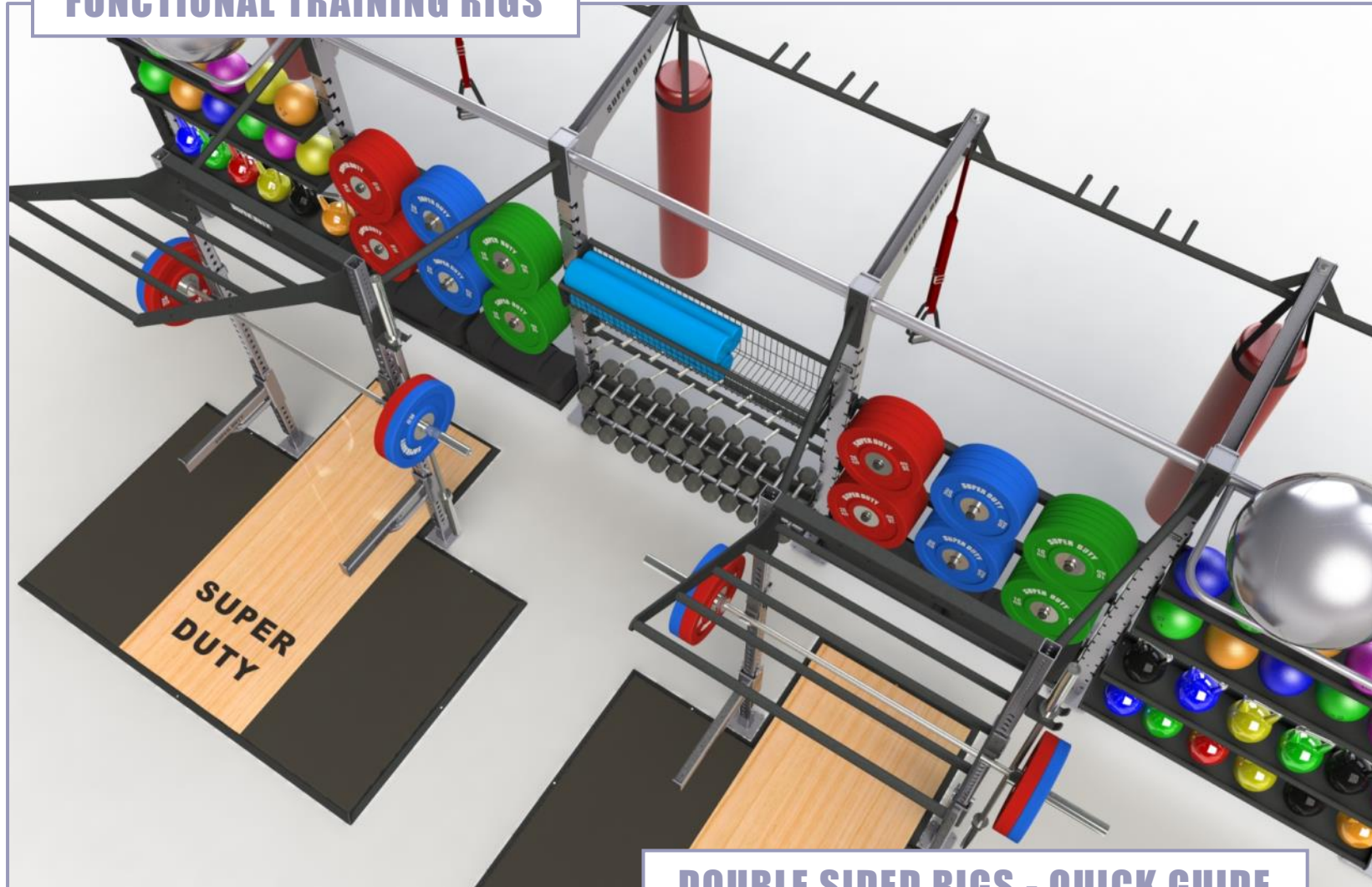


SUPER DUTY

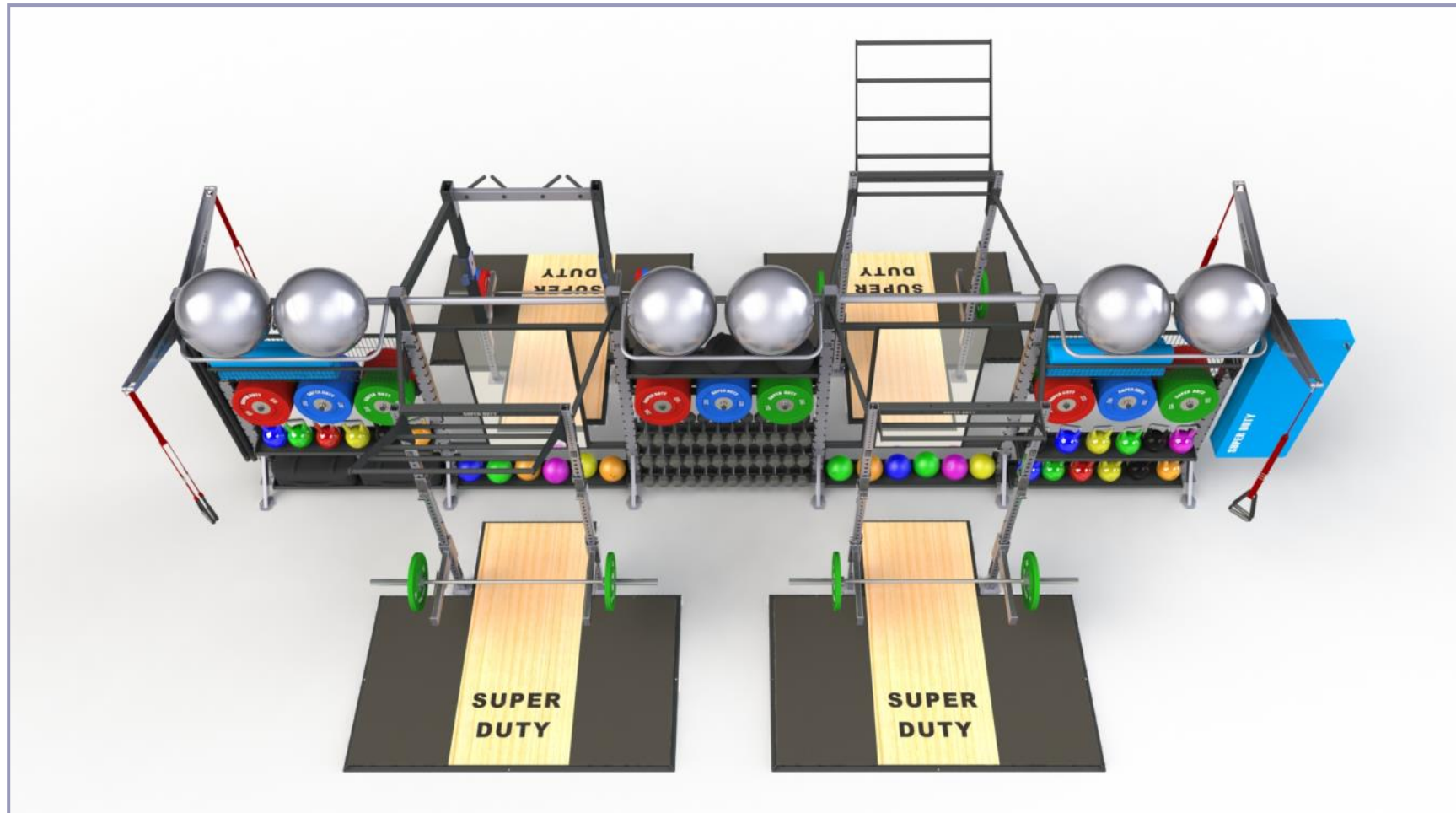
FUNCTIONAL TRAINING RIGS



DOUBLE SIDED RIGS - QUICK GUIDE

February 13th 2019

Half Racks	Mirrors	Monkey Bars	Boxing Bags	Suspension	Pulleys
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Super Duty Rigs are the worlds most versatile functional training systems. Make the most out your available area with a customised rig that suits your space and your training philosophy. Call us and we'll help you eliminate clutter, retain members and energise your club.

Our Double Sided Rigs can be used to define areas of your club without the expense of building walls. By placing completely different stations on each side we can create different spaces that offer something for everyone. All in a visually stunning package that will become the focal point of your club.

