

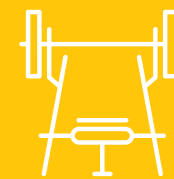
FREE WEIGHTS

GETTING STRONGER, ONE WORKOUT AT A TIME

When it comes to free weights, Freemotion has every base covered with an extensive selection of dumbbells, barbells, kettlebells and medicine balls, as well as benches, racks and plate-loaded equipment. With the EPIC Free Weights line, your facility can offer engaging and unlimited weight training experiences.

GO EPIC!

A successful workout begins with a solid foundation, and the EPIC Free Weights line is where fitness journeys begin. Every piece is built to last with durable, easy to clean vinyl, powder-coated steel and a design that always keeps convenience and comfort in mind.





FLAT BENCH #EF201

The EPIC Flat Bench was built for durability with heavy-duty 11-gauge steel. Electrostatically powder-coated for a sleek finish, it also has 3-in (7.6 cm) transport wheels, an easy-grip handle and bolt-down holes.

- » **Padded Vinyl Seat**
- » **Easy Portability**
- » **Industrial Construction**



ADJUSTABLE BENCH #EF203

The EPIC Adjustable Bench can fit everyone in your facility. The backrest tilts from -5 to 80 degrees, and the seat goes to a 30-degree incline. The efficient tripod frame design also features transport wheels and a handle for easy portability.

- » **Durable Seat and Backrest**
- » **Easy Portability**
- » **Industrial Construction**



FLAT/INCLINE LADDER BENCH #FMDY509062

The EPIC Flat/Incline Ladder Bench can fit everyone in your facility. The backrest tilts from 0 to 80 degrees, and the seat adjusts from 0 to 20 degrees. The front handle and transport wheels provide easy portability.

- » **Durable Seat and Backrest**
- » **Precise Seat Adjustments**
- » **Easy Portability**



UTILITY BENCH #EF204

This short-back bench makes it easier for users to do overhead presses. Built for comfort and safety, the EPIC Utility Bench has wear-resistant vinyl and high-density foam on the contoured backrest.

- » **Durable, Comfortable Seat and Backrest**
- » **Easy Portability**
- » **Industrial Construction**



FID BENCH #FMDY509063

Whether it's a decline press, overhead press or isolated crunches, the Freemotion FID Bench delivers the right fit for users' movements. The back pad, seat bottom and rolling shin pads provide comfortable support, and wheels make it easy to move.

- » **Precise Seat Adjustments**
- » **Rolling Shin Pads**
- » **Easy Portability**



PREACHER CURL #EF205

The biggest difference in the EPIC Preacher Curl is the slight slant to the arm padding that comfortably supports the user's upper body. The tripod design creates ultimate stability, and coated hooks can decrease the noise level in your facility.

- » **Sturdy Tripod Design**
- » **Contoured Arm Pad**
- » **Industrial Construction**



DIP CHIN/AB #EF207

Enjoy three workout stations in one machine. Curved handles create multiple grips for chin-up exercises while big padded elbow rests are angled to guide proper form.

- » *Curved Handles*
- » *Padded Armrests*
- » *Industrial Construction*



OLYMPIC INCLINE BENCH #EF214

The EPIC Olympic Incline Bench has a Y-shaped frame that gets the spotter closer to the lifter. The adjustable seat has thick foam and vinyl, and the inclined backrest creates the perfect foundation for upper chest presses.

- » *Y-Shaped Frame*
- » *Adjustable Seat*
- » *Industrial Construction*



ABDOMINAL BENCH #EF213

The EPIC Abdominal Bench offers targeted positioning for decline, flat and incline crunches and rotations. The leg pads adjust to comfortably fit users of varying heights. Made with 11-gauge steel construction, the bench is electrostatically powder-coated for a durable finish.

- » *Backrest Adjustment*
- » *Adjustable Leg Pads*
- » *Industrial Construction*



OLYMPIC DECLINE BENCH #EF215

The EPIC Olympic Decline Bench allows users to lift more comfortably and safely. The unique, Y-shaped frame allows the spotter close proximity to the lifter for added safety. The backrest is set at 15-degrees to target lower chest muscles. Leg pads adjust to 10 settings and have contoured, sliding shin pads to customize the fit.

- » *Y-Shaped Frame*
- » *Tripod Base Design*
- » *Industrial Construction*



OLYMPIC FLAT BENCH #EF202

The unique Y-shaped frame of the EPIC Olympic Flat Bench gets the spotter closer to the lifter for increased safety. Six plate holders positioned near the bar make loading and unloading weight easier. The extended bar racks provide wider than usual hand position options.

