



**PORTABLE BOOTCAMP**



**SELF-GUIDED FITNESS**



**AGILITY TRAINING**



**MOBILITY TRAINING**



**RESISTANCE TRAINING**



**PLYOMETRIC TRAINING**



**FUNCTIONAL STRENGTH**



**CARDIO TRAINING**



**SPEED TRAINING**



**REHAB AND RECOVERY**



**COMMERCIAL PACKAGES**



**RETAIL PACKAGES**



**STORAGE AND RACKING**

***www.PrismFitnessGroup.com***

*sales@prismfitnessgroup.com*

608.845.8300



## About Prism Fitness Group

Prism Fitness Group brings you innovative functional fitness equipment and accessories that can be used to achieve transformative results.

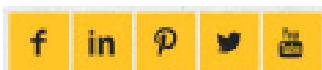
### WE RESPECT THE BODY

We are committed to spreading greater understanding of the human body, and the safest and most effective ways to prepare the body for challenges ranging from everyday functional movements to amateur sporting events to a professional-level competition.

## How to Contact Us

**For Orders/Customer Service:**  
Call 608.845.8300 or send an email to [sales@prismfitnessgroup.com](mailto:sales@prismfitnessgroup.com)

**For Dealer or Partnership Inquiries:**  
Call Jay at 608.845.3913 or send an email to [jay@prismfitnessgroup.com](mailto:jay@prismfitnessgroup.com)



## Smart Pak™

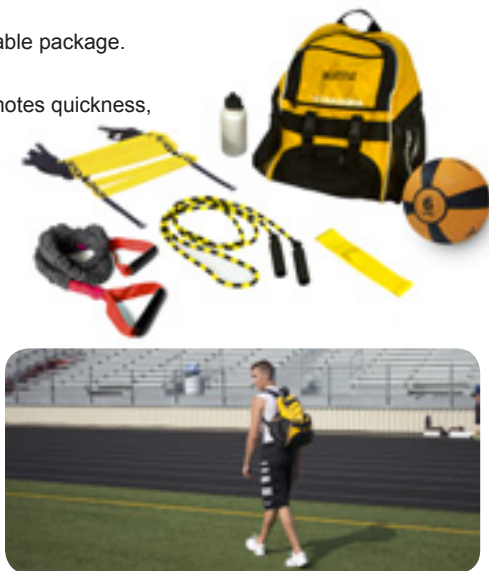
The Smart Pak is a complete gym in a portable package.

### Specific features and benefits:

- Innovative mix of training equipment promotes quickness, agility, stamina and power
- Perfect for sport camps, traveling athletes, warm-ups, cool-downs, daily conditioning, and injury rehabilitation

### Includes:

- (1) Smart Agility Ladder
- (1) Instructional information
- (1) Heavy-duty Backpack
- (1) 6lbs Medicine Ball
- (1) Medium Sleeved Tubing
- (1) Mini Flat Band
- (1) Power Jump Rope
- (1) Water bottle



	SKU	MSRP
Smart Pak	400-180-660	\$ 189

## Smart Cart™ Training System

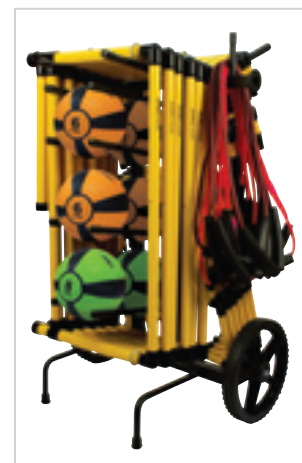
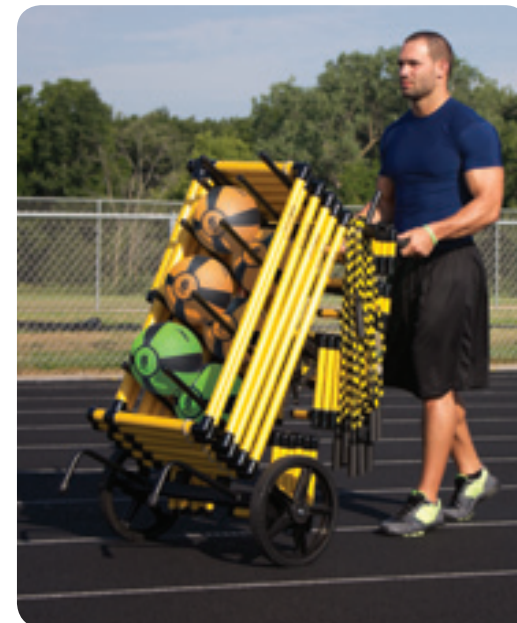
The Smart Cart Training System organizes your training equipment into a compact and easy to transport system.

### Specific features and benefits:

- Train as many as 60 athletes in one hour
- Hurdles and equipment are quick and easy to set up and put away
- Easily move the cart to your training area, inside or out (non-marking wheels)

### Includes:

- (12) 6-inch high Smart Hurdles #1
- (12) 12-inch high Smart Hurdles #2
- (6) Adjustable Smart Hurdles #4, ranges from 21 to 36-inches high
- (1) 30-ft Smart Agility Ladder
- (4) 6lbs Medicine Balls
- (2) 8lbs Medicine Balls
- (6) Power Jump Ropes
- (6) Sleeved Tubing (two of each): XLight, Light and Medium resistance)
- (1) Smart Cart transport and storage cart



	SKU	MSRP
Smart Cart Training System	400-130-290	\$ 1,795

## Smart Mat™

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

### Specific features and benefits:

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



	SKU	MSRP
6 mm	400-150-030	\$ 48
16 mm (grommets)	400-150-031	\$ 54



## Smart Plyo<sup>3</sup>

The 3-in-1 Smart Foam Plyo can be used at 20", 24" and 30" heights saving your facility space and the user valuable time while being able to train safely.

