



# T-RACKS

PRODUCT  
CATALOGUE  
2025



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# ABOUT US

T-RACKS was founded in 2019 by Ugur Köygülü and Oren Fransez with the mission of designing and producing high-quality Functional Fitness and Calisthenics equipment.

Ugur, a fitness trainer with 15 years of industry experience, knows firsthand the importance of living an active, healthy, and fit lifestyle. After an injury forced him to quit football, he dedicated himself to fitness. Following his graduation from the Sports Academy, he began his career as a coach in Istanbul and later enhanced his expertise in Functional Fitness, Calisthenics, and Athletic Performance through training at the Street Workout Academy in Marina Del Rey, Los Angeles.

Oren brings 30 years of manufacturing experience, along with his engineering team and production staff, making T-RACKS a trusted and experienced manufacturer.

Thanks to our advanced production techniques and industrial design capabilities, we have developed durable, aesthetic, and functional products tailored for boutique fitness studios, large gyms, and athletic performance centers. With our modular systems and add-on accessories, our products are easily adaptable and expandable—ensuring that users receive the best return on their investment.



# RACKS & RIGS

## RACKS

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# RACKS

Racks are compact training stations mainly designed for individual use. While some models require floor mounting and others can stand without it, T-RACKS always recommends securing them for maximum safety.

Each rack can be strengthened and customized with a wide range of accessories, allowing you to transform it into the training station you need. From simple add-ons like J Holders, dip attachments, or plate holders, to larger integrations such as cable systems, Smith Machine, or arm lever kits.

Racks can easily evolve from compact units into complete multi-functional setups. They are perfectly compatible with CrossFit, Calisthenics (Bodyweight Fitness), Functional Fitness, Bodybuilding, Athletic Performance, and Hyrox training.

## Rack Categories

**Squat Racks** – Compact models ideal for weightlifting and essential strength exercises.

**Power Racks** – Full-sized, stable structures that allow maximum safety and accessory integration.

**Slim Racks** – Space-efficient solutions designed for smaller training areas.

**Storage Racks** – Smart storage systems for plates, dumbbells, and other equipment.

**Free Functional Racks** – Modular designs offering functional training versatility.

**Specialty Racks** – Unique and purpose-built racks such as Stall Racks, Handstand Wall Racks, or Garage Racks.



# Squat Racks

Compact and versatile, Squat Racks are ideal for 'Weightlifting' and essential 'Strength Exercises'. Their minimal footprint makes them perfect for smaller spaces while still supporting demanding lifts such as squats, bench press, and pull-ups. Although they do not require permanent floor mounting, T-RACKS strongly recommends securing them for maximum safety.

Thanks to their modular design, Squat Racks can be upgraded with a wide range of accessories such as J-Holders, Safety Arms, Dips Attachments, Plate Holders, and Storage Options, turning them into multi-functional training stations. This makes them a reliable choice for Weightlifting, CrossFit, Calisthenics, Functional Fitness, Athletic Performance, and Hyrox training.



## Squat Rack

**SQUR**

Height: 2560 mm  
Length: 1500 mm  
Width: 1266 mm



## Half Rack

**HFR**

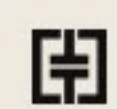
Height: 2560 mm  
Length: 1500 mm  
Width: 1266 mm



## Double Half Rack

**DHFR**

Height: 2560 mm  
Length: 2250 mm  
Width: 1266 mm



# Power Racks

Power Racks are the foundation of serious strength training. With their floor-mounted, heavy-duty structure, they provide maximum stability and safety for demanding lifts such as squats, bench press, and pull-ups. Their robust design makes them ideal for professional sports teams, performance gyms, and high-traffic fitness clubs.

Like all T-RACKS systems, Power Racks are modular and can be expanded with a wide range of accessories such as Cable Attachments, Smith Machine, Arm Lever Kit, J-Holders, Extension Profiles, Storage Solutions, and Dips Attachments. This modularity allows trainers and athletes to build customized setups tailored to their needs.

Available in wooden logo (indoor) and metal logo (outdoor) versions, Power Racks combine durability with professional performance. Perfect for Weightlifting, Crossfit, Calisthenics, Functional Fitness, Athletic Performance, and Hyrox training.

Installation Note: Power Racks must be anchored to the floor on a solid, level surface by a licensed contractor or a certified T-RACKS installer.



## Power Rack 04

**POWR4**

Height: 2510 mm  
Length: 1350 mm  
Width: 1350 mm



## Power Rack 06

**POWR6**

Height: 2510 mm  
Length: 1950 mm  
Width: 1350 mm



## Power Rack 08

**POWR8**

Height: 2510 mm  
Length: 3120 mm  
Width: 1350 mm



## Power Rack 10

**POWR10**

Height: 2510 mm  
Length: 3720 mm  
Width: 1350 mm



## Slim Rack 04 - 20

SLR4 - DSLR6 - SLR8 - SLR12 - SLR16 - SLR20

Height: 2510 mm      Width: 1350 mm - 4400 mm - 7450 mm  
 Length: 780 mm      10500 mm - 13550 mm

# Slim Racks

Slim Racks are compact, space-saving structures designed for weightlifting and strength training. They deliver the durability and functionality of a Power Rack while requiring less floor space—making them ideal for smaller training areas without compromising performance.

All Slim Racks are floor-mounted and must be securely anchored to a solid, level surface to ensure safe use. Thanks to their modular design, they can be customized with a wide range of accessories such as J-Holders, Safety Arms, Dip Attachments, Multi-Grip Pull-Up Bars, Plate Storages, Cable Attachments, Smith Machine, and more.

Perfectly compatible with Weightlifting, CrossFit, Functional Fitness, Calisthenics, Athletic Performance, and Hyrox, Slim Racks provide a professional solution for compact training environments.



## Storage Rack 04-10

STR4 - STR6 - STR8 - STR10

Height: 2510 mm    Width: 1730 mm - 3280 mm  
 Length: 780 mm    4830 mm - 6380 mm

# Storage Racks

Storage Racks are space-saving structures designed primarily for organized equipment storage, while also offering the flexibility to transform into functional training stations. They provide professional solutions for keeping wall balls, kettlebells, sandbags, bands, and many other training tools well organized and easily accessible.

With the addition of accessories such as Wall Ball Targets, Dip Attachments, Mobile Pull-Up Bars, Landmines, and Cable Integrations, Storage Racks can quickly evolve beyond storage into versatile performance stations. This makes them especially valuable for Hyrox and CrossFit, where multi-functional setups and efficient use of space are essential.



# Free Functional Racks

Free Functional Racks are versatile and modular training stations designed for both indoor and outdoor use—perfect for gardens, terraces, or professional fitness areas where floor drilling may not be possible. Their biggest advantage is the ability to stand stable without permanent floor mounting, making them an excellent solution for flexible installations.

They support a wide range of exercises such as squats, deadlifts, bench press, shoulder press, pull-ups, chin-ups, muscle-ups, and core training. With the addition of accessories like J-Holders, Dip Bars, Band Holders, Wall Ball Targets, Climbing Ropes, Gymnastic Rings, and Storage Options, Free Functional Racks can be transformed into complete multi-functional stations.

Highly adaptable to CrossFit, Calisthenics, Functional Fitness, Weightlifting, Athletic Performance, and Hyrox, these racks deliver professional versatility in a compact and independent design.

Installation Note: Although they can stand without floor drilling, T-RACKS recommends securing them to the floor with the Free Rack Floor Mount accessory for maximum safety.



## Free Functional Calisthenics Rack 02

FRFCR2

Height: 2560 mm  
Length: 2250 mm  
Width: 4000 mm

## Free Functional Rack 02

FRFR2

Height: 2560 mm  
Length: 2250 mm  
Width: 3290 mm



## Free Functional Rack 06

FRFR6

Height: 2560 mm  
Length: 3750 mm  
Width: 3290 mm



## Free Functional Rack 04

FRFR4

Height: 2560 mm  
Length: 2250 mm  
Width: 3290 mm





# Specialty Racks

Specialty Racks include unique and purpose-built models that don't fully fit into other categories. From Stall Racks to Handstand Wall Racks and Garage Racks, this group brings together special designs developed for specific training needs and creative workout solutions.

All Specialty Racks are designed to be space-saving, durable, and modular, with the ability to integrate accessories such as J-Holders, Extension Profiles, Dip Attachments, and Rope Holders. They are especially suitable for CrossFit, Calisthenics, Functional Fitness, Athletic Performance, and Hyrox training environments where dedicated solutions are needed.

Installation Note: All racks must be securely anchored to a solid base and wall, installed by a licensed contractor or a certified T-RACKS installer.



## Garage Rack

**GARA**

Height: 2510 mm  
 Length: 642 mm  
 Width: 1250 mm



## Stall Rack Metal

**STRM**

Height: 2510 mm  
 Length: 268 mm  
 Width: 1350 mm



## Stall Rack Wood

STRW

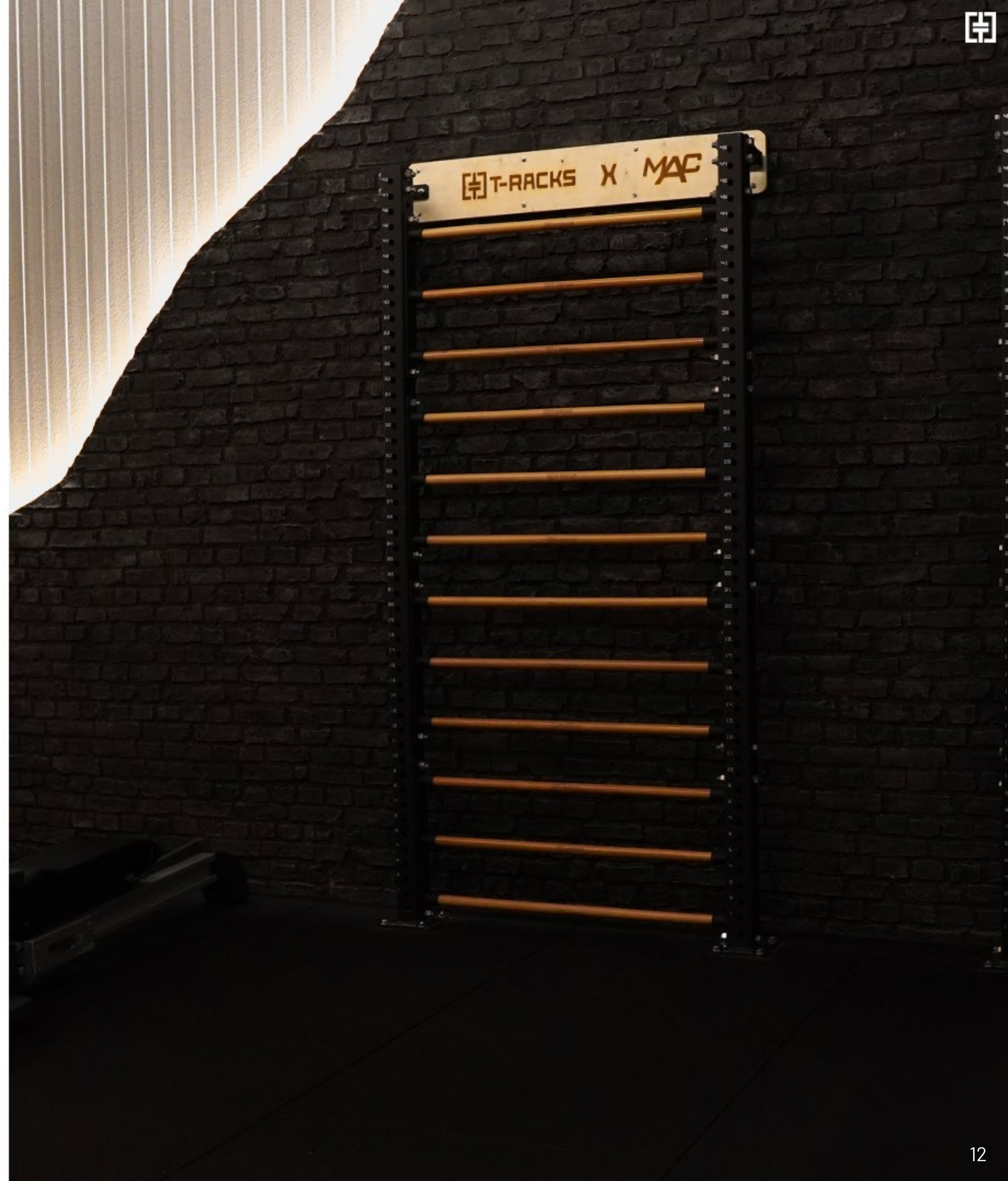
Height: 2510 mm  
Length: 268 mm  
Width: 1350 mm