Double Sided Rig Series

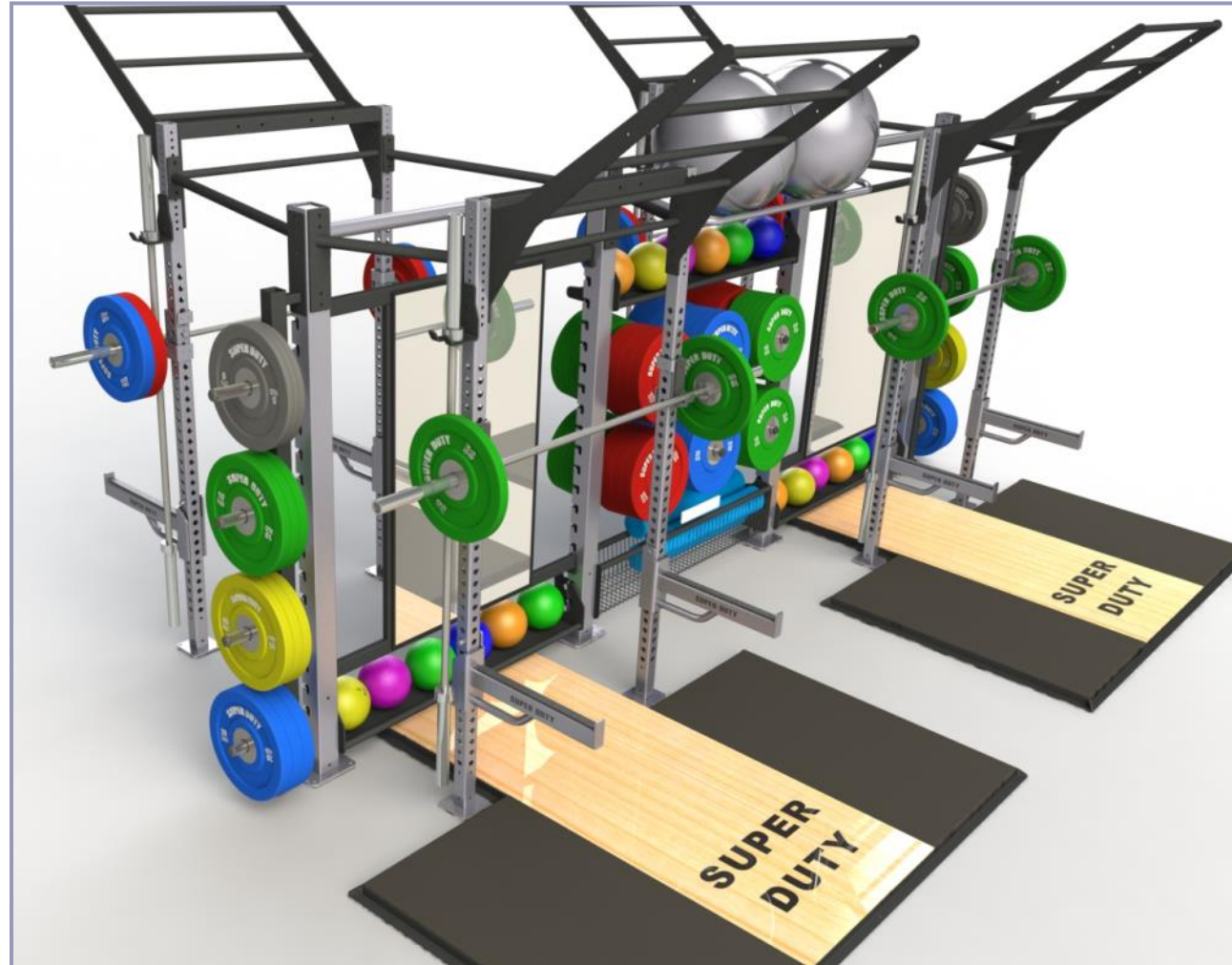
Half Rack Stations

- ⇒ Can be on one or both sides of the rig.
- ⇒ Optional lifting platforms integrate perfectly.
- ⇒ Can be extended or reconfigured anytime in the future.
- ⇒ Integrated mirrors available.

The rigs shown here are just a few examples to demonstrate what is possible. Almost any of our components can be incorporated into a double sided rig of any size.

To see more examples visit internationalfitness.net

Rigs must be bolted down for stability.

