

CATALOG
2022

PERFORM BETTER!

THE LEADERS
IN FUNCTIONAL
TRAINING

Professional Equipment for Professional People

www.performbetter.com

800-556-7464



WE ARE PERFORM BETTER



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OUR KNOWLEDGEABLE AND FRIENDLY STAFF IS READY TO ANSWER ANY QUESTION YOU MAY HAVE ABOUT PRODUCT SELECTION AND APPLICATION. YOU CAN TRUST OUR STAFF TO SUGGEST THE RIGHT PRODUCTS TO MEET YOUR NEEDS.

STRIVING FOR GREATNESS FOR OVER 30 YEARS

Here at Perform Better, we have spent the last 30 years both supplying and redefining the Fitness and Sports Performance world. We have paved the way for Functional Training by supplying high quality products and top-notch education to trainers, coaches and therapists throughout the world. From having the best customer service and a knowledgeable staff to fast shipping and a 100% satisfaction guarantee, we remain the leader in both Functional Training equipment and education and will continue to do so in the future.

WE ARE BACK! 2022 LEARN BY DOING SEMINAR SERIES

All new topics from some of the best minds in the industry.



3-DAY SUMMITS

June 3-5, 2022 **Orlando, FL**
 July 15-17, 2022 **Chicago, IL**
 August 26-28, 2022 **Providence, RI**

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| | |
|----------------------------------|---------|
| BALANCE & STABILIZATION TRAINING | 4 - 7 |
| BAND & TUBING TRAINING | 8 - 15 |
| BODYWEIGHT TRAINING | 16 - 25 |
| CARDIOVASCULAR TRAINING | 26 - 29 |
| FLEXIBILITY & RECOVERY | 30 - 39 |
| FLOORING & TURF | 40 - 43 |
| GROUP FITNESS | 44 - 47 |
| MATS | 48 - 50 |
| CLEANING SOLUTIONS | 51 |
| MEDICINE BALL TRAINING | 52 - 57 |
| PLYOMETRIC TRAINING | 58 - 63 |
| SPEED & AGILITY TRAINING | 64 - 69 |
| TESTING | 70 - 75 |
| WEIGHT TRAINING | 76 - 99 |

BALANCE & STABILIZATION



Improve Core Stabilization



Integrated, Multi-Joint Movements



BOSU® BALANCE TRAINERS

Versatile training device improves balance, core stability, and proprioception.

With bubble side up, sit, stand, lie, kneel, or jump. With platform side up, do pushups or planks. **BOSU Pro** has a commercial-grade bladder and an extra-strong platform. Includes downloadable training manual, pump and one year warranty. **BOSU Elite** has a firmer dome and reinforced base. Rugged, high density dome provides greater force production and high intensity loading. Tactile, non-slip honeycomb grip spring-loads feet. Includes pump, online access to video library, and two-year warranty. **BOSU Sport** is a smaller version of the balance trainer. Compact design allows for easy transportation. Includes a pump and 90-day warranty. **Studio Rack** stores up to 6 fully inflated BOSUs. Rack includes band storage pegs on the back. **BOSU Studio Pack** is great for smaller studios and gyms. Includes 6 BOSU Pro Balance Trainers and the BOSU Studio Rack.

| | | | |
|-------------|---|-------|-----------|
| #1001-Pro | ● BOSU Pro | (26") | \$ 194.95 |
| #1001-Elite | ● BOSU Elite | (26") | \$ 219.95 |
| #1001-Sport | ● BOSU Sport | (20") | \$ 144.95 |
| #1001-26 | Studio Rack (21.5"W x 36.5"D x 73"H) | | \$ 379.95 |
| #1001-99 | BOSU Studio Pack | SAVE! | \$1349.95 |

WOBBLE & ROCKER BOARDS

Long-lasting professional balance boards.

Use the Rocker Board for basic balance work, then progress to the adjustable Wobble Boards for intermediate to advanced exercises. Improves balance, coordination, and proprioceptive awareness for athletic performance and injury prevention. Adjust the sphere under the Wobble Boards to increase or decrease difficulty. Made with extra-strong birch wood that holds up to 500 lbs. Grip tape strips prevent slipping. Exercise instructions included.

| | | |
|----------|---|----------|
| #1006-01 | 16" Wobble Board (tilt angles 15°, 17°, 20°) | \$104.95 |
| #1006-02 | 20" Wobble Board (tilt angles 10°, 12°, 15°) | \$119.95 |
| #1006-03 | 20" Rocker Board (max. tilt angle 16°) | \$159.95 |
| #1006-25 | Rocker and Wobble Board Stand (holds any 3) | \$134.95 |
| #1006-99 | Rocker and Wobble Board Package (1 of each plus stand) | \$449.95 |





Sport



Elite



Studio Pack



Gives Proprioceptive Feedback

PB DISC PILLOW

Strengthens the muscles that stabilize your ankles, knees, core, and shoulders.

Use to develop balance and joint stabilization. Stand, kneel, sit, or do pushups on this soft, unstable disc. Versatile, air-filled discs can be placed on a chair to improve body alignment while sitting.

#1003-01 PB Disc Pillow (14") **\$29.95**

\$ SAVE 15% buy 3 or more



NEW CORE-TEX RT

Combines balance, strength, endurance, and flexibility into one design.

The Core-Tex RT facilitates joint mobility and stability, while challenging balance mechanisms. It enhances human movement with its unique ability to tilt, translate and rotate in all three planes of motion. It comes with a 24"W x 7"H steel base, 30" diameter ABS plastic platform with a non-slip rubber surface, 3 highly engineered ball transfers, and handrail with 3 height adjustments.

#1019-01 Core-Tex RT **\$549.00**

POLY BALANCE BEAM

A great balance training device for users of all ages and abilities.

Improves balance and spatial awareness. Low height gives a sense of security while helping with foot placement. Flat, flexible, molded polyvinyl material is firm yet soft. Folds in half for easy, convenient storage. Measures 8'L x 4"W x 1.5"H.

#1012-01 Poly Balance Beam **\$109.95**



BALANCE & STABILIZATION



Non-Slip Airex



Travel Pad



Balance Beam



XL Pad

AIREX® BALANCE PADS

Improves joint stability through moderate instability.

Unique closed-cell design allows user to slightly sink into the mat, creating instability; feels like you are standing on a gel-filled pad. Stand on one or two legs and perform squats, lunges, and reaching touches.

Balance Pad Elite has a non-slip texture to reduce sliding. **Airex Travel Pads** are the same great material as the regular Airex Balance Pads, but their smaller size makes them ideal for traveling and storage. **Airex Balance Beam** can be used with wide side down for more stability or narrow side down for greater instability. **Airex Balance Pad XL** has the same unique design as the Elite Airex Pad but is longer in length to allow for more space for your exercises.

| | | |
|----------|--|----------|
| #1007-01 | ● Airex Balance Pad (20"L x 16.4"W x 2.5"H) | \$ 72.95 |
| #1007-02 | ● Non-Slip Airex Balance Pad Elite (20"L x 16.4"W x 2.5"H) | \$ 84.95 |
| #1007-03 | ● Non-Slip Airex Balance Pad Elite (20"L x 16.4"W x 2.5"H) | \$ 84.95 |
| #1007-04 | ● Airex Travel Pad (16"L x 10"W x 2.5"H) | \$ 54.95 |
| #1007-05 | ● Airex Balance Beam (64"L x 9.6"W x 2.6"H) | \$159.95 |
| #1007-06 | ● Airex Balance Pad XL (38"L x 16.4"W x 2.5"H) | \$174.95 |



💰 **SAVE 15%** buy 3 or more
 ★ **2-YEAR** warranty

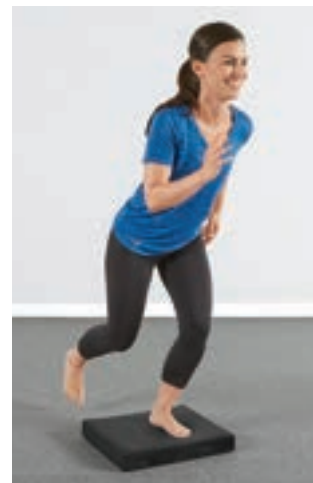


FIRST PLACE® ECONOMY BALANCE PAD

Helps improve stability and alignment.

Soft foam pad creates instability. Stand on one or two legs and perform squats, lunges, and reaching touches to improve stability and strength. Measures 17"L x 15"W x 2.5"H. **Mini Economy Balance Pad** is the perfect size for kneeling exercises, standing on one foot, or traveling with. Measures 12.25"L x 2.5"H. Top measures 7.5"W and bottom is 9"W.

| | | |
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| #1004-01 | Economy Balance Pad | \$44.95 |
| #1004-02 | Mini Economy Balance Pad | \$29.95 |



Mini Balance Pad



Hand Pump



Sport Pump

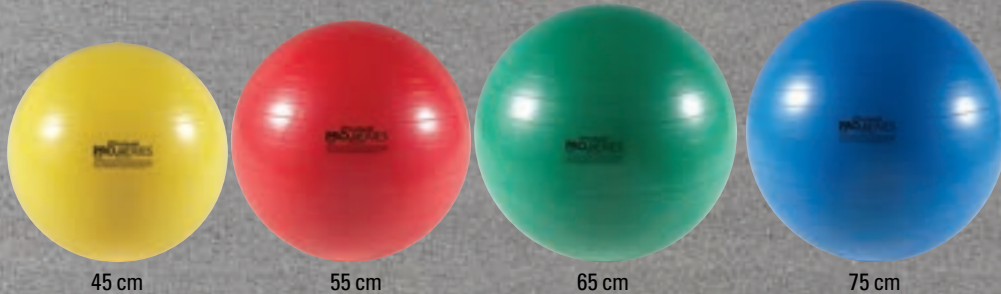
THERA-BAND® PRO SERIES SCP™ STABILITY BALLS

Quality ball at an affordable price.

The Slow Deflate Advantage™ gives superior comfort without excessive softness. Stability balls are to be used for body weight exercises only. Each ball includes two plugs, an inflation adapter, and a measuring tape to help ensure proper inflation. Thera-Band® Exercise Ball Guide Poster detailing 24 exercises is included. **Blaster Hand Pumps** are handheld dual-action pumps perfect for inflating 1–3 stability balls or adding air to already inflated stability balls. **Sport Pumps** are fast dual-action pumps that can be used to quickly inflate multiple stability balls.

| | | | |
|----------|--------------------------------------|-------|----------------|
| #1008-45 | ● 45cm PRO Series SCP Stability Ball | (18") | \$34.95 |
| #1008-55 | ● 55cm PRO Series SCP Stability Ball | (22") | \$39.95 |
| #1008-65 | ● 65cm PRO Series SCP Stability Ball | (26") | \$44.95 |
| #1008-75 | ● 75cm PRO Series SCP Stability Ball | (30") | \$52.95 |
| #1008-01 | Blaster Hand Pump | | \$13.95 |
| #1008-02 | Sport Pump | | \$29.95 |

\$ SAVE 15% buy 3 or more



45 cm

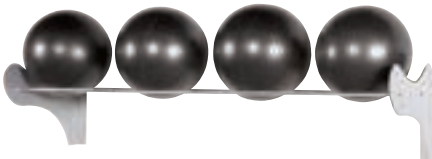
55 cm

65 cm

75 cm

WARNING

Read **Instruction Sheet**, including safety precautions and inflation instructions, prior to use. The ball can burst, and serious injury may result if the ball is overinflated, becomes cut or otherwise damaged, or is used while lifting weights. Examine the ball carefully for blemishes or cuts before each use.



PROFESSIONAL SB WALL RACK

Space-saving! Keeps balls off the floor while adding a professional appearance.

Mounting hardware and assembly instructions included. Heavy-duty steel construction with powder-coated finish. Holds up to four stability balls.

#1010-01 Professional SB Wall Rack (96"L x 20"W) **\$299.95**



THE LOOP

Easy-to-mount, single stability ball rack.

Mount them close together or have a ball handy anywhere in the gym. Sturdy steel construction holds up to 15 lbs. in hollow walls, even without finding a stud.

#1011-01 ● The Loop **\$39.95**
 #1011-02 ● The Loop **\$39.95**

8-BALL PVC RACK

Sturdy construction keeps your facility organized.

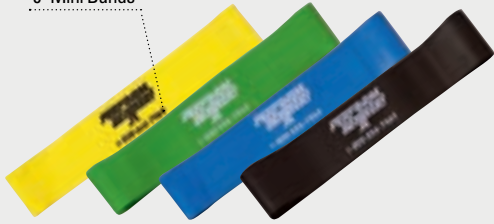
PVC Rack is made in the USA of furniture-grade PVC plastic. Holds 8 stability balls of any size.

#1009-08 8-Ball PVC Rack (54"L x 18"W x 88"H) **\$279.95**

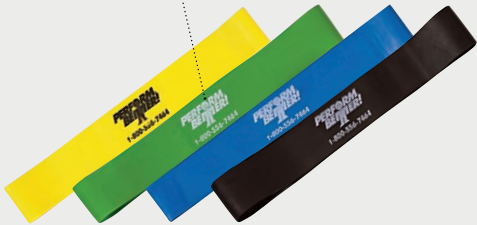


BAND & TUBING TRAINING

9" Mini Bands



12" Mini Bands XL



FIRST PLACE® MINI BANDS

Our most popular band!

2" wide band stretches up to 2½ times its length. Use anywhere—on the field, at home, in the clinic or gym, or even when traveling. Use for lateral walks, leg raises, and shoulder stabilization exercises.

| | | | |
|---------------|---|----------------|---------|
| #1219-01 | ● Light | (9" x 2" Loop) | \$ 2.50 |
| #1219-01-PACK | ● Pack of 10 - Light | SAVE! | \$18.75 |
| #1219-02 | ● Medium | (9" x 2" Loop) | \$ 2.75 |
| #1219-02-PACK | ● Pack of 10 - Medium | SAVE! | \$20.50 |
| #1219-03 | ● Heavy | (9" x 2" Loop) | \$ 3.00 |
| #1219-03-PACK | ● Pack of 10 - Heavy | SAVE! | \$22.50 |
| #1219-04 | ● Extra Heavy | (9" x 2" Loop) | \$ 3.25 |
| #1219-04-PACK | ● Pack of 10 - Extra Heavy | SAVE! | \$24.50 |
| #1219-05 | ● ● ● ● Pack of 4 - One Each Resistance | SAVE! | \$ 8.95 |

Mini Bands XL are 12" long, great for exercises where the bands may be used above the knees, and great for use with taller athletes. **Monster Bands** are 20" long, great for use with taller clients and allow you to add resistance to flexibility exercises and basic stretches.

| | | | |
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| #1220-01 | ● Light XL | (12" x 2" Loop) | \$ 3.00 |
| #1220-01-PACK | ● Pack of 10 - Light XL | SAVE! | \$22.50 |
| #1220-02 | ● Medium XL | (12" x 2" Loop) | \$ 3.25 |
| #1220-02-PACK | ● Pack of 10 - Medium XL | SAVE! | \$24.50 |
| #1220-03 | ● Heavy XL | (12" x 2" Loop) | \$ 3.50 |
| #1220-03-PACK | ● Pack of 10 - Heavy XL | SAVE! | \$26.50 |
| #1220-04 | ● Extra Heavy XL | (12" x 2" Loop) | \$ 3.75 |
| #1220-04-PACK | ● Pack of 10 - Extra Heavy XL | SAVE! | \$28.50 |
| #1220-05 | ● Monster Band | (20" x 2" Loop) | \$ 6.50 |
| # 1220-06 | ● ● ● ● Pack of 4 - One Each Resistance | SAVE! | \$10.25 |



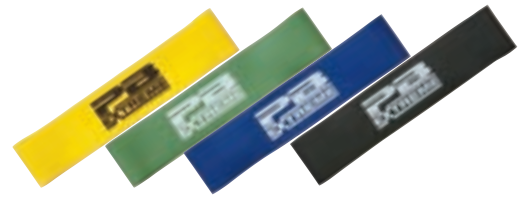
Activate Glutes and Hip Flexors



Use for Shoulder Stabilization Exercises



Great for Hip External Rotation Exercises



PB EXTREME MINI BANDS

Special formula helps keep bands lasting longer than regular Mini Bands.

Special latex material helps bands last longer and remain strong throughout use. Material does not rip or tear as quickly as other bands. Use for lateral steps, leg extensions and shoulder stabilization exercises. Suitable for all fitness and strength training levels.

| | | |
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| # 1235-01 | ● Light (9" x 2") | \$ 4.00 |
| # 1235-01-PACK | ● Pack of 10 - Light | \$29.95 |
| # 1235-02 | ● Medium (9" x 2") | \$ 4.25 |
| # 1235-02-PACK | ● Pack of 10 - Medium | \$31.95 |
| # 1235-03 | ● Heavy (9" x 2") | \$ 4.50 |
| # 1235-03-PACK | ● Pack of 10 - Heavy | \$33.95 |
| # 1235-04 | ● Extra Heavy (9" x 2") | \$ 4.75 |
| # 1235-04-PACK | ● Pack of 10 - Extra Heavy | \$35.95 |
| # 1235-05 | ●●●● Pack of 4 - One Each Resistance | \$13.95 |

PB Extreme Mini Bands XL are made of the same strong formula as the PB Extreme Mini Bands, but are 3" longer and great for taller athletes.

| | | |
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| # 1236-01 | ● Light XL (12" x 2") | \$ 4.50 |
| # 1236-01-PACK | ● Pack of 10 - Light | \$33.95 |
| # 1236-02 | ● Medium XL (12" x 2") | \$ 4.75 |
| # 1236-02-PACK | ● Pack of 10 - Medium | \$35.95 |
| # 1236-03 | ● Heavy XL (12" x 2") | \$ 5.00 |
| # 1236-03-PACK | ● Pack of 10 - Heavy | \$37.95 |
| # 1236-04 | ● Extra Heavy XL (12" x 2") | \$ 5.25 |
| # 1236-04-PACK | ● Pack of 10 - Extra Heavy | \$39.95 |
| # 1236-06 | ●●●● Pack of 4 - One Each Resistance | \$14.95 |



I've been using Perform Better's Mini Bands ever since I became a trainer. It's an unassuming piece of equipment that I use with every client and with every level of fitness. It's a great tool to be creative with your programming, whether using them to help strengthen knees/hips or your arms. The Mini Bands are very universal.

Markus Risch
Trainer, Lucky13 Fitness in Burlington, MA



FIRST PLACE® MINI BAND ELITES

Last up to 2 times longer than regular First Place Mini Bands

1" wide bands are not as wide as our original Mini Bands, but are thicker for extra durability. Tight fitting bands do not roll up like other looped bands. Great for lateral walks, monster walks, and squats. Use for both upper and lower body exercises.

| | | |
|---------------|----------------------------|---------------|
| #1233-01 | ● Light (9" x 1") | \$ 3.50 |
| #1233-01-PACK | ● Pack of 10 - Light | SAVE! \$25.50 |
| #1233-02 | ● Medium (9" x 1") | \$ 3.75 |
| #1233-02-PACK | ● Pack of 10 - Medium | SAVE! \$27.50 |
| #1233-03 | ● Heavy (9" x 1") | \$ 4.00 |
| #1233-03-PACK | ● Pack of 10 - Heavy | SAVE! \$29.50 |
| #1233-04 | ● Extra Heavy (9" x 1") | \$ 4.50 |
| #1233-04-PACK | ● Pack of 10 - Extra Heavy | SAVE! \$31.50 |



Bands Don't Roll Up



BAND & TUBING TRAINING



NEW ISO BAND

A comfortable, safe, and durable resistance band.

Perfect to use for anchored or self-anchored exercises. More comfortable than rubber – does not pinch! Easy on hands and feet so no handles are necessary. 100”L loops with 3.75”W elastic webbing. Bands have a 50” range of motion before a “soft” end that can be used as a dynamic isometric hold. All bands are made in the USA. **Iso Band Light** Light goes from 10–40 lbs. of resistance. **Iso Band Heavy** goes from 15–80 lbs. of resistance.



| | | |
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| # 1240-01-Light | Iso Band 50 Light (10–40 lbs.) | \$49.95 |
| # 1240-01-Heavy | Iso Band 50 Heavy (15–80 lbs.) | \$49.95 |



NT LOOP

Provides more comfort, stability, and durability than traditional latex bands.

Great to use around the waist to increase glute activation during deadlifts, squats, hip thrusts, and resisted running. Place around your foot, ankle or thigh, to perform standing hip adduction and abduction exercises or hip flexion and extension movements. Soft fabric has an inner layer with non-slip grips. Each loop is 50”L x 3”W. **Burn + Loop** is stiffer and provides more resistance.



| | | |
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| # 1239-01 | ● NT Loop - Burn | \$49.95 |
| # 1239-02 | ● NT Loop - Burn+ | \$59.95 |



SLING SHOT HIP CIRCLE

Great for hip and glute activation and strength.

Soft and extremely durable band won't pinch skin when being stretched. Wear just above the knees and use for linear and lateral walks. Helps clients and athletes force their knees out while squatting and/or side deadlifting. The XL hip circles are better for people over 260 lbs. **Hip Circle Max** is made of a stiffer material than the regular Sling Shot Hip Circle, providing more resistance for the user. The XL size is best for people over 230 lbs.

| | | | |
|----------|----------------------------|------------------|----------------|
| #1212-01 | ● Sling Shot Hip Circle | (15" Diameter) | \$29.95 |
| #1212-02 | ● Sling Shot Hip Circle XL | (16.5" Diameter) | \$29.95 |
| #1226-01 | ● Hip Circle Max | (15" Diameter) | \$44.95 |
| #1226-02 | ● Hip Circle Max XL | (16.5" Diameter) | \$44.95 |



HAMMER HEAD ANCHOR GYM

Easily anchor your resistance bands and straps.

Mount units in any configuration. Solid steel anchor hooks are made of steel and capable of supporting up to 300 lbs. of load. Each hook has a T-bar and curved shape for bands to be pulled from multiple angles safely. Includes mounting hardware. **H2 Anchor Gym** is a single unit with 2 hooks while the **H1 Anchor Gym** is a single hook. **Door Mini H1** clamps over a door, finger tightens and you're ready to go!

| | | |
|-----------|--------------------------------|----------------|
| # 1202-01 | H2 Anchor Gym (11.5”L x 2.5”W) | \$59.95 |
| # 1202-03 | H1 Anchor Gym (5.75”L x 2.5”W) | \$39.95 |
| # 1202-04 | Door Mini H1 (5.75”L x 2.5”W) | \$32.95 |



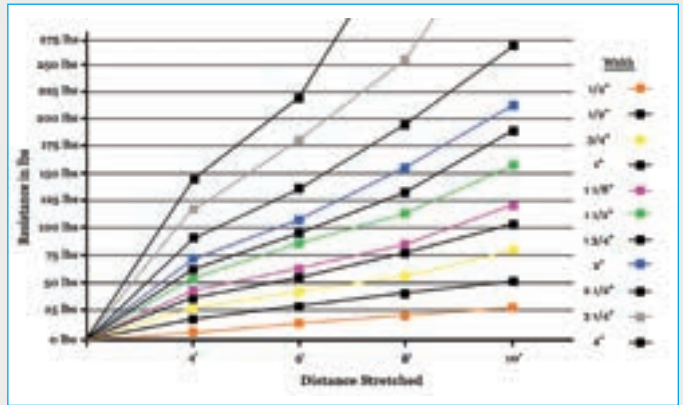
Bands Easily Attach to T-Bar Hooks



H1



Door Mini H1



Resistance Chart for First Place Superbands



Resistance



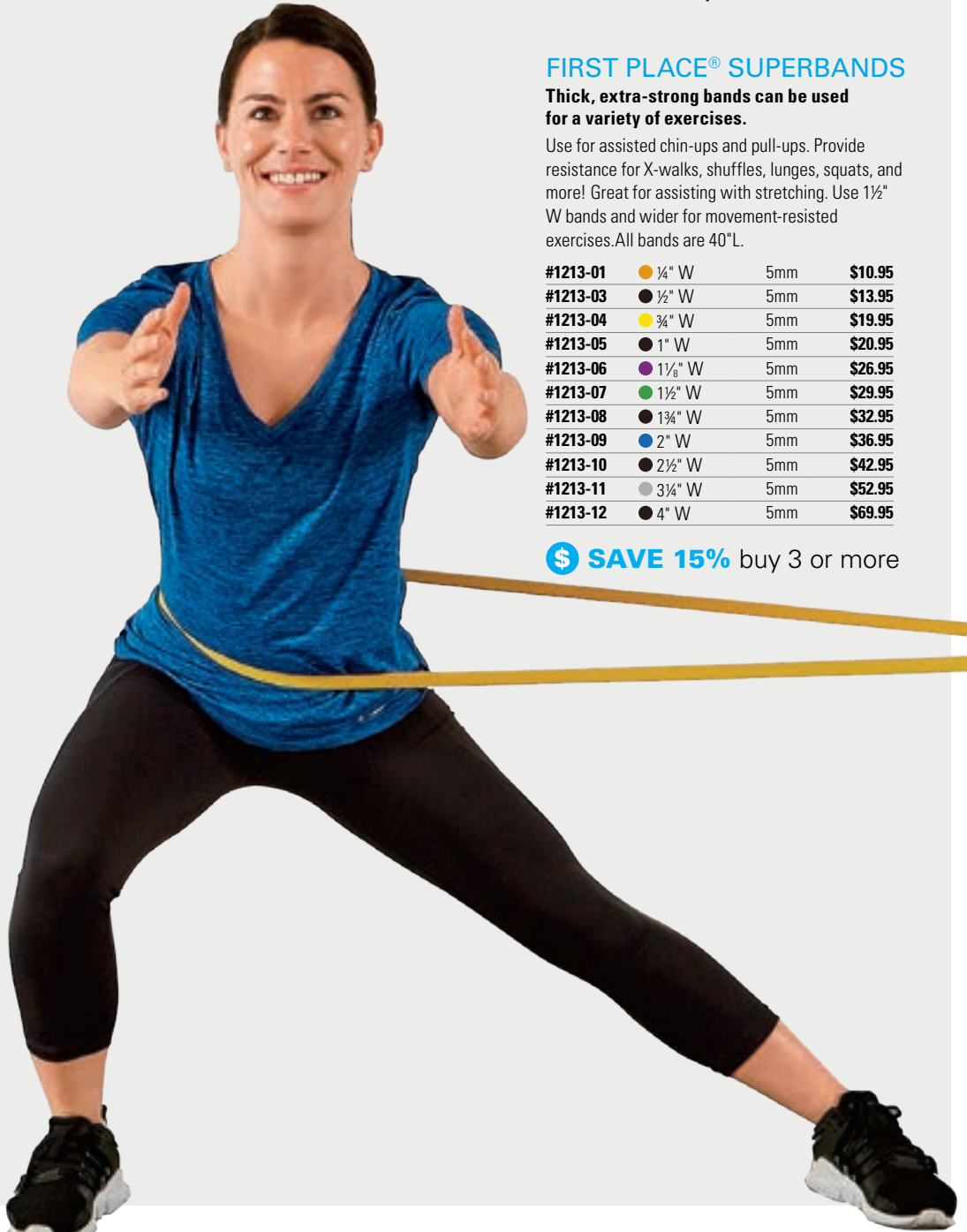
Assistance



Flexibility



Strength



FIRST PLACE® SUPERBANDS

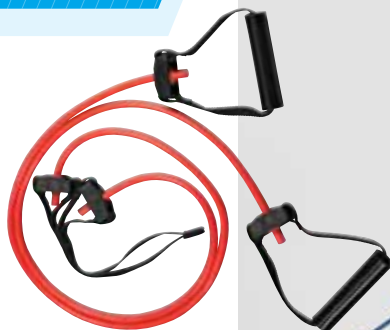
Thick, extra-strong bands can be used for a variety of exercises.

Use for assisted chin-ups and pull-ups. Provide resistance for X-walks, shuffles, lunges, squats, and more! Great for assisting with stretching. Use 1½" W bands and wider for movement-resisted exercises. All bands are 40"L.

| | | | |
|----------|---------|-----|---------|
| #1213-01 | ● ¼" W | 5mm | \$10.95 |
| #1213-03 | ● ½" W | 5mm | \$13.95 |
| #1213-04 | ● ¾" W | 5mm | \$19.95 |
| #1213-05 | ● 1" W | 5mm | \$20.95 |
| #1213-06 | ● 1½" W | 5mm | \$26.95 |
| #1213-07 | ● 1½" W | 5mm | \$29.95 |
| #1213-08 | ● 1¾" W | 5mm | \$32.95 |
| #1213-09 | ● 2" W | 5mm | \$36.95 |
| #1213-10 | ● 2½" W | 5mm | \$42.95 |
| #1213-11 | ● 3¼" W | 5mm | \$52.95 |
| #1213-12 | ● 4" W | 5mm | \$69.95 |

\$ SAVE 15% buy 3 or more

BAND & TUBING TRAINING



FIRST PLACE® ALL-PURPOSE EXERCISE BANDS

Extremely strong and durable.

All-Purpose Exercise Bands are two 4' heavy-duty bands that connect to a 10" nylon loop. Each arm can push and pull independently. Train with a partner or connect the loop to any secure object.

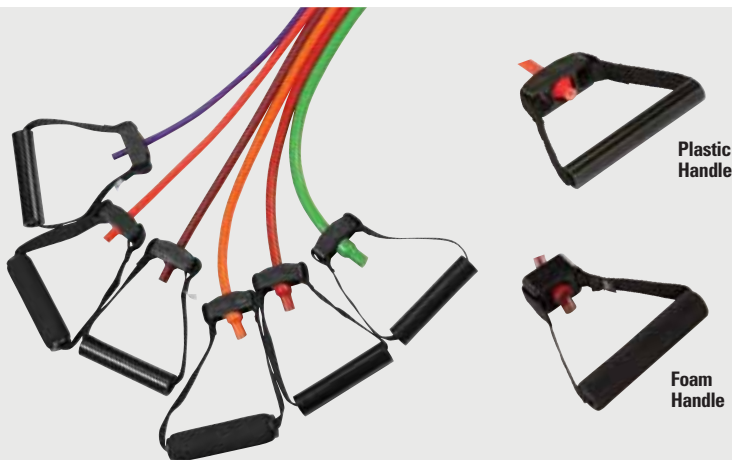
| | | |
|----------|--------------------|---------|
| #1204-01 | ● Extra Light Band | \$24.95 |
| #1204-02 | ● Light Band | \$24.95 |
| #1204-04 | ● Medium Band | \$24.95 |
| #1204-06 | ● Heavy Band | \$24.95 |
| #1204-08 | ● Extra Heavy Band | \$24.95 |
| #1204-09 | ● Super Heavy Band | \$24.95 |

Travel Band is a smaller version of the All-Purpose Band. Shorter (2') so it's versatile and portable. Use in tight quarters and on the road.

| | | |
|----------|---------------|---------|
| #1205-02 | ● Light Band | \$19.95 |
| #1205-04 | ● Medium Band | \$19.95 |
| #1205-06 | ● Heavy Band | \$19.95 |



\$ SAVE 15% buy 3 or more



Plastic Handle

Foam Handle

FIRST PLACE® EXERCISE TUBING WITH HANDLES

Quality at an affordable price!

Perfect for anyone to use in the gym or out on the field. Provides smooth, consistent resistance. Each tube measures 4'10" long with the handles. Available with foam or plastic grips.

Plastic Handles

| | | |
|----------|-----------|---------|
| #1206-01 | ● Level 1 | \$ 9.95 |
| #1206-02 | ● Level 2 | \$10.95 |
| #1206-03 | ● Level 3 | \$11.95 |
| #1206-04 | ● Level 4 | \$12.95 |
| #1206-05 | ● Level 5 | \$13.95 |
| #1206-07 | ● Level 7 | \$14.95 |

Foam Handles

| | | |
|----------|-----------|---------|
| #1207-01 | ● Level 1 | \$10.95 |
| #1207-02 | ● Level 2 | \$11.95 |
| #1207-03 | ● Level 3 | \$12.95 |
| #1207-04 | ● Level 4 | \$13.95 |
| #1207-05 | ● Level 5 | \$14.95 |
| #1207-07 | ● Level 7 | \$15.95 |

\$ SAVE 15% buy 3 or more



GRAY COOK BAND

The perfect band for all of your corrective exercises.

