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Let's Connect:





# NEW PRODUCTS

## SMART FUNCTIONAL TRAINING CENTER 1 SECTION

The 1 Section Functional Training Center contains all that is innovative and unique in the 2 Section and 4 Section models:

- Rock solid 3 Point Mounting System for safe, long-term use
- Packaged with our popular Self-Guided Training Tools
- Ships on a standard pallet
- Value driven price point that appeals to key vertical market segments
- Full commercial warranty on rack and accessories that come in complete package

**Learn more in Functional Training Center section.**



	SKU	MSRP
FTC 1 Section Package	400-150-184	\$3,100.00
FTC 1 Section - Training Racks Only	400-150-185	\$2,095.00

## SMART IN HOME GYM PACKAGE

Our Smart In Home Gym is the ideal product in a residential setting. It is a great way to introduce or enhance a functional training routine to your customers.

- Self-Guided exercises printed directly on equipment
- All you need in one system: resistance, core, mobility, and recovery
- Easy access to all of your functional training equipment
- Convenient hook to hang resistance equipment
- Minimal floor space occupied
- Aesthetically pleasing design looks great in any room
- Go ahead, your workout options are endless!

**Learn more in Retail Program section.**



	SKU	MSRP
Smart In Home Gym Package	400-150-207	\$599.00

## SMART REPLENISHMENT KITS

It's never been easier to replenish your fitness space. Replenishment kits are available for all Self-Guided accessory products included in your commercial storage solution.

- Accessories get dirty, wear down with usage, and sometimes they simply walk
- Easy ordering with one SKU per kit
- Drop shipping available

**Learn more in Replenishment Kits section.**



	SKU	MSRP
Smart Accessory Replenishment Kit - Essential	400-150-212	\$350.00
Smart Accessory Replenishment Kit - Deluxe	400-150-211	\$599.00
Smart Accessory Replenishment Kit - Elite	400-150-210	\$999.00
Smart Deluxe Cable Kit	400-150-300	\$89.99

## SMART TRAINING BUNDLES

The Smart Training Bundles package up key products to create for popular fitness workouts. From resistance training to speed and performance, we've included the best tools to reach your training goals.

**Learn more in Smart Bundles section.**



	SKU	MSRP
Smart Resistance Bundle	400-150-301	\$54.99
Smart Core Strength Training Bundle	400-150-302	\$219.99
Smart Speed and Performance Bundle	400-150-303	\$239.99



# SMART FUNCTIONAL TRAINING CENTER 1 SECTION PACKAGE

The 1 Section Functional Training Center contains all that is innovative and unique in the 2 Section and 4 Section models:

- Rock solid 3 Point Mounting System for safe, long-term use
- Packaged with our popular Self-Guided Training Tools
- Ships on a standard pallet
- Value driven price point that appeals to key vertical market segments
- Full commercial warranty on rack and accessories that come in complete package

**Includes the following product:**

- (1) 1 Section FTC Rig with 2 Storage Trays, Rope Anchor, Cross Panel with Pegs, Mat Rack, and Pull Up Bar
- (1) Smart Stability Ball, 55cm (Yellow)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Smart Stability Ball, 75cm (Blue)
- (1) Smart Medicine Ball, 4lb (Yellow)
- (1) Smart Medicine Ball, 6lb (Orange)
- (1) Smart Medicine Ball, 8lb (Green)
- (1) Smart Medicine Ball, 10lb (Blue)
- (1) Smart Medicine Ball, 15lb (Purple)
- (4) Smart Mats, 16mm with Grommets (Blue)
- (2) Smart Recovery Foam Rollers
- (1) Smart Straps Body Weight Training System
- (1) Smart Strength Band, Light, 25-80lb (Purple)
- (1) Smart Strength Band, Medium, 50-120lb (Green)
- (1) Smart Strength Band, Heavy, 60-150lb (Blue)
- (1) Fitness Cable, 30lb (Pink)
- (1) Fitness Cable, 70lb (Yellow)
- (2) Smart Quick Flip Single Pocket Handle (Pair)
- (2) Smart Speed Jump Ropes
- (1) Conditioning Rope 30ft, 1.5" Diameter
- (1) Smart Core Ab Wheel with Mat



Dimensions: 81"W x 39"D x 95"H

	SKU	MSRP
FTC 1 Section Package	400-150-184	\$3,100.00
FTC 1 Section - Training Racks Only	400-150-185	\$2,095.00



# SMART FUNCTIONAL TRAINING CENTER 2 SECTION PACKAGE

Includes the following product:

- (1) 2 Section FTC Rig with Storage Tray, Rope Anchor, Cross Panel with Pegs, Mat Rack, and 2 Pull Up Bars
- (1) Smart Stability Ball, 55cm (Yellow)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Smart Stability Ball, 75cm (Blue)
- (1) Smart Medicine Ball, 4lb (Yellow)
- (1) Smart Medicine Ball, 6lb (Orange)
- (1) Smart Medicine Ball, 8lb (Green)
- (2) Smart Medicine Balls, 10lb (Blue)
- (2) Smart Medicine Balls, 15lb (Purple)
- (6) Smart Mats, 16mm with Grommets (Blue)
- (2) Smart Recovery Foam Rollers
- (2) Smart Straps Body Weight Training Systems
- (1) Smart Strength Band, Light, 25-80lb (Purple)
- (1) Smart Strength Band, Medium, 50-120lb (Green)
- (1) Smart Strength Band, Heavy, 60-150lb (Blue)
- (1) Fitness Cable, 30lb (Pink)
- (1) Fitness Cable, 40lb (Magenta)
- (2) Smart Quick Flip Single Pocket Handle (Pair)
- (2) Smart Speed Jump Ropes
- (1) Conditioning Rope 30ft, 1.5" Diameter
- (1) Smart Core Ab Wheel with Mat



Dimensions: 140"W x 39"D x 95"H (each bay is 48" wide)

	SKU	MSRP
FTC 2 Section Package	400-150-182	\$3,990.00
FTC 2 Section - Training Racks Only	400-150-192	\$2,695.00
FTC Corner Kit	400-150-183	\$540.00
FTC Shelf Kit	400-150-190	\$160.00
FTC Double Bar Shelf Kit	400-150-193	\$160.00



# FUNCTIONAL TRAINING CENTER



## SMART FUNCTIONAL TRAINING CENTER 4 SECTION PACKAGE

Includes the following product:

- (1) 4 Section FTC Rig with 2 Storage Trays, Smart Stick Quiver, 2 Rope Anchors, Mat Rack, and 4 Pull Up Bars
- (1) Smart Stability Ball, 55cm (Yellow)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Smart Stability Ball, 75cm (Blue)
- (1) Smart Medicine Ball, 4lb (Yellow)
- (1) Smart Medicine Ball, 6lb (Orange)
- (1) Smart Medicine Ball, 8lb (Green)
- (2) Smart Medicine Balls, 10lb (Blue)
- (2) Smart Medicine Balls, 15lb (Purple)
- (6) Smart Mats, 16mm with Grommets (Blue)
- (4) Smart Recovery Foam Rollers
- (3) Smart Straps Body Weight Training Systems
- (1) Smart Strength Band, X-Light, 10-50lb (Black)
- (1) Smart Strength Band, Light, 25-80lb (Purple)
- (1) Smart Strength Band, Medium, 50-120lb (Green)
- (1) Smart Strength Band, Heavy, 60-150lb (Blue)
- (2) Smart Speed Jump Ropes
- (1) Conditioning Rope 30ft, 1.5" Diameter
- (1) Smart Core Ab Wheel with Mat
- (1) Workhorse Harness with Leash
- (2) 30in Resistance Cables 10lb-100lb
- (2) 60in Resistance Cables 10lb-100lb
- (2) Smart Quick Flip Single Pocket Handle (Pair)
- (2) Smart Quick Flip Triple Pocket Handle (Pair)
- (2) Smart Ankle Cuff
- (1) Smart Resistance Wall Gym and Exercise Chart
- (1) Smart Resistance Caddy



Dimensions: 236"W x 39"D x 95"H (each bay is 48" wide)

	SKU	MSRP
FTC 4 Section Package	400-150-180	\$7,995.00
FTC 4 Section - Training Racks Only	400-150-191	\$4,695.00
FTC Corner Kit	400-150-183	\$540.00
FTC Shelf Kit	400-150-190	\$160.00
FTC Double Bar Shelf Kit	400-150-193	\$160.00

## A BETTER APPROACH. A BETTER RESULT.

- Ships complete on ONE standard pallet!
- Professional design and quality finish compliments workout space
- Fast, simple assembly and mounting
- Triple Protection mounting locations for a secure installation
- Mat Rack has adjustable rods for desired placement
- Multi-height chin up bar options
- Accommodates proprietary Smart products; Self-Guided products are great for unattended facilities
- Corner Installation Kit available for versatile room design
- Additional storage trays available. One additional shelf can be added to the 2 Section FTC. Two additional shelves can be added to the 4 Section FTC.