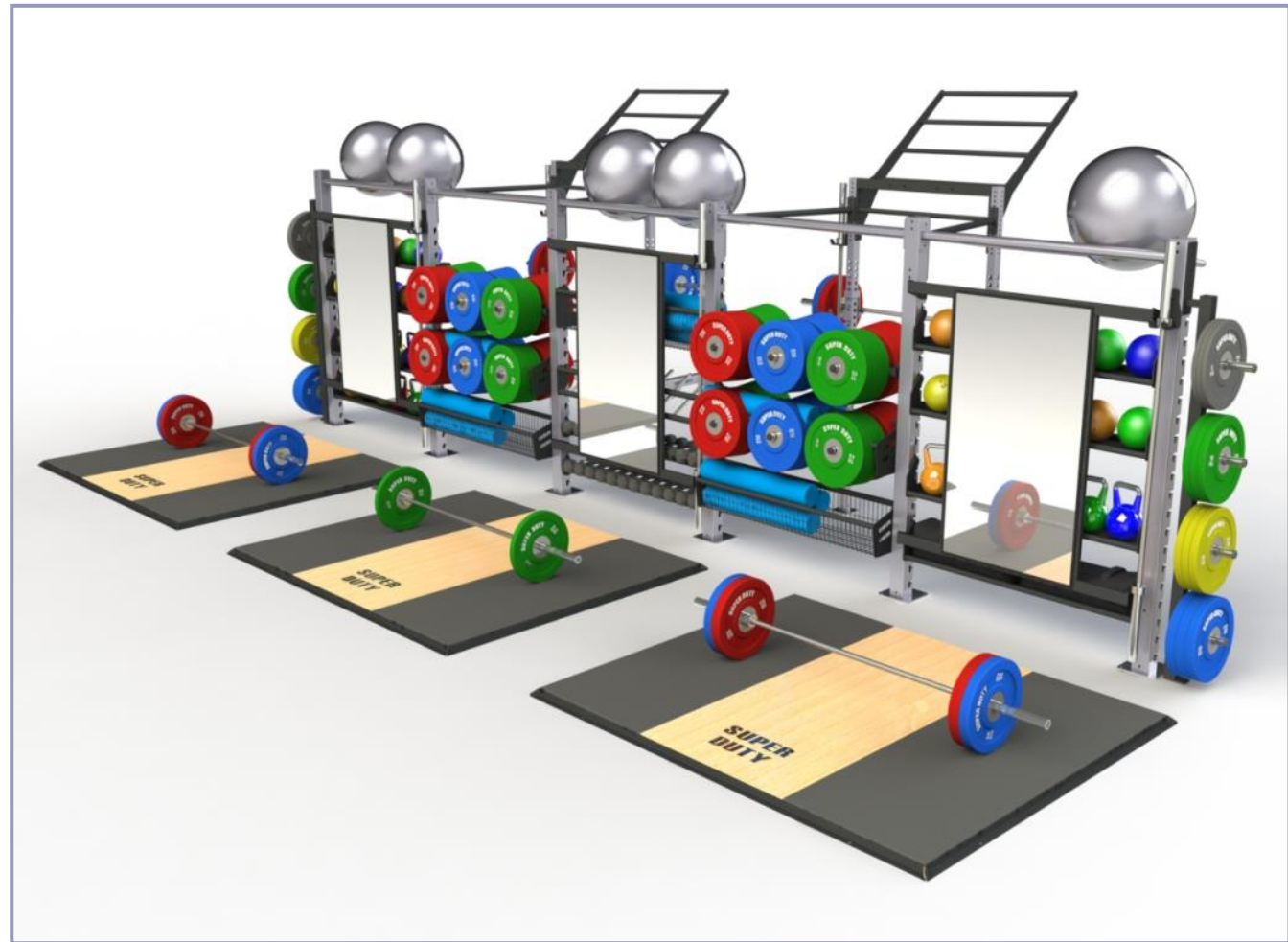


Half Racks	Mirrors	Monkey Bars	Boxing Bags	Suspension	Pulleys
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Double Sided Rig Series

Mirrors

- ⇒ Can be single sided or double sided.
- ⇒ No need for a fixed wall to mount mirrors on so they're perfect for clubs without much wall space.
- ⇒ Can be extended or reconfigured any time in the future.
- ⇒ Vinyl backed for safety.



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Double Sided Rig Series

Monkey Bars

- ⇒ Add variety and fun to group classes.
- ⇒ Monkey bars can be used to hang boxing bags and suspension trainers from.
- ⇒ Can be extended or reconfigured anytime in the future.
- ⇒ Optional Cannon Ball grips provide extra challenges for more athletic members.