- » *Multiple Bar Racks*
- » *Integrated Weight Plate Holders*
- » *Industrial Construction*



OLYMPIC MILITARY PRESS #EF216

The open design, catch ramp and spotter stand are just three reasons why the EPIC Military Press will add functionality to your facility. Polyurethane-coated catch bars reduce noise and protect the press.

- » *Safety Catch Bars*
- » *Open Design*
- » *Industrial Construction*



SMITH MACHINE #EF211

By eliminating the crossbar, Freemotion created an easy walk-in/workout tool with the EPIC Smith Machine. Featuring an 82.5 in (209.5 cm) bar height and 51 in (129 cm) squatting and pressing range, this piece has built-in safety stops that secure the barbell in place.

- » *Walk-Through Design*
- » *Safety Stops*
- » *Industrial Construction*



PLATE-LOADED CALF #EF222

The EPIC Plate-Loaded Calf targets users' calf and foot muscles. The non-slip Line-X® coating stabilizes foot placement and optimizes muscle activation.

- » *Convenient Step-In Design*
- » *Non-Slip Line-X® Coating*
- » *Industrial Construction*



PLATE-LOADED SQUAT #EF217

The EPIC Plate-Loaded Squat features a textured Line-X® platform that helps ensure secure foot placement even under heavy loads and is curved to guide the user's stance.

- » *Contoured Platform*
- » *Comfortable Shoulder Pads*
- » *Industrial Construction*



45° BACK EXTENSION #EF206

Targeting the back, the split-angle foam pads on the EPIC 45° Back Extension create proper positioning to reduce pelvic pressure for users. Pop-pin height adjustments and secure plate placement make the workout as safe and beneficial as possible.

- » *Split-Angle Thigh Pads*
- » *Height Adjustments*
- » *Industrial Construction*



PLATE-LOADED LEG PRESS #EF218

The EPIC Plate Loaded Leg Press is a heavy-duty piece of equipment with a starting resistance of 90 lbs (40.8 kg) and a maximum load weight of 900 lbs (408 kg). The four-bar linkage allows the lower body to move in a more natural motion and helps reduce stress on the knees.

- » *Adjustable Seat*
- » *Dual-Sided Weight Locking Lever*
- » *Industrial Construction*



GLUTE-HAM DEVELOPER #FMDY709072

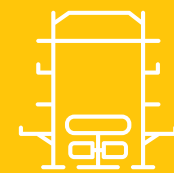
The Freemotion Glute-Ham Developer offers precise positioning and comfortable support while isolating the lower legs and hips. Users can feel the stability of the footplate and anti-tip design even during wide ranges of motion.

- » *Optimized for Comfort*
- » *Precise Adjustments*
- » *Sturdy Design*

RACKS

A ONE-OF-A-KIND WORKOUT EXPERIENCE

Smart storage meets incredible versatility with Freemotion Racks. Maximize your space and organize your weights to create the ultimate training ground in your facility.





PRO HALF RACK

#FMDY704003

The Pro Half Rack is everything facilities need for smart storage while offering users a better functional training experience. Laser-cut numbers and plastic liners on the bar storage give it a competitive edge.

FRAME CONTENTS

- » 3 x 3 in (7.6 x 7.6 cm) steel uprights.
- » Fiber-optic Laser-cut numbering system for exact attachment positioning
- » Multi-Grip Chin-up Bar
- » Two place bar storage
- » Band peg pair
- » 14 in (35.5 cm) Plate Storage Pegs (12)
- » UHMW plastic on J-hooks and safeties to prevent upright, bar and J-hook damage
- » Fiber-optic Laser-cut upright holes for fast and solid J-hook and safety Arm adjustments
- » Footplate anchor options for maximum rack stability
- » Carriage bolt hardware for a smooth and clean finish

PRO POWER RACK

#FMDY704004

The Pro Power Rack is designed for safety even during dynamic lifts. Its rugged cage construction is adjustable to set range of motion. Catch bars, bar hooks and uprights are coated to protect the machine for years of rigorous use.

FRAME CONTENTS

- » 3 x 3 in (7.6 x 7.6 cm) steel uprights.
- » Fiber-optic Laser-cut numbering system for exact attachment positioning
- » Multi-Grip Chin-up Bar
- » Two place bar storage
- » Band peg pair
- » 14 in (35.5 cm) Plate Storage Pegs (12)
- » UHMW plastic on J-hooks and safeties to prevent upright, bar and J-hook damage
- » Fiber-optic Laser-cut upright holes for fast and solid J-hook and safety Arm adjustments
- » Footplate anchor options for maximum rack stability
- » Carriage bolt hardware for a smooth and clean finish



OLYMPIC SQUAT RACK #EF212

Multiple bar racks are placed at an extended width, so wide handle positions are easy to perform on the EPIC Olympic Squat Rack. The solid steel, nickel-plated catch bars can safely contain a dropped bar.

