vinyl logo
- 3/4" shock absorbent rubber
- Trim powder coated gloss or textured finish



PICK YOUR COLORS!



## RUBBER

By harvesting the unique power of recycled rubber, Ecore creates force reduction and energy-balanced rubber surfaces.



## TURF

Using dense, textured nylon bonded with sports backing, turf is great for footwork, sleds, running, and it's spike-resistant.



## VINYL

Our vinyl gym flooring offers a luxurious stone/ceramic look. It is heterogeneous and slip-resistant, making it ideal for pools, locker rooms, and bathrooms.



## CARPET

Great for entryways, Ecore carpet provides a unique, non-woven surface that is fusion-bonded and in an interlocked format.



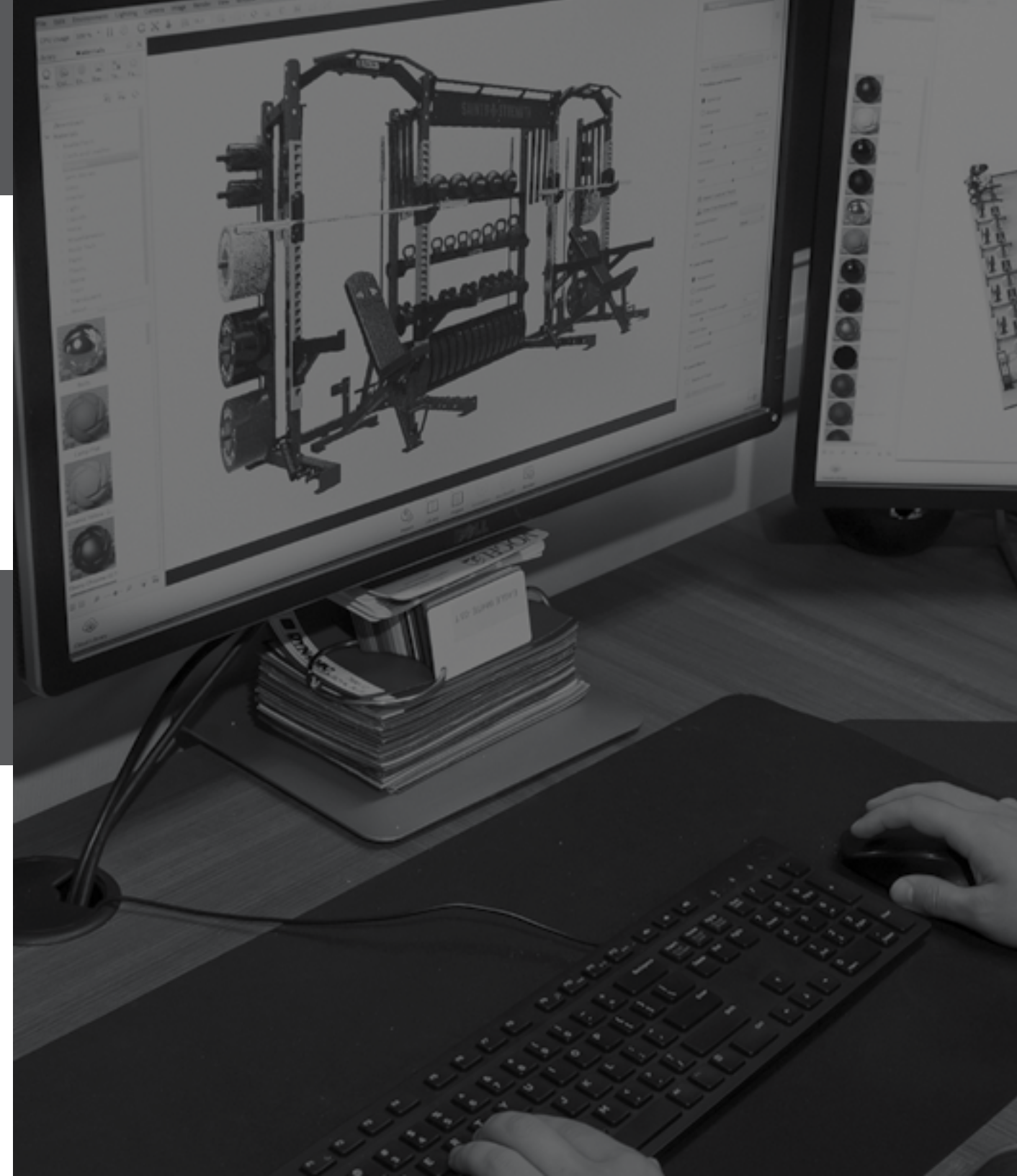
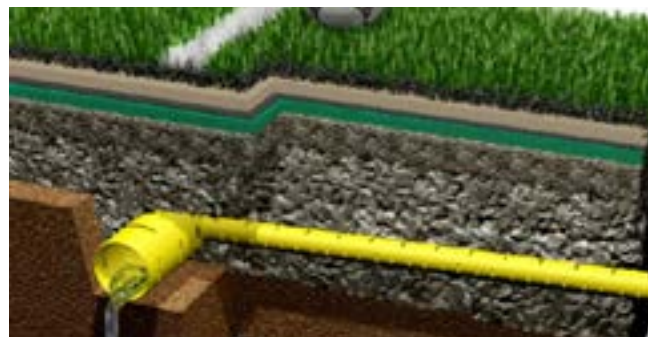
## INFILL

