



SKU	Product Name	MSRP/MAP	Catalog Page
SMART Portable Boot Camp			
400-130-290	Smart Cart Training System	\$1,895.00	12
400-180-665	Smart Fitness On-The-Go	\$275.00	12
SMART Agility Training			
400-110-100	Smart Modular Agility Ladder, 15'	\$59.00	16
400-110-370	Smart Modular Acceleration Ladder - NEW FOR 2018	\$89.00	16
400-110-400	Smart Indoor Ladder	\$89.00	16
SMART Mobility Training			
400-120-210	Smart Hurdle #1 (Set of 6)	\$95.00	13
400-120-230	Smart Hurdle #2 (Set of 6)	\$105.00	13
400-120-200	Smart Hurdle #3 (Set of 3)	\$165.00	13
400-120-220	Smart Hurdle #4 (Set of 3)	\$195.00	13
400-120-240	Smart Hurdle #5 (Set of 3)	\$209.00	13
400-130-620	Smart Hurdle Collection (Includes Cart)	\$1,695.00	13
400-120-640	Smart Hurdle Test, Large	\$89.00	13
400-120-650	Smart Hurdle Test, Medium	\$79.00	13
400-140-400	Smart Stick, Unweighted	\$15.00	13
400-140-405	Smart Stick, 5lb Weighted	\$19.00	13
400-140-410	Smart Stick, Unweighted (Set of 10)	\$150.00	13
400-140-415	Smart Stick, 5lb Weighted (Set of 10)	\$190.00	13
400-140-450	Smart Sticks Quiver - NEW FOR 2018	\$99.00	10, 13
400-140-451	Smart Stick Quiver Package - Unweighted - NEW FOR 2018	\$185.00	10
400-140-452	Smart Stick Quiver Package - 5lb Weighted - NEW FOR 2018	\$210.00	10
Functional Training Center Packages			
400-150-180	FTC 4 Section Package	\$7,995.00	4, 5
400-150-182	FTC 2 Section Package	\$3,895.00	4, 5
400-150-183	Corner Kit	\$495.00	4, 5
400-150-184	FTC 4 Section - Training Racks only	\$4,495.00	
400-150-185	FTC 2 Section - Training Racks only	\$2,495.00	

The MSRP/MAP column indicates the minimum published prices at which these products, purchased from Prism Fitness, may be advertised for sale to the end user. All dealers must promote these products at or above the Minimum Advertised Prices established by Prism Fitness. Prism Fitness reserves the right to adjust MSRP/MAP pricing (with 30 day notice) and will require our dealers to adjust their advertised prices to maintain consistency and fairness for all dealers. Our wholesale pricing is also subject to change with 30 day notice.



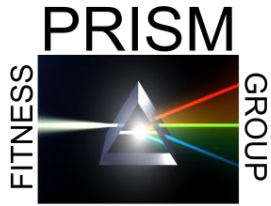
SKU	Product Name	MSRP/MAP	Catalog Page
SMART Self-Guided Fitness			
400-150-030	Smart Mat, 6mm (Black & Yellow)	\$50.00	14
400-150-031	Smart Mat, 16mm with Grommets (Blue)	\$54.00	14
400-150-001	Smart Med Ball, 4lb (Yellow)	\$39.00	15
400-150-002	Smart Med Ball, 6lb (Orange)	\$45.00	15
400-150-003	Smart Med Ball, 8lb (Green)	\$50.00	15
400-150-004	Smart Med Ball, 10lb (Blue)	\$60.00	15
400-150-005	Smart Med Ball 15lb (Purple) - NEW FOR 2018	\$69.00	3, 15
400-150-020	Smart Recovery Foam Roller	\$35.00	14, 25
400-150-010	Smart Stability Ball, 55cm (Yellow)	\$29.00	14
400-150-011	Smart Stability Ball, 65cm (Green)	\$34.00	14
400-150-012	Smart Stability Ball, 75cm (Blue)	\$39.00	14
400-460-210	Smart Core Ab Wheel w/ Mat - NEW FOR 2018	\$79.00	3, 15, 23
400-450-300	Smart Straps Body Weight Training System - NEW FOR 2018	\$99.00	3, 15, 21
400-150-056	Smart Soft Plyo Cube - 3-in-1 (20", 24", 30")	\$499.00	14, 17
Self-Guided Commercial Packages			
400-150-161	Self-Guided Commercial Package - Elite	\$2,540.00	6
400-150-131	Self-Guided Commercial Package - Deluxe	\$1,670.00	7
400-150-132	Self-Guided Commercial Package - Essential	\$1,025.00	6
400-150-133	Self-Guided Commercial Package - Economy	\$599.00	7
400-150-134	Smart Wall Mounted Mat Rack Package	\$599.00	8
400-150-162	Smart Wall Mounted Stability Ball Rack Package	\$329.00	8
400-150-163	Smart Wall Mounted Med Ball Rack Package	\$349.00	9
400-450-310	Smart Straps Ceiling/Wall Mount Package - NEW FOR 2018	\$165.00	10
400-205-210	Rope Caddy Package w/ 30' Conditioning Rope - NEW 2018	\$399.00	10, 24
Self-Guided Retail Packages			
400-150-204	Smart In-Home Bootcamp (Product and Content)	\$299.00	12
Resistance Training			
400-230-001	5ft Fitness Cable, 10lb (Teal)	\$5.00	18
400-230-002	5ft Fitness Cable, 20lb (Purple)	\$6.00	18
400-230-003	5ft Fitness Cable, 30lb (Pink)	\$7.00	18



SKU	Product Name	MSRP/MAP	Catalog Page
Resistance Training (Continued)			
400-230-004	5ft Fitness Cable, 40lb (Magenta)	\$8.00	18
400-230-005	5ft Fitness Cable, 50lb (Orange)	\$9.00	18
400-230-006	5ft Fitness Cable, 60lb (Red)	\$10.00	18
400-230-007	5ft Fitness Cable, 70lb (Yellow)	\$13.00	18
400-230-008	5ft Fitness Cable, 80lb (Green)	\$15.00	18
400-230-009	5ft Fitness Cable, 90lb (Blue)	\$17.00	18
400-230-010	5ft Fitness Cable, 100lb (Black)	\$20.00	18
400-160-005	Smart Quick Flip Handle - Single (Pair)	\$9.95	18
400-160-006	Smart Quick Flip Handle - Triple (Pair)	\$14.95	18
400-230-020	Door Anchor Deluxe - NEW for 2018	\$8.99	3, 18
400-240-001	Kiio Fit Wall Gym Unit	\$979.00	9, 19
400-240-002	Kiio Fit Caddy Unit	\$249.00	9, 19
400-240-003	Kiio Fit Wall Gym & Caddy Complete Kit	\$1,898.00	9, 19
400-240-004	Kiio Fit Wall Gym Kit	\$999.00	9, 19
400-240-005	Kiio Fit Caddy Kit	\$899.00	19
400-240-006	Kiio Wall Gym Chart	\$59.00	19
100-100-100	Sleeved Tubing with Handle 4ft Very Light (5lb)	\$15.95	18
100-100-101	Sleeved Tubing with Handle 4ft Light (10lb)	\$17.95	18
100-100-102	Sleeved Tubing with Handle 4ft Medium (15lb)	\$18.95	18
100-100-103	Sleeved Tubing with Handle 4ft Heavy (20lb)	\$19.95	18
100-100-104	Sleeved Tubing with Handle 4ft Very Heavy (25lb)	\$20.95	18
100-100-105	Sleeved Tubing with Handle 4ft Ultra Heavy (35lb)	\$24.95	18
400-700-600	Mini Flat Bands 3-pk (Retail Packaging)	\$14.95	19
400-700-595	Mini Flat Bands, Set of 10 Light (Yellow)	\$30.00	19
400-700-575	Mini Flat Bands, Set of 10 Medium (Green)	\$32.00	19
400-700-555	Mini Flat Bands, Set of 10 Heavy (Blue)	\$35.00	19
400-710-110	Strength Band, XX-Light (Red) - 5-35lb	\$15.00	18
400-710-111	Strength Band, X-Light (Black) - 10-50lb	\$22.00	18
400-710-112	Strength Band, Light (Purple) - 25-80lb	\$30.00	18
400-710-113	Strength Band, Medium (Green) - 50-120lb	\$35.00	18
400-710-114	Strength Band, Heavy (Blue) - 60-150lb	\$45.00	18
400-710-115	Strength Band, X-Heavy (Orange) - 70-175lb	\$63.00	18
400-710-116	Strength Band, XX-Heavy (Gray) - 80-200lb	\$75.00	18
400-520-410	Lateral Resistor, Light	\$31.00	19
400-520-411	Lateral Resistor, Medium	\$31.50	19
400-520-412	Lateral Resistor, Heavy	\$32.00	19