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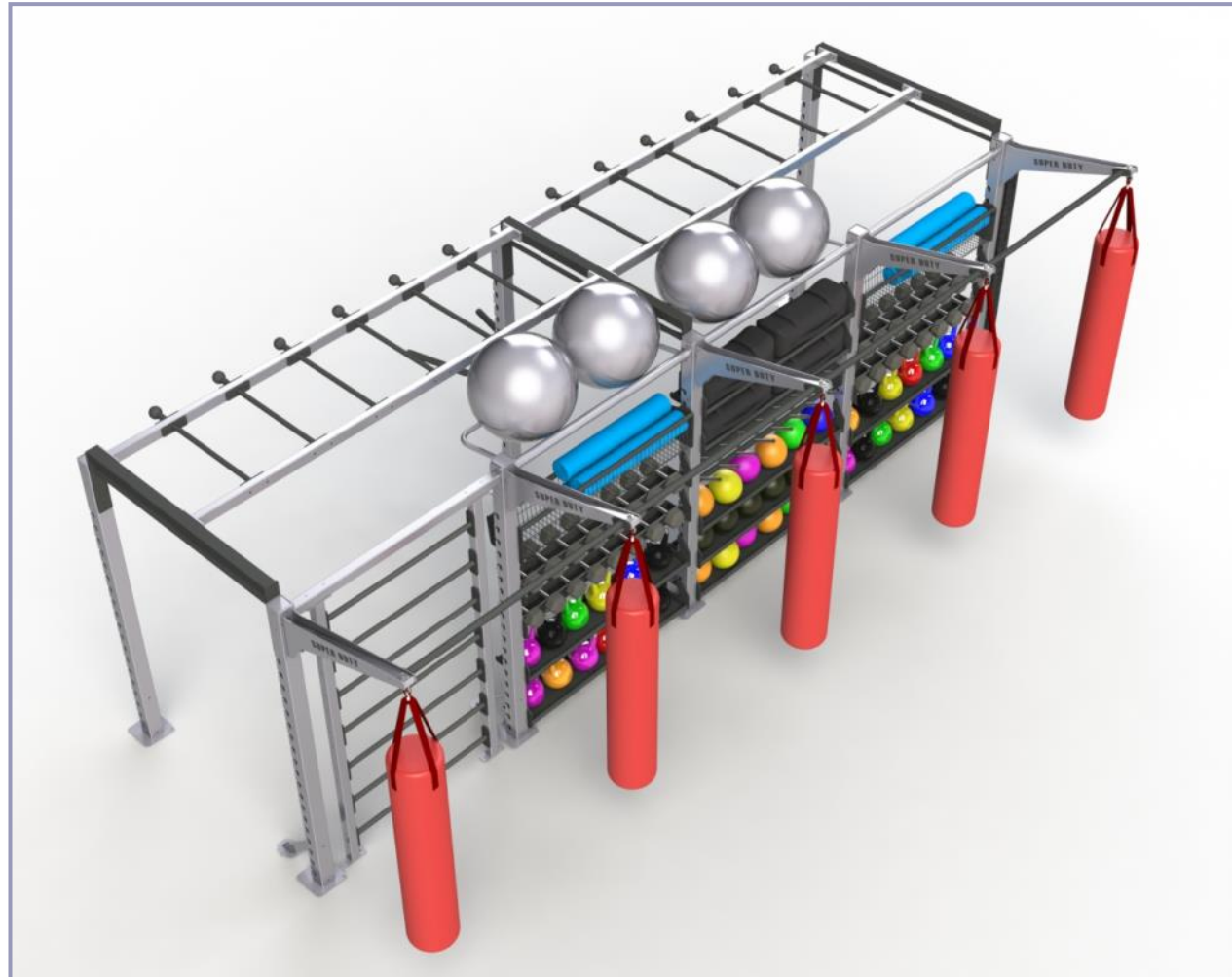


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Double Sided Rig Series

Boxing Stations

- ⇒ Can be used for stand boxing classes or as part of group exercise classes.
- ⇒ Heavy duty stainless steel replaceable eyelets.
- ⇒ Also ideal for mounting suspension trainers.
- ⇒ A variety of connecting bars available including multi grip chin bars.