## Handstand Wall Rack

HSWR

Height: 2510 mm  
Length: 268 mm  
Width: 1350 mm





# RIGS

Rigs are large-scale training structures designed for group workouts, performance training, and professional fitness environments. Unlike compact racks made mainly for individual use, rigs create spacious and multi-user setups—perfect for gyms, studios, and outdoor training areas. Their strong and modular construction allows unlimited configuration possibilities, from basic frames to fully equipped training stations.

All rigs must be securely mounted to a solid, level concrete floor or wall to ensure safety and durability. This solid foundation guarantees stability even under the most demanding training conditions.

With accessories and integrations such as pull-up bars, monkey bars, dip stations, wall ball targets, rope climbs, and cable systems, rigs can be customized to support a wide variety of training methods. They are perfectly compatible with CrossFit, Calisthenics (Bodyweight Fitness), Functional Fitness, Bodybuilding, Athletic Performance, and Hyrox workouts.

## Rig Categories

**Floor Rigs:** Freestanding structures anchored to the floor, ideal for creating versatile training stations.

**Wall Rigs:** Mounted to the wall to maximize space efficiency while offering full rig functionality.

**Calisthenics Rigs:** Specially designed setups for advanced bodyweight training such as pull-ups, dips, muscle-ups, and human flag exercises.



## Floor Rig 04 - 20

FLR4 - FLR8 - FLR12 - FLR16 - FLR20

Height: 2510 mm    Width: 1350 mm - 4400 mm - 7450 mm - 10500 mm - 13550 mm  
 Length: 1730 mm

# Floor Rigs

Floor Rigs are strong, floor-mounted training structures that bring maximum stability and versatility to fitness spaces. With their durable design, they are ideal for intensive use in both indoor and outdoor fitness clubs. Unlike wall-mounted systems, Floor Rigs allow training stations to be placed in the center of a space while keeping wall sides open—offering flexible layout options.

They support a wide range of exercises including squats, deadlifts, bench press, shoulder press, pull-ups, chin-ups, muscle-ups, and core training. Thanks to their fully modular design, Floor Rigs can be expanded with accessories such as Smith Machine, Arm Lever Kits, J-Holders, Storage Units, Dip Bars, Band Holders, Climbing Ropes, and Gymnastic Rings, creating complete performance stations.

Perfectly suited for Crossfit, Hyrox, Weightlifting, Calisthenics, Functional Fitness, and Athletic Performance, Floor Rigs are an excellent choice for professional, multi-user training environments.

Installation Note: Floor Rigs must always be securely anchored to a solid, level floor by a licensed contractor or a certified T-RACKS installer.



## Wall Rig 02 - 10

WR2 - WR4 - WR6 - WR8 - WR10

Height: 2510 mm    Width: 1350 mm - 4400 mm - 7450 mm  
 Length: 1238 mm    10500 mm - 13550 mm

# Wall Rigs

Wall Rigs are durable training structures mounted to both the wall and the floor, offering maximum strength and space efficiency. By integrating with the wall, they keep the central training area open while still delivering the full functionality of a rig—making them ideal for gyms and studios that want to maximize usable space.

They support a wide variety of exercises such as squats, deadlifts, bench press, shoulder press, pull-ups, chin-ups, muscle-ups, and core training. Thanks to their modular design, Wall Rigs can be expanded with numerous accessories including Smith Machine, Arm Lever Kits, J-Holders, Storage Attachments, Dip Bars, Band Holders, Climbing Ropes, and Gymnastic Rings.

With their space-saving structure and versatile training potential, Wall Rigs are perfectly suited for CrossFit, Hyrox, Calisthenics, Functional Fitness, and Athletic Performance, where multi-user and multi-exercise setups are essential.

Installation Note: Wall Rigs must always be anchored to a solid floor and wall by a licensed contractor or a certified T-RACKS installer.



## Calisthenics Rig 04 - 10

CLR4 - CLR6 - CLR8 - CLR10

Height: 2510 mm    Width: 2060 mm - 3940 mm  
 Length: 2060 mm    5820 mm - 7700 mm

# Calisthenics Rigs

Calisthenics Rigs are floor-mounted, heavy-duty training structures designed specifically for bodyweight and functional fitness. With their wide pull-up bars and multi-bar configurations, they provide maximum comfort and stability for swinging and static movements such as Front Lever, Back Lever, Pull-Ups, Chin-Ups, Muscle-Ups, and Core Training.

Suitable for both indoor and outdoor use, Calisthenics Rigs are ideal for fitness clubs, outdoor gyms, gardens, and terraces. Their modular design allows limitless customization with accessories such as Human Flag attachments, Extension Profiles, Hanger Arms, Strap Hangers, NEO Rings, Climbing Ropes, Dip Attachments, Band Holders, and more—transforming them into complete bodyweight training stations.

Highly compatible with CrossFit, Calisthenics, Functional Fitness, Athletic Performance, and Hyrox, these rigs deliver professional-level versatility for athletes of all levels.

Installation Note: For maximum safety, Calisthenics Rigs must always be securely anchored to a solid, level floor by a licensed contractor or a certified T-RACKS installer.

**RESIST.**  
**REBUILD.**  
**RISE.**





# RACK & RIG ACCESSORIES

Rack & Rig Accessories are compatible with all rack models, allowing you to customize and enhance your rack. Tailor your rack to your specific workouts by adding the appropriate accessories. Please note that some accessories may not be compatible with each other, and certain accessories are not suitable for outdoor use. To ensure safe and correct usage, make sure that the accessory you choose can be properly used with your rack, or consult T-RACKS advisors for guidance.