Made with a rubber EPDM alternative, rubber, infill is designed for the top of turf, going between the fibers to increase traction, stability, and comfort.



## UNDER-LAYMENTS

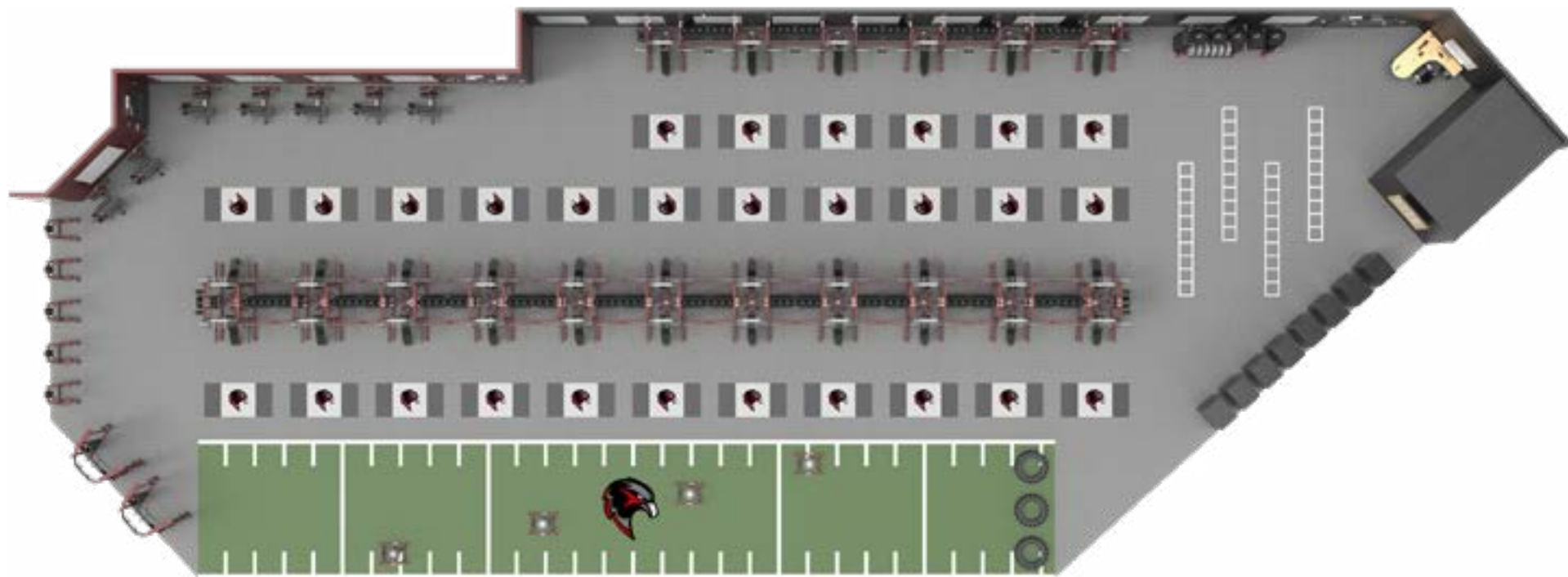
Underlayment can be paired with artificial turf, tracks, courts, or other layers to provide sound absorbency, comfort and force reduction.



