



AN ALL-INCLUSIVE APPROACH TO ATHLETIC PERFORMANCE

ATHLETIC LIFTING



WHAT IS PURMOTION?

NEW MOVES

Ground based sport movements (exercises) that transfer directly to the field

NEW TOOLS

Ergonomic tools that promote ideal joint alignment to reduce injury risk and technical movement complexity

NEW RULES

Programming that seamlessly integrates:

- All basic human movements
- All planes of motion
- Multiple lines of resistance
- Bilateral and Unilateral loads
- Strength, speed and power production

NEVER BEFORE

Never before has a single company took such a fresh and comprehensive approach to athletic performance. Based on the solid, but simple, **PurMotion Methodology**, we are able to ensure “all the bases are covered” and eliminate all the clutter found in most training programs. The result is time efficiency--getting more **quality** work done in less time.

A NEW WAY

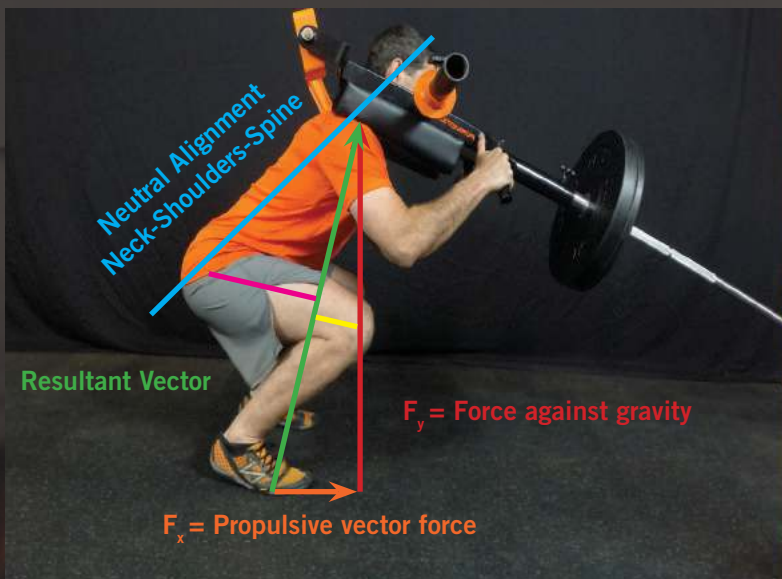
A new way of preparing high-performance athletes requires education to thoroughly understand and practically apply the principles of the **PurMotion Methodology**. We are here to help you be successful with a variety of educational support options including:

- One-day workshops
- Two-day summits
- Specialty application courses
- Custom on-site training
- Internships
- Phone / email support
- Movement posters
- Online videos

A NEW RESULT

When you implement the **PurMotion Methodology** with your athletes, you will produce high-performance athletes who are:

- Well rounded
- Durable
- Athletically symmetric



THE PUR HALF-RACK



- Up to 8 people per rack
- Safer core lift variations
- Bodyweight training
- Rotational core training
- Ground based traction



NOT YOUR AVERAGE RACK

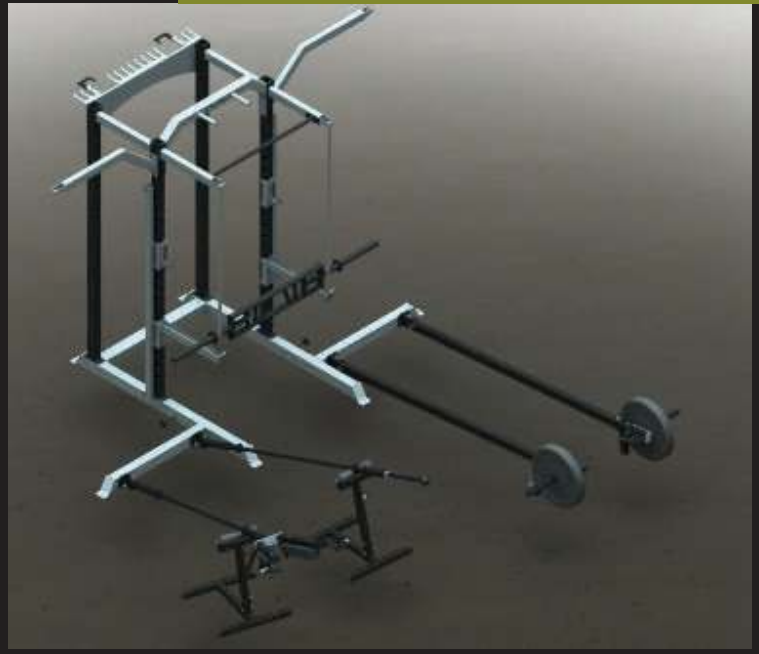
- Enables new sport-based movements
- Ideal for traditional lifting too
- Premium “J” hooks standard
- Safety spotter arms standard
- Band pegs standard
- Constructed of 7 and 11 ga steel
- Made in the USA