J Holder Basic  
JHB



J Holder Roller  
JHR



Safety Arm  
SAF



Mobil Pull Up Bar Hanger  
MPBH



Wall Ball Target  
WBT



Double Wall Ball Target  
DWBT



Dips Attachment  
DIPS



Dips Attachment Hanger  
DIPSH



Mobil Pull Up Bar  
MPB



Arm Lever Kit  
ARMLK



Smith Machine Attachment  
SMITAT



Cable Single Attachment  
90 kg 1/2  
CBSATC901/2



**Cable Seated Row Attachment 120 kg 1/1**  
CSRA1201/1



**Cable Lat Pull Down Attachment 120 kg 1/1**  
CLPDA1201/1



**Human Flag**  
HUMF



**Monkey Bar 1090**  
MB1090



**Monkey Bar 1470**  
MB1470



**Revolver**  
REV



**Stall Bar Metal 1090**  
STBM1090



**Stall Bar Wood 1090**  
STBW1090



**Stall Bar Metal 1470**  
STBM1470



**Rack Landmine**  
RLDM



**Free Rack Parallel Bar**  
FRPB



**Floor Parallel Bar**  
FPB



**Rope Holder**  
ROPH



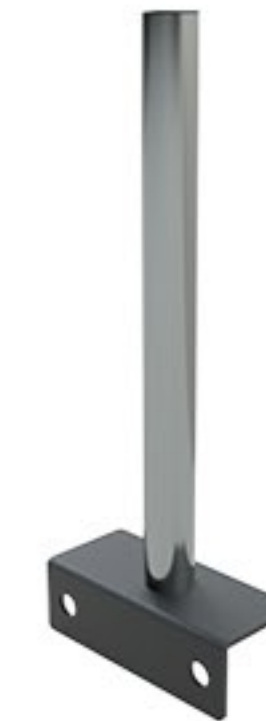
**Olympic Bar Hanger**  
OLYH



**Single Plate Holder**  
SPH



**Rack & Wall Plate Holder**  
RWPH



**Vertical Plate Holder**  
VPH



**Carabiner Hanger**  
CARH



**Strap Hanger**  
STRH



**Floor Mount Free Rack**  
FLMFR



**Hanger Arm 611**  
HA611



**Rack Wall Ball Storage Shelf 1088**  
WBS1088



**Rack Wall Ball Storage Shelf 1468**  
WBS1468



**Rack Kettlebell Storage Shelf 1088**  
KBS1088



**Hanger Arm 1211**  
HA1211



**Rack HEX Dumbbell Storage Shelf 1088**  
DMS1088



**Rack HEX Dumbbell Storage Shelf 1468**  
DMS1468



**Rack Kettlebell Storage Shelf 1468**  
KBS1468



**Rack Pool Storage Shelf 1088**  
POS1088



**Rack Pool Storage Shelf 1468**  
POS1468



**Fat Grip Pull Up Bar 1470**  
FGPB1470



**Fat Grip Pull Up Bar 1800**  
FGPB1800



**Out Pull Up Bar 1090**  
OPB1090



**Handstand Wall**  
HSDW



**Multi Grip Pull Up Bar**  
MGPB



**Fat Grip Pull Up Bar 1090**  
FGPB1090



**Out Pull Up Bar 1470**  
OPB1470



**Extention Profile 800**  
EXP800



**Extention Profile 1600**  
EXP1600



# WEIGHTLIFTING

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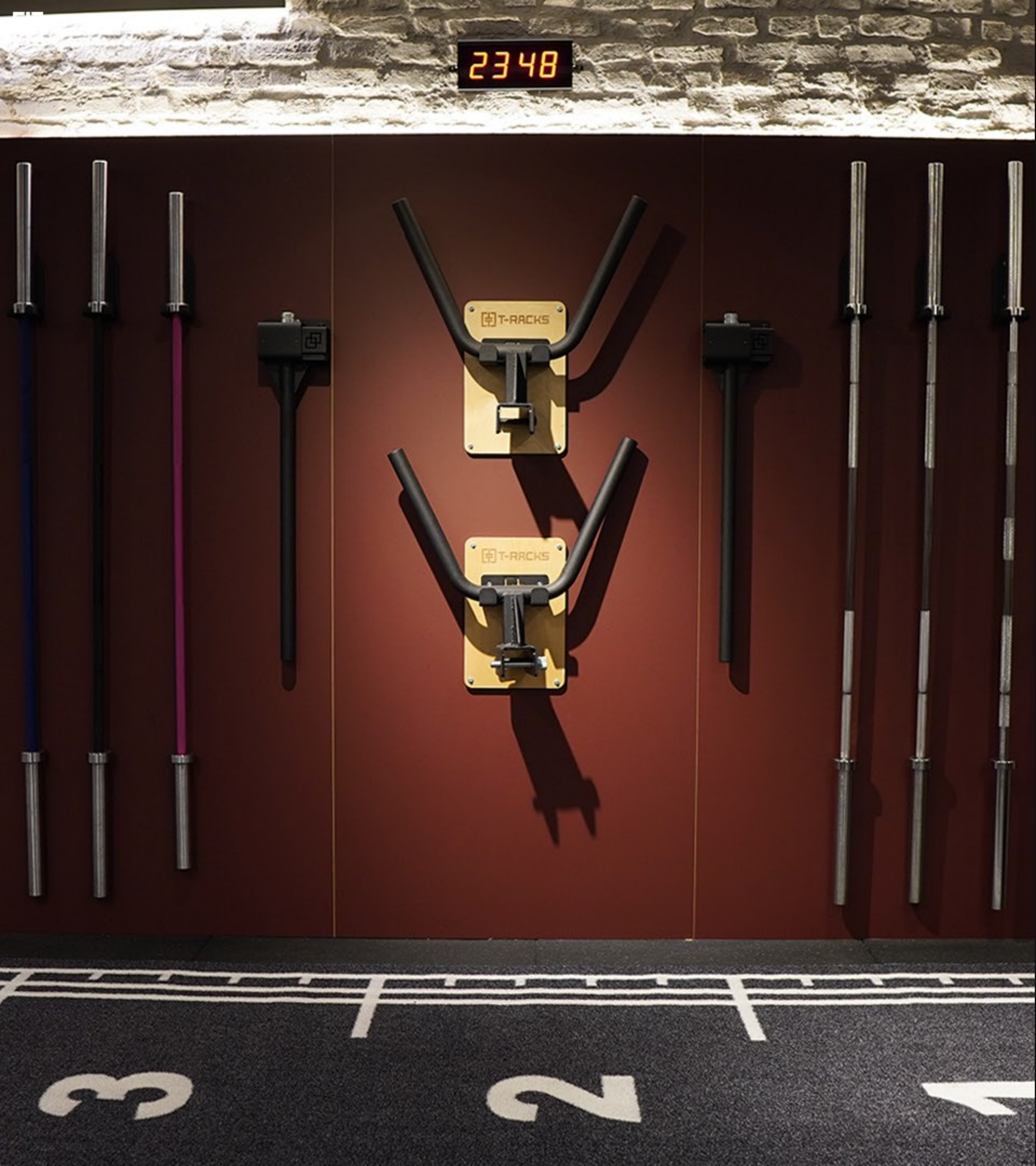
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# BARBELLS

The Barbells category offers a range of high-performance bars suitable for both home and professional environments. You can find options with bearings or bushings, designed specifically for weightlifting, powerlifting, or general fitness. In addition to barbells, this category also includes bar clips, ensuring you have everything you need for a secure and efficient workout experience.

## Barbells Categories

Weightlifting Barbells

Powerlifting Barbells

Specialty Barbells

Collars



# Weightlifting Barbells

## Man Clean Weightlifting Bar Series

The Man Clean Weightlifting Bar Series is designed with specifications that align with IWF standards, though the bars are not IWF certified. These bars are ideal for professional use in technical lifts such as clean and snatch, delivering smooth and reliable performance.

Each bar features 8 high-quality needle bearings, ensuring a consistent and smooth rotation even under heavy loads. This protects the joints and shoulders while contributing to top-level performance in competitions.

The Cerakote-coated shaft (Black / Blue / White options) provides excellent durability, rust resistance, and a premium aesthetic.

The sleeves vary by model: Black and Blue bars feature hard chrome sleeves, while the White bar features black QPQ sleeves for added durability.

With a 28 mm shaft diameter and 1.2 mm depth dual mark knurling, these bars provide excellent grip without compromising comfort.

The bars are designed without a center knurl, making them more comfortable for movements like clean and snatch, where the bar comes into contact with the neck and shoulders, preventing irritation.

The series is also popular among CrossFit athletes, valued for its durability and performance in intense training sessions.

### Maintenance & Durability:

These bars are not suitable for outdoor use. Exposure to rain, moisture, or humid environments can cause permanent damage to the sleeves and shaft, significantly shortening the bar's lifespan.

To ensure long-lasting use, always store in a dry indoor environment and avoid contact with water.

After training, it is recommended to remove chalk residue and perform regular cleaning to preserve the quality of the bar.

The Cerakote finish (all models) and black QPQ coating (White model sleeves) provide superior protection against rust compared to standard finishes, but they cannot prevent corrosion if the bar is exposed to wet conditions.



## Man Clean Weightlifting Bar Black

### MCLWBBK

Length: 2200 mm  
Weight : 20 kg  
Diameter: 28 mm  
Sleeve Diameter: 50 mm  
Knurling: 1.2 mm Dual Mark Knurl (IWF-IPF) & No Center Knurl

Loadable Sleeve Length: 415 mm  
Load Capacity: 650 kg  
Tensile Strength: 190 PSI  
Bearing: 8 Needle Bearings  
Material & Color: Hard Chrome Sleeves & Black Cerakote Shaft



## Man Clean Weightlifting Bar Blue

### MCLWBBU

Length: 2200 mm  
Weight: 20 kg  
Diameter: 28 mm  
Sleeve Diameter: 50 mm  
Knurling: 1.2 mm Dual Mark Knurl (IWF-IPF) & No Center Knurl

Loadable Sleeve Length: 415 mm  
Load Capacity: 650 kg  
Tensile Strength: 190 PSI  
Bearing: 8 Needle Bearings  
Material & Color: Hard Chrome Sleeves & Blue Cerakote Shaft



## Man Clean Weightlifting Bar White

### MCLWBWH

Length: 2200 mm  
Weight: 20 kg  
Diameter: 28 mm  
Sleeve Diameter: 50 mm  
Knurling: 1.2 mm Dual Mark Knurl (IWF-IPF) & No Center Knurl

Loadable Sleeve Length: 415 mm  
Load Capacity: 650 kg  
Tensile Strength: 190 PSI  
Bearing: 8 Needle Bearings  
Material & Color: Black QPQ Sleeves & White Cerakote Shaft



# Weightlifting Barbells

## Woman Clean Weightlifting Bar Series

The Woman Clean Weightlifting Bar Series is designed with specifications that align with IWF standards, though the bars are not IWF certified. These bars are optimized for professional use in technical lifts such as clean and snatch, ensuring smooth and reliable performance.

Each bar is equipped with 8 high-quality needle bearings, providing consistent and smooth rotation under heavy loads. This reduces stress on the joints and shoulders while contributing to high performance in training and competition.

The Cerakote-coated shafts (Black / Pink / Purple options) deliver durability, rust resistance, and a premium finish. The sleeve design varies by model: Black and Pink bars feature hard chrome sleeves, while the Purple bar features black QPQ sleeves for enhanced durability.

With a 25 mm shaft diameter and 1.2 mm depth dual mark knurling, these bars provide excellent grip without compromising comfort. The absence of a center knurl makes them more comfortable for Olympic-style lifts, preventing neck and shoulder irritation during cleans and snatches.

These bars are also popular among CrossFit and functional fitness athletes, appreciated for their durability, rotation, and reliability in high-intensity training sessions.

### Maintenance & Durability:

Not suitable for outdoor use. Exposure to rain, humidity, or wet environments can cause permanent damage to the sleeves and shaft, significantly shortening the bar's lifespan.

Always store indoors in a dry environment and avoid moisture contact.

Clean off chalk residue after training and perform regular maintenance to preserve bar quality.

The Cerakote finish on all models and the black QPQ coating (Purple model sleeves) provide superior protection compared to standard finishes, but cannot fully prevent corrosion if exposed to wet conditions.

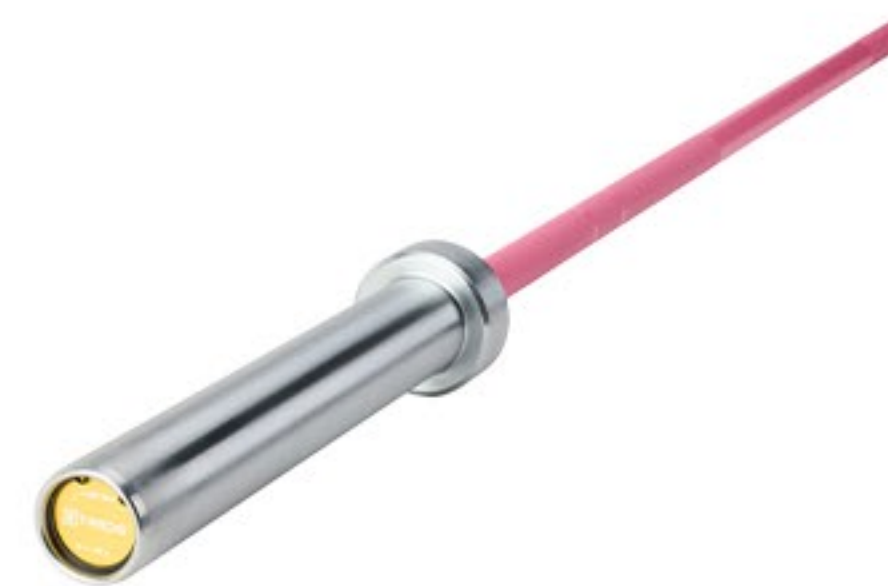


## WomanClean Weightlifting Bar Black

### WCLWBBK

Length: 2010 mm  
Weight: 15 kg  
Diameter: 25 mm  
Sleeve Diameter: 50 mm  
Knurling: 1.2 mm Dual Mark Knurl (IWF-IPF) & No Center Knurl

Loadable Sleeve Length: 320 mm  
Load Capacity: 650 kg  
Tensile Strength: 190 PSI  
Bearing: 8 Needle Bearings  
Material & Color: Hard Chrome Sleeves & Black Cerakote Shaft



## Woman Clean Weightlifting Bar Pink

### WCLWBP

Length: 2010 mm  
Weight: 15 kg  
Diameter: 25 mm  
Sleeve Diameter: 50 mm  
Knurling: 1.2 mm Dual Mark Knurl (IWF-IPF) & No Center Knurl

Loadable Sleeve Length: 320 mm  
Load Capacity: 650 kg  
Tensile Strength: 190 PSI  
Bearing: 8 Needle Bearings  
Material & Color: Hard Chrome Sleeves & Pink Cerakote Shaft



## Woman Clean Weightlifting Bar Purple

### WCLWBPRP

Length: 2010 mm  
Weight: 15 kg  
Diameter: 25 mm  
Sleeve Diameter: 50 mm  
Knurling: 1.2 mm Dual Mark Knurl (IWF-IPF) & No Center Knurl

Loadable Sleeve Length: 320 mm  
Load Capacity: 650 kg  
Tensile Strength: 190 PSI  
Bearing: 8 Needle Bearings  
Material & Color: Black QPQ Sleeves & Purple Cerakote Shaft



# Powerlifting Barbells

The Power Bar is designed with IPF specifications, making it ideal for powerlifting, although it is not IPF certified. This high-quality bar features standardized measurements specific to powerlifting, with a 29 mm diameter and a load capacity of 650 kg, making it perfect for handling heavy weights.

