

Functional Fitness Equipment

TAP NNER Strength

2022 - 2023 OUTDOOR BROCHURE





Live Life. Move Strong.

"A body at motion stays in motion; a body at rest stays at rest."

-Sir Isaac Newton



MOVESTRONG EST 2011



5726 MARLIN RO. STE 420 CHATTANOOGA, TN 37411 Toll Free (855) 728-8700 Movestrongfit.com





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MOVESTRONG HISTORY TIMELINE CELEBRATING 10 YEARS STRONG

2012 - MOVESTRONG OUTDOOR FTS 2014 - MOVESTRONG Fitground



2011



2011 - FIRST Movestrong FTS



2013 MOVESTRONG DYNABELL US PATENT NO 9,364,703 & 9,364,704 2014 MOVESTRONG Nova FTS

2015



MOVESTRONG IN ALL 50 STATES MOVESTRONG IN 30+ COUNTRIES



2015 MOVEST TRAP BAI US PATENTED DE

2020 - MOVESTRONG LARGEST SITE INSTALLATION WORLD'S LARGEST TRAVELLING RINGS AND MORE



2020

YOUR PROJECT

2022

WHAT MILESTONE WILL WE BUILD WITH YOU?





OBSTACLE COURSE

2016 - MOVESTRONG **NOVA XL FTS US PATENTED DESIGN**







2018 MOVESTRONG REACHES ALL 50 STATES WITH HAWAII INSTALLATION



2019 MOVESTRONG REACHES 30 COUNTRIES WITH ISRAEL INSTALLATION



RONG R SIGN



Note: not all colors are available for the T-Rex kickplate, ab bench, step attachment, and the fitground plyo steps. These products are coated with polyurea or pvc coating colors choices: black, gray steel, sky blue, red, dark blue, dark green, and brown.

WEAR PARTS: POLYUREA Coating for Longer Durability and Protection From the Elements

OPTIONAL PULL-UP AND DIP BAR POLYUREA COATING

T-REX ADJUSTABLE DIP PATENT PENDING ADJUSTABLE TRAINING FEATURES DIP, STEP, AB BENCH

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PATENT PENDING

T-REX OUTDOOR FTS

The MoveStrong T-Rex can be configured in size, shape, and options to fit any space and training needs.

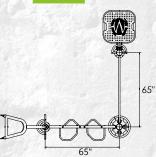


Training Features 4-Post T-Rex Model. See more options below

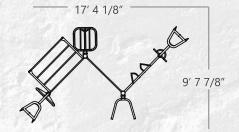
- 1. Y-Extender climbing rope and rings
- 2. Climber bar extension for horizontal bridge
- 3. Globe grip side rail gripe pull-ups and ring toss single medicine ball target
- 4. Single medicine ball target
- Kickplate bodyweight training, anchor points for accessories, medicine ball throws
- 6. Extended pull-up bar for horizontal bridge
- 7. Post Extension Hanger
- 8. Cliff Hanger
- 9. Loop post bodyweight training, stretching, anchor points for accessories, rope pulls
- 10. Battle Rope Anchor Swivel anchor for
- 11. outdoor battle ropes
- 12. *New* T-Rex FTS Squat Rack Feature



3-POST



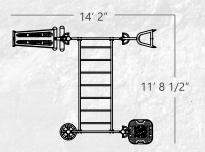
4-POST ZIG ZAG



9.

4-POST MONKEY BAR BRIDGE

10.



T-REX OUTDOOR FTS OUTDOOR SQUAT RACK TREX ATTACHMENT

NEW



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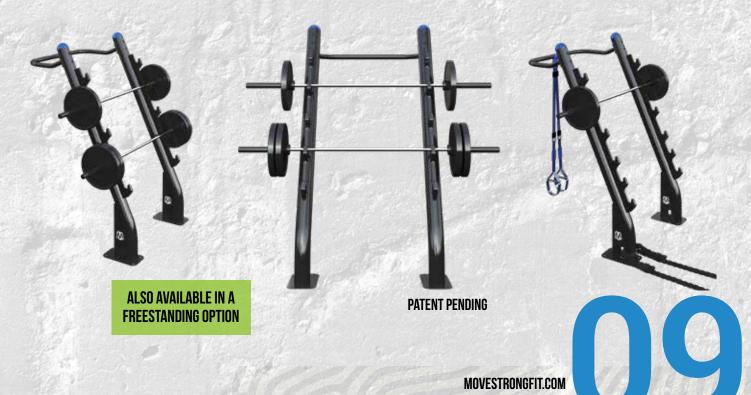
MOVESTRONGFIT.COM