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Double Sided Rig Series

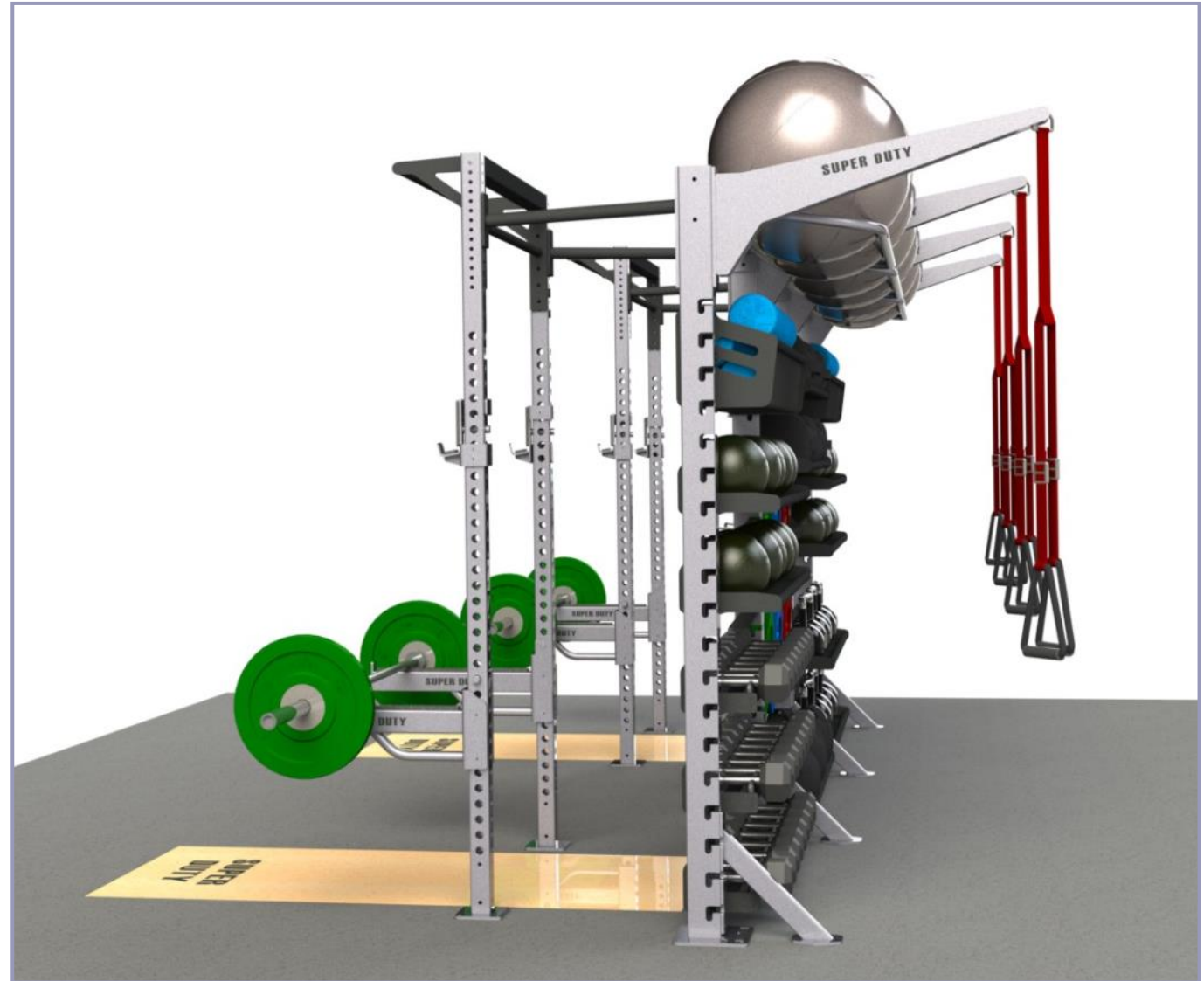
Suspension Training

- ⇒ Ideal for dividing a large room or defining a functional training zone in a open area.
- ⇒ A variety of connecting bars available including multi grip chin bars.
- ⇒ Can be extended or reconfigured anytime in the future.