The bar includes a center knurl, which provides extra grip and stability during exercises like squats, allowing you to lift heavier with confidence. The shaft is coated in black Cerakote, and the sleeves are hard chrome, offering durability and resistance to wear.

The copper bushings ensure smooth, reliable rotation, making it a top choice for serious powerlifters. To ensure the longevity of your bar, it is recommended to perform regular maintenance after use. Avoid exposing the bar to wet conditions and ensure that chalk residue is cleaned off, as these factors can significantly reduce the lifespan of the bar. The ceramic coating on the shaft is particularly effective against rust, offering superior protection compared to other finishes, which helps maintain the bar's quality and durability over time.



## Power Bar

### PBR

Length: 2200 mm  
 Weight: 20 kg  
 Diameter: 29 mm  
 Sleeve Diameter: 50 mm  
 Knurling: 1.5 mm Single Mark Knurl  
 (IPF) - Center Knurl

Loadable Sleeve Length: 415 mm  
 Load Capacity: 650 kg  
 Tensile Strength: 210 PSI  
 Material & Color: Hard Chrome  
 Sleeve & Black Cerakote Shaft



# Specialty Barbells

The Z Bar is a bushing-equipped, chrome-coated sleeve & shaft short bar, specifically designed for fitness routines, particularly for biceps and triceps exercises. Its unique shape makes it an ideal choice for targeting these muscle groups, offering a comfortable and effective workout experience. To ensure the longevity of your bar, it is recommended to perform regular maintenance after use. Avoid exposing the bar to wet conditions and ensure that chalk residue is cleaned off, as these factors can significantly reduce the lifespan of the bar.

# Collars

The Collar is a black plastic bar clip designed to securely hold your weight plates in place and is compatible with Olympic bar dimensions. After loading your bar, it is highly recommended to use the collar for a safe and secure workout, ensuring that the plates remain stable throughout your training session.



## Z Bar

ZBR

Material: Hard Chrome Sleeve & Shaft  
Color: Grey



## Collar

COLL

Material: Plastic  
Color: Black



# BUMPER PLATES

The Bumper Plates category includes weight plates that are all uniform in diameter and center hole size, with only the thickness varying. These plates are compatible with Olympic bars and are designed to withstand drops and impact, making them a highly durable product group. They can be fully rubberized or have a central disc. Micro plates, which are smaller in size, are also included in this category. Bumper plates are essential for any barbell training, providing durability and consistency during lifts.

## Bumper Plates Categories

Outdoor Bumper Plates

Colored Bumper Plates

Competition Disc Bumper Plates

Colored Micro Plates



# Outdoor Bumper Plates

The Outdoor Bumper Plate Set is designed as a fully outdoor-compatible solution, offering excellent durability and cost-effectiveness. With a black base and IWF standard color-coded logo and weight markings, these plates ensure easy identification while maintaining a professional appearance. Made of high-quality outdoor-resistant rubber with a stainless steel insert, they fit standard Olympic bars and are ideal for long-lasting use in demanding training environments.

## Durability & Use:

Plates of 15, 20, and 25 kg are thick enough to be safely dropped from hip height. The thinner 5 and 10 kg plates, while durable, should not be dropped from a height to prevent potential damage.

Due to their extra thickness, the maximum loadable weight on the bar is limited, as the sleeves fill up faster.

## Longevity Tips:

The robust outdoor-resistant material ensures extended lifespan even under challenging weather conditions. Still, using T-RACKS professional platforms can help soften impacts and preserve the quality of the plates.

## Conditions of Use:

Specially manufactured for outdoor use, these plates can withstand exposure to sunlight, moisture, and changing weather, making them a reliable choice for long-term outdoor training setups.

This set combines outdoor durability, crack resistance, and practicality, making it an ideal option for professional facilities and businesses requiring heavy-duty training equipment.



## Outdoor Bumper Plate Set 150 kg

**OBPS150**

### Set Includes:

**5** **10** **15** **20** **25** x2

### Color:

Black base with IWF standard colors on logo and weight markings

**5** **10** **15** **20** **25**

### Thickness:

5 kg – 33 mm	20 kg – 79 mm
10 kg – 59 mm	25 kg – 93 mm
15 kg – 66 mm	

### Material:

Outdoor-Resistant Rubber with Stainless Steel Sleeve, Rubber particles mixed with adhesive and vulcanized to form the crumb plate.

**Diameter:** 450 mm

**Center Diameter:** 50.2 mm

**Total Set Weight:** 150 kg



# Colored Bumper Plates

The Colored Bumper Plate Set is designed in full compliance with IWF color standards, making weight identification easy and professional. Made of high-quality rubber with a stainless steel insert, these plates fit standard Olympic bars and provide both durability and economy.

### Durability & Use:

Plates of 15, 20, and 25 kg are thick enough to be safely dropped from hip height. The thinner 5 and 10 kg plates, while durable, should not be dropped from a height to prevent potential damage.

### Longevity Tips:

For all weight options, avoiding drops from greater heights is recommended to ensure longer-lasting use. Using T-RACKS professional platforms helps soften impacts and extend product lifespan.

### Conditions of Use:

These plates are not suitable for outdoor environments and should be kept away from direct sunlight to maintain their quality.

This set combines compliance with international standards, durability, and practicality, making it an ideal choice for both professional training facilities and performance-oriented gyms.



## Colored Bumper Plate Set 150 kg

CBPS150

### Set Includes:

5 10 15 20 25 x2

### Color (IWF Standard):

5 10 15 20 25

### Thickness:

5 kg - 24 mm      20 kg - 65 mm  
10 kg - 40 mm      25 kg - 76.5 mm  
15 kg - 53.5 mm

### Material:

Rubber with Stainless Steel Sleeve

**Diameter:** 450 mm

**Center Diameter:** 50.6 mm

**Total Set Weight:** 150 kg



# Competition Disc Bumper Plates

The Competition Disc Bumper Plate Set is designed to meet professional competition standards. These plates feature a compact disc body, making them highly durable with minimal weight variance—essential for precision training. Their slim design compresses maximum weight into minimal thickness, allowing athletes to load more plates on the bar and achieve higher lifts during training or competitions. While the plates adhere to IWF standard measurements and colors, they are not IWF certified.

### Durability & Use:

Plates of 15, 20, and 25 kg are thick enough to be safely dropped from hip height. The thinner 5 and 10 kg plates, while durable, should not be dropped from a height to prevent potential damage.

### Longevity Tips:

For all weight options, gently placing plates down instead of dropping from greater heights is recommended to maximize their lifespan. Using T-RACKS professional platforms with cushioning will further enhance durability.

### Conditions of Use:

These plates are intended for indoor professional training environments. To maintain their quality, avoid outdoor use and prolonged exposure to sunlight or extreme conditions.

This set combines competition-level precision, durability, and practicality, making it an excellent choice for athletes and professional training facilities requiring consistent and reliable equipment.



## Competition Disc Bumper Plate Set 150 kg

### COMBPS150

#### Set Includes:

5 10 15 20 25 x2

#### Color (IWF Standard):

5 10 15 20 25

#### Thickness:

5 kg - 23 mm  
10 kg - 31 mm  
15 kg - 43 mm

20 kg - 53 mm  
25 kg - 66 mm

#### Material:

Rubber & Disc

**Diameter:** 450 mm

**Center Diameter:** 50.6 mm

**Total Set Weight:** 150 kg



# Colored Micro Plates

The Colored Micro Plate Set is designed in full compliance with IWF color standards, making weight identification easy and professional. These plates are especially useful for incrementally increasing loads during training, helping athletes progress safely when approaching challenging lifts.

They are also crucial for precision in competition settings, allowing athletes to make small and strategic weight adjustments to reach their optimal performance.

Compact and durable with a rubber body, they are ideal for fine-tuning performance in both training and professional use.



## Colored Micro Plate Set 15 kg

CMPS15

**Set Includes:**

0.5 1 1.5 2 2.5 x2

**Color (IWF Standard):**

0.5 1 1.5 2 2.5

**Thickness:**

0.5 kg - 16 mm    2 kg - 22 mm  
1 kg - 19 mm    2.5 kg - 23 mm  
1.5 kg - 20 mm

**Diameter:**

0.5 kg - 134 mm    2 kg - 189 mm  
1 kg - 158 mm    2.5 kg - 210 mm  
1.5 kg - 173 mm

**Material:** Rubber

**Center Diameter:** 51 mm

**Total Set Weight:** 15 kg



# PLATFORMS

The Platform Series is a professional-grade flooring solution designed to create a safe, efficient, and high-performance training environment. Whether integrated into racks or used as standalone stations, these platforms combine durability, shock absorption, and premium materials to protect both athletes and equipment.

All platforms are built with a 60 mm height, consisting of a 40 mm shock-absorbing layer topped with 20 mm rubber, encased in a sturdy frame. This construction effectively minimizes noise, reduces vibration, and protects bars and plates from damage during drops. The standing surface is made of wood, providing a firm and responsive base that enhances performance by allowing athletes to feel the ground better.

## Platforms Categories

Rack Platforms

Free Platforms



## Rack Platforms

RPL1x3 - RPL2x3 - DRPL1x3 - DRPL2x3

# Rack Platforms

### **Rack Platforms (RPL1x3 & RPL2x3):**

Designed to integrate seamlessly with racks in a T-shaped configuration. Available in 1000x3000 mm and 2000x3000 mm sizes, they cover the central training zone of the rack while delivering maximum stability.

### **Double Rack Platforms (DRPL1x3 & DRPL2x3):**

Designed in an H-shape, offering dual-sided functionality for efficient training on both sides of Power Racks. Perfect for heavy-duty environments where multiple users train simultaneously.



## Free Platform 1000x3000x60

FPL1x3



## Free Platform 2000x3000x60

FPL2x3

# Free Platforms

### Free Platforms (FPL1x3 & FPL2x3):

Standalone, independent training stations that do not require rack integration. Available in 1000x3000 mm and 2000x3000 mm, they provide flexible training zones for Olympic lifting and functional workouts.

With their combination of shock-absorbing technology, durable rubber, and premium wood, the Platform Series delivers a professional standard suitable for gyms, clubs, and performance facilities.

To ensure compatibility with your rack setup, consult a T-RACKS professional before ordering.



# DUMBBELLS

Dumbbells are versatile and essential tools for any fitness routine, offering a wide range of exercise possibilities. These dumbbells feature a durable rubber coating that protects both the dumbbells and your workout space.

## Dumbbells Categories

HEX Dumbbell

Adjustable Dumbbell



# HEX Dumbbells

## Set Options:

### HEX Dumbbell Set – 110 kg (10 Pair):

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 kg x 2 pcs.

### HEX Dumbbell Set – 390 kg (12 Pair):

2.5 – 5 – 7.5 – 10 – 12.5 – 15 – 17.5 – 20 – 22.5 – 25 – 27.5 – 30 kg x 2 pcs.

### HEX Dumbbell Set – 730 kg (15 Pair):

2.5 – 5 – 7.5 – 10 – 12.5 – 15 – 17.5 – 20 – 22.5 – 25 – 27.5 – 30 – 35 – 40 – 45 – 50 kg x 2 pcs.

The HEX shape prevents rolling, ensuring safety and convenience during training.