- » **Safety Catch Bars**
- » **Multiple Bar Racks**
- » **Industrial Construction**



SINGLE TIER DUMBBELL RACK #EF208

Users can enjoy a safe, organized workout with the EPIC Single Tier Dumbbell Rack. Holding up to 10 standard dumbbells (up to 1,250 lbs - 566.9 kg), molded holders protect the weights and prevent rolling.

- » **Holds 10 Standard Dumbbells**
- » **Bolt-Down Holes**
- » **Industrial Construction**



TWIN TIER DUMBBELL RACK #EF209

Give members a safe, organized workout with the EPIC Twin Tier Dumbbell Rack. Holding up to 20 standard dumbbells (up to 2,500 lbs - 1,133 kg), molded holders protect the weights and prevent rolling.

- » **Holds 20 Standard Dumbbells**
- » **Bolt-Down Holes**
- » **Industrial Construction**



HEX DUMBBELL RACK (8 FT / 2.4 M) #FMDY509083

Keep up to 36 hex-shaped dumbbells (18 pairs) organized with the Hex Dumbbell Rack (8 ft / 2.4 m). Three levels of organization maximize square footage.

- » **Holds 36 Hex-Shaped Dumbbells**
- » **Flat Shelf For Versatile Positioning**
- » **Industrial Construction**



HEX DUMBBELL RACK (5 FT / 1.5 M) #FMDY109083

The Hex Dumbbell Rack (5 ft / 1.5 m) can hold up to 24 hex-shaped dumbbells (12 pairs) on a three-shelf rack that still leaves a small footprint.

- » Holds 24 Hex-Shaped Dumbbells
- » Flat Shelf For Versatile Positioning
- » Industrial Construction



SADDLE DUMBBELL RACK #FMDY509081

The Saddle Dumbbell Rack features a three-tier, cascading shelf designed to hold up to 36 dumbbells. The molded urethane holders accommodate dumbbells of nearly any shape.

- » Holds 36 Dumbbells
- » Fits Nearly Any Dumbbell Shape
- » Industrial Construction



BARBELL RACK #EF210

The A-frame design of the EPIC Barbell Rack takes up less space than other racks. It can hold up to 10 standard barbells (up to 1,250 lbs - 566 kg) and be bolted down for added stability.

- » Holds 10 Standard Barbells
- » A-Frame Design
- » Industrial Construction



WEIGHT PLATE & BAR STORAGE #EF219

The EPIC Weight Plate and Bar Storage holds two Olympic-sized straight and/or curl bars and has flared edges to secure bar placement. Able to store up to 1,270 lbs / 576 kg, this hardworking rack keeps everything organized.

- » Holds 2 Straight and/or Curl Bars
- » Stores Up To 1,270 Lbs / 576 Kg
- » Industrial Construction

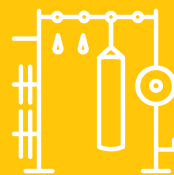


FITRIG™

FUN, FUNCTIONAL, FIT-DRIVEN

For over 20 years, Freemotion has led the functional training revolution with game-changing solutions. The innovative FitRig™ line offers the versatile training exercisers want and the durable, space-saving solution you need. With options for small and large floor plans, plus hundreds of attachments and accessories (sold separately), Freemotion has the perfect rig for your facility.

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.



RECOMMENDED ATTACHMENTS

- » 3–Plate Storage Peg, Fixed
- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Landmine, Basic
- » 1–Pair Safety Arms
- » 1–Pair Take Off J-Cups

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Plate Storage Peg, Take Off
- » Plyo Step
- » Chin Up Bar
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Shackle w/ Carabiner
- » Cantilever Arm w/ Shackle
- » Band Anchor Uprights
- » 22 in / 56 cm Ball Target w/ Logo
- » Flying Monkey Bar Extension 4 ft / 1.2m



4 FT / 1.2 M MONKEY BAR RIG #FMDY4MBR

TRAIN UP TO 5 PEOPLE

Designed to make the most of small areas, the FitRig™ 4 ft / 1.2 m Monkey Bar Rig can be customized with accessories and attachments to build the ultimate training station. Up to five users can work out simultaneously. (Product shown with recommended attachments and a Rip:60 Club Suspension Trainer – sold separately.)



6 FT / 1.8 M MONKEY BAR RIG #FMDY6MBR

TRAIN UP TO 8 PEOPLE

The FitRig™ 6 ft / 1.8 m Monkey Bar Rig allows for up to eight people to train at the same time. With customizable accessories and attachments available, users can enjoy a near-endless selection of workout possibilities. (Product shown with recommended attachments – sold separately.)