### Specific features and benefits:

- 9 exercises printed on plyo box for easy reference
- Made of high-density foam and commercial grade vinyl cover
- 3 heights: 20", 24" and 30", all in one for easy storage



	SKU	MSRP
3-in-1 Plyo Box	400-150-055	\$ 499



## Smart Medicine Ball™

The Smart Medicine Balls are a functional fitness staple. The weighted center forces the user to use different muscle groups to throw, bounce or twist with the ball.

### Specific features and benefits:

- 8 exercises are printed on the ball for easy reference
- Textured for a reliable grip; sturdy rubber construction
- Bounces on a hard surface
- 4 weights and sizes available: 4lbs yellow, 6lbs orange, 8lbs green, 10lbs blue



	SKU	MSRP
4 lb Smart Medicine Ball	400-150-001	\$ 38
6 lb Smart Medicine Ball	400-150-002	\$ 44
8 lb Smart Medicine Ball	400-150-003	\$ 49
10 lb Smart Medicine Ball	400-150-004	\$ 59



## Smart Stability Ball™

Smart Stability Balls are self-guided for users at all fitness levels.

### Specific features and benefits:

- 13 exercises are printed on the ball for easy reference
- Burst-resistant PVC construction
- 3 sizes available to match your exercise needs
- Pump included



	SKU	MSRP
55cm Ball: Yellow	400-150-010	\$ 29
65cm Ball: Green	400-150-011	\$ 34
75cm Ball: Blue	400-150-012	\$ 39

## Smart Roller™

The Smart Roller is used to release muscle tension before, during, and after workouts.

### Specific features and benefits:

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



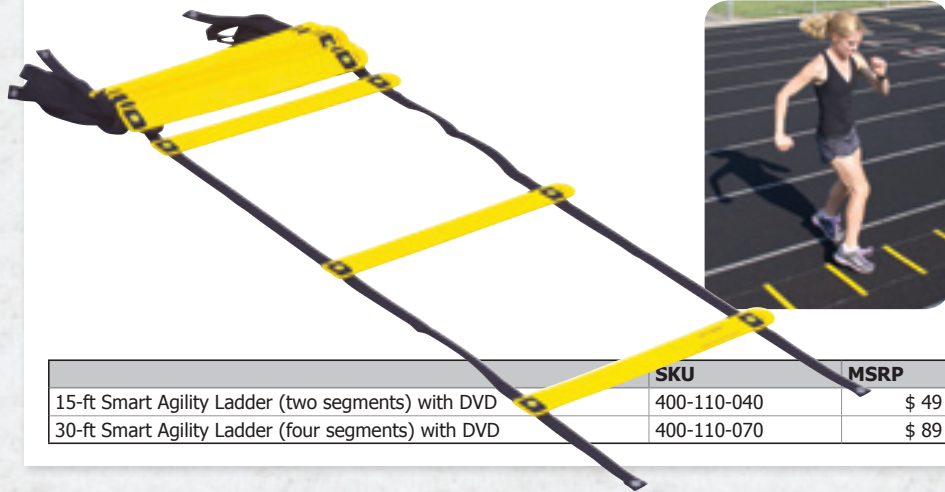
	SKU	MSRP
2-ft Smart Roller	400-150-020	\$ 35

## Smart Agility Ladder™

The Smart Agility Ladder is a must-have training tool for improving foot skills, balance and quickness. Designed to be easy to use, easy to transport, and easy to store.

**Specific features and benefits:**

- Flat, hard-plastic rungs
- Two lengths available: 15-ft in total length and 30-ft in total length
- Includes DVD with training tips and exercises



	SKU	MSRP
15-ft Smart Agility Ladder (two segments) with DVD	400-110-040	\$ 49
30-ft Smart Agility Ladder (four segments) with DVD	400-110-070	\$ 89

## Smart Indoor Ladder

The rubber Smart Indoor Ladder will help athletes of all levels improve their quickness, agility, coordination and control. This high-quality, versatile athletic training tool is also designed to be very easy to use and store.

**Specific features and benefits:**

- 15-ft long training ladder
- Rubber material keeps the ladder in place on any indoor surface and does not harm the floor
- 16-in long openings allows users plenty of space to touch down
- Rolls up on spool for easy storage
- Transport Bag included



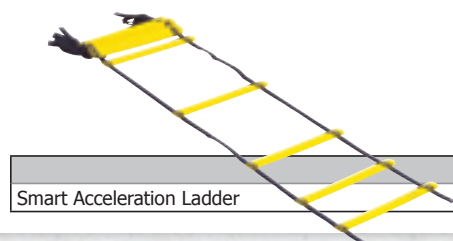
	SKU	MSRP
Smart Indoor Ladder	400-110-400	\$ 89

## Smart Acceleration Ladder™

The Smart Acceleration Ladder is designed to teach you to do one essential thing well: Accelerate.

**Specific features and benefits:**

- Increasing spaces between rungs to teach faster turnover and maximum stride-length
- Flat, hard-plastic rungs
- Tangle-free storage with carry handle
- 37-feet in total length (two segments)



	SKU	MSRP
Smart Acceleration Ladder	400-110-370	\$ 89



## Smart Hurdle Sets <sup>TM</sup>

The Smart Hurdles are designed with both athletes and coaches in mind. With 5 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.

### Specific features and benefits:

- 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, 6-inches high
- #2: Set of 6, 12-inches high
- #3: Set of 3, 12 to 18-inches high
- #4: Set of 3, 21 to 36-inches high
- #5: Set of 3, 27 to 42-inches high



	SKU	MSRP
Smart Hurdle #1 (Set of 6)	400-120-210	\$ 95
Smart Hurdle #2 (Set of 6)	400-120-230	\$ 105
Adjustable Smart Hurdle #3 (Set of 3)	400-120-200	\$ 165
Adjustable Smart Hurdle #4 (Set of 3)	400-120-220	\$ 195
Adjustable Smart Hurdle #5 (Set of 3)	400-120-240	\$ 209

## Smart Test Hurdles <sup>TM</sup>

The Smart Test Hurdles, with clearly-marked measurements, play a critical role in injury prevention and rehab programs, and should be part of any progressive physical evaluation system for physical education classes.