T-REX OUTDOOR FTS

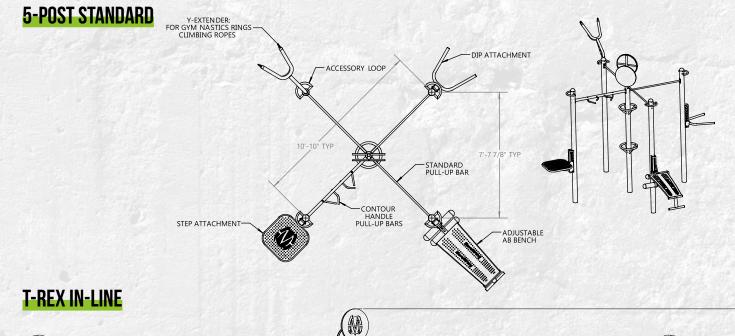


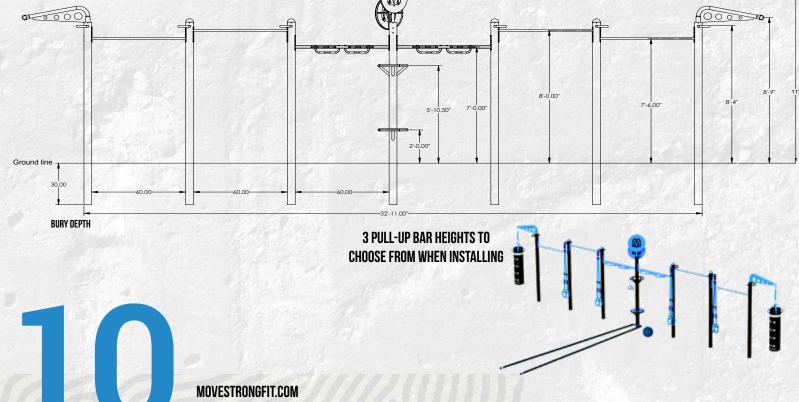
***ACCESSORIES NOT INCLUDED**

NEW







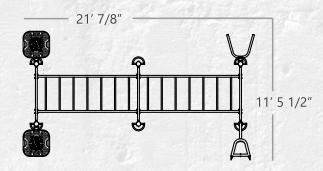


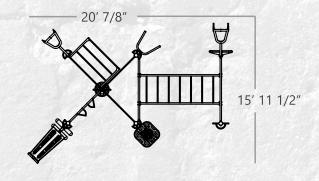
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6-POST DOUBLE MONKEY BAR BRIDGE

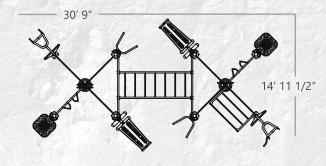
7-POST WITH MONKEY BAR BRIDGE

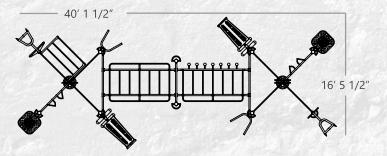




10-POST WITH MONKEY BAR BRIDGE

12-POST WITH DOUBLE MONKEY BAR BRIDGE





T-REX FTS TRAINING OPTIONS

T-REX FTS 12-POST DOUBLE MONKEY BAR BRIDGE (DIAGRAMS SHOWING OPTIONAL FEATURES)







AVAILABLE TRAINING FEATURES

- 1. Adjustable Step
- 2. Battle Rope Anchor
- 3. Dual Medicine Ball Target
- 4. Rings
- 5. Adjustable Ab Bench
- 6. Adjustable Dip
- 7. Top Loop Post Anchor
- 8. Horizontal Ladder Bridge
- 9. Center Post Loop with Step
- 10. Kick Plate
- 11. Climber Bars
- 12. Globe Grip Side Rail
- 13. Climbing Rope
- 14. Pull Bar
- 15. Ergo Grip Pull-Up Bar 16. Side Rail Pull Up Bar



FITGROUND PRODUCTS Customize and build a FitGround for your space and training needs. See all the accessories! Cargo Net with Rope Climb Stations -Various Sizes Available **Balance Steps** Zig-Zag **Balance Beams Plyo-Steps** Stall Bars **Elevate Trainer** Low Angled Cargo Net Low Parallel Bars Over / Under Horizontal Post **Battle Rope Station** Push-Up / Inverted **Row Bars Drive Sled** A-Wall Climber Farmer Logs **Elite Parallel** Bars

THE MOVESTRONG FITGROUND TAKE FUNCTIONAL FITNESS OUTDOORS!

ELEVATE TRAINER STATION

YOUR CON-

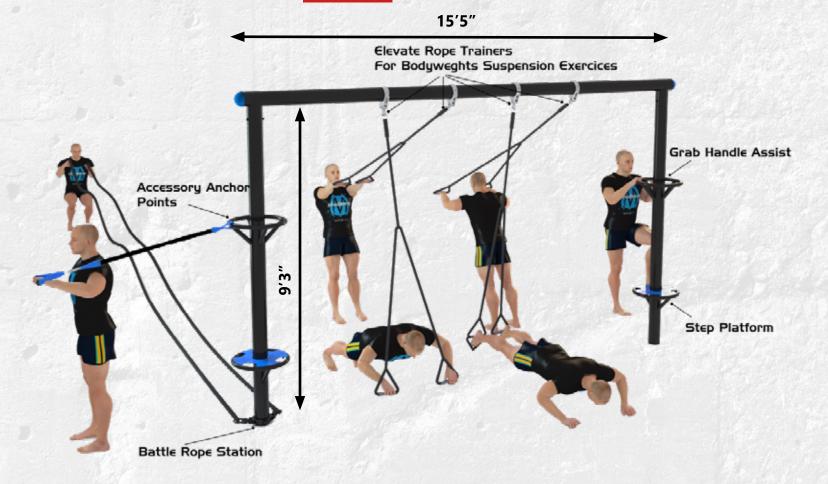
VISIT WWW.MOVESTRONGFIT.COM/BYO

OWN

1440

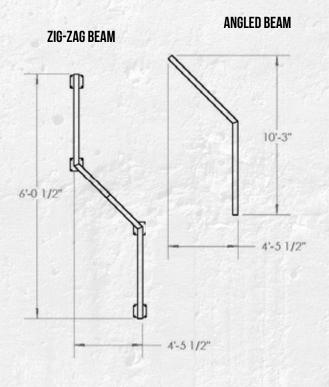
NEW

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ZIG-ZAG BALANCE BEAM

The Zig-Zag Balance Beam allows for many bodyweight exercises to improve balance and stability.





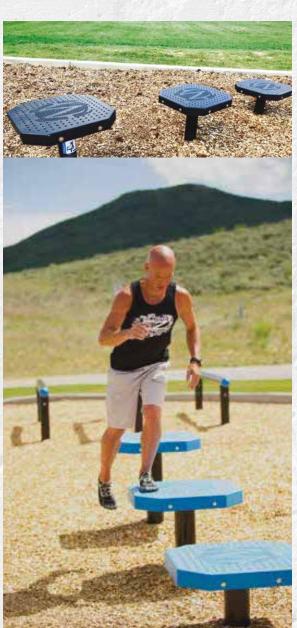
BALANCE STEPS

Focus on balance and agility with the Balance Steps. Configure your FitGround area with different quantities and patterns to fit layout and exercise needs.