RECOMMENDED ATTACHMENTS

- » 2–Plate Storage Peg, Fixed
- » 1–Ball Storage Tray, 6 ft / 1.8m
- » 1–Dumbbell Storage Tray, 6 ft / 1.8m
- » 1–Kettlebell Storage Tray, 6 ft / 1.8m
- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 1–Cantilever Arm w/ Shackle
- » 1–22 in / 56 cm Ball Target w/ Logo

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Plate Storage Peg, Take Off
- » Landmine, Double Knuckle

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.

RECOMMENDED ATTACHMENTS

- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 2–Pair Safety Arms
- » 2–Pair Take Off J-Cups
- » 22 in / 56 cm Ball Target w/ Logo

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Ball Storage Tray, 6 ft / 1.8m
- » Dumbbell Storage Tray, 6 ft / 1.8m
- » Kettlebell Storage Tray, 6 ft / 1.8m
- » Chin Up Bar
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Band Anchor Uprights



14 FT / 4.2 M MONKEY BAR RIG #FMDY14MBR

TRAIN UP TO 10 PEOPLE

The FitRig™ 14 ft / 4.2 m Monkey Bar Rig has multiple workout stations to facilitate cardio, strength and stability training. It can support up to 10 users at once and is customizable with additional accessories and attachments. This rig maximizes your space, is cross-functional and ideal for small group training. (Product shown with recommended attachments - sold separately.)



10 FT / 3 M STANDARD RIG #FMDY10W6D

TRAIN UP TO 10 PEOPLE

Compact and versatile, the FitRig™ 10 ft / 3 m Standard Rig supports up to 10 people at the same time. Customizable with accessories and attachments, users can enjoy endless possibilities to improve their overall fitness and strength. (Product shown with recommended attachments and a Rip:60 Club Suspension Trainer - sold separately.)

RECOMMENDED ATTACHMENTS

- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 1–Pair Safety Arms
- » 1–Pair Take Off J-Cups

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Chin Up Bar
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Shackle w/ Carabiner
- » Band Anchor Uprights
- » 22 in / 56 cm Ball Target w/ Logo

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.

RECOMMENDED ATTACHMENTS

- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 2–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 2–Pair Safety Arms
- » 2–Pair Take Off J-Cups

OTHER ATTACHMENT OPTIONS

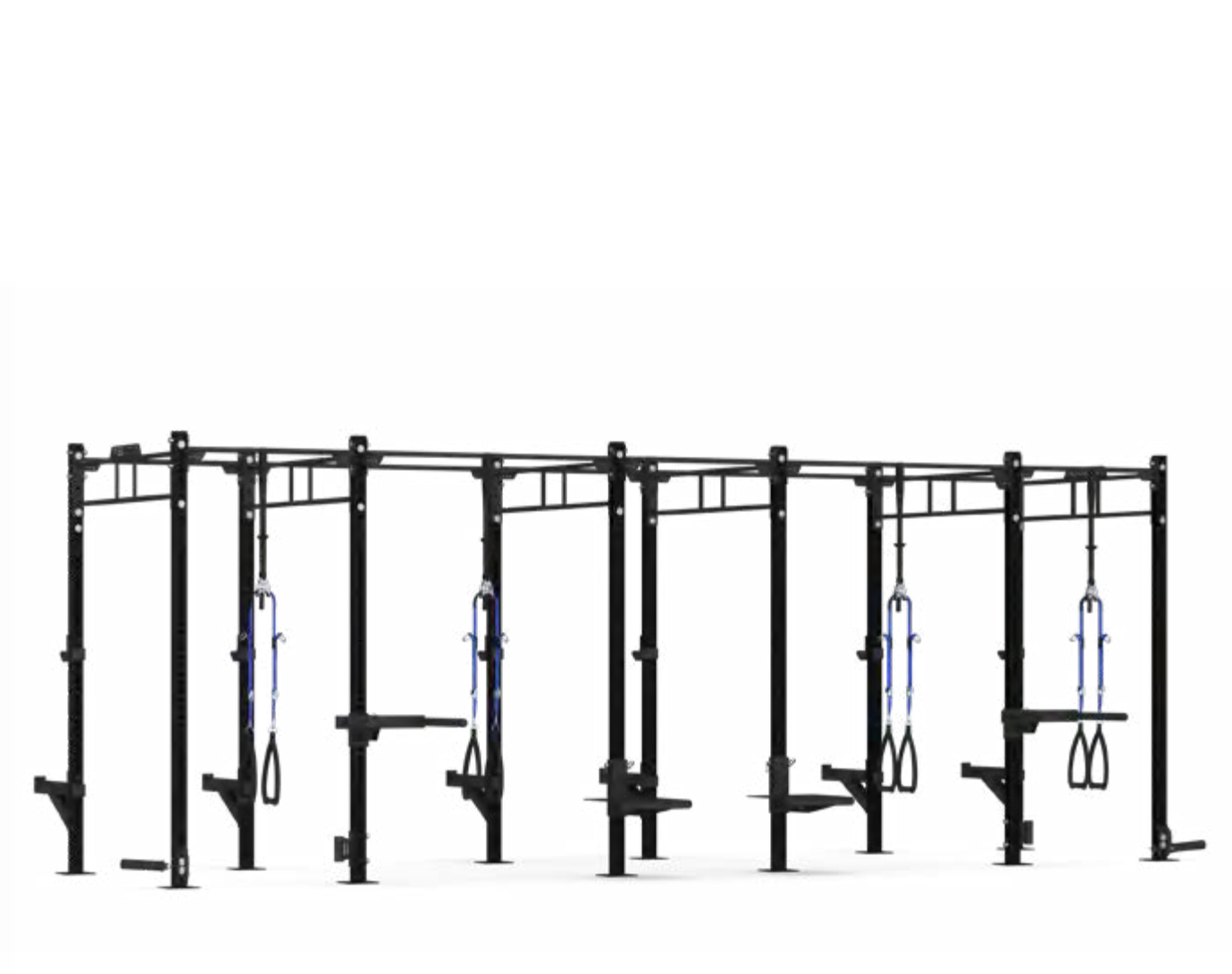
- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Chin Up Bar
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Band Anchor Uprights
- » 22 in / 56 cm Ball Target w/ Logo