### Specific features and benefits:

- Assessments are dynamic, functional, precise, weight-bearing movements
- Measurements are clearly marked on each upright
- Easy-to-follow testing protocols are included
- Medium Hurdle is adjustable from 19.5" to 36"
- Large Hurdle is adjustable from 26" to 42.5"



	SKU	MSRP
Medium Test Hurdle	400-120-650	\$ 79
Large Test Hurdle	400-120-640	\$ 89

## Smart Hurdle Collection <sup>TM</sup>

The Smart Hurdle Collection brings a total of 36 Smart Hurdles together. With the convenient Smart Cart they're a breeze to transport and easy to store.

### Specific features and benefits:

- 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
- (12) Smart Hurdles #2
- (6) Adjustable Smart Hurdles #3
- (6) Adjustable Smart Hurdles #4
- (1) Smart Cart



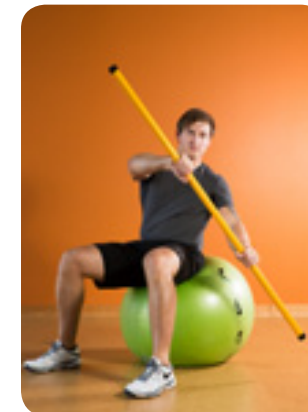
	SKU	MSRP
Smart Hurdle Collection	400-130-620	\$ 1,595

## Smart Sticks <sup>TM</sup>

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

### Specific features and benefits:

- Aligns the body for balanced, optimal range of motion
- 5-ft in length
- Hands slide along the smooth surface
- Two versions available: weighted (5lb) or unweighted
- Sold as individual sticks, Sets of 10, or Bundles of 40 (with Cart) for use with teams and PE Classes



	SKU	MSRP
Smart Stick - unweighted	400-140-400	\$ 15
Smart Stick - 5lb weighted	400-140-405	\$ 19
Smart Stick Set - unweighted (Set of 10)	400-140-410	\$ 150
Smart Stick Set - 5lb weighted (Set of 10)	400-140-415	\$ 190
Smart Stick Cart	400-140-420	\$ 249
Smart Stick Bundle (Cart + 40 unweighted sticks)	400-140-425	\$ 799
Smart Stick Bundle (Cart + 40 5lb weighted sticks)	400-140-430	\$ 949



## Smart Fitness Cables and Handles

The interchangeable Fitness Cables and Smart Quick Switch Flex Handles allow users to create their own resistance systems to strengthen and tone from head to toe.

### Specific features and benefits:

- Fitness Cables are multi-layered so they feel 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



Smart Quick Switch Handles feature an easy-to-use cable slot. Simply slide the clips away, insert the cable of your choice, and close by pushing down the clips until you hear it “click” into its secured position.



	SKU	MSRP
Fitness Cable - 10 lbs - Teal	400-230-001	\$ 5
Fitness Cable - 20 lbs - Purple	400-230-002	\$ 6
Fitness Cable - 30 lbs - Pink	400-230-003	\$ 7
Fitness Cable - 40 lbs - Magenta	400-230-004	\$ 8
Fitness Cable - 50 lbs - Orange	400-230-005	\$ 9
Fitness Cable - 60 lbs - Red	400-230-006	\$ 10
Fitness Cable - 70 lbs - Yellow	400-230-007	\$ 13
Fitness Cable - 80 lbs - Green	400-230-008	\$ 15
Fitness Cable - 90 lbs - Blue	400-230-009	\$ 17
Fitness Cable - 100 lbs - Black	400-230-010	\$ 20
Smart Quick Switch Handles (Set of 2)	400-160-001	\$ 8

## Mini Flat Bands

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



### Specific features and benefits:

- Each band features extensibility for moderate load standing movement drills
- 2-in wide, 11-in long
- Sold in sets of 10



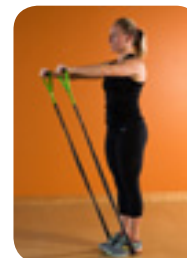
		SKU	MSRP
Light (10)	Yellow	400-700-595	\$ 30
Medium (10)	Green	400-700-575	\$ 32
Heavy (10)	Blue	400-700-555	\$ 35

## Sleeved Tubing

Professional-grade rubber dipped tubing encased in nylon sheathing that enhances safety and comfort during resistance training.

### Specific features and benefits:

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



	SKU	MSRP
XLight Tubing	100-100-100	\$ 15.95
Light Tubing	100-100-101	\$ 17.95
Medium Tubing	100-100-102	\$ 18.95
Heavy Tubing	100-100-103	\$ 19.95
XHeavy Tubing	100-100-104	\$ 20.95

## Strength Bands

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

### Specific features and benefits:

- Highest quality strength bands available
- 42-in long and 3/8-in thick



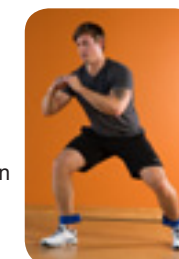
		SKU	MSRP
XX-Light	Red	400-710-110	\$ 15
X-Light	Black	400-710-111	\$ 22
Light	Purple	400-710-112	\$ 30
Medium	Green	400-710-113	\$ 35
Heavy	Blue	400-710-114	\$ 42
X-Heavy	Orange	400-710-115	\$ 60
XX-Heavy	Gray	400-710-116	\$ 75

## Lateral Resistor

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

### Specific features and benefits:

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



	SKU	MSRP
Light Resistor	400-520-410	\$ 31.00
Medium Resistor	400-520-411	\$ 31.50
Heavy Resistor	400-520-412	\$ 32.00