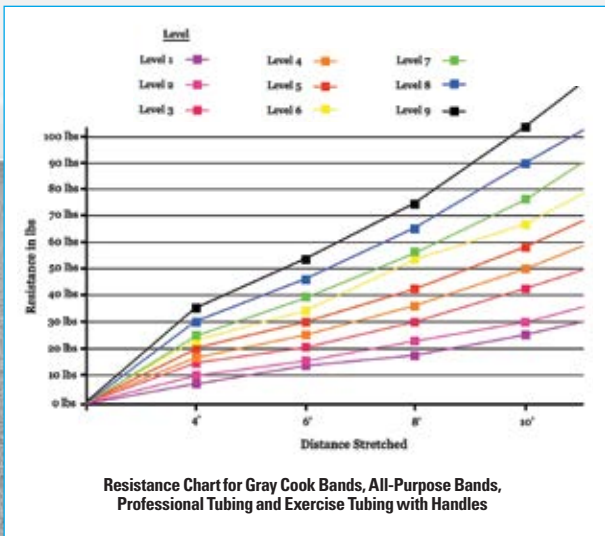
This all-purpose band can be used for chops, lifts, presses, PNF patterns, and more. 5' band stretches up to three times its length for variable resistance. Sliding foam pads give easy, comfortable grip. Nylon loop at each end allows band to be attached to a door or used with a therapist.

| | | |
|----------|---------------|---------|
| #1201-01 | ● Extra Light | \$44.95 |
| #1201-02 | ● Light | \$44.95 |
| #1201-03 | ● Medium | \$44.95 |
| #1201-04 | ● Heavy | \$44.95 |
| #1201-06 | ● Extra Heavy | \$44.95 |

\$ SAVE 15% buy 3 or more



Sliding Grip Handle



FIRST PLACE® PROFESSIONAL TUBING

Strong, durable tubing has large swivel handles.

Great for pushing and pulling exercises. Each tube is 5' long and has contoured handles that swivel with each movement. Level 1 offers the lightest resistance while Level 9 offers the most.

\$ SAVE 15% buy 3 or more

| | | |
|----------|-----------|---------|
| #1210-01 | ● Level 1 | \$14.00 |
| #1210-02 | ● Level 2 | \$14.50 |
| #1210-03 | ● Level 3 | \$15.00 |
| #1210-04 | ● Level 4 | \$15.50 |
| #1210-05 | ● Level 5 | \$16.00 |
| #1210-06 | ● Level 6 | \$16.50 |
| #1210-07 | ● Level 7 | \$17.00 |
| #1210-08 | ● Level 8 | \$17.50 |
| #1210-09 | ● Level 9 | \$18.00 |



Large, Contoured Swivel Handles

BAND & TUBING TRAINING



Safety Toner Pros

FIRST PLACE® SAFETY TONERS

Safety covering protects the band from wear, nicks, and cuts.

Safety Toners provide safety for not only the user but for the elastic as well. Bands are 4' long with a hard plastic grip. Color-coded handles make identifying resistances easy. Toners can stretch up to 3 times their length.

| | | |
|----------|---------------|---------|
| #1208-01 | ● Extra Light | \$14.95 |
| #1208-02 | ● Light | \$15.95 |
| #1208-03 | ● Medium | \$16.95 |
| #1208-04 | ● Heavy | \$17.95 |
| #1208-05 | ● Extra Heavy | \$18.95 |
| #1208-06 | ● Super Heavy | \$21.95 |

Safety Toner Pros are two 4' safety sleeve tubes connected to an 8" nylon loop. Each arm can be worked independently. Center nylon loop allows you to attach bands to a secure anchor point or use with a partner.

| | | |
|----------|---------------|---------|
| #1209-01 | ● Extra Light | \$34.95 |
| #1209-02 | ● Light | \$36.95 |
| #1209-03 | ● Medium | \$38.95 |
| #1209-04 | ● Heavy | \$40.95 |
| #1209-05 | ● Extra Heavy | \$42.95 |
| #1209-06 | ● Super Heavy | \$44.95 |

FIRST PLACE® SAFETY TONER LOOP

Sleeved covering protects the band and user from breaks.

Covering provides comfort when using for both upper and lower body exercises. Great for lateral shuffles, leg lifts, bear crawls, and more! Loops measure 12" in diameter.

| | | |
|----------|----------|---------|
| #1211-01 | ● Light | \$12.95 |
| #1211-02 | ● Medium | \$13.95 |
| #1211-03 | ● Heavy | \$14.95 |

\$ SAVE 15% buy 3 or more



FIRST PLACE® ANKLE CUFFS



Easy to put on, easy to use, and perfectly priced. 24" band has two padded ankle cuffs for comfort and durability. Great for lateral steps, shuffles, runs, and more!



| | | |
|----------|----------------------------|---------|
| #1222-01 | ● Ankle Cuff – Light | \$16.95 |
| #1222-02 | ● Ankle Cuff – Medium | \$16.95 |
| #1222-03 | ● Ankle Cuff – Heavy | \$16.95 |
| #1222-04 | ● Ankle Cuff – Extra Heavy | \$16.95 |

\$ SAVE 15% buy 3 or more

FIRST PLACE® LATERAL RESISTANCE BAND



Extra thick, padded ankle straps provide comfort and versatility.

Use for lateral walks, runs, shuffles, monster walks, and more. Padded ankle straps attach with Velcro around the leg. 6"L tube provides the perfect amount of resistance.



| | | |
|----------|-----------------------|---------|
| #1221-01 | ● Light Lateral Band | \$19.95 |
| #1221-02 | ● Medium Lateral Band | \$19.95 |
| #1221-03 | ● Heavy Lateral Band | \$19.95 |

Thera-Band®



6-yard Box (5" Wide)

| | | |
|----------|-----------------|---------|
| #1214-02 | ● Light | \$15.95 |
| #1214-03 | ● Medium | \$16.95 |
| #1214-04 | ● Heavy | \$17.95 |
| #1214-05 | ● Extra Heavy | \$18.95 |
| #1214-06 | ● Special Heavy | \$22.95 |
| #1214-08 | ● Maximum Heavy | \$44.95 |



50-yard Box (5" Wide)

| | | |
|----------|-----------------|----------|
| #1215-02 | ● Light | \$ 89.95 |
| #1215-03 | ● Medium | \$ 99.95 |
| #1215-04 | ● Heavy | \$109.95 |
| #1215-05 | ● Extra Heavy | \$129.95 |
| #1215-06 | ● Special Heavy | \$139.95 |
| #1215-08 | ● Maximum Heavy | \$229.95 |



Tubing 100' Coil

| | | |
|----------|-----------------|---------|
| #1216-03 | ● Medium | \$69.95 |
| #1216-04 | ● Heavy | \$74.95 |
| #1216-05 | ● Extra Heavy | \$84.95 |
| #1216-06 | ● Special Heavy | \$99.95 |



PB EXTREME FLAT BANDS

Special rubber formula helps bands last longer than other flat bands on the market.

Use for strength training, stretching, and rehabilitation. Versatile bands allow you to get a full body workout practically anywhere. Fold bands for extra tension or tie in a knot to make a looped band. Individually wrapped bands are 6'L and 6"W. Boxes include 30 individually wrapped bands.

| | | | | | |
|----------|---------------|--------|--------------|---------------|--------------------|
| #1237-01 | ● Light | \$4.50 | #1237-01-BOX | ● Light | \$109.95/Box of 30 |
| #1237-02 | ● Medium | \$5.00 | #1237-02-BOX | ● Medium | \$119.95/Box of 30 |
| #1237-03 | ● Heavy | \$5.50 | #1237-03-BOX | ● Heavy | \$129.95/Box of 30 |
| #1237-04 | ● Extra Heavy | \$6.00 | #1237-04-BOX | ● Extra Heavy | \$144.95/Box of 30 |

CLX THERA-BANDS®

Consecutive loops in bands allow for multiple exercise options.

Use loops as anchors or as handles. Bands are latex free.



5' Individual CLX Bands

| | | |
|----------|-------------------|---------|
| #1217-02 | ● Light CLX | \$15.95 |
| #1217-03 | ● Medium CLX | \$16.95 |
| #1217-04 | ● Heavy CLX | \$17.95 |
| #1217-05 | ● Extra Heavy CLX | \$19.95 |

25-yard Box CLX Bands

| | | |
|----------|-------------------|----------|
| #1218-02 | ● Light CLX | \$ 99.95 |
| #1218-03 | ● Medium CLX | \$119.95 |
| #1218-04 | ● Heavy CLX | \$139.95 |
| #1218-05 | ● Extra Heavy CLX | \$154.95 |



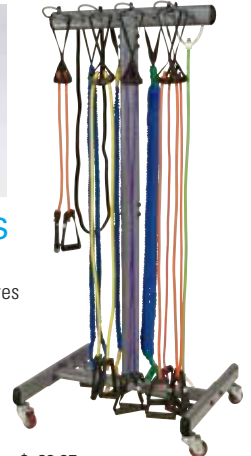
TUBING & JUMP ROPE RACKS

Neatly stores bands and ropes for easy access.

Wall Mounted Rack bolts to wall studs and measures 36" x 7". Mounting hardware is not included.

PB Extreme Tubing Rack is a free-standing rack with wheels that has eight storage pegs to hold all kinds of resistance tubing and bands. Measures 23.5"L x 21"W x 71.5"H.

| | | |
|----------|------------------------------------|----------|
| #1203-01 | Wall Mounted Rack | \$ 69.95 |
| #1203-02 | PB Extreme Tubing Rack with Wheels | \$349.95 |



BODYWEIGHT TRAINING



TRX SUSPENSION TRAINERS

Secure it to any sturdy attachment point and you're ready to train.

Kevlar equalizer loop prevents any sawing through the nylon straps. Adjusts from 6' to 9' in length to accommodate users of all sizes and abilities. Industrial-grade nylon webbing can hold up to 1,000 lbs. **TRX Commercial Suspension Trainer** has adjustable foot cradles, larger padded triangles for increased comfort, and antimicrobial handles. Locking carabiner allows clubs to keep their suspension trainers locked so they can't be taken. **Sweat System** includes a TRX Suspension Trainer with foam grips, a door anchor, and PDF workouts that you can download anytime. **Pro Suspension Training Kit** includes a TRX Commercial Suspension Trainer, door anchor, extender, and a Trainer Basics video download. **Door Anchor** allows you to use your TRX on a secure door. **Extenders** add an extra 3' in length to your Suspension Trainer. **X-Mount** attaches easily to walls, vertical studs, and beams and includes hardware.

| | | |
|----------|-----------------------------------|----------|
| #1401-01 | TRX Commercial Suspension Trainer | \$209.95 |
| #1401-04 | Sweat System | \$199.95 |
| #1401-03 | Pro Suspension Training Kit | \$249.95 |
| #1401-25 | Door Anchor | \$ 24.95 |
| #1401-26 | Extender | \$ 14.95 |
| #1401-27 | X-Mount | \$ 39.95 |



SMART STRAP

A smart way to train with your own body weight!

The Smart Strap Body Weight Training System offers 12 self-guided exercises printed directly on each strap for easy reference. Two individual straps allow for changing anchor widths for desired difficulty levels and different exercises. Use the Strap Connector to join the two straps together and create more dynamic muscle balance and core intensification. Easily adjust straps with the quick adjust buckle simply by lifting the lever and sliding the strap to the desired length. Foot cuffs are pre-formed for easy access when doing lower body exercises. Simply attach the Smart Strap to any secure object, and you can train anywhere!

| | | |
|----------|-------------|----------|
| #1476-01 | Smart Strap | \$129.95 |
|----------|-------------|----------|





Door Anchor



Extender



X-Mount



FIRST PLACE® TRAINING RINGS

A unique alternative in bodyweight training.

Attach the rings to a rack or secure object. Ring-shaped handles provide superior comfort and allow for more of a free-motion training element. Straps are 15' long and have 14 marking points for easy adjustment cues. Includes two plastic rings with rubber grips and two straps with buckles for quick and easy mounting. **Wood Training Rings** have a slightly larger diameter than First Place Training Rings and are unpainted, allowing chalk to stick better when applied.

| | | |
|----------|---------------------------------|-------------|
| #1407-01 | First Place Rings (7" diameter) | \$79.95/pr. |
| #1407-02 | Wood Rings (7.6" diameter) | \$99.95/pr. |



DELUXE AB STRAPS

Develop and strengthen your abs from an upright position.

Perform hanging knee raises safely and comfortably, while developing your core. Made of heavy-duty nylon and steel grommets for extra durability. Forged-steel carabiners lock right onto pull-up bars. 1½" high-density padding supports and cushions arms during use.

| | | |
|----------|------------------|-------------|
| #1408-01 | Deluxe Ab Straps | \$64.95/pr. |
|----------|------------------|-------------|



JUNGLE GYM XT

A versatile, portable, adjustable device for bodyweight exercises.

Simply attach to any pull-up bar, squat rack, or beam. Use for pushups, dips, rows, core work, and more! Two straps can be used independently to allow for wide angle use or use the Duro-link attachment and connect them into a single unit. Easy-in foot cradles are quick and easy to get in and out of. Rubber grip handles are long lasting and easier to clean than foam handles. Custom carbon-fiber cam buckles are smooth edged and lay in-line with the straps to greatly improve comfort on your forearms. Integrated synch loops and non-scuff door anchors allow these to be attached almost anywhere! Each strap is 8' long.

| | | |
|----------|---------------|---------|
| #1404-01 | Jungle Gym XT | \$99.95 |
|----------|---------------|---------|





Sandbag Rack Holds Up to 5 Bags



ULTIMATE SANDBAG

Offers the benefits of unstable training with a challenging load.

Made of heavy-duty PVC vinyl. Closure system in outer shell has both zippers and Velcro® to ensure filler bags are secure. Filler bags provide an easy way to adjust the weight of the sandbag. 7 handle options are great for mixing up grips. **Water Filler Bags** fit perfectly into your Ultimate Sandbag Shells and allow you to quickly and conveniently change the weight and stability of your sandbag. Filler bags only. Shells not included. **Sandbag Rack** is a sturdy steel rack designed to store your sandbags in a neat and organized manner. Rack has 5 shelves that can hold any size sandbag.

| | | | |
|------------|-----------------------------|---|----------|
| #1411-05 | ● / ● Core - 5–20 lbs. | 19" x 7" Shell & (1) 5–20 lb. filler bag | \$ 89.95 |
| #1411-10 | ● / ● Power - 10–40 lbs. | 19" x 9" Shell & (2) 5–20 lb. filler bags | \$119.95 |
| #1411-20 | ● / ● Strength - 20–80 lbs. | 27" x 10" Shell & (2) 20–40 lb. filler bags | \$154.95 |
| #1411-80 | ● / ● Burly - 80–160 lbs. | 27" x 13" Shell & (3) 20–40 lb. filler bags | \$194.95 |
| #1411-20-W | 20 lb. Water Filler Bag | (1) 5–20 lb. Water Filler Bag | \$ 28.95 |
| #1411-40-W | 40 lb. Water Filler Bag | (1) 20–40 lb. Water Filler Bag | \$ 34.95 |
| #1411-25 | Sandbag Rack | (23"L x 27"D x 56.5"H) | \$349.95 |

\$ SAVE 15% buy 3 or more

ECONOMY ULTIMATE SANDBAG

Versatile sandbag at an affordable price.

4 handles with nylon outer shell allow you to change up grips for each exercise. Zipper closure with a Velcro seal helps keep your sandbag closed during workouts. Filler bags can hold up to 20 lbs. in each. Includes (1) 19" long shell and (2) filler bags. Sand not included.

#1412-01 Economy Ultimate Sandbag **\$84.95**





SANDBELLS

Combines the best features of dumbbells, kettlebells, medicine balls, and sandbag training into one simple tool.

Patented design challenges grip strength and gives it an unpredictable shape. Shifting sand provides active live weight. Extremely durable! Made of a tough, stretchy neoprene. Each sandbell now comes filled, so there is no need to add your own weight.

| | | | | | |
|----------|-----------------|---------|----------|-----------------|----------|
| #1415-04 | 4 lb. SandBell | \$18.95 | #1415-15 | 15 lb. SandBell | \$ 44.95 |
| #1415-06 | 6 lb. SandBell | \$21.95 | #1415-20 | 20 lb. SandBell | \$ 59.95 |
| #1415-08 | 8 lb. SandBell | \$26.95 | #1415-30 | 30 lb. SandBell | \$ 84.95 |
| #1415-10 | 10 lb. SandBell | \$32.95 | #1415-40 | 40 lb. SandBell | \$109.95 |
| #1415-12 | 12 lb. SandBell | \$36.95 | #1415-50 | 50 lb. SandBell | \$129.95 |

\$ SAVE 15% buy 3 or more



Soft Neoprene Exterior
with Shifting Sand



NEW FITFIGHTER STEELHOSES

Allows for infinite ways to train and move.

A simple, yet highly versatile training tool for increased balance, greater resilience, and a stronger core. Lift, swing, drag, drop, and throw. The design increases instability and rotational inertia in each repetition, helping to build core strength, reduce joint strain, and develop grip strength. Made in the USA from real firehose and recycled steel. Brass grommets on the ends allow you to attach these to cable machines. Durable and easy to transport. The 40 lb. Steelhose comes with built-in handles.

| | | | |
|-----------|------------------|------------|----------|
| # 1477-05 | 5 lb. Steelhose | (20" x 2") | \$ 37.95 |
| # 1477-10 | 10 lb. Steelhose | (22" x 3") | \$ 47.95 |
| # 1477-15 | 15 lb. Steelhose | (30" x 3") | \$ 74.95 |
| # 1477-25 | 25 lb. Steelhose | (38" x 4") | \$ 94.95 |
| # 1477-30 | 30 lb. Steelhose | (38" x 4") | \$104.95 |
| # 1477-40 | 40 lb. Steelhose | (38" x 5") | \$144.95 |



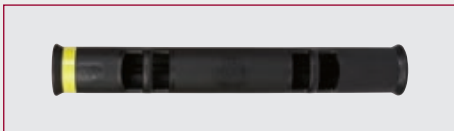
FIRST PLACE® SANDBAG ROLLS

Durable, neoprene sandbags are soft and great to use anywhere.

Each sandbag comes filled and ready to use. Use for strength training, dynamic movements, and any bodyweight activity. Weights can be thrown and slammed!

| | | |
|----------|-------------|---------|
| #1417-10 | 10 lb. Roll | \$32.95 |
| #1417-15 | 15 lb. Roll | \$39.95 |
| #1417-20 | 20 lb. Roll | \$49.95 |
| #1417-30 | 30 lb. Roll | \$59.95 |
| #1417-40 | 40 lb. Roll | \$69.95 |

BODYWEIGHT TRAINING



VIPR PRO

A unique way to combine load to your full body movement.

Flared ends increase stability and allow for a better grip when dragging or lifting. Textured surface gives athletes a better hold during dynamic movements. Rounded handles add comfort and are now stronger, more durable, and larger. Larger weight numbers and new colored end bands make distinguishing weights easier. Virtually indestructible and incredibly functional.

| | | | |
|----------|--------|---------------|----------|
| #1467-04 | ● 4kg | 42" L x 6" W | \$184.00 |
| #1467-06 | ● 6kg | 42" L x 6" W | \$199.00 |
| #1467-08 | ● 8kg | 42" L x 6" W | \$230.00 |
| #1467-10 | ● 10kg | 47" L x 8" W | \$268.00 |
| #1467-12 | ● 12kg | 47" L x 8" W | \$314.00 |
| #1467-16 | ● 16kg | 47" L x 8" W | \$331.00 |
| #1467-20 | ● 20kg | 47" L x 11" W | \$419.00 |
| #1467-32 | ● 32kg | 47" L x 11" W | \$685.00 |

SAVE 15% buy 5 or more



ELITE HYPER VEST

Durable, adjustable, and form-fitting weighted vest.

Innovative design features a unique fabric control system that hugs the body for an extremely comfortable fit without restricting range of motion. Patented design allows for full chest expansion while keeping the weights in place during vigorous movements. Each vest comes with 10 lbs. of weight. Small vests are adjustable to 15 lbs. while the medium, large, and extra large vests can adjust to 20 lbs. Steel weights are ¼" thick and weigh 2.25 oz. each. **Booster Packs** allow you to add an additional 5 lbs. of weight to your Hyper Vests.

| | | |
|----------|--------------------------------|----------|
| #1469-00 | Elite Hyper Vest (S, M, L, XL) | \$229.95 |
| #1469-25 | 5 lb. Booster Pack | \$ 42.95 |



UNI-VEST

Tight and secure fit keeps vest from shifting when running and jumping.

Flex-metal™ flexible rubber weights are ½ lb. each and contour to the body to provide comfort and safety. One size fits all. Short vest comes with 18 adjustable ½ lb. weights and holds up to 20 lbs. Long vest comes with 38 adjustable ½ lb. weights and holds up to 40 lbs.

| | | |
|----------|------------------------------------|----------|
| #1422-10 | 10 lb. Adjustable Uni-Vest (Short) | \$174.95 |
| #1422-20 | 20 lb. Adjustable Uni-Vest (Long) | \$279.95 |
| #1422-25 | (10) ½ lb. Additional Weights | \$ 44.95 |



Flexible Rubber Weights for Comfort and Safety



PB EXTREME® WEIGHT VEST

Adjustable vests are great for adding additional load to your exercises.

Neoprene-coated steel weights are ½ lb. each and easy to take in and out of the vests to change weight. 10 lb. vests can hold up to 20 lbs. of weight. 20 lb. vests can hold up to 40 lbs. of weight. Vests are machine washable, making them easy to clean. Velcro® closure keeps the vest snug and tight. One size fits all.

| | | |
|----------|---------------------------------------|----------|
| #1418-10 | 10 lb. PB Extreme Weight Vest (Short) | \$119.95 |
| #1418-20 | 20 lb. PB Extreme Weight Vest (Long) | \$184.95 |
| #1418-25 | (20) ½ lb. Additional Weights | \$ 54.95 |

SAVE 15% buy 3 or more

2-YEAR warranty



84 LB. CAMO VEST

Our heaviest vest available!

Vest holds 14 weights in the front and back to distribute the weight evenly. Velcro® flaps make it simple to take the weights in and out. Includes 2 waist extension straps to fit your largest athletes. Metal weights are approximately 3 lbs. each.

#1419-01 84 lb. Camo Weight Vest **\$219.95**



10 LB. SPEED-VEST

Form-fitting design for athletic use.

Thinner and tighter than regular Uni-Vest, making it ideal for running, jumping, and intense training. Porous, breathable shell allows air to flow through the vest, keeping you cool. Can be used in water. One size fits all.

#1420-01 10 lb. Speed-Vest **\$194.95**



WEIGHT VEST RACKS

Keep your weight vests dry and organized.

Vest Rack with Wheels can hold up to 9 weight vests of any size and has casters for easy movement. Bottom storage shelf can hold additional weights. Measures 49"L x 22"W x 40"H. **Wall-Mounted Vest Rack** can store 2 weight vests off the floor and mounts easily to any wall.

| | | |
|----------|------------------------|----------|
| #1421-01 | Vest Rack with Wheels | \$519.95 |
| #1421-02 | Wall-Mounted Vest Rack | \$ 84.95 |

BODYWEIGHT TRAINING

ULTRASLIDE® SLIDEBOARD

The slideboard the pros use!

10' UltraSlide® is adjustable from 7'–10' in 1' increments. Solid high-pressure laminate base with Baltic Birch plywood core and slick polymer surface. Solid base does not buckle or move around (5/8" thick, 24" wide surface, and weighs 60 lbs.). 2¼" high premium hardwood bumpers. Folds in half for storage and transport. All slideboards come with booties. **8' Economy Slideboard** has a thinner slide surface and molded plastic bumpers. Board adjusts from 5'–8' in 1' increments. **Slideboard Polish** is specifically designed to increase the slickness of your slideboard.

| | | |
|----------|-----------------------------------|--------------|
| #1430-10 | 10' UltraSlide® Slideboard | \$599.95 |
| #1430-08 | 8' Economy Slideboard | \$349.95 |
| #1430-25 | Extra Booties (one size fits all) | \$ 22.95/pr. |
| #1430-26 | Slideboard Polish (16 oz.) | \$ 12.95 |

★ **2-YEAR** warranty

Custom Logo Available
at Additional Price



8' Economy Board



MINI-SLIDE TRAINING BOARD

5' training board is perfect for total body exercises and drills that require limited movement.

Includes 5' x 2' x 1/8" slideboard with non-skid rubber underneath. Not a roll-up! Popular rigid style board lies flat on any floor. Includes one pair of booties. End ramps not included.

#1433-01 5' Training Board \$109.95

💰 **SAVE 15%** buy 3 or more



HS SLIDE BOARD PRO

A lightweight, roll-up slideboard.

Adjustable clamps allow you to adjust the surface to any length instead of being restricted to specific increments. Angled wedges ensure proper push-off form. Foam-padded stoppers make it more comfortable for push-offs and landings. Each board includes a carry bag and a pair of booties. 22-inch wide board is great for working on lateral power, agility, and endurance.

#1474-08 8' HS Slide Board Pro \$184.95
#1474-10 10' HS Slide Board Pro \$199.95



AB DOLLY PLUS

Strengthen abs, back, shoulders, hips, and legs while working in multiple planes of motion.

Unique design allows you to stretch and strengthen abdominal muscles while simultaneously training your upper and lower body. Use with forearms, hands, and even feet to create a variety of functional exercises. Kneeling pad and instructional DVD included.

#1427-01 Ab Dolly Plus **\$109.95**



VALSLIDE

Use for upper and lower body exercises.

Plastic disc with foam padding that slides on carpet and turf. Great for lunges, ab/adduction exercises, chest flies, and more. Lightweight and portable (9.5" L x 5.5" W). Carry bag and instructions included. **ValSlide Booties** allow you to use your ValSlides on hardwood and tile floors.

| | | |
|----------|------------------|--------------------|
| #1426-01 | ● ValSlide | \$29.95 |
| #1426-02 | ● ValSlide | \$29.95 |
| #1426-25 | ValSlide Booties | \$12.95/pr. |

\$ SAVE 15% buy 3 or more



POWER WHEEL™

Two core trainers in one!

Connect to your feet to perform pikeups, inch worms, leg curls, etc. Grasp wheel with your hands to do rollouts from a kneeling or pushup position.

#1429-01 Power Wheel **\$64.95**



EXERCISE WHEEL

Strengthens the arms, shoulders, abs, and back.

Sturdy wheel for smooth, non-slip action. Textured, rubber handles make for a comfortable grip.

#1428-01 Exercise Wheel **\$22.95**



BODYWEIGHT TRAINING

LEBERT EQUALIZERS

A simple, portable, and versatile piece of equipment for a full-body workout.

Work your arms, chest, back, core, and more! Each bar is 28½" high, 25" wide, weighs 8 lbs., and can support up to 400 lbs. Set includes two Equalizer bars, a workout poster, and DVD.

Equalizer XL is 32" high, making it ideal for people 6'1" tall and over. Extra height allows for a deeper stretch and fuller extension when performing certain exercises.

| | | |
|----------|----------------|--------------|
| #1409-01 | ● Equalizer | \$ 99.95/pr. |
| #1409-03 | ● Equalizer | \$ 99.95/pr. |
| #1441-01 | ● Equalizer XL | \$129.95/pr. |

\$ SAVE 15% buy 3 or more



#1441-01



FIRST PLACE® PARALLETTES & PUSH-UP BARS

Great tools to help develop strength using only body weight.

Strong enough to support heavy loads. Bars will not slide under pressure.

Parallettes are great for V-Sits, L-Sits, wall stands, and handstand pushups. **Push-Up Bars** help alleviate stress on your wrists and hands.

| | | | |
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| #1410-01 | Parallettes | (24"L x 14"W x 12"H) | \$74.95/pr. |
| #1442-01 | Push-Up Bars | (16.4"L x 10"W x 6"H) | \$49.95/pr. |



#1410-01



#1442-01

RMT CLUBS

Internal shifting weights create dynamic resistance and feedback.

Shifting weights help engage the entire body. Fixed, reinforced handles can withstand high intensity swings in every direction. Durable and flexible club heads have the ability to absorb impact. Each club measures approximately 21" x 6".

| | | |
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| #1447-02 | 2 lb. RMT Club | \$ 94.95 |
| #1447-04 | 4 lb. RMT Club | \$ 99.95 |
| #1447-06 | 6 lb. RMT Club | \$104.95 |
| #1447-08 | 8 lb. RMT Club | \$109.95 |



INDIAN CLUBS

Strengthen muscles and ligaments in the wrist, elbow, and shoulder girdle.

Enhance speed with symmetrical and asymmetrical movements while training posture, upper-body mobility, and core stability. Durable, precision-molded clubs allow balanced arcs of motion and smooth transitional swings. Clubs help maintain joint flexibility and improve range of motion. Each set includes a free online introduction link to Indian Club swinging.

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| #2235-01 | Indian Clubs – 1 lb. Pair | \$54.95 |
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TRX RIP TRAINER

Develop rotational power, strength, and core stability.

Enables dynamic and explosive rotational movements. Uses the variable asymmetrical loading of the resistance cord to constantly challenge your balance. Highly portable! Attaches in seconds to any secure anchor point. Includes a carry bag, medium resistance cord, and a door anchor.



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| #1405-01 | Rip Trainer | \$ 189.95 |
| #1405-02 | Light Resistance Cord | \$ 18.95 |
| #1405-03 | Medium Resistance Cord | \$ 20.95 |
| #1405-04 | Heavy Resistance Cord | \$ 22.95 |
| #1405-05 | Extra Heavy Resistance Cord | \$ 26.95 |



PB EXTREME MULTI-GRIP PULL-UP BAR

Designed to give you unlimited grip options for your pull-ups.

Use for wide, narrow, or neutral grip pull-up variations. Knurled bars make gripping the bars easier and help keep hands secure. Bars measure 30mm thick. Center of the bar measures 22" off the wall and is 50" wide. Mounting hardware not included.

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| #1472-01 | Multi-Grip Pull-Up Bar | \$219.95 |
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TRX MULTIMOUNT

Create a designated space that is perfect for small group training.

Each one includes a monkey bar attachment and has a 750 lb. max weight capacity. Available in 7', 14', and 21' configurations.

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| #1402-00 | TRX MultiMount | CALL FOR PRICE |
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ANCHOR GYM PULL-UP BAR

All the great features of a pull-up bar with patented T-Bar hooks.

T-Bar hooks allow you to attach bands and suspension trainers to your bar. Made of 11-gauge steel square tubing with a 1.25" diameter solid steel bar. Includes two brackets, one bar, and mounting hardware. Measures 48" long and comes off the wall 24". **Extension Kit** includes one additional bracket and another 4' bar. This allows you the option of adding onto your Anchor Gym setup over time.

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| #1424-01 | Anchor Gym Pull-Up Bar | \$299.95 |
| #1424-02 | Anchor Gym Pull-Up Bar Extension Kit | \$179.95 |



Attach Bands to T-Bar Hooks



Add Bars to Extend Your Setup



1425-01



1425-02

WALL CHINNING BARS

Rugged chinning bar is great for schools and gyms.

Perfect for doing pull-ups, attaching suspension trainers, or storing stability balls. 50" long bar has a 1 1/8" grip diameter. Center of the bar measures 22" away from the wall. Mounting hardware not included. **Multi-Station Pull-Up Bar** is a 10' long bar that provides a 3-position station for multiple users at once.

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| #1425-01 | Wall Chinning Bar | \$229.95 |
| #1425-02 | Multi-Station Pull-Up Bar | \$399.95 |

PB EXTREME® ROWER

Quality rower at a great price.

Control your output and resistance at all times. Easily adjust the airflow with 10 different settings to change the feel of the pull. Ergonomic seat glides smoothly across the steel track. Large display is easy to read and shows time, stroke rate, distance, calories, and watts. User-friendly console tracks heart rate when connected to a heart rate monitor. Seat height is 14". Measures 94"L x 25"W x 40"H.

#2014-01 PB Extreme Rower **\$899.00**



New and improved monitor is bluetooth compatible.



NEW

ASSAULTRUNNER ELITE

A low-impact design for high-intensity training.

A non-motorized treadmill means that you are always in control of your speed, making it ideal for runners of all skill levels. Designed to naturally mimic above-ground running. Allows athletes to test the limits of their training while also promoting proper running form and technique. Includes dual water bottle holders and a multi-functional center storage compartment. Large side panels make for easy foot placement. Heavy-duty steel frame ensures a stable, smooth, and low maintenance workout. Measures 69.9"L x 31.7"W x 64.4"H.

2026-01 AssaultRunner Elite **CALL FOR PRICE**



FREEMOTION INCLINE TRAINER

Driven by a one-of-a-kind, rear-drive motor system that delivers quality performance.

Adjust decline/incline from -3° to 30° in 0.5° increments. 5 HP motor with 0.5 to 12 MPH speeds (max. speed of 10 MPH at declines less than 0°). Computer displays time, segment time, pace, distance, calories, watts, heart rate, % max. heart rate (polar compatible), speed, incline, and vertical feet. 80"L x 37"W x 78"H.

#2007-01 FreeMotion Incline Trainer **CALL FOR PRICE**



"Perform Better not only has great products, but what truly sets them apart is their service. Their team is there to help make sure you not only get the products you need but make you feel like a VIP no matter what size your purchase is. We don't get fitness equipment from anywhere else!"

George Reid
 Director of RMH Wellness Center, Harrisonburg VA



PB EXTREME® SKI TRAINER

A low impact, full-body workout.