14 FT / 4.2 M STANDARD RIG #FMDY14W6D

TRAIN UP TO 12 PEOPLE

Support up to 12 users at once with the FitRig™ 14 ft / 4.2 m Standard Rig. This rig delivers complete functional training combined with optimal storage. Add different accessories and attachments to create the ultimate group training solution. (Product shown with recommended attachments and a Rip:60 Club Suspension Trainer – sold separately.)



24 FT / 7.3 M STANDARD RIG #FMDY24W6D

TRAIN UP TO 16 PEOPLE

As many as 16 people can work out simultaneously with the spacious FitRig™ 24 ft / 7.3 m Standard Rig. The near-limitless combination of different stations, along with accessories and attachments, creates a dynamic training space. (Product shown with recommended attachments and a Rip:60 Club Suspension Trainer – sold separately.)

RECOMMENDED ATTACHMENTS

- » 2–Single Weight Bar Storage
- » 2–Dip Station
- » 2–D-Handle
- » 2–Plyo Step
- » 2–Landmine, Basic
- » 3–Pair Safety Arms
- » 3–Pair Take Off J-Cups

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Chin Up Bar
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Band Anchor Uprights
- » 22 in / 56 cm Ball Target w/ Logo

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.

RECOMMENDED ATTACHMENTS

- » 2–Plate Storage Peg, Fixed
- » 1–Ball Storage Tray, 6 ft / 1.8m
- » 1–Dumbbell Storage Tray, 6 ft / 1.8m
- » 1–Kettlebell Storage Tray, 6 ft / 1.8m
- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 1–Cantilever Arm w/ Shackle
- » 22 in / 56 cm Ball Target w/ Logo

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Plate Storage Peg, Take Off
- » Landmine, Double Knuckle
- » Shackle w/ Carabiner



6 FT / 1.8 M PREMIUM 2.0 RIG #FMDYM3Z3

TRAIN UP TO 8 PEOPLE

The FitRig™ 6 ft / 1.8 m Premium 2.0 Rig trains up to eight people at once and is the perfect solution for multi-functional areas. With each visit to your facility, users will experience new fitness, strength and cross-functional workout opportunities. (Product shown with recommended attachments – sold separately.)



12 FT / 3.6 M PREMIUM 3.0 RIG #FMDYMRZ4

TRAIN UP TO 12 PEOPLE

Host functional training group classes that can accommodate up to 12 people at once with the FitRig™ 12 ft / 3.6 m Premium 3.0 Rig. With many accessories and attachments available, your facility can organize the perfect combination of fitness, strength and cross-functional training stations. (Product shown with recommended attachments and a Rip:60 Club Suspension Trainer – sold separately.)

RECOMMENDED ATTACHMENTS

- » 2–Plate Storage Tray, 4 ft / 1.2m
- » 2–Ball Storage Tray, 4 ft / 1.2m
- » 2–Dumbbell Storage Tray, 4 ft / 1.2m
- » 2–Kettlebell Storage Tray, 4 ft / 1.2m
- » 2–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Chin Up Bar
- » 1–Landmine, Basic
- » 1–Pair Safety Arms
- » 1–Pair Take Off J-Cups
- » 1–Cantilever Arm w/ Shackle
- » 22 in / 56 cm Ball Target w/ Logo
- » 1–Flying Monkey Bar Extension 4 ft / 1.2 m

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Shackle w/ Carabiner
- » Band Anchor Uprights

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.