## Kiio Wall Gym

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

### Specific features and benefits:

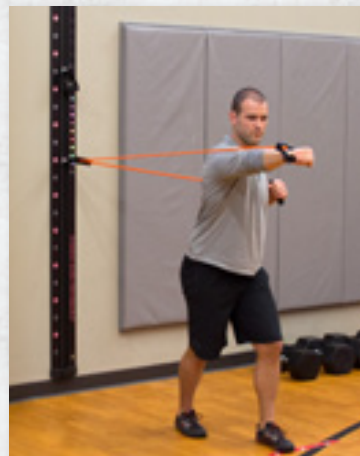
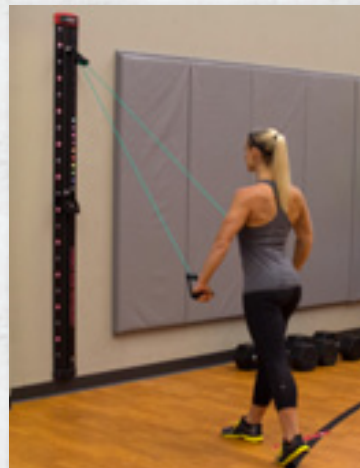
- 7-ft stainless steel track is wall mounted to maximize floor space
- Patented anchors slide to any track position
- Triple pocket attachment for quick and secure connections
- Accepts cables, tubes, bands, and webbing
- D-ring gives infinite attachment flexibility
- Supports 250 lbs

### Kiio Wall Gym Kit Includes:

- (2 each) 30-inch 20 lbs and 40 lbs Resistance Tubes
- (2) 60-inch 50 lbs Resistance Tubes
- (1 pair) Triple Grip Handles
- (1) Arm/Leg Attachment
- (1) Wall Gym

### Kiio Wall Gym Complete Package Includes:

- (2 each) 30-inch 10-100 lbs Resistance Tubes
- (2 each) 60-inch 10-100 lbs Resistance Tubes
- (2 pairs) Quik Fit Handles
- (2 pairs) Exchange Handles
- (2 pairs) Triple Grip Handles
- (2) Arm/Leg Attachments
- (1) Wall Gym
- (1) Caddy



## Kiio Caddy

Organize and store your equipment. Cable resistance levels are clearly labeled for easy tube selection.

### Specific features and benefits:

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

### Kiio Caddy Kit Includes:

- (2 each) 30-inch 10-100 lbs Resistance Tubes
- (2 each) 60-inch 10-100 lbs Resistance Tubes
- (2 pairs) Quik Fit Handles
- (2 pairs) Exchange Handles
- (2 pairs) Triple Grip Handles
- (2) Arm/Leg Attachment
- (1) Caddy



	SKU	MSRP
Kiio Wall Gym (wall gym track only)	400-240-001	\$ 979
Kiio Wall Gym Kit	400-240-004	\$ 999
Kiio Wall Gym Complete Package	400-240-003	\$ 1,898
Custom Logo	LOGO CUSTOM	\$ 100

	SKU	MSRP
Kiio Caddy (caddy only)	400-240-002	\$ 249
Kiio Caddy Kit (with product)	400-240-005	\$ 899
Custom Logo	LOGO CUSTOM	\$ 100

## Classic Plyo Boxes

The Classic Plyo Boxes provide maximum stability and durability with their steel construction and fully welded frames. Any athlete can use these boxes for forward jumps, lateral jumps, or other plyometric drills.

### Specific features and benefits:

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



	SKU	MSRP
4-Box Set (12, 18, 24, 30")	400-610-110	\$ 449
5-Box Set (12, 18, 24, 30, 36")	400-610-111	\$ 589
6-Box Set (12, 18, 24, 30, 36, 42")	400-610-112	\$ 749
Classic Plyo Box - 6"	400-610-136	\$ 99
Classic Plyo Box - 12"	400-610-137	\$ 119
Classic Plyo Box - 18"	400-610-138	\$ 145
Classic Plyo Box - 24"	400-610-139	\$ 165
Classic Plyo Box - 30"	400-610-140	\$ 179
Classic Plyo Box - 36"	400-610-141	\$ 195
Classic Plyo Box - 42"	400-610-142	\$ 229

## Foam Plyo Boxes

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

### Specific features and benefits:

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



	SKU	MSRP
3-Height Box Set (12, 18, 24")	400-620-110	\$ 1,599
5-Height Box Set (3, 6, 12, 18, 24")	400-620-111	\$ 1,899

## Smart Plyo<sup>3</sup>

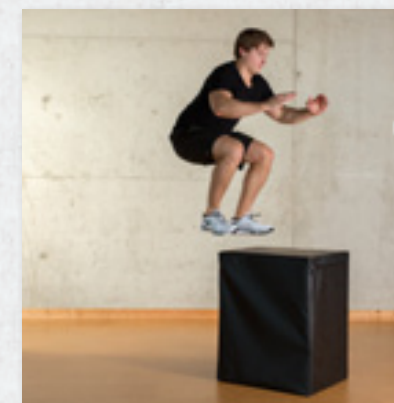
The 3-in-1 Soft Plyo Box can be used at 20", 24" and 30" heights saving space and user time while training safely.

### Specific features and benefits:

- 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, 20", 24" and 30", all in one for less clutter and easy storage



	SKU	MSRP
3-in-1 Soft Plyo Box	400-150-055	\$ 499



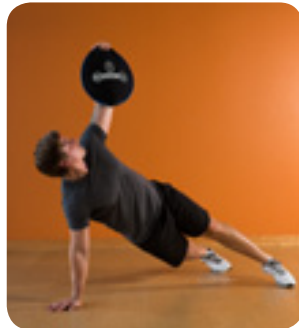


## Hyperwear Sandbells

The Sandbell is a cross between a sandbag, dumbbell, barbell, grip bag, medicine ball, slam ball, stability pod, gliding disk and a kettlebell.

### Specific features and benefits:

- Variable sand density changes grip ability while shifting sand works stabilizing muscles
- Thick neoprene is soft and stretchy, but durable enough to be pulled, yanked, and abused daily
- Customer adds sand to save on shipping costs



	SKU	MSRP
Sandbell - 2 lbs	400-369-020	\$ 11
Sandbell - 4 lbs	400-369-040	\$ 13
Sandbell - 6 lbs	400-369-060	\$ 16
Sandbell - 8 lbs	400-369-080	\$ 20
Sandbell - 10 lbs	400-369-100	\$ 25
Sandbell - 12 lbs	400-369-120	\$ 30

	SKU	MSRP
Sandbell - 15 lbs	400-369-150	\$ 36
Sandbell - 20 lbs	400-369-200	\$ 48
Sandbell - 25 lbs	400-369-250	\$ 59
Sandbell - 30 lbs	400-369-300	\$ 70
Sandbell - 40 lbs	400-369-400	\$ 90
Sandbell - 50 lbs	400-369-500	\$ 100

## Brute Force Sandbag

This is the ultimate sandbag for training and conditioning. The Brute Force Sand bag has been used by not only MMA/COMBAT training athletes, but also by police and firemen for conditioning, obstacle course training and CrossFit.