Work both your upper and lower body while increasing your cardio. Use alternating arms for a classic ski technique or a double-pull technique to accelerate each stroke. Ten resistance settings allow you to change the feel of your pull by adjusting the flow of air to the flywheel. Lightweight cords and ergonomic handles make each pull smooth and comfortable. Display shows time, stroke rate, distance, pulse, calories, watts, and program profiles. Includes a floor stand as well as a wall mount bracket for different mounting options. Measures 50"L x 23"W x 86"H.

#2015-01 PB Extreme Ski Trainer **\$999.00**

CARDIOVASCULAR TRAINING

NEW

SCHWINN AIRDYNE AD 7

Built around the power of unlimited wind resistance.

Resistance increases or decreases based on how much effort you put in. Perimeter weighted fan makes for an easy start up and smooth ride, while the solid, premium-grade construction adds durability. Upper LCD display shows calories per minute, watts, RMP, and speed. The lower LCD display provides countdown timers, interval tracking, total calories, total miles, and heart rate. 10 interval training programs offer uniquely challenging workouts. Multi-position handles offer the flexibility to place your hands vertically or horizontally. Includes Windscreen Attachment that deflects the wind from your body when pedaling.

#2028-01 Airdyne AD 7 (42"L x 20"W x 52"H) **\$1299.00**



ASSAULT AIR BIKE

An air-based, upright bike.

Offers as much resistance as you can handle—the harder you pedal, the greater the resistance. Dual-action design synchronizes your arm and leg movements to simulate your natural motion. Display shows distance, watts, time, calories, and an odometer with set intervals. Reinforced crank, pedals, and heavy-duty pivot points make for a stronger bike. **Windscreen** shields riders from wind and is easy to install or remove.



#2003-01 Assault Air Bike (51"L x 24"W x 50"H) **\$895.00**

#2003-25 Windscreen **\$ 39.95**

KEISER M3 INDOOR CYCLE

Magnetic flywheel allows for a smooth (no friction), quiet ride.

Made of corrosive-resistant materials and virtually maintenance free. Rear mounted flywheel with guard prevents wear from moisture and perspiration. 4-way adjustable seat position, adjustable handle height, and adjustable pedals. Computer measures RPMs, trip distance, trip time, heart rate, resistance, and power output and has a backlight feature. **Keiser M3i** comes equipped with Bluetooth technology and handle bars that adjust from front to back.

#2002-01 Keiser M3 (49"L x 26"W x 45"H) **\$2030.00**

#2002-02 Keiser M3i (49"L x 26"W x 45"H) **\$2280.00**



VERSACLIMBER SM

Two cardio machines in one—a lower body stepper and an upper body climber.

With a 20" step height and 20" arm travel, the SM offers a wider range of cardio and strength versatility. Voice feedback module provides you with instruction, motivational training commands, and overall training tips during your workout. Includes heart rate monitoring, variable resistance control (0–500 lbs.), quick release straight hand grips, and soft padded side hand rails. Base is 43" x 46" and is 7'10" high. 110 volt power is required. **Wall Mounted VersaClimber** allows you to secure your unit to a wall to save floor space.

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| #2005-01 | VersaClimber SM | CALL FOR PRICE |
| #2005-02 | Wall Mounted VersaClimber SM (Left, Right or Straight) | CALL FOR PRICE |



JACOBS LADDER

Provides a low-impact workout using upper and lower body muscles over a greater range of motion.

A patented climbing machine with ladder-type rungs on a non-motorized continuous treadmill. Offer your athletes a way to improve their aerobic endurance and anaerobic capacity. Display measures distance, rate of speed, output level of effort, elapsed time, and calories burned. Welded tubular steel frame with solid maple rungs measures 76"L x 32"W x 66"H.

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| #2008-01 | Jacobs Ladder | \$4495.00 |
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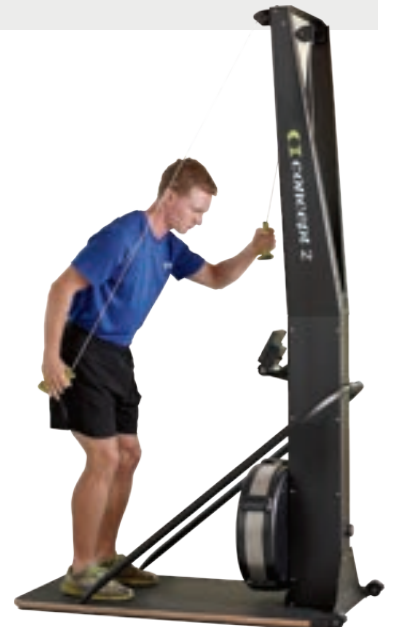
CONCEPT2 ROWER & SKIERG

Flywheel resistance responds to your effort on every pull.

Airflow can be easily adjusted to change the feel of the pull to suit your needs. Monitor displays distance, speed, pace, calories, and watts for each workout. **Standard Rower** has a stainless steel track to ensure a smooth, sliding seat. Measures 95"L x 24"W. **Tall Rower** has a 20" high frame, making it easy to get on and off. Nickel-plated chain is fully enclosed, requiring less maintenance over time. **SkiErg with PM5** has ergonomic handles which provide a comfortable grip and won't absorb water. Measures 19" wide at the bottom, 20.5" wide at the top, 16" deep and 83.5" high.

SkiErg Floor Stand accessory can make your SkiErg free standing. Each stand has an anti-slip deck and casters.

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| #2004-MD | Standard Rower | 14" seat height | CALL FOR PRICE |
| #2004-ME | Tall Rower | 20" seat height | CALL FOR PRICE |
| #2009-01 | SkiErg with PM5 | | CALL FOR PRICE |
| #2009-25 | SkiErg Floor Stand | | CALL FOR PRICE |





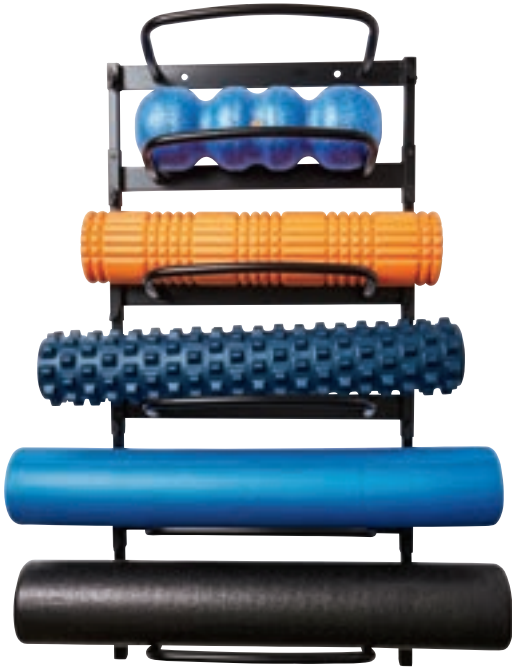
PB ELITE MOLDED FOAM ROLLERS

Our most popular foam roller! Lasts three times longer than traditional foam rollers.

Unlike traditional celled foam rollers that break down and flatten out, these molded rollers do not have cells and, therefore, will last much longer. Use round rollers for self-myofascial release and alignment, and half round rollers for balance and stabilization. Improves alignment and hip mobility while increasing core flexibility. Firm rollers are good for advanced users and provide the hardest pressure. Soft white rollers are great for beginners.

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| #2201-03 | ● 3' Long, 6" Round (most popular size) | Firm | \$21.95 |
| #2201-18 | ● 18" Long, 6" Round | Firm | \$15.95 |
| #2201-01 | ● 1' Long, 6" Round | Firm | \$11.95 |
| #2202-03 | ● 3' Long, 6" Half Round | Firm | \$14.95 |
| #2202-01 | ● 1' Long, 6" Half Round | Firm | \$ 7.95 |
| #2204-03 | ○ 3' Long, 6" Round | Soft | \$21.95 |
| #2204-18 | ○ 18" Long, 6" Round | Soft | \$15.95 |

★ **3-YEAR** warranty



**6-Tier
Wall Rack**



Standing Roller Rack



Wall Rack



Rack With Wheels

FIRST PLACE® FOAM ROLLER RACKS

Foam Roller Wall Rack saves floor space. Sturdy steel construction holds up to seven 3' long rollers. Load rollers through the top and have them dispense at the bottom. Mounting hardware is not included. Measures 37"L x 11"W x 46"H.

#2211-01 Foam Roller Wall Rack **\$189.95**

6-Tier Roller Wall Rack easily snaps together. Rack can hold six rollers to keep floor space available. Holds rollers that are 18" long, or longer. Mounting hardware is not included. Measures 24"L x 9"W x 47"H.

#2211-02 6-Tier Roller Wall Rack **\$209.95**

Foam Roller Rack with Wheels makes transporting your rollers easy. Steel construction can hold up to fifteen 3' rollers. Strong base and large handle allow for storage of mats, bands, and other equipment. Measures 41"L x 22"W x 43"H.

#2211-03 Foam Roller Rack with Wheels **\$259.95**

Standing Roller Rack is an easy solution for storing your foam rollers. Rack holds up to twenty 3' long rollers. Made of commercial grade PVC plastic for strength and stability. Easy to assemble. No special glue or hardware required. Measures 31¾"L x 16½"W x 68"H.

#2211-04 Standing Roller Rack **\$164.95**

Wooden Free Standing Roller Rack is a 1-piece design that can be placed anywhere. Holds 7 rollers of any length. Solid wooden construction has a urethane coating for extra durability. Measures 48"L x 7.5"W x 9"H.

#2211-05 Wooden Free Standing Roller Rack **\$114.95**

Ridge Roller Rack holds all size rollers. Stores up to 5 rollers. One-piece steel design can be mounted between studs. Mounting hardware not included. Measures 33"L x 7.5"W x 10"H.

#2211-06 Ridge Roller Rack **\$79.95**



Ridge Roller Rack



**Wooden Free
Standing Rack**



ROLLGA FOAM ROLLERS

Unique shape penetrates muscle tissues while avoiding bone structure.

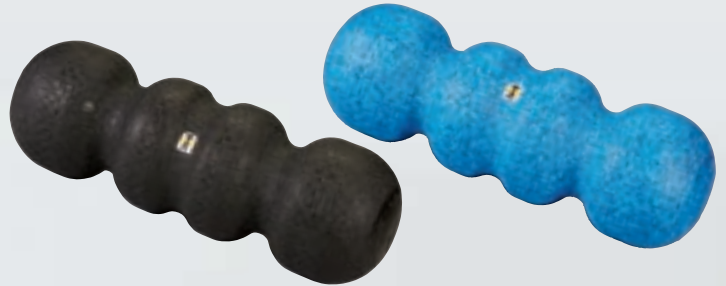
Patented design helps release trigger points in ways that traditional rollers can't. Designed for connective tissue therapy as well as spinal alignment. Helps speed up recovery and eliminate unnecessary stiffness. Rollga Dynasty is a moderate-to-firm density roller while the Pro is extra-firm.

#2209-01 ● Rollga Dynasty (18" x 6") **\$34.99**

#2209-02 ● Rollga Pro (18" x 6") **\$44.99**

\$ SAVE 15% buy 3 or more

★ 3-YEAR warranty



FIRST PLACE® EVA FOAM ROLLERS

Soft, closed-cell EVA foam maintains shape even after consistent use.

Great for soft tissue work, alignment, core training, balance, and stabilization training. Durable, non-porous roller prevents moisture and bacteria from penetrating the surface. Textured surface and comfortable foam material make this roller great for yoga, pilates, and massage.

#2205-01 1' Long, 6" Round EVA Roller **\$21.95**

#2205-03 3' Long, 6" Round EVA Roller **\$41.95**



ACTIVE ROLL VIBRATING FOAM ROLLER

A vibration roller for muscle relaxation and massage.

4 different intensity levels easily change with the push of a button. Vibrations range from 2,000 RPM up to 3,700 RMP that move in a rhythmical pattern. Dual rechargeable battery can run for hours, making it easy to use for longer periods of time. Foam polypropylene material is durable and lightweight, as well as resistant to moisture and sweat. Grooved surface helps increase blood flow and give a deeper stimulation while rolling.



#2248-01 Active Roll Vibrating Roller (18" x 6") **\$149.95**



RUMBLEROLLER

Created for deep tissue rolling.

The surface contains specially designed bumps that are firm, yet flexible. As you roll, the bumps continuously knead the contours of your body, gently stretching soft tissue in multiple directions. Wears away trigger points, helps restore flexibility, and brings quick relief to common types of muscular pain. **Beasties** are aggressive massage balls that can be used to dig into specific areas. Includes detachable base to prevent rolling.



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| #2212-01 | ● 31" x 6" Original | \$69.95 |
| #2212-02 | ● 31" x 6" Extra Firm | \$69.95 |
| #2213-01 | ● 12" x 5" Original | \$44.95 |
| #2213-02 | ● 12" x 5" Extra Firm | \$44.95 |
| #2214-01 | ● 3" Beastie Original | \$24.95 |
| #2214-02 | ● 3" Beastie Extra Firm | \$24.95 |

\$ SAVE 15% buy 3 or more

★ 2-YEAR warranty



ACTIVE VIBRATING PEANUT

A vibrating massage tool designed for self-myofascial release.

3-stage vibrations can be adjusted depending on the massage area. Vibrations range from 2,200 RPM up to 4,700 RMP to give light, moderate, and intense pressure. Dual rechargeable battery can run for over 3 hours per charge. Silicon material makes this more firm and durable than rubber. Great to use with or without vibrations.

#2250-01 Active Vibrating Peanut (7" x 3.5") **\$109.95**



RAD ROLLER

Contoured design produces a true release in hard-to-reach places.

Ideal to use in the mid-back, hip flexors, glutes, hamstrings, and arches of the feet. Helps release stiffness and increase range of motion. Compact, portable, and easy to use. Measures 6.5"L x 2.5"H.

#2223-01 Rad Roller **\$24.95**



NEW NEURO BALL

A 3-in-1 recovery tool.

The Neuro Ball can be used as a massage ball or split into two domes, and provides both sensory stimulating and trigger point release. Inside is a firm Micro Round which can be used for detail work and to get into the small muscles of the feet and hands. Neuro Balls are 4.25" in diameter.

#2295-01 Neuro Ball **\$24.99**

FLEXIBILITY & RECOVERY

STRETCH OUT STRAP

Perform PNF stretching without a partner.

72" long with 10 loops for grabbing or foot placement. Exercise poster included. **XL Stretch Out Strap** is 90" long and is helpful for people over 6' tall.

#2233-01 ● Stretch Out Strap **\$18.95**

#2233-02 ● XL Stretch Out Strap **\$19.95**

\$ SAVE 15% buy 3 or more



Single

Plus



PROSTRETCH™

Great for your athletes to use during their warm-up or cool-down.

Simple way to stretch lower-leg musculature. Increases ankle, shin, and calf flexibility. Portable—take it with you. Instructions contain a variety of stretches.

ProStretch Plus has adjustable heel guards and toe lifts to help increase or decrease your stretch.

#2236-01 Single ProStretch **\$19.95**

#2236-02 ProStretch Plus **\$29.95**



FIRST PLACE ROCK MAT

Acupressure mat stimulates the reflex points in the feet, helping balance the body's flow.

Stand or walk on this mat to help improve blood circulation, relieve pain, and increase energy. Dense foam mat has different size "rocks" to vary the pressure and stimulation. Lightweight mat rolls up for easy storage. Measures 47.5"L x 12.5"W.

#2252-01 First Place Rock Mat **\$44.95**



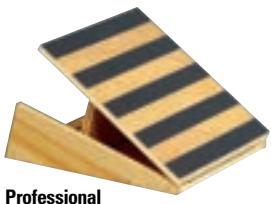
SPIKEY BALL

Firm, spiked ball is great for massaging the body, feet, and hands.

Use for improving posture, muscle balance, and soft tissue and joint mobility. Small size makes it ideal for using anywhere—on the road, at the field, or in your home!

#2227-01 Spikey Ball (3.5") **\$24.95**





Professional



Economy

ADJUSTABLE SLANT BOARDS

One-piece adjustable lower leg stretching boards.

Non-slip grips on the boards help prevent feet from sliding off during stretches. Folds up for easy transport and storage. **Professional Slant Board** is made of a strong wood, has 5 angle adjustments (15°, 20°, 27°, 32°, 35°), and measures 16"L x 18"W. **Economy Slant Board** is made of steel and adjusts to 3 different angles (19°, 29°, 37°). Measures 14" x 14".

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| #2234-01 | Professional Slant Board | \$149.95 |
| #2234-02 | Economy Slant Board | \$ 84.95 |



LACROSSE BALL

Firm rubber ball is great to use for myofascial release.

Target tightness in your muscles, tendons, and ligaments and release by rolling over those areas. Perfect to use on your chest, shoulders, upper back, glutes, hamstrings, and feet. Lightweight and portable. **Lacrosse Ball XL** is better for bigger athletes due to its larger size.

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| #2230-01 | ● Lacrosse Ball | (2½" diameter) | \$4.95 |
| #2230-02 | ● Lacrosse Ball | (2½" diameter) | \$4.95 |
| #2230-03 | ● Lacrosse Ball XL | (3½" diameter) | \$7.95 |

\$ SAVE 15% buy 3 or more



POSTURE BALL

Small size of ball helps release muscle tension in hard-to-reach places.

Made of closed-cell EVA foam material. Great for myofascial release and maintaining body posture. Durable, lightweight balls retain their shape after exercise.

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| #2232-06 | 6" Posture Ball | \$29.95 |
| #2232-08 | 8" Posture Ball | \$34.95 |



FIRM MASSAGE BALL

Perfect for targeted massage to specific body regions.

Small size helps release tension in hard-to-reach places. Use to relieve trigger points and alleviate pain. Odorless, durable, and water resistant. Balls are lightweight and will keep their shape during and after use.

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| #2231-03 | 3" Firm Massage Ball | \$22.95 |
| #2231-05 | 5" Firm Massage Ball | \$26.95 |



ACUMOBILITY BALL

Easily target any trigger point or knot in the body.

Versatile tools can be used for myofascial release as well as for strength, stability, and balance exercises. Flat base allows you to use against a wall. Unique grip design allows you to use the ball as a handheld self massage tool. Turning the balls over to create an unstable surface can create an advanced stability exercise. **Acumobility Level 1** is used for moderate pressure and is best for stability exercises.

Acumobility Level 2 is significantly firmer than Level 1 and is meant for more intense trigger point release.

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| #2228-01 | ● Level 1 | \$24.95 |
| #2228-02 | ● Level 2 | \$24.95 |

FLEXIBILITY & RECOVERY



SMART STICK

Increases the effectiveness of most exercise movements.

Unweighted stick helps with flexibility and balance exercises. Use for warm-ups and cool-downs to help increase range of motion. Sticks can help align the body while gaining deeper stretches. **Weighted Smart Sticks** weigh 5 lbs. and can help with obtaining a deeper range of motion. **Smart Stick Quiver** can be mounted to a wall to hold up to six sticks, keeping them organized and out of the way when not in use.

| | | | |
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| #2229-01 | Smart Stick | (5' long) | \$14.95 |
| #2229-02 | 5 lb. Weighted Smart Stick | (5' long) | \$19.95 |
| #2229-25 | Smart Stick Quiver | | \$99.00 |

\$ SAVE 15% buy 5 or more



STICK MOBILITY

A progressive approach to movement and mobility.

Specially designed sticks help increase strength, mobility, muscle activation, and movement. Sticks help achieve ranges of motion you would not normally be able to reach while applying tension in those positions. Shorter sticks are great for core exercises while the longer sticks allow for more deep stretching. Made of extruded materials for both strength and flexibility in the sticks.

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| #2251-04 | 4' Stick | \$59.95 |
| #2251-05 | 5' Stick | \$69.95 |
| #2251-06 | 6' Stick | \$84.95 |
| #2251-07 | 7' Stick | \$94.95 |

\$ SAVE 15% buy 3 or more

NEW

CBD POST WORKOUT RECOVERY PACKAGE

Reward your body after an intense workout!

Soothe your aching muscles with CBD Natural Relief Salve and the use of the MFR Stick. The CBD Natural Relief Salve is great to use for common muscle and joint aches and pains. It is THC free, formulated with an intensive amount of broad-spectrum hemp oil and has a light scent of eucalyptus and lavender. The MFR Stick is a steel, 20" long massager that will not flex or bend when pressure is applied. Combine the MFR Stick with the CBD Salve and roll over tight areas after you work out to help mobilize joints and improve range of motion.

2294-01 CBD Post Workout Recovery Package **\$89.00**





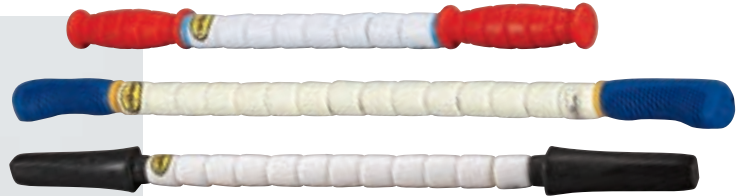
MFR STICK

The firmest massaging stick on the market!

Steel stick doesn't flex or bend when pressure is applied. Ball bearings in the handles allow for smooth rolling on both skin and clothing. Roll over tight areas to help mobilize joints and improve range of motion.

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| #2219-01 | 20" MFR Stick | \$59.95 |
| #2219-02 | 26" MFR Stick | \$69.95 |

- SAVE 15%** buy 3 or more
- 3-YEAR** warranty



THE STICK

Makes knots disappear by increasing blood flow to massaged area.

Relaxes and increases flexibility of hamstrings, quads, neck, and back. Self-massage by rolling over tight muscles. Semi-rigid core has 1" spindles that move independently, allowing necessary flexibility for the tool to provide maximum muscle compression. **Stiff Stick** is more rigid than other models, allowing for deeper muscle penetration.

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| #2215-18 | 18" Travel Stick | \$36.95 |
| #2215-24 | 24" Original Stick | \$53.95 |
| #2215-23 | 23" Stiff Stick | \$61.95 |

- SAVE 15%** buy 3 or more



TIGER TAIL

Deep tissue, trigger point massage tool.

Single-firm neoprene rolling surface helps relieve tightness and increase flexibility. Loosens, relaxes, and soothes sore muscles. Non-slip grips are great for increased comfort, making it ideal for individual or partner use.

| | | |
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| #2216-18 | 18" Tiger Tail | \$33.95 |
| #2216-22 | 22" Tiger Tail | \$38.95 |

- SAVE 15%** buy 3 or more
- 3-YEAR** warranty

FLEXIBILITY & RECOVERY

PB EXTREME R3 MASSAGER

A high-intensity, percussive massage gun.

Helps accelerate muscle recovery, decrease lactic acid, and increase blood flow. Delivers high penetration muscle relief and a faster, more effective recovery. Lightweight and quiet, with less than 60 decibels of sound, making it ideal for indoor use. Nine vibration speed levels can hit up to 52 times per second. Comes with 5 detachable massage heads, carry case, and charger. Rechargeable battery lasts up to 3 hours.

#2279-01 R3 Massage Gun **\$399.00**



POWER PLATE

A vibration platform that works in all 3 planes of motion.

Vibrations produce a stretch reflex, resulting in muscle contractions. Vibration technology increases range of motion and flexibility, improves muscle strength, and helps rehabilitate injuries faster. **Pro5** has multiple frequencies, ranging from 25–50 Hz, 3 different time interval elections, low and high amplitudes, and includes hand straps. **Pro7** is similar to the Pro5 but also includes an integrated touchscreen with Interactive Training software, multidirectional cables with variable resistance, and the largest platform available. Additional models available.

#2240-02 Pro5 **CALL FOR PRICE**
 #2240-03 Pro7 **CALL FOR PRICE**



TRUESTRETCH STRETCH STATION

A self-contained stretching area that allows clients and athletes a safe platform to increase flexibility and reduce the risk of injury.

Allows for upright functional stretching in all three planes of motion. Functional four-point contact (two hands, two feet) in weight-bearing upright position facilitates correct stretching of the human body. Restores muscle and joint flexibility for improved function. 5'D x 4'W x 7'3"H. Includes easy-to-understand placard showing 30 stretches on non-movable pages. **Pro TrueStretch** is a larger version of the TrueStretch Stretch Station. Great for taller athletes. Measures 5'D x 4'W x 7'9"H.

#2237-01 TrueStretch Stretch Station **\$2899.00**
 #2237-02 Pro TrueStretch Stretch Station **\$2999.00**





DEEP MUSCLE STIMULATOR

Nothing like it! Provides rapid percussion vibrations to relieve deep muscle pain.

Deepest massage tool on the market. Produces 2,200 RPMs with a hertz level of 36.6. Increases circulation and lymphatic flow, repairs muscle tissue, and reduces lactic acid buildup. Helps loosen short, contracted muscles and stimulates weak, flaccid muscles. Breaks up muscular scar tissue and reduces acute or chronic pain. Aids recovery from soft tissue injuries such as sprains and strains. Heavy-duty stainless steel and titanium design.

#2242-01 Deep Muscle Stimulator **\$2799.00**



VIBEPLATE

The most functional, durable, and affordable whole body vibration platform.

Vibrations stimulate fast-twitch muscle fibers, increasing explosive strength, motor learning, muscular endurance, and overall agility. Vibration training helps increase your athletes' flexibility, mobility, and coordination as well as speed up the recovery period for injuries. Barrier-free platform allows you to move on, off, and around the platform in any way you choose while training. Frequency ranges from 10–60 Hz.

#2239-01 VibePlate 2424 24"L x 24"W x 5.5"H **\$1995.00**
 #2239-02 VibePlate 2440 24"L x 40"W x 5.5"H **\$2595.00**
 #2239-03 VibePlate 3048 30"L x 48"W x 5.5"H **\$3295.00**

NEW CBD NATURAL MUSCLE RELEASE SALVE & LOTION

Help relieve any discomfort both pre- and post-workout.

Formulated with an intensive amount of broad-spectrum hemp oil, rich in cannabinoids, terpenes, and flavonoids. It is combined with coconut, lavender, and eucalyptus oil and absorbs well into the skin. All products are THC free. **Natural Relief Salve** is great to use after an intense workout to soothe aching muscles and joints. **Natural Relief Lotion** can be applied prior to working out to help relax and calm sore muscles, tissues, and joints.



2291-01 250 mg CBD Natural Relief Salve (1 oz.) **\$45.95**
 # 2292-01 500 mg CBD Natural Relief Lotion (2 oz.) **\$58.95**

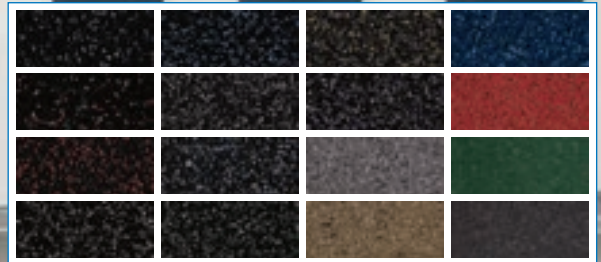
PORTABLE MASSAGE TABLE

Perfect for any facility, school, or team to use for stretching, massage, taping, or recovery.

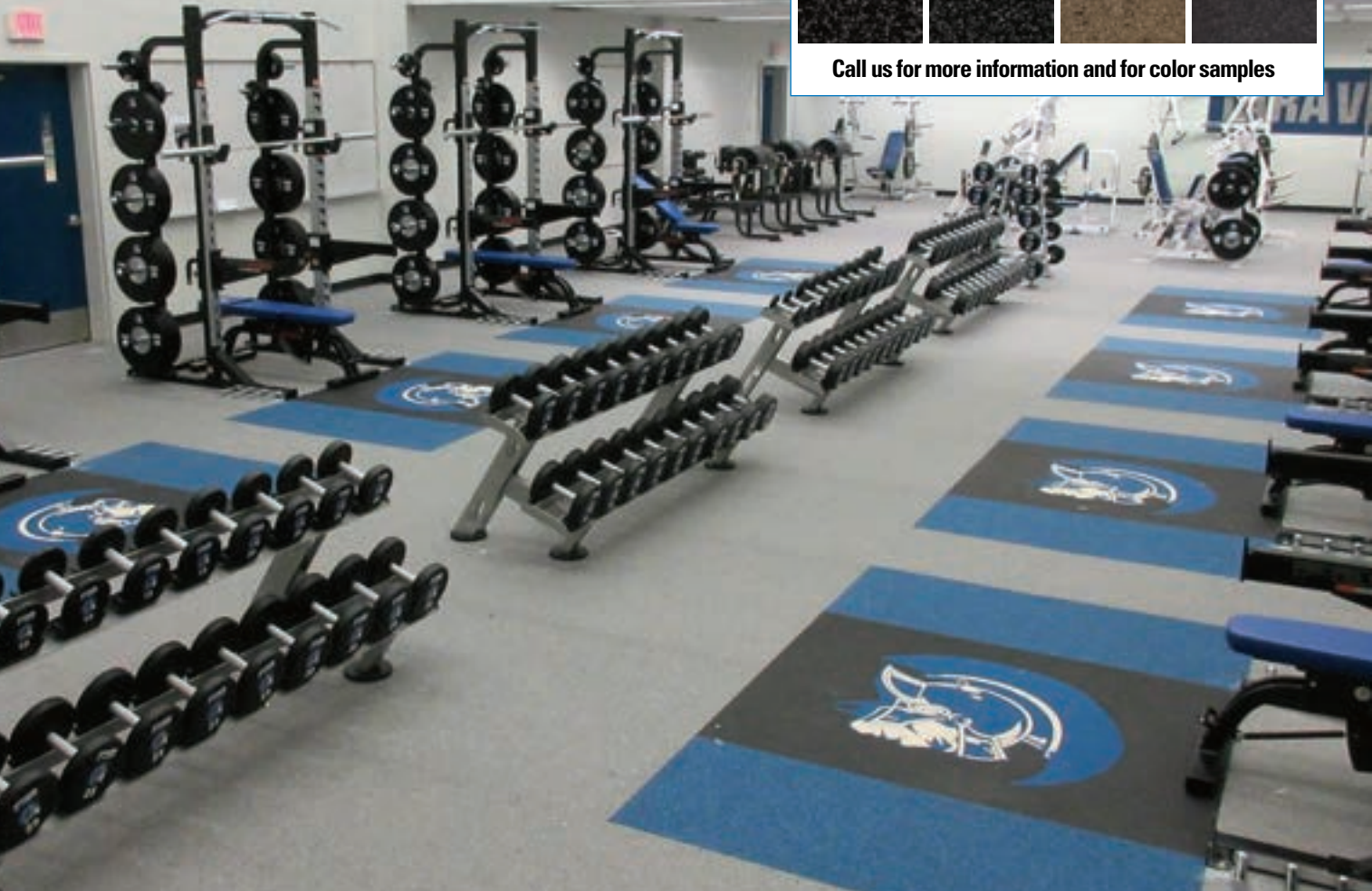
Has a 2½" thick high-density urethane foam top that is 73" long and 30" wide. All-hardwood construction with cable reinforced hardwood bracing for added support. Height is adjustable from 23" to 33". Includes a face cradle with outlets at both ends. Weighs 33 lbs. and can hold up to 400 lbs.

#2243-01 Portable Massage Table **\$639.95**





Call us for more information and for color samples



PB EXTREME® MULTI-COLOR ROLL OUT RUBBER FLOORING

A wide variety of color options allows you to create the floor color of your choice.

Perfect for weight rooms, locker rooms, training rooms, and multi-function training areas. Easy to install and low maintenance. Shock absorbent and scuff resistant. Available in 48" wide rolls only.

Multi-Color Performance Flooring provides performance and durability with bold colors. Rolls have a 2.5mm colored top that is bonded to a recycled, rubber underlayment. **E-Grip Flooring Adhesive** prevents your flooring from shifting or moving and helps keep seams tight. Comes in a 4 gallon bucket that will cover approximately 325 sq./ft. **E-Cleaner Low Foam Floor Cleaner** is designed for use with rubber surfacing products, and effective for all routine cleaning jobs. Use for damp mopping, scrubbing, spray or wipe cleaning, or with a hand bucket and cloth. Covers approximately 2,000 sq./ft. of rubber.

| | | |
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| #2601-00 | 8mm Flooring | CALL FOR PRICE |
| #2602-05 | 2.5mm + 5mm Performance Flooring | CALL FOR PRICE |
| #2602-08 | 2.5mm + 8mm Performance Flooring | CALL FOR PRICE |
| #2602-12 | 2.5mm + 12mm Performance Flooring | CALL FOR PRICE |
| #2610-01 | E-Grip Flooring Adhesive (4 Gallons) | \$264.95 |
| #2604-01 | Low Foam Floor Cleaner (1 Gallon) | \$ 54.95 |

★ **3-YEAR** warranty



Call for More Information on Custom Logos



Custom Colors and Logos Available



FIRST PLACE® TURF

All-purpose surface allows for year-round indoor training.