RECOMMENDED ATTACHMENTS

- » 1–Plate Storage Tray, 6 ft / 1.8m
- » 1–Ball Storage Tray, 6 ft / 1.8m
- » 1–Dumbbell Storage Tray, 6 ft / 1.8m
- » 1–Kettlebell Storage Tray, 6 ft / 1.8m
- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 4–Pair Safety Arms
- » 4–Pair Take Off J-Cups

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Chin Up Bar
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Band Anchor Uprights
- » 22 in / 56 cm Ball Target w/ Logo
- » Flying Monkey Bar Extension 4 ft / 1.2m



14 FT / 4.2 M PREMIUM 4.0 RIG #FMDY14R2E

TRAIN UP TO 12 PEOPLE

With heavy-duty construction and maximum versatility, the FitRig™ 14 ft / 4.2 m Premium 4.0 Rig can be its own weight room. Able to accommodate up to 12 people at once, this rig can be customized with a variety of accessories and attachments to fit every user's fitness and strength needs. (Product shown with recommended attachments - sold separately.)



14 FT / 4.2 M PREMIUM 4.5 RIG #FMDY14XRG

TRAIN UP TO 14 PEOPLE

Expand your group training classes to 14 users simultaneously with the FitRig™ 14 ft / 4.2 m Premium 4.5 Rig. Personalize it to fit your facility's needs with additional accessories and attachments and create the ultimate training space for users of all fitness levels. (Product shown with recommended attachments and a Rip:60 Club Suspension Trainer - sold separately.)

RECOMMENDED ATTACHMENTS

- » 1–Plate Storage Tray, 6 ft / 1.8m
- » 1–Ball Storage Tray, 6 ft / 1.8m
- » 1–Dumbbell Storage Tray, 6 ft / 1.8m
- » 1–Kettlebell Storage Tray, 6 ft / 1.8m
- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Chin Up Bar
- » 1–Landmine, Basic
- » 1–Pair Safety Arms
- » 1–Pair Take Off J-Cups
- » 1–22 in / 56 cm Ball Target w/ Logo
- » 1–Flying Monkey Bar Extension 4 ft / 1.2m

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Shackle W/ Carabiner
- » Band Anchor Uprights

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.

FITRIG™ ATTACHMENTS

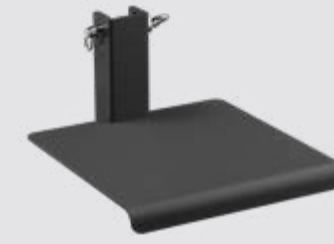
Whether you want to outfit a new facility, or just upgrade your existing space, Freemotion offers an array of innovative accessories and attachments* for the FitRig™. From J-cups and safety catches for lifting and pegs for plate storage to dip bars, plyo steps and more, the options are near-endless to offer total-body experiences that will keep exercisers engaged and coming back for more.

*A list of compatible FitRigs™ for these attachments is available on **page 274** of the catalog.



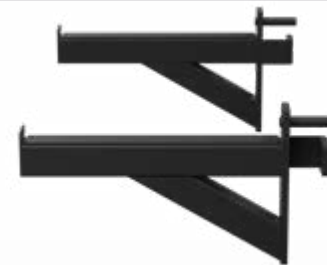
FMFR85020
DIP STATION

The Dip Station is a fixed frame with two bars that help users perform multiple exercises targeting the core, triceps, back, abs and chest.



FMFR85920
PLYO STEP

With a simple design and sturdy platform, the Plyo Step is an essential piece of equipment for users who want to get an effective plyometrics workout.



FMFR85120
PAIR SAFETY ARMS

When training alone at the facility, the Safety Arms can protect both the lifter and the bar itself.



FMFR86020
SHACKLE W/ THREADED CONNECTING LINK

The Shackle w/ Threaded Connecting Link is a versatile tool for connecting lifting slings, chains and fitness ropes for lifting and/or pulling exercises.



FMFR85220
PAIR TAKE OFF J-CUPS

J-Cups are an essential tool for barbell lifts, ensuring the user's performance will not be compromised with any slippage or movement.



FMFR86120
SINGLE BAR FRAME STORAGE

The Single Bar Frame Storage is a storage solution that will help keep your facility organized.



FMFR85320
PLATE STORAGE PEG - FIXED

The Plate Storage Peg - Fixed is designed to store weights efficiently while saving space that bulky weight racks take up.



FMFR86220
BALL TARGET W/ LOGO
(22 IN / 55.8 CM)

The Ball Target w/ Logo (22 in / 55.8 cm) attaches to your FitRig™ and is used for all-around, functional training exercises, from shoulders to legs.