### Specific features and benefits:

- Made in the USA
- 8 durable, low profile handles
- Made with tough 1000D Cordura, a smooth material used by the US Military



	SKU	MSRP
Brute Force Sandbag 0-25 lbs	400-400-004	\$ 109.99
Brute Force Sandbag 0-75 lbs	400-400-005	\$ 144.99

## Portable Kettlebell

The Portable Kettlebell is easy to fill with various materials (sand, rock, buckshot), seals tight and can be used for any functional training programs that utilize kettlebells, dumbbells, slam balls, or sand bags.

### Specific features and benefits:

- Safe: does not damage floor surface or body like typical cast iron weights
- Portable: easy to transport
- Functional: unstable load recruits stabilizer muscles
- Adjustable and Versatile: multiple weight capacities in each bag
- Puncture, tear, and abrasion resistant



The Water Tank can hold between 0-20 lbs of water weight in either the Regular or Large Kettlebell. Each tank ships with a small funnel for easy filling.

	SKU	MSRP
LT Kettlebell - 0-15 lb capacity	400-400-001	\$ 49.95
RG Kettlebell - 0-30 lb capacity	400-400-002	\$ 64.95
LG Kettlebell - 0-45 lb capacity	400-400-003	\$ 74.95
Water Tank	400-400-010	\$ 29.95

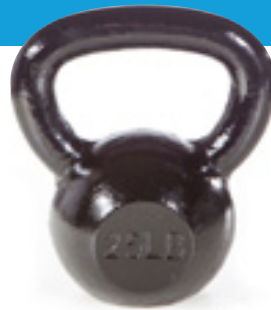


## Black Cast Iron Kettlebell

The Black Cast Iron Kettlebells are used to increase strength, agility, endurance and balance.

**Specific features and benefits:**

- Total body workout with an emphasis on core stimulation



	SKU	MSRP
Kettlebell - 5 lb	425-100-000	\$ 9.99
Kettlebell - 10 lb	425-100-001	\$ 19.99
Kettlebell - 15 lb	425-100-002	\$ 29.99
Kettlebell - 20 lb	425-100-003	\$ 39.99
Kettlebell - 25 lb	425-100-004	\$ 49.99
Kettlebell - 30 lb	425-100-022	\$ 59.99
Kettlebell - 35 lb	425-100-005	\$ 69.99
Kettlebell - 40 lb	425-100-023	\$ 79.99

	SKU	MSRP
Kettlebell - 45 lb	425-100-024	\$ 84.99
Kettlebell - 50 lb	425-100-015	\$ 89.99
Kettlebell - 55 lb	425-100-016	\$ 99.99
Kettlebell - 60 lb	425-100-017	\$ 109.99
Kettlebell - 70 lb	425-100-018	\$ 119.99
Kettlebell - 80 lb	425-100-019	\$ 129.99
Kettlebell - 90 lb	425-100-020	\$ 149.99
Kettlebell - 100 lb	425-100-021	\$ 159.99

## Wall Mounted Chin-up Bar

The unique wall-mounting system was designed to adapt to standard and non-standard stud and anchor spacing without sacrificing quality or value.

**Specific features and benefits:**

- High strength steel bar for various grips and widths
- Variety of exercises including: pullups, muscle-ups, and suspension training routines



	SKU	MSRP
Chin-up Bar	425-100-006	\$ 199

## Lifting Chains

Lifting Chains give users the ultimate workout by maximizing resistance at the end of the rep to match the body's strength curve. Each link provides more resistance as it lifts off the floor.

**Specific features and benefits:**

- Chrome-plated bar collars
- Each chain is 60-inches long
- Three weights available: 25lbs, 30lbs, and 52lbs (Sold in pairs)



	SKU	MSRP
25lb Chain (Set of 2)	400-910-110	\$ 129
30lb Chain (Set of 2)	400-910-112	\$ 159
52lb Chain (Set of 2)	400-910-111	\$ 199

## VTX Vinyl Dumbbells

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

**Specific features and benefits:**

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



	SKU	MSRP
2 lb Vinyl Dumbbell	400-930-102	\$ 4.25
3 lb Vinyl Dumbbell	400-930-103	\$ 6.25
4 lb Vinyl Dumbbell	400-930-104	\$ 8.50
5 lb Vinyl Dumbbell	400-930-105	\$ 10.50
6 lb Vinyl Dumbbell	400-930-106	\$ 12.50
7 lb Vinyl Dumbbell	400-930-107	\$ 14.50
8 lb Vinyl Dumbbell	400-930-108	\$ 17.00
9 lb Vinyl Dumbbell	400-930-109	\$ 19.50
10 lb Vinyl Dumbbell	400-930-110	\$ 21.00
12 lb Vinyl Dumbbell	400-930-112	\$ 25.00
15 lb Vinyl Dumbbell	400-930-115	\$ 31.00

## Leather Wall Ball

The Leather Wall Balls are a perfect addition to your interval training and/or fitness facility.

**Specific features and benefits:**

- 14-inch diameter balls
- Durable synthetic leather with heavy-duty stitching
- Designed for superior grip



	SKU	MSRP
Wall Ball - 4 lb	400-930-120	\$ 59.99
Wall Ball - 6 lb	400-930-125	\$ 64.99
Wall Ball - 8 lb	400-930-130	\$ 69.99
Wall Ball - 10 lb	400-930-135	\$ 74.99
Wall Ball - 12 lb	400-930-140	\$ 79.99

	SKU	MSRP
Wall Ball - 14 lb	400-930-145	\$ 84.99
Wall Ball - 16 lb	400-930-150	\$ 89.99
Wall Ball - 18 lb	400-930-155	\$ 94.99
Wall Ball - 20 lb	400-930-160	\$ 99.99



## Vicore Soft-Surface Training Equipment

Vicore's revolutionary, patent-pending line of Soft-Surface Training equipment makes it impossible to work one muscle without engaging ten others.