Thatched turf with ½" blades has a foam backing included for added softness. Turf surface requires no rubber infill and no additional padding under it. Rolls are 12' or 15' wide and come in custom lengths. Lines, hash marks, numbers, and custom logos are available. Velcro® locking system available along the seams for an additional charge. **Track Turf** is a 12' wide roll of First Place Turf with red and black lanes with white borders. This makes adding running lanes to your facility simple. Custom roll widths and colors available. **First Place Turf Glue** is the most effective way to bond your turf to concrete, cement, or wood. Keeps your turf from shifting over time. Each bucket covers approximately 300 sq./ft. of turf. **Turf Cleaner** disinfects your turf and is effective against E. coli, salmonella, MRSA, and H1N1, along with other harmful bacteria.

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| #2606-00 | First Place Turf | CALL FOR PRICE |
| #2613-01 | First Place Track Turf | CALL FOR PRICE |
| #2606-25 | First Place Turf Glue (4 Gallons) | \$ 92.95 |
| #2606-26 | Turf Cleaner (4 Gallons) | \$144.95 |



"Perform Better is my go-to source for all things training and facility related. During the pandemic the knowledge, support, and product availability has been outstanding. The FREE seminars available for my trainers have been top notch, keeping the continued education offerings via ZOOM and Livestream. My 15-plus year relationship with Perform Better and the entire team has become my extended fitness family. I highly recommend Perform Better as the top leader in Fitness equipment and facility design."

Lynne Brenner

Assistant Manager of Program and Operations,
Park Center Health & Fitness, Glenview, IL

 **5-YEAR** warranty



FIRST PLACE® 4' X 6' MATS

Great protection for weight room floors and for putting under weight equipment.

Water-jet cut mats allow for perfectly straight edges. Corners will not bow in. Mats line up perfectly together to provide a seamless look. Tough, long-lasting mats are easy to clean with soap and water. All mats are ½" thick.

#2609-01 4' x 6' Rubber Mat **\$94.95**

★ **3-YEAR** warranty



FIRST PLACE® INSTANT PLYOROBIC FLOORING

All-purpose surface! The perfect combination of polyurethane and rubber for ultimate softness and durability.

Use for weight rooms, exercise areas, training rooms, locker rooms, or runways. Roll out to have a great surface for running, bounding, and jumping. Cut to fit your dimensions. Easy to install, no need to glue. Order the length you need (minimum 20'). Available in 32", 36", 42", and 48" widths.

#7256-10 10mm Flooring **\$2.75 sq. ft.**

#7256-12 12mm Flooring **\$2.95 sq. ft.**

★ **5-YEAR** warranty



3' x 3' INTERLOCKING RUBBER MATS

Interlocking design prevents separating and creates a seamless look.

Easy installation—no adhesives required! Made tough to withstand punishment from free weights, dumbbells, or spikes. Deadens the sound of dropped weights, absorbs impact, and reduces damage to equipment and floor. Standard colors are Black, 10% Blue, 10% Gray, and 10% Tan. Custom colors and greater percentages of color are also available.

3/8" THICKNESS

#2607-01 3' x 3' Corner **\$39.95**

#2607-02 3' x 3' Border **\$39.95**

#2607-03 3' x 3' Center **\$39.95**

1/2" THICKNESS

#2608-01 3' x 3' Corner **\$54.95**

#2608-02 3' x 3' Border **\$54.95**

#2608-03 3' x 3' Center **\$54.95**

💰 **SAVE 20%** buy 10 or more

★ **5-YEAR** warranty



2' x 2' ULTRATILES™

Add a professional look to your weight room.

Perfect for using when inserting platforms to maximize floor space. Tiles are extremely durable and can withstand dropped weights. Low maintenance! Easy to install and keep clean. Made in the USA with recycled content from multiple sources. 16 different standard color combinations available. Available in custom colors and logos.

#2605-00 1" Thick UltraTiles **CALL FOR PRICE**

★ **5-YEAR** warranty



PERFORM BETTER FACILITY DESIGN

CONSULT – DESIGN – INSTALL

Whether you're opening a personal training studio, sports performance and rehab facility, or upgrading an existing room, our Facility Design Team will work with you from layout to installation to create the facility that will best meet your needs and budget.

- COMPLIMENTARY CONSULTATION

- COMPLIMENTARY 3D DESIGN

- MULTIPLE FLOORING OPTIONS



- COMPETITIVE EQUIPMENT PRICING

- FINANCING OPTIONS AVAILABLE

- PROFESSIONAL INSTALLATION & SERVICE



CALL US TODAY TO START YOUR FACILITY DESIGN PROJECT. NO JOB IS TOO BIG OR TOO SMALL.



Lock-Jaw Collars Included

PB EXTREME® URETHANE GROUP SET

Color-coded, easy-grip urethane plates protect floors and minimize noise.

Steel bars are 54" long, weigh 5 lbs. each, and have a knurled grip. Includes quick-release Lock-Jaw collars. Racks are made from tubular steel and have welded weight horns for extra durability.

Single Set includes one bar with Lock-Jaw collars and a pair each of 2.5 lb., 5 lb., and 10 lb. weight plates. **10-Pack Set** includes 10 bars, 10 pairs of Lock-Jaw collars, (20) 2.5 lb., (20) 5 lb., (20) 10 lb. weight plates, and a storage rack. **20-Pack Set** includes 20 bars, 20 pairs of Lock-Jaw collars, (40) 2.5 lb., (40) 5 lb., (40) 10 lb. weight plates, and a storage rack. **Elite Group Sets** include aluminum bars instead of steel bars, providing the ultimate professional look.

| | | | |
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| #2813-01 | Single Urethane Group Set | | \$ 199.95 |
| #2813-02 | Single Elite Urethane Group Set | | \$ 249.95 |
| #2813-10 | 10-Pack Group Set with Rack | (54"H x 28"W x 36"D) | \$2095.00 |
| #2813-11 | 10-Pack Elite Group Set with Rack | (54"H x 28"W x 36"D) | \$2595.00 |
| #2813-20 | 20-Pack Group Set with Rack | (54"H x 76"W x 28"D) | \$4045.00 |
| #2813-21 | 20-Pack Elite Group Set with Rack | (54"H x 76"W x 28"D) | \$4645.00 |

★ **3-YEAR** warranty

RUBBER HEX AEROBIC DUMBBELLS

All-purpose dumbbells that will not chip or peel.

Same design as our popular rubber-encased dumbbells but color-coded. Contoured chrome knurled handles and rubber encasements increase durability. **Dumbbell Storage Rack** is designed to hold multiple pairs of Hex Aerobic dumbbells. Includes casters and a locking system. Measures 46"H x 40"W x 26"D. **Rubber Hex Aerobic Dumbbell Package** includes (1) dumbbell Storage Rack and (4) pairs of the 2 lb., 3 lb., 4 lb., 5 lb., and (3) pairs of the 6 lb., 7 lb., 8 lb., 9 lb., 10 lb., and 12 lb. dumbbells.



2819-99

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|----------|----------------------|-------------|----------|---|--------------|
| #2819-02 | ● 2 lb. Violet | \$12.95/pr. | #2819-08 | ● 8 lb. Black | \$ 39.95/pr. |
| #2819-03 | ● 3 lb. Forest Green | \$14.95/pr. | #2819-09 | ● 9 lb. Yellow | \$ 42.95/pr. |
| #2819-04 | ● 4 lb. Sky Blue | \$20.95/pr. | #2819-10 | ● 10 lb. Orange | \$ 52.95/pr. |
| #2819-05 | ● 5 lb. Navy Blue | \$25.95/pr. | #2819-12 | ● 12 lb. Purple | \$ 62.95/pr. |
| #2819-06 | ● 6 lb. Red | \$29.95/pr. | #2818-01 | Storage Rack with Wheels | \$ 459.00 |
| #2819-07 | ● 7 lb. Purple | \$34.95/pr. | #2819-99 | Hex Aerobic Dumbbell Package SAVE! | \$1399.00 |

★ **3-YEAR** warranty



2813-11



Neoprene



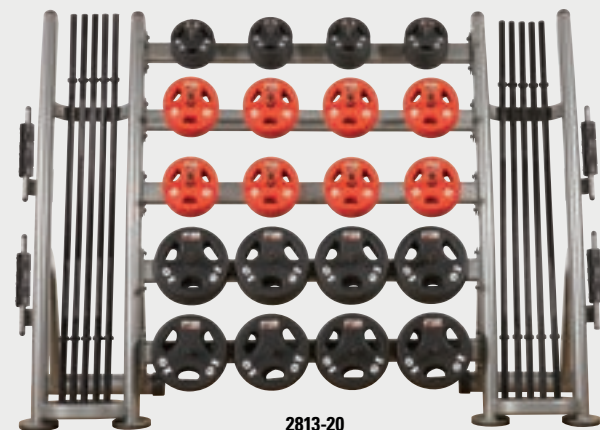
Vinyl



2818-01



2818-02



2813-20



4-TIER TRAY RACK

Compact rack is great for storing dumbbells in small spaces.

Open tray design allows for easy access when grabbing or racking dumbbells. Each shelf has a small lip to prevent dumbbells from sliding off. Shelves measure 30" long and can hold multiple pairs of vinyl and neoprene dumbbells. Measures 33.5"L x 24.5"W x 37"H.

#2820-01 4-Tier Tray Rack \$399.95

NEOPRENE & VINYL COVERED DUMBBELLS & STORAGE RACKS

Easy to grip, all-purpose dumbbells!

Perfect for group or individual training sessions. Racks are designed to store vinyl/neoprene dumbbells. **Aerobic Package** includes 2818-01 Storage Rack and (14) 1 lb., (12) 2 lb., (9) 3 lb., (9) 4 lb., (8) 5 lb., (8) 6 lb., (7) 7 lb., (7) 8 lb., (6) 9 lb., and (6) 10 lb. vinyl or neoprene dumbbells. **Storage Rack with Wheels** has 10 individual sections to store different size aerobic dumbbells. Measures 40"L x 26"W x 46"H. **Compact Dumbbell Rack** holds one full set of 1 lb. – 10 lb. dumbbells only and measures 20"L x 20"W x 28"H.

NEOPRENE

| | | |
|----------|----------|--------------|
| #2816-01 | ● 1 lb. | \$ 6.95/pr. |
| #2816-02 | ● 2 lb. | \$ 9.95/pr. |
| #2816-03 | ● 3 lb. | \$ 11.95/pr. |
| #2816-04 | ● 4 lb. | \$ 13.95/pr. |
| #2816-05 | ● 5 lb. | \$ 16.95/pr. |
| #2816-06 | ● 6 lb. | \$ 19.95/pr. |
| #2816-07 | ● 7 lb. | \$ 22.95/pr. |
| #2816-08 | ● 8 lb. | \$ 25.95/pr. |
| #2816-09 | ● 9 lb. | \$ 28.95/pr. |
| #2816-10 | ● 10 lb. | \$ 32.95/pr. |
| #2816-12 | ● 12 lb. | \$ 36.95/pr. |
| #2816-15 | ● 15 lb. | \$ 46.95/pr. |

VINYL

| | | |
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| #2817-01 | ● 1 lb. | \$ 6.95/pr. |
| #2817-02 | ● 2 lb. | \$ 9.95/pr. |
| #2817-03 | ● 3 lb. | \$ 11.95/pr. |
| #2817-04 | ● 4 lb. | \$ 13.95/pr. |
| #2817-05 | ● 5 lb. | \$ 16.95/pr. |
| #2817-06 | ● 6 lb. | \$ 19.95/pr. |
| #2817-07 | ● 7 lb. | \$ 22.95/pr. |
| #2817-08 | ● 8 lb. | \$ 25.95/pr. |
| #2817-09 | ● 9 lb. | \$ 28.95/pr. |
| #2817-10 | ● 10 lb. | \$ 32.95/pr. |
| #2817-12 | ● 12 lb. | \$ 36.95/pr. |
| #2817-15 | ● 15 lb. | \$ 46.95/pr. |

#2816-99 Neoprene Dumbbell Aerobic Package \$979.00

#2817-99 Vinyl Dumbbell Aerobic Package \$979.00

STORAGE RACKS & PACKAGE

| | | |
|----------|--|----------|
| #2818-01 | Storage Rack (Holds 40-50 pairs) | \$459.00 |
| #2818-02 | Compact Dumbbell Rack (Holds 10 pairs) | \$149.00 |

SAVE 15% buy 5 or more

GROUP FITNESS



DECK 2.0

A versatile tool that can be used as a step or incline/decline bench.

Deck can be configured 16 different ways to make it flat, incline, or decline. Reinforced steel tubing supports the back rest for added durability. Integrated storage allows easy access to resistance bands or handweights for fast-paced group training. Attach tubing to the back of the seat or the legs for various resisted exercises. Each deck includes two resistance tubes. Height adjusts from 8" to 14" and has a 350 lb. weight limit.

#2828-01 Deck 2.0 \$204.95



PB EXTREME® BOXING EQUIPMENT

The perfect tools for a fun cardio and strength workout.

Fitness Boxing Gloves are pre-shaped with a curved thumb and molded shock-absorbing foam padding. Available in 12 oz. and 16 oz. **Target Mitts** provide a strong striking surface for the fighter as well as protection for the trainer. **Free Standing Kick Bag** measures 72" high, making it perfect for kickboxing workouts. Striking surface is made of high density foam with a durable vinyl cover. **80 lb.**

Heavy Bag is made of 22 oz. vinyl and has triple stitched seams for added durability. **Thai Pads** are ideal for a complete workout of punches, elbows, kicks, and knees. **Kick Shields** are designed for heavy hitting and kicking, with side and top handles for easy holding. **130 lb. Thai Bag** is 6' long and made of heavy-duty vinyl to withstand the toughest workouts. **64 lb. Wrecking Ball** is designed for all punches, kicks, and strikes.

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| #2814-01 | Fitness Boxing Gloves (12 oz.) | \$ 49.95/pr. |
| #2814-10 | Fitness Boxing Gloves (16 oz.) | \$ 59.95/pr. |
| #2814-02 | Target Mitts | \$ 42.95/pr. |
| #2814-03 | Free Standing Kick Bag (17" diameter) | \$329.95 |
| #2814-04 | 80 lb. Heavy Bag (4' long) | \$199.95 |
| #2814-05 | Thai Pads | \$ 89.95/pr. |
| #2814-06 | Kick Shield | \$ 99.95 |
| #2814-07 | 130 lb. Thai Bag (6' long) | \$219.95 |
| #2827-01 | 64 lb. Wrecking Ball | \$159.95 |



2814-01



2814-10



2814-05



2814-02



2814-06



2827-01



2814-04



2814-03



PB EXTREME® AEROBIC BARS

Our most popular aerobic bar.

Use for sit-ups, squats, lunges, presses, and more. Soft foam exterior for long-lasting durability and comfort. Each bar has a raised rubber endcap to protect floors. **Body Bar Storage Rack** is a heavy-duty steel rack that can hold up to 30 bars vertically.



| | | |
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| #2805-02 | ● 2 lb. Aerobic Bar (4' long) | \$ 19.95 |
| #2805-04 | ● 4 lb. Aerobic Bar (4' long) | \$ 22.95 |
| #2805-06 | ● 6 lb. Aerobic Bar (4' long) | \$ 26.95 |
| #2805-09 | ● 9 lb. Aerobic Bar (4' long) | \$ 36.95 |
| #2805-12 | ● 12 lb. Aerobic Bar (4' long) | \$ 44.95 |
| #2805-15 | ● 15 lb. Aerobic Bar (4' long) | \$ 46.95 |
| #2805-18 | ● 18 lb. Aerobic Bar (4' long) | \$ 54.95 |
| #2805-22 | ● 22 lb. Aerobic Bar (5' long) | \$ 62.95 |
| #2805-27 | ● 27 lb. Aerobic Bar (6' long) | \$ 72.95 |
| #2805-50 | Body Bar Rack (24"L x 18"W x 39"H) | \$159.95 |

SAVE 15% buy 3 or more



FreeStyle Step

THE STEP

America's original aerobic fitness step system.

Stacking risers allow for adjustable heights, accommodating all users. Non-slip platform surface can support up to 300 lbs. Each step includes two pairs of 2" high risers. Step adjusts to 4", 6", or 8" high. **FreeStyle Step** has risers that allow you to angle your platform. Adjust your step to use it flat, horizontal, or on a slant.

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| #2801-01 | ●● The Step | \$119.95 |
| #2801-25 | Extra 2" Risers | \$ 32.95/pr. |
| #2803-01 | ●● FreeStyle Step | \$139.95 |
| #2803-02 | ●● FreeStyle Step | \$139.95 |
| #2803-25 | Extra FreeStyle Risers | \$ 54.95/pr. |

\$ SAVE 15% buy 3 or more



ORIGINAL BODY BARS

Add resistance to any exercise.

Versatile tool is perfect for resistance training, aerobics, and stretching. Use for squats, lunges, presses, and more. Color-coded tip for easy recognition of weight. Steel bar with foam rubber cover makes them easy to grip during all exercises.

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| #2806-04 | 4 lb. Body Bar (4' long) | \$ 39.95 |
| #2806-06 | 6 lb. Body Bar (4' long) | \$ 46.95 |
| #2806-09 | 9 lb. Body Bar (4' long) | \$ 56.95 |
| #2806-12 | 12 lb. Body Bar (4' long) | \$ 68.95 |
| #2806-15 | 15 lb. Body Bar (4' long) | \$ 76.95 |
| #2806-18 | 18 lb. Body Bar (4' long) | \$ 86.95 |
| #2806-24 | 24 lb. Body Bar (4' long) | \$109.95 |
| #2806-30 | 30 lb. Body Bar (5' long) | \$144.95 |
| #2806-36 | 36 lb. Body Bar (6' long) | \$169.95 |

\$ SAVE 15% buy 3 or more

YOGA & PILATES ACCESSORIES

Pilates Rings have a spring steel structure that increases resistance quickly. Great for inner/outer thighs, upper arms, and chest (14.5" diameter). **Pilates Ring Pro** is a heavy duty ring that is great for pro athletes and bigger, stronger clients. Not ideal for beginners. (14" diameter).

Yoga Straps are great for positioning, stretching, and flexibility. **Yoga Blocks** are made of EVA foam that is soft and smooth but rigid enough for support. (9" x 6" x 3") **Pilates Balls** are great for pelvic floor exercises. (7.5" diameter)



2807-01



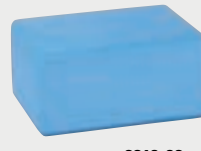
2807-02



2808-06



2810-01



2810-02



2829-01

| | | | | |
|----------|--------------------|---------|----------|---------------------------|
| #2807-01 | ● Pilates Ring | \$24.95 | | |
| #2807-02 | ● Pilates Ring Pro | \$34.95 | #2810-01 | ● Yoga Block \$12.95 |
| #2808-06 | ● 6' Yoga Strap | \$ 7.95 | #2810-02 | ● Yoga Blocks \$21.95/pr. |
| #2808-08 | ● 8' Yoga Strap | \$ 9.95 | #2829-01 | ● Pilates Ball \$12.95 |

\$ SAVE 15% buy 3 or more

MATS

AIREX FOAM MATS

A high-quality, commercial grade mat that is perfect for low impact exercise, core training, and stretching.

Unique, soft feel with firm support makes these the most comfortable mats on the market. Made with hard-wearing material for increased durability and longer life spans. Antimicrobial sanitized finish and closed-cell design keep water and dirt from penetrating the mat.

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| #3001-01 | ● Fitline 120 | 48" x 23" x .5" | \$ 64.95 |
| #3001-02 | ● Fitline 140 | 56" x 23½" x .4" | \$ 59.95 |
| #3001-03 | ● Fitline 180 | 72" x 23½" x .4" | \$ 74.95 |
| #3001-04 | ● Coronella 185 | 72" x 23" x .6" | \$104.95 |
| #3001-05 | ● Corona 185 | 72" x 39" x .6" | \$154.95 |
| #3001-06 | ● Corona 200 | 78" x 39" x .6" | \$164.95 |
| #3001-07 | ● Hercules | 78" x 39" x 1" | \$259.95 |

AIREX FOAM MATS WITH EYELETS

Keep your Airex Mats off the ground and neatly hung in your facility. Durable eyelets are punched in to prevent falling out or breaking apart.

| | | | |
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| #3002-01 | ● Fitline 140 with Eyelets | 56" x 23½" x .4" | \$72.95 |
| #3002-02 | ● Fitline 180 with Eyelets | 72" x 23½" x .4" | \$89.95 |

AIREX YOGAPILATES 190 MATS

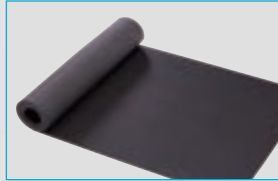
Designed specifically to reduce stress to joints during yoga and Pilates classes. Non-slip surface lies flat when in use.

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| #3003-01 | ● YogaPilates 190 | 75" x 24" x .3" | \$78.95 |
|----------|-------------------|-----------------|----------------|

★ **5-YEAR** warranty



Available with Eyelets



YogaPilates Mats



PB YOGA MATS

Quality mats at an affordable price.

Specifically designed for yoga postures and poses. Mats are textured and have a non-slip surface. Sweat-absorbent material is easy to clean. Heavy-duty mats weight about 5 lbs. each. Mats measure 71" long x 24" wide x ¼" thick.

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| #2811-01 | ● / ● PB Yoga Mat | \$34.95 |
|----------|-------------------|----------------|



Unique Texture & Enhanced Grip

NABOSO BAREFOOT TRAINING MAT

The first-ever small nerve proprioceptive training surface in the industry.

Specifically designed to stimulate the small nerve proprioceptors in the bottom of the feet and palms of the hands. Unique texture and enhanced grip makes these perfect for hot yoga or poses that require increased balance and stability. Measures 72" x 24" x 5mm and weighs 4 lbs.

| | | |
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| #3004-01 | Naboso Training Mat | \$145.00 |
|----------|---------------------|-----------------|

💰 **SAVE 15%** buy 3 or more



FIRST PLACE® HANGING CLUB MATS

Save floor space by conveniently storing mats on the wall.

Durable foam mats are great for floor-based exercises. Eyelets allow for the mats to be stored when not in use. Mats are available in a variety of sizes. **Adjustable Mat Rack** easily mounts to the wall and can hold up to 12 mats. Hardware not included. **Hanging Club Mat System** includes 10 of the 48" long mats as well as an Adjustable Wall Mount Mat Rack for storage.

| | | | |
|----------|---|------------------|----------|
| #3018-48 | ● / ● Hanging Club Mat | 48" x 20" x 1/2" | \$ 28.95 |
| #3018-56 | ● / ● Hanging Club Mat | 56" x 23" x 1/2" | \$ 32.95 |
| #3018-72 | ● / ● Hanging Club Mat | 72" x 23" x 1/2" | \$ 38.95 |
| #3015-01 | Adjustable Wall Mat Rack (Fits mats up to 23" wide) | | \$ 39.95 |
| #3018-99 | Club Mat System (Available in Black or Blue) | | \$254.95 |

\$ SAVE 15% buy 5 or more



FIRST PLACE® FITNESS MATS

Quality, commercial-grade mats at an affordable price.

Soft foam mats are perfect for stretching and low-impact exercises. Eyelets allow you to hang the mats on the wall to save floor space. Different sizes allow for more variety in group classes. Easy to clean! Will not absorb water. **Adjustable Mat Rack** easily mounts to the wall and can hold up to 12 mats. Hardware not included. **First Place Fitness Mat Club Pack** includes 10 of the 48" long mats and 1 Adjustable Mat Rack to store them.

| | | | |
|----------|---|-----------------|----------|
| #3012-48 | ● / ● Fitness Mat | 48" x 20" x 8mm | \$ 32.95 |
| #3012-56 | ● / ● Fitness Mat | 56" x 23" x 8mm | \$ 36.95 |
| #3012-72 | ● / ● Fitness Mat | 72" x 23" x 8mm | \$ 42.95 |
| #3015-01 | Adjustable Wall Mat Rack (Adjusts to fit mats up to 23" wide) | | \$ 39.95 |
| #3012-99 | Fitness Mat Club Pack (Available in Black or Blue) | | \$289.95 |

\$ SAVE 15% buy 5 or more

★ 2-YEAR warranty



Hang Mats to Save Floor Space



MATS



Folds Up for Storage

FOLDING PANEL MATS

Excellent quality mats used worldwide in schools, clinics, clubs, and homes.

Made with 1½" foam and a strong vinyl covering to ensure years of rugged use. 2' long panels allow for easy folding, lifting, and storage. Comes with 2" Velcro® fasteners on both ends so multiple mats can be connected together. Available in multiple color options.

| | | | |
|----------|-------------|----------|-----------------|
| #3019-06 | 3 Panel Mat | 4' x 6' | \$289.95 |
| #3019-08 | 4 Panel Mat | 4' x 8' | \$374.95 |
| #3019-10 | 5 Panel Mat | 5' x 10' | \$519.95 |



FIRST PLACE® FOLDING GYM MAT WITH HANDLES

Three panel folding mat with handles for easy transport.

Made of long-lasting commercial-grade vinyl. Cleans with damp cloth and is mildew resistant. Use for all floor exercises. Both size mats are 2" thick for extra comfort.

| | | | |
|----------|------------------------------|-----------|-----------------|
| #3020-06 | Folding Gym Mat with Handles | 6'L x 2'W | \$ 69.95 |
| #3020-08 | Folding Gym Mat with Handles | 8'L x 4'W | \$179.95 |



Lightweight & Easy to Carry



FIRST PLACE® ADJUSTABLE WALL MAT RACK

Adjusts to fit any mat with eyelets up to 23" in width.

Easily mounts to studs to help keep your mats off the ground. 8" storage pegs can be tightened to maintain your desired spacing. Holds up to 12 hanging mats. Mounting hardware not included. Measures 26"L x 2 ½"H.

| | | |
|----------|--------------------------|----------------|
| #3015-01 | Adjustable Wall Mat Rack | \$39.95 |
|----------|--------------------------|----------------|



FIRST PLACE® ALL-PURPOSE MAT RACK

Store your mats off the ground when they are not in use.

Steel rack is great to use for storage when space is limited. Simply drape the mats over the bar to keep them in place. Mounting hardware not included. Measures 26"L x 7"W x 2"H.

| | | |
|----------|----------------------|----------------|
| #3016-01 | All-Purpose Mat Rack | \$39.95 |
|----------|----------------------|----------------|

FIRST PLACE® VERTICAL MAT RACK WITH WHEELS

Double-sided rack can hold mats of any size.

Holds up to 20 mats. Storage pegs on both sides of the rack can be adjusted to hold mats of different widths and sizes. Free-standing rack has wheels to make it easy to move around your facility. Mat storage pegs are 9" long. Rack measures 82"H x 25"W.

| | | |
|----------|-------------------------------|-----------------|
| #3017-01 | Vertical Mat Rack with Wheels | \$219.95 |
|----------|-------------------------------|-----------------|



GYMWIPES ANTIBACTERIAL WIPES

Specially formulated to conveniently remove sweat, grime, and germs without harming your equipment.

EPA registered formula reduces the risk of infection and kills germs including E. coli, salmonella, HIV, MRSA, and H1N1, along with harmful bacteria. Use on benches, hand grips, chrome plating, painted surfaces, steel and rubber surfaces, tanning beds, and electronic panels. **Wall Dispenser** is easy to install and great for areas where workout space is at a premium. Dispenser holds one refill roll. Hardware included. Wipes not included. **Stainless Steel Floor Stand** holds wipe buckets securely, making them easy to grab. Side trash hole makes disposal convenient. Gym wipes not included.

| | | | |
|----------|-----------------------------|---------------------|-----------------|
| #4083-01 | GymWipes Refills | (2) 900 ct. Buckets | \$ 99.95 |
| #4083-02 | GymWipes Refills | (4) 900 ct. Rolls | \$189.95 |
| #4083-03 | Wall Dispenser | Smoke Gray | \$ 52.95 |
| #4083-04 | Stainless Steel Floor Stand | (36"H x 12"D) | \$419.95 |



FIRST DEFENSE TOTAL GYM CLEANING PACKAGE

A disinfectant that is listed as one of the Novel Coronavirus (COVID-19) fighting products!

Foster First Defense Disinfectant is a convenient, EPA registered formula that kills odor-causing bacteria and inhibits the growth of mold and mildew. An all-in-one disinfectant, cleaner, fungicide, mildewstat, germicide, and deodorizer. Add dry wipes to wipes dispenser, add disinfectant, and you're ready to go! Use the spray bottle with extra disinfectant to spray down equipment and machines. Perfect for sanitizing and disinfecting surfaces in your gym, home, or any high traffic areas. **Total Gym Cleaning Package** includes a 5 gallon bucket of Foster 40-80 First Defense Disinfectant, 12 Rolls of Dry Wipes, Dispenser for Wipes, Spray Bottle, and Spigot with Adapter.

| | | |
|-----------|--|-----------------|
| # 4801-01 | Foster 40-80 First Defense Disinfectant (5 gal.) | \$ 89.00 |
| # 4804-01 | Dry Wipes (6 Rolls, 135 Wipes per Roll) | \$109.00 |
| # 4804-02 | Wipes Dispenser (Bucket Only) | \$ 25.00 |
| # 4802-01 | Spray Bottle for Liquid Disinfectant (32 oz.) | \$ 12.00 |
| # 4803-01 | Spigot with Adapter for Liquid Disinfectant | \$ 12.00 |
| # 4805-01 | Total Gym Cleaning Package SAVE! | \$299.00 |



NEW VECTORFOG C100+ ULV COLD FOGGER

Tested and approved by the U.S. Department of Defense.

Fogger is ideal for applying water or oil-based disinfectants to help reduce SAR-CoV-2 and harmful bacteria. These versatile machines can spray at a distance of up to 25 ft. at an angle of up to 80 degrees, allowing you to cover 1000 sq./ft. in less than a minute. Air movement ensures even and complete coverage. Microdroplets leave surfaces dry, eliminating manual wiping. **PURTABS Disinfecting Tablets** are a fast dissolving sanitizing tablet. Drop 4 tablets into a gallon of water, then pour solution into VectorFog to create a hospital-grade disinfectant.

| | | |
|-----------|---|-----------------|
| # 4800-01 | VectorFog Cold Fogger | \$499.00 |
| # 4807-01 | PURTABS Disinfecting Tabs (200 Tablets) | \$ 59.95 |





14" diameter



PB EXTREME SOFT TOSS ELITE MEDICINE BALLS

Easy to catch, throw, and slam.

Tacky grip keeps your hands from slipping when throwing and catching. Soft shell construction keeps its shape and maintains weight balance. Strong enough to stand up to the most intense workouts. Same size balls allow for consistent exercise movement at all intensities. Each ball is 14" in diameter. **Soft Toss Rack** can store up to 8 Soft Toss Elite balls of any weight.

| | | |
|----------|------------------------|----------|
| #3230-04 | 4 lb. Soft Toss Elite | \$ 64.95 |
| #3230-06 | 6 lb. Soft Toss Elite | \$ 69.95 |
| #3230-08 | 8 lb. Soft Toss Elite | \$ 74.95 |
| #3230-10 | 10 lb. Soft Toss Elite | \$ 79.95 |
| #3230-12 | 12 lb. Soft Toss Elite | \$ 84.95 |
| #3230-14 | 14 lb. Soft Toss Elite | \$ 89.95 |
| #3230-16 | 16 lb. Soft Toss Elite | \$ 94.95 |
| #3230-18 | 18 lb. Soft Toss Elite | \$ 99.95 |
| #3230-20 | 20 lb. Soft Toss Elite | \$104.95 |
| #3230-25 | 25 lb. Soft Toss Elite | \$114.95 |
| #3230-30 | 30 lb. Soft Toss Elite | \$124.95 |
| #3213-01 | Soft Toss Rack | \$234.95 |

\$ SAVE 15% buy 3 or more

★ 2-YEAR warranty





10" diameter

PB EXTREME SOFT TOSS ELITE MINIS

A smaller version of the popular Soft Toss Elite Medicine Balls.

Smaller size makes them easier to use for certain exercises. Heavier weights are now available! All balls are 10" in diameter.

| | | |
|----------|-----------------------------|---------|
| #3229-02 | 2 lb. Soft Toss Elite Mini | \$46.95 |
| #3229-04 | 4 lb. Soft Toss Elite Mini | \$51.95 |
| #3229-06 | 6 lb. Soft Toss Elite Mini | \$56.95 |
| #3229-08 | 8 lb. Soft Toss Elite Mini | \$61.95 |
| #3229-10 | 10 lb. Soft Toss Elite Mini | \$64.95 |
| #3229-12 | 12 lb. Soft Toss Elite Mini | \$69.95 |
| #3229-14 | 14 lb. Soft Toss Elite Mini | \$74.95 |
| #3229-16 | 16 lb. Soft Toss Elite Mini | \$79.95 |

SAVE 15% buy 3 or more

2-YEAR warranty



5-Ball Rack



10-Ball Rack



Soft Toss Rack



Horizontal Rack with
Wheels



16-Ball Rack
with Wheels



20-Ball Rack
with Wheels

PB EXTREME® MEDICINE BALL RACKS

5-Ball Medicine Ball Rack can hold up to 5 medicine balls. Spacing between the rungs is 12½". Black, tubular steel adds a professional look. Measures 22½"L x 23"W x 64½"H.