FMFR85520
D-HANDLE

D-Handles are ideal for attaching fitness ropes, and can also be used for upper-body workouts.



FMFR86620
LANDMINE - BASIC

The Landmine - Basic accommodates all types of barbells and keeps them from constantly moving when rotating and being pushed or pulled.



FMFR86920
CANTILEVER ARM W/ SHACKLE & THREADED CONNECTING LINK
The Cantilever Arm w/ Shackle & Threaded Connecting Link provides support for punching bags or speed bags on your FitRig™.



FMFR88020
PULL UP BALL - FIXED
(3 IN / 7.6 CM)
The Pull Up Ball - Fixed (3 in / 7.6 cm) attaches to your FitRig™ to improve back and grip strength.



FMFR86420
BALL STORAGE TRAY
(4 FT / 1.2 M)
The Ball Storage Tray (4 ft / 1.2 m) is a compact solution that stores and secures exercise balls.



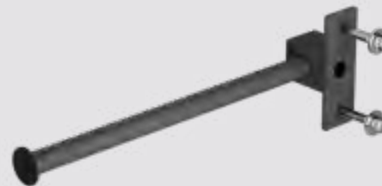
FMFR87020
CHIN UP BAR
The Chin Up Bar increases strength and mass in the back, biceps and shoulders.



FMFR88120
PULL UP BALL - FIXED
(4 IN / 10.16 CM)
The Pull Up Ball - Fixed (4 in / 10.2 cm) attaches to your FitRig™ to improve back and grip strength.



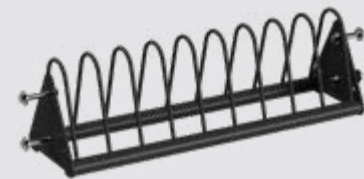
FMFR86520
KETTLEBELL STORAGE TRAY
(4 FT / 1.2 M)
The Kettlebell Storage Tray (4 ft / 1.2 m) is a compact solution that stores and secures kettlebells.



FMFR87220
BAND ANCHOR UPRIGHTS
Band Anchor Uprights are used to anchor resistance bands and strengthen the back, shoulders and biceps.



FMFR88620
BAR/HANDLE ACCESSORY STORAGE BRACKET
The Bar/Handle Accessory Storage Bracket accommodates longer bar attachments and provides storage for a wide variety of handle accessories.



FMFR86720
PLATE STORAGE TRAY
(4 FT / 1.2 M)
The Plate Storage Tray (4 ft / 1.2 m) is a compact solution that stores and secures weight plates.



FMFR87620
LANDMINE - DOUBLE KNUCKLE
The Landmine - Double Knuckle accommodates all types of barbells and allows for multi-plane movements and exercises.



FMFR85720
FLYING PULL UP EXTENSION
(4 FT / 1.2 M)
The Flying Pull Up Extension (4 ft / 1.2 m) is angled and attaches directly to your FitRig™ and adds diversity to users' routines.



FMFR87920
PLATE STORAGE TRAY - MOBILE
(4 FT / 1.2 M)
The Plate Storage Tray - Mobile (4 ft / 1.2 m) is a compact and portable solution that stores and secures weight plates.



FMFR87820
PLATE STORAGE PEG - TAKE OFF
The Plate Storage Peg - Take Off is designed to store weights efficiently while saving space that bulky weight racks take up.



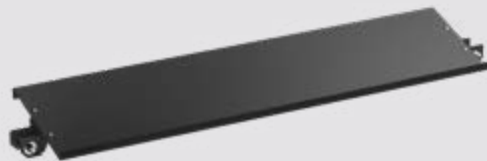
FMFR86320
DUMBBELL STORAGE TRAY
(4 FT / 1.2 M)
The Dumbbell Storage Tray (4 ft / 1.2 m) is a compact solution that stores and secures dumbbells.



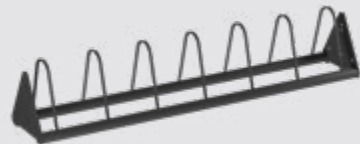
FMFR88320
MULTIPURPOSE FLAT SHELF
(4 FT / 1.2 M)
The Multipurpose Flat Shelf (4 ft / 1.2 m) stores your FitRig™ accessories and exercise equipment.



FMFR88520
STABILITY BALL STORAGE TRAY
(4 FT / 1.2 M)
The Stability Ball Storage Tray (4 ft / 1.2 m) is a compact solution that stores and secures stability balls.



FMFR85620
DUMBBELL STORAGE TRAY
(6 FT / 1.8 M)
The Freemotion FitRig™ Dumbbell Storage Tray (6 ft / 1.8 m) is attached to your FitRig™ and securely stores dumbbells.