shown with optional accessories

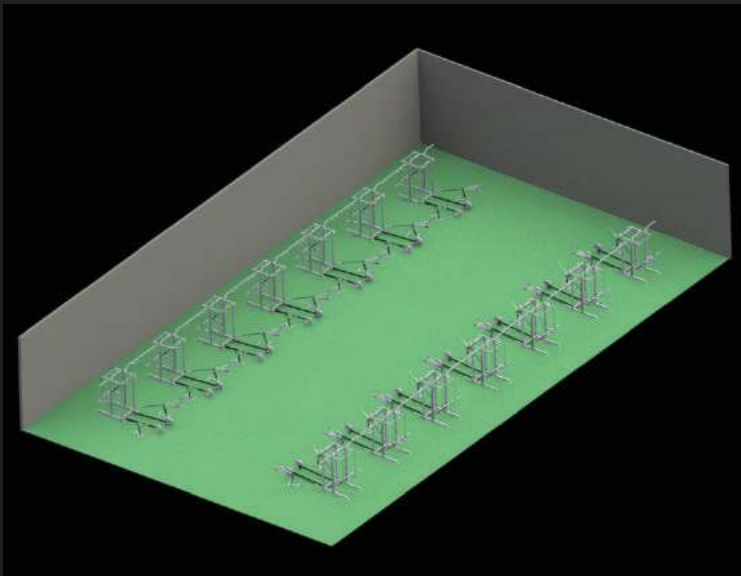
THE PUR HALF-RACK



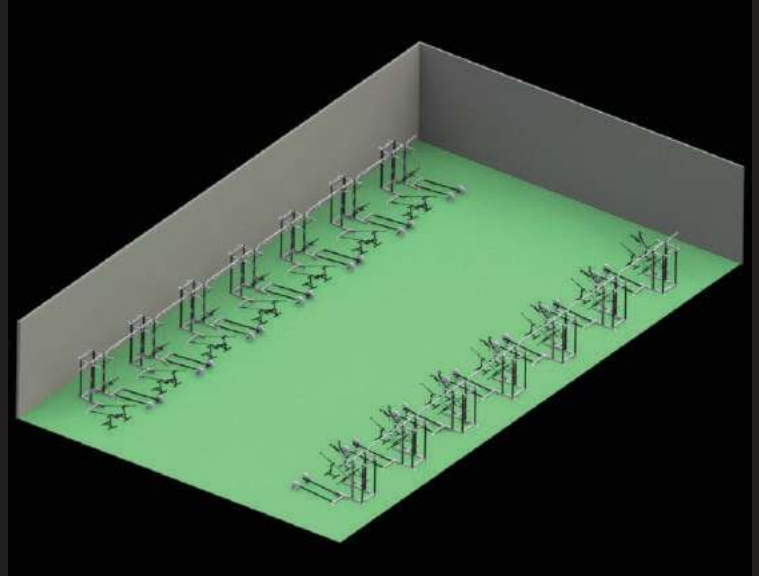
Back configuration



Front configuration



Back configuration with connectors



Front configuration with connectors

**Train large groups
efficiently with
modular design**



ACCESSORY SYSTEMS



DUAL RENEGADE BARS

Now you can train all the core lifts and more by adding the most under utilized vector in the weight room: the diagonal vector! Every time your athletes propel forward to push an opponent, backward like a defensive back or laterally when changing direction, the diagonal force vector is present and should be loaded in the weight room.

The **Dual Renegade Bars** with their neutral swivel grip will allow you to:

- Do multiple ground based movements with traction
- Maintain neutral joint alignment eliminating unnecessary joint stress
- Incorporate unilateral and bilateral movements



WISHBONE

The **Wishbone** brings the all-important element of **traction** to traditional bilateral barbell squat movements. The angle produced in the lineman squat places the athlete on the balls of his feet in a forward driving stance. The hands rest naturally on the forward handles and the large pads rest comfortably on the shoulders to position the load optimally along the “power line” of the body. The **Wishbone** also lets your athletes produce backward traction with the hack squat.

Optional side pegs are available for additional plate loading.



WAR HAMMERS

Most sport movements outside the weight room are unilateral in nature. The **War Hammer** fulfills the need of unilateral loaded training to counter balance the often excessive bilateral loaded training in the weight room.

The shorter **War Hammer Varsity** excels in the upper body pushing and pulling movements while the **War Hammer Plus** is the ideal tool to provide **unilateral** loading of the lower body.



AIRFIT PRO

The **AirFit PRO** is the best bodyweight, user-defined tool that adapts to you so you can develop real functional strength while keeping proper joint alignment! The **Airfit PRO** is the perfect tool to complement athletic lifting with bodyweight training to achieve athletic symmetry.

The **AirFit PRO** can also be used with a cable machine to preform a variety of ground based pushing, pulling and rotational movements--some even incorporate all three!



CORE BARS


Build core strength from the inside out! The **Core Bar's** advantage is the ability to load the core by following the same orientation of the muscles responsible for generating rotational movements. It is a far better option than Medicine Ball (gravity dependent) when executing chopper variations.

In addition, the **Core Bars** strengthen the arc of a throw (quarterback, pitcher, golfer, tennis forehand/backhand, etc) both ways--the acceleration and the deceleration phase.



THERE'S MORE TO COME

The creative juices are **ALWAYS** flowing at PurMotion. It is almost more than we can handle sometimes. There is a long (and growing) list of new tools and movements in the pipeline. We have a passion for continuous improvement. In fact, it is one of our company core values. We are committed to your growth and success. Contact us today to see how we can help you and your athletes.



The moment I felt the PurMotion movements, I knew I
had found a better way of developing athleticism!

Simeon Castille

Defensive Back
University of Alabama
Cincinnati Bengals
San Diego Chargers



info@purmotion.net



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purmotioninc](https://facebook.com/purmotioninc)



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