#3211-05 5-Ball Rack **\$199.95**

10-Ball Medicine Ball Rack can hold up to 10 medicine balls. Double sided rack with 12½" spacing between each rung. Sturdy base is made of black, tubular steel for added durability. Measures 25"L x 22½"W x 64"H.

#3211-10 10-Ball Rack **\$229.95**

Soft Toss Medicine Ball Rack can hold up to 8 medicine balls. Double sided rack can hold larger style medicine balls. Will hold both Soft Toss and Dynamax style balls. Measures 28"L x 28"W x 60"H.

#3213-01 Soft Toss Rack **\$234.95**

Horizontal Medicine Ball Rack is a 3-tier rack that can hold multiple size balls. Spacing between the tiers is 16". Large enough to store medicine balls with extra large diameters. Measures 62"L x 18½"W x 45"H.

#3212-01 Horizontal Medicine Ball Rack **\$259.95**

16-Ball Medicine Ball Rack can hold up to 16 medicine balls. Four-sided rack has large spacing between each rung, allowing it to store balls with large diameters. Wheels allow for easy movement. Measures 66½"H x 31"W.

#3214-16 16-Ball Rack **\$449.95**

20-Ball Medicine Ball Rack can hold up to 20 medicine balls. Four-sided rack with 12½" spacing between each rung. Wheels make transporting medicine balls around your facility easy. Measures 66½"H x 31"W.

#3214-20 20-Ball Rack **\$499.95**

MEDICINE BALL TRAINING



14" diameter



10" diameter



DYNAMAX™ MEDICINE BALLS

Largest and softest medicine ball—all weights are 14" diameter.

Great for explosive power training. Easy to catch and throw! Doesn't bounce. Soft feel! Covered with heavy-duty vinyl-coated nylon. Water and scuff resistant. Holds its shape even after repeated use.

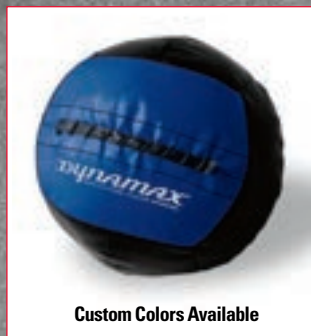
Dynamax Medicine Ball Rack is a strong, sturdy rack that will hold up to 8 Dynamax balls.

| | | | | | |
|----------|----------------|----------|----------|----------------|----------|
| #3203-04 | 4 lb. Dynamax | \$ 84.95 | #3203-16 | 16 lb. Dynamax | \$116.95 |
| #3203-06 | 6 lb. Dynamax | \$ 89.95 | #3203-18 | 18 lb. Dynamax | \$122.95 |
| #3203-08 | 8 lb. Dynamax | \$ 94.95 | #3203-20 | 20 lb. Dynamax | \$129.95 |
| #3203-10 | 10 lb. Dynamax | \$ 99.95 | #3203-25 | 25 lb. Dynamax | \$155.95 |
| #3203-12 | 12 lb. Dynamax | \$104.95 | #3203-30 | 30 lb. Dynamax | \$169.95 |
| #3203-14 | 14 lb. Dynamax | \$110.95 | #3213-01 | Dynamax Rack | \$234.95 |

Dynamax Minis have the same great qualities as the regular Dynamax balls, but are only 10" in diameter.

| | | | |
|----------|--------------|--------|---------|
| #3204-02 | Dynamax Mini | 2 lbs. | \$62.95 |
| #3204-03 | Dynamax Mini | 3 lbs. | \$64.95 |
| #3204-04 | Dynamax Mini | 4 lbs. | \$66.95 |
| #3204-05 | Dynamax Mini | 5 lbs. | \$69.95 |
| #3204-06 | Dynamax Mini | 6 lbs. | \$72.95 |

\$ SAVE 10% buy 3 or more



Custom Colors Available



DYNAMAX™ ATLAS BALL

A safer and softer option to use for Strongman Training.

Use for all of your strongman training movements, like platform lifts, shouldering, and Zercher squats. Soft balls will not damage floors and equipment the way concrete balls can. Heavy-duty vinyl shell can withstand your toughest workouts and will maintain shape over time. All balls are 22" in diameter.

| | | |
|-----------|--------------------|----------|
| #3223-50 | 50 lb. Atlas Ball | \$194.95 |
| #3223-75 | 75 lb. Atlas Ball | \$214.95 |
| #3223-100 | 100 lb. Atlas Ball | \$240.95 |
| #3223-150 | 150 lb. Atlas Ball | \$294.95 |

\$ SAVE 10% buy 3 or more



22" diameter



Will not bounce

PB EXTREME JAM-BALL

Durable, non-bouncing medicine ball.

Great for using when you don't want the ball to bounce. Textured shell allows for a great grip. Balls will not roll and are made for high-impact throwing. Perfect for using with rebounders or doing slams. Soft—feels like a gel-filled ball.

| | | | |
|-----------|------------------|-------|----------|
| #3210-04 | 4 lb. Jam-Ball | 9" | \$ 24.95 |
| #3210-06 | 6 lb. Jam-Ball | 9" | \$ 26.95 |
| #3210-08 | 8 lb. Jam-Ball | 9" | \$ 29.95 |
| #3210-10 | 10 lb. Jam-Ball | 9" | \$ 34.95 |
| #3210-12 | 12 lb. Jam-Ball | 9" | \$ 38.95 |
| #3210-15 | 15 lb. Jam-Ball | 9" | \$ 42.95 |
| #3210-18 | 18 lb. Jam-Ball | 9" | \$ 44.95 |
| #3210-20 | 20 lb. Jam-Ball | 9" | \$ 48.95 |
| #3210-25 | 25 lb. Jam-Ball | 9" | \$ 52.95 |
| #3210-30 | 30 lb. Jam-Ball | 9" | \$ 56.95 |
| #3210-40 | 40 lb. Jam-Ball | 11" | \$ 69.95 |
| #3210-50 | 50 lb. Jam-Ball | 11" | \$ 84.95 |
| #3210-60 | 60 lb. Jam-Ball | 12.6" | \$ 99.95 |
| #3210-70 | 70 lb. Jam-Ball | 12.6" | \$119.95 |
| #3210-80 | 80 lb. Jam-Ball | 14" | \$134.95 |
| #3210-90 | 90 lb. Jam-Ball | 14" | \$149.95 |
| #3210-100 | 100 lb. Jam-Ball | 14" | \$169.95 |

★ **2-YEAR** warranty

PB EXTREME ZIG ZAG JAM-BALL

Textured surface provides a secure grip.

Sand-filled balls are great to slam, toss, and throw. Balls will not bounce or roll. Great for performing a wide range of core exercises. All sizes have a one-year warranty.



| | | | | | |
|----------|-------------|---------|-----------|---------------|----------|
| #3231-04 | 4 lb. (9") | \$25.95 | #3231-40 | 40 lb. (11") | \$ 69.95 |
| #3231-06 | 6 lb. (9") | \$28.95 | #3231-50 | 50 lb. (11") | \$ 84.95 |
| #3231-08 | 8 lb. (9") | \$31.95 | #3231-60 | 60 lb. (11") | \$ 99.95 |
| #3231-10 | 10 lb. (9") | \$34.95 | #3231-70 | 70 lb. (13") | \$119.95 |
| #3231-12 | 12 lb. (9") | \$37.95 | #3231-80 | 80 lb. (13") | \$134.95 |
| #3231-15 | 15 lb. (9") | \$40.95 | #3231-90 | 90 lb. (14") | \$152.95 |
| #3231-18 | 18 lb. (9") | \$43.95 | #3231-100 | 100 lb. (14") | \$174.95 |
| #3231-20 | 20 lb. (9") | \$46.95 | #3231-120 | 120 lb. (14") | \$189.95 |
| #3231-25 | 25 lb. (9") | \$49.95 | #3231-150 | 150 lb. (14") | \$209.95 |
| #3231-30 | 30 lb. (9") | \$59.95 | | | |

💰 **SAVE 15%** buy 3 or more



MEDICINE BALL TRAINING



FIRST PLACE ELITE MEDICINE BALL

Strong bounce! Our highest bouncing medicine ball.

Durable outer shell allows balls to last twice as long as other medicine balls. Textured, dimpled outer surface makes these balls easier to catch, grip, and throw. Great for using with or without a partner.

| | | | | |
|----------|-----|---------|-----|----------|
| #3201-02 | ●/● | 2 lbs. | 8" | \$ 24.95 |
| #3201-04 | ●/● | 4 lbs. | 8" | \$ 28.95 |
| #3201-06 | ●/● | 6 lbs. | 9" | \$ 40.95 |
| #3201-08 | ●/● | 8 lbs. | 9" | \$ 51.95 |
| #3201-10 | ●/● | 10 lbs. | 9" | \$ 57.95 |
| #3201-12 | ●/● | 12 lbs. | 9" | \$ 68.95 |
| #3201-15 | ●/● | 15 lbs. | 11" | \$ 76.95 |
| #3201-18 | ●/● | 18 lbs. | 11" | \$ 87.95 |
| #3201-20 | ●/● | 20 lbs. | 11" | \$ 98.95 |
| #3201-25 | ●/● | 25 lbs. | 11" | \$109.95 |
| #3201-30 | ●/● | 30 lbs. | 11" | \$131.95 |

\$ SAVE 15% buy 3 or more

★ 2-YEAR warranty



Textured Surface Allows for Better Grip

MEDBALL REBOUNDER

Multi-purpose rebounder is perfect for all medicine ball exercises.

Adjustable! Goes from the flat position to 60 degrees. Steel frame and solid handle offer stability during use. Built-in tray holds balls when not in use. Measures 36"L x 39"W x 42"H.

#3217-01 Medball Rebounder \$499.95



SHUTTLE REBOUND

Quality construction, quiet, and portable.

Non-skid base is designed to withstand movement on carpet and gym flooring when in use. Nine angles of adjustability (0–60 degrees) allows for a high range of varying exercises. Noise-absorbing composite material results in a whisper-quiet operation. No assembly required, and can fold up for easy storage. Accommodates up to 350 lbs. Measures 44"H x 48"L x 39 1/2"W.

#3216-01 Shuttle Rebound \$1299.95





SOFTMED MEDICINE BALLS

"Squishy" feel makes them safe and easy to grip.

Soft, sand-filled balls are color-coded by weight. Small size allows them to fit in the palms of your hands (4½" diameter). Great for adding resistance to exercises without limiting your range of motion. Air inside easily adjusts with a needle pump for customized firmness.

| | | | |
|----------|---|---------|----------------|
| #3215-01 | ● | 1.1 lb. | \$12.95 |
| #3215-02 | ● | 2.2 lb. | \$14.95 |
| #3215-03 | ● | 3.3 lb. | \$16.95 |
| #3215-04 | ● | 4.4 lb. | \$18.95 |
| #3215-05 | ● | 5.5 lb. | \$20.95 |

\$ SAVE 15% buy 3 or more

★ 2-YEAR warranty



Easy to Grip



PB EXTREME® CONVERTA-BALL

Great for swinging, chopping, and slamming.

Durable! Designed to withstand your toughest workouts. Use the rope to slam, chop, or throw the ball. 1kg and 2kg are volleyball size; 3kg is basketball size; 4kg–7kg balls are slightly larger.

| | | | |
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| #3209-01 | ● | 1kg (2.2 lbs.) | \$ 49.95 |
| #3209-02 | ● | 2kg (4.4 lbs.) | \$ 69.95 |
| #3209-03 | ● | 3kg (6.6 lbs.) | \$ 84.95 |
| #3209-04 | ● | 4kg (8.8 lbs.) | \$ 94.95 |
| #3209-05 | ● | 5kg (11 lbs.) | \$114.95 |
| #3209-06 | ● | 6kg (13.2 lbs.) | \$129.95 |
| #3209-07 | ● | 7kg (15.4 lbs.) | \$149.95 |

\$ SAVE 15% buy 3 or more



DUAL GRIP MEDICINE BALL

Grasp handles for secure grip when performing lunges, rotations, chops, PNF patterns, or throws.

Patented rubber-covered handle design offers more freedom and comfort during exercises. Dual grips provide versatility for all exercises. Perfect for all core and torso exercises. All weights are 9" in diameter.

| | | | | | | | |
|----------|-----|--------|-----------------|----------|-----|--------|-----------------|
| #3206-06 | ●/● | 6 lb. | \$ 42.95 | #3206-16 | ●/● | 16 lb. | \$ 68.95 |
| #3206-08 | ●/● | 8 lb. | \$ 46.95 | #3206-18 | ●/● | 18 lb. | \$ 72.95 |
| #3206-10 | ●/● | 10 lb. | \$ 52.95 | #3206-20 | ●/● | 20 lb. | \$ 78.95 |
| #3206-12 | ●/● | 12 lb. | \$ 58.95 | #3206-25 | ●/● | 25 lb. | \$ 88.95 |
| #3206-14 | ●/● | 14 lb. | \$ 64.95 | #3206-30 | ●/● | 30 lb. | \$104.95 |

\$ SAVE 15% buy 3 or more



PLYOMETRIC TRAINING



**Will Not Hurt
Shins or Knees**



PB EXTREME® FOAM PLYOBXES

Soft foam boxes will not hurt shins or knees.

High-density foam boxes are encased with our new heavy-duty leatherette vinyl. Velcro® flaps along the edges keep boxes in place. Mix and match box heights to achieve different training options. Side handles make moving and stacking the boxes easy. Rounded edges give these boxes a sleek look. All boxes are 36" W x 30" D. Available in black, blue, and red.

| | | | | Reg. |
|----------|-----------|----------------------------------|--|-----------|
| #3401-03 | ● / ● / ● | 3" Box | | \$ 165.00 |
| #3401-06 | ● / ● / ● | 6" Box | | \$ 185.00 |
| #3401-12 | ● / ● / ● | 12" Box | | \$ 310.00 |
| #3401-18 | ● / ● / ● | 18" Box | | \$ 430.00 |
| #3401-24 | ● / ● / ● | 24" Box | | \$ 540.00 |
| #3401-00 | ● / ● / ● | Set of 3 (6", 12", 18") | | \$ 785.00 |
| #3402-00 | ● / ● / ● | Set of 5 (3", 6", 12", 18", 24") | | \$1379.00 |

★ **2-YEAR** warranty



"Plyometrics are an important aspect of all of our programming. They help improve performance by generating more force in less time (power) while creating tissue resilience by exposing them to the speeds, forces and directions that will be encountered in both sport and life. Perform Better has been our go-to for all of our plyometric equipment since they can provide the best products and service to help us make our athletes thrive."

Drew Massey

Director, GameTime Sports & Training in Columbia, TN



Custom Logos Available



PLYO-SAFE ELITE PLYOBOX SET

Fully padded boxes give your facility a professional look.

Use as three individual boxes, or combine boxes to create heights of 12", 18", 24", 28", 34", 40", and 50". Safe! Padded exterior eliminates fear of injury from missed jumps. Stable! Will not slide or tip. Steel-reinforced oak wood construction covered with 1 3/8" cross-linked foam panels for ultimate safety and stability. Includes one 10", one 16", and one 22" box, all with 2" lids. All boxes are 27"W x 27"D for easy stacking.

#3410-00 ●●●●● Plyo-Safe Elite Set **CALL FOR PRICE**



Custom Logos Available

PLYO-SAFE G2 PLYOBOX SET

The ultimate combination of durability, stability, and safety.

Stack boxes together or use alone to achieve desired training height. Made with a 100% foam core that will not break down or soften over time. Each box has three 2" strips of Velcro® to enable stacking and prevent boxes from slipping apart. Handles on the 12", 18", and 24" boxes allow for easy repositioning. All boxes are 36"L x 30" W.

#3405-00 Set of 5 G2 Boxes **CALL FOR PRICE**
 #3406-00 Set of 3 (6", 12", 18") **CALL FOR PRICE**
 #3407-00 Set of 3 (12", 18", 24") **CALL FOR PRICE**



Standard Vinyl Colors – G2

- Black
- Yellow
- Blue
- Orange
- Purple
- Maroon
- Green
- Red
- Lt. Blue
- Gray
- Navy

PLYOMETRIC TRAINING



PLYOBOXES

Easy-stack design takes the hassle out of bringing boxes in and out.

Slide boxes in and out without having to lift off the top ones first. Boxes have a large landing surface with strong, durable construction. Great for developing explosive leg power, leg strength, and dynamic balance. Use for plyometric jumping, single leg squats, lunges, and step-ups. Constructed to hold the largest, most powerful people in athletic and clinical settings. Made from 1¼" 14-gauge, tubular steel with a ⅜" polyurethane rubber top.

| | | |
|----------|---|-----------------|
| #3409-06 | 6" High (top/base 18" x 18") | \$144.95 |
| #3409-12 | 12" High (top/base 21" x 21") | \$164.95 |
| #3409-18 | 18" High (top/base 24" x 24") | \$194.95 |
| #3409-24 | 24" High (top/base 27" x 27") | \$214.95 |
| #3409-30 | 30" High (top/base 30" x 30") | \$259.95 |
| #3409-99 | Set of 3 PlyoBoxes (12", 18", 24") SAVE! | \$479.95 |

★ **5-YEAR** warranty

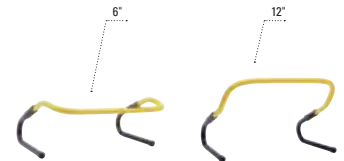
STACKABLE STEPS

High-density molded steps are perfect for all plyometric drills.

Stack easily for storage and for added heights. Priced for home use but durable enough for schools, clinics, and health clubs. Safety features include rounded corners and non-slip bottom.

| | | |
|----------|---------------------|--------------------|
| #3411-04 | 4" High (12" x 22") | \$36.95 ea. |
| #3411-06 | 6" High (12" x 22") | \$44.95 ea. |

Easily Adjust from 6" to 12"



FIRST PLACE® ADJUSTABLE BANANA STEPS

Hurdles easily adjust from 6" to 12".

Hurdle legs can be rotated to change the height from high to low. Portable hurdles can be folded down for easy storage. Sturdy, durable bases are 18" wide. Great for teaching hops, jumps, and bounds.

#3414-25 Adjustable Banana Steps **\$17.95 ea.**

★ **2-YEAR** warranty



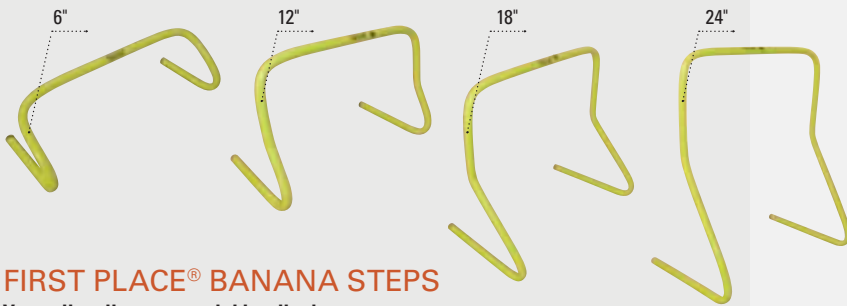
FIRST PLACE® ECONOMY PLYO BOXES

Quality at a great price!

Made of 1¼", 14-gauge welded tubular steel. Landing surface is covered with 1/8" non-skid rubber. Legs are constructed at a six degree outward angle to prevent tipping. Lightweight! Easy to move and stack.

| | | |
|----------|---|--------------|
| #3403-12 | 12" High (top 14" x 14" – base 16" x 16") | \$139.95 |
| #3403-18 | 18" High (top 16" x 16" – base 20" x 20") | \$159.95 |
| #3403-24 | 24" High (top 18" x 18" – base 22" x 22") | \$179.95 |
| #3403-30 | 30" High (top 20" x 20" – base 25" x 25") | \$194.95 |
| #3403-99 | Set of All 4 Plyo Boxes SAVE! | \$549.95/set |

★ **2-YEAR** warranty



FIRST PLACE® BANANA STEPS

Versatile, all purpose mini hurdles!

Hop, step, jump, or bound over them.

Set up a course to teach obstacle avoidance and to improve athleticism, agility, strength, and power. Change heights for speed or strength work and lateral movement drills. Portable, lightweight, and inexpensive (6" and 12" weigh less than a pound, 18" and 24" weigh less than 3 lbs.). **Banana Step Storage Rack** is a perfect solution for storing your Banana Steps and keeping them off the floor. Mounting hardware not included.



Storage Rack

| | | |
|----------|--|-------------|
| #3414-06 | Banana Step 6" High (18"W x 9"D) | \$11.95 ea. |
| #3414-12 | Banana Step 12" High (18"W x 11"D) | \$12.95 ea. |
| #3414-18 | Banana Step 18" High (24"W x 14"D) | \$18.95 ea. |
| #3414-24 | Banana Step 24" High (24"W x 19"D) | \$21.95 ea. |
| #3414-26 | Banana Step Storage Rack (17¼"L x 10½"D) | \$29.95 |

💰 **SAVE 20%** buy 3 or more ★ **3-YEAR** warranty



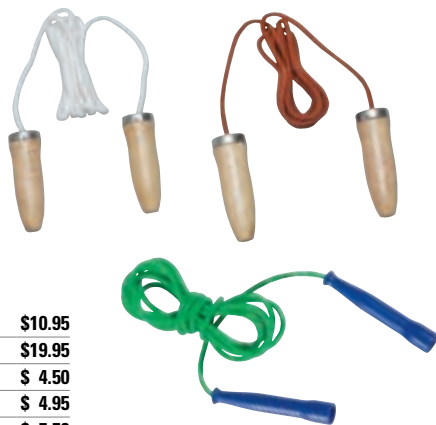
PLYOMETRIC TRAINING

LEATHER, NYLON, & LICORICE ROPES

Popular, long-lasting, and inexpensive!

Nylon and leather ropes have wooden, ball-bearing handles. Licorice rope is faster and has contoured, plastic handles.

| | | |
|----------|--------------------------|---------|
| #3418-09 | Nylon Jump Rope – 9' | \$10.95 |
| #3419-09 | Leather Jump Rope – 9' | \$19.95 |
| #3420-08 | Licorice Jump Rope – 8' | \$ 4.50 |
| #3420-09 | Licorice Jump Rope – 9' | \$ 4.95 |
| #3420-10 | Licorice Jump Rope – 10' | \$ 5.50 |



FIRST PLACE LIGHTNING ROPE

A fast, licorice-style rope.

Long handles with a foam grip help prevent hands from slipping. PVC cord eliminates rope tangle. Each rope is 9'6" long.

| | | |
|----------|----------------|---------|
| #3429-01 | Lightning Rope | \$12.95 |
|----------|----------------|---------|



POWER JUMP ROPE

Best seller! Fast action and durable beaded jump rope.

Foam cushioned handles with ball bearing-like action. Adjustable 9'6" rope for people of all sizes.

| | | |
|----------|-----------------|---------|
| #3423-01 | Power Jump Rope | \$17.95 |
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FIRST PLACE® SPEED ROPES

Very light and turn with incredible ease.

Lightning-fast ropes are perfect for speed jumping. Ropes are 9'6". Length adjusts easily to make shorter.

| | | |
|----------|------------------------------|---------|
| #3421-01 | First Place Speed Rope | \$14.95 |
| #3421-02 | First Place Ultra Speed Rope | \$21.95 |



SUPER SPEED ROPES

Extremely fast and perfectly balanced.

Coated stainless steel cable is attached to metal ball bearings and durable plastic handles.

| | | |
|----------|----------------------------|---------|
| #3422-01 | ● Super Rope – Small 8'6" | \$29.95 |
| #3422-02 | ● Super Rope – Medium 9'6" | \$29.95 |
| #3422-03 | ● Super Rope – Large 10'6" | \$29.95 |



SHUTTLE MVP PRO

Low impact plyometric training!

Horizontal movement reduces stress on the spine, knees, and legs. Increase your lower extremity power to improve sprinting, jumping, and acceleration. Bands adjust resistance up to 500 lbs. Use for horizontal leg presses, calf raises, and single and double leg plyometric drills. Oversize, proprioceptive color kick plate provides safe landing area for jumping drills. Heavy-duty, 11-gauge steel construction. 109"L x 24"W x 40"H, weighs 200 lbs.

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| #3413-01 | Shuttle MVP Pro | \$6799.00 |
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★ **2-YEAR** warranty



Develop Explosive Power with Minimal Impact





POWER HURDLE™

Collapses when hit to prevent injuries.

Adjusts to 12 different heights from 6" to 42". Use for a wide variety of drills from hurdle walks to plyometric bounding, jumping, and hopping. Folds up for storage and transportation. Durable and inexpensive!

#3426-01 Power Hurdle \$44.95 ea.

SAVE 20% buy 3 or more



Hurdles Collapse When Hit



FIRST PLACE® COMPETITOR HURDLE

Use for dynamic flexibility and advanced plyometric training.

Increase hip mobility, flexibility, and joint stability. Use in the weight room or on the field. Sets up in seconds. Adjusts to five heights – 30", 33", 36", 39" and 42". One-piece welded steel frame does not wobble. Base measures 28"L x 37"W. Multiple color options available for tube uprights.

#6621-00 First Place Competitor \$129.00 ea.

7-YEAR warranty



SMART HURDLES

Lightweight training hurdles that set up, transport, and store easily.

Unique 3-point base system decreases chance of stepping on support leg when hurdles are close together. Hurdles fold flat for easy storage. **SH I** – 6" high and comes with carry handle. **SH II** – 12" high and comes with carry handle. **SH III** – Adjusts to 12", 15", and 18". **SH IV** – Adjusts from 21"–36" in 3" increments. **SH V** – Adjusts from 27"–42" in 3" increments.

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| #3417-01 | Smart Hurdle I (set of 6) | \$89.95/set |
| #3417-02 | Smart Hurdle II (set of 6) | \$94.95/set |
| #3417-03 | Smart Hurdle III | \$54.95 ea. |
| #3417-04 | Smart Hurdle IV | \$64.95 ea. |
| #3417-05 | Smart Hurdle V | \$74.95 ea. |

2-YEAR warranty

SPEED & AGILITY TRAINING



Low Push Dual Handle Attachment



Shoulder Push Attachment

FIRST PLACE® DRIVE SLED II

Designed to allow for pushing and pulling exercises.

Vertical push handles can be taken out and placed on the other side of the sled for a quick change of direction. Flat-bottom, solid steel feet allow for smooth pushing/pulling on multiple surfaces. Multi-point attachments allow for even load during pulling exercises. Constructed of heavy-duty 11-gauge welded steel for maximum stability and durability. Includes Sled, one pair of Vertical Push Handles, Shoulder Harness, and Drag Strap. Measures 44"L x 30"W x 38"H. **Extra Vertical Push Handles** allow you to change direction while pushing without removing any parts. **Dual Low Push Handle Attachment** has 2 different pushing heights (16" & 21") which allows you to change up your grip and focus on staying low. **Shoulder Push Attachment** has 2 shoulder pads that allow you to be more explosive and drive through the sled while pushing.

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| #3601-01 | Drive Sled II | \$349.95 |
| #3601-25 | Extra Vertical Push Handles | \$54.95/pr. |
| #3601-26 | Dual Low Push Handle Attachment | \$ 74.95 |
| #3601-27 | Shoulder Push Attachment | \$154.95 |

★ **3-YEAR** warranty



"We use the Drive Sled almost every day in our training – the sled is incredibly versatile and allows us to perform a myriad of exercises depending on the emphasis of the session and the training phase. The Drive Sled and Perform Better's First Place Turf are a wonderful combination and are 'must-haves' in any high performance training facility. The Perform Better equipment we have in our 3 varsity weight rooms at the College is par excellence and is only surpassed by the incredible customer service and personal touch from Chris and his team."

Kenneth White

Head Strength & Conditioning Coach / Director of Sports Performance
(Men's Basketball), Providence College



PB EXTREME® TRITON SLED

Heavy-duty sled will help build upper and lower body strength.

Polished chrome coating gives this sled a high profile look. Multiple bars allow for both high and low pushing options. Made of a heavy-duty, 11-gauge chrome steel. Front loop allows for pulling or dragging the sled. Measures 30"L x 32"W x 39"H.

#3604-01 Triton Sled **\$329.95**



FIRST PLACE® SLED DAWG ELITE

Added push handles allow for powerful hip and leg drive.

Flat-bottom rails allow for more consistent resistance. Multi-point harness attachment allows for even load during pulling; rear handles are great for pushing. Heavy-duty 11-gauge steel and welded construction create a strong frame. Includes sled (38"L x 24"W x 12"H), shoulder harness, and drag strap.

#3605-01 Sled Dawg Elite **\$254.95**



★ **3-YEAR** warranty

★ **3-YEAR** warranty



ECONOMY FLAT-BOTTOM SLED

Great for speed training and conditioning.

Just add Olympic plates and start training! Flat bottom makes it ideal for using on a track, turf, or grass. Ridges on the top of the sled allow for an easier grip when taking plates off. Includes sled, harness, and drag strap. Measures 23.5"L x 18.5"W x 12.5"H.

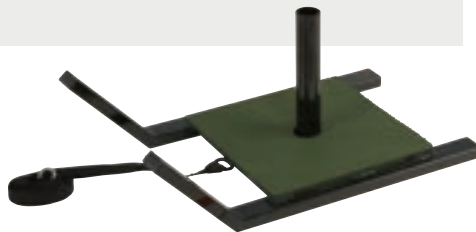
#3603-01 Flat-Bottom Sled **\$149.95**

FIRST PLACE® SLED DAWG™

Resisted running improves start and acceleration.

For resisted sprinting, use light loads. Use heavier weight for overload strength training. Add your weight plates to achieve desired resistance. No need for a partner. Slides smoothly on all surfaces. Includes sled (22" x 38" x 12"; 20 lbs.), harness, and 10' nylon drag strap. **Quick-Release**

Harness option allows you to release the sled while sprinting. Includes the vest and quick-release harness only (drag strap is not included).



#3602-01 Sled Dawg I (For 1" Standard Weight Plates) **\$184.95**

#3602-02 Sled Dawg II (For 2" Olympic Weight Plates) **\$184.95**

#3602-25 Quick-Release Harness Option **\$ 64.95**



USB SLED KIT

A sled that can be used both indoors and outdoors.

Sled base can hold your sandbags, kettlebells, and weight plates to add resistance to your workout. Great for using indoors on turf, rubber, and carpet while still being able to be used outdoors on grass and tracks. Quickly strap in your weight and start using. Versatile and portable! Rolls up so you can take it anywhere. Sandbags and external weights sold separately. Sled Kit includes (1) sled base, (2) towing straps with attachable handles, and (1) cinch belt.

#3638-01 USB Sled Kit **\$284.95**

SPEED & AGILITY TRAINING

THE CAT™

Popular for resisted and assisted lateral drills, lunges, walks, runs, hops, and more.

Used by coaches and trainers to improve lateral speed, agility, and first-step quickness. 4" padded neoprene belt allows cords to swivel in a 180-degree arc so the athlete/client can change direction while receiving consistent resistance/assistance. 8' cord stretches up to 24'. Comes with two 8' safety sleeve elastic tubes, padded swivel waist belt, two tie-off loops, four connectors, and instructions.

| | | |
|----------|-------------------------------|--------------|
| #3619-01 | The Cat | \$109.95 |
| #3619-25 | The Cat – Belt Only | \$ 54.95 |
| #3619-26 | Extra 8' Safety Sleeve Tubing | \$ 49.95 ea. |



Double-Locking Belt



\$ SAVE 15% buy 3 or more

GAMESPEED 360

A resistance trainer that allows for 360 degrees of freedom to cut, spin, juke, and shake.

Allows you to perform resisted and assisted exercises with full range of motion. The resistance cord attaches to the athlete's belt, providing a complete 360-degree rotation with continuous resistance application. Includes four different sizes of athlete waist belts, adjustable coach's belt, and an 8' safety sleeve resistance cord.

| | | |
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| #3620-01 | GameSpeed 360 | \$134.95 |
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\$ SAVE 15% buy 3 or more



DOUBLEMAN OVERSPEED TRAINER

Safe and effective way to improve speed.

Increases stride length and stride frequency —both are vital to speed development. Select medium if under 140 lbs. or heavy if over 140 lbs. Attach one end of 20' safety sleeve elastic tube to a secure object or partner's waist belt (provided). Attach other end to harness or waist belt (your choice). Tubing will tow you forward, allowing you to run comfortably at top speed. To double length, purchase extra safety sleeve elastic tube.