Rubber coating provides excellent durability against drops and protects surrounding surfaces.

Knurled chrome handle ensures a strong, non-slip grip and long-lasting performance.

Designed for both home gyms and professional facilities, offering a wide range of weights for progressive training.

Compatible with T-RACKS dumbbell storage solutions for organized and safe storage.

## Durability & Longevity Tips:

Keep chrome handles dry and clean after each use to maintain grip and prevent wear.

Wipe off chalk and sweat residues regularly.

Store on proper racks to extend product lifespan and maintain facility organization.



## HEX Dumbbell Set

HHDUMMS110-HHDUMS390-HHDUMS730

**Weight Range:** 1 – 50 kg

**Handle Length:** 130 mm

**Material:** Rubber-Coated Dumbbell with Chrome Handle (Knurled)

### Available Increments:

1 – 2 – 2.5 – 3 – 4 – 5 – 6 – 7  
7.5 – 8 – 9 – 10 – 12.5 – 15 – 17.5  
20 – 22.5 – 25 – 27.5 – 30 – 35  
40 – 45 – 50 kg

### Handle Diameter:

25 mm (1–22.5 kg)  
34 mm (25–50 kg)

# Adjustable Dumbbell

The Adjustable Dumbbell 24 kg is designed for home use and boutique studios, offering professional gym functionality in a compact format. With 2 kg increments, it provides all weight options from 2 kg up to 24 kg (2-4-6-8-10-12-14-16-18-20-22-24 kg). Unlike most adjustable dumbbells, which often skip intermediate weights, this model ensures homogeneous weight progression, giving you the same experience as training in a professional fitness club.

The dumbbell features a dial system integrated into the grip: by simply rotating the handle, you can instantly adjust the weight and see the selected load on the scale. Its durable storage stand keeps the plates neatly organized, while the green finish adds a modern and stylish look.

#### Safety & Ease of Use:

When adjusting the weight, make sure to fully rotate the dial until you hear the “click” sound before lifting the dumbbell. This ensures the plates are securely locked into place. Attempting to lift without fully locking may affect the mechanism over time. This dumbbell offers a safe, practical, and versatile solution for strength training—perfect for maximizing space without compromising on performance.



## Adjustable Dumbbell 24 kg

ADJDUM24

**Dumbbell Dimension:** 38 × 18 × 18 cm

**Handle Length:** 18 cm

**Packaging Size:**  
51 × 26 × 30 cm

**Dumbbell Weight Options:**  
2 - 4 - 6 - 8 - 10 - 12 - 14 - 16  
18 - 20 - 22 - 24 kg

**Dumbbell Stand:**  
Length 43 cm  
Width 22 cm

**Max Dumbbell Weight:**  
24 kg

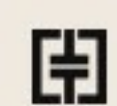


# KETTLEBELLS

Kettlebells are versatile weights that offer a wide range of exercises for strength, endurance, and flexibility. Their unique design allows for dynamic movements, making them ideal for functional training and full-body workouts. Durable and easy to handle, kettlebells are a staple in any fitness routine.

## Kettlebells Categories

| Iron Kettlebells



# Iron Kettlebells

The Iron Kettlebell series is crafted from a solid cast mold, ensuring durability, balance, and precision. The black body combined with colored markers makes weight identification easy and professional.

Designed for functional and dynamic training, these kettlebells are highly effective for explosive exercises such as swings, snatches, cleans, squats, and presses. Their ergonomic handle provides a comfortable and secure grip, suitable for both one-handed and two-handed use.

#### Durability & Storage:

Solid cast iron build guarantees long-lasting performance.

Colored markers allow quick weight recognition during training.

Fully compatible with T-RACKS kettlebell storage systems for safe organization and accessibility.

#### Longevity Tips:

Keep kettlebells dry and clean after each session.

Avoid unnecessary impacts to preserve surface finish.

Store properly on racks to extend product life and protect gym flooring.

This series combines strength, durability, and usability, making it a fundamental tool for athletes, coaches, and fitness facilities.



## Iron Kettlebell Set 40 kg

**IKETS40**

#### Color Markers & Heights:

4 kg - Silver marker - Height: 169.7 mm

6 kg - Gray marker - Height: 190.9 mm

8 kg - Pink marker - Height: 204.7 mm

10 kg - Red marker - Height: 218.6 mm

12 kg - Light Blue marker - Height: 229.8 mm

**Material:** Cast Iron

**Body Color:** Black

**Available Increments:**

4 - 6 - 8 - 10 - 12 kg

**Iron Kettlebell Set**

**40 kg (5 pcs.) :**

4 - 6 - 8 - 10 - 12 kg × 1 pc

(Heights: 169.7 - 229.8 mm)



## Iron Kettlebell Set 160 kg

IKETS160

### Color Markers & Heights:

4 kg - Silver marker - Height: 169.7 mm  
6 kg - Gray marker - Height: 190.9 mm  
8 kg - Pink marker - Height: 204.7 mm  
10 kg - Red marker - Height: 218.6 mm  
12 kg - Light Blue marker - Height: 229.8 mm

16 kg - Yellow marker - Height: 244.1 mm  
20 kg - Purple marker - Height: 252 mm  
24 kg - Green marker - Height: 268.6 mm  
28 kg - Orange marker - Height: 282 mm  
32 kg - Red marker - Height: 289.1 mm

**Body Color:** Black

### Available Increments:

4 - 6 - 8 - 10 - 12 - 16  
20 - 24 - 28 - 32 kg

**Material:** Cast Iron

### Iron Kettlebell Set 160 kg (10 pcs.):

4 - 6 - 8 - 10 - 12 - 16 - 20 - 24 - 28 - 32 kg × 1 pc  
(Heights: 169.7 - 289.1 mm)



# Landmines

The Free Landmine is a stylishly designed landmine attachment with a wooden base, offering a sleek aesthetic for your training space. It can be used without needing to be attached to a fixed point, though leaning it against a wall or other support can provide more stability during use.

The landmine features an opening that fits Olympic bars, making it perfect for rotational, single-arm strength, and explosive power exercises—key elements in functional fitness. This versatile piece of equipment is lightweight and easy to transport. Additionally, it includes a tightening screw to secure bars that are thinner than Olympic standards, ensuring a stable and effective workout.



## Free Landmine

FLDM

**THE MOMENT YOU  
THINK YOU'RE PERFECT,  
YOUR GROWTH ENDS.**

**TRUE STRENGTH IS  
STRIVING TO BE  
BETTER THAN YOU  
WERE YESTERDAY.**





# STORAGES

## LARGE STORAGES

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## SMALL STORAGES

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## Large Storages

SNGLS - DBLLS - TRPLS - QUADLS

# Large Storages

The Large Storage system is designed to keep your training space organized and easily accessible, combining functionality with a modular design. Each unit comes with kettlebell, and wall ball shelves, as well as side hooks for bands, ropes, belts, and other accessories and the entire system must be floor-mounted for maximum stability.

You can use this system to store a wide range of equipment such as dumbbells, kettlebells, Bulgarian bags, core bags, blocks, and more, keeping everything in one organized solution.

**Available in different configurations to suit your needs:**

**Single:** 3 kettlebell shelf, 1 wall ball shelf

**Double:** 6 kettlebell shelves, 2 wall ball shelves

**Triple:** 9 kettlebell shelves, 3 wall ball shelves

**Quadruple:** 12 kettlebell shelves, 4 wall ball shelves

This modular design allows you to start with a single unit and expand up to quadruple storage capacity, ensuring a scalable solution as your equipment collection grows.



# SMALL STORAGES

## Small Storages Categories

HEX Dumbbell Storage

Kettlebell Storage

Plate Trees

Band Hanger



## HEX Dumbbell Storages 1088

SHDBS1088 - DHDBS1088  
THDBS1088 - QHDBS1088



## HEX Dumbbell Storages 1468

SHDBS1468 - DHDBS1468  
THDBS1468 - QHDBS1468

# HEX Dumbbell Storages

HEX Dumbbell Storage units are available in two standard lengths (1088 mm and 1468 mm) and come in configurations ranging from single to quadruple units (Single, Double, Triple, Quadruple). Each storage unit includes three shelves that can be integrated either at an angle or flat, depending on your preference, and can be adjusted to desired heights on fully perforated profiles. These units are specifically designed to hold HEX dumbbells and are also compatible with Rack uprights.

**Single HEX Dumbbell Storage 1088:** This model can accommodate a set of dumbbells from 2.5 kg to 22.5 kg, with two pairs of each weight.

**Single HEX Dumbbell Storage 1468:** This model can accommodate a set of dumbbells from 2.5 kg to 30 kg, with two pairs of each weight.

These units can be expanded further upon request to meet your storage needs.



## Kettlebell Storages 1088

SKBS1088 - DKBS1088  
TKBS1088 - QKBS1088



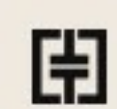
## Kettlebell Storages 1468

SKBS1468 - DKBS1468  
TKBS1468 - QKBS1468

# Kettlebell Storages

Our Kettlebell Storage units offer the same options as the HEX Dumbbell Storage models, with two available sizes (1088 mm and 1468 mm) and configurations ranging from single to quadruple units (Single, Double, Triple, Quadruple). Each storage unit includes three shelves, but unlike the HEX Dumbbell Storage, the shelves are not angled. These shelves are not only ideal for kettlebells but are also suitable for storing abmats, yoga blocks, pads, and other similar items.

These units can be expanded further upon request to meet your storage needs.



# Plate Trees

Plate Trees are designed to keep your plates and barbells neatly organized while ensuring safety and balance. Each model includes 6 bumper plate storage pegs, 1 micro plate or collar storage peg, and 2 Olympic barbell holders, providing a practical and compact storage solution.

Wood Plate Tree: Features a wooden base for an aesthetic touch. Not suitable for outdoor use.

Metal Plate Tree: Same design as the wooden version but with a metal base, making it durable and suitable for outdoor use.

Wheel Plate Tree: Built with a metal base and wheels under the frame, allowing for easy movement and repositioning. Suitable for outdoor use.

For all models, it's essential to load the plates evenly on both sides to maintain balance and stability. Overloading one side while leaving the other empty can compromise safety.