### CORNER INSTALLATION KIT

- Enables the FTC sections to be split among two adjacent walls
- Can be used for either the 2 Section or the 4 Section package
- Corner connector provides an additional space for a Smart Straps Body Weight Training System

	SKU	MSRP
FTC Corner Kit	400-150-183	\$540.00

### SMART ADDITIONS:



Smart Modular Agility Ladder™  
(SEE PAGE 16)



Smart Plyo³ Cube™  
(SEE PAGE 17)



Smart Guard™  
Sleeved Tubing  
(SEE PAGE 18)



Slam Balls  
(SEE PAGE 17)



Kettlebells  
(SEE PAGE 24)



# COMMERCIAL PACKAGES

## SMART ELITE SELF-GUIDED COMMERCIAL PACKAGE

The Smart Elite Tower is a storage solution for a variety of exercise tools and provides easy access to all products.

- Includes interlocking transport wheels for ease of movement
- Assembled rack with product dimensions: 70" W x 30" D x 97" H

Package Includes:

- (6) Smart Mats, 16mm with Grommets (Blue)
- (4) Smart Recovery Foam Rollers
- (1) Smart Medicine Ball, 4lb (Yellow)
- (2) Smart Medicine Balls, 6lb (Orange)
- (2) Smart Medicine Balls, 8lb (Green)
- (1) Smart Medicine Ball, 10lb (Blue)
- (1) Smart Medicine Ball, 15lb (Purple)
- (1) Smart Stability Ball, 55cm (Yellow)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Smart Stability Ball, 75cm (Blue)
- (2) Mini Flat Bands, Light (Yellow)
- (2) Mini Flat Bands, Medium (Green)
- (2) Mini Flat Bands, Heavy (Blue)
- (2) Smart Speed Jump Ropes
- (1) Smart Guard Sleeved Tubing with Handle, Very Light, 5lb (Green)
- (1) Smart Guard Sleeved Tubing with Handle, Light, 10lb (Light Blue)
- (1) Smart Guard Sleeved Tubing with Handle, Medium, 15lb (Red)
- (1) Smart Guard Sleeved Tubing with Handle, Heavy, 20lb (Blue)
- (1) Smart Guard Sleeved Tubing with Handle, Very Heavy, 25lb (Black)
- (1) Smart Elite Storage Tower



	SKU	MSRP
Smart Elite Self-Guided Commercial Package	400-150-161	\$2,599.00
Smart Elite Storage Tower (Tower Only)	400-150-166	\$1,600.00

## SMART DELUXE SELF-GUIDED COMMERCIAL PACKAGE

Convenient Storage Display allows for easy access to all products.

- Assembled rack with product dimensions: 70" W x 30" D x 90" H

Package Includes:

- (2) Smart Mats, 16mm with Grommets (Blue)
- (2) Smart Recovery Foam Rollers
- (1) Smart Medicine Ball, 4lb (Yellow)
- (2) Smart Medicine Balls, 6lb (Orange)
- (2) Smart Medicine Balls, 8lb (Green)
- (1) Smart Medicine Ball, 10lb (Blue)
- (1) Smart Stability Ball, 55cm (Yellow)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Smart Stability Ball, 75cm (Blue)
- (1) Fitness Cable, 20lb (Purple)
- (1) Fitness Cable, 30lb (Pink)
- (1) Fitness Cable, 50lb (Orange)
- (1) Fitness Cable, 70lb (Yellow)
- (1) Fitness Cable, 90lb (Blue)
- (5) Smart Quick Flip Single Pocket Handle (Pair)
- (1) Smart Deluxe Storage Tower



	SKU	MSRP
Smart Deluxe Self-Guided Commercial Package	400-150-131	\$1,750.00
Smart Deluxe Storage Tower (Tower Only)	400-150-135	\$1,149.00





# COMMERCIAL PACKAGES



## SMART ESSENTIAL SELF-GUIDED COMMERCIAL PACKAGE

Space saving display that allows for easy access to essential fitness training products.

- Rack with product dimensions:  
64" W x 30" D x 66" H

**Package Includes:**

- (1) Smart Mat, 16mm with Grommets (Blue)
- (1) Smart Recovery Foam Rollers
- (1) Smart Medicine Ball, 4lb (Yellow)
- (1) Smart Medicine Ball, 6lb (Orange)
- (1) Smart Medicine Ball, 8lb (Green)
- (1) Smart Medicine Ball, 10lb (Blue)
- (1) Smart Stability Ball, 55cm (Yellow)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Fitness Cable, 20lb (Purple)
- (1) Fitness Cable, 30lb (Pink)



	SKU	MSRP
Smart Essential Self-Guided Commercial Package	400-150-132	\$1,050.00
Smart Essential Storage Tower (Tower Only)	400-150-136	\$699.00

## SMART ECONOMY SELF-GUIDED COMMERCIAL PACKAGE

Convenient all-in-one medicine ball and stability ball rack for easy access and storage.

- Convenient clip to hang extra resistance cables and bands
- Rack with product dimensions: 37" W x 20" D x 46" H

**Package Includes:**

- (1) Smart Medicine Ball, 4lb (Yellow)
- (1) Smart Medicine Ball, 6lb (Orange)
- (1) Smart Medicine Ball, 8lb (Green)
- (1) Smart Medicine Ball, 10lb (Blue)
- (1) Smart Stability Ball, 55cm (Yellow)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Smart Economy Storage Tower



	SKU	MSRP
Smart Economy Self-Guided Commercial Package	400-150-133	\$625.00
Smart Economy Storage Tower (Tower Only)	400-150-137	\$379.00

# COMMERCIAL PACKAGES (WALL MOUNTED)



## SMART MAT RACK

### WALL MOUNTED COMMERCIAL PACKAGE

The versatile Smart Wall Mounted Mat Rack Package allows for easy hanging and storage for up to 10 commercial grade Smart Exercise Mats (16mm thick).

- Heavy duty design keeps mats from making contact with wall
- **Safe and Convenient:** Adjustable width pegs fit all styles of hanging mats; fold in when not in use
- **Easy to install:** Multiple holes provide numerous options when installing on wall
- Rack with product dimensions: 30" W x 13" D x 75" H

**Package Includes:**

- (1) Smart Mat Rack
- (10) Smart Mats, 16mm with Grommets (Blue)



	SKU	MSRP
Smart Mat Rack, Wall Mounted Commercial Package	400-150-134	\$610.00
Smart Mat Rack, Wall Mounted (Rack Only)	400-150-139	\$125.00

## SMART STABILITY BALL RACK

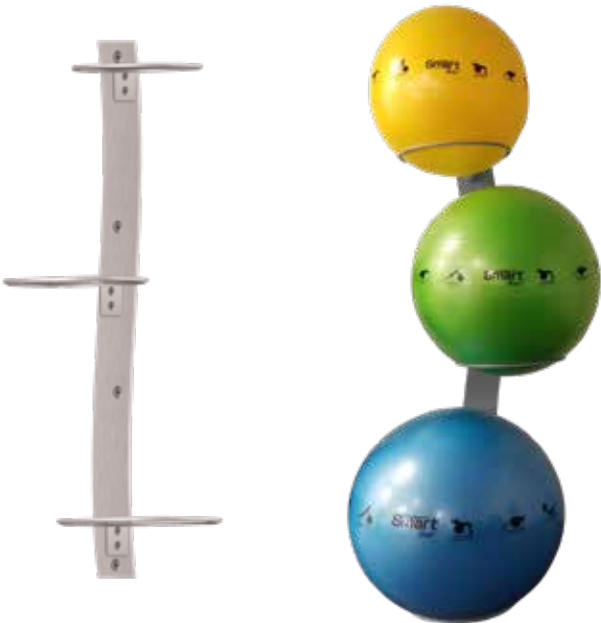
### WALL MOUNTED COMMERCIAL PACKAGE

Easily hang and store three stability balls on the space-saving wall mounted rack.