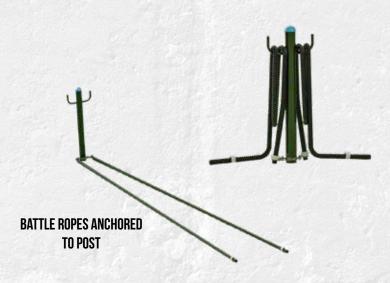






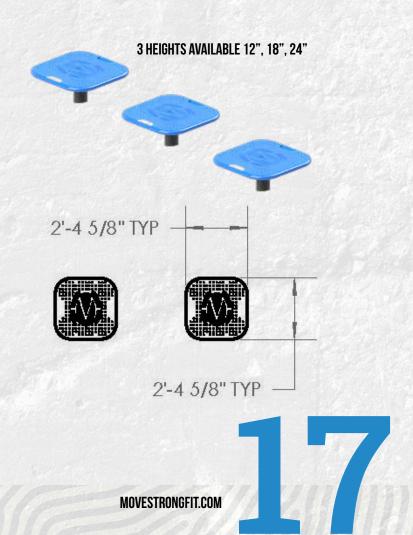
BATTLE ROPE STATION

OUTDOOR RATED ROPES



PLYO-STEPS

Varied height Plyo-Steps are great for improving agility, flexibility, power, and for building athleticism.



LOW PARALLEL BARS

The Low Parallel Bars are ideal for upper body, agility, and balance exercises.



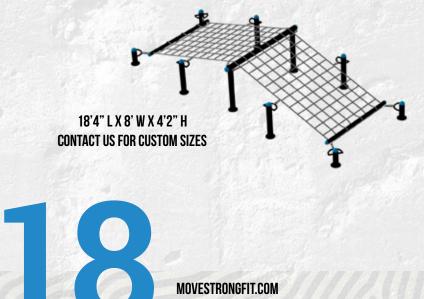
10" LENGTH AND 12" HEIGHT. Inquire about other optional sizes





LOW ANGLED CARGO NET

Great obstacle course style station with an up-and-over crawl on top of the low height angled cargo net. Develop balance, strength, and coordination skills with this fun challenging obstacle.

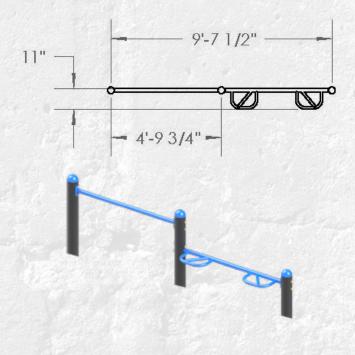




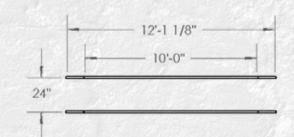


PUSH-UP/INVERTED ROW BARS

Build upperbody and core strength with the varied height Push-Up Bars. Two height bars ideal for pushup variations and inverted rows. Lower bar offer varied hand grip positions.



ELITE PARALLEL BARS

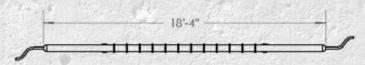


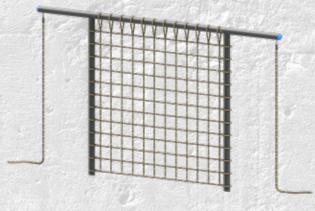


CARGO NET

Use for functional fitness, climbing, bodyweight, and obstacle course training. Offers two optional rope climb stations as well.

10' CARGO NET FRAME HEIGHT. Inquire about other height options.





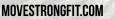


A-WALL CLIMBER

2

The A-Wall Climber is a great FitGround addition to create a challenging up and over climb. Climbing rope to grasp and assist on climb up and over the step angle wall.



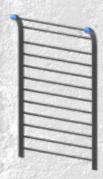




STALL BARS

Dedicated flexibility and stretching station. Varied height rungs to assist in flexibility and bodyweight exercises. Arched top bar for hangs and pull-up variations.

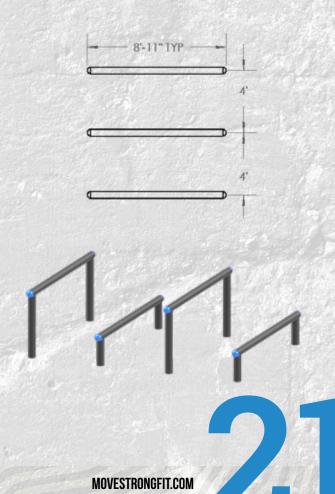
STALL BAR DIMENSIONS ARE 4' WIDE X 8' TALL



OVER/UNDER HORIZONTAL POST

The Over/Under posts are great for agility, balance, and strength training.

AVAILABLE IN 3 HEIGHT OPTIONS: 24", 36", 48"







OUTDOOR OBSTACLE COURSE



BUILD CONFIDENCE AND TEAMWORK

Obstacle course training is an excellent way to gain confidence as users get stronger and more confident with each run through the course. Work together as a team to encourage others and compete against each other for friendly competition and bonding as a group. A great social activity since others will experience all the same challenges together. Use obstacle course training to build stronger friendships and develop a support system among teams and co-workers.

IMPROVE ENDURANCE, STAMINA, AND FUNCTIONAL STRENGTH

OC Training is a great way to get heart healthy with cardiovascular exercise, build real usable functional strength and athletic muscle mass while and burning body fat all at the same time.

BREAK THE BOREDOM

break the normal gym routine with some fresh air and MoveStrong OC Training. A fun challenging way to incorporate new workouts sure to help break the norm of traditional machine gym workouts that will no doubt yield new results in your athletic, physical, and body composition results!