SKU	Product Name	MSRP/MAP	Catalog Page
Functional Strength			
400-369-020	Hyperwear Sandbell, 2lb	\$11.00	20
400-369-040	Hyperwear Sandbell, 4lb	\$13.00	20
400-369-060	Hyperwear Sandbell, 6lb	\$16.00	20
400-369-080	Hyperwear Sandbell, 8lb	\$20.00	20
400-369-100	Hyperwear Sandbell, 10lb	\$25.00	20
400-369-120	Hyperwear Sandbell, 12lb	\$30.00	20
400-369-150	Hyperwear Sandbell, 15lb	\$36.00	20
400-369-200	Hyperwear Sandbell, 20lb	\$48.00	20
400-369-250	Hyperwear Sandbell, 25lb	\$59.00	20
400-369-300	Hyperwear Sandbell, 30lb	\$70.00	20
400-369-400	Hyperwear Sandbell, 40lb	\$90.00	20
400-369-500	Hyperwear Sandbell, 50lb	\$100.00	20
400-373-010	Hyperwear Vest Pro, Small	\$199.99	20
40-373-020	Hyperwear Vest Pro, Medium	\$199.99	20
400-373-030	Hyperwear Vest Pro, Large	\$199.99	20
400-373-040	Hyperwear Vest Pro, XL	\$199.99	20
400-373-050	Hyperwear Vest Pro, XXL	\$219.99	20
400-373-005	Hyperwear Vest Pro, 5lb Booster Pack	\$39.99	20
400-930-102	Vinyl Dumbbell, 2lb (Purple)	\$4.25	22
400-930-103	Vinyl Dumbbell, 3lb (Green)	\$6.25	22
400-930-104	Vinyl Dumbbell, 4lb (Light Blue)	\$8.50	22
400-930-105	Vinyl Dumbbell, 5lb (Dark Blue)	\$10.50	22
400-930-106	Vinyl Dumbbell, 6lb (Red)	\$12.50	22
400-930-107	Vinyl Dumbbell, 7lb (Dark Purple)	\$14.50	22
400-930-108	Vinyl Dumbbell, 8lb (Black)	\$17.00	22
400-930-109	Vinyl Dumbbell, 9lb (Yellow)	\$19.50	22
400-930-110	Vinyl Dumbbell, 10lb (Orange)	\$21.00	22
400-930-112	Vinyl Dumbbell, 12lb (Violet)	\$25.00	22
400-930-115	Vinyl Dumbbell, 15lb (Dark Green)	\$31.00	22
400-930-101	Vinyl Dumbbell Rack	\$125.00	22



SKU	Product Name	MSRP/MAP	Catalog Page
Functional Strength (Continued)			
425-100-100	VTX Rubber KB 8lb	\$21.99	22
425-100-101	VTX Rubber KB 10lb	\$25.99	22
425-100-102	VTX Rubber KB 15lb	\$39.99	22
425-100-103	VTX Rubber KB 20lb	\$51.99	22
425-100-104	VTX Rubber KB 25lb	\$63.99	22
425-100-105	VTX Rubber KB 30lb	\$76.99	22
425-100-106	VTX Rubber KB 35lb	\$89.99	22
425-100-107	VTX Rubber KB 40lb	\$104.99	22
425-100-108	VTX Rubber KB 45lb	\$114.99	22
425-100-109	VTX Rubber KB 50lb	\$125.99	22
425-100-110	VTX Vertical Kettle Bell Rack	\$299.00	22
400-930-120	4lb Leather Wall Ball	\$59.99	22
400-930-125	6lb Leather Wall Ball	\$64.99	22
400-930-130	8lb Leather Wall Ball	\$69.99	22
400-930-135	10lb Leather Wall Ball	\$74.99	22
400-930-140	12lb Leather Wall Ball	\$79.99	22
400-930-145	14lb Leather Wall Ball	\$84.99	22
400-930-150	16lb Leather Wall Ball	\$89.99	22
400-930-155	18lb Leather Wall Ball	\$94.99	22
400-930-160	20lb Leather Wall Ball	\$99.99	22
400-400-006	Brute Force Sandbag Training - Functional	\$119.00	20
400-205-110	Conditioning Rope, 30', 1.5" Diameter	\$139.00	24
400-205-111	Conditioning Rope, 40', 1.5" Diameter	\$159.00	24
400-205-200	Smart Self-Guided Rope Caddy - NEW FOR 2018	\$299.00	24
400-205-210	Smart Self-Guided Rope Caddy Package - NEW 2018	\$399.00	24
400-910-110	Lifting Chains 22lb 1/2" (Pair)	\$129.99	23
400-910-112	Lifting Chains 30lb 5/8" (Pair)	\$159.99	23
400-910-111	Lifting Chains 52lb 3/4" (Pair)	\$199.99	23
400-640-130	Hi-Lo Combo Sled	\$499.00	22
400-640-110	Compact Power Sled	\$340.00	22
425-100-006	Wall Mounted Chin-Up Bar	\$249.00	23