- Heavy duty steel construction
- Can hold up to 3 Stability Balls
- Rack with product dimensions: 29" W x 32" D x 90" H

**Package Includes:**

- (1) Smart Stability Ball, 55cm (Yellow)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Smart Stability Ball, 75cm (Blue)
- (1) Smart Stability Ball Rack



	SKU	MSRP
Smart Stability Ball Rack, Wall Mounted Commercial Package	400-150-162	\$335.00
Smart Stability Ball Rack, Wall Mounted (Rack Only)	400-150-167	\$239.00



# COMMERCIAL PACKAGES (WALL MOUNTED)



## SMART RESISTANCE™ WALL GYM

For more info, [Learn more in Resistance Training section.](#)

### Complete Package Includes:

- (2 Each) 30in Resistance Cables 10lb-100lb
- (2 Each) 60in Resistance Cables 10lb-100lb
- (2) Smart Quick Flip Single Pocket Handle (Pair)
- (2) Smart Quick Flip Triple Pocket Handle (Pair)
- (2) Smart Ankle Cuff
- (1) Exercise Wall Chart
- (1) Smart Resistance Wall Gym
- (1) Smart Resistance Caddy

### Kit Includes:

- (2 Each) 30in Resistance Cables 20lb and 40lb
- (2) 60in Resistance Cables 50lb
- (1) Smart Quick Flip Triple Pocket Handle (Pair)
- (1) Smart Ankle Cuff
- (1) Smart Resistance Wall Gym



	SKU	MSRP
Smart Resistance Wall Gym & Cable Caddy Complete Kit	400-240-009	\$1,799.00
Smart Resistance Wall Gym Kit	400-240-007	\$999.00

## SMART WALL MOUNTED MEDICINE BALL RACK

Easily hang and store four medicine balls on the space-saving wall mounted rack.

- Heavy duty steel construction
- Can hold up to 4 medicine balls
- Rack with product dimensions: 9" W x 11" D x 43" H

### Package Includes:

- (1) Smart Medicine Ball, 4lb (Yellow)
- (1) Smart Medicine Ball, 6lb (Orange)
- (1) Smart Medicine Ball, 8lb (Green)
- (1) Smart Medicine Ball, 10lb (Blue)
- (1) Smart Medicine Ball Rack



	SKU	MSRP
Smart Medicine Ball Rack, Wall Mounted Commercial Package	400-150-163	\$350.00
Smart Medicine Ball Rack, Wall Mounted (Rack Only)	400-150-168	\$169.00

# COMMERCIAL PACKAGES (WALL MOUNTED)

## SMART ROPE CADDY™

The Smart Conditioning Rope Caddy features Self-Guided exercises printed directly on the caddy for easy reference.

It is wall mounted to easily keep lengthy ropes organized and off the floor as well as provide the anchor point for the rope during exercise.

The unique, saddle-shaped anchor provides a smooth path for your rope to minimize wear and tear during exercises.

**Smart Rope Caddy Package Includes:**

- (1) Wall Mounted Caddy
- (1) 30ft x 1.5in Diameter Conditioning Rope



	SKU	MSRP
Smart Rope Caddy Self-Guided Commercial Package, 30ft Rope	400-205-210	\$345.00
Smart Rope Caddy (Caddy Only)	400-205-200	\$210.00

## SMART STRAPS™ WALL/CEILING MOUNT

For Mounting your Smart Straps Body Weight Trainer to walls, ceilings, or overhead beams.

The Smart Body Weight Training Mount bracket can be attached easily to wall studs or ceiling beams to create a secure anchor for your Smart Straps and create a professional training station in any room.

The durable, high-grade steel 16" bar allows you to place the individual Smart Straps at various widths for proper body position.



	SKU	MSRP
Smart Straps Ceiling/Wall Mount Commercial Package	400-450-310	\$165.00
Smart Strap Ceiling/Wall Mount (Mount Only)	400-450-304	\$79.00

## SMART STICKS™ QUIVER

Now there's an easy way to neatly and conveniently store your mobility sticks. The Smart Stick Quiver holds 6 Smart Sticks. It can be mounted to a wall or attached to a Functional Training Center.

- Heavy duty steel construction
- Holds up to 6 Smart Sticks
- Quiver dimensions: 5" W x 5" D x 30" H
- Quiver with product dimensions: 5" W x 5" D x 61" H

**Package Includes:**

- (1) Smart Stick Quiver
- (6) Smart Sticks – Unweighted or 5lb Weighted



	SKU	MSRP
Smart Stick Quiver (Quiver Only)	400-140-450	\$99.00
Smart Stick Quiver Package (6 Unweighted Sticks + Quiver)	400-140-451	\$195.00
Smart Stick Quiver Package (6 5lb Weighted Sticks + Quiver)	400-140-452	\$219.00



# COMMERCIAL PACKAGE REPLENISHMENT KITS

## SMART DELUXE ACCESSORY REPLENISHMENT KIT

### Kit Includes:

- (2) Smart Mats, 16mm with Grommets (Blue)
- (2) Smart Recovery Foam Rollers
- (1) Smart Medicine Ball, 4lb (Yellow)
- (2) Smart Medicine Balls, 6lb (Orange)
- (2) Smart Medicine Balls, 8lb (Green)
- (1) Smart Medicine Ball, 10lb (Blue)
- (1) Smart Stability Ball, 55cm (Yellow)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Smart Stability Ball, 75cm (Blue)
- (5) Smart Quick Flip Single Pocket Handle (Pair)
- (1) Fitness Cable, 20lb (Purple)
- (1) Fitness Cable, 30lb (Pink)
- (1) Fitness Cable, 50lb (Orange)
- (1) Fitness Cable, 70lb (Yellow)
- (1) Fitness Cable, 90lb (Blue)



## ITS NEVER BEEN EASIER TO REPLENISH YOUR FITNESS SPACE

- Replenishment kits are available for all Self-Guided accessory products included in your commercial storage solution
- Accessories get dirty, wear down with usage, and sometimes they simply walk
- Easy ordering with one SKU per kit
- Drop shipping available

## SMART DELUXE CABLE KIT

### Kit Includes:

- (1) Fitness Cable, 20lb (Purple)
- (1) Fitness Cable, 30lb (Pink)
- (1) Fitness Cable, 50lb (Orange)
- (1) Fitness Cable, 70lb (Yellow)
- (1) Fitness Cable, 90lb (Blue)
- (5) Smart Quick Flip Single Pocket Handle (Pair)



	SKU	MSRP
Smart Accessory Replenishment Kit - Deluxe	400-150-211	\$599.00

	SKU	MSRP
Smart Deluxe Cable Kit	400-150-300	\$89.99

## SMART ELITE ACCESSORY REPLENISHMENT KIT

### Kit Includes:

- (6) Smart Mats, 16mm with Grommets (Blue)
- (4) Smart Recovery Foam Rollers
- (1) Smart Medicine Ball, 4lb (Yellow)
- (2) Smart Medicine Balls, 6lb (Orange)
- (2) Smart Medicine Balls, 8lb (Green)
- (1) Smart Medicine Ball, 10lb (Blue)
- (1) Smart Medicine Ball, 15lb (Purple)
- (1) Smart Stability Ball, 55cm (Yellow)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Smart Stability Ball, 75cm (Blue)
- (2) Mini Flat Bands, Light (Yellow)
- (2) Mini Flat Bands, Medium (Green)
- (2) Mini Flat Bands, Heavy (Blue)
- (2) Smart Speed Jump Ropes
- (1) Smart Guard Sleeved Tubing with Handle, Very Light, 5lb (Green)
- (1) Smart Guard Sleeved Tubing with Handle, Light, 10lb (Light Blue)
- (1) Smart Guard Sleeved Tubing with Handle, Medium, 15lb (Red)
- (1) Smart Guard Sleeved Tubing with Handle, Heavy, 20lb (Blue)
- (1) Smart Guard Sleeved Tubing with Handle, Very Heavy, 25lb (Black)



## SMART ESSENTIAL ACCESSORY REPLENISHMENT KIT

### Kit Includes:

- (1) Smart Mat, 16mm with Grommets (Blue)
- (1) Smart Recovery Foam Rollers
- (1) Smart Medicine Ball, 4lb (Yellow)
- (1) Smart Medicine Ball, 6lb (Orange)
- (1) Smart Medicine Ball, 8lb (Green)
- (1) Smart Medicine Ball, 10lb (Blue)
- (1) Smart Stability Ball, 55cm (Yellow)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Fitness Cable, 20lb (Purple)
- (1) Fitness Cable, 30lb (Pink)
- (2) Smart Quick Flip Single Pocket Handle (Pair)



	SKU	MSRP
Smart Accessory Replenishment Kit - Elite	400-150-210	\$999.00

	SKU	MSRP
Smart Accessory Replenishment Kit - Essential	400-150-212	\$350.00

# SMART TRAINING BUNDLES

## SMART CORE STRENGTH TRAINING BUNDLE

The Smart Core Strength Training Bundle is perfect for a home gym or anywhere you want to fit in a workout. The bundle includes all the equipment needed for endless core training. Plus, the Smart Core Wheel comes complete with a Self-Guided Mat for added comfort if exercising on harder floors.