INCREASE FLEXIBILITY & AGILITY WITH IMPROVED BALANCE

MOVESTRONGFIT.COM

Climb, crawl, run, jump, balance, and swing your body through a variety of obstacles. Move in manners the body was intended! You will quickly become more agile and improve those athletic skills with obstacle training. Over time, you'll get better and more energy efficient with improved work capacity as you learn how to overcome obstacles more efficiently and preserve energy to make it all the way across the finish line without running out of steam.

PUT PHYSICAL CHALLENGE AND COMPETITION TO THE TEST WITH The movestrong obstacle course! Customize and Build A Course to fit your space and training needs.

TETT

VISIT WWW.MOVESTRONGFIT.COM/BYO

ADE IN THE

YOUR 🙉 OWN

OC SAMPLE LAYOUTS



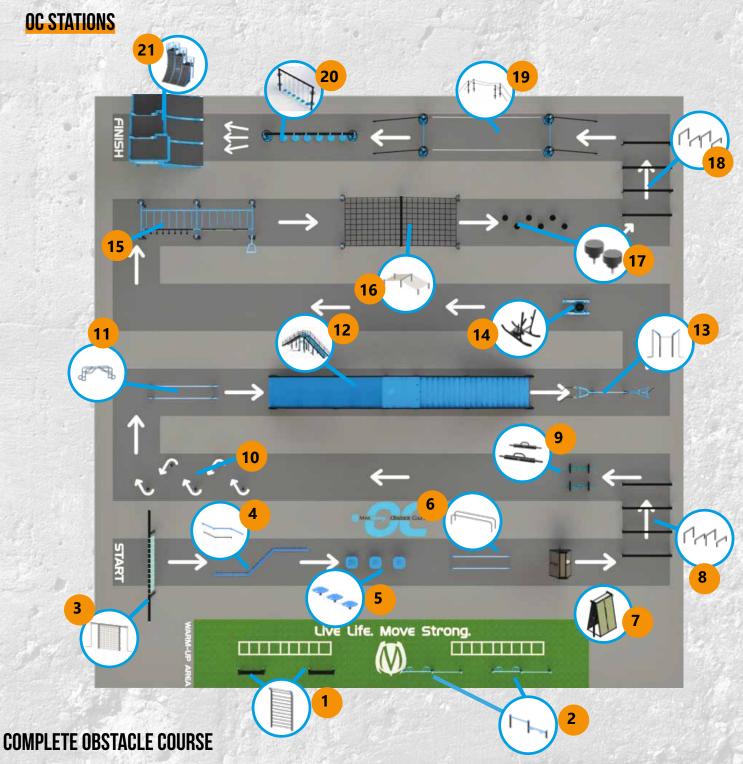
COMPLETE OBSTACLE COURSE

2



MOVESTRONGFIT.COM

Star Car Anna a mag



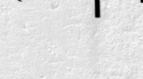
- 1. Stall Bars
- 2. Push-Up/Inverted Row Bars
- 3. Cargo Net Rope Climb
- 4. Zig-Zag Balance Beam
- 5. Plyo Step Jumps
- 6. Low Parallel Bar
- 7. A-Wall Climber
- 8. 24" Over/Under Agility Post

- 9. Log Carry
- 10. Slalom Agility Posts
- 11. Parallel Bar Upper Body Walk
- 12. Obstacle Staircase
- 13. Rope Climb Station
- 14. Drive Sled Push
- 15. 6-Post T-Rex
- 16. Low Cargo Net Climb

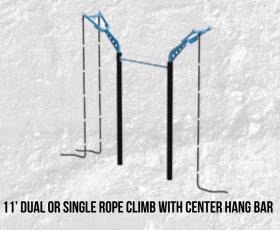
- 17. Balance Steps
- 18. 36" & 48" Over/Under Agility Post
- 19. Horizontal Rope Climb
- 20. Swinging Balance Steps
- 21. Triple Warped Wall

HORIZONTAL ROPE CLIMB



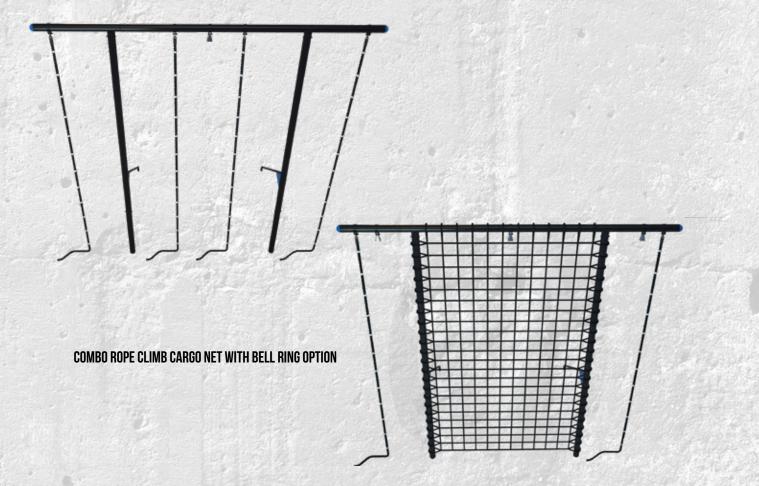


DUAL ROPE CLIMB



20' CARGO NET AND ROPE CLIMB

20' ROPE CLIMB WITH BELL RING OPTION



QUINTUPLE STEPS

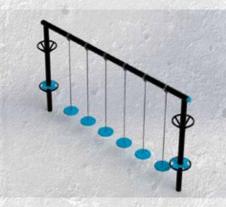
Great obstacle course style station with an up-and-over crawl on top of the low height angled cargo net. Develop balance, strength, and coordination skills with this fun challenging obstacle.