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|---------|--|----------|---------|--|----------|
| #3616-M | Overspeed Trainer with Shoulder Harness (medium) | \$127.95 | #3617-H | Overspeed Trainer with Waist Belt (heavy) | \$121.95 |
| #3616-H | Overspeed Trainer with Shoulder Harness (heavy) | \$127.95 | #3618-M | Extra Safety Sleeve Tube—20' long (medium) | \$ 94.95 |
| #3617-M | Overspeed Trainer with Waist Belt (medium) | \$121.95 | #3618-H | Extra Safety Sleeve Tube—20' long (heavy) | \$ 94.95 |



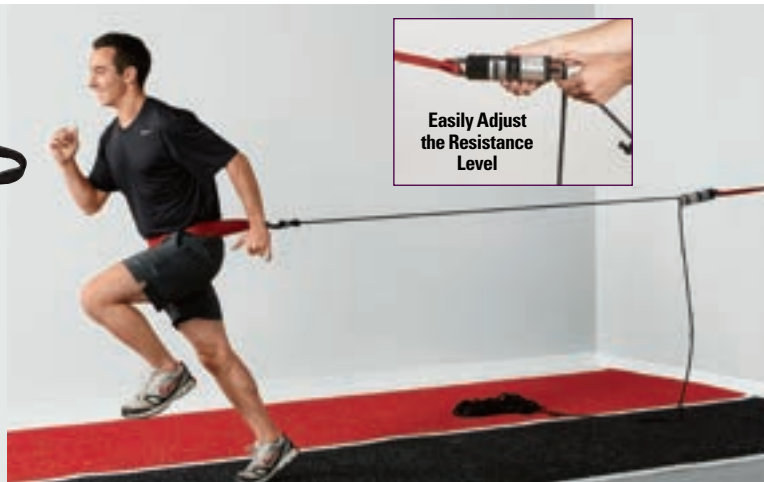


THE TRAINER™

Fixed, steady resistance for forward, backward, and lateral running.

You can adjust resistance from 0–600 units. Safe; resistance ends when athlete stops. Improves acceleration and explosiveness. Portable and easy to use—slip on padded waist belt, hook to cord, and attach Trainer to a secure object. Set resistance level and begin training. Includes Trainer, two belts, 40-yard cord, carrying case, and instruction manual.

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| #3609-01 | The Trainer | \$319.95 |
| #3609-25 | Breakaway Belt (for overspeed training) | \$ 69.95 |



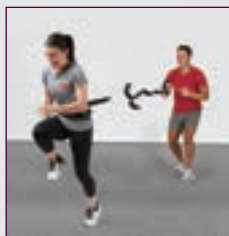
**Easily Adjust
the Resistance
Level**

BULLET BELT™

Resistance trainer with a unique release mechanism.

Waist belt attaches to breakaway strap that has hook-and-loop closure on both sides. Coach holds strap with one hand for resistance and uses other hand to release runner. Use “POP” feature to improve explosive starts and jumps. Athlete’s first movement releases strap immediately. Use “RIP” feature to overload the run. Trainer applies resistance to the athlete until he or she wants breakaway to occur, then pulls on release cable and runner becomes free. Includes a Bullet Belt carry bag.

| | | |
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| #3621-01 | Bullet Belt – “POP” feature only | \$ 44.95 |
| #3621-02 | Bullet Belt Deluxe – “POP” & “RIP” features | \$ 79.95 |
| #3621-03 | Bullet Belt Deluxe Partner Pack (has extra belt to shorten wait time) | \$114.95 |



RESISTANCE TRAINER™

Partner-resisted speed training device.

Choose padded shoulder harness or 3" wide waist belt. Both adjust for a snug fit. Develops speed, quickness, acceleration, and explosive power. Partner holds the runner back and controls resistance level. Includes shoulder harness or waist belt, 10' nylon strap connected to 10" wide handle, and snap hook connector.



| | | |
|----------|---|----------------|
| #3622-01 | Resistance Trainer with Shoulder Harness | \$53.95 |
| #3622-02 | Resistance Trainer with Waist Belt | \$43.95 |

**Waist Belt
Option Available**



SPEED CHUTE

The only running chute with adjustable resistance.

All sizes have a sliding button for fast, easy adjustment. Unique design opens chute as you begin to run. Use the Quick-Release Strap during acceleration phase for a sudden burst of speed. Flies higher and steadier than other chutes.

| | | | | | |
|---------|----------------------------------|-----------------|----------|-----------------------------------|-----------------|
| #3606-S | Small (0–10 lbs. resistance) | \$ 89.95 | #3606-L | Large (0–24 lbs. resistance) | \$104.95 |
| #3606-M | Medium (0–14 lbs. resistance) | \$ 94.95 | #3606-XL | X-Large (0–30 lbs. resistance) | \$149.95 |

SAVE 15% buy 3 or more



SPEED & AGILITY TRAINING



ABC LADDER®

#1 product to improve agility, balance, and coordination.

Spread out or pick up in seconds. Easy to use and will not tangle. Stores on its own handle. 30' long, 16" wide with sturdy flat plastic rungs that form 19 squares, each 17" long. Use as 30' ladder, or unsnap and use as two 15' ladders or four 7½' sections. Fixed rungs for no-hassle setup and greater durability. Plastic rungs are designed flat to eliminate potential injury. **Double Ladder** is a double wide 32.5" ladder that is perfect for three and four step sequence drills.

- #3632-01 ABC Ladder (30' Long) \$ 89.95
- #3632-02 Double Ladder (15' Long) \$124.95

\$ SAVE 15% buy 3 or more

★ 2-YEAR warranty



ABC Double Ladder



FIRST PLACE® AGILITY LADDER

Affordably priced agility ladder.

Rungs have rounded top and flat bottom to prevent sliding. Ladder is 28' long and breaks down into two 14' ladders. Includes carry bag for storage and transport. 20 rungs, each rung is 16" wide, 17" between each rung.

- #3633-01 Agility Ladder (28') \$74.95



CONES

Inexpensive, long-lasting field markers.

Cone flattens with pressure and returns immediately to original shape. Weighted polyvinyl base prevents tipping and sliding. **Saucer Cones** are bright and easy to see on any surface. **Saucer Cone Carrier** will hold up to 200 saucer cones. **Colored Cones** are all 12" high and are available in five different colors — red, yellow, green, blue, and purple.

- #3623-4.5 4½" Cone \$ 4.95 ea.
- #3623-06 6" Cone \$ 5.95 ea.
- #3623-12 12" Cone \$ 8.95 ea.
- #3623-18 18" Cone \$12.95 ea.
- #3624-7.5 7½" Saucer Cones \$19.95/set of 12
- #3624-12 12" Saucer Cones \$29.95/set of 12
- #3624-25 Saucer Cone Carrier \$ 4.95 ea.
- #3625-00 ●●●●● 12" Colored Cone \$ 9.95 ea.



\$ SAVE 15% buy 6 or more

ACCELERATION LADDER

Designed to help teach acceleration and increase foot speed.

Distance between the rungs increases gradually to develop proper acceleration. Spacing allows athletes to combine fast turnover with relatively short initial stride lengths for maximum speed. Rungs are spaced from 11" to 69". Ladder has modular sides so it can be combined side by side with other Acceleration Ladders. Folds up and stores on a handle for easy transport.

- #3646-01 Acceleration Ladder (36') \$99.95



Includes Handle for Easy Transport



INDOOR LADDER

Perfect for use on a gym floor or indoor surface.

Will not slide or scratch a gym floor. Lightweight rubber ladder is portable and easy to transport. Rungs are flat and form nine sections, each 12" wide and 16" long.

- #3628-01 Indoor Ladder (12') \$79.95



TRAINING ACCESSORIES

PRO WAIST BELT CINCH STRAP

4½" wide nylon with thick neoprene padding equipped with steel D-ring to accommodate up to 44" waist.

#3610-01 Waist Belt **\$48.95**



PRO THIGH CINCH STRAP

Made of 4½" wide nylon with thick neoprene padding and large D-ring connector.

#3613-01 Thigh Strap **\$34.95**



PRO ANKLE CINCH STRAP

4½" wide nylon with thick neoprene padded strap equipped with large D-ring connector.

#3611-01 Ankle Strap **\$32.95**



CAT BELT

4" padded neoprene belt has a double locking closure system for extra durability. Includes 2 D-Rings on the belt, allowing for 180 degree swivel of bands and cords. Great to use for change-of-direction drills and lateral resistance training.

#3619-25 Cat Belt **\$54.95**



TURFCORDZ SAFETY CORD TUBING

| | | |
|------------|-------------------|----------|
| #3612-08-L | 8' Light – Red | \$ 46.95 |
| #3612-08-M | 8' Medium – Blue | \$ 49.95 |
| #3612-08-H | 8' Heavy – Black | \$ 52.95 |
| #3612-20-L | 20' Light – Red | \$ 96.95 |
| #3612-20-M | 20' Medium – Blue | \$ 99.95 |
| #3612-20-H | 20' Heavy – Black | \$104.95 |



PRO PADDED HARNESS

2" wide nylon with thick neoprene padding and large D-ring connector.

#3615-01 Padded Harness **\$36.95**



FIRST PLACE® SPEED PAD

A low-impact, energy-absorbing mat.

High-density foam mat is soft enough to provide resistance for running and jumping. Sprint, bound, hop, and jump for increased intensity. Great for conditioning drills when you have limited space. Mat measures 4' x 3' x 12".

#3649-01 Speed Pad **\$329.95**



6" Bags can be Secured on Top of the 12" Bags for Added Height

FIRST PLACE® FOAM AGILITY BAGS

Set up in any configuration for the perfect speed drills.

Versatile agility bags are great for teaching knee lifts and lateral speed drills. Hurdles have a strong vinyl covering and a handle at the end for easy transporting. Use indoors or outdoors on any surface. 6" high bags are 8" wide, 36" long, and have a 4" wide top. 12" high bags are 14" wide, 36" long, and have a 6" wide top.

#3631-06 6" Agility Bags (Set of 3) **\$174.95/set**

#3631-12 12" Agility Bags (Set of 3) **\$329.95/set**

AGILITY RINGS

Great for all reaction and agility drills.

Set up in seconds. Create drills that are fun and functional. Safe, durable, and flat to avoid potential injury. An inexpensive way to have groups work at the same time. Rings are 18" in diameter.

#3626-01 Flat Agility Rings (Set of 12) **\$39.95**



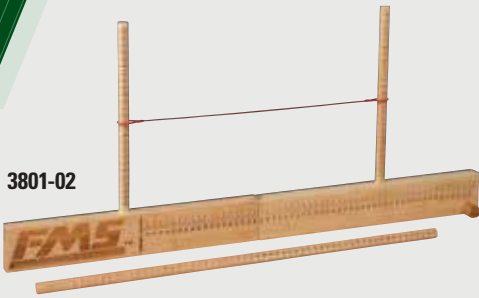
AGILITY DOTS

Set up in any configuration for reaction and agility drills.

Non-slip design adheres to any smooth indoor surface. Use for hops, jumps, and balance drills. Each set includes one agility dot of each color. All dots are 10" in diameter.

#3629-01 Agility Dots (Set of 6) **\$24.95**





3801-02



In Line Lunge



Active Straight Leg Raise



Shoulder Mobility



Rotary Stability



Hurdle Step



FUNCTIONAL MOVEMENT SCREEN TEST KITS

Test and assess functional mobility, stability, and flexibility.

Provides a simple grading system to assess movement. Functional Movement Screen Tests include the Deep Squat, Hurdle Step, In-Line Lunge, Shoulder Mobility, Active Straight Leg Raise, Trunk Stability Pushup, and Rotary Stability. Lightweight, self-contained Test Kit includes hurdle, dowel, measuring device, and Motor Control Screen Slide Box. **Professional FMS Test Kit** is a high-end kit made of sustainable bamboo with a urethane coating for added durability. Kit has laser-engraved measurements and can be broken down and stored in the FMS Travel Bag that is included.

| | | |
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| #3801-01 | FMS Test Kit | \$219.95 |
| #3801-02 | Professional FMS Test Kit (Wood) | \$389.95 |



FUNCTIONAL PERFORMANCE MAT

Effortlessly assess movement and measure progress.

Markings on the mat help with better placement of the body during certain exercises. Boxes and markings make for quick cueing and positioning. Allows coaches and trainers to see instant improvement. Measures 54" long x 26" wide.

| | | |
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| #3833-01 | Functional Performance Mat | \$118.00 |
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Motor Control Screen
Slide Box Included



Pro Kit Breaks Apart and
Fits Into Travel Bag



Professional Y-Balance Kit



"The FMS kit is an essential piece of testing equipment for Human Performance. Whether you are an athlete or someone who just wants to move better, the FMS kit allows you to understand your movement pattern and what you need to work on. It is an essential part of our program, and it should be for yours."

Brad Leshinske PhD. CSCS *D

Assistant Professor/Lecturer and Coordinator of
Exercise Science and Sports and Fitness
Administration

Y-BALANCE TEST KIT

A quick and easy way to assess a person's risk for injury.

Use for measuring pre- and post-rehabilitation performance, improvement after performance-enhancement programs, and return-to-sport readiness. Tests can show if your clients and athletes demonstrate functional symmetry. **Professional Y-Balance Test Kit** is a high-end, bamboo wood kit that can be taken apart for easy storage. Urethane coating with laser engravings makes this kit extremely durable. Travel bag is included.

#3802-01 Y-Balance Test Kit **\$269.95**

#3802-02 Professional Y-Balance Test Kit **\$389.95**



**Professional Kit Can
Be Taken Apart for
Easy Storage**



Smartphone Interface Upgrade Available



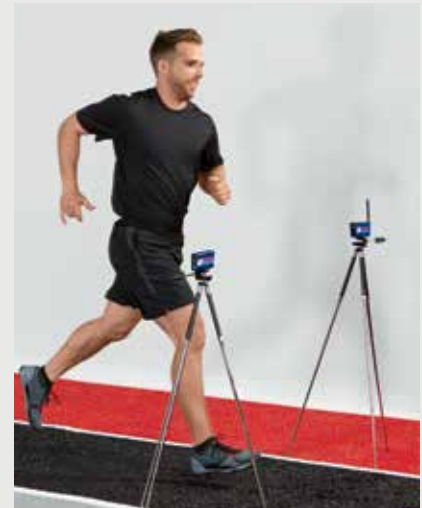
BROWER TCI TIMING SYSTEM

Wireless timing system with 1/1000 second accuracy.

Times any distance, shuttle run, or agility drill. Keeps up to 1,000 unique athlete ID numbers with 1,000 athlete memory. Use additional sensors to break down up to 20 splits. Improved user interface with better channel separation when using multiple systems in the same area. Includes 1 set of infrared sensors with tripods, motion start with keypad, hand monitor, 9V battery, carry bag, and manual. **Smartphone Interface Option** includes the TCI Timing System as well as the Smartphone upgrade. iOS- and Android-compatible, this feature allows you to start the timer, sort results, upload the results to your Smartphone in real time, and email all files and data immediately.

| | | |
|----------|--------------------------------------|-----------|
| #3810-01 | TCi System | \$1315.00 |
| #3810-25 | Extra Set of Sensors with Tripods | \$ 523.00 |
| #3810-27 | TCi System with Smartphone Interface | \$1710.00 |

★ **2-YEAR** warranty



BROWER BLACK BOX SYSTEM

A smartphone timing system with proven reliability, range, and precision at an entry level price.

Radio range up to 600 feet. Brower TCi photogates can be added for split times. Smartphone is used to receive and display finish times. Both iOS- and Android-compatible. Includes the Black Box Finish Gate with 2 tripods, motion start, and black box app.

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| #3832-01 | Brower Black Box System | \$765.00 |
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DASHR TIMING SYSTEM

A wireless, electronic timing system.

System is controlled by a free iOS- and Android-compatible app. Simple set up allows you to set up the timing gates, open the app, and start timing. Perform timed sprints, flying starts, pro agility and shuttle runs, timed laps, and more! **Dashr Kit** includes 2 timing gates with tripods, 2 mini tripods, 2 lasers, and 2 reflectors, allowing for one time to be recorded. **Multi-Event Kit** includes 3 timing gates, 4 tripods, 2 mini tripods, 3 lasers, and 3 reflectors, allowing for two times to be recorded. **Elite Kit** includes 4 timing gates with 6 tripods, 2 mini tripods, 4 lasers, and 4 reflectors, allowing for three times to be recorded.



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| #3826-01 | Dashr Kit | \$ 689.00 |
| #3826-02 | Multi-Event Kit | \$ 989.00 |
| #3826-03 | Elite Kit | \$1299.00 |
| #3827-01 | Extra Set of Lasers with Gates | \$ 349.00 |



JAWKU SPEED

App-based, wearable technology measures speed, agility, and reaction time.

Tested accurate to the 100th of a second. Track any sprint or any agility drill, like a 5-10-5, cone drill, or L-Drill. Your phone acts as the finish line and can capture a true photo finish. Measures up to 8 splits at once and allows you to build your own custom drills. Compatible with iOS and Android. Includes 1 Speed Sensor, 1 Wristband, 1 Mobile Stand, 1 USB Charger, and free mobile app.



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| #3829-01 | JAWKU Speed | \$199.99 |
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ACCUSPLIT 601X

Large, easy-to-read display.

Single event/cumulative splits. 1-2 fast finish buttons. Water resistant. Available in black, blue, red, yellow, and green.

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| #7419-00 | Accusplit 601X | \$20.95 |
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★ **3-YEAR** warranty



FIRST PLACE® M-F 100 STOPWATCH

Great Stopwatch at a great price.

Multi-function stopwatch with a 100 memory recall. 3 display split/lap/cum. Has a countdown timer, metronome, and 10-hour timing range. Recalls fastest, slowest, and average lap times.

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| #7415-01 | M-F 100 | \$42.00 |
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★ **5-YEAR** warranty



PB EXTREME® INTERVAL TIMERS

Easy to use and highly visible.

Time of day can be displayed when clock is not in use. Timers count down, count up, and have a stopwatch function. Tabata timer consists of 8 rounds, with a 20-second workout time followed by a 10-second rest time. Pre-programmed fight mode consists of 3 rounds, with a 5-minute workout period followed by 1 minute rest. Custom intervals can be programmed with 10 shortcut keys for memory programs. Includes timer with internal horn, AC Adapter, and remote.

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| #3813-04 | 4-Digit Timer with 6" Digits | (23"L x 8"H) | \$259.95 |
| #3813-06 | 6-Digit Timer with 6" Digits | (34.5"L x 8"H) | \$459.95 |
| #3813-08 | 6-Digit Timer with 9" Digits | (44"L x 12"H) | \$859.95 |

★ **2-YEAR** warranty



3813-04



3813-06



3813-08



JUST JUMP SYSTEM

Measures vertical jumps, shuttle runs, explosive leg power, anaerobic capacity, and contact time.

Hand-held computer displays height and hang time for one jump and average ground contact, height, and hang time for four jumps. Times agility and shuttle runs. Records 60 jumps, then averages heights, contact times, and leg power for first and last 15 jumps to measure anaerobic capacity. Large landing surface (27" x 27" mat). Extremely accurate and reproducible. Eliminates guesswork. Portable, easy to operate, sets up in seconds. Battery operated.

#3807-01 Just Jump System **\$749.00**



Displays Weight, Muscle Mass, and Body Fat in Seconds

INBODY 270 BODY COMPOSITION ANALYZER

Measure your fat, muscle, and water levels in less than a minute.

Simply stand on the device and hold the hand electrodes to test. Safe, low-level currents are sent through the body via the hand and foot electrodes, which encounter bioelectrical impedance to measure body composition. Voice guidance system allows users to test with and without a trained professional. Each test will print out a full-page results sheet detailing all the data of the user. Includes the InBody270 Body Composition Analyzer, (1) Laser Printer, (1) Box of 500 Result Sheets, (1) Box of 300 InBody Tissue, (1) USB for data transfer, and a Results Interpretation Poster.

#3821-01 InBody 270 **CALL FOR PRICE**

SCALES

PHYSICIAN DIGITAL SCALE

Provides an instant digital readout. Factory calibrated to ensure accuracy. Measures height to 78" (195 cm) and weight to 400 lbs. (180 kg). 6V rechargeable battery included. Optional 120V AC adapter available.

FIRST PLACE MECHANICAL SCALE

Weight and height both read in metric and English. Heavy-duty, anti-slip platform with eye-level beams. Measures to a max height of 78" and a max weight of 440 lbs. Built-in wheels allow the scale to be moved easily.

#3803-02 Physician Digital Scale **\$799.95**
 #3803-03 Mechanical Scale **\$269.95**



SKINFOLD CALIPERS

Accurately measure body fat percentage.

Lange Skinfold Calipers are the most popular calipers. Durnin/Womersley Formula measuring points for both men and women include: Bicep, Tricep, Subscapula, and Iliac Crest. Scale goes up to 60mm with 1mm accuracy. Includes a manual and carrying case. Two-year warranty.

Baseline Skinfold Calipers are quality at an affordable price. Durnin/Womersley Formula measuring points. Measures in millimeters (0-70mm). Includes a manual with tables and carrying case.

#3804-01 Lange Skinfold Calipers **\$309.95**
 #3804-02 Baseline Skinfold Calipers **\$199.95**



3804-01



3804-02



3808-02



VERTEC

Most popular device for testing vertical jump height.

Easy to use! Simply measure standing reach of subject with one arm fully extended upward. Have subject jump and touch highest possible vane. Then measure the difference between standing reach and jumping height. Measures vertical jump height and tests athlete's explosive power. Use to train good jumping techniques and to improve endurance with repeat jumps. Measures in English. Vanes are spaced 1/2" apart and rotate when touched for easy measurement.

| | | |
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| #3808-01 | Vertec | \$829.00 |
| #3808-02 | Wall-Mounted Vertec | \$829.00 |

NEW MOVEFACTORX MODULE

Provides instant barbell tracking and velocity-based training performance feedback.

Sensor provides you with information showing power, force, speed, and bar distance. Simply attach module to an Olympic Bar for instant feedback on your lifts. Information is sent directly to your mobile device via Bluetooth Smart (iOS required). Runs on a coin cell battery, eliminating the hassle of rechargeable batteries. Power indicator lets you know if the module is synched up and ready to go.



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| #3836-01 | MoveFactorX Module | \$349.00 |
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BLAZEPODS

Train reaction time, enhance coordination, and boost speed.

Download the app and control the pods with your phone using Bluetooth technology. Choose from preset programs or personalize them to fit your training needs. Track your progress with the BlazePod app and measure your performance down to the millisecond. Up to 40 meter device-to-pod range with auto-connection. Durable and weatherproof for both indoors and outdoors. Compatible with both iOS and Android. Includes 6 pods, 6 adaptors, 6 suction cups, 6 webbing straps, a charger and a carry bag.

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| #3834-01 | BlazePods | \$499.00 |
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FITLIGHT™ TRAINER

A wireless training system that focuses on reaction training, movement training, and vision training.

Set up lights in any configuration to improve hand-eye coordination and agility. Lights are used as targets to help train reaction time and speed. Program lights can be deactivated by full contact or by proximity sensing. Various measurements can be captured for immediate feedback through Real Time Assessments or Data Capture. Mount LED lights to any wall, floor, or piece of equipment for endless training options. System includes eight LED powered lights, self-charging storage case, and access to the FitLight App.



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| #3812-01 | FitLight™ Trainer | CALL FOR PRICE |
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MYZONE BELT

An easy-to-use, group heart rate tracking system.

The most accurate wearable device available that can track exactly how hard you are working. View real-time feedback during your workout that can show heart rate, calories burned, zone color, effort, and MEPs earned. Straps connect to other heart-rate compatible equipment for maximum versatility. Wirelessly uploads activity both in and out of the club directly to a trainer, coach, or owner account. **NEW! MyZone Switch** is an interchangeable exercise tracker that allows you to wear your heart rate monitor on your chest, arm, or wrist, even when swimming. Light indicator and built-in memory allow you to see your zone without a phone.

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| #3822-25 | MZ-3 Belts | \$99.00 |
| #3822-27 | MyZone Switch | \$159.00 |



MZ Switch



Instantly Uploads Workouts



Also Available
in Silver

PB EXTREME® HALF RACK

Quality weight equipment at an affordable price.

Comes complete with weight storage unit, safety spot arms, bar holders, hook plates, knurled P-grip pull-up bar, band attachments, and a 6-peg weight storage system. Weight storage system can accommodate both Olympic Plates and Bumper Plates. Safety locking pistol grips on safety spot arms and J-Hooks make for easy adjustments. Chrome-plated hook plates and chrome-plated band attachments are included. Constructed of 9-gauge steel. Each rack has an 8' high pull-up bar. Available in silver or black frames. All racks must be bolted to the floor. Racks measure 56"D x 72"W. **PB Extreme Connectors** allow you to create a dedicated space between your PB Extreme Half Racks for either pull-ups or suspension training exercises. Connectors are 8' long with a 4' pull-up bar. **8' x 6' Platform with Insert** has a hand-made tongue and groove oak footing with a 3-piece tube frame and 3/4" thick rubber mats. Ramps included with each platform. Custom logos available. **Dip Attachment** easily attaches to your Half Rack, allowing you to perform dips, triceps, and core work. **Extreme Core Trainer Attachment** locks right into your rack so you can perform more rotational and functional exercises with your Olympic Bar.

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| #4001-00 | ● / ● PB Extreme Half Rack | \$2495.00 |
| #4001-25 | PB Extreme Connector | \$ 499.00 |
| #4001-26 | 8' x 6' Platform with Insert | \$2995.00 |
| #4001-28 | Dip Attachment | \$ 249.00 |
| #4001-29 | E.C.T. Attachment for PB Extreme Racks | \$ 209.00 |

★ 5-YEAR warranty



E.C.T. Attachment Hooks
to Band Pegs



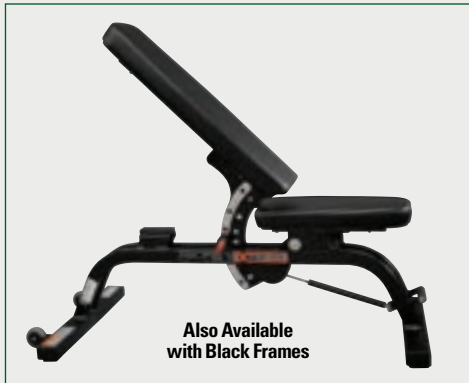
Dip Attachment
Available



Safety Locking
Pistol Grips



Numbered Hook Plates
for Easy Bar Placement



Also Available with Black Frames



Red and Blue Benchpads Available



Customize Your Benches with Optional Embroidered Headwraps



PB EXTREME® ADJUSTABLE BENCH

Hydraulic piston assist allows for quick and easy adjustments.

Bench back adjusts to five positions (flat to 82 degrees) and the seat can adjust to five positions as well. Welded frame for strength and durability. Handle and wheels allow for easy movement around your gym. Available in black or silver frames. Bench measures 53.5"L x 24"W x 18.5"H when flat. **Extra Benchpads** are available in black, red, or royal blue. **Logo'd Headwraps** are available and can be embroidered to add customization to your benches.

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| #4003-00 | ● / ● PB Extreme Adjustable Bench | \$629.00 |
| #4004-00 | ● / ● / ● Extra Benchpads | \$149.00 |
| #4005-00 | Logo'd Headwrap | CALL FOR PRICE |

★ 2-YEAR warranty

PB EXTREME® POWER RACK

Allows for safe training with its self-spotting capability.

Strength exercises can now be done both inside and outside of the rack. Band attachments are located on both the upper and lower sides of the rack for band assisted and resisted exercises. Includes a weight storage system that accommodates both Olympic plates and bumper plates. Safety locking pistol grips come on both the J-hooks and Safety Spot arms, making it easy to change positions. Numbered hook plates allow for easy adjustments. Available in black frames only. **8' x 6' Platform with Insert** has hand-made tongue and groove oak footing with a 2" x 3" steel tube frame. Rubber mats are 3/4" thick and water jet cut for a precise fit. Ramps included. Custom logos available. **PB Extreme Connectors** allow you to create a dedicated training space between your Power Racks for pull-ups or suspension training exercises. Connectors are 8' long with a 4' pull-up bar. **Dip Attachment** attaches right into the hook plates and allows you to perform dips, tricep and core work. **Extreme Core Trainer Attachment** locks right into your rack so you can perform more rotational and functional exercises with your Olympic Bar.

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| #4002-01 | PB Extreme Power Rack | \$3295.00 | #4001-28 | Dip Attachment | \$249.00 |
| #4002-26 | 8' x 6' Platform with Insert | \$2995.00 | #4001-29 | E.C.T. Attachment for PB Extreme Racks | \$209.00 |
| #4001-25 | PB Extreme Connector | \$ 499.00 | | | |



★ 5-YEAR warranty



WEIGHT TRAINING



Dip Attachment Available



Heavy-Duty J-Hooks with Safety Locking Pistol Grips



Safety Spot Arms Are Included



PB EXTREME® VICTORY RACK

A higher-end, modular rack that can accommodate multiple users while freeing up floor space.

Each 4' section includes a pair of safety spot arms and J-Hooks with safety locking pistol grips. Knurled parallel grip pull-up bars allow for easy gripping when doing pull-ups or chin-ups. Conveniently spaced to mount to 16" on-center studs. Constructed of 9-gauge steel. All units must be bolted to the floor. **Dip Attachment** can easily attach to your rack, allowing for dips and core work to be performed.

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| #4006-01 | PB Extreme Victory Rack | (14'6"L x 8'8"D x 8'H) | Free Standing | \$6995.00 |
| #4006-02 | PB Extreme Victory Rack | (14'6"L x 5'6"D x 8'H) | Wall Mounted | \$3995.00 |
| #4001-28 | Dip Attachment | | | \$ 249.00 |

For Custom Configurations

Call 800-556-7464



PB EXTREME® FREE STANDING PLATFORMS

Four-piece tube frame is constructed from 2" x 3" steel tube, making it more resistant to dents than a channel steel frame. Handmade tongue-and-groove oak footing area. 3/4" thick rubber mats are water jet cut for a precision fit and manufactured to withstand heavy loads. Frames are now available in any of the standard frame colors. Ramps (offered in black only) are included with each platform. Made in the USA!

| | | |
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| #4007-06 | 8' x 6' Hardwood Platform | \$2295.00 |
| #4007-08 | 8' x 8' Hardwood Platform | \$2495.00 |



MOVESTRONG NOVA WALL MOUNT

Maximize floor space for personal training and small group training workouts. Great for accommodating smaller training spaces. Cantilever bridge design leaves area under the monkey bars open for more training area. Overhead training options are perfect for suspension training, resistance bands, and even hanging heavy bags. Design allows this unit to span any length in 10' long increments. Bridge comes out 5'2" from the wall. Customize your unit with the features and accessories specific to your training needs.

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| 4104-01 | NOVA Wall Mount | CALL FOR PRICING AND MORE INFORMATION |
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Single-Sided Spectrum Rack

PB EXTREME® SPECTRUM RACK

The perfect solution for your functional training space.

Modular design allows you to build on demand to meet both your training and storage needs. Each rack includes a pull-up bar with 2 eye hooks on the end for suspension trainers or resistance bands. Each shelf measures 44" long and can mount at multiple heights. Choose the storage components that you prefer for each rack section.

Components include a dumbbell tray, kettlebell tray, and a medicine ball tray. Additional bays can be added to extend the length of your rack. **Single Sided Add-On Bay** allows you to extend your Spectrum Rack, increasing your storage and number of bays. **Double-Sided Spectrum Rack**

allows for training and storage on both sides of the rack and also includes a pull-up bar on each side.

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| #4154-01 | Spectrum Rack | CALL FOR PRICE |
| #4154-02 | Double-Sided Spectrum Rack | CALL FOR PRICE |
| #4154-25 | Single Sided Add-On Bay | CALL FOR PRICE |



Double-Sided Spectrum Rack with Add-On Bays



Extra Large Hooks for Hanging Suspension Trainers or Heavy Bags



Medicine Ball Trays Hold All Size Medicine Balls



Trays Are Lined to Keep Equipment from Scratching the Rack



To Learn More About Custom Configurations

Call 800-556-7464

TRX BRIDGE

Modular solutions that meet an array of functional training and storage needs.

Customizable storage options allow you to choose what configuration works best for your facility. Bridges can be made at 14', 21', or 28' long. Both standard (7') and extended (10') height versions are available. Add-on options include wall bars, standard shelf for free weights or rollers, stability ball shelf, mat holder, dip station, deluxe pull-up bar, and storage drawer. Connect additional bays or bridges for unlimited training possibilities.

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| #4152-00 | TRX Bridge | CALL FOR PRICE |
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Platform and Insert Not Included.

| Standard Frame Colors | | |
|-----------------------|-------------|-------------|
| Platinum | Gloss White | Gloss Black |
| Royal Blue | Navy Blue | Purple |
| Yellow | Maroon | Orange |
| Light Blue | Clear Coat | Red |

UCS X-20 HALF RACK & X-40 POWER RACK

Top of the line! Designed to look great and last forever.

Comes complete with weight storage unit, bar holder, combo grip pull-up bar, quick-release single bar holders, safety spot arms, and an 18" deep spotter's area. Heavy-duty 7-gauge 3" x 3" steel uprights. Nickel-plated hook plates attach to uprights with hidden hardware. Racks are available in 8' or 9' heights.