**Bundle Includes:**

- (1) Smart Straps Body Weight Training System
- (1) Smart Core Ab Wheel with Mat
- (1) Smart Medicine Ball, 8lb (Green)



	SKU	MSRP
Smart Core Strength Training Bundle	400-150-302	\$219.99

## SMART RESISTANCE TRAINING BUNDLE

The Smart Resistance Training Bundle comes with lightweight yet durable, multi-layered cables that feel better and last longer than common extruded bands. The cables measure 5ft each and weigh less than 1lb.

- Versatile: Choose your workout and strengthen from head to toe as you move through cables for resistances at 20lb, 40lb, 60lb or any combination of all three.
- Interchangeable: The unique interchangeable handle design allows for convenience as each cable is compatible with the included pair of Smart Quick Flip (Triple Slot) Handles. The “click” tells you the cable is locked and secure.

The pair of Smart Quick Flip Handles feature a unique triple-slot design that allows the user to combine multiple cables for a heavier resistance exercise. Connect up to three cables for the perfect resistance from 20lb to 120lb.

**Bundle Includes:**

- (1) Fitness Cable, 20lb (Purple)
- (1) Fitness Cable, 40lb (Magenta)
- (1) Fitness Cable, 60lb (Red)
- (1) Smart Quick Flip Triple Pocket Handle (Pair)



	SKU	MSRP
Smart Resistance Bundle	400-150-301	\$54.99

## SMART SPEED AND PERFORMANCE BUNDLE

Speed is vital to many performance sports, that's why we created the speed and performance bundle. It includes all the tools you need to take your speed training to the next level. The Smart Acceleration ladder is perfect for learning the initial strides for all athletes. The Smart Modular Agility ladder puts others to shame by allowing you to create patterns that are important to your sport, not just a single line. Lastly, the versatile #1 Hurdles can be added to many drills to ensure proper clearance and create explosive plyometric drills.

**Bundle Includes:**

- (1) Smart Modular Acceleration Ladder
- (1) Smart Modular Agility Ladder, 15'
- (1) Smart Hurdle #1 (Set of 6)



	SKU	MSRP
Smart Speed and Performance Bundle	400-150-303	\$239.99



# PORTABLE BOOTCAMP



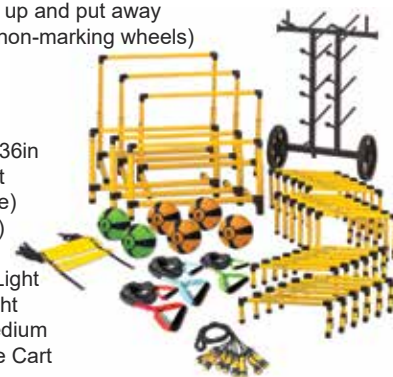
## SMART CART™ TRAINING SYSTEM

Organize your training equipment into a compact and easy to transport system.

- Train as many as 60 athletes in one hour
- Equipment is quick and easy to set up and put away
- Easily move the cart inside or out (non-marking wheels)

### Includes:

- (12) Smart Hurdles #1, 6in
- (12) Smart Hurdles #2, 12in
- (6) Adjustable Smart Hurdles #4, 21-36in
- (1) Smart Modular Agility Ladder, 15ft
- (4) Smart Medicine Balls, 6lb (Orange)
- (2) Smart Medicine Balls, 8lb (Green)
- (6) Speed Jump Ropes
- (2) Smart Guard Sleeved Tubing, X-Light
- (2) Smart Guard Sleeved Tubing, Light
- (2) Smart Guard Sleeved Tubing, Medium
- (1) Smart Cart Transport and Storage Cart



	SKU	MSRP
Smart Cart Training System	400-130-290	\$1,895.00



## SMART TRAINER BAG™

Train clients on the go! The Smart Trainer Bag contains all the necessary equipment to give clients a full workout while fitting nicely into a bag for easy travel. Featuring Self-Guided products with exercise ideas printed directly on the equipment.

### Includes:

- (1) Smart Medicine Balls, 6lb (Orange)
- (1) Smart Mat, 6mm (Black & Yellow)
- (1) Smart Guard Sleeved Tubing with Handle, Light, 10lb (Light Blue)
- (1) Smart Guard Sleeved Tubing with Handle, Medium, 15lb (Red)
- (1) Light Mini Flat Band (Yellow)
- (1) Medium Mini Flat Band (Green)
- (1) Heavy Mini Flat Band (Blue)
- (1) Smart Speed Jump Rope
- (1) Smart Straps Body Weight Trainer
- (1) Smart Core Ab Wheel With Mat
- (1) Smart Modular Agility Ladder
- (1) Duffle Bag with Smart Trainer Logo



	SKU	MSRP
Smart Trainer Bag Package	400-180-680	\$525.00



## SMART IN-HOME BOOTCAMP™

Our Bootcamp package offers a range of our Smart Products to suit every lifestyle and fitness aspiration, while doing it in the comfort of your home. Along with the products, we'll provide you with a bootcamp workout of your own!

### Includes:

- (1) Fitness Cable, 20lb (Purple)
- (1) Fitness Cable, 30lb (Pink)
- (1) Fitness Cable, 40lb (Magenta)
- (1) Smart Quick Flip Single Pocket Handle (Pair)
- (1) Smart Speed Jump Rope
- (1) Smart Medicine Ball, 6lb (Orange)
- (1) Mini Flat Band, Medium (Green)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Kettlebell Sandbag
- (1) Smart Recovery Foam Roller
- (1) Smart Mat, 6mm (Black & Yellow)



	SKU	MSRP
Smart In-Home Bootcamp	400-150-204	\$299.00

# MOBILITY TRAINING



## SMART HURDLE™ SETS

Designed with both athletes and coaches in mind. With five sizes to choose from, there's a perfect fit for every training session. Smart Hurdles improve agility and range of motion through lateral and over/under drills.

- Each hurdle features a sturdy 3-point base that improves stability
- Support leg rotates and folds flat for storage
- All sets include carry handle

- #1: Set of 6, Height: 6in
- #2: Set of 6, Height: 12in
- #3: Set of 3, Height: 12in to 18in
- #4: Set of 3, Height: 21in to 36in
- #5: Set of 3, Height: 27in to 42in



	SKU	MSRP
Smart Hurdle #1 (Set of 6)	400-120-210	\$99.00
Smart Hurdle #2 (Set of 6)	400-120-230	\$109.00
Smart Hurdle #3 (Set of 3)	400-120-200	\$169.00
Smart Hurdle #4 (Set of 3)	400-120-220	\$199.00
Smart Hurdle #5 (Set of 3)	400-120-240	\$209.00

## SMART HURDLE™ COLLECTION

Total of 36 Smart Hurdles together on one convenient Smart Cart; they're a breeze to transport and easy to store.

- Training options are unlimited with this versatile set of small, medium and adjustable height hurdles
- Set up is quick and easy
- Hurdles fold flat and store neatly on cart

### Includes:

- (12) Smart Hurdles #1, Height 6in
- (12) Smart Hurdles #2, Height 12in
- (6) Adjustable Smart Hurdles #3, Height 12-18in
- (6) Adjustable Smart Hurdles #4, Height 21-36in
- (1) Smart Cart

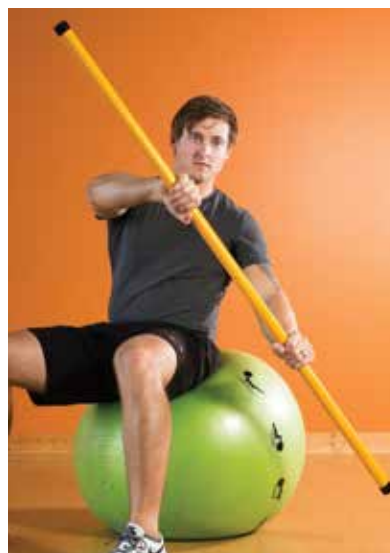


	SKU	MSRP
Smart Hurdle Collection	400-130-620	\$1,795.00

## SMART STICKS™

The Smart Stick makes your favorite movements and exercises more productive.

- Aligns the body for balanced, optimal range of motion
- 5ft in length
- Hands slide along the smooth surface



	SKU	MSRP
Smart Stick - Unweighted	400-140-400	\$15.99
Smart Stick - 5lb Weighted	400-140-405	\$19.99
Smart Stick Set of 10 - Unweighted	400-140-410	\$150.00
Smart Stick Set of 10 - 5lb Weighted	400-140-415	\$190.00
Smart Stick Quiver	400-140-450	\$99.00
Smart Stick Quiver Package (6 Unweighted Sticks + Quiver)	400-140-451	\$195.00
Smart Stick Quiver Package (6 5lb Weighted Sticks + Quiver)	400-140-452	\$219.00



# SELF-GUIDED FITNESS



## SMART MAT™

The Smart Mat has exercises printed on both sides to guide the user in both Stretching Poses and Core Exercises.