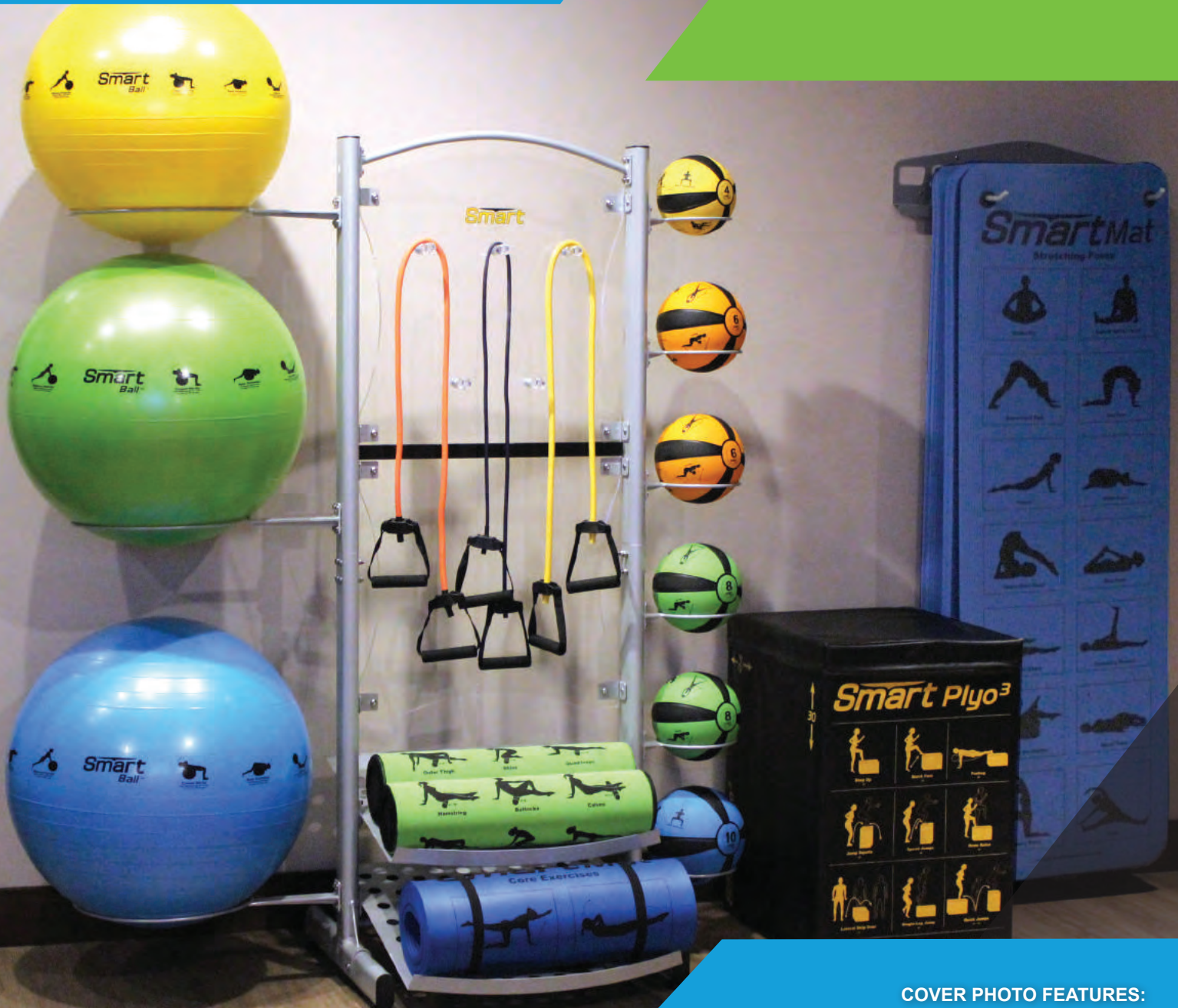


SKU	Product Name	MSRP/MAP	Catalog Page
Plyometric Training			
400-610-110	Classic Plyo Box, 4 Box Set (12,18,24,30")	\$449.00	17
400-610-111	Classic Plyo Box, 5 Box Set (12,18,24,30,36")	\$589.00	17
400-610-112	Classic Plyo Box, 6 Box Set (12-42")	\$749.00	17
400-610-136	Classic Plyo 6"	\$99.00	17
400-610-137	Classic Plyo 12"	\$119.00	17
400-610-138	Classic Plyo 18"	\$145.00	17
400-610-139	Classic Plyo 24"	\$165.00	17
400-610-140	Classic Plyo 30"	\$179.00	17
400-610-141	Classic Plyo 36"	\$195.00	17
400-610-142	Classic Plyo 42"	\$229.00	17
400-620-110	Foam Plyo Set 3 Box Set (12,18, 24")	\$1,699.00	17
400-620-111	Foam Plyo Set 5 Box Set (3, 6, 12,18, 24")	\$1,999.00	17
400-150-056	Smart Soft Plyo Cube - 3-in-1 (20", 24", 30")	\$499.00	14, 17
Balance and Stability			
400-600-100	Terra Core	\$279.00	11
400-600-110	Terra Core Rack (Holds 6 Terra Core) - NEW FOR 2018	\$299.00	11
400-340-001	Classic Balance Board - NEW FOR 2018	\$35.96	11
400-340-003	Professional Balance Board - NEW FOR 2018	\$63.95	11
400-340-010	Ball Chair Frame - NEW FOR 2018	\$99.95	11
400-340-005	Soft Board - Advanced - NEW FOR 2018	\$107.95	11
Rehab and Recovery Product			
400-800-075	The Grid Foam Roller - Orange	\$39.99	25
400-800-070	The Grid Foam Roller - Black	\$39.99	25
400-800-076	TP Therapy - The Grid 2.0 - Black - NEW FOR 2018	\$64.99	25
400-800-078	TP Therapy - The Grid 2.0 - Orange - NEW FOR 2018	\$64.99	25
400-800-045	TP Grid Ball - NEW FOR 2018	\$19.99	25
400-800-055	TP Therapy - AcuCurve Cane- NEW FOR 2018	\$19.99	25
400-800-050	TP Therapy - Grid STK Foam Roller - Orange - NEW FOR 2018	\$34.99	25
400-800-100	TP Therapy - Nano foot Roller - Orange - NEW FOR 2018	\$24.99	25
400-800-101	TP Therapy - Nano foot Roller - Black - NEW FOR 2018	\$24.99	25



SKU	Product Name	MSRP/MAP	Catalog Page
Speed Training Product			
400-540-310	Smart Jump Rope, Speed	\$19.00	26
400-540-320	Smart Jump Rope, Weighted	\$24.00	26
400-520-110	Workhorse Harness, Medium	\$85.00	27
400-520-111	Workhorse Harness, Large	\$85.00	27
400-520-112	Workhorse Harness, X-Large	\$85.00	27
400-520-120	Heavy Duty Sled Harness	\$85.00	22
400-520-130	Viper 360 Belt Set, Medium	\$89.00	26
400-520-131	Viper 360 Belt Set, Large	\$89.00	26
400-520-132	Viper 360 Belt Set, X-Large	\$89.00	26
400-520-160	Sprint Resistor Trainer, Small	\$54.00	27
400-520-161	Sprint Resistor Trainer, Large	\$54.00	27
400-520-150	Quick-Release Leash	\$54.00	27
400-520-170	Twin Tow	\$39.00	27
400-520-180	Power Pull	\$89.00	27
400-520-240	Directional Speed Trainer	\$99.00	26
400-520-250	Dual Overspeed Trainer, 20yd	\$119.00	27
400-520-251	Dual Overspeed Trainer, 40yd	\$169.00	27
Smart Fitness Storage Solutions			
400-150-166	Self-Guided Elite Storage Tower (Tower Only)	\$1,495.00	6
400-150-135	Self-Guided Deluxe Storage Tower (Tower only)	\$1,050.00	7
400-150-136	Self-Guided Essential Storage Tower (Tower only)	\$650.00	6
400-150-137	Self-Guided Economy Tower (Tower only)	\$349.00	7
400-150-139	Smart Wall Mounted Mat Rack (Rack only)	\$116.00	8
400-150-167	Smart Wall Mounted Stability Ball Rack (Rack only)	\$229.00	8
400-150-168	Smart Wall Mounted Med Ball Rack (Rack only)	\$159.00	9
400-450-304	Smart Strap Ceiling/Wall Mount - NEW FOR 2018	\$79.00	10, 21
400-205-200	Smart Rope Caddy (Caddy only) - NEW FOR 2018	\$299.00	3, 10, 24
400-130-270	Smart Cart (Cart Only)	\$595.00	

2019 BUYER'S GUIDE



COVER PHOTO FEATURES:

Deluxe Tower Package (Pg 5) with Self-Guided Product Wall-Mounted Mat Rack with 16mm Smart Mats (Pg 6) Smart Plyo³ Cube (Pg 13)



608.845.8300
PRISMFITNESSGROUP.COM

WHAT'S INSIDE



NEW PRODUCTS 3



COMMERCIAL PACKAGES 4



CORE AND STABILITY 11



PORTABLE BOOTCAMP 12



MOBILITY TRAINING 13



SELF-GUIDED FITNESS 14



AGILITY TRAINING 16



PLYOMETRIC TRAINING 17



RESISTANCE TRAINING 18



FUNCTIONAL STRENGTH 20



RECOVERY 23



SPEED TRAINING 24



RETAIL PROGRAM 26



For Orders/Customer Service:
 Call 608.845.8300 or email sales@prismfitnessgroup.com
For Dealer or Partnership Inquiries:
 Call Jay at 608.845.3913 or email jay@prismfitnessgroup.com

NEW PRODUCTS



SMART STRAPS™ BODYWEIGHT TRAINER

The Smart Straps Bodyweight Trainer provides a smart way to train with your own bodyweight. **Learn more in Functional Strength section.**

- 12 exercises printed directly on the straps for easy reference



	SKU	MSRP
Smart Straps Bodyweight Training System	400-450-300	\$99.00



SMART CORE WHEEL™

The Smart Core Wheel™ delivers the best workout for the entire core (not just abs!) with one tool. Strap your feet or grip the handles for a great ab-focused workout. **Learn more in Core and Stability section.**

- Includes mat for added comfort for hands or knees
- 6 exercises are printed directly on the mat for easy reference



	SKU	MSRP
Smart Core Wheel with Mat	400-460-210	\$79.00

SMART CONDITIONING ROPE CADDY™

The Smart Conditioning Rope Caddy provides a neat and organized way of storing your conditioning rope. Its unique, saddle-shaped anchor provides a smooth path for your rope to minimize wear and tear during exercise. The Rope Caddy includes eight exercise images to help guide users through various effective rope conditioning methods. **Learn more in Functional Strength section.**

Smart Conditioning Rope Caddy Package Includes:

- (1) Wall-Mounted Caddy
- (1) 30ft x 1.5in Diameter Conditioning Rope



	SKU	MSRP
Smart Conditioning Rope Caddy	400-205-200	\$199.00
Smart Conditioning Rope Caddy Package	400-205-210	\$329.00

15LB SMART MEDICINE BALL

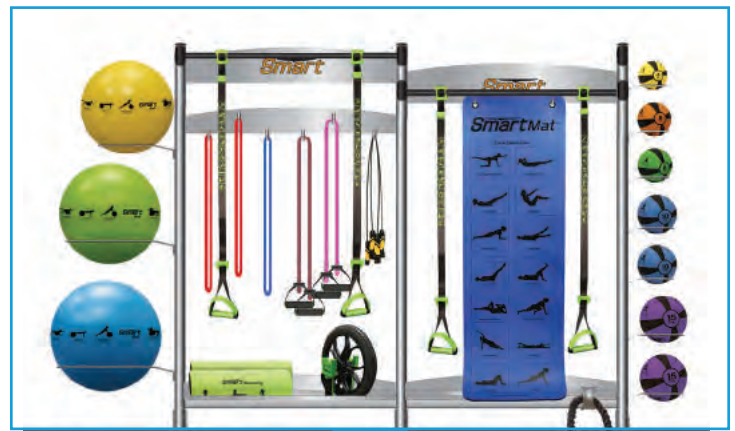
Due to popular demand and requests, the 15lb size has been added to the Smart Self-Guided line of Medicine Balls. **Learn more in Self-Guided Fitness section.**