## Wood Plate Tree

WOPTRE



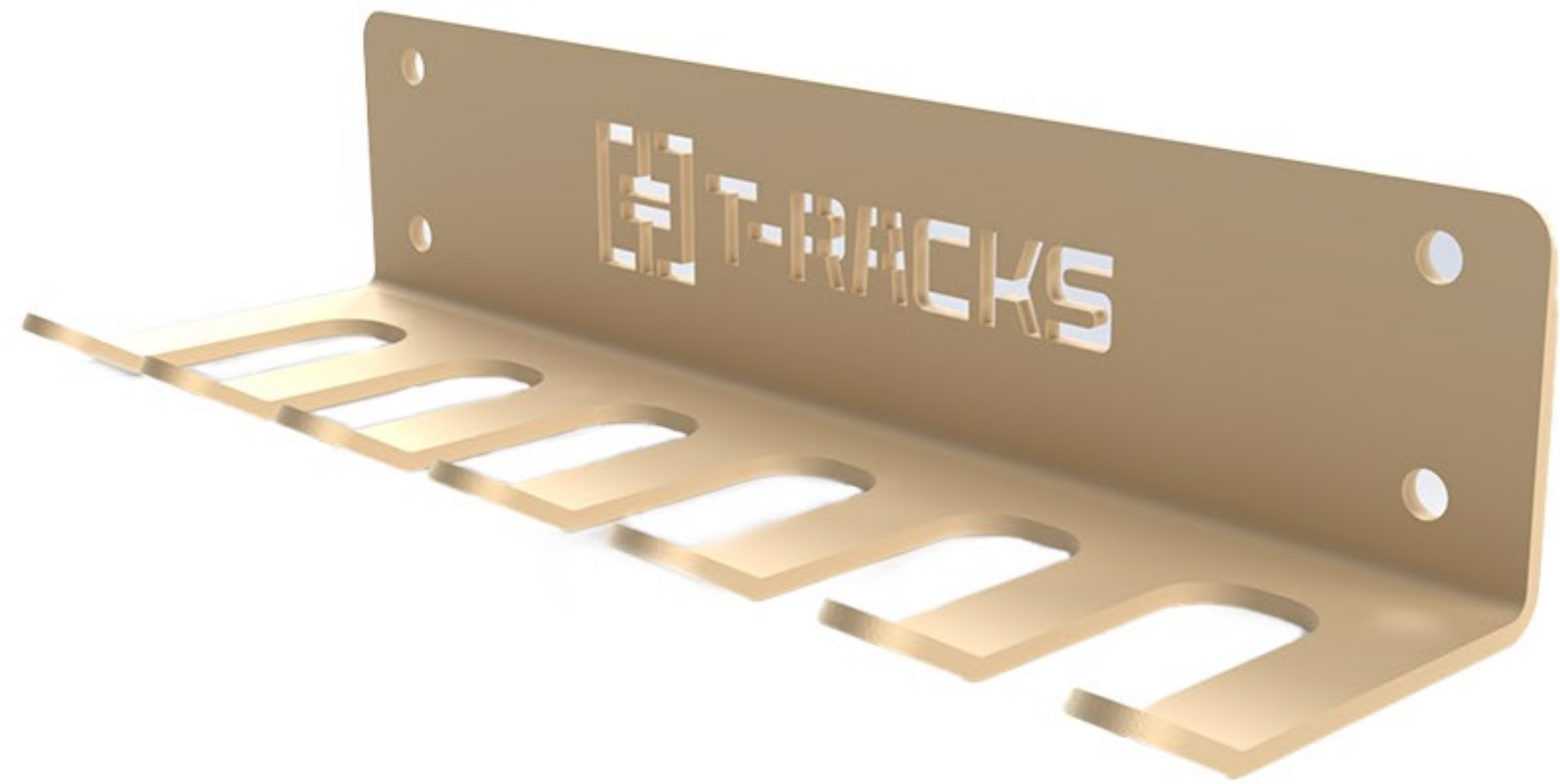
## Metal Plate Tree

MPTRE



## Wheel Plate Tree

WHPTRE



## Band Hanger

BHA

# Band Hanger

The Band Hanger is a versatile storage accessory that can be mounted on walls or integrated into connection profiles on your rack. It's perfect for organizing bands, jump ropes, chains, weight belts, and similar equipment, keeping your workout area tidy and efficient.



# BODYWEIGHT & HOME GYM

## PARALLETES

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## NEO GYMNASTIC RINGS & BAR

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## PULL UP BARS

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## BANDS

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# PARALLETTES

The Parallette Series is designed to support athletes and fitness enthusiasts across all levels, from beginners working on foundational bodyweight movements to advanced users mastering complex calisthenics skills. With multiple height options and a stabilizer system, this series offers maximum versatility, stability, and progression for Functional Fitness, Calisthenics, CrossFit, and Athletic Performance training.

Key Features:

**Premium Construction:** All parallettes are built with kiln-dried, premium-grade beech wood legs and a 34 mm grip diameter bar coated with textured electrostatic paint, ensuring a non-slip, secure grip and professional durability.

**Comfort & Safety:** Designed to protect the wrists with ergonomic grip placement, while the solid wooden legs provide stability and long-lasting reliability.

**Portability:** Functional, easy to carry, and suitable for both home and gym training environments.

**Versatility:** Supports a wide variety of exercises such as Push-Ups, Dips, L-Sits, Handstands, Planche variations, Chin-Up Holds, and Australian Pull-Ups.

## Parallette Categories

**Parallette 16**

**Parallette 35**

**Parallette 80**

**Parallette 100**

**Parallette Stabilizer**

**Parallette Set**



## Parallette Set

PRTSET

# Parallettes

**Parallette 16 cm & 35 cm:** Compact designs ideal for Push-Ups, L-Sits, Handstands, and Planche basics. Perfect for foundational bodyweight training.

**Parallette 80 cm:** Suited for users up to 175 cm, designed for more advanced exercises such as Dips, L-Sit Pull-Ups, and Australian Pull-Ups. Features an asymmetric foot design for enhanced stability.

**Parallette 100 cm:** Best for users between 175–200 cm, offering greater height for technical movements. Compatible with the Parallette Stabilizer for additional security.

**Parallette Stabilizer:** Ensures maximum stability by securely connecting the 80 cm and 100 cm parallettes, keeping them firmly in place during dynamic or heavy exercises.

**Parallette Set (PRTSET):** The complete package including all four parallette sizes (16 / 35 / 80 / 100 cm) plus the Stabilizer, providing the full spectrum of training options in one system.

With the Parallette Series, athletes can safely and progressively advance their training, from basic calisthenics to advanced bodyweight mastery, supported by professional-quality construction and design.



# NEO GYMNASTIC RINGS & BAR

The NEO Series is a next-generation bodyweight training system designed for Calisthenics, CrossFit, and Functional Fitness. With its modular structure, premium materials, and smart design, the NEO Series offers athletes of all levels a reliable, adjustable, and versatile solution for bodyweight exercises.



# Neo Series

## Core Components

**NEO Straps:** 265 cm adjustable straps with special stitching and numbered holes, equipped with high-load carabiners (up to 500 kg each). They allow quick, precise height adjustments, ensuring maximum safety and efficiency.

**NEO Rings:** Two premium wooden rings (30 mm grip diameter) with a non-slip surface, delivering a secure and comfortable grip. Used with NEO Straps, they function as professional gymnastics rings.

**NEO Bar:** A 108 cm kiln-dried beech wood bar with a 36 mm grip diameter. Compatible with NEO Straps, it enables pull-ups, rows, push-ups, and more, adding instability for an extra training challenge.

## Combination Sets

**NEO Strap & Rings:** A complete ring training system combining adjustable NEO Straps with wooden Rings, perfect for pull-ups, dips, rows, and static holds.

**NEO Strap & Bar:** Combines NEO Straps with the 108 cm beech wood Bar, creating a stable yet adjustable setup for rows, pull-ups, and push-ups while enhancing stability training.

**NEO Set:** The all-in-one training package, including NEO Straps, NEO Rings, NEO Bar, and three Ceiling Strap Hangers for secure mounting. Designed to offer maximum adaptability for a wide range of exercises.

## Accessories

**NEO Ceiling Strap Hanger:** A durable and secure mounting solution for NEO Straps, suitable for ceiling or wall installation.

**NEO Grip:** Special tennis grip wraps designed for NEO Rings or NEO Bar, adding comfort and extra non-slip performance.



**NEO Set**  
NEOSET



**NEO Ceiling Strap Hanger**  
NEOCSTH



# PULL UP BARS

The Pull Up Bars Series offers versatile and durable solutions for bodyweight training, suitable for Calisthenics, CrossFit, Functional Fitness, and general upper body workouts. Designed with a 34 mm grip diameter, each model ensures a comfortable and secure hold, supporting a wide range of exercises such as pull-ups, chin-ups, muscle-ups, and static holds.



# Pull Up Bars

**Pull Up Bar Narrow (PBN):** Compact wall-mounted model with 109 cm width, 21 cm depth, and 23 cm height. Ideal for effective pull-ups in limited spaces.

**Pull Up Bar Wide (PBW):** Robust wall-mounted model with 115 cm width, 54 cm depth, and 50 cm height, offering a wider grip and more space for varied exercises.

**Pole Pull Up Bar (PPB):** Freestanding clamping system that can be mounted between floor and ceiling without wall installation. Adjustable between 250–300 cm height for maximum flexibility.

Installation Note: For wall-mounted models, always ensure that the wall is solid and secure before installation.



## Pole Pull Up Bar

PPB

Height: 250–300 cm



## Pull Up Bar Wide

PBW

Height: 50 cm

Depth: 54 cm

Width: 115 cm



## Pull Up Bar Narrow

PBN

Height: 23 cm

Depth: 21 cm

Width: 109 cm



# BANDS

Bands are versatile products suitable for both home and professional use, making them ideal for everyone. They can be used for mobility exercises, assistance during workouts, or resistance training, offering flexibility and functionality in any fitness routine.

## Bands Categories

| Super Loop Bands



# Super Loop Bands

The Super Loop Band Set is a versatile and essential tool for functional training. This set includes five bands, each offering different resistance levels, all measuring 208 cm in length. Whether you need assistance, resistance, or want to improve mobility, these bands are perfect for a wide range of exercises. Their flexibility and ease of use make them a popular choice for enhancing any workout routine.



## Super Loop Band Set

SLBSET

2-6 kg

5-15 kg

15-20 kg

20-35 kg

35-45 kg



# CONDITIONING

## BOXES

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## ROPES

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# BOXES

Boxes are versatile equipment designed for a variety of training needs. Ideal for explosive strength exercises, they can be used to adjust the difficulty of movements by varying height, making them perfect for conditioning drills and enhancing overall performance.

# Boxes

The Boxes Series is designed to meet a wide range of training needs, from explosive power exercises to conditioning and functional drills. These versatile platforms allow athletes to vary training intensity and difficulty by adjusting height, making them essential for CrossFit, Hyrox, Functional Fitness, and Athletic Performance routines.

### Leather Jump Boxes (Anthracite & Brown):

Dimensions 50 x 60 x 70 cm. Featuring a premium leather exterior, these boxes provide a safer alternative to wooden versions by reducing the risk of shin injuries. Highly suitable for professional training environments where both safety and performance are priorities. (Not suitable for outdoor use.)

**Wood Jump Box:** Dimensions 50 x 60 x 70 cm. Built with a solid wooden structure, this box offers durability and stability for high-intensity workouts. Although it carries a higher risk of shin injury compared to leather versions, it is more resistant to outdoor conditions.

**Chocolate Step:** Dimensions 15 x 40 x 70 cm. A premium step platform with a wooden base, EVA shock-absorbing layer, and leather surface. Perfect for step training, conditioning, stair exercises, and versatile functional workouts. Combines functionality with elegant design for both boutique studios and professional gyms.

With a balance of safety, durability, and functionality, the Boxes Series provides reliable training solutions for athletes of all levels, from beginners to professionals.



## Leather Jump Box 50x60x70

LEJB



## Leather Jump Box Brown 50x60x70

LEJBB



## Chocolate Step

CHCSTP



## Wood Jump Box 50x60x70

WOJB



# BALLS & BAGS

The Balls & Bags product group, made from materials such as leather and fabric, is essential for conditioning, strength, and power exercises. These versatile and frequently used tools add an element of fun to your workouts, making them indispensable in any training routine.