- 14 Core Exercises and 14 Stretching Poses are printed on the mat for easy reference
- Two types of mats are available:
  - 6mm (Yellow) rolled for easy storage/transportation (TPE)
  - 16mm (Blue) with grommets for easy hanging (NBR)
- Durable, non-slip surface
- Size: 6ft long by 2ft wide



	SKU	MSRP
Smart Mat, 6mm (Black & Yellow)	400-150-030	\$59.99
Smart Mat, 16mm with Grommets (Blue)	400-150-031	\$55.99

## SMART PLYO<sup>3</sup> CUBE™

The 3-in-1 Smart Plyo Cube saves your facility space and the user valuable time while being able to train safely. **Learn more in Plyo section.**

- 9 exercises printed on cube for easy reference



	SKU	MSRP
Smart Soft Plyo Cube, 3-in-1	400-150-055	\$499.00

## SMART STABILITY BALLS™

Smart Stability Balls are Self-Guided for users at all fitness levels.

- 13 exercises are printed on the ball for easy reference
- Burst-resistant PVC construction
- Pump included



	SKU	MSRP
Smart Stability Ball, 55cm (Yellow)	400-150-010	\$29.99
Smart Stability Ball, 65cm (Green)	400-150-011	\$34.99
Smart Stability Ball, 75cm (Blue)	400-150-012	\$39.99



## SMART RECOVERY FOAM ROLLER™

This foam roller is used to release muscle tension before, during, and after workouts.

- 9 movements are printed on the foam roller for easy reference
- 2ft long: wide enough to use on backs
- Durable EPE polyethylene foam holds its shape
- Designed for moderate to heavy use



	SKU	MSRP
Smart Recovery Foam Roller	400-150-020	\$35.99

# SELF-GUIDED FITNESS

## SMART ROPE CADDY™

The Smart Rope Caddy provides a neat and organized way of storing your conditioning rope. Its unique, saddle-shaped anchor provides a smooth path for your rope to minimize wear and tear during exercise. The Rope Caddy includes eight exercise images to help guide users through various effective rope conditioning methods. **Learn more in Functional Strength section.**



### Smart Rope Caddy Package Includes:

- (1) Smart Rope Caddy
- (1) 30ft x 1.5in Diameter Conditioning Rope

	SKU	MSRP
Smart Rope Caddy (Caddy Only)	400-205-200	\$210.00
Smart Rope Caddy Package	400-205-210	\$345.00

## SMART MEDICINE BALLS™

The weighted center forces the user to use different muscle groups to throw, bounce or twist with the ball.

- 8 exercises are printed on the ball for easy reference
- Textured for a reliable grip; sturdy rubber construction
- Bounces on a hard surface
- 5 weights and sizes available



	SKU	MSRP
Smart Medicine Ball, 4lb (Yellow)	400-150-001	\$41.99
Smart Medicine Ball, 6lb (Orange)	400-150-002	\$49.99
Smart Medicine Ball, 8lb (Green)	400-150-003	\$54.99
Smart Medicine Ball, 10lb (Blue)	400-150-004	\$65.99
Smart Medicine Ball, 15lb (Purple)	400-150-005	\$79.99



## SMART STRAPS™ BODY WEIGHT TRAINER

The Smart Straps Body Weight Trainer provides a smart way to train with your own body weight. **Learn more in Functional Strength section.**

- 12 exercises printed directly on the straps for easy reference
- Easy access foot cuffs
- Built in Door Anchors



	SKU	MSRP
Smart Straps Body Weight Training System	400-450-300	\$99.00



## SMART CORE WHEEL™

The Smart Core Wheel™ delivers the best core workout for the entire core (not just abs!) with one tool. Strap your feet or grip the handles for a great core-focused workout.

- Includes mat for added comfort for hands or knees
- 6 exercises are printed directly on the mat for easy reference
- Combined handle and foot pedal
- Adjustable velcro straps to securely fasten feet to the pedals (either facing up or down)
- Handles fold down for easy storage
- Easily switch between hand and feet exercises



	SKU	MSRP
Smart Core Ab Wheel With Mat	400-460-210	\$79.00

# AGILITY TRAINING



## SMART MODULAR AGILITY LADDER™

Snap ladders together for the desired length AND connect rungs together to create the desired width.

Rung ends feature our new patented Quick Connect System allowing pattern combinations at a variety of widths.

The Smart Organizer simplifies gathering and releasing ladder rungs preventing tangling and knotting. Handle included for easy transport and storage.

More than one 15ft ladder? Twist two organizers together for even more convenient storage.

Create various patterns from double/triple lane ladders to obstacles, zig zag patterns, and a full grid!

- Unlimited variations for drills and exercises
- Snap ends together for increased length
- Connect rungs for increased number of rows
- Two 7½ ft Sections



	SKU	MSRP
Smart Modular Agility Ladder, 15ft	400-110-100	\$59.00

## SMART MODULAR ACCELERATION LADDER™

Designed to teach you to do one essential thing well: Accelerate.

- Increasing spaces between rungs to teach faster turnover and maximum stride length
- Flat, hard-plastic rungs
- Rung ends feature our new patented Quick Connect System to connect multiple ladders together
- The Smart Organizer simplifies gathering, releasing, and transporting
- 37ft total length (two segments)



	SKU	MSRP
Smart Modular Acceleration Ladder	400-110-370	\$89.00



# PLYOMETRIC TRAINING



## SMART PLYO<sup>3</sup> CUBE™

The 3-in-1 Smart Plyo Cube can be used to save space and the user time while training safely.

- 9 exercises are printed on one side of the plyo box for easy reference
- Made of high-density foam and commercial grade vinyl cover prevents injury
- 3 different heights (20in, 24in and 30in) all in one for less clutter and easy storage



	SKU	MSRP
Smart Soft Plyo Cube, 3-in-1	400-150-055	\$499.00

## FOAM PLYO BOXES

Heavy-duty vinyl over impact-absorbing foam for safety, stability and durability.

- Polyurethane foam under durable 21oz vinyl cover
- Velcro strips prevent slipping when stacking for storage or multi-height training
- Supports users up to 400lb
- All boxes have 36in x 30in landing surface
- Two sets available: 3-box or 5-box



	SKU	MSRP
3-Box Set (12in, 18in, 24in)	400-620-110	\$1,699.00
5-Box Set (3in, 6in, 12in, 18in, 24in)	400-620-111	\$1,999.00

## CLASSIC PLYO BOXES

Maximum stability and durability with their steel construction and fully welded frames.

- Tops are reinforced 3/4in plywood with non-slip surface to maximize safety
- Legs are constructed at a 6° angle to prevent tipping
- Rubber bottoms protect floor
- Stackable for easy storage
- Use indoors and outdoors



	SKU	MSRP
4-Box Set (12in, 18in, 24in, 30in)	400-610-110	\$449.00
5-Box Set (12in, 18in, 24in, 30in, 36in)	400-610-111	\$599.00
6-Box Set (12in, 18in, 24in, 30in, 36in, 42in)	400-610-112	\$799.00

# RESISTANCE TRAINING



## SMART FITNESS CABLES AND SMART QUICK FLIP™ HANDLES

The interchangeable Fitness Cables and Smart Quick Flip Handles allow users to create their own resistance systems to strengthen and tone from head to toe. Add the door anchor for added angles and possibilities.

- Multi-layered: feels better and last longer than common extruded bands
- Use different cables for different exercises and ranges of motion or move up to the next resistance level as strength increases
- Patent-pending handle design makes cable changes faster and easier
- The “click” tells the user the cable is locked and secure
- Order cables and handles separately



### EASY CABLE INSERTION/REMOVAL

1. Simply lift the two sides of the flip-lock cable cups
2. Insert the cable plug through the hole (from the bottom)
3. Then push down on the cable cups until they “click” into their secured position under the cable plug
4. Repeat for each cable cup

	SKU	MSRP
10lb Fitness Cable (Teal)	400-230-001	\$5.00
20lb Fitness Cable (Purple)	400-230-002	\$6.00
30lb Fitness Cable (Pink)	400-230-003	\$7.00
40lb Fitness Cable (Magenta)	400-230-004	\$8.00
50lb Fitness Cable (Orange)	400-230-005	\$9.00
60lb Fitness Cable (Red)	400-230-006	\$10.00
70lb Fitness Cable (Yellow)	400-230-007	\$13.00
80lb Fitness Cable (Green)	400-230-008	\$15.00
90lb Fitness Cable (Blue)	400-230-009	\$17.00
100lb Fitness Cable (Black)	400-230-010	\$20.00
Smart Quick Flip Single Pocket Handle (Pair)	400-160-005	\$9.95
Smart Quick Flip Triple Pocket Handle (Pair)	400-160-006	\$14.95
Smart Ankle Cuff	400-160-010	\$13.95
Smart Door Anchor Deluxe	400-230-020	\$8.99



## SMART GUARD™ SLEEVED TUBING

Rubber dipped tubing encased in nylon sheathing that enhances safety and comfort during resistance training.