- Adjustable body-link air suspension system, tested to 4500lbs
- Made of Commercial Grade 75 MM 11-Gauge Steel
- Each product includes wheels for easy transport, rubber foot pads safe for all floors
- Awarded the Ztoty Gold Medal for outstanding quality and exceptional innovation at the Fit Expo Fair 2012



## Terra Core

This is NOT just a step and balance trainer, it's a multifaceted group-x machine, incorporating resistance cables and can be used with over 250 exercises to help you reach your goals.

### Specific features and benefits:

- "Scan and Sweat" QR code
- Includes instructional material and a pump
- 46" x 17" x 10" and 26lbs
- Weight capacity: 500lbs



	SKU	MSRP
Terra Core	400-600-100	\$ 259

## VKR

### Specific features and benefits:

- Knee Raise Rack
- Air-filled arm and back pads for comfort, and challenges the stabilizer muscles
- 56" x 70" x 34" and 150lbs



	SKU	MSRP
Silver	400-600-080	\$ 1,195
White	400-600-085	\$ 1,195

## Hyper-X

### Specific features and benefits:

- Strengthens back, boosts balance and coordination
- Eliminates pressure points in thigh and hip flexor regions
- Fully adjustable, for an exact fit
- 50" x 32" x 35" and 65lbs



	SKU	MSRP
Silver	400-600-090	\$ 899
White	400-600-095	\$ 899

## Core Chair

### Specific features and benefits:

- DUAL body-link air suspension system
- Removable rubber-coated foot pegs
- Hooks for resistance bands
- 48" x 34" x 32" and 53lbs



	SKU	MSRP
Silver	400-600-060	\$ 675
White	400-600-065	\$ 675

## Core Bench

### Specific features and benefits:

- Fits the body perfectly
- Hooks for resistance bands
- Easy-grab transport handle
- 58" x 17" x 34" and 65lbs



	SKU	MSRP
Silver	400-600-040	\$ 795
White	400-600-045	\$ 795

## Core Ab

### Specific features and benefits:

- Adjustable angles
- Reduces tail bone stress and pressure by 94% over traditional foam surfaces
- Air-filled leg/knee brace pads for comfort and support
- Fully-enclosed bearing joints for smooth adjustment
- Easy transport handle
- 69" x 43" x 32" and 76lbs



	SKU	MSRP
Silver	400-600-050	\$ 1,095
White	400-600-055	\$ 1,095

## Hyper Vest PRO

Features a patented control system and fabric allowing you to engage in movement while wearing the vest and keeping the weights comfortably and firmly to your core.

### Specific features and benefits:

- Used for sports performance training, tactical training for fire, police, and military, general fitness, and weight loss
- Vest ships with 10lbs
- Generously cut armholes and V-neck allow for full range of motion



	SKU	MSRP
Hyper Vest Pro - 10 lbs (20 lbs max.)- Small	400-373-010	\$ 199.99
Hyper Vest Pro - 10 lbs (25 lbs max.)- Medium	400-373-020	\$ 199.99
Hyper Vest Pro - 10 lbs (30 lbs max.)- Large	400-373-030	\$ 199.99
Hyper Vest Pro - 10 lbs (45 lbs max.)- XL	400-373-040	\$ 199.99
Hyper Vest Pro - 10 lbs (60 lbs max.)- XXL	400-373-050	\$ 219.99
Booster Weight Pack - 5 lbs	400-373-005	\$ 39.99

## Battling Ropes

The Battling Ropes combine 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.

### Specific features and benefits:

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



	SKU	MSRP
30' Rope	400-205-110	\$ 139
40' Rope	400-205-111	\$ 159
50' Rope	400-205-112	\$ 189

## Hi-Lo Combo Sled

The Hi-Lo Combo Sled allows for multiple adjustments for different variations of sled workouts. The versatile design of the Hi grip and Lo grip handle accommodates power and speed training for various users.

### Specific features and benefits:

- Handle design allows for multiple grip positions for users of all heights and reach, while keeping the user properly aligned
- Wide stabilizing harness hooks for smooth pulling resistance
- Plate post is 14-inches high to accommodate standard Olympic or Bumper plates



Sled Harness sold separately



	SKU	MSRP
Hi-Lo Combo Sled	400-640-130	\$ 479
Sled Harness	400-520-120	\$ 85

## Compact Power Sled

The Compact Power Sled is a great way to increase explosive power and acceleration. The power sled will help to increase leg and hip strength, as well as upper body conditioning.

### Specific features and benefits:

- Plate post is 14-inches high to accommodate standard Olympic or Bumper plates
- User defined push-bar
- Skid-plated feet for fluid resistance while pushing or pulling
- Wide stabilizing harness hooks for smooth pulling

Sled Harness sold separately



	SKU	MSRP
Compact Power Sled	400-640-110	\$ 299
Sled Harness	400-520-120	\$ 85

## Power Conditioning Jump Rope

This beaded Power Conditioning Jump Rope is more than just a jump rope, it's the best full-body conditioner anyone could ask for.

**Specific features and benefits:**

- Perfectly balanced and weighted for maximum speed and control
- Foam-cushioned handles for added comfort
- 9-ft 6-inches long, adjustable for all heights



	SKU	MSRP
Power Conditioning Jump Rope	400-430-390	\$ 15

## 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.

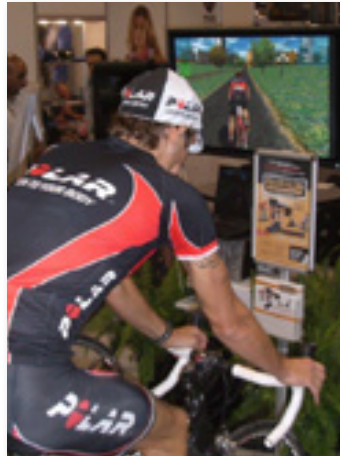
**Specific features and benefits:**

- 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
Jump Rope - Speed	400-540-310	\$ 19
Jump Rope - Weighted	400-540-320	\$ 24

## WebRacing



The WebRacing Peloton virtual racing system is designed specifically for the studio bike setup and continues to develop with on-going software updates.