## Balls & Bags Categories

Wall Balls

Slam Balls

Boxing Bags

Core Bags

Bulgarian Bags





# Wall Balls

Wall Balls come in a range of weights (2-3-4-5-6-7-8-9-10-12-14-17 kg), all featuring a consistent diameter of 35.5 cm. Crafted from high-quality synthetic leather, these balls are built to last, providing durable and long-lasting performance. The standard colors are black and brown, and custom color options may be available for bulk orders upon request.

These wall balls are perfect for enhancing conditioning and adding variety to your workouts. They are especially popular in CrossFit and Hyrox training, where they are used for wall ball shots, conditioning drills, and functional strength routines. However, to ensure the longevity of the product, it is not recommended to use them for slamming exercises.



## Wall Ball Black

WB2-WB3-WB4-WB5-WB6-WB7-WB8-WB9-  
WB10-WB12-WB14-WB17

## Wall Ball Brown

WBB2-WBB3-WBB4-WBB5-WBB6-WBB7-WBB8  
WBB9-WBB10-WBB12-WBB14-WBB17



# Slam Balls

## Black

The Slam Ball Series is one of the most popular training tools in Functional Fitness, CrossFit, Hyrox, and Athletic Performance workouts. With its durable patterned rubber shell, it provides a strong, non-slip grip, ensuring safety and control during high-intensity exercises. Filled with sand, these balls are built to withstand repeated, heavy slams while maintaining their shape and durability. Their black finish gives a professional look, while different weight options make them suitable for athletes of all levels.

### Technical Details:

Material: High-quality patterned black rubber shell, sand-filled interior  
Grip: Textured surface for strong, non-slip hold  
Use: Functional Fitness, CrossFit, Hyrox, Athletic Performance  
Color: Black

### Size & Weight Options:

5 kg: Diameter 190 mm  
10 kg: Diameter 230 mm  
15 kg: Diameter 286 mm  
20 kg: Diameter 286 mm



## Slam Balls Black

SLB5B-SLB10B-SLB15B-SLB20B



# Boxing Bags

The Boxing Bags Series is crafted from durable leather to deliver long-lasting performance, making them ideal for both boxing and conditioning workouts. These bags are designed to withstand intense training sessions while providing versatility for different martial arts and functional fitness routines.

**Boxing Bag** 40×110 cm (Black / Brown):

Compact yet robust, this model is perfect for traditional boxing training. Its durable leather surface ensures reliability and endurance for repeated strikes.

**Kick Boxing Bag** 40×180 cm (Black / Brown): With extended length, this bag is ideal for practicing low kicks, high kicks, and full-body striking techniques. It offers a larger target area, making it suitable for kickboxing as well as boxing.

All models are available in black and brown color options, ensuring they fit seamlessly into any training space.

Note: Carabiner is not included with these products.



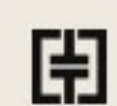
**Boxing Bag Black**

BOX110



**Boxing Bag Brown**

BOX110BR



# Core Bags

The Core Bag series offers a versatile set of training bags available in 5 different weights: 5, 10, 15, 20, and 25 kg. Each bag measures 60 cm in length and 20 cm in width, providing a compact yet effective design. Crafted with a durable leather exterior and equipped with ergonomic handles, these bags ensure a comfortable grip and reliable use.

They are perfect for a wide range of workouts, including:

- Core training
- Conditioning drills
- Performance-based exercises
- Fun and functional training routines

Available in both black and brown finishes, the Core Bag series adds style, functionality, and versatility to any fitness space.

#### Conditions of Use:

These bags are not suitable for outdoor environments. To maintain quality and durability, they should be stored and used in indoor training facilities.



## Core Bag Black

CRB5-CRB10-CRB15-CRB20-CRB25

## Core Bag Brown

CRB5BR-CRB10BR-CRB15BR-CRB20BR-CRB25BR



# Bulgarian Bags

## Weight Range:

3 - 5 - 7 - 9 - 11 - 14 - 17 - 22 kg

## Features:

The Bulgarian Bag series offers a versatile and effective tool for core, upper body, conditioning, and lower body workouts. Each bag measures 60 cm in width and is crafted from high-quality leather, ensuring durability and long-lasting performance.

Designed for a fun and comfortable training experience, these bags feature an ergonomic shape that supports a wide variety of exercises. Available in black and brown finishes, they add both functionality and style to any training environment.

Whether your goal is to build strength, improve conditioning, or add variety to your workouts, the Bulgarian Bag series is an excellent choice for professional and performance-oriented training spaces.



## Bulgarian Bag Black

BG3-BG5-BG7-BG9-BG11-BG14-BG17-BG22

## Bulgarian Bag Brown

BG3BR-BG5BR-BG7BR-BG9BR-BG11BR-BG14BR-BG17BR-BG22BR

# Sleds

The Power Sled is an excellent and fun tool for conditioning and strength training. Its weight can be increased by adding Olympic bumper plates, and it's best used on its dedicated sled track for smooth gliding. When used on rubber surfaces, the sled may drag, reducing the enjoyment of the pushing experience.

The sled is equipped with two modular 42 mm diameter poles, allowing you to push from either side. Additionally, it features attachment points on both sides for carabiners, making it perfect for rope pulling exercises and backward walking workouts.

This product is especially important for Hyrox, CrossFit, and Athletic Performance training.



Power Sled

POWS



# ROPES

Ropes are a versatile product group designed for both conditioning and climbing exercises. They are essential for improving strength, endurance, and agility, making them a valuable addition to any training routine.

## Rope Categories

Jump Ropes

Climbing Ropes

Battle Ropes





# Jump Ropes

The Fast Jump Rope is the perfect choice for those who excel in fast jump roping and need a rope that can keep up with challenging movements like double unders. This performance rope comes with two 3-meter ropes, allowing for precise adjustments. The smooth rotation is provided by its high-quality bearings, ensuring fluid and efficient movement during your workouts.

You can easily cut the rope to fit your height, and thanks to the user-friendly mechanism on the handles, you can quickly adjust the length from both sides. Just remember to leave a half-centimeter gap when shortening to prevent friction with the handle. The handle's material and weight provide a high-quality feel, making this rope a reliable companion for your intense training sessions.



## Fast Jump Rope

FJR

Color: Black  
Length: 300 cm  
Handle Length: 16 cm  
Material: Aluminium / Self Locking



# Climbing Ropes

The Climbing Rope is a must-have for professional upper body training and is considered one of the core tools in CrossFit workouts. With its 40 mm diameter and non-slip texture, it provides a secure grip that allows athletes to train with confidence, even during the most intense sessions.

This rope is perfectly suited for functional fitness, strength training, and bodyweight-based exercises, making it an excellent choice for athletes, climbers, and performance-driven trainers. It helps develop grip strength, endurance, pulling power, and full-body coordination.

Available in two standard lengths (4 m and 5 m), the Climbing Rope is designed to withstand heavy use in gyms while remaining simple to set up.

Please note: A carabiner is not included with this product.



## Climbing Rope

CLIR4-CLIR5

Length: 4 m - 5 m

Diameter: 40 mm

Color: Natural Fiber Look

Carabiner: Not Included

# Battle Ropes

The Battle Ropes Series is a versatile training tool designed for high-intensity workouts, widely used in CrossFit, Hyrox, Athletic Performance, and Functional Fitness. With a 38 mm diameter, these ropes deliver a challenging full-body workout that improves strength, endurance, conditioning, and coordination, while also providing a fun and engaging training experience.

**Basic Series** (9 m & 15 m): Fully covered with a durable black protective sleeve, the Basic Ropes are resistant to wear and tear, ensuring long-lasting use under heavy training. Both ends feature logo-printed rubber grips that provide a secure and comfortable hold. Perfect for athletes of all ages, they are designed to push cardiovascular and muscular conditioning to the next level.

**Silk Series** (9 m & 12 m): Made from premium silk rope, the Silk models stand out with their smooth texture, elegant look, and luxurious feel. While offering the same durability and secure grips, they add a premium aesthetic to training environments, making them ideal for high-end fitness clubs, boutique studios, and athletes seeking top-quality equipment.

Note: Both series are built for indoor training environments.



## Basic Battle Rope

**BTR9BS-BTR15BS**

Length: 9 m / 15 m  
Diameter: 38 mm  
Color: Black with protective sleeve  
Grip: Logo-printed rubber grips on both ends



## Silk Battle Rope

**BTR9SLK-BTR12SLK**

Length: 9 m / 12 m  
Diameter: 38 mm  
Color: Black  
Material: Premium silk rope  
Grip: Logo-printed grips on both ends



# BENCHES

## WORKOUT BENCHES

Workout Benches \_\_\_\_\_ 77

## ADJUSTABLE BENCHES

Adjustable Benches \_\_\_\_\_ 78





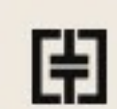
# Flat Bench

The flat bench provides a stable and secure platform for a wide range of weight training exercises, although it doesn't offer adjustable angles like its counterpart. This versatile bench is perfect for exercises such as Bench Press, Step Up, Hip Thrust, and various core exercises, allowing you to effectively target different muscle groups. The bench is coated with a durable cathaphoresis layer followed by a textured electrostatic paint finish, making it more resistant to outdoor conditions, except for the leather padding. It also includes wheels and a handle for easy transportation, ensuring convenience and durability in both home and gym environments.



**Flat Bench**

FLB



# Adjustable Bench

This adjustable bench allows you to perform a wide range of weight training exercises at various angles. The backrest offers 6 adjustable positions and the seat provides 3 positions, helping you target different muscle groups effectively. It supports a variety of exercises such as Bench Press, Shoulder Press, Incline Bench Press, Incline Row, Step Up, Hip Thrust, and core exercises.

**Two versions are available:**

**Wooden Detail Version:** Designed with aesthetic wooden details, antracite or brown color leather options making it an elegant option for indoor use such as home gyms, studios, and fitness centers.

**Metal Version:** Fully coated with a cataphoresis layer and textured electrostatic paint finish, antracite color, ensuring high durability and resistance to outdoor conditions (except for the leather padding). This version is recommended for outdoor training areas.

Both versions are equipped with wheels and a handle for easy transportation, ensuring convenience and durability in different training environments.



