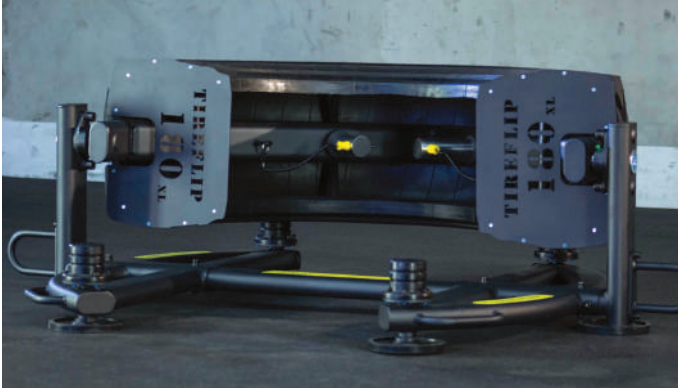


FUNCTIONAL TRAINING



The Tire Flip 180 products allow you to add up to 80 pounds of additional free weight resistance so users of all abilities are sure to get a great workout. With a resistance range of 100-240 pounds there is no need to have multiple size tires in your facility. In just 20 square feet you can add a complete small group training solution to your facility.



TIRE FLIP 180 XL FEATURES

- Starting Resistance of 160 lbs
- Plate loading ability up to 80 additional pounds
- Magnetic Pin keeps weights secure while flipping
- Open Frame Design allows you to step in as you flip
- 2 Functional Attachments allow for Battle Rope and Resistance Band Training
- Mobility wheels and EZ Grip handles allow for easy movement and storage.

DIMENSIONS & WEIGHT

4' x 5' - Weight: 353 lb.



TIRE FLIP 180 FEATURES

- Starting Resistance of 100 lbs
- Plate loading ability up to 40 additional pounds
- Magnetic Pin keeps weights secure while flipping
- Open Frame Design allows you to step in as you flip
- 2 Functional Attachments allow for Battle Rope and Resistance Band Training
- Mobility wheels and EZ Grip handles allow for easy movement and storage.

DIMENSIONS & WEIGHT

4' x 5' - Weight: 293 lb.



Flip & Step in



Strength Training:
Ab Crunches, Dips
and Pushups



Functional
attachments allow
for Battle Rope and
Resistance Band
Training



Wheels allows for easy
movement and storage

Plyometric
Training



We Change Lives from the Core

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