- 8 exercises are printed on the ball for easy reference
- Textured for a reliable grip; sturdy rubber construction
- Bounces on a hard surface

	SKU	MSRP
15lb Medicine Ball (Purple)	400-150-005	\$72.99



COMMERCIAL PACKAGES - FUNCTIONAL TRAINING CENTER



4-SECTION PACKAGE

Includes the following product:

- (1) 4-Section FTC Rig with 2 Storage Trays, Smart Stick Quiver, and 2 Rope Anchors
- (1) 55cm, 65cm, and 75cm Stability Balls
- (1) 4lb, 6lb, and 8lb Medicine Balls
- (2) 10lb and 15lb Medicine Balls
- (6) 16mm Exercise Mats
- (4) Smart Recovery Foam Rollers
- (3) Smart Straps Bodyweight Training System
- (3) Smart Sticks
- (1) Extra Light, Light, Medium, and Heavy Strength Bands
- (1) 30ft x 1.5in diameter Conditioning Rope
- (2) Smart Speed Jump Ropes
- (1) Smart Core Wheel
- (1) Workhorse Harness with Leash
- (2) 30in Resistance Cables 10lb-100lb
- (2) 60in Resistance Cables 10lb-100lb
- (2 Pairs) Quik Fit Handles
- (2 Pairs) Exchange Handles
- (2 Pairs) Triple Grip Handles
- (2) Arm/Leg Attachments
- (1) Kiio Wall Gym and Exercise Chart
- (1) Kiio Caddy

Dimensions: 236"W x 39"D x 95"H (each bay is 48"W)

2-SECTION PACKAGE

Includes the following product:

- (1) 2-Section FTC Rig with 1 Storage Tray and 1 Rope Anchor
- (1) 55cm, 65cm, and 75cm Stability Balls
- (1) 4lb, 6lb, and 8lb Medicine Balls
- (2) 10lb and 15lb Medicine Balls
- (6) 16mm Exercise Mats
- (2) Smart Recovery Foam Rollers
- (2) Smart Straps Bodyweight Training System
- (1) Light, Medium, and Heavy Strength Bands
- (1) 30lb Resistance Cable and Handle
- (1) 40lb Resistance Cable and Handle
- (1) 30ft x 1.5in diameter Conditioning Rope
- (2) Smart Speed Jump Ropes
- (1) Smart Core Wheel

Dimensions: 140"W x 39"D x 95"H (each bay is 48" wide)

	SKU	MSRP		SKU	MSRP
4-Section Package	400-150-180	\$7,995.00	2-Section Package	400-150-182	\$3,895.00

COMMERCIAL PACKAGES - FUNCTIONAL TRAINING CENTER

A BETTER APPROACH. A BETTER RESULT.

- Ships complete on ONE standard pallet!
- Professional design and quality finish compliments workout space
- Fast, simple assembly and mounting
- Triple Protection mounting locations for a secure installation
- Mat Rack has adjustable rods for desired placement
- Multi-height chinup options
- Accommodates proprietary Smart products; Self-Guided products are great for unattended facilities
- Corner Installation Kit available for versatile room design



CORNER INSTALLATION KIT

- Enables the FTC sections to be split among two adjacent walls
- Can be used for either the 2-Section or the 4-Section package
- Corner connector provides an additional space for a Smart Straps Bodyweight Training System

	SKU	MSRP
Corner Installation Kit	400-150-183	\$495.00

SMART ADDITIONS:



COMMERCIAL PACKAGES

ELITE PACKAGE

This Elite display is a storage solution for a variety of exercise tools and provides easy access to all products.

- Includes interlocking transport wheels for ease of movement
- Assembled rack with product dimensions: 70" W x 30" D x 97" H

Package Includes:

- (6) 16mm Exercise Mats
- (4) Smart Recovery Foam Rollers
- (1) 4lb Medicine Ball
- (2) 6lb and 8lb Medicine Balls
- (1) 10lb Medicine Ball
- (1) 15lb Medicine Ball
- (1) 55cm, 65cm and 75cm Stability Balls
- (1) Extra Light, Light, Medium, Heavy and Extra Heavy Smart Guard Sleeved Tubing
- (2) Light, Medium, and Heavy Mini-Bands
- (2) Smart Speed Jump Ropes
- (1) Elite Storage Tower



	SKU	MSRP
Elite Package	400-150-161	\$2,540.00
Rack only	400-150-166	\$1,495.00

ESSENTIAL PACKAGE

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

- Rack with product dimensions: 64" W x 30" D x 66" H

Package Includes:

- (1) 16mm Exercise Mat
- (1) Smart Recovery Foam Roller
- (1) 4lb, 6lb, 8lb, and 10lb Medicine Balls
- (1) 55cm and 65cm Stability Balls
- (1) 20lb and 30lb Resistance Cables
- (2 pairs) Quick Flip Handles
- (1) Essential Storage Tower



	SKU	MSRP
Essential Package	400-150-132	\$1,025.00
Rack only	400-150-136	\$650.00



COMMERCIAL PACKAGES



DELUXE PACKAGE

Convenient Storage Display allows for easy access to all products.

- Assembled rack with product dimensions: 70" W x 30" D x 90" H

Package Includes:

- (2) 16mm Exercise Mats
- (2) Smart Recovery Foam Rollers
- (1) 4lb and 10lb Medicine Balls
- (2) 6lb and 8lb Medicine Balls
- (1) 55cm, 65cm and 75cm Stability Balls
- (1) 20lb, 30lb, 50lb, 70lb and 90lb Resistance Cables
- (5 pairs) Quick Flip Handles
- (1) Deluxe Storage Tower



	SKU	MSRP
Deluxe Package	400-150-131	\$1,670.00
Rack only	400-150-135	\$1,050.00

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
- Rack with product dimensions: 37" W x 20" D x 46" H

Package Includes:

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



	SKU	MSRP
Economy Package	400-150-133	\$599.00
Rack only	400-150-137	\$349.00



COMMERCIAL PACKAGES (WALL-MOUNTED)



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).

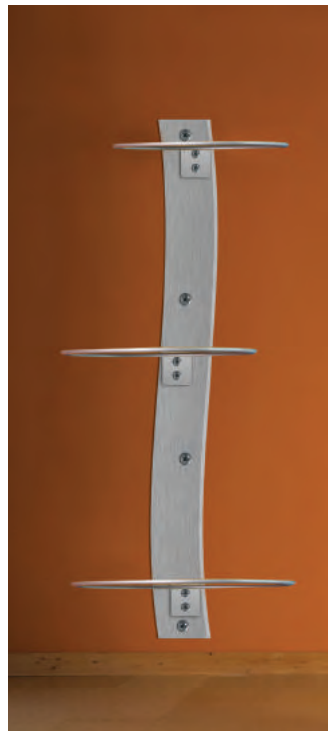
- Heavy duty design keeps mats from making contact with wall
- **Safe and Convenient:** Adjustable pegs fit all styles of hanging mats; fold in when not in use
- **Easy to install:** Multiple holes provide numerous options when installing on wall
- Rack with product dimensions: 30" W x 13" D x 75" H

Package Includes:

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



	SKU	MSRP
Mat Rack Package	400-150-134	\$599.00
Rack only	400-150-139	\$116.00



WALL-MOUNTED STABILITY BALL RACK PACKAGE

Easily hang and store three stability balls on the space-saving wall-mounted rack.

- Heavy duty steel construction
- Can hold up to 3 Stability Balls
- Rack with product dimensions: 29" W x 32" D x 90" H

Package Includes:

- (1) 55cm, 65cm and 75cm Smart Stability Balls
- (1) Smart Wall-Mounted Stability Ball Rack

	SKU	MSRP
Stability Ball Rack Package	400-150-162	\$329.00
Rack only	400-150-167	\$229.00

COMMERCIAL PACKAGES (WALL-MOUNTED)



KIIO™ WALL GYM

For more info, [Learn more in Resistance Training section.](#)

Complete Package Includes:

- (2 each) 30in Resistance Cables 10lb-100lb
- (2 each) 60in Resistance Cables 10lb-100lb
- (2 pairs) Quik Fit Handles
- (2 pairs) Exchange Handles
- (2 pairs) Triple Grip Handles
- (2) Arm/Leg Attachments
- (1) Exercise Wall Chart
- (1) Wall Gym
- (1) Caddy

Kit Only Includes:

- (2 each) 30in Resistance Cables 20lb and 40lb
- (2) 60in Resistance Cables 50lb
- (1 pair) Triple Grip Handles
- (1) Arm/Leg Attachment
- (1) Wall Gym



	SKU	MSRP
Wall Gym and Caddy Complete Package	400-240-003	\$1,898.00
Wall Gym Kit	400-240-004	\$999.00



WALL-MOUNTED MEDICINE BALL RACK PACKAGE

Easily hang and store four medicine balls on the space-saving wall-mounted rack.