## Adjustable Bench Wood

**ADJBW**

Length: 111.9 cm

Width: 56 cm

Seat Width: 30.3 cm

Seat Depth: 35.3 cm

Backrest Length: 85.1 cm

Backrest Width: 30.3 cm



## Adjustable Bench Wood Brown

**ADJBWBR**

Length: 111.9 cm

Width: 56 cm

Seat Width: 30.3 cm

Seat Depth: 35.3 cm

Backrest Length: 85.1 cm

Backrest Width: 30.3 cm



## Adjustable Bench Metal

**ADJBM**

Length: 111.9 cm

Width: 56 cm

Seat Width: 30.3 cm

Seat Depth: 35.3 cm

Backrest Length: 85.1 cm

Backrest Width: 30.3 cm



# FLOORING

## FLOORING

Power Sled Track \_\_\_\_\_ 5

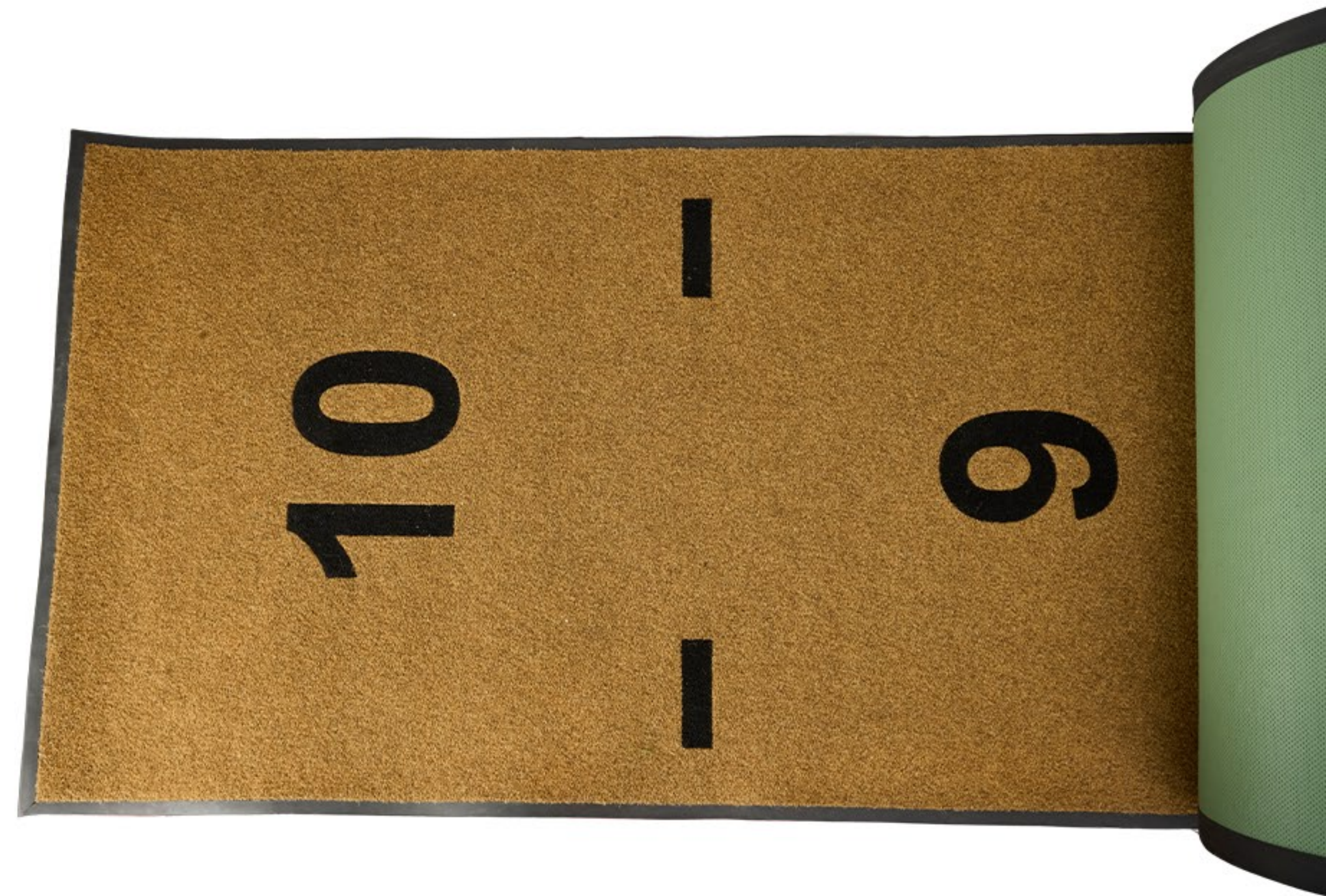




# Flooring

Power Sled Track is available in three different sizes: 1x10 meters, 1.5x10 meters, and 2x10 meters. Designed to withstand outdoor conditions, it provides the ideal slick surface for power sled exercises. This track not only enhances the functionality of your training space but also adds a splash of color, boosting motivation and making workouts more enjoyable.

Especially preferred for Hyrox, CrossFit, and Athletic Performance, this sled track can also be produced in custom designs, colors and sizes upon request, offering complete flexibility to match your training environment.



## Power Sled Track

POSTR10 - POSTR15 - POSTR20

Length: 10 m

Weight: 1 - 1,5 - 2 m



# ACCESSORIES

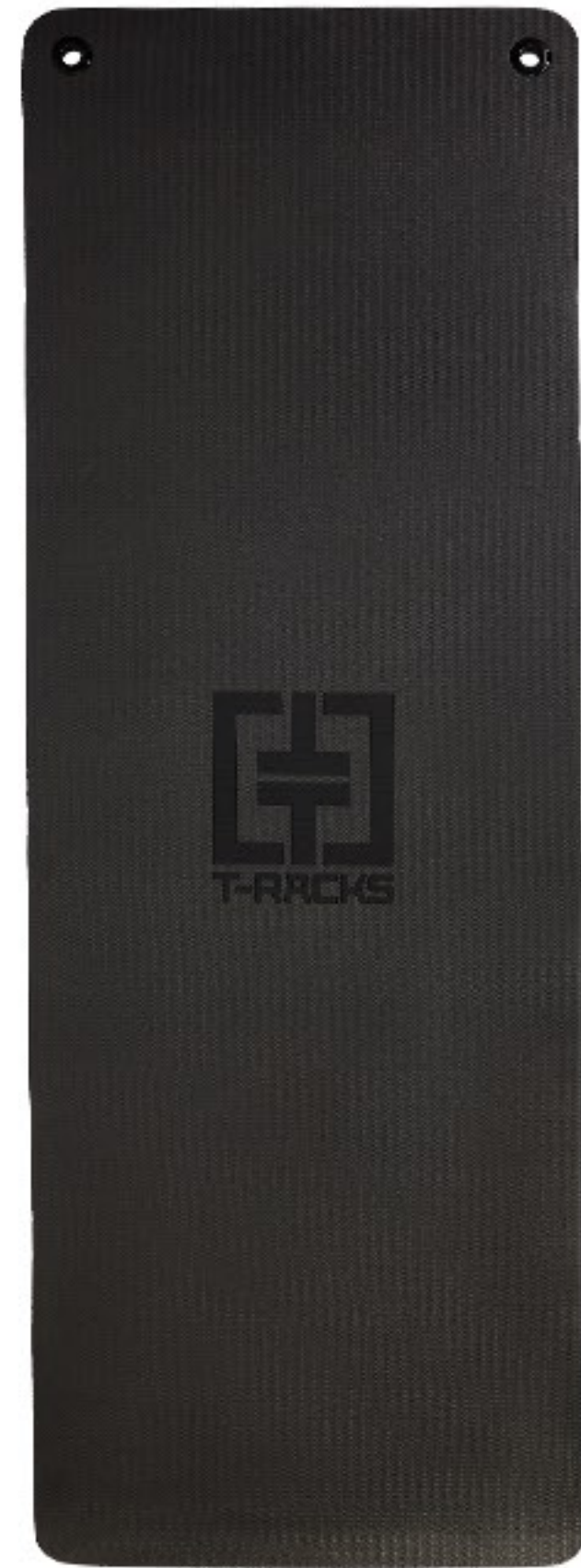
## TRAINING TOOLS

Training Tools \_\_\_\_\_ 82



# Training Tools

The training tools section includes essential smaller equipment and tools that support your workouts.



## Fitness Mat Black

FTMBL

Color: Black  
Material: TPE (Single layer)  
Size: 183 × 61 × 1 cm  
Weight: 1227 g ± 100 g

## Cable Single Handle

CBSHND



## Cable Ankle Straps

CBAST



## Abmat

ABM



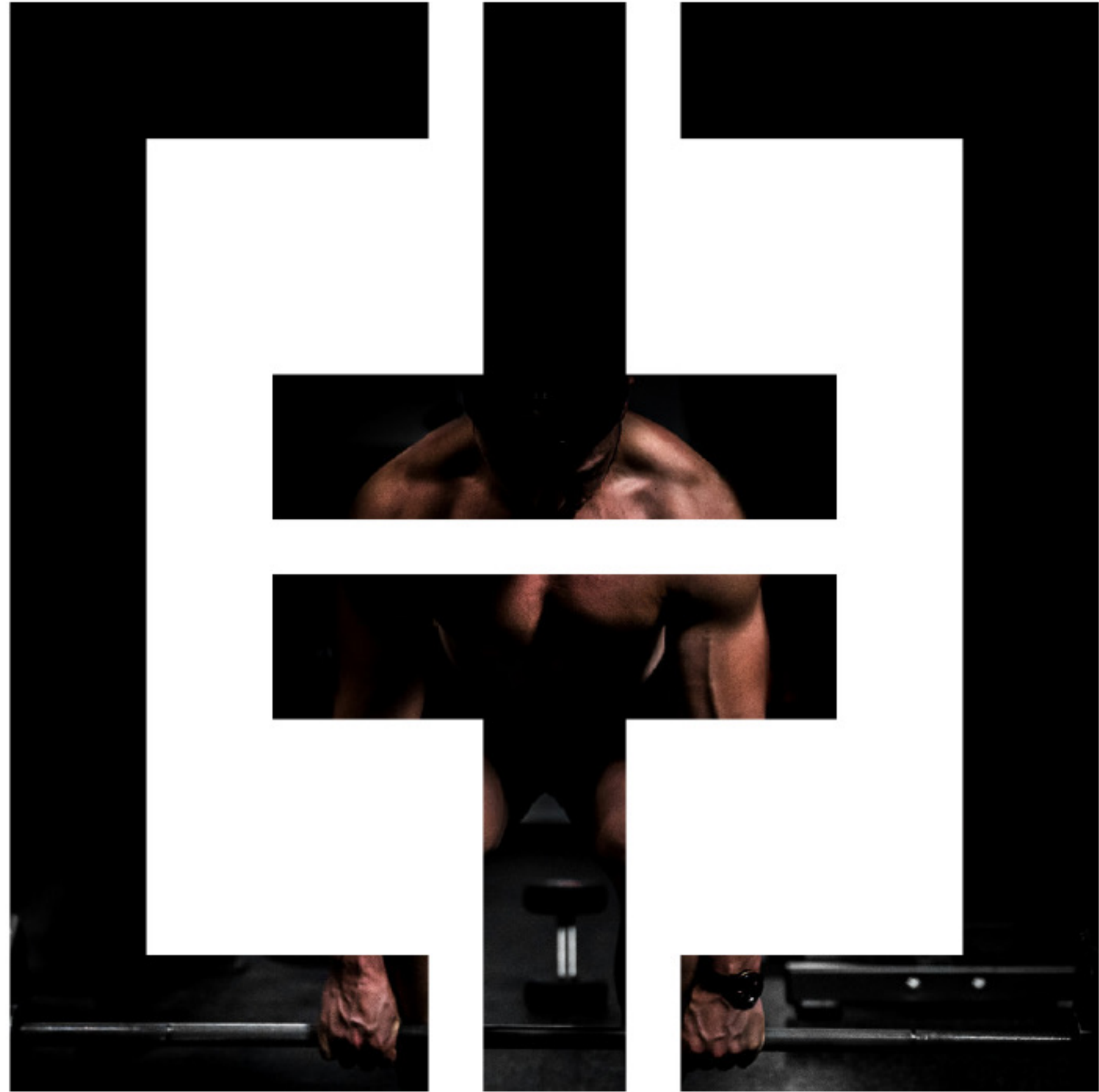
## Wooden Trainer Stick

WTRAS



## Wall Band Holder

WBHO



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