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Double Sided Rig Series

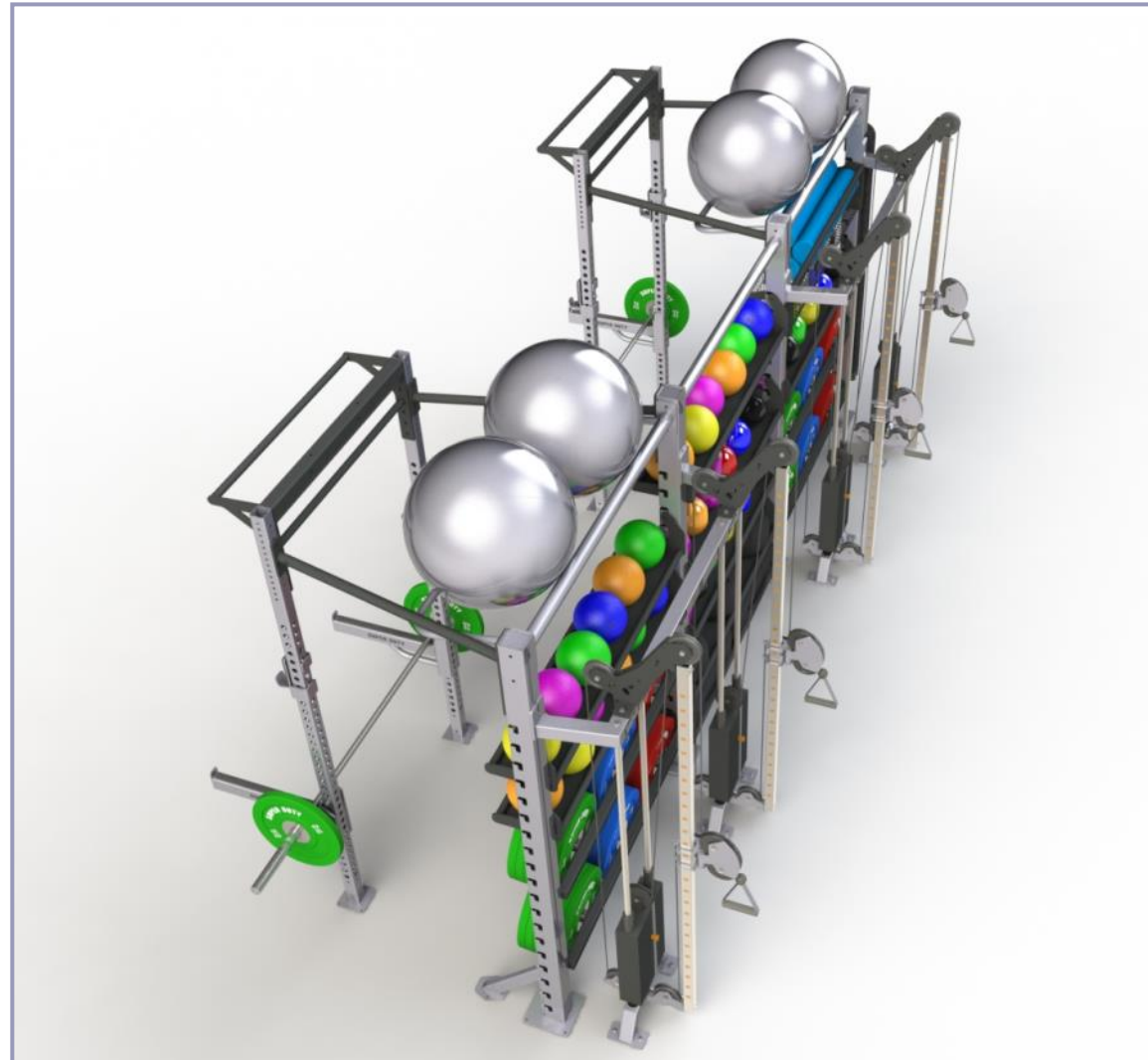
Pulley Stations

- ⇒ Vast array of functional exercises are able to be performed regardless of fitness level.
- ⇒ Stainless steel column with 26 height settings.
- ⇒ No set up or clean up before or after classes.
- ⇒ Useful between class sessions.
- ⇒ 75kg stack as standard.