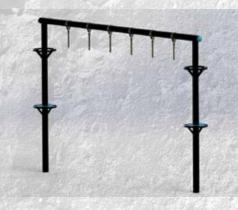
HANGING OBSTACLES



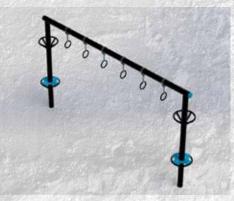
HANGING BALANCE



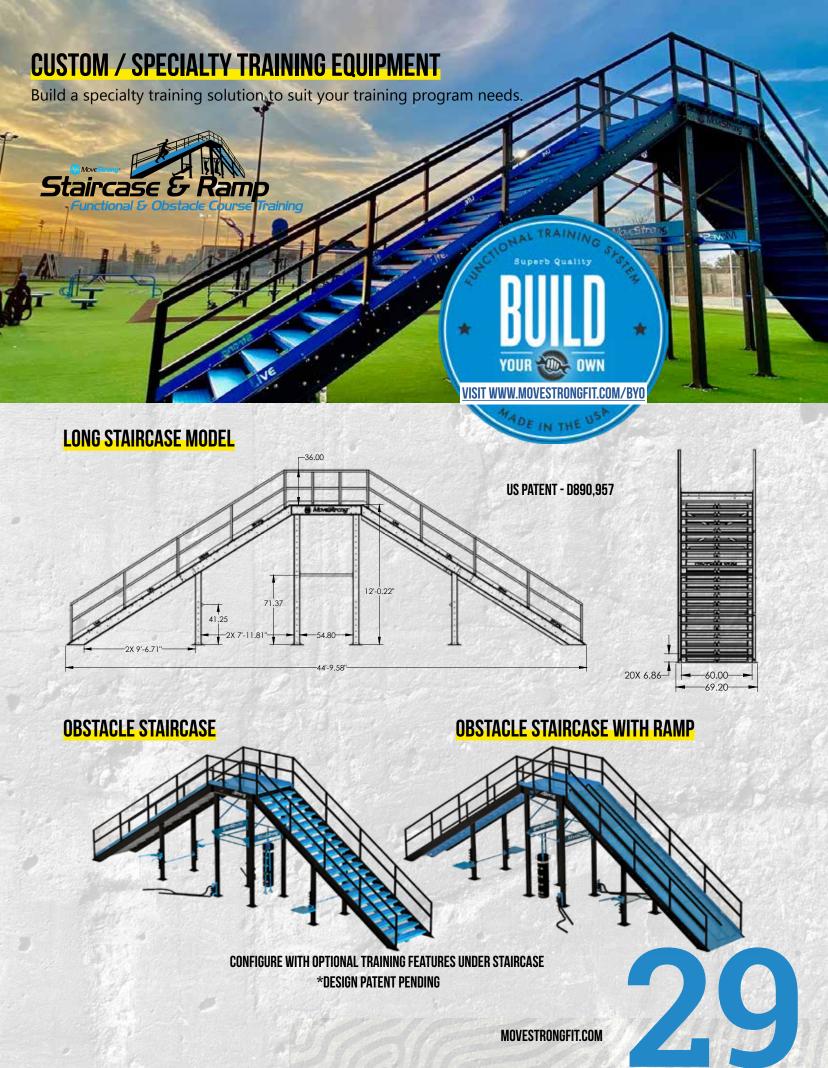
DOWEL GRIPS



RING TRAVERSE



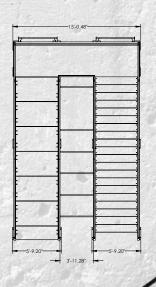


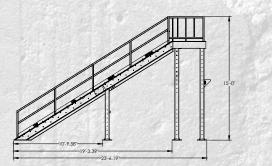


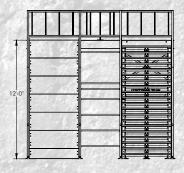
PINNACLE STAIRCASE MODULAR DESIGN

Customize with obstacles on all 4- sides of the Long Staircase. Warped Wall and cargo nets shown.









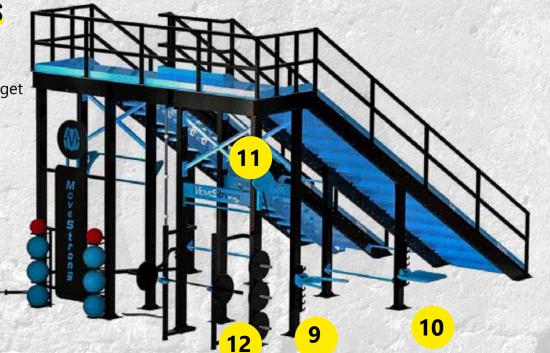
U-STAIRCASE TRAINING OPTIONS

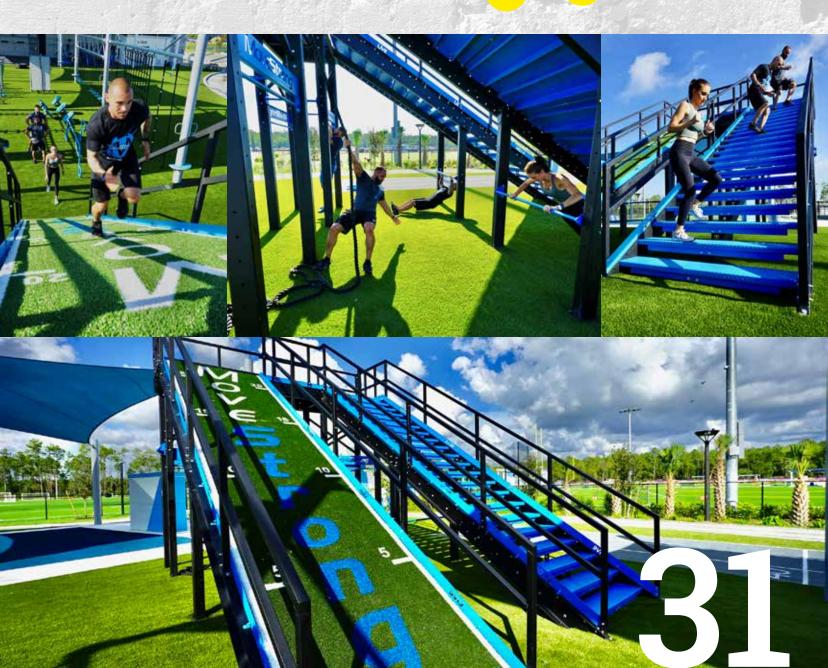
- 1. KickPlate w/ Medicine Ball Target and Storage
- 2. Squat Stands
- 3. Pull-Up Bar With Medicine Ball Logo Plate
- 4. Dual Height Pull-Up Bar
- 5. Battle Rope Anchor
- 6. Push-Up Bar
- 7. Climbing Rope
- 8. GRT (Ground Rotational Trainer)