Class instructors can quickly assign riders to their bikes or if an instructor is not present, riders can log themselves in. As soon as the rider engages the pedals, their bike and name will appear on the screen. All bikes are linked to their rider on screen. There are a range of options to engage all levels of rider ability.

**Specific features and benefits:**

- Interactive Virtual Reality on cardio equipment pushes members to exert 30% more energy during training (based on studies)
- Control of your own on-screen racing avatar is vastly more compelling than simple forward motion video feedback
- Riders quickly engage with the on-screen avatar via shirt color, name and bike number
- Keeps instructors involved with a new way to energize and motivate their class



	SKU	MSRP
Contact Prism for Pricing		





## Workhorse Harness

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

**Specific features and benefits:**

- 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
Medium (130-170 lbs)	400-520-110	\$ 85
Large (170-210 lbs)	400-520-111	\$ 85
X-Large (210+ lbs)	400-520-112	\$ 85

## Quick-Release Leash

Combines fixed resistance with a release for explosive speed training.

**Specific features and benefits:**

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

*Does NOT include belt or harness*



	SKU	MSRP
Quick-Release Leash	400-520-150	\$ 54

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

## Power Pull

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

**Specific features and benefits:**

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



	SKU	MSRP
Power Pull	400-520-180	\$ 89

## Directional Speed Trainer

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

**Specific features and benefits:**

- Dual resistance, 24-ft 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 - Heavy	400-520-240	\$ 95

## Viper 360 Belt Set

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

**Specific features and benefits:**

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



	SKU	MSRP
Medium (Waist 29-32in)	400-520-130	\$ 89
Large (Waist 32-36in)	400-520-131	\$ 89
X-Large (Waist 36+in)	400-520-132	\$ 89

## Sprint Resistor

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

**Specific features and benefits:**

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



	SKU	MSRP
Small (100-180 lbs)	400-520-160	\$ 54
Large (180-250 lbs)	400-520-161	\$ 54

## Twin Tow

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

**Specific features and benefits:**

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



	SKU	MSRP
Twin Tow	400-520-170	\$ 39

## Dual Overspeed Trainer

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

**Specific features and benefits:**

- 2 athletes perform tow sprints (single athlete secures to post)
- 2 adjustable waist belts
- Maximum Stretch Lengths: 20-yards or 40-yards
- For users over 140lbs



	SKU	MSRP
20 yards	400-520-250	\$ 109
40 yards	400-520-251	\$ 149

## The Performance Collection

Complete self-care program designed to empower athletes to improve flexibility, range of motion and tissue strength while addressing muscle tightness.

**Specific features and benefits:**

- Includes QuadBaller, FootBaller and Baller Block, 2 TP Massage Balls, a TP2 Ball Sleeve



	SKU	MSRP
The Performance Collection	400-800-085	\$ 129.99

## The Foundation Collection

Provides an introduction to self-care through deep tissue massage. Easy to follow, step-by-step instructions guide you through self-massage techniques for four key areas of the body, including the lower leg, glute, hip, and pecs.

**Specific features and benefits:**

- Increasing flexibility and decreasing muscular discomfort
- Includes 2 TP Massage Balls, a FootBaller and Baller Block



	SKU	MSRP
Foundation	400-800-080	\$ 79.99

## The Wellness Collection

Easy-to-use therapeutic self-care program designed to help reduce discomfort, increase mobility, and maintain muscular health to achieve total body wellness.

**Specific features and benefits:**

- Includes QuadBaller, FootBaller and Baller Block, 2 TP Massage Balls, a TP2 Ball Sleeve



	SKU	MSRP
Wellness	400-800-090	\$ 129.99

## The Grid Foam Roller

Designed for athletes and people of all types - used to achieve a comprehensive core body workout to challenge core muscles as well as a self-massage tool.

**Specific features and benefits:**

- Massage lats, quads, lower back, or any other large muscle group
- “Green” technology; constructed with less foam than other rollers
- Designed to withstand constant, heavy and repeated use without breaking down
- 13” long and 5” diameter



	SKU	MSRP
Orange	400-800-075	\$ 39.99
Black	400-800-070	\$ 39.99

## TP Massage Ball

Relieves muscles of existing minor aches and pains by applying pressure.

**Specific features and benefits:**

- Apply pressure with the ball by using the floor, wall or any hard surface to stabilize ball movement
- Roll ball side-to-side or in circles for cross friction type massage
- Great for necks, shoulders, back, chest and calves



	SKU	MSRP
TP Massage Ball	400-800-040	\$ 19.99

## Smart Roller™

Used to release muscle tension before, during, and after workouts.

**Specific features and benefits:**

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



	SKU	MSRP
2-ft Smart Roller	400-150-020	\$ 35

## TP Quadballer

Allows users to roll completely through the quads, IT band, lower back, hamstrings and neck in a safe effective manner.

**Specific features and benefits:**

- Revolutionary design makes it feel similar to a human hand
- Hands free massage tool



	SKU	MSRP
TP Quadballer	400-800-050	\$ 59.99

## Deluxe Package

Convenient Storage Display allows for easy access to all products.