- Heavy duty steel construction
- Can hold up to 4 medicine balls
- Rack with product dimensions: 9" W x 11" D x 43" H

Package Includes:

- (1) 4lb, 6lb, 8lb and 10lb Smart Medicine Balls
- (1) Smart Wall-Mounted Medicine Ball Rack

	SKU	MSRP
Medicine Ball Rack Package	400-150-163	\$349.00
Rack only	400-150-168	\$159.00

COMMERCIAL PACKAGES (WALL-MOUNTED)

SMART CONDITIONING ROPE CADDY™ PACKAGE

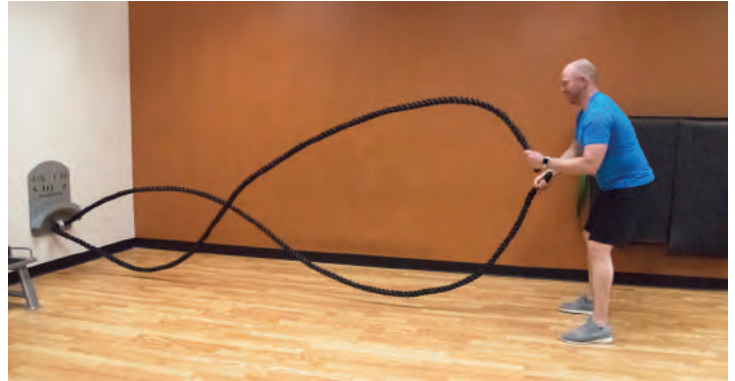
The Smart Conditioning Ropes Caddy features Self-Guided exercises printed directly on the caddy for easy reference.

It is wall-mounted to easily keep the lengthy ropes organized and off the floor as well as provide the anchor point for the rope during exercises.

The unique, saddle-shaped anchor provides a smooth path for your rope to minimize wear and tear during exercises.

Smart Conditioning Rope Caddy Package Includes:

- (1) Wall-Mounted Caddy
- (1) 30ft x 1.5in Diameter Conditioning Rope



	SKU	MSRP
Smart Conditioning Rope Caddy	400-205-200	\$199.00
Smart Conditioning Rope Caddy Package	400-205-210	\$329.00

SMART STRAPS™ WALL/CEILING MOUNT PACKAGE

For Mounting your Smart Straps Bodyweight Trainer to Walls, Ceilings or Overhead Beams.

The Smart Bodyweight Training Mount bracket can easily be attached to wall studs or ceiling beams to create a secure anchor for your Smart Straps and create a professional training station in any room.

The durable, high-grade steel 16" bar allows you to place the individual Smart Straps at various widths for proper body position.



	SKU	MSRP
Smart Straps Wall/Ceiling Mount	400-450-304	\$79.00
Smart Straps and Wall/Ceiling Mount Package	400-450-310	\$165.00

SMART STICKS™ QUIVER PACKAGE

Now there's an easy way to neatly and conveniently store your mobility sticks. The Smart Stick Quiver holds 6 Smart Sticks. It can be mounted to a wall or attached to a Functional Training Station.

- Heavy duty steel construction
- Holds up to 6 Smart Sticks
- Dimensions: 5" W x 5" D x 30" H

Package Includes:

- (1) Smart Stick Quiver
- (6) Smart Sticks – Unweighted or 5lb Weighted



	SKU	MSRP
Smart Stick Quiver	400-140-450	\$99.00
Smart Stick Quiver Package (6 Unweighted Sticks + Quiver)	400-140-451	\$195.00
Smart Stick Quiver Package (6 5lb Weighted Sticks + Quiver)	400-140-452	\$219.00

CORE AND STABILITY

SMART CORE WHEEL™

The Smart Core Wheel™ delivers the best workout for the entire core (not just abs!) with one tool. Strap your feet or grip the handles for a great core-focused workout.

- Includes mat for added comfort for hands or knees
- 6 exercises are printed directly on the mat for easy reference
- Combined handle and foot pedal
- Adjustable velcro straps to securely fasten feet to the pedals (either facing up or down)
- Handles fold down for slip and upright storage (patent pending)
- Easily switch between hand and feet exercises



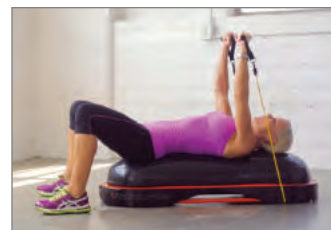
	SKU	MSRP
Smart Core Wheel with Mat	400-460-210	\$79.00



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.

- "Scan and Sweat" QR code
- Includes instructional material and a pump
- Dimensions: 46in x 17in x 10in and 28lb
- Weight capacity: 500lbs



	SKU	MSRP
Terra Core	400-600-100	\$279.00
Terra Core Rack (Holds 6)	400-600-110	\$299.00

PORTABLE BOOTCAMP



SMART CART™ TRAINING SYSTEM

Organize your training equipment into a compact and easy to transport system.

- Train as many as 60 athletes in one hour
- Equipment is quick and easy to set up and put away
- Easily move the cart inside or out (non-marking wheels)

Includes:

- (12) 6in Smart Hurdles #1
- (12) 12in Smart Hurdles #2
- (6) Adjustable Smart Hurdles #4, ranges from 21in to 36in
- (1) 15ft Smart Modular Agility Ladder
- (4) 6lb Smart Medicine Balls
- (2) 8lb Smart Medicine Balls
- (6) Speed Jump Ropes
- (2) X-Light Resistance Sleeved Tubing
- (2) Light Resistance Sleeved Tubing
- (2) Medium Resistance Sleeved Tubing
- (1) Smart Cart transport and storage cart



	SKU	MSRP
Smart Cart Training System	400-130-290	\$1,895.00



SMART TRAINER BAG™

Train clients on the go! The Smart Trainer Bag contains all the necessary equipment to give clients a full workout while fitting nicely into a bag for easy travel. Featuring Self-Guided products with exercise ideas printed directly on the products.

Includes:

- (1) 6lb Smart Medicine Ball
- (1) 6mm Smart Exercise Mat
- (1) Smart Guard Sleeved Tubing 4ft. Light
- (1) Smart Guard Sleeved Tubing 4ft. Medium
- (1) Heavy Mini Flat Band (Blue)
- (1) Medium Mini Flat Band (Green)
- (1) Light Mini Flat Band (Yellow)
- (1) Smart Speed Jump Ropes
- (1) Smart Straps Bodyweight Trainer
- (1) Smart Core Wheel
- (1) Smart Modular Agility Ladder
- (1) Duffle Bag with Smart Trainer Logo

	SKU	MSRP
Smart Fitness On-the-Go	400-180-680	\$499.00



SMART IN-HOME BOOTCAMP™

Our Bootcamp 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!

Includes:

- (1) 20lb, 30lb and 40lb Resistance Cables
- (1 pair) Quick Flip Handles
- (1) Smart Speed Jump Rope
- (1) 6lb Medicine Ball
- (1) Medium Resistance Mini Band
- (1) 65cm Stability Ball
- (1) Kettlebell Sandbag
- (1) Smart Recovery Roller
- (1) 6mm Smart Exercise Mat



	SKU	MSRP
Smart In-Home Bootcamp	400-150-204	\$299.00

MOBILITY TRAINING



SMART HURDLE™ SETS

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.

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



	SKU	MSRP
Smart Hurdle #1 (Set of 6)	400-120-210	\$99.00
Smart Hurdle #2 (Set of 6)	400-120-230	\$109.00
Adjustable Smart Hurdle #3 (Set of 3)	400-120-200	\$169.00
Adjustable Smart Hurdle #4 (Set of 3)	400-120-220	\$199.00
Adjustable Smart Hurdle #5 (Set of 3)	400-120-240	\$209.00

SMART HURDLE™ COLLECTION

Total of 36 Smart Hurdles together on one convenient Smart Cart; they're a breeze to transport and easy to store.