8

U-STAIRCASE OPTIONAL OPTIONS

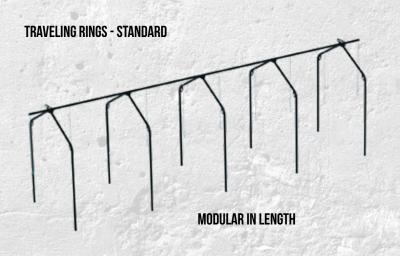
- 9. Adjustable Dip10. Adjustable Step11. Diamond Medicine Ball Target12. Olympic Plate Storage

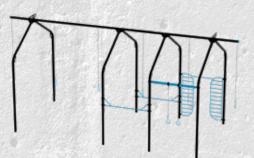




TRAVELING RINGS

WANNA FLY!? OUR TRAVELING RINGS ARE DESIGNED TO CREATE THAT FEELING!





MODULAR IN LENGTH AND TRAINING FEATURES

Elite: Additional Calisthenics Training Options Shown - Pull-Up Bars, Push-Up Bars, Gymnastic Rings, and Ladder Bars





8' WALL





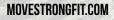


CUSTOM BACKSIDE CARGO NET OPTION

TRIPLE WARPED WALL

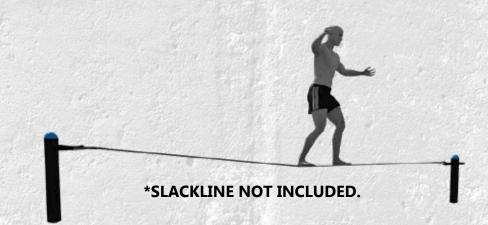
- 8', 12', and 14' Warped Walls
- Backside Training Features and Options
- Optional Top Safety Rails





SLACKLINING ANCHOR POSTS





SLALOM AGILITY POSTS





OUTDOOR TRAINING TOOLS





DRIVE SLED

Do more with a Drive Sled for strength and conditioning! Develop power by pushing and pulling high and low, forwards and backwards, fast and slow, to add variety and make a sled workout more challenging and to shred fat while improving conditioning.

GLOBE BARBELL

Specifically designed for year round outdoor use, our fillable Globe Barbell is an excellent strength tool to incorporate barbell lifts and old time strongman exercises! Each globe can be filled with sand or shot to desired weight. The tough exterior finish and texture grip allow for durability and many years of use both indoor and outdoors. A great training tool addition to our FitGround outdoor product line!



SLEDGEBELL

Specifically designed for year round outdoor use, our fillable SledgeBell is an excellent strength tool. An incredible total body conditioning tool allows you to swing, hammer, balance, lunge, chop, and throw it! Designed to use for sledgehammer strength and conditioning exercises with a tire as well as performing a variety of swing and chop patterns to help mobility, core strength, and stability while engaging the entire body.



OUTDOOR HEAVY BAG

Built to last, 100lb Heavy Bag USA Made. Commercial quality design weather resistant for use in an outdoor setting. Great for personal/ group training workouts by adding call-out targets for coaches and clients to use in varying targeted blows to the bag. Top bag grab handles to delivery a more powerful knee to your targeted area.



FARMER'S WALK LOG

Designed for outdoor use in the FitGround, our Farmers Walk Logs are a fun way to build strength and endurance for loaded carries. Add weight in the fill hole of the log and/or traditional Olympic weight plates on the end holders.



FUNCTIONAL TIRE

36

80kg & 120kg size functional training tires for outdoor use. Ground anchors available to keep tires in fixed area to prevent removal.



CLIMBING ROPE



OUTDOOR RINGS



BATTLE ROPES



ELEVATE ROPE TRAINER

MADE IN USA. Designed for outdoor use. Outdoor rope material will not absorb water. Perform bodyweight

suspension exercises. Press, row, lunge, squat, and twist with many variations for all fitness levels. Easily attach to the MoveStrong T-Rex top post loop or extension hangers.

OUTDOOR STRENGTH TRAINING

GET ORGANIZED WITH OUR COMPLETE ASSORTMENT OF FREE-WEIGHT/ACCESSORY STORAGE RACKS AND MULTI-PURPOSE SQUAT, BENCH, PULL-UP RACKS. VISIT OUR WEBSITE FOR MORE DETAILS.

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MODULAR OUTDOOR DB & ACCESSORY STORAGE RACKS

NEW



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GLOBE BARBELL (SOLD SEPARATELY)

> SLEDGEBELLS (SOLD SEPARATELY)



101010101

STORAGE RACK FEATURES

- 1. Flat Kettlebell
- 2. Dumbbell Tray
- 3. Cable Lockdown Holes
- 4. Battle Rope Anchor
- 5. Lockdown Bar
- 6. Vertical Accessory Storage Bay



BATTLE ROPES (SOLD SEPARATELY)