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| #4013-08 | UCS Half Rack | (48"D x 75"W) | CALL FOR PRICE |
| #4014-08 | UCS Power Rack | (80"D x 75"W) | CALL FOR PRICE |



Strength training is key to building a resilient athlete or an everyday Jack or Jill. The PB Extreme Half Racks give us the versatility we need for both, whether it's team training, small-group semi-private training, or one on one. We have six of them in our facility and they're indestructible!

Colby Schreckengost

Founder/Owner/Operator at Next Level Training, Haymarket, VA

| Standard Vinyl Colors | | |
|-----------------------|--------------|-------------|
| Black | Cadet | Blue Jay |
| Royal Blue | Emerald | Purple Iris |
| Candy Apple | New Burgundy | |



Custom Logos Available



UCS ADJUSTABLE INCLINE BENCH

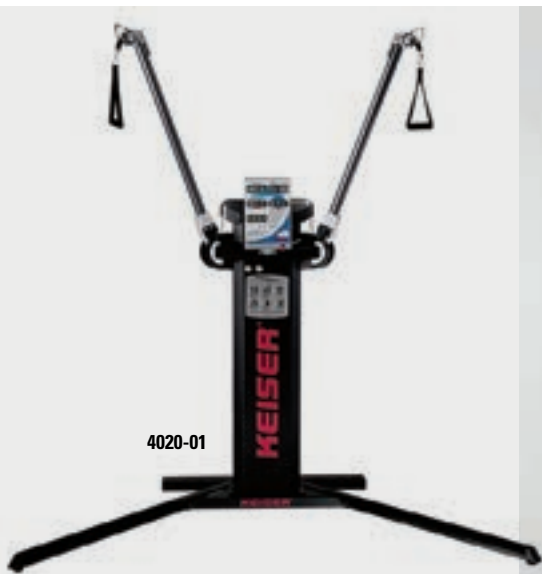
Welded frame for strength. Adjusts to eight positions effortlessly from 0 to 82 degrees. Welded handle and non-marking wheels allow for easy movement of bench. 3" x 2" 7-gauge steel with 1/4" steel plate and 2" thick pad. 54"L x 24"W. Weighs 130 lbs. **UCS HS Bench** is more streamlined and lighter than the regular incline bench. Weighs 100 lbs.

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| #4015-00 | UCS Adjustable Incline Bench | CALL FOR PRICE |
| #4016-00 | UCS HS Bench | CALL FOR PRICE |

UCS PLATFORMS

Unique, cropped corner shape eliminates dangerous edges. 11-gauge, 1 1/2" steel frame is custom formed around the three platform layers. Rubber sections constructed with 2" x 4" select pine, 1 1/2" plywood, and finished with 3/4" rubber. Center section is topped with 3/4" select tongue-and-groove oak. Platforms are finished with six layers of polyurethane for protection.

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| #4018-06 | 8' x 6' Platform Only | CALL FOR PRICE |
| #4018-08 | 8' x 8' Platform Only | CALL FOR PRICE |
| #4019-01 | 8' x 6' Platform with Insert for Half Rack | CALL FOR PRICE |
| #4019-02 | 8' x 6' Platform with Insert for Power Rack | CALL FOR PRICE |



4020-01

KEISER FUNCTIONAL TRAINER & TRIPLE TRAINER

Revolutionary air resistance allows for safe, smooth exercises at any speed. No flying weight stacks!

Resistance is consistent and unaffected by speed of exercise. Zero shock loading to muscles, connective tissues, and joints. Resistance range: 0–106 lbs. Adjusts in 1 lb. increments. Two high/low adjustable arms that allow hundreds of cable column exercises to be performed at varying positions and angles. Each unit provides a Power Display that shows power output in watts, gives optimal resistance level, and allows for downloading workout data. 48"L x 66"W x 93"H. **Triple Trainer** accommodates up to three users at one time in a space-saving, triangular-shaped column (57"L x 104"W x 91"H). **Air Compressor** is ultra quiet and has an internal dryer that keeps air clean and dry, preventing corrosion or breakdown of equipment. Powers 1–8 Keiser units and measures 26"L x 15"W x 16"H.

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| #4020-01 | Keiser Functional Trainer w/Base | \$ 5680.00 |
| #4020-02 | Keiser Functional Trainer (No Base) | \$ 4526.00 |
| #4020-03 | Keiser Triple Trainer | \$13,790.00 |
| #4020-25 | Keiser Air Compressor | \$ 1700.00 |



Compressor Sold Separately



KEISER PERFORMANCE TRAINER & INFINITY SIX PACK

Air resistance is consistent and unaffected by speed of exercise.

Each unit provides a Power Display that shows power output in watts, gives optimal resistance level, and allows for downloading workout data.

Performance Trainer is a single-column high/low pulley system that mounts to any wall for ultimate space efficiency (12"L x 24"W x 87"H).

Mounting Kit included. **Infinity Six Pack** is designed for training multiple users simultaneously and is essentially six Performance Trainers mounted to a hexagon-shaped frame (48"L x 48"W x 87"H). Compressor sold separately.

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| #4021-01 | Keiser Performance Trainer | \$ 3940.00 |
| #4021-02 | Keiser Six Pack | \$24,970.00 |
| #4020-25 | Keiser Air Compressor | \$ 1700.00 |



Arm Settings Can Accommodate Virtually Any Movement Pattern



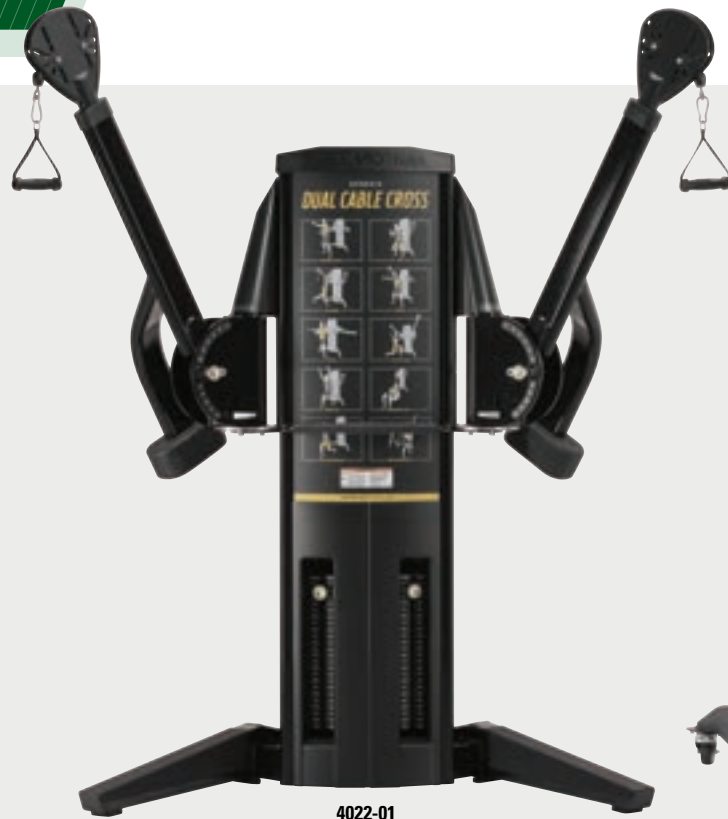
Dual Independent Weights Stacks



Counterbalanced Arms for Easy Positioning



Pulley Design Ensures Fluid Cable Travel



4022-01



4022-02

FREEMOTION DUAL CABLE CROSS & CABLE COLUMN

Train the entire body in every plane of motion.

Swivel-pulley design ensures fluid cable travel and provides nearly unlimited range of motion. Independently rotating arms have 12 vertical and 9 horizontal settings to accommodate just about any movement pattern. Handles can move independently for virtually unlimited exercises. Extensive cable travel (97") allows for full flexion or extension exercises to be performed. Dual independent weight stacks allow two people to work out simultaneously. Each weight stack has 80 lbs. of resistance. Available in black, white, or platinum frames. **Cable Column** adjusts from 14" to 84" with 96" of cable travel and has a 50 lb. weight stack. Each cable column comes with two long handles, one short handle, and an ankle cuff and has heavy-duty wheels for easy movement.

#4022-01 FreeMotion Dual Cable Cross (70"L x 122"W x 95"H) **\$5995.00**

#4022-02 FreeMotion Cable Column (35"L x 43"W x 91"H) **\$2895.00**

NEW ANCORE PRO

Commercial level cable training at a fraction of the cost and space.

A cable system designed for use on nearly any squat rack, pole, beam, or fixture. Roller guidance system increases cable longevity and makes for a smooth cable training experience. Redesigned resistance plates ensure maximal durability and lifespan when adjusting resistance. Machined-metal face enables these to withstand any high-performance environment. Ranges in resistance from 5 lbs. to 65 lbs. and has a cable length of 8 feet. Includes (1) ANCORE Pro Base Unit, (1) strap mount, (4) 10 lb. resistance plates, (2) 5 lb. resistance plates, and a handle attachment.

#4183-01 ANCORE Pro (12"L x 4.75"W x 3"H) **\$649.00**



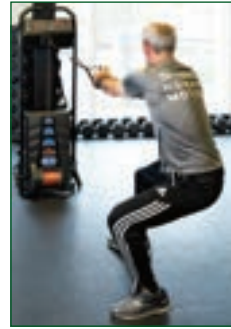


PB EXTREME LAT/LOW ROW

A versatile solution for providing great back workouts.

Switch from a lat pulldown to a low row exercise without having to disconnect handles. Adjustable foot plate and thigh pads ensure proper positioning for every athlete. Space-saving design combines 2 great machines into 1 smaller footprint. 250 lb weight stack goes up in 10 lb. increments. Includes a revolving pulldown bar and seated row attachment.

#4160-01 Lat/Low Row (97"H x 40"W) **\$2995.00**



OHM RUN DELTA-KINETIC TRAINER

Optimize strength and power by working against accommodative resistance.

Fixed speed and fixed load resistance settings allow for dynamic horizontal movements. Reactive Resistance Technology responds to every user's ability, making it great for all training and rehab programs. Tracks force and power data. Resistance ranges from 0–200 lbs. in constant speed mode and 20–100 lbs. in constant force mode. Fixed speed range goes from 0.8 MPH to 8 MPH in 0.1 MPH increments. **Floor Mount** allows you to lock in your OHM Run Trainer when you don't have something to attach it to.

OHM Power Harness has 6 connection points and is designed to handle heavy loads created from the OHM Run.

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| #4151-01 | OHM Run (24"L x 32"W x 58"H) | CALL FOR PRICE |
| #4151-25 | Floor Mount | \$499.00 |
| #1475-00 | OHM Power Harness (M, L, XL, XXL) | \$269.95 |

NEW VERSAPULLEY

An inertial flywheel-training device.

A high/low strength exercise pulley machine that combines speed, power, and functional mobility through any range of motion with accommodating inertial resistance at any speed. Gives athletes the ability to perform exercises in both a horizontal and vertical application. Athletes can train at any load, at any speed, and in any plane. Includes a SmartCoach System that is composed of a power meter and data acquisition and analysis software. **Squat Deck** option is an elevated deck to provide a deeper squatting range of motion. Includes removable support arms for more controlled movements.

#4181-01 VersaPulley with SmartCoach Sensor **CALL FOR PRICE**

#4182-01 VersaPulley with Squat Deck **CALL FOR PRICE**



PB EXTREME® SINGLE LEG SQUAT STAND

Perform single leg exercises comfortably.

Perfect for working your hamstrings, glutes, quads, and low back. Use for all single-leg work. No more searching for a bench! Sturdy design now has a one piece tubular steel base with a heavy-duty vinyl encased foam covering. **Adjustable Single Leg Squat Stand** can be adjusted from 9"-21" in 3" increments.

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| #4146-01 | Single Leg Squat Stand (32"L x 22"W x 18"H) | \$209.95 |
| #4068-02 | Adjustable Single Leg Squat Stand (35"L x 22.5"W) | \$299.95 |

★ **3-YEAR** warranty



4146-01

4068-02



PIT SHARK BELT SQUAT

Increase strength and power, and add tremendous flexibility to your weight training program.

De-loads the spine while maximizing full range of motion. Great for belt squats, jump squats, single leg squats, good mornings, reverse lunges, and more. Squat deep, add weight, and even incorporate band resistance. Available in a white or black frame. Includes a belt with speed hook, squat handles, power deck, weight storage, band pegs, and a stainless steel plate logo.

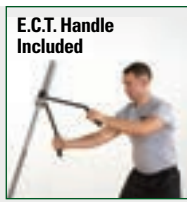
#4070-01 ○ / ● Short Frame Premium Package (60"H x 67"W x 66"D) **\$3400.00**

PB EXTREME® GLUTE HAM

Hydraulic lift allows for quick and easy rear height adjustments.

12 linear adjustments on center guide rail can accommodate any user. Front pads rotate 360 degrees to perform both glute ham raises and reverse hypers. Walk-through design makes getting on and off the unit simple. Band attachment pegs allow you to add resistance to your exercises. Rear handles allow for easy positioning when doing reverse hypers. Measures 75"L x 37"W x 49"H.

#4008-01 PB Extreme Glute Ham **\$1595.00**



FIRST PLACE® EXTREME CORE TRAINER

Just add your Olympic bar and weights for a challenging, functional core workout.

Multi-directional swivel lets you do rotational exercises and presses from a standing position. Challenges all muscles of the torso. Portable! Use in the gym, at home, or outside. Add your weight plates for greater resistance. Includes E.C.T. handles that allow for various grip positions. **E.C.T. II** has a double barrel, allowing for 2 bars to be used at once for more training options! **E.C.T. Sleeve** is a portable version of our popular Extreme Core Trainer. Just put the end of the sleeve into an Olympic plate and begin training. The **T-Handle** option can be added to your Olympic bar to make rows and pulls easier. The **Single Handle** option allows you to get a better grip while using just one arm for rows, pulls, and presses.

| | | |
|----------|----------------------|----------|
| #4063-01 | Extreme Core Trainer | \$269.95 |
| #4063-02 | E.C.T. II | \$349.95 |
| #4063-03 | E.C.T. Sleeve | \$ 79.95 |
| #4063-25 | T-Handle | \$ 52.95 |
| #4063-26 | Single Handle | \$ 36.95 |

5-YEAR warranty



FIRST PLACE® PORTABLE FOAM GLUTE HAM

Low profile, inexpensive glute ham.

100% foam core maximizes comfort during all hamstring, low back, and glute exercises. Measures 29"L x 23"W x 18"H.

#4065-01 Portable Foam Glute Ham **\$259.95**



OPTI-BAR

A unique attachment for your Extreme Core Trainer.

Opti-Bar slides directly on the end of an Olympic Bar and allows you to perform numerous exercises like squats, deadlifts, rows, and clean and press movements. Rotating handles allow for easier movements when changing positions. Weight horns allow you to add plates for greater resistance. Each Opti-Bar weighs 45 lbs. and measures 64" L x 38" W.

#4148-01 Opti-Bar **\$269.95**

WEIGHT TRAINING

PB EXTREME® WEIGHTLIFTING BARS

Our most popular bars.

20 kg Olympic Bar



15 kg Olympic Bar



Elite Power Bar



1500 lb Test Bar



1200 lb Test Bar



15 lb Aluminum Training Bar



★ **2-YEAR** warranty

PB EXTREME® MEN'S 20KG OLYMPIC BAR

Black zinc-plated bar with bright sleeves has both Olympic and powerlifting marks. 28.5mm thick bar with light knurling and no center knurling. Dual Oillite bronze bushings and snap-ring ends in each sleeve. Made in the USA!

#4025-01 7'2" Men's 20kg Olympic Bar **\$349.95**

PB EXTREME® WOMEN'S 15KG OLYMPIC BAR

Black zinc-plated bar with clear zinc ends has both Olympic and powerlifting marks. 25mm thick bar with light knurling and no center knurling. Dual snap-ring ends and Oillite bronze bushings in each sleeve. Made in the USA!

#4026-01 6'7" Women's 15kg Olympic Bar **\$329.95**

PB EXTREME® ELITE POWER BAR

Quality, durable all-purpose powerlifting bar. Strong knurling helps with grip so bars will not slide in hands while deadlifting or benching 28 mm diameter grip with a 1500 lb. static test weight.

#4030-01 7'2" Elite Power Bar (45 lbs.) **\$379.95**

PB EXTREME® 1500 LB TEST BAR

Zinc-plated bar with bright sleeves has both Olympic and powerlifting marks. 28.5mm thick bar has medium and center knurling and medium whip. Dual Oillite bronze bushings and snap ring ends in each sleeve. Made in the USA!

#4028-01 7'2" 1500 lb. Test Bar **\$349.95**

PB EXTREME® 1200 LB TEST BAR

The most popular bar with schools and traditional lifters. Power Bar is a clear zinc-plated bar with clear zinc ends. 32mm thick bar has plated steel bushings and dual-roll pins in the ends. Made in the USA!

#4027-01 7'2" 1200 lb. Test Bar **\$319.95**

PB EXTREME® 15 LB. ALUMINUM TRAINING BAR

28mm diameter clear zinc training bar. Light knurled bar has no center knurling and has both Olympic and powerlifting marks. Dual snap-ring ends and Oillite bronze bushings in each sleeve like the regular Olympic Bars. Made in the USA!

#4029-01 5'4", 15 lb. Aluminum Training Bar **\$234.95**

FIRST PLACE® ECONOMY BARS

Quality barbells at a great price.

Economy 20 kg Olympic Bar



Economy 1500 lb Test Bar



Economy 20 lb. Training Bar



FIRST PLACE® ECONOMY 20KG OLYMPIC BAR

Chrome-coated bar with brass bushings in each sleeve. 28mm thick bar has a 1200 lb. max weight capacity. Dual knurl marks with no center knurl makes it great for Olympic lifting.

#4118-01 7'2" Economy 20kg Olympic Bar **\$199.95**

FIRST PLACE® ECONOMY 1500 LB. TEST BAR

Solid steel bar is ideal for pressing exercises and deadlifts. 32mm thick bar has brass bushings in the sleeves. Knurled bar has no center knurling.

#4119-01 7'2" Economy 1500 lb. Test Bar **\$279.95**

FIRST PLACE® ECONOMY 20 LB. TRAINING BAR

Lightweight bar is great when working with beginners. Single knurl marks for Olympic lifting. 25mm thick bars are made of a hard chrome steel.

#4178-01 5' Economy 20 lb. Training Bar **\$119.95**



4036-01



4035-01

HEX BARS

Great for teaching deadlifts and reducing stress on the back.

Olympic Hex Bars are great for shrugs, deadlifts, and teaching squatting techniques.

Weight sleeves are 10" long. Two handle heights accommodate all users. Measures 56" long x 25" wide.

Mega Trap Bars are perfect for your bigger and stronger athletes. Top and bottom handles allow for multiple grip options. Sleeves are 20" long so they can accommodate more weight than regular Olympic Hex Bars. Measures 88" long x 28.25" wide.

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| #4035-01 | Olympic Hex Bar | \$199.95 |
| #4036-01 | Mega Trap Bar (85 lbs.) | \$349.95 |



SAFETY SQUAT BAR

Specifically designed for heavy squats. Padding allows for more comfort on the neck and shoulders. 1½" thick solid steel knurled bar has a 1000 lb. capacity. 7' long and weighs 65 lbs.

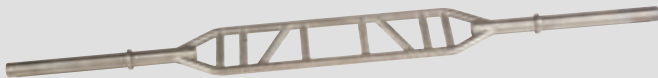
| | | |
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| #4032-01 | Safety Squat Bar | \$309.95 |
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FIRST PLACE® SINGLE LEG SQUAT BAR

Design allows the weight load to be carried in the natural center of gravity. 32mm raised handles are knurled for a better grip. Open bar design accommodates users of all sizes. Inside dimensions are 24" wide and 15" deep.

| | | |
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| #4037-01 | Single Leg Squat Bar (50 lbs.) | \$239.95 |
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SWISS BAR

Perfect for bench pressing, overhead presses, and rows. Multiple angles of grips allow for different grip options. Measures 7' long and weighs 57 lbs.

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| #4039-01 | Swiss Bar | \$299.95 |
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OLYMPIC CURL BAR

International style EZ curl bar. 47" long, 17 lbs. with a 30mm diameter grip.

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| #4034-01 | Olympic Curl Bar | \$ 89.95 |
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YORK NEEDLE BEARING OLYMPIC TRAINING BAR

Hard chrome finish is more durable and decreases the liability associated with chipping, cracking, or peeling. Needle bearings ensure smooth, consistent rotation. 28mm diameter grip.

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| #4031-01 | 7½" Mens Needle Bearing Bar (20kg) | \$419.95 |
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5' LIGHTWEIGHT OLYMPIC BAR

Black oxide finish with chrome split-sleeves keep the bar from becoming loose. 5' long, 30 lbs. with a 30mm diameter grip.

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| #4033-01 | 5' Lightweight Olympic Bar (30 lbs.) | \$159.95 |
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WEIGHT TRAINING



FIRST PLACE® RUBBER BUMPER PLATES

Protect your floor and deaden the sound.

All weights have the same diameter (17.7"). Stainless steel rim bushing for added durability. **5 lb. Training Plates** are made of a hard, molded plastic and are great for beginners.

★ **2-YEAR** warranty

| | | | | | |
|----------|----------|--------------|----------|----------|--------------|
| #4046-05 | ● 5 lb. | \$ 74.95/pr. | #4046-45 | ● 45 lb. | \$174.95/pr. |
| #4046-10 | ● 10 lb. | \$ 84.95/pr. | #4047-10 | ● 10 lb. | \$ 89.95/pr. |
| #4046-15 | ● 15 lb. | \$ 89.95/pr. | #4047-25 | ● 25 lb. | \$129.95/pr. |
| #4046-25 | ● 25 lb. | \$109.95/pr. | #4047-35 | ● 35 lb. | \$169.95/pr. |
| #4046-35 | ● 35 lb. | \$144.95/pr. | #4047-45 | ● 45 lb. | \$209.95/pr. |



FP ELITE RUBBER BUMPER PLATES

Solid rubber bumper plates are made from virgin rubber, not recycled rubber.

Impact-absorbing rubber will deaden sound and help protect floors. Center hubs are anchored into the rubber and made of thick, machined steel, not pressed or stamped steel. Wear resistant, matte textured surface keeps plates looking bright over time. Colored rubber coating will not fade or discolor. Plates do not have an offensive rubber odor. All plates are 17.7" in diameter.

★ **3-YEAR** warranty

| | | |
|----------|---------------------------------|--------------|
| #4174-10 | ● 10 lb. FP Elite Bumper Plates | \$ 89.95/pr. |
| #4174-15 | ● 15 lb. FP Elite Bumper Plates | \$104.95/pr. |
| #4174-25 | ● 25 lb. FP Elite Bumper Plates | \$159.95/pr. |
| #4174-35 | ● 35 lb. FP Elite Bumper Plates | \$224.95/pr. |
| #4174-45 | ● 45 lb. FP Elite Bumper Plates | \$279.95/pr. |
| #4175-10 | ● 10 lb. FP Elite Bumper Plates | \$104.95/pr. |
| #4175-25 | ● 25 lb. FP Elite Bumper Plates | \$178.95/pr. |
| #4175-35 | ● 35 lb. FP Elite Bumper Plates | \$249.95/pr. |
| #4175-45 | ● 45 lb. FP Elite Bumper Plates | \$319.95/pr. |

PB EXTREME® URETHANE BUMPER PLATES

A high-end bumper plate that combines durability with top of the line performance.

Bumpers have a steel insert with a urethane coating to protect plates over time. Plates produce a more consistent bounce when dropped than rubber bumpers do. Color-colded plates have raised markings that will not chip or fade. All plates have the same diameter (17.7").

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| #4050-10 | ● 10 lb. Urethane Bumpers | \$159.95/pr. |
| #4050-25 | ● 25 lb. Urethane Bumpers | \$269.95/pr. |
| #4050-35 | ● 35 lb. Urethane Bumpers | \$364.95/pr. |
| #4050-45 | ● 45 lb. Urethane Bumpers | \$464.95/pr. |
| #4050-Logo | Custom Logo | CALL FOR PRICE |

★ **3-YEAR** warranty





Custom colors and logos available at an additional price.

Get your team or facility logo engraved for a professional look.

PB EXTREME® RUBBER BUMPER PLATES

Virgin rubber encased plates ensure added durability.

Each plate has a solid steel core with an industrial hard chrome center. Rubber was specifically designed to provide an optimal low bounce with long-life durability. Made to IWF standard 450mm diameter. Non-calibrated training bumper plates. Call for additional information on custom logos and custom colors. **Fractional Plates** are cast iron and include one pair each of 1.25 lb., 1 lb., .75 lb., .5 lb., and .25 lb. plates.

| | | |
|------------|-------------------|----------------|
| #4043-25 | ● 25 lb. | \$289.95/pr. |
| #4043-35 | ● 35 lb. | \$399.95/pr. |
| #4043-45 | ● 45 lb. | \$499.95/pr. |
| #4043-55 | ● 55 lb. | \$599.95/pr. |
| #4044-01 | Fractional Plates | \$199.95/set |
| #4045-10 | ● 10 lb. | \$164.95/pr. |
| #4045-25 | ● 25 lb. | \$279.95/pr. |
| #4045-35 | ● 35 lb. | \$379.95/pr. |
| #4045-45 | ● 45 lb. | \$499.95/pr. |
| #4045-55 | ● 55 lb. | \$599.95/pr. |
| #4045-Logo | Custom Logo | CALL FOR PRICE |

★ **3-YEAR** warranty



Custom Logos Available.

PB EXTREME® URETHANE OLYMPIC PLATES

Our most durable, long-lasting plates.

Polyurethane-coated grip plates are less porous than rubber, making them virtually indestructible. Unique, 3-grip contoured handles make it easy to transport on and off of your equipment. Urethane is odor-resistant and maintenance free. Available in 2.5 lbs., 5 lbs., 10 lbs., 25 lbs., 35 lbs., and 45 lbs. Plates are sold individually, not in pairs. Call for additional information on custom logos and custom colors.

| | | |
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| #4051-00 | Urethane Olympic Plates | \$3.99/lb. |
| #4051-Logo | Custom Logo | CALL FOR PRICE |

★ **5-YEAR** warranty



PB EXTREME® RUBBER ENCASED GRIP PLATES

Streamlined plates with a solid steel core.

Solid, cast iron constructed plate has a durable rubber coating. Contoured grip handles make carrying and loading plates easy and maneuverable. High-quality rubber can help protect floors and equipment. Available in 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb., and 45 lb. plates. Plates are sold individually, not in pairs.

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| #4117-00 | Rubber Encased Grip Plate | \$2.19/lb. |
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★ **2-YEAR** warranty

WEIGHT TRAINING



FIRST PLACE® RUBBER ENCASED HEX DUMBBELLS

Our most popular dumbbell.

Rubber coating increases durability, protects your floor, and deadens the sound. Each dumbbell has a black rubber encasement with chrome-contoured knurled handle. Available in 2.5–50 lbs. in 2.5 lb. increments and 15–125 lbs. in 5 lb. increments. **Rubber Encased Hex Dumbbell Sets** are available in sets of 2.5–47.5 lbs., 5–50 lbs., 55–75 lbs., 80–100 lbs., and 105–125 lbs. All sets are sold in pairs.

| | | | |
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| #4057-00 | Rubber Encased Hex Dumbbells | | \$ 2.10/lb. |
| #4057-R1 | Set of 2.5–47.5 lbs. (In 5 lb. increments) | SAVE! | \$ 819.00/set |
| #4057-R2 | Set of 5–50 lbs. (In 5 lb. increments) | SAVE! | \$ 895.00/set |
| #4057-R3 | Set of 55–75 lbs. (In 5 lb. increments) | SAVE! | \$1049.00/set |
| #4057-R4 | Set of 80–100 lbs. (In 5 lb. increments) | SAVE! | \$1449.00/set |
| #4057-R5 | Set of 105–125 lbs. (In 5 lb. increments) | SAVE! | \$1849.00/set |

★ **2 YEAR** warranty



"The team at Perform Better is the best in the business! From start to finish, each one of the projects that we have undertaken here at OSCW has been managed by the team at Perform Better. The results are unmatched and they are truly great at what they do! I cannot say enough about their customer service, attention to even the smallest detail, and the quality of all their equipment."

Amy Shields

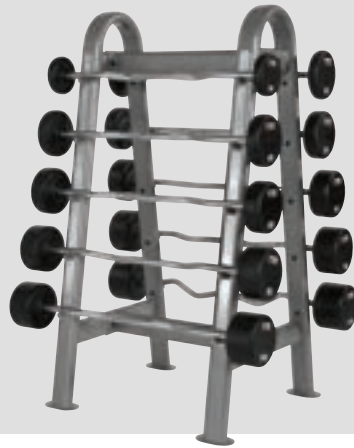
Director of Programming, Ocean State Community Wellness, RI

PB EXTREME® FIXED BARBELL SETS

Top of the line, high-quality barbells.

Available with a straight or curled bar. Each set ranges from 20 lbs. to 110 lbs. in 10 lb. increments. Barbell rack not included.

| | | |
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| #4061-01 | Straight Bar Set (Urethane) | \$3195.00 |
| #4061-02 | EZ-Curl Bar Set (Urethane) | \$3195.00 |
| #4140-01 | Straight Bar Set (Rubber) | \$1449.00 |
| #4140-02 | EZ-Curl Bar Set (Rubber) | \$1449.00 |
| #4061-03 | Fixed Barbell Rack | \$ 349.00 |



FIRST PLACE® OLYMPIC STEEL PLATES

Available in both silver and black.

Plates are sold individually, not as pairs. Each plate has a 2" diameter hole to fit on Olympic Bars. Plates are available in 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb., and 45 lb. increments.

| | | |
|----------|------------------------|-------------------|
| #4048-00 | ● Olympic Steel Plates | \$1.95/lb. |
| #4049-00 | ● Olympic Steel Plates | \$1.95/lb. |



PB EXTREME® 5 LB. TECHNIQUE PLATES

Great for teaching beginners proper lifting technique.

Hollow plates are made from a non-porous plastic material. Plates fit all Olympic barbells, measure 18" in diameter, and are 3" thick.



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| #4149-05 | 5 lb. Technique Plates | \$139.95/pr. |
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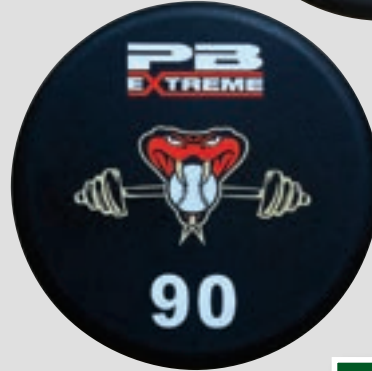
PB EXTREME® URETHANE DUMBBELLS

The strongest and most durable dumbbell.

Solid steel construction with no bolts or mechanical attachments to prevent the heads from loosening. Hard chrome handles have a medium knurl and will not flake or peel. 32mm diameter handles are used on dumbbells up to 50 lbs.; 35mm handles are used on 50 lbs. and up. Urethane is odor-free and will protect floors and equipment. Available in sets of 5–50 lbs., 7.5–47.5 lbs., 55–75 lbs., 80–100 lbs., and 105–125 lbs. Call for more information on custom colors, logos, and heavier weights.

| | | |
|----------|----------------------|-----------|
| #4056-R1 | Set of 5–50 lbs. | \$2495.00 |
| #4056-R2 | Set of 7.5–47.5 lbs. | \$2295.00 |
| #4056-R3 | Set of 55–75 lbs. | \$2995.00 |
| #4056-R4 | Set of 80–100 lbs. | \$4195.00 |
| #4056-R5 | Set of 105–125 lbs. | \$5295.00 |

★ **3 YEAR** warranty



**Custom Logos
Available.**

NEW RUBBER ENCASED 8-SIDED DUMBBELL SETS

Everyday dumbbells made for wear and tear.

Virgin rubber encased dumbbells are odor-free. Ends are welded onto handles, not pinned in, for extra durability. Rounded and beveled core edges help protect floors and equipment. Contoured chrome handles will not peel or chip. All sets are sold in pairs.

| | | |
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| #4173-00 | Rubber Encased 8-Sided Dumbbells | \$2.69/lb. |
| #4173-R4 | Set of 5-25 lbs (in 5 lb. increments) | \$ 329.00/set |
| #4173-R1 | Set of 5-50 lbs (In 5 lb. increments) | \$1199.00/set |
| #4173-R2 | Set of 55-75 lbs (In 5 lb. increments) | \$1399.00/set |
| #4173-R3 | Set of 80-100 lbs (In 5 lb. increments) | \$1929.00/set |



PB EXTREME® PRO STYLE RUBBER DUMBBELLS

Rubber coating offers added protection to your dumbbells.