- 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	\$1,795.00

SMART MOBILITY ASSESSMENT HURDLES™

These hurdles assist in injury prevention and rehab programs, and should be part of any progressive physical evaluation system.

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



	SKU	MSRP
Medium Test Hurdle	400-120-650	\$79.00
Large Test Hurdle	400-120-640	\$89.00



SMART STICKS™

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

- Aligns the body for balanced, optimal range of motion
- 5ft in length
- Hands slide along the smooth surface



	SKU	MSRP
Stick - Unweighted	400-140-400	\$15.99
Stick - 5lb Weighted	400-140-405	\$19.99
Set of 10 - Unweighted	400-140-410	\$150.00
Set of 10 - 5lb Weighted	400-140-415	\$190.00
Smart Stick Quiver	400-140-450	\$99.00
Smart Stick Quiver Package (6 Unweighted Sticks + Quiver)	400-140-451	\$195.00
Smart Stick Quiver Package (6 5lb Weighted Sticks + Quiver)	400-140-452	\$219.00

SELF-GUIDED FITNESS



SMART MAT™

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

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



	SKU	MSRP
6mm Smart Mat (Yellow)	400-150-030	\$49.99
16mm Smart Mat (Blue with Grommets)	400-150-031	\$54.99

SMART PLYO³ CUBE™

The 3-in-1 Smart Plyo Cube saves your facility space and the user valuable time while being able to train safely. **Learn more in Plyo section.**

- 9 exercises printed on box for easy reference



	SKU	MSRP
Smart Plyo Cube	400-150-056	\$499.00

SMART STABILITY BALLS™

Smart Stability Balls are Self-Guided for users at all fitness levels.

- 13 exercises are printed on the ball for easy reference
- Burst-resistant PVC construction
- Pump included



	SKU	MSRP
55cm Stability Ball (Yellow)	400-150-010	\$29.00
65cm Stability Ball (Green)	400-150-011	\$34.00
75cm Stability Ball (Blue)	400-150-012	\$39.00



SMART RECOVERY FOAM ROLLER™

This Foam Roller is used to release muscle tension before, during, and after workouts.

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



	SKU	MSRP
Smart Recovery Foam Roller	400-150-020	\$35.99

SELF-GUIDED FITNESS



SMART MEDICINE BALLS™

The weighted center forces the user to use different muscle groups to throw, bounce or twist with the ball.

- 8 exercises are printed on the ball for easy reference
- Textured for a reliable grip; sturdy rubber construction
- Bounces on a hard surface
- 5 weights and sizes available



	SKU	MSRP
4lb Medicine Ball (Yellow)	400-150-001	\$39.99
6lb Medicine Ball (Orange)	400-150-002	\$45.99
8lb Medicine Ball (Green)	400-150-003	\$50.99
10lb Medicine Ball (Blue)	400-150-004	\$60.99
15lb Medicine Ball (Purple)	400-150-005	\$72.99



SMART STRAPS™ BODYWEIGHT TRAINER

The Smart Straps Bodyweight Trainer provides a smart way to train with your own bodyweight. **Learn more in Functional Strength section.**

- 12 exercises printed directly on the straps for easy reference
- Easy access foot cuffs
- Built in Door Anchors



	SKU	MSRP
Smart Straps Bodyweight Training System	400-450-300	\$99.00



SMART CORE WHEEL™

The Smart Core Wheel™ delivers the best core workout for the entire core (not just abs!) with one tool. Strap your feet or grip the handles for a great core-focused workout. **Learn more in Core and Stability section.**

- Includes mat for added comfort for hands or knees
- 6 exercises are printed directly on the mat for easy reference
- Handles fold down for easy storage
- Combined Handle and Foot Pedal



	SKU	MSRP
Smart Core Wheel with Mat	400-460-210	\$79.00

AGILITY TRAINING



SMART MODULAR AGILITY LADDER™

Snap ladders together for the desired length AND connect rungs together to create the desired width.

Rung ends feature our new patented Quick Connect System allowing pattern combinations at a variety of widths.

The Smart Organizer simplifies gathering and releasing ladder rungs preventing tangling and knotting. Handle included for easy transport and storage.

More than one 15ft ladder? Twist two organizers together for even more convenient storage.

Create various patterns from double/triple lane ladders to obstacles, zig zag patterns, and a full grid!

- Unlimited variations for drills and exercises
- Snap ends together for increased length
- Connect rungs for increased number of rows



	SKU	MSRP
15ft Modular Agility Ladder (two 7½ft Sections)	400-110-100	\$59.00



SMART INDOOR LADDER™

The 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.

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

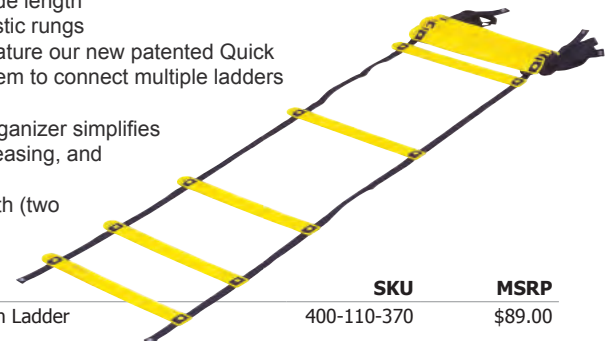
	SKU	MSRP
Smart Indoor Ladder	400-110-400	\$89.00



SMART ACCELERATION LADDER™

Designed to teach you to do one essential thing well: Accelerate.

- Increasing spaces between rungs to teach faster turnover and maximum stride length
- Flat, hard-plastic rungs
- Rung ends feature our new patented Quick Connect System to connect multiple ladders together
- The Smart Organizer simplifies gathering, releasing, and transporting
- 37ft total length (two segments)



	SKU	MSRP
Smart Acceleration Ladder	400-110-370	\$89.00

PLYOMETRIC TRAINING



20"



24"



30"

SMART PLYO³ CUBE™

The 3-in-1 Soft Plyo Cube can be used to save space and the user time while training safely.

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



	SKU	MSRP
Smart Plyo Cube	400-150-056	\$499.00

FOAM PLYO BOXES

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

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



	SKU	MSRP
3-Box Set (12in, 18in, 24in)	400-620-110	\$1,699.00
5-Box Set (3in, 6in, 12in, 18in, 24in)	400-620-111	\$1,999.00

CLASSIC PLYO BOXES

Maximum stability and durability with their steel construction and fully welded frames.

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



	SKU	MSRP
4-Box Set (12in, 18in, 24in, 30in)	400-610-110	\$449.00
5-Box Set (12in, 18in, 24in, 30in, 36in)	400-610-111	\$589.00
6-Box Set (12in, 18in, 24in, 30in, 36in, 42in)	400-610-112	\$749.00

RESISTANCE TRAINING



SMART FITNESS CABLES AND SMART QUICK FLIP™ HANDLES

The interchangeable Fitness Cables and Smart Quick Flip Handles allow users to create their own resistance systems to strengthen and tone from head to toe. Add the door anchor for added angles and possibilities.

- Multi-layered: 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

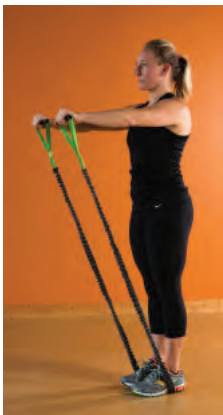


EASY CABLE INSERTION/REMOVAL

1. Simply lift the two sides of the flip-lock cable cups
2. Insert the cable plug through the hole (from the bottom)
3. Then push down on the cable cups until they “click” into their secured position under the cable plug
4. Repeat for each cable cup



	SKU	MSRP
10lb Fitness Cable (Teal)	400-230-001	\$5.00
20lb Fitness Cable (Purple)	400-230-002	\$6.00
30lb Fitness Cable (Pink)	400-230-003	\$7.00
40lb Fitness Cable (Magenta)	400-230-004	\$8.00
50lb Fitness Cable (Orange)	400-230-005	\$9.00
60lb Fitness Cable (Red)	400-230-006	\$10.00
70lb Fitness Cable (Yellow)	400-230-007	\$13.00
80lb Fitness Cable (Green)	400-230-008	\$15.00
90lb Fitness Cable (Blue)	400-230-009	\$17.00
100lb Fitness Cable (Black)	400-230-010	\$20.00
Quick Flip Handle - Single Pocket (1 Pair)	400-160-005	\$9.95
Quick Flip Handle - Triple Pocket (1 Pair)	400-160-006	\$14.95



SMART GUARD™ SLEEVED TUBING

Rubber dipped tubing encased in nylon sheathing that enhances safety and comfort during resistance training.