SINGLE BAY

20000

OUTDOOR STRENGTH TRAINING FUNCTIONAL TRAINING LOCKER - 20

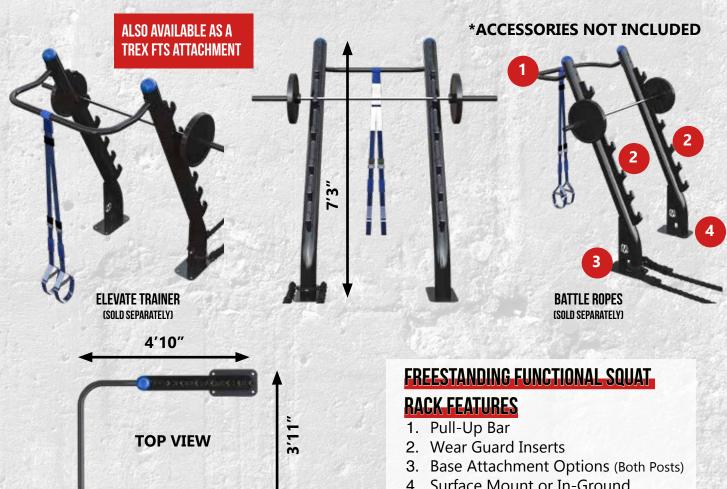


INTERIOR FEATURES

EXTERIOR FEATURES

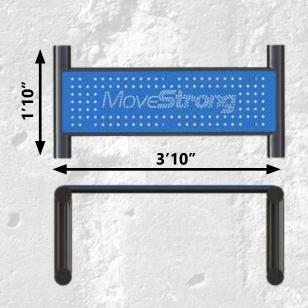
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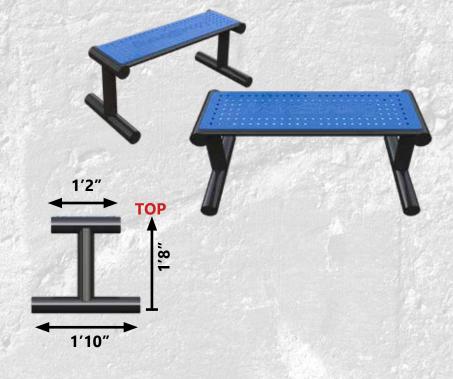
FREESTANDING FUNCTIONAL SQUAT RACK



4. Surface Mount or In-Ground Anchoring

OUTDOOR DUMBBELL FLAT BENCH





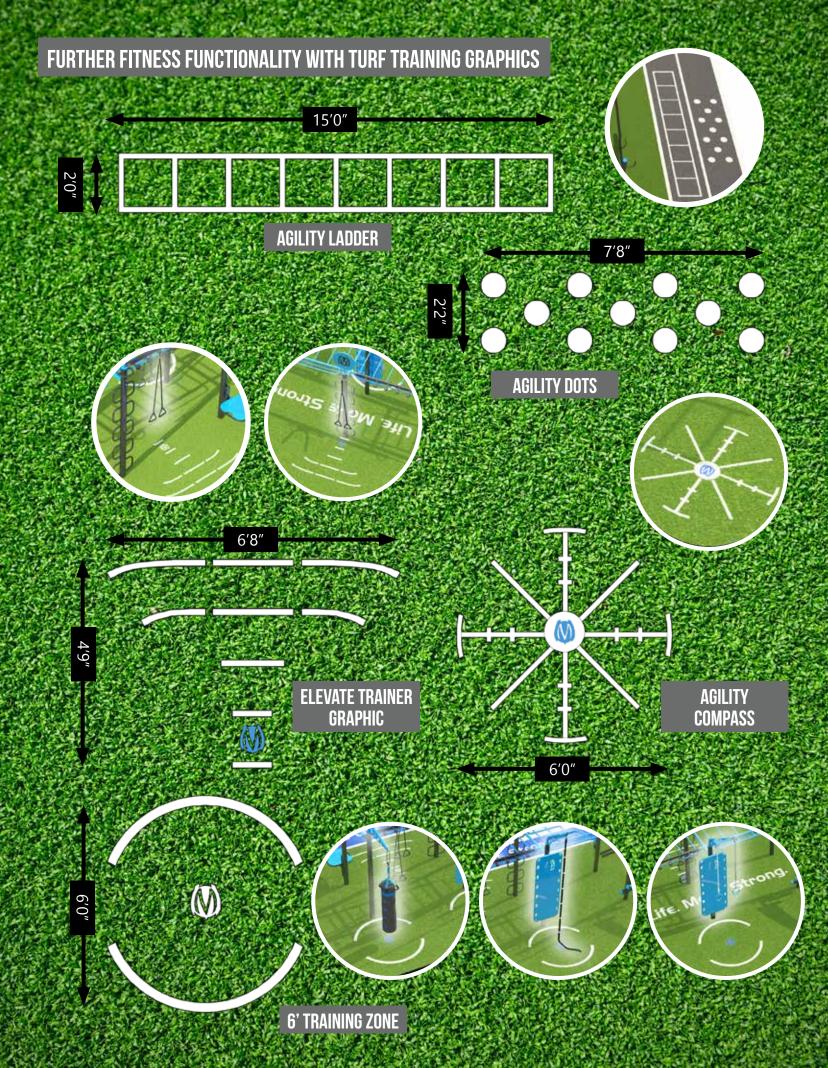
PERFORMANCE SURFACE AND SHADE SOLUTIONS

CUSTOMIZABLE PERFORMANCE SURFACE SOLUTIONS. WE OFFER PLANNING, DESIGN, AND SUPPLY OF SPECIALTY FITNESS SURFACING AND SAFETY PADDING BASED ON SPACE, TRAINING NEEDS, AND BUDGET. VISIT OUR WEBSITE FOR MORE DETAILS.