- Sheath protects tubing from damage, UV light and drying out
- 4ft long
- Plastic handles with reinforced webbing straps



	SKU	MSRP
Smart Guard Sleeved Tubing, Very Light, 5lb (Green)	100-100-100	\$15.95
Smart Guard Sleeved Tubing, Light, 10lb (Light Blue)	100-100-101	\$17.95
Smart Guard Sleeved Tubing, Medium, 15lb (Red)	100-100-102	\$18.95
Smart Guard Sleeved Tubing, Heavy, 20lb (Blue)	100-100-103	\$19.95
Smart Guard Sleeved Tubing, Very Heavy, 25lb (Black)	100-100-104	\$20.95
Smart Guard Sleeved Tubing, Ultra Heavy, 35lb (Gray)	100-100-105	\$24.95

## SMART STRENGTH BANDS

Add assistance or resistance to any training routine. Use for assisted pull ups, stretching and speed training.

- Highest quality strength bands available
- 40in long and 3/16in thick



	SKU	MSRP
Smart Strength Band, XX-Light Band, 5-35lb (Red)	400-710-110	\$15.00
Smart Strength Band, X-Light Band, 10-50lb (Black)	400-710-111	\$22.00
Smart Strength Band, Light Band, 25-80lb (Purple)	400-710-112	\$30.00
Smart Strength Band, Medium Band, 50-120lb (Green)	400-710-113	\$35.00
Smart Strength Band, Heavy Band, 60-150lb (Blue)	400-710-114	\$45.00
Smart Strength Band, X-Heavy Band, 70-175lb (Orange)	400-710-115	\$63.00
Smart Strength Band, XX-Heavy Band, 80-200lb (Gray)	400-710-116	\$75.00

# RESISTANCE TRAINING

## SMART RESISTANCE™ WALL GYM

An infinitely adjustable anchor system that allows simple and secure placement anywhere along the continuous track. Precise markings ensure consistency in assessment and training.

- 7ft stainless steel track; wall mounted to maximize floor space
- Patented anchors slide to any track position
- Triple pocket attachment for quick and secure connections
- Accepts cables, tubes, bands, and webbing
- D-ring gives infinite attachment flexibility
- Supports 250lb

### Smart Resistance Wall Gym Kit Includes:

- (2 Each) 30in Resistance Cables - 20lb and 40lb
- (2) 60in Resistance Cables - 50lb
- (1 Pair) Smart Quick Flip Handles - Triple
- (1) Smart Arm/Leg Attachment
- (1) Smart Resistance Wall Gym
- (1) Exercise Chart

### Smart Resistance Wall Gym Complete Package Includes:

- (2 Each) 30in Resistance Cables 10lb-100lb
- (2 Each) 60in Resistance Cables 10lb-100lb
- (2 Pairs) Smart Quick Flip Handles -Single
- (2 Pairs) Smart Quick Flip Handles -Triple
- (2) Smart Arm/Leg Attachments
- (1) Smart Resistance Wall Gym
- (1) Exercise Chart
- (1) Smart Resistance Caddy



## SMART RESISTANCE™ CADDY

Organize and store your equipment. Cable resistance levels are clearly labelled for easy cable selection.

- Holds up to 80 cables and 20 handles or attachments
- Securely mounts to any wall with no visible hardware
- Quickly account for all equipment and control cable chaos



### Smart Resistance Caddy Kit Includes:

- (2 Each) 30in Resistance Cables 10lb-100lb
- (2 Each) 60in Resistance Cables 10lb-100lb
- (4 Pairs) Smart Quick Flip Handles -Single
- (2 Pairs) Smart Quick Flip Handles -Triple
- (2) Smart Arm/Leg Attachment
- (1) Smart Resistance Caddy

	SKU	MSRP
Smart Resistance Wall Gym & Cable Caddy Complete Kit	400-240-009	\$1,799.00
Smart Resistance Wall Gym Kit	400-240-007	\$999.00
Smart Resistance Caddy Kit	400-240-008	\$675.00
Smart Resistance Caddy (Storage Unit Only)	400-240-002	\$249.00
Smart Resistance Wall Gym Chart	400-240-006	\$59.00
Custom Logo for either Wall Gym or Caddy	LOGO CUSTOM	\$100.00



## MINI FLAT BANDS

Great, lightweight training tool that easily goes anywhere you go. Perfect for Pilates, stretching, physical therapy, toning and strength training.

- Each band features extensibility for moderate load standing movement drills
- 2in wide, 11in long
- Sold in sets of 10 or in a pack of 3 that includes one of each resistance level



	SKU	MSRP
Mini Flat Bands, Set of 10, Light (Yellow)	400-700-595	\$30.00
Mini Flat Bands, Set of 10, Medium (Green)	400-700-575	\$32.00
Mini Flat Bands, Set of 10, Heavy (Blue)	400-700-555	\$35.00
Mini Flat Bands, 3 Pack (1 of Each Resistance)	400-700-600	\$14.95



## LATERAL RESISTOR

Trains athletes to maintain proper positioning for lateral movements and strengthens muscles for lateral speed.

- Felt-padded ankle cuffs provide a comfortable fit
- 15in flexicord
- Quickly swap between athletes or circuit training

	SKU	MSRP
Lateral Resistor, Light (Red)	400-520-410	\$31.00
Lateral Resistor, Medium (Blue)	400-520-411	\$31.50
Lateral Resistor, Heavy (Black)	400-520-412	\$32.00

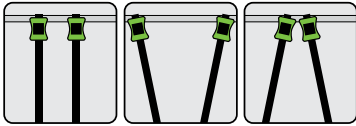


# FUNCTIONAL STRENGTH

## SMART STRAPS™ BODY WEIGHT TRAINER

The Smart Straps Body Weight Trainer provides a smart way to train with your own body weight.

- 12 exercises printed directly on the straps for easy reference
- Effortless switch between arm and leg exercises with preformed handle and foot cuff combo
- 2 independent straps that are adjustable (both length and width) for desired difficulty levels and different exercises
- Quick anchor installation options
- Strap Connector joins the two straps to create free motion dynamic movement for muscle balance and core intensification



	SKU	MSRP
Smart Straps Body Weight Training System	400-450-300	\$99.00

## SMART STRAPS™ WALL/CEILING MOUNT

For Mounting your Smart Straps Body Weight Trainer to Walls, Ceilings or Overhead Beams.

The Smart Body Weight Training Mount bracket can easily be attached to wall studs or ceiling beams to create a secure anchor for your Smart Straps and create a professional training station in any room.

The durable, high-grade steel bar (16in in length) allows you to place the individual Smart Straps at various widths for proper body position.



	SKU	MSRP
Smart Strap Ceiling/Wall Mount (Mount Only)	400-450-304	\$79.00
Smart Straps Ceiling/Wall Mount Commercial Package	400-450-310	\$165.00

# FUNCTIONAL STRENGTH



## SMART MEDICINE BALLS™

The weighted center forces the user to use different muscle groups.

- 8 exercises are printed on the ball for easy reference
- Textured for a reliable grip; sturdy rubber construction

	SKU	MSRP
Smart Medicine Ball, 4lb (Yellow)	400-150-001	\$41.99
Smart Medicine Ball, 6lb (Orange)	400-150-002	\$49.99
Smart Medicine Ball, 8lb (Green)	400-150-003	\$54.99
Smart Medicine Ball, 10lb (Blue)	400-150-004	\$65.99
Smart Medicine Ball, 15lb (Purple)	400-150-005	\$79.99

## VINYL DUMBBELLS AND RACK

The Vinyl Dumbbells are functional tools that help increase strength, balance and coordination while performing multi-directional exercises.

- Cast iron, coated with thick vinyl for secure grip
- Prevents scratches on floors and surfaces
- Hexagonal shape prevents rolling
- Sold individually



	SKU	MSRP
Vinyl Dumbbell, 3lb (Green)	400-930-103	\$6.25
Vinyl Dumbbell, 4lb (Light Blue)	400-930-104	\$8.50
Vinyl Dumbbell, 5lb (Dark Blue)	400-930-105	\$10.50
Vinyl Dumbbell, 6lb (Red)	400-930-106	\$12.50
Vinyl Dumbbell, 7lb (Dark Purple)	400-930-107	\$14.50
Vinyl Dumbbell, 8lb (Black)	400-930-108	\$17.00
Vinyl Dumbbell, 9lb (Yellow)	400-930-109	\$19.50
Vinyl Dumbbell, 10lb (Orange)	400-930-110	\$21.00
Vinyl Dumbbell, 12lb (Violet)	400-930-112	\$25.00
Vinyl Dumbbell, 15lb (Dark Green)	400-930-115	\$31.00
Vinyl Dumbbell Rack (Holds 10 Pairs)	400-930-101	\$125.00

## KETTLEBELLS AND RACK

Commercial-grade rubber encased Kettlebell is made of steel and features chrome handles.