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Half Racks

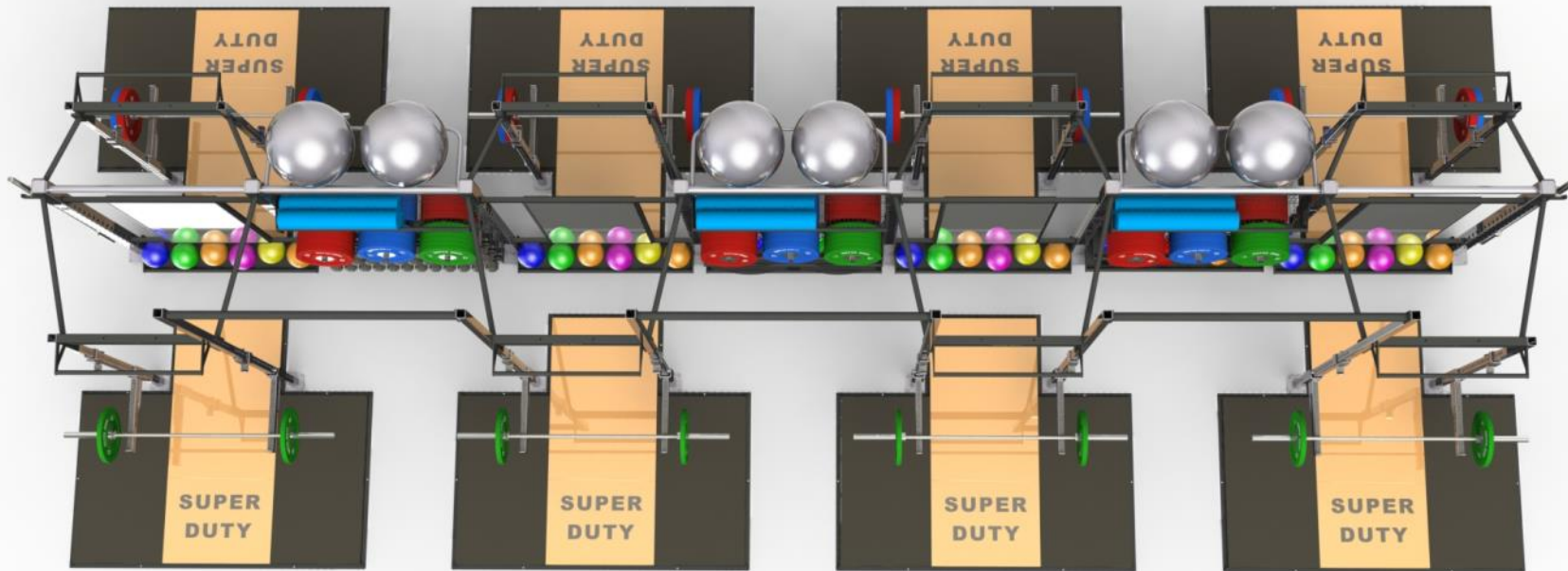
Mirrors

Monkey Bars

Boxing Bags

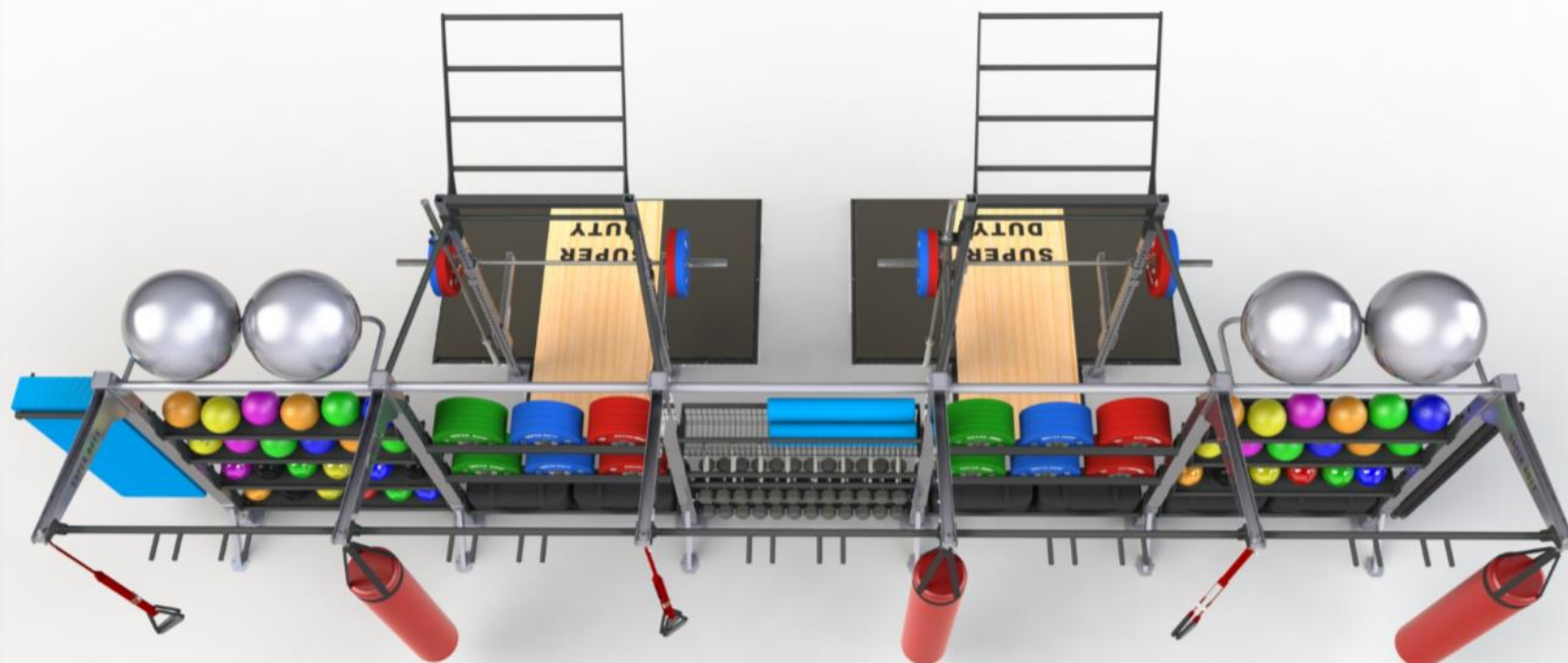
Suspension

Pulleys



Accessories

- Storage tray
- Dumbbell rack
- Storage Basket
- Floor mat holder
- Adjustable pulleys
- Suspension outrigger
- Boxing Bag outrigger
- Boxing glove storage
- Bumper plate rack
- Sand rope peg
- Torsonator
- Corner Truss
- Pump set rack
- Lifting platform
- Half rack
- Chin up bar
- Monkey bars
- Integrated Mirror
- Fit ball racks
- Dip attachment
- Step attachment
- Cannon ball grips
- Battle Rope hook
- Plus much more



SUPER DUTY

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Double Sided Rigs Quick Guide - February 2019