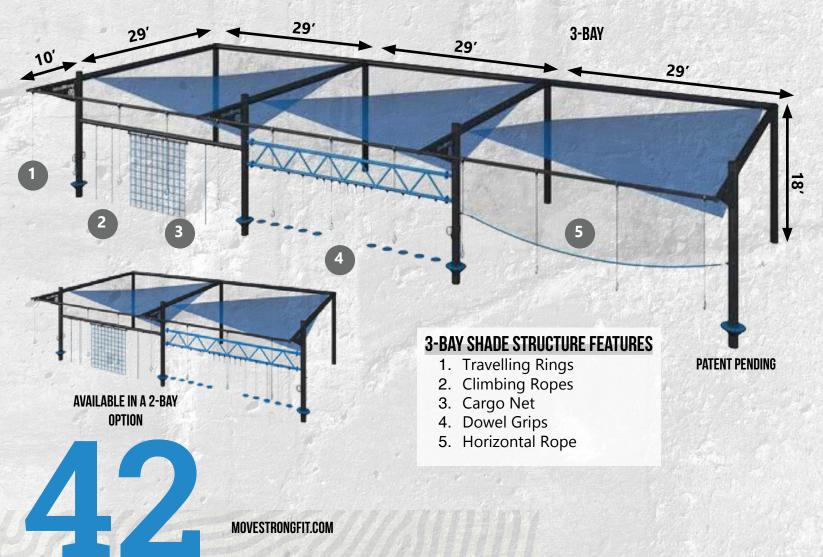
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SURFACES









MOBILE TRAINER

BATTLE ROPES

ALTERNATING WAVES

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See All Sta

Works on any mobile device, no need to download another fitness app. In moments of arrival your customers can refer to the instructional decal or quickly scan the QR code and start watching the instructional videos. We work with several fitness professionals to constantly update the exercise libraries so that your customers get the latest information on targeting their desired muscle groups. Stay up-to-date with our Mobile Trainer platform.



MOVESTRONG U



OUR COLLECTIVE OF RESOURCES IS AT YOUR DISPOSAL WITH MOVESTRONG U. LEARN FROM THE BEST AND PICKUP TIPS AND TRICKS FOR POWERFUL, FUNCTIONAL MOVEMENTS THAT WILL HELP YOU LIVE LIFE AND MOVE STRONGER EVERY DAY, TEACH BETTER EVERY DAY, AND MAKE THE MOST OF YOUR MOVESTRONG EQUIPMENT.

CUSTOMER VIDEO LIBRARY

Created for our customers to have instant access to 100's of MoveStrong[™] product videos. Browse the video library to find exercise visuals per product, tips, workouts, promotional, and installation videos on many MoveStrong[™] products.



CURRENT WORKSHOPS

Our hands-on courses teach the principles of functional strength/mobility, core stability, and biomechanics of human movement to maximize performance. For beginners to fitness professionals.

MOVE OF THE DAY

Pickup training tips and tricks of the trade with our extensive library of MoveStrong moves. For added benefits, subscribe to our Video Library to extend your knowledge base.

TRAINING EVENTS

Learn how to use the equipment, teach clients to use the equipment and make the most of your investment at our MoveStrong Training Events. You can even earn continuing education credits with some of our classes from leading accredited educators like ACE, NASM, and NSCA.

DESIGN & LAYOUT

Let our team assist with design and layout based on your space and needs. We offer surfacing recommendations for a safe and enjoyable FitGround. Customize with the exercise options desired to create your own station to accommodate different users' fitness and skill levels. Ideal for fitness bootcamps, group training classes, schools, obstacle courses, parks, military, or just a cool backyard adult fitness jungle gym!



HAPPY CUSTOMERS

Visit Our Website For More Customer References and Pictures

Educational Institutions

- NC State University
- Oakwood University
- Vanguard University
- Fontana Unified Schools
- Bergen County Academies
- Soddy Daisy Middle School
- Ole Miss University
- Santa Clara University
- Savannah College of Art & Design
- Southern Illinois University
- Pitt University
- Purdue University
- Santa Clara Unified Schools

Military and First Responders

- Fort Polk AB
- Patrick AFB
- Robins AFB
- Columbus AFB
- Ft Bragg
- Ft Belvoir
- US Coast Guard Training Center Yorktown
- New Hanover County Sheriff's Department
- Montgomery County Law Enforcement Training Center

Religious Community Centers

- Hagerstown YMCA
- Tri-County YMCA
- Tampa YMCA
- Cincinnati YMCA

- Foothills YMCA
- Bridgewater JCC

Municipality / Parks and Recreation

- City of Bartlesville
- City of Castle Rock
- City of Round Rock
- Park City
- Pompano Beach
- Paradise Coast

Corporate Wellness

- Calera
- Pfizer

Community Living

- Oasis
- The Haven
- Eagle Crossing

Fitness Centers / Health Clubs

- Ellis Athletic Center
- Onslow Fitness
- Fitness 1440
- In-Shape
- Club EZ Fit
- Banks Dee Sports Club
- Steel Fitness Health & Wellness
- Mountain Valley Fitness & Health
- Retro Fitness
- O2 Fitness
- PowerHouse Gym

Resorts / Hotels

- Peninsula Papagyo Costa Rica
- Crown Plaza Baton Rouge
- LOCALE Cayman Islands
- Ocean's Edge Resort

MOVESTRONGFIT.COM



OUTDOOR FITNESS EQUIPMENT WARRANTY

Applies to all MoveStrong equipment designated and specifically manufactured for year round outdoor use.

MoveStrong provides a fifteen-year warranty on metal decks, pipes, rails, loops, and rungs; a lifetime limited warranty on upright posts; and a one-year warranty on the powder coating. These warranties cover damage due to failure or corrosion of metal parts that cause the product to become structurally unfit for its intended use. The lifetime warranty refers to the life of the product and covers the product under normal use and proper maintenance.

LIFETIME LIMITED WARRANTY ON HARDWARE

MoveStrong provides a lifetime limited warranty against structural failure due to breaking or shearing which causes the product to become structurally unfit for its intended use; a lifetime limited warranty on stainless steel hardware against rust; and a one-year limited warranty on non-stainless steel hardware against rust;. The lifetime warranty refers to the life of the product as defined below and covers the product under normal use and proper maintenance. The cost of replacement due to scratching or cutting of certain hardware plating is not included in this warranty.









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