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



	SKU	MSRP
X-Light Tubing (Light Blue)	100-100-100	\$15.95
Light Tubing (Green)	100-100-101	\$17.95
Medium Tubing (Red)	100-100-102	\$18.95
Heavy Tubing (Blue)	100-100-103	\$19.95
X-Heavy Tubing (Black)	100-100-104	\$20.95
Ultra Heavy Tubing (Gray)	100-100-105	\$24.95



SMART STRENGTH BANDS

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

- Highest quality strength bands available
- 40in long and 3/16in thick



	SKU	MSRP
XX-Light Band (Red)	400-710-110	\$15.00
X-Light Band (Black)	400-710-111	\$22.00
Light Band (Purple)	400-710-112	\$30.00
Medium Band (Green)	400-710-113	\$35.00
Heavy Band (Blue)	400-710-114	\$45.00
X-Heavy Band (Orange)	400-710-115	\$63.00
XX-Heavy Band (Gray)	400-710-116	\$75.00

RESISTANCE TRAINING

KIIO™ WALL GYM

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

- 7ft stainless steel track; 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 250lbs

Kiio Wall Gym Kit Includes:

- (2 each) 30in Resistance Cables - 20lb and 40lb
- (2) 60in Resistance Cables - 50lb
- (1 Pair) Triple Grip Handles
- (1) Arm/Leg Attachment
- (1) Wall Gym and Exercise Chart



Kiio Wall Gym Complete Package Includes:

- (2 each) 30in Resistance Cables 10lb-100lb
- (2 each) 60in Resistance Cables 10lb-100lb
- (2 pairs) Quik Fit Handles
- (2 pairs) Exchange Handles
- (2 pairs) Triple Grip Handles
- (2) Arm/Leg Attachments
- (1) Wall Gym and Exercise Chart
- (1) Caddy



	SKU	MSRP
Kiio Wall Gym Kit	400-240-004	\$999.00
Kiio Wall Gym Complete Package	400-240-003	\$1,898.00
Kiio Caddy Only	400-240-002	\$249.00
Kiio Caddy Kit	400-240-005	\$899.00
Custom Logo for either Wall Gym or Caddy	LOGO CUSTOM	\$100.00



KIIO™ CADDY

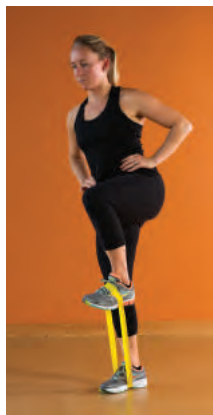
Organize and store your equipment. Cable resistance levels are clearly labeled for easy cable selection.

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



Kiio Caddy Kit Includes:

- (2 each) 30in Resistance Cables 10lb-100lb
- (2 each) 60in Resistance Cables 10lb-100lb
- (2 pairs) Quik Fit Handles
- (2 pairs) Exchange Handles
- (2 pairs) Triple Grip Handles
- (2) Arm/Leg Attachment
- (1) Caddy



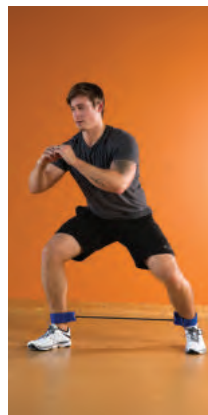
MINI FLAT BANDS

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

- Each band features extensibility for moderate load standing movement drills
- 2in wide, 11in long
- Sold in sets of 10 or in a pack of 3 that includes one of each resistance level



	SKU	MSRP
10 Pack Light Resistance (Yellow)	400-700-595	\$30.00
10 Pack Medium Resistance (Green)	400-700-575	\$32.00
10 Pack Heavy Resistance (Blue)	400-700-555	\$35.00
3 Pack (1 of each Resistance)	400-700-600	\$14.95



LATERAL RESISTOR

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

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



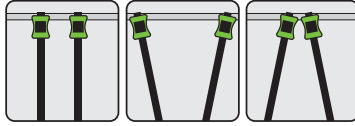
	SKU	MSRP
Light Lateral Resistor	400-520-410	\$31.00
Medium Lateral Resistor	400-520-411	\$31.50
Heavy Lateral Resistor	400-520-412	\$32.00

FUNCTIONAL STRENGTH

SMART STRAPS™ BODYWEIGHT TRAINER

The Smart Straps Bodyweight Trainer provides a smart way to train with your own bodyweight.

- 12 exercises printed directly on the straps for easy reference
- Effortless switch between arm and leg exercises with pre-formed handle and foot cuff combo
- 2 independent straps that are adjustable (both length and width) for desired difficulty levels and different exercises
- Quick anchor installation options
- Strap Connector joins the two straps to create free motion dynamic movement for muscle balance and core intensification



	SKU	MSRP
Smart Straps Bodyweight Training System	400-450-300	\$99.00

SMART STRAPS™ WALL/CEILING MOUNT

For Mounting your Smart Straps Bodyweight Trainer to Walls, Ceilings or Overhead Beams.

The Smart Bodyweight Training Mount bracket can easily be attached to wall studs or ceiling beams to create a secure anchor for your Smart Straps and create a professional training station in any room.

The durable, high-grade steel bar (16in in length) allows you to place the individual Smart Straps at various widths for proper body position.



	SKU	MSRP
Bodyweight Training System - Wall/Ceiling Mount	400-450-304	\$79.00
Bodyweight Training System - Wall/Ceiling Mount Package	400-450-310	\$165.00

FUNCTIONAL STRENGTH

VTX VINYL DUMBBELLS AND RACK

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

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



	SKU	MSRP
3lb Vinyl Dumbbell	400-930-103	\$6.25
4lb Vinyl Dumbbell	400-930-104	\$8.50
5lb Vinyl Dumbbell	400-930-105	\$10.50
6lb Vinyl Dumbbell	400-930-106	\$12.50
7lb Vinyl Dumbbell	400-930-107	\$14.50
8lb Vinyl Dumbbell	400-930-108	\$17.00
9lb Vinyl Dumbbell	400-930-109	\$19.50
10lb Vinyl Dumbbell	400-930-110	\$21.00
12lb Vinyl Dumbbell	400-930-112	\$25.00
15lb Vinyl Dumbbell	400-930-115	\$31.00
Vinyl Dumbbell Rack (Holds 10 pair)	400-930-101	\$125.00

VTX KETTLEBELLS AND RACK

Commercial-grade rubber encased Kettlebell is made of steel and features chrome handles.

- Total body workout with an emphasis on core stimulation
- Increase strength, agility, endurance and balance



	SKU	MSRP
8lb Kettlebell	425-100-100	\$21.99
10lb Kettlebell	425-100-101	\$25.99
15lb Kettlebell	425-100-102	\$39.99
20lb Kettlebell	425-100-103	\$51.99
25lb Kettlebell	425-100-104	\$63.99
30lb Kettlebell	425-100-105	\$76.99
35lb Kettlebell	425-100-106	\$89.99
40lb Kettlebell	425-100-107	\$104.99
45lb Kettlebell	425-100-108	\$114.99
50lb Kettlebell	425-100-109	\$125.99
Kettlebell Rack	425-100-110	\$299.00

VTX SLAM BALLS

The VTX Slam Balls are built to absorb the energy of repeated slams with no bounce.

- Encased in tough rubber shell with an easy to grip surface
- Center of ball is filled with sand that shifts when slammed or thrown

	SKU	MSRP
10lb Slam Ball	400-930-510	35.00
15lb Slam Ball	400-930-515	40.00
20lb Slam Ball	400-930-520	52.00
25lb Slam Ball	400-930-525	60.00
30lb Slam Ball	400-930-530	70.00
35lb Slam Ball	400-930-535	98.00
40lb Slam Ball	400-930-540	109.00
50lb Slam Ball	400-930-550	117.00



SMART MEDICINE BALLS™

The weighted center forces the user to use different muscle groups.