- Total body workout with an emphasis on core stimulation
- Increase strength, agility, endurance and balance



	SKU	MSRP
Rubber Kettlebell 8lb	425-100-100	\$21.99
Rubber Kettlebell 10lb	425-100-101	\$25.99
Rubber Kettlebell 15lb	425-100-102	\$39.99
Rubber Kettlebell 20lb	425-100-103	\$51.99
Rubber Kettlebell 25lb	425-100-104	\$63.99
Rubber Kettlebell 30lb	425-100-105	\$76.99
Rubber Kettlebell 35lb	425-100-106	\$89.99
Rubber Kettlebell 40lb	425-100-107	\$104.99
Rubber Kettlebell 45lb	425-100-108	\$114.99
Rubber Kettlebell 50lb	425-100-109	\$125.99
Vertical Kettlebell Rack	425-100-110	\$299.00

## SLAM BALLS

Slam Balls are built to absorb the energy of repeated slams with no bounce.

- Encased in tough rubber shell with an easy to grip surface
- Center of ball is filled with sand that shifts when slammed or thrown

	SKU	MSRP
Slam Ball 9" Diameter, 10lb	400-930-510	\$35.00
Slam Ball 9" Diameter, 15lb	400-930-515	\$40.00
Slam Ball 9" Diameter, 20lb	400-930-520	\$52.00
Slam Ball 9" Diameter, 25lb	400-930-525	\$60.00
Slam Ball 9" Diameter, 30lb	400-930-530	\$70.00
Slam Ball 10" Diameter, 35lb	400-930-535	\$98.00
Slam Ball 10" Diameter, 40lb	400-930-540	\$109.00
Slam Ball 10" Diameter, 50lb	400-930-550	\$117.00



# FUNCTIONAL STRENGTH

## SMART ROPE CADDY™

The Smart Conditioning Rope Caddy features Self-Guided exercises printed directly on the caddy for easy reference.

It is wall mounted to easily keep the lengthy ropes organized and off the floor as well as provide the anchor point for the rope during exercises.

The unique, saddle shaped anchor provides a smooth path for your rope to minimize wear and tear during exercises.

**Smart Rope Caddy Self-Guided Commercial Package Includes:**

(1) Wall Mounted Smart Rope Caddy

(1) Conditioning Rope, 30ft, 1.5" Diameter



	SKU	MSRP
Smart Rope Caddy (Caddy Only)	400-205-200	\$210.00
Smart Rope Caddy Self-Guided Commercial Package, 30ft Rope	400-205-210	\$345.00



## CONDITIONING ROPES

The Conditioning Rope combines high intensity and low impact movements with a full range of motion workout. Rope training was recently voted by Men's Health magazine as the best cardio workout.

- Durable 20/80 (Poly/Danline) blend that prevents fraying while still being flexible
- Conditioning Ropes help build stamina, gain lean muscle mass, burn fat and strengthen core muscles
- Available in black with 1.5in diameter



	SKU	MSRP
Conditioning Rope, 30ft, 1.5" Diameter	400-205-110	\$149.00
Conditioning Rope, 40ft, 1.5" Diameter	400-205-111	\$169.00





SMART RECOVERY FOAM ROLLER™

This Foam Roller is used to release muscle tension before, during, and after workouts.

- 9 movements are printed on the foam roller for easy reference
- 2ft long: wide enough to use on backs
- Durable EPE polyethylene foam holds its shape
- Designed for moderate to heavy use

	SKU	MSRP
Smart Recovery Foam Roller	400-150-020	\$35.99



THE GRID™ FOAM ROLLER

Designed for athletes and people of all body types - used to achieve a comprehensive core body workout to challenge core muscles as well as a self-massage tool. Massage lats, quads, lower back, or any other large muscle group.

- Constructed with less foam than other rollers
- Designed to withstand constant, heavy and repeated use without breaking down
- 13in long and 5in diameter

	SKU	MSRP
The Grid Foam Roller (Orange)	400-800-075	\$39.99
The Grid Foam Roller (Black)	400-800-070	\$39.99



# SPEED TRAINING

## SMART SPEED & WEIGHTED JUMP ROPES

Designed with a rubber grip handle that contours to the hands of the user, taking pressure off the wrist. Choose between these two ropes for a comfortable and challenging workout.

- Speed Rope is easy to maneuver and accelerate for a burst of max cardio
- Weighted Rope adds resistance to turn up the intensity
- Both jump ropes are adjustable; change the length to fit any height



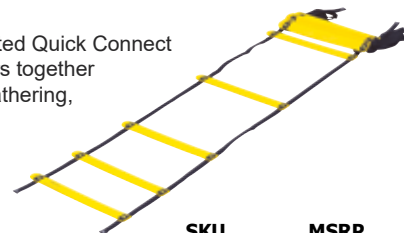
	SKU	MSRP
Smart Speed Jump Rope	400-540-310	\$19.99
Smart Weighted Jump Rope	400-540-320	\$24.99



## SMART MODULAR ACCELERATION LADDER™

Designed to teach you to do one essential thing well: Accelerate.

- Increasing spaces between rungs to teach faster turnover and maximum stride length
- Flat, hard-plastic rungs
- Rung ends feature our new patented Quick Connect System to connect multiple ladders together
- The Smart Organizer simplifies gathering, releasing, and transporting
- 37ft total length (two segments)



	SKU	MSRP
Smart Modular Acceleration Ladder	400-110-370	\$89.00



## VIPER 360 BELT SET

Premium belt that improves sprinting, leaping, and directional quickness.

- Padded belt with 1 Saturn ring and 3 stationary D-rings
- Quick transitions between resistance and assistance
- 8ft flexicord safely stretches to 20ft
- Handle/belt for a training partner

	SKU	MSRP
Viper 360 Belt Set, Medium (Waist 29-32in)	400-520-130	\$89.00
Viper 360 Belt Set, Large (Waist 32-36in)	400-520-131	\$89.00
Viper 360 Belt Set, X-Large (Waist 36in+)	400-520-132	\$89.00



## DIRECTIONAL SPEED TRAINER

Powerful lateral movement trainer that helps develop speed, stride length, and strength.

- Dual resistance, 24ft max stretch
- Explosive change-of-direction training: forward, backward and lateral
- Padded belt with 2 swivel rings, each 180° to allow full range of motion
- Safety cuffs that tether to wrist



	SKU	MSRP
Directional Speed Trainer	400-520-240	\$99.00

# SPEED TRAINING

## WORKHORSE HARNESS

Provides easy transitions between drills and the flexibility to train efficiently.

- 4 stationary D-rings and 1 Saturn ring for multi-directional training
- Durable and comfortable
- Heavy-duty construction
- Padded, adjustable shoulder straps and waist belt



	SKU	MSRP
Workhorse Harness, Medium (130-170lb)	400-520-110	\$85.00
Workhorse Harness, Large (170-210lb)	400-520-111	\$85.00
Workhorse Harness, X-Large (210lb+)	400-520-112	\$85.00

## POWER PULL

Competitive training tool that focuses on the hip flexors to develop core strength, power and leg drive.

- Connected back-to-back
- Athletes fight for position while keeping a forward lean
- 2 heavy-duty padded harnesses
- 10ft nylon leash with steel clips on each end



	SKU	MSRP
Power Pull	400-520-180	\$89.00

## DUAL OVERSPEED TRAINER

Provides assistance and increases stride rate and length that are "learned" for use in non-assisted situations.

- 2 athletes perform tow sprints (single athlete secures to post)
- 2 adjustable waist belts
- Maximum stretch lengths: 20yd or 40yd
- For users over 140lb



	SKU	MSRP
Dual Overspeed Trainer, 20yd	400-520-250	\$119.00
Dual Overspeed Trainer, 40yd	400-520-251	\$169.00

## TWIN TOW

Powerful speed, strength, and stamina through consistent interactive resistance and multi-directional movements.

- Resistance in all directions
- Durable 10ft nylon leash connects 2 adjustable 3ft diameter waist loops



	SKU	MSRP
Twin Tow	400-520-170	\$39.00

## QUICK RELEASE LEASH

Combines fixed resistance with a release for explosive speed training.

- User providing resistance tugs red ripcord to release 10ft nylon leash
- Safe burst of speed without a dangling leash that may tangle in runner's legs
- Durable nylon leash with heavily reinforced stitching
- 10in wide easy-to-grip handle

*Does NOT include belt or harness*

Can be used with Sprint Resistor; order both for maximum training versatility.



	SKU	MSRP
Quick Release Leash	400-520-150	\$54.00

## SPRINT RESISTOR

Improves leg strength and speed by providing resistance to the desired intensity.