Dumbbell heads are encased with rubber to increase durability and protect floors and other equipment. 30mm diameter handles are used on dumbbells up to 45 lbs.; 32mm handles are used on 50 lbs. and up. Knurled handles are all 5.5" long. Available in sets of 5–50 lbs., 7.5–47.5 lbs., 55–75 lbs., 80–100 lbs., and 105–125 lbs. All dumbbells are sold in pairs.

| | | |
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| #4099-00 | Pro Style Rubber Dumbbells (Sold in Pairs Only) | \$ 2.49/lb. |
| #4099-R1 | Set of 5–50 lbs. | SAVE! \$1099.00/set |
| #4099-R2 | Set of 7.5–47.5 lbs. | SAVE! \$ 999.00/set |
| #4099-R3 | Set of 55–75 lbs. | SAVE! \$1299.00/set |
| #4099-R4 | Set of 80–100 lbs. | SAVE! \$1799.00/set |
| #4099-R5 | Set of 105–125 lbs. | SAVE! \$2299.00/set |

★ **2 YEAR** warranty

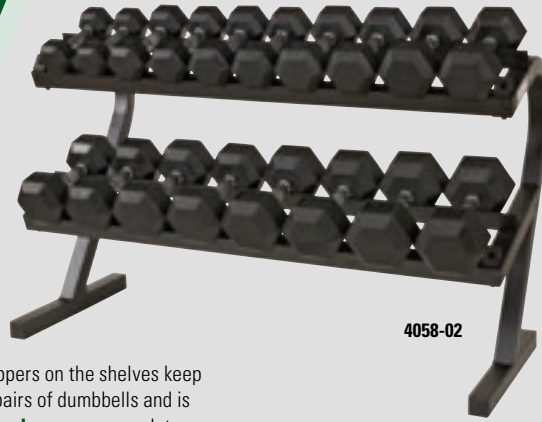


FIRST PLACE® ECONOMY DUMBBELL RACKS

Properly store your dumbbells to help protect them from excessive wear and tear.

Racks store hex and rubber-encased hex dumbbells. Made of 12-gauge, 2" x 2" steel tubing. Welded stoppers on the shelves keep dumbbells in place. **2-Tier Rack** can hold up to 10 pairs of dumbbells and is great for storing a set from 5 lbs to 50 lbs. **3-Tier Rack** can accommodate a full set of 5–100 lb. hex and rubber-encased dumbbells.

| | | | |
|----------|---------------------|------------------------|----------|
| #4058-02 | 2-Tier Economy Rack | (62"L x 27"W x 32.5"H) | \$309.95 |
| #4058-03 | 3-Tier Economy Rack | (102"L x 28"W x 42"H) | \$649.95 |

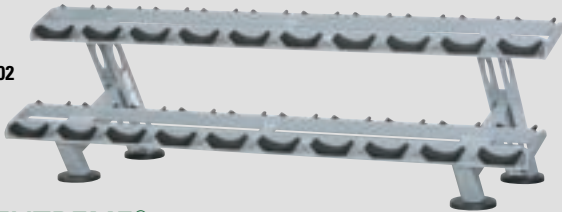


4058-02



4058-03

4060-02



PB EXTREME® DUMBBELL RACKS WITH SADDLES

Prevent your dumbbells from rolling around and keep your facility looking neat.

Racks store Urethane and Pro-Style dumbbells. Plastic saddles help reduce noise when placing dumbbells on the rack. Bottom shelves are set forward so there is plenty of space to grab and rack each pair. **2-Tier Rack** can hold up to 10 pairs of dumbbells. **3-Tier Rack** can hold 15 pairs of dumbbells without taking up a lot of space. **3-Tier Rack with Kettlebell Tray** conveniently stores both dumbbells and kettlebells together.

| | | | |
|----------|----------------------------------|------------------------|-----------|
| #4060-02 | 2-Tier Rack with Saddles | (85"L x 27"W x 26.5"H) | \$1079.00 |
| #4060-03 | 3-Tier Rack with Saddles | (85"L x 27"W x 41"H) | \$1399.00 |
| #4060-04 | 3-Tier Rack with Kettlebell Tray | (85"L x 27"W x 41"H) | \$1549.00 |



4060-03



4060-04

POWERBLOCK PRO SERIES

Store the equivalent of a full run of dumbbells in a small area of space.

Adjustable dumbbell system uses a selectorized pin to change weights, much like a weight stack machine. Urethane-coated steel weight plates are extremely durable. Sleek design has a wider opening for larger hands. **Pro 50 Set** can adjust from 10–50 lbs. per hand in 5 lb. increments and has knurled steel handles. **Pro 90 Set** adjusts from 5–90 lbs. per hand in 5 lb. increments and has knurled steel handles for a better grip. **Pro 125 Set** adjusts from 12.5–125 lbs. per hand in 7.5 lb. increments and has contoured TPR comfort grip handles.

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| #4150-50 | Pro 50 Set | \$ 999.00 |
| #4150-90 | Pro 90 Set | \$1599.00 |
| #4150-125 | Pro 125 Set | \$1899.00 |





4040-01



4101-01



4041-01

4042-01



BAR STORAGE RACKS

Keep your Olympic Bars off the ground.

Horizontal Rack holds up to six barbells. Made of 7-gauge steel for extra strength and durability. Racks keep the bars close enough to the wall where they won't stick out and interfere with space. Measures 31.5"L and 5.5"D. Mounting hardware not included.

#4040-01 Horizontal Wall Storage Rack **\$199.95**

Vertical Wall Mounted Holder holds up to 5 barbells. Protective lining helps prevent scratching barbell sleeves when hanging bars on rack. Measures 19"L and 4.5"D. Mounting hardware not included.

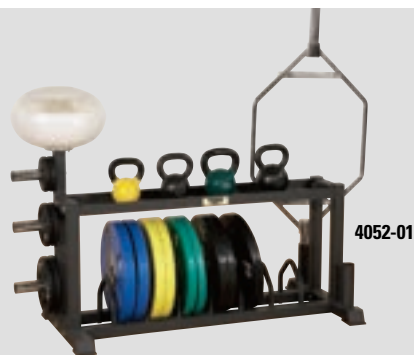
#4101-01 Vertical Wall Mounted Bar Holder **\$119.95**

Vertical Rack has a heavy steel base and can hold up to ten Olympic size bars. Measures 33.5"L x 31.5"W x 12"H.

#4041-01 Vertical Bar Holder **\$189.95**

Economy Vertical Rack can hold up to nine Olympic size bars. Bolt holes provided at all four corners allow holder to be secured into the floor. 18"L x 26"W x 10.5"H.

#4042-01 Economy Vertical Bar Holder **\$144.95**



4052-01



4055-01



4053-01

PLATE STORAGE RACKS

Multi-Function Storage Station holds plates, kettlebells, and dumbbells. Welded bottom has two bar holders for Olympic Bars. Includes a chalk holder on the top as well as weight storage pegs for smaller Olympic plates. Measures 60"L x 26"W x 43"H.

#4052-01 Multi-Function Storage Station **\$529.95**

Portable Bumper Plate Rack has heavy-duty castors to easily move around. Vertical post measures 36" high, and can hold up to ten 45 lb. bumper plates. Base measures 25"x 25".

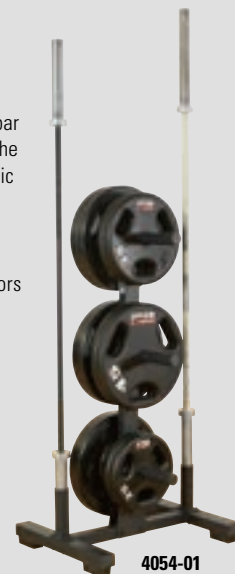
#4053-01 Portable Bumper Plate Rack **\$169.95**

Olympic Plate Tree holds both bumper plates and Olympic plates. Storage area on base can hold two Olympic Bars. Made of 11-gauge steel tubing. Measures 30"L x 23.5"W x 54"H.

#4054-01 Olympic Plate Tree **\$279.95**

Economy Horizontal Plate Rack has a handle and wheels for easy movement. Rack measures 60"L x 12"W x 12"H.

#4055-01 Economy Horizontal Plate Rack **\$179.95**



4054-01



HALOS STORAGE RACK

An all-in-one storage station.

Holds your dumbbells, kettlebells, medicine balls, stability balls, and more! Angled bottom tray with lip keeps hex dumbbells from sliding off. Lower tray shelf can store kettlebells or keep smaller equipment organized. Measures 71"L x 14"W x 73"H.

#4062-01 Halos Rack **\$619.00**

CHALK BOWL & GYM CHALK

Perfect for any gym, fitness center, or weight room.

Keep your facility clean by storing chalk in the chalk holder. Large opening makes it easy to access the chalk, without bending or reaching. Wheels allow you to move this easily around your facility. **Gym Chalk** provides athletes with a secure grip when lifting. Chalk is conveniently wrapped in 2 oz. blocks; eight total (1 lb.) blocks in each package.

#4084-01 Chalk Bowl **\$299.00**

#4115-01 Gym Chalk **\$ 16.95**



OLYMPIC BAR ACCESSORIES

Quality collars and accessories to help maximize your lifting abilities.

| | | | |
|----------|---------------------------------|-----|-------------|
| #4080-01 | Squat Pad | (A) | \$19.95 |
| #4107-01 | Olympic Weight Collar | (B) | \$14.95/pr. |
| #4109-01 | Husker Power Lock Weight Collar | (C) | \$49.95/pr. |
| #4110-01 | Manta Ray (for back squats) | (D) | \$46.95 |
| #4111-01 | Sting Ray (for front squats) | (E) | \$46.95 |
| #4112-01 | Lock-Jaw Barbell Collar | (F) | \$39.95/pr. |
| #4113-01 | Lock-Jaw Pro | (G) | \$45.95/pr. |

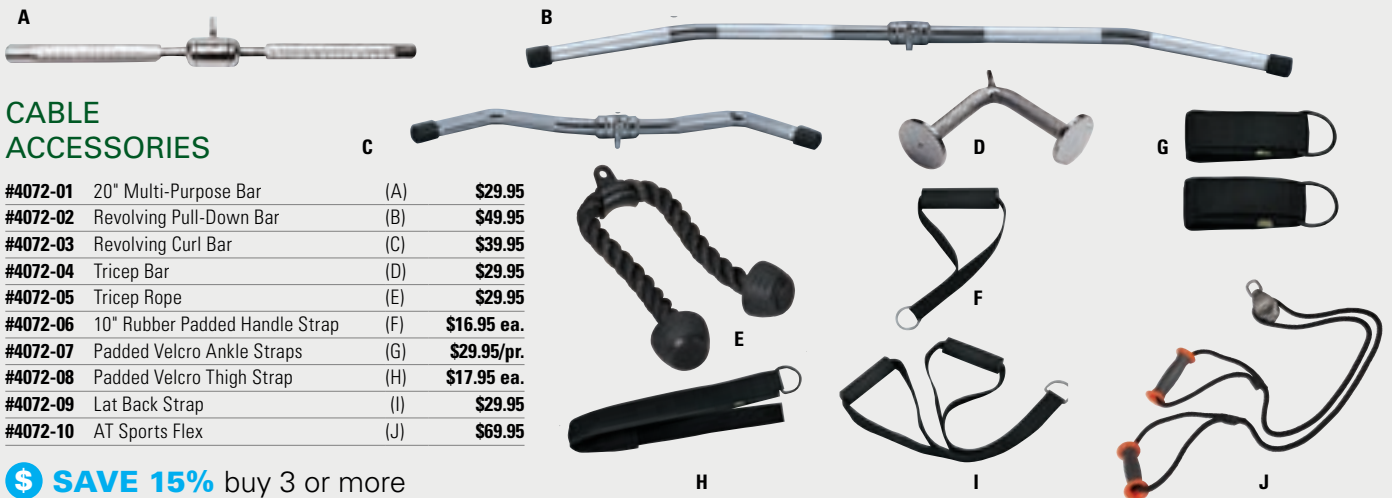
SAVE 15% buy 3 or more



CABLE ACCESSORIES

| | | | |
|----------|--------------------------------|-----|-------------|
| #4072-01 | 20" Multi-Purpose Bar | (A) | \$29.95 |
| #4072-02 | Revolving Pull-Down Bar | (B) | \$49.95 |
| #4072-03 | Revolving Curl Bar | (C) | \$39.95 |
| #4072-04 | Tricep Bar | (D) | \$29.95 |
| #4072-05 | Tricep Rope | (E) | \$29.95 |
| #4072-06 | 10" Rubber Padded Handle Strap | (F) | \$16.95 ea. |
| #4072-07 | Padded Velcro Ankle Straps | (G) | \$29.95/pr. |
| #4072-08 | Padded Velcro Thigh Strap | (H) | \$17.95 ea. |
| #4072-09 | Lat Back Strap | (I) | \$29.95 |
| #4072-10 | AT Sports Flex | (J) | \$69.95 |

SAVE 15% buy 3 or more



FIRST PLACE® CONTOURED RUBBER CABLE HANDLES

Perfect to use with any cable machine.

Contoured design is comfortable to hold and easy to grip. Durable rubber handles are easy to wipe clean. Handles are sold in pairs.

#4073-01 Contoured Rubber Cable Handles \$24.95/pr.

SAVE 20% buy 3 or more



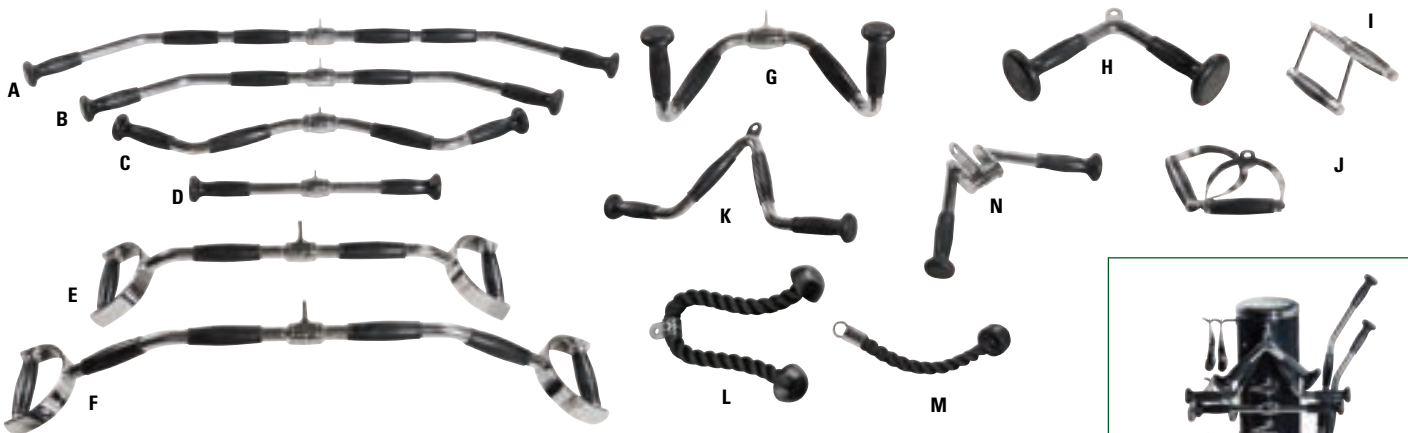
FIRST PLACE® CHROME PLATED LIFTING CHAINS

Stimulate muscle contractions throughout the entire lift to build explosive strength.

Attach to an Olympic Bar to overload the body during the top portion of your lift. As chains lift off the floor, the progressive resistance increases. 60" long and include collars.

| | | |
|----------|-------------|----------|
| #4075-30 | 30 lb. Pair | \$134.95 |
| #4075-45 | 45 lb. Pair | \$179.95 |
| #4075-60 | 60 lb. Pair | \$229.95 |





URETHANE GRIP CABLE ACCESSORIES & RACK

Each bar features a chrome coating with a 35mm urethane grip.

| | | | | | | | |
|----------|---------------------------------|-----|----------|----------|--------------------------------|-------|----------|
| #4071-01 | 48" Revolving Lat Bar | (A) | \$ 59.95 | #4071-09 | Seated Row/Chinning Bar | (I) | \$ 34.95 |
| #4071-02 | 35" Revolving Lat Bar | (B) | \$ 52.95 | #4071-10 | Deluxe Stirrup Handle (1 only) | (J) | \$ 26.95 |
| #4071-03 | 32" Revolving Curl Bar | (C) | \$ 49.95 | #4071-11 | 26" Multi-Purpose "V" Bar | (K) | \$ 39.95 |
| #4071-04 | 19" Revolving Straight Bar | (D) | \$ 36.95 | #4072-05 | Triceps "Press Down" Rope | (L) | \$ 29.95 |
| #4071-05 | 28" Pro Style Revolving Lat Bar | (E) | \$ 64.95 | #4071-12 | Triceps Hammer Rope | (M) | \$ 29.95 |
| #4071-06 | 36" Pro Style Revolving Lat Bar | (F) | \$ 69.95 | #4071-13 | 16" Triceps Full Extension Bar | (N) | \$ 46.95 |
| #4071-07 | 15" Multi-Exercise Bar | (G) | \$ 54.95 | #4071-14 | Vertical Accessory Rack | | \$289.95 |
| #4071-08 | Triceps Press-down Bar | (H) | \$ 34.95 | #4071-99 | Cable Club Pack with Rack | SAVE! | \$769.95 |



\$ SAVE 15% buy 3 or more



BELTS & STRAPS

The perfect accessories to accommodate beginning lifters to advanced ones.

| | | | |
|----------|--|-----|------------|
| #4076-00 | 4" Nylon Powerlifting Belt (S, M, L, XL) | (A) | \$29.95 |
| #4077-00 | 4" Leather Weight Belt (S, M, L, XL) | (B) | \$29.95 |
| #4078-00 | 6" Leather Weight Belt (S, M, L, XL) | (C) | \$34.95 |
| #4079-01 | Dip Belt (one size fits all) | (D) | \$42.95 |
| #4105-01 | Cotton Lifting Straps | (E) | \$8.95/pr. |
| #4106-01 | Padded Cotton Lifting Straps | (F) | \$9.95/pr. |

\$ SAVE 15% buy 3 or more

COOK CABLE BAR

Attach to your cable column for limitless strength and core exercises.

Use for chops, lifts, presses, core stability exercises, and more. 36" long bar has foam grips for easy handling. Each bar has ball bearings at the ends for smooth rotations.

#4081-01 Cook Cable Bar (36"L) \$119.95

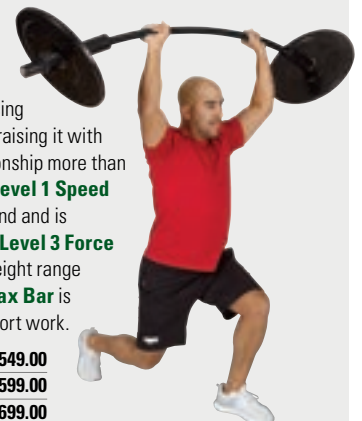


TSUNAMI BARS

Bars oscillate making stabilizing muscles much more active.

Develop maximal impulse forces while using submaximal loads. Lowering the bar and raising it with speed increases the force velocity relationship more than a steel bar can. All bars include collars. **Level 1 Speed Bar** can be loaded up to 35 lbs. on each end and is designed to allow the user to move fast! **Level 3 Force Bar** is the most popular bar and has a weight range of 45 to 135 lbs. on each end. **Level 5 Max Bar** is loadable to 540 lbs. and used for max effort work.

| | | |
|----------|-------------------------------|----------|
| #4074-11 | Level 1 - Speed (13 lbs.) 90" | \$549.00 |
| #4074-13 | Level 3 - Force (15 lbs.) 90" | \$599.00 |
| #4074-15 | Level 5 - Max (17 lbs.) 90" | \$699.00 |



WEIGHT TRAINING



DC BLOCKS

Stackable blocks were made for improving lifting technique.

Interlocking design allows blocks to be stacked to achieve different height increments to meet all lifters' needs. Use the blocks to help develop more power during your lifts or to help improve lifting mechanics. Machine molded, recycled plastic blocks will not chip, crack, break, or rust. Each block weighs 10.5 lbs. Made in the USA!

Double-Wide Blocks provide a larger platform to perform pulls or to configure as portable jerk boxes. They are excellent for pulling from a power position in both the snatch and clean.

| | | | |
|----------|-----------------------|-----------------------|--------------|
| #4064-19 | DC Blocks | (19"L x 15.5"W x 2"H) | \$ 84.95/pr. |
| #4064-31 | DC Blocks Double-Wide | (31"L x 19"W x 2"H) | \$159.95/pr. |

\$ SAVE 15% buy 5 or more



LEVERBELL™

A unique tool that allows loading of traditional exercises in multiple planes.

Combines the utility of a kettlebell with progressive, leverage-based resistance. Provides challenging loads and instability with a reduced overall load on the system. Progress or regress any exercise just by changing your hand position. Weighted steel bell allows you to focus on stabilizer muscles and stimulates the core. Easily adaptable to all exercise progressions.

| | | |
|----------|------------------|----------|
| #4138-07 | 7 lb. LeverBell | \$ 49.95 |
| #4138-10 | 10 lb. LeverBell | \$ 59.95 |
| #4138-15 | 15 lb. LeverBell | \$ 79.95 |
| #4138-20 | 20 lb. LeverBell | \$ 99.95 |
| #4138-25 | 25 lb. LeverBell | \$119.95 |

\$ SAVE 15% buy 3 or more

★ 3-YEAR warranty



FIRST PLACE® JERKSTANDS

Easily adjust pull height for all your barbell lifts.

Great for improving lifting technique throughout different heights of your lift. Boxes are stackable and made from high quality wood. Stoppers prevent weights from rolling off the stands. Each stand has a rubber top to help protect both the boxes and weights. Each jerk stand measures 36" L x 20" W.

| | | |
|----------|--------------------------------------|--------------|
| #4103-03 | 3" Jerk Stands | \$259.95/pr. |
| #4103-06 | 6" Jerk Stands | \$289.95/pr. |
| #4103-12 | 12" Jerk Stands | \$349.95/pr. |
| #4103-99 | Jerk Stand Set (Pair of 3", 6", 12") | \$699.95/set |



GLUTE BRIDGE ROLLER

Slides easily on every surface.

Unique foot holder keeps feet stable when using. Use heels to do glute bridges and curls or put toes in to do knee tucks, pike-ups, and more. Raised handles allow for upper body rollouts and core work. Center foot plate can be used for standing lunges and ab/ad work. Measures 23"L x 15"W.

| | | |
|----------|---------------------|----------|
| #4069-01 | Glute Bridge Roller | \$129.95 |
|----------|---------------------|----------|



HEEL LIFT WEDGES

Helps people with mobility and stability problems.

Wedges provide stability and help ensure proper weight shift when squatting. Aids anyone who may have dorsiflexion restriction in the ankle. Steel lifts will not slide or break down under heavy load.

| | | | |
|----------|----------------|------------|---------|
| #4145-01 | 1" Heel Lift | 32"L x 6"W | \$69.95 |
| #4145-02 | 1.5" Heel Lift | 32"L x 6"W | \$79.95 |



FIRST PLACE® TRAINING ROPES

Generates power, strength, and increases cardio.

Move the ropes side to side to place more of an emphasis on your core and hips or move in circles for more shoulder mobility. Ropes will not shed and are easy on the hands. Made of 50% danline and 50% polyester. Color-coded end caps make finding the length of the rope you want to use easier.

SAVE 20% buy 3 or more

2-YEAR warranty

| | | | | | | | | | |
|----------|-------|-------|--------|----------|----------|-------|-------|--------|----------|
| #4085-25 | ● 25' | (1") | 6 lb. | \$ 64.95 | #4086-50 | ● 50' | (1½") | 26 lb. | \$164.95 |
| #4085-40 | ● 40' | (1") | 12 lb. | \$ 79.95 | #4086-50 | ● 50' | (1½") | 26 lb. | \$164.95 |
| #4085-50 | ● 50' | (1") | 15 lb. | \$ 89.95 | #4087-30 | ○ 30' | (2") | 26 lb. | \$164.95 |
| #4086-30 | ○ 30' | (1½") | 16 lb. | \$114.95 | #4087-30 | ● 30' | (2") | 26 lb. | \$174.95 |
| #4086-30 | ● 30' | (1½") | 16 lb. | \$119.95 | #4087-40 | ○ 40' | (2") | 33 lb. | \$189.95 |
| #4086-40 | ○ 40' | (1½") | 22 lb. | \$129.95 | #4087-40 | ● 40' | (2") | 33 lb. | \$199.95 |
| #4086-40 | ● 40' | (1½") | 22 lb. | \$134.95 | #4087-50 | ○ 50' | (2") | 40 lb. | \$244.95 |
| #4086-40 | ● 40' | (1½") | 22 lb. | \$134.95 | #4087-50 | ● 50' | (2") | 40 lb. | \$254.95 |
| #4086-50 | ○ 50' | (1½") | 26 lb. | \$154.95 | | | | | |



TRAINING ROPE HOLDERS & ANCHORS

The perfect solutions for your training ropes.

Rope Anchor mounts to the wall to hold your training ropes in place for easy use. Mounting hardware included. **Rope Holder** stores more than 50' of rope to keep your training ropes neat and organized. Mounting hardware included. **Multi-Rope Holder** can anchor up to 10 training ropes so multiple people can work out in one dedicated space. Just add weight plates to the center post, attach your ropes, and begin working. **Portable Rope Anchor** can anchor up to 4 Training Ropes at one time. Just add a weight plate to the center post, slide your ropes in, and begin training.

| | | |
|----------|------------------------------------|----------|
| #4088-00 | ● ● Rope Anchor (10"L x 2.6"W) | \$ 34.95 |
| #4089-00 | ● ● Rope Holder (10"L x 2.6"W) | \$ 44.95 |
| #4090-01 | Multi-Rope Holder (20"D x 24"H) | \$249.95 |
| #4090-02 | Portable Rope Anchor (23"L x 23"W) | \$194.95 |



INERTIA WAVE

A high intensity, metabolic conditioning tool.

Work against the inertia of the waves in order to generate resistance. Control the wave oscillations while adding aerobic load. Engages the core, burns calories, and challenges cognitive skills. Lightweight cords are 10'L and come with rail straps for anchoring.

| | | |
|----------|--------------|----------|
| #4144-01 | Inertia Wave | \$109.95 |
|----------|--------------|----------|

WEIGHT TRAINING

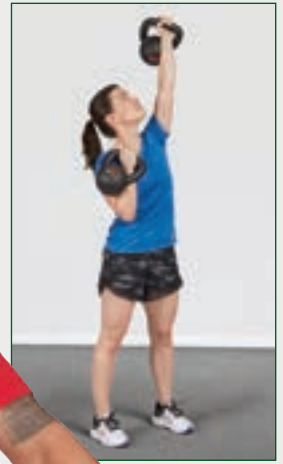


FIRST PLACE GRAVITY KETTLEBELLS

Durable, high quality kettlebells.

Gravity cast iron bells have a smooth, flat bottom. Epoxy-filled text makes the weight of each bell easy to identify. Use for squats, cleans, jerks, snatches, swings, and more! Each bell has a large, flat bottom for stability.

| | | |
|----------|-------------------|----------|
| #4096-02 | 2kg (4.4 lbs.) | \$ 24.95 |
| #4096-04 | 4kg (8.8 lbs.) | \$ 29.95 |
| #4096-06 | 6kg (13.2 lbs.) | \$ 34.95 |
| #4096-08 | 8kg (17.6 lbs.) | \$ 39.95 |
| #4096-10 | 10kg (22 lbs.) | \$ 44.95 |
| #4096-12 | 12kg (26.4 lbs.) | \$ 54.95 |
| #4096-14 | 14kg (30.8 lbs.) | \$ 59.95 |
| #4096-16 | 16kg (35.2 lbs.) | \$ 69.95 |
| #4096-18 | 18kg (39.6 lbs.) | \$ 74.95 |
| #4096-20 | 20kg (44 lbs.) | \$ 84.95 |
| #4096-22 | 22kg (48.4 lbs.) | \$ 89.95 |
| #4096-24 | 24kg (52.8 lbs.) | \$ 99.95 |
| #4096-26 | 26kg (57.2 lbs.) | \$104.95 |
| #4096-28 | 28kg (61.6 lbs.) | \$114.95 |
| #4096-32 | 32kg (70.4 lbs.) | \$124.95 |
| #4096-36 | 36kg (79.2 lbs.) | \$139.95 |
| #4096-40 | 40kg (88 lbs.) | \$154.95 |
| #4096-44 | 44kg (96.8 lbs.) | \$164.95 |
| #4096-48 | 48kg (105.6 lbs.) | \$179.95 |
| #4096-52 | 52kg (114.4 lbs.) | \$204.95 |
| #4096-56 | 56kg (123.2 lbs.) | \$219.95 |
| #4096-60 | 60kg (132 lbs.) | \$234.95 |



★ **2-YEAR** warranty

FIRST PLACE® KETTLEBELL RACK

Holds kettlebells of all sizes.

Keep kettlebells off the floor and out of the way. Rubber base on trays protects kettlebells and reduces noise. Can store up to 30 kettlebells.

Measures 60"W x 28"H.

#4095-01 Kettlebell Rack **\$369.95**



4-TIER TRAY RACK

Compact rack is great for storing bells in small spaces.

Open tray design allows for easy access when grabbing or racking kettlebells. Each shelf has a small lip to prevent bells from sliding off. Shelves measure 30" long and can hold smaller size bells on each level.

#2820-01 4-Tier Tray Rack (33.5"L x 24.5"W x 37"H) **\$399.95**



FIRST PLACE® NEOPRENE-COATED KETTLEBELL

Dynamically develop total body strength and power.

One-piece cast iron bells have a color-coded, neoprene encasement. Rubber non-skid bottom protects floors. Off-centered weight of the bells improves core stabilization and proprioception.

| | | |
|----------|--------------------|----------|
| #4097-02 | ● 2kg (4.4 lbs.) | \$ 34.95 |
| #4097-04 | ● 4kg (8.8 lbs.) | \$ 39.95 |
| #4097-06 | ● 6kg (13.2 lbs.) | \$ 44.95 |
| #4097-08 | ● 8kg (17.6 lbs.) | \$ 49.95 |
| #4097-10 | ● 10kg (22 lbs.) | \$ 54.95 |
| #4097-12 | ● 12kg (26.4 lbs.) | \$ 64.95 |
| #4097-14 | ● 14kg (30.8 lbs.) | \$ 69.95 |
| #4097-16 | ● 16kg (35.2 lbs.) | \$ 79.95 |
| #4097-18 | ● 18kg (39.6 lbs.) | \$ 84.95 |
| #4097-20 | ● 20kg (44 lbs.) | \$ 94.95 |
| #4097-22 | ● 22kg (48.4 lbs.) | \$ 99.95 |
| #4097-24 | ● 24kg (52.8 lbs.) | \$109.95 |
| #4097-26 | ● 26kg (57.2 lbs.) | \$119.95 |
| #4097-28 | ● 28kg (61.6 lbs.) | \$129.95 |
| #4097-32 | ● 32kg (70.4 lbs.) | \$139.95 |

\$ SAVE 15% buy 3 or more

★ 2-YEAR warranty



FIRST PLACE® COMPETITION KETTLEBELLS

Competition kettlebells are all the same size and diameter.

Steel kettlebells have an unpainted handle, allowing chalk to stick better. Competition colors are used on the face of the bell for easy identification. Same-size bells make going up in weight an easier transition.



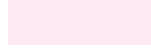
| | | | | | |
|----------|--------------------|----------|----------|---------------------|----------|
| #4098-08 | ● 8kg (17.6 lbs.) | \$ 64.95 | #4098-24 | ● 24kg (52.8 lbs.) | \$124.95 |
| #4098-10 | ● 10kg (22 lbs.) | \$ 69.95 | #4098-26 | ● 26kg (57.2 lbs.) | \$134.95 |
| #4098-12 | ● 12kg (26.4 lbs.) | \$ 74.95 | #4098-28 | ● 28kg (61.6 lbs.) | \$144.95 |
| #4098-14 | ● 14kg (30.8 lbs.) | \$ 79.95 | #4098-32 | ● 32kg (70.4 lbs.) | \$154.95 |
| #4098-16 | ● 16kg (35.2 lbs.) | \$ 89.95 | #4098-36 | ● 36kg (79.2 lbs.) | \$164.95 |
| #4098-18 | ● 18kg (39.6 lbs.) | \$ 94.95 | #4098-40 | ○ 40kg (88 lbs.) | \$179.95 |
| #4098-20 | ● 20kg (44 lbs.) | \$104.95 | #4098-44 | ● 44kg (96.8 lbs.) | \$209.95 |
| #4098-22 | ● 22kg (48.4 lbs.) | \$114.95 | #4098-48 | ● 48kg (105.6 lbs.) | \$249.95 |

\$ SAVE 15% buy 3 or more

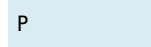
★ 2-YEAR warranty



Customer No.



Key Code



WEIGHT TRAINING

Pages 76-99



BAND & TUBING TRAINING

Pages 8-15



MEDICINE BALL TRAINING

Pages 52-57