- 8 exercises are printed on the ball for easy reference
- Textured for a reliable grip; sturdy rubber construction



	SKU	MSRP
4lb Medicine Ball (Yellow)	400-150-001	\$39.99
6lb Medicine Ball (Orange)	400-150-002	\$45.99
8lb Medicine Ball (Green)	400-150-003	\$50.99
10lb Medicine Ball (Blue)	400-150-004	\$60.99
15lb Medicine Ball (Purple)	400-150-005	\$72.99

FUNCTIONAL STRENGTH

SMART CONDITIONING ROPE CADDY™

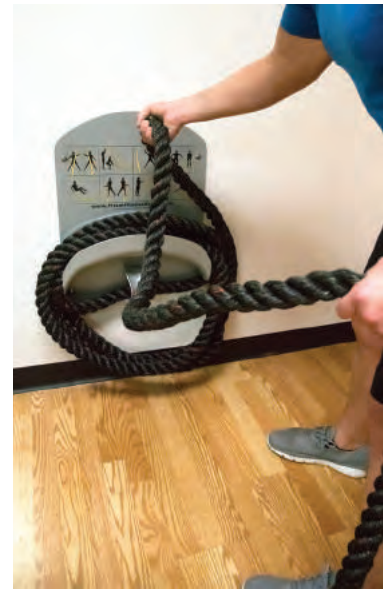
The Smart Conditioning Rope Caddy features Self-Guided exercises printed directly on the caddy for easy reference.

It is wall-mounted to easily keep the lengthy ropes organized and off the floor as well as provide the anchor point for the rope during exercises.

The unique, saddle-shaped anchor provides a smooth path for your rope to minimize wear and tear during exercises.

Smart Conditioning Rope Caddy Package Includes:

- (1) Wall-Mounted Caddy
- (1) 30ft x 1.5in Diameter Conditioning Rope



	SKU	MSRP
Smart Conditioning Rope Caddy	400-205-200	\$199.00
Smart Conditioning Rope Caddy Package	400-205-210	\$329.00



CONDITIONING ROPES

The Conditioning Rope combines 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.

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



	SKU	MSRP
30ft Conditioning Rope	400-205-110	\$149.00
40ft Conditioning Rope	400-205-111	\$169.00



SMART RECOVERY FOAM ROLLER™

This Foam Roller is used to release muscle tension before, during, and after workouts.

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

	SKU	MSRP
Smart Recovery Foam Roller	400-150-020	\$35.99



THE GRID™ FOAM ROLLER

Designed for athletes and people of all body types - used to achieve a comprehensive core body workout to challenge core muscles as well as a self-massage tool. Massage lats, quads, lower back, or any other large muscle group.

- Constructed with less foam than other rollers
- Designed to withstand constant, heavy and repeated use without breaking down
- 13in long and 5in diameter

	SKU	MSRP
Grid Foam Roller (Orange)	400-800-075	\$39.99
Grid Foam Roller (Black)	400-800-070	\$39.99

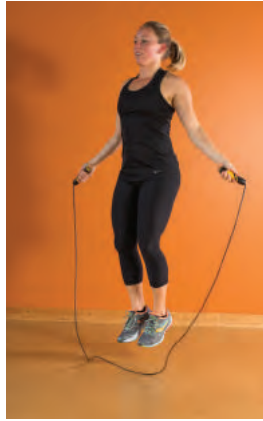


SPEED TRAINING

SMART 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.

- 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



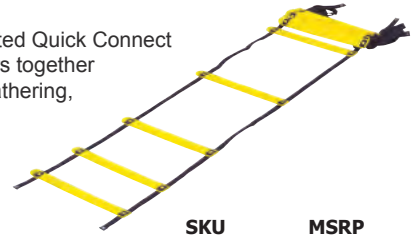
	SKU	MSRP
Smart Speed Jump Rope	400-540-310	\$19.00
Smart Weighted Jump Rope	400-540-320	\$24.00



SMART ACCELERATION LADDER™

Designed to teach you to do one essential thing well: Accelerate.

- Increasing spaces between rungs to teach faster turnover and maximum stride length
- Flat, hard-plastic rungs
- Rung ends feature our new patented Quick Connect System to connect multiple ladders together
- The Smart Organizer simplifies gathering, releasing, and transporting
- 37ft total length (two segments)



	SKU	MSRP
Smart Acceleration Ladder	400-110-370	\$89.00



VIPER 360 BELT SET

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

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

	SKU	MSRP
Medium (Waist 29-32in)	400-520-130	\$89.00
Large (Waist 32-36in)	400-520-131	\$89.00
X-Large (Waist 36in+)	400-520-132	\$89.00



DIRECTIONAL SPEED TRAINER

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

- Dual resistance, 24ft 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



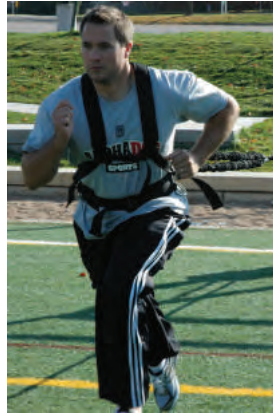
	SKU	MSRP
Directional Speed Trainer	400-520-240	\$99.00

SPEED TRAINING

WORKHORSE HARNESS

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

- 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

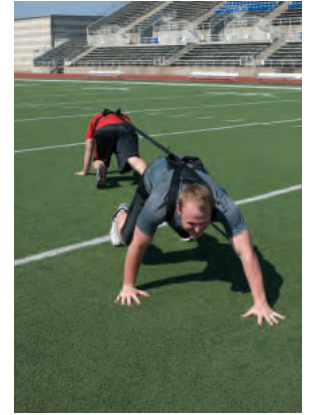


	SKU	MSRP
Medium (130-170lb)	400-520-110	\$85.00
Large (170-210lb)	400-520-111	\$85.00
X-Large (210lb+)	400-520-112	\$85.00

POWER PULL

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

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



	SKU	MSRP
Power Pull	400-520-180	\$89.00

DUAL OVERSPEED TRAINER

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

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



	SKU	MSRP
20yd Dual Overspeed Trainer	400-520-250	\$119.00
40yd Dual Overspeed Trainer	400-520-251	\$169.00

TWIN TOW

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

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



	SKU	MSRP
Twin Tow	400-520-170	\$39.00

QUICK-RELEASE LEASH

Combines fixed resistance with a release for explosive speed training.

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

Does NOT include belt or harness

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

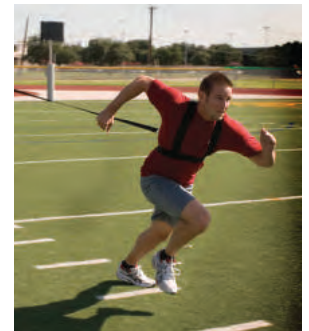


	SKU	MSRP
Quick Release Leash	400-520-150	\$54.00

SPRINT RESISTOR

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

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



	SKU	MSRP
Small (100-180lb)	400-520-160	\$54.00
Large (180-250lb)	400-520-161	\$54.00

SELF-GUIDED AND SMART SPECIALTY RETAIL PROGRAM



SPECIALTY RETAIL PROGRAM

Prism Fitness packages the key elements of our Self-Guided and Smart Product offering in professionally designed retail packaging meant to draw attention to your in-store functional fitness area. The packaging is built to be placed on shelves, hang from pegs, or placed neatly on near your counter space.

With the launch of our new Smart Strap Bodyweight Training System and our Smart Core Wheel in 2018, we are excited to provide a unique and innovative offering that will accelerate your retail sales.

SMART IN-HOME BOOTCAMP PACKAGE

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 boot camp workouts of your own via the Prism Fitness social media platforms.

Includes:

- (1) 20lb, 30lb and 40lb Resistance Cables
- (1 pair) Quick Flip Handles
- (1) Smart Recovery Self-Guided Muscle Release Roller
- (1) Smart Speed Jump Rope
- (1) 6lb Medicine Ball
- (1) Medium Resistance Mini Band
- (1) 65cm Stability Ball
- (1) Kettlebell Sandbag
- (1) 6mm Exercise Mat

Learn more on Page 12.



COMMERCIAL STORAGE SOLUTIONS

Utilize our Wall-Mounted commercial storage racks in your retail setting to better display our Self-Guided Exercise Mats, Stability Balls and Med Balls as well as sell as packages to your residential customers. Learn more on Pages 8 and 9.

SELF-GUIDED ECONOMY PACKAGE

This popular commercial training package is perfect for storing and organizing product in a residential setting. It is a great way to introduce or enhance a functional training routine to your customers. Learn more on Page 7.

Please contact Prism Fitness at 608-845-8300 for details on our specialty retail offering, floor model program for storage units, and consultation on how to best merchandise the Prism Fitness functional training solutions.

CALL FOR PRICING AND DETAILS:
608.845.8300

TOP INSTALLATION IMAGES OF 2018



CHECK OUT OUR WEEKLY FRIDAY FITNESS FEATURE
WWW.PRISMFITNESS.COM/BLOG-ARCHIVE



BACK COVER PHOTO FEATURES:

Functional Training Center (Pg 4 and 5)



608.845.8300

PRISMFITNESSGROUP.COM