**Package Includes:**

- (2) Exercise Mats
- (2) Rollers
- (1) 4lb, (2) 6lb, (2) 8lb and (1) 10lb Medicine Balls
- (1) 55cm, (1) 65cm and (1) 75cm Stability Balls
- (1) 20lb, 30lb, 50lb, 70lb and 90lb Resistance Cables
- (5 pairs) Quick Switch Flex Handles
- (1) Storage Tower



	SKU	MSRP
Deluxe Package	400-150-131	\$ 1,599

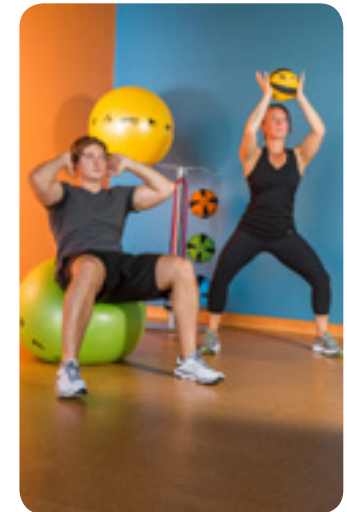
## Economy Package

Convenient all-in-one Medicine ball and Stability ball rack for easy access and storage.

- Convenient clip to hang extra resistance cables and bands
- Assembled dimensions: 37" x 25" x 69"

**Package Includes:**

- (1) Economy Ball Rack
- (1) 4lb, (1) 6lb, (1) 8lb, and (1) 10lb Medicine Balls
- (1) 55cm and (1) 65cm Stability Balls



	SKU	MSRP
Economy Package	400-150-133	\$ 549

## Essential Package

Space saving storage display that allows for easy access to the essential fitness training product.

**Package Includes:**

- (1) Exercise Mat
- (1) Roller
- (1) 4lb, (1) 6lb, (1) 8lb, and (1) 10lb Medicine Balls
- (1) 55cm and (1) 65cm Stability Balls
- (1) 20lb and (1) 30lb Resistance Cables
- (2 pairs) Quick Switch Flex Handles
- (1) Storage Mini-Tower



	SKU	MSRP
Essential Package	400-150-132	\$ 999

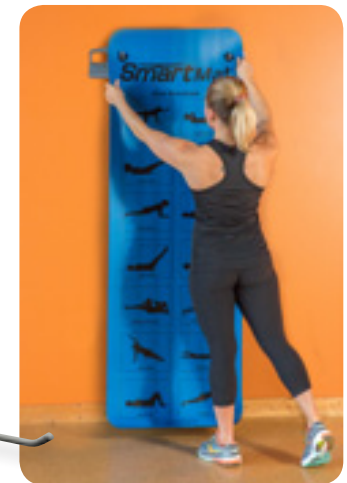
## Smart Wall-Mounted Mat Rack Package

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 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

**Package Includes:**

- (1) Smart Wall-Mounted Mat Rack
- (10) 16mm thick Smart Exercise Mats



	SKU	MSRP
Smart Wall-Mounted Mat Rack Package	400-150-134	\$ 599



## Self-Guided Retail Package

Versatile Display gives you the freedom to position this product anywhere in the store based on foot traffic and time of year. Great to utilize at local shows, mall kiosks, cross promotion with neighboring businesses.

### Fully-Loaded Retail Package Includes:

- (1) Retail Display
- (2) Self-Guided 6mm Exercise Mats
- (2) Self-Guided Foam Rollers
- (1) 4lb, (2) 6lb, (2) 8lb and (1) 10lb Self-Guided Medicine Balls
- (2) 55cm, (4) 65cm and (2) 75cm Self-Guided Stability Balls
- (4 of each) Smart Resistance Cables 10lbs - 100lbs
- (20 pairs) Smart Quick Switch Handles



	SKU	MSRP
Self-Guided Retail Package	400-150-201	Call for Pricing

## Smart In-Home Boot Camp

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 you with a boot camp workout of your own!

Follow us on social media for continued content and workouts!

### Boot Camp Includes:

- (1) 20lb, 30lb and 40lb Fitness Cables
- (1 pair) Quick Switch Handles
- (1) Smart Speed Jump Rope
- (1) 6lb Self-Guided Medicine Ball
- (1) Medium Strength Mini Bands
- (1) 65cm Self-Guided Stability Ball
- (1) RG Portable Kettlebell
- (1) Smart Self-guided Roller
- (1) Smart 6mm Exercise Mat



	SKU	MSRP
Smart In-Home Boot Camp	400-150-204	\$ 299



## Economy Ball Rack

Convenient all-in-one Medicine ball and Stability ball rack for easy access and storage.

- Convenient clip to hang extra resistance cables, bands and jump ropes
- Assembled dimensions: 37" x 25" x 69"



	SKU	MSRP
Economy Ball Rack (Rack Only)	400-150-137	\$ 299

## Modular Storage Rack

This versatile, heavy-duty storage unit allows easy access to various functional training needs.

**Specific features and benefits:**

- Safe and easy access to all weighted products being stored
- Solid steel construction; for any commercial setting
- Open trays helps avoid "finger pinching" and other hazards
- Versatility and compact design creates a space saving solution for any room



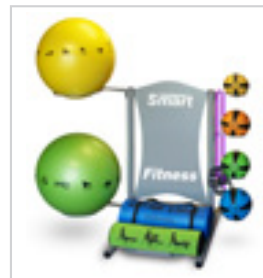
	SKU	MSRP
Modular Storage Rack (Rack Only)	400-640-140	\$ 1,299

## Self-Guided Storage Towers

These Storage Towers fit each one of our self-guided fitness products and are perfect for unattended workout facilities.

**Specific features and benefits:**

- Versatile Towers allow facilities to properly display and store all the key Self-Guided product available for the end user in a space efficient manner
- All product is easily accessible
- Deluxe Tower dimensions: 68" x 25" x 74"
- Essential Tower dimensions: 57" x 29" x 47"



	SKU	MSRP
Self-Guided Deluxe Storage Tower (Tower Only)	400-150-135	\$ 999
Self-Guided Essential Storage Tower (Tower Only)	400-150-136	\$ 599

## Smart Wall-Mounted Mat Rack

The versatile Smart Wall-Mounted Mat Rack Package allows for easy hanging and storage for up to 10 Smart 16mm Exercise Mats.

- Heavy duty design keeps mats from making contact with wall
- **Safe and Convenient:** Adjustable 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 Dimensions with Mats: 30" x 13" x 72"



	SKU	MSRP
Smart Wall-Mounted Mat Rack (Rack Only)	400-150-139	\$ 99