- 10ft nylon leash; heavy-duty stitching
- Padded H-style harness allows proper posture
- 10in wide easy-to-grip handle



	SKU	MSRP
Sprint Resistor, Small (100-180lb)	400-520-160	\$67.00
Sprint Resistor, Large (180-250lb)	400-520-161	\$67.00



# SMART SPECIALTY RETAIL PROGRAM

## SPECIALTY RETAIL PROGRAM

Prism Fitness packages the key elements of our Self-Guided and Smart Product offering in professionally designed retail packaging meant to draw attention to your in-store functional fitness area. The packaging is built to be placed on shelves, hang from pegs, or placed neatly on or near your counter space.

With the launch of our new Smart Straps Body Weight Training System and Smart Core Wheel in 2018, we are excited to provide a unique and innovative offering that will accelerate your retail sales.



## COMMERCIAL STORAGE SOLUTIONS

Utilize our Wall Mounted commercial storage racks in your retail setting to better display our Self-Guided Exercise Mats, Stability Balls and Medicine Balls as well as sell as packages to your residential customers. **Learn more on Pages 10-12.**

## SMART IN HOME GYM PACKAGE

Our Smart In Home Gym is the ideal product in a residential setting. It is a great way to introduce or enhance a functional training routine to your customers.

### Includes:

- (1) Smart Medicine Ball, 6lb (Orange)
- (1) Smart Medicine Ball, 8lb (Green)
- (1) Smart Stability Ball, 65cm (Green)
- (1) Smart Recovery Foam Roller (Green)
- (1) Smart Mat, 6mm (Black & Yellow)
- (1) Smart Sleeved Tubing, Light Resistance (Green)
- (1) Smart Sleeved Tubing, Medium Resistance (Red)
- (1) Smart Sleeved Tubing, Heavy Resistance (Blue)
- (1) Smart In Home Gym Storage Rack



	SKU	MSRP
Smart In Home Gym Package	400-150-207	\$599.00

## SMART IN HOME BOOTCAMP™

Our Boot Camp package offers a range of our Smart Products to suit every lifestyle and fitness aspiration, while doing it in the comfort of your home. Along with product, we'll provide boot camp workouts of your own via the Prism Fitness social media platforms.

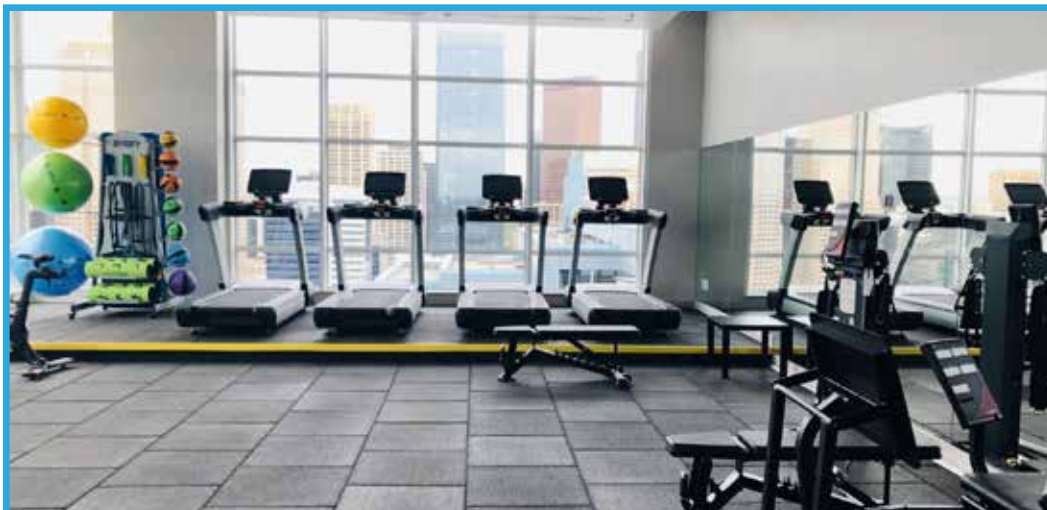
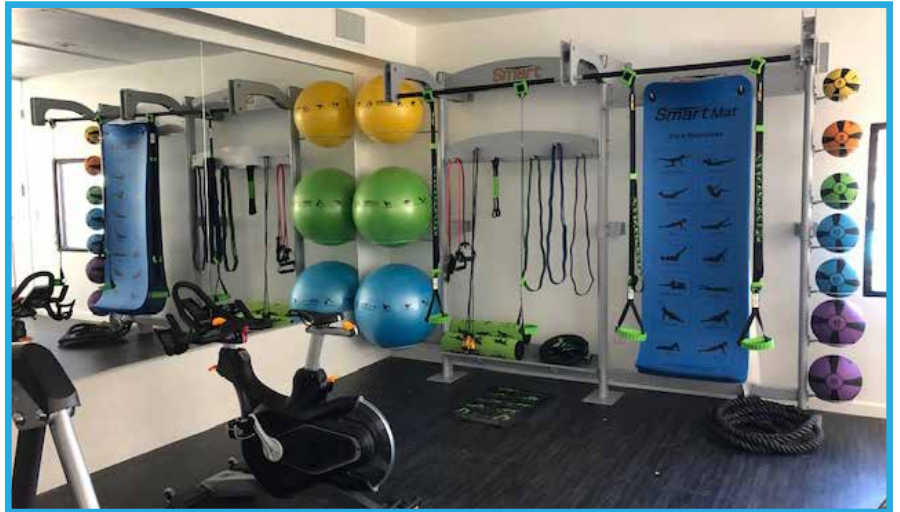
### Includes:

- (1) 20lb, 30lb and 40lb Resistance Cables
- (1 Pair) Smart Quick Flip Handles
- (1) Smart Recovery Self-Guided Muscle Release Roller
- (1) Smart Speed Jump Rope
- (1) 6lb Smart Medicine Ball
- (1) Medium Resistance Mini Band
- (1) 65cm Smart Stability Ball
- (1) Kettlebell Sandbag
- (1) 6mm Smart Exercise Mat

**Learn more on Page 15.**



# TOP INSTALLATION IMAGES OF 2019



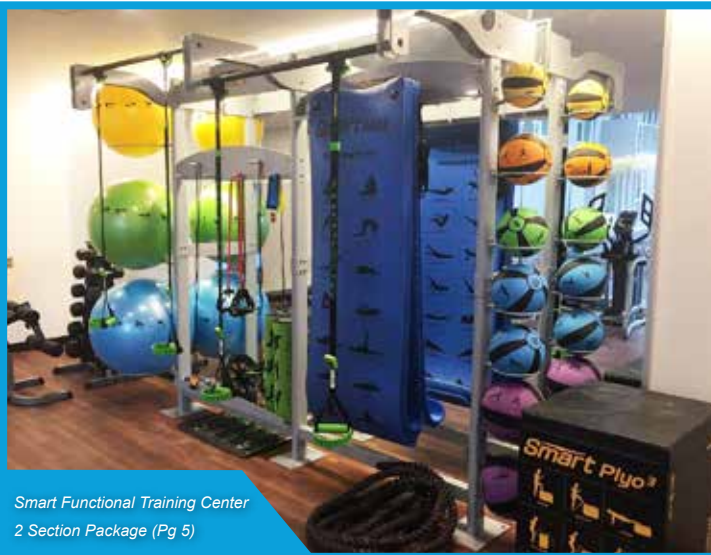
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**PRIMO**  
— FITNESS —

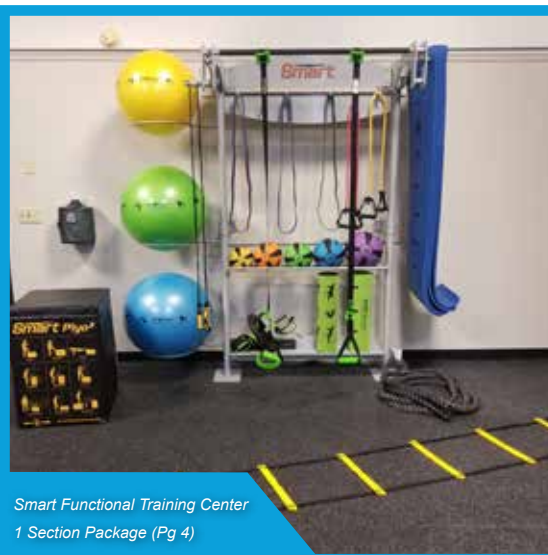
1909 S. SUSAN STREET  
SANTA ANA, CA 92704



Smart Functional Training Center  
2 Section Package (Pg 5)



Smart Elite (Pg 8)



Smart Functional Training Center  
1 Section Package (Pg 4)



Smart Deluxe (Pg 8)