FMFR88820
HALF BALL BALANCE TRAINER TRAY
(6 FT / 1.8 M)
The Half Ball Balance Trainer Tray (6 ft / 1.8 m) is bigger to store and secure half balls.



FMFR88920
HALF BALL BALANCE TRAINER TRAY
(4 FT / 1.2 M)
The Half Ball Balance Trainer Tray (4 ft / 1.2 m) is a compact solution that stores and secures half balls.



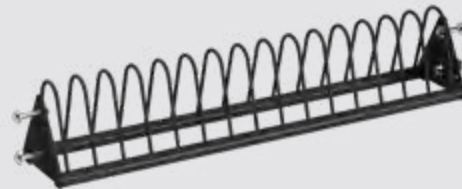
FMFR85820
KETTLEBELL STORAGE TRAY
(6 FT / 1.8 M)
The Freemotion FitRig™ Kettlebell Storage Tray (6 ft / 1.8 m) is attached to your FitRig™ and securely stores kettlebells.



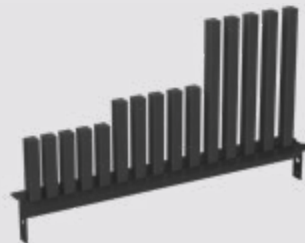
FMFR89020
MULTIPURPOSE STORAGE BAR
(6 FT / 1.8 M)
The Multipurpose Storage Bar (6 ft / 1.8 m) is bigger to store and secure straps, resistance bands and other FitRig™ accessories.



FMFR89120
MULTIPURPOSE STORAGE BAR
(4 FT / 1.2 M)
The Multipurpose Storage Bar (4 ft / 1.2 m) is a compact solution that stores and secures straps, resistance bands and other FitRig™ accessories.



FMFR86820
PLATE STORAGE TRAY
(6 FT / 1.8 M)
The Freemotion FitRig™ Plate Storage Tray (6 ft / 1.8 m) is attached to your FitRig™ and securely stores weight plates.



FMFR89220
VERTICAL DUMBBELL STORAGE TRAY
(6 FT / 1.8 M)
The Vertical Dumbbell Storage Tray (6 ft / 1.8 m) is a bigger, upright solution that stores and secures dumbbells.



FMFR89320
VERTICAL DUMBBELL STORAGE TRAY
(4 FT / 1.2 M)
The Vertical Dumbbell Storage Tray (4 ft / 1.2 m) is an upright solution that stores and secures dumbbells.



FMFR88220
MULTIPURPOSE FLAT SHELF
(6 FT / 1.8 M)
The Multipurpose Flat Shelf (6 ft / 1.8 m) is bigger to store your FitRig™ accessories and exercise equipment.



FM RIP19
RIP:60 TOTAL BODY SUSPENSION
Rip:60 is a complete suspension training system that is adjustable, compact and combines cardio with strength training for users of all fitness levels.



FMFR85420
BALL STORAGE TRAY
(6 FT / 1.8 M)
The Freemotion FitRig™ Ball Storage Tray (6 ft / 1.8 m) is attached to your FitRig™ and securely stores exercise balls.



FMFR88420
STABILITY BALL STORAGE TRAY
(6 FT / 1.8 M)
The Stability Ball Storage Tray (6 ft / 1.8 m) is bigger to store and secure stability balls.



RIP:60 CLUB SUSPENSION TRAINER #FMRIP19

SUSPENDED ROTATION | DURABLE NYLON STRAPS

The Freemotion Rip:60™ CLUB SUSPENSION TRAINER is a complete and compact training system that works for all fitness levels. The ideal companion for any Freemotion FitRig™, RIP:60 CLUB SUSPENSION TRAINER create targeted, total body workouts that combine cardio and strength training. The easy attachments and adjustments take minutes to set-up, while the straps themselves stand up to continuous use and a wide range of weight.



RIP:60 CLUB

FEATURES

SUSPENDED ROTATION

The secret to the Rip:60™ CLUB SUSPENSION TRAINER is suspended rotation. Users' bodies are forced to stabilize and balance throughout the workout to engage more muscles and constantly engage the core with every move.

OPTIMIZATION ZONE

Each workout offers a beginner, intermediate and advanced position. Extreme body angles create a more intense, challenging workout, while smaller angles make the workout easier.

SIMPLE, DURABLE DESIGN

The unique design of the Rip:60™ CLUB SUSPENSION TRAINER is perfect for users of all levels. It adjusts with every movement, so everyone gets the workout they want. It's made of aircraft-quality aluminum and heavy-duty nylon with comfortable hand and ankle straps capable of holding up to 600 lbs (272 kg).

INCLUDED ACCESSORIES

- » Durable nylon suspension trainer
- » 2 ankle straps with sliding handles
- » Wall chart
- » Owners manual



MACHINE-DEFINED TRAINING