## 3D FACILITY DESIGN

## 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!



## WEIGHT ROOM SOLUTIONS

3D LAYOUT 5000+ SQUARE FOOT ROOMS



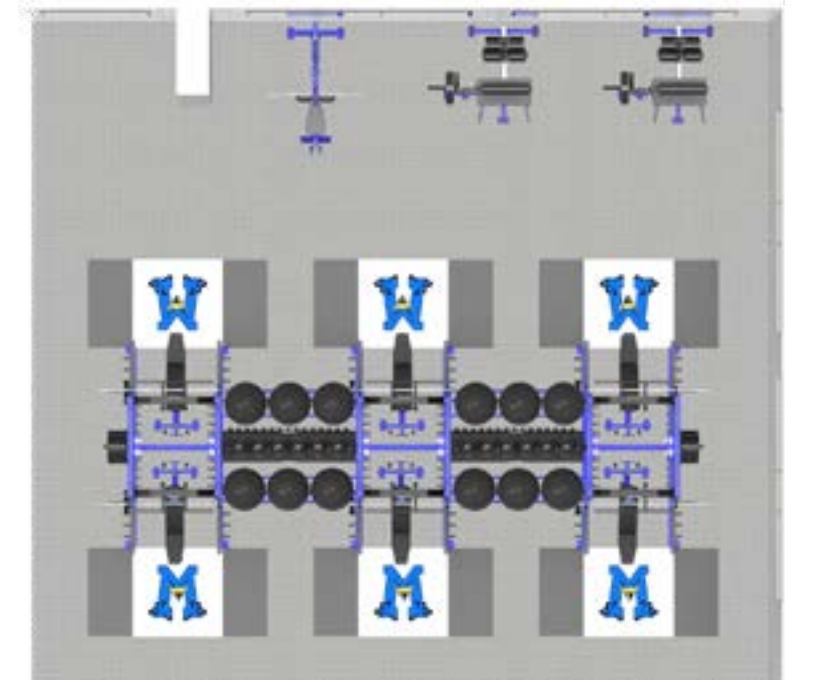
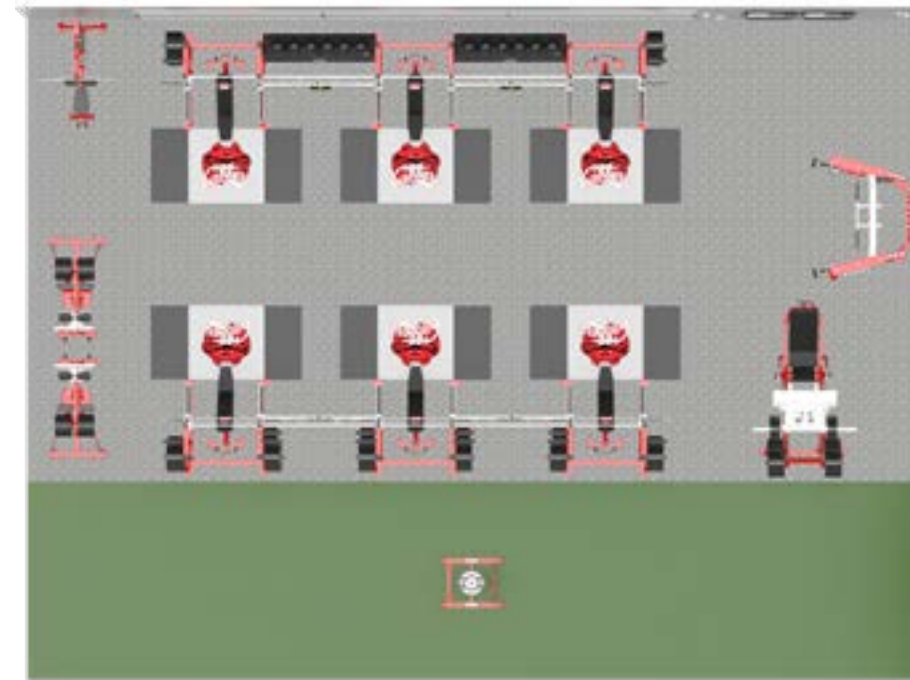
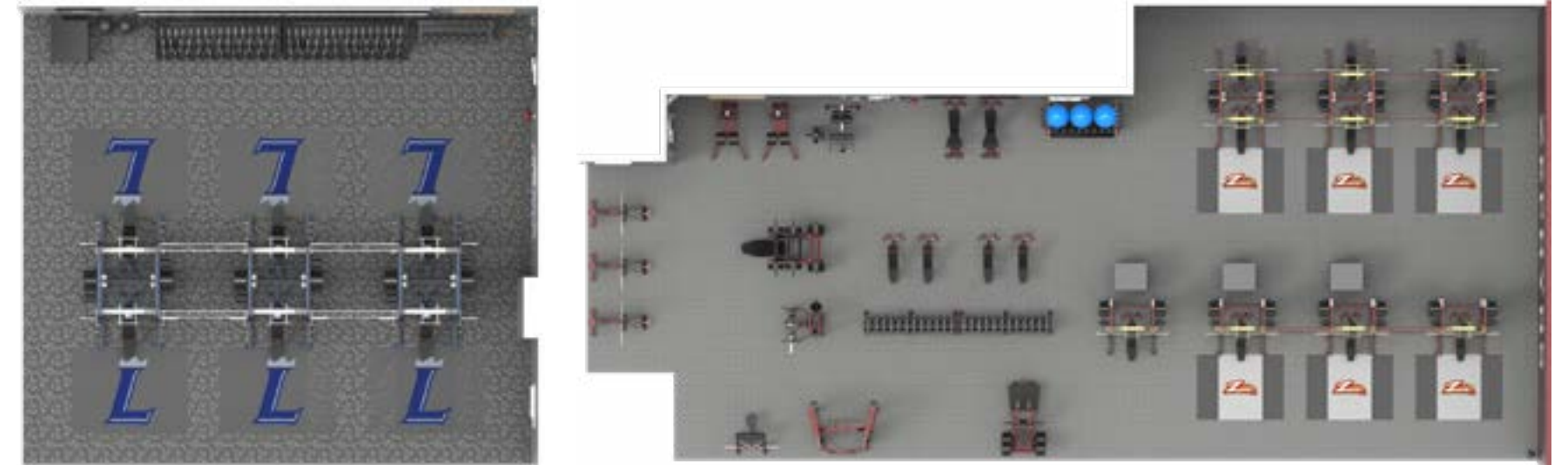
# WEIGHT ROOM SOLUTIONS

3D LAYOUT 2500-3000 SQUARE FOOT ROOMS



# WEIGHT ROOM SOLUTIONS

2D LAYOUT 500-4000 SQUARE FOOT ROOMS





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



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DynamicFandS



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