

CATALOGUE 2014



PURMOTION™



WHAT IS PURMOTION?

PurMotion™ was founded by five time Olympian Jorge Bonnet who has a passion to revolutionize how we exercise by inventing unique, cutting-edge solutions. As a result, PurMotion™ provides simple, quality, cost-effective fitness and performance training systems that allow you to perform exercises in a safe, unrestricted manner, working with your body's natural movement and flow.

WHAT IS THE PURMOTION™ METHODOLOGY?

The **PurMotion™ Methodology** starts with the human body and what it is capable of doing. **The body is designed to do work...plain and simple!** Work comes in all different forms from athletics, recreational pursuits, "on the job" requirements, to activities of daily living. Using our simple but powerful methodology, we are able to strengthen and condition the body to comply with **Nature's Law of Human Movement**. We develop tools and movement patterns that allow us to challenge the body to perform naturally and at a progressively higher level. You can start at the very lowest level of fitness and progress all the way to your genetic potential—all in a safe and efficient manner.

We Believe:

- The body works as an integrated unit doing ground based movements (ON YOUR FEET!).
- What kind of movements? SIX basic movements. Push, Pull, Rotation, Locomotion, Level Change and Complexes (any combination of two or more of the first five). A complete training program should cover all of them.
- Train in every direction! North/South (sagittal), East/West (frontal), Rotational (transverse)...Ah! Just like planet Earth!
- The resistance to motion can come at different angles...aka "Multi-Directional Resistance Training"
- Loads can be equal on both sides of the body or they can be only on one side of the body.
- The body can expend energy slowly or quickly. The body should be trained to do both efficiently and all points in-between.

Following these principles will ensure you will be in compliance with Nature's Law of Human Movement. This explains why you will never see other mammals doing extensive warm-ups or cool downs before or after a chase!!!

WHAT MAKES THE PURMOTION™ APPROACH DIFFERENT?

Well, to begin with, **PurMotion™ is centered on a methodology and not a tool or product.** The methodology dictates both the form and function of the tools as well as how they will be used. Because we have a methodology, we can explain why we do what we do. Every motion in every workout has a reason and purpose about pursuing natural human movements either using our own bodyweight or managing external weight.

Because our training methodology works with the body and not against it, there is less chance of injury. The tools and movement patterns were designed specifically to keep the joints "happy, happy" and not in an unnatural or compromising position. **You can be in your 30s, 40s, 50s and beyond and still be strong, fast and explosive!!!** How can you do this? The PurMotion™ training methodology implements the concept of Multi-Directional Resistance Training. This leads to a balanced body reinforcing or validating Nature's Law of Human Movement.

We teach the body to move in a natural, flowing way (we refer to this as **"more sexy"** or **with "swag"**) and in compliance with the Fascial or Functional Lines. We pay extra attention to movement efficiency. No need to do long warm-ups, cool-downs or separate strength and cardio. It's all rolled up together in a PurMotion™ training methodology

WHAT KIND OF MOVEMENT PATTERNS DO WE USE?

Well, our movement patterns come from different training modalities such as Power Lifting, Olympic Lifting, Body Building, Strongman Lifts, Martial Arts, Track and Field and Bodyweight Training. Instead of **"ADOPTING"** we apply the PurMotion™ Methodology to **ADAPT** and modified these movement patterns to improve movement efficiency while reducing or eliminating the risk of injury potential.

OLYMPIC / POWER LIFTING

STRONGMAN
COMPETITION MOVEMENT

MARTIAL ARTS MOTIONS

APPLY THE
PURMOTION™
METHODOLOGY

PURMOTION™
MOVEMENTS

IS IT EXPENSIVE?

PurMotion™ tools are very cost effective when you consider the number of exercises you are able to perform compared to some gym equipment that only does one thing. For instance, a commercial chest press might cost 1500 € to do one move; chest press. The cost per movements is $1200 \text{ €} / 1 = 1500 \text{ €}$. The cost of doing a chest press in this machine equals 1500 €!!! In contrast, the Renegade™ System starts at 89 €. You can do at least 10 exercises. Your cost per movement equals $89 \text{ €} / 10$ or 8.90 €!!! This is a huge cost and space saver option. Fitness should be available to everyone and we are committed to do just that.



RENEGADE™ SYSTEM

RENEGADE™ GROUND ROTATIONAL TRAINERS

Unlock the potential of your Olympic bar! The Renegade™ transforms your Olympic bars and plates into tools that perform a vast amount of multi-directional exercises that will build rock-solid core strength. The Renegade™ contains a 360 degree rotating axis that will allow the participant to move the bar in unlimited directions. Use this versatile device for exercises that focus on the core, upper-body, lower-body, or perform movements that engage multiple muscle groups at one time!

A specially designed rotating shaft can accommodate two 20 Kg bumper plates or two standard 5 Kg, 10 Kg or 15 Kg plates as a base. The Renegade™ fits any standard Olympic bar or lighter Olympic technique bar & is easy to carry in your gym bag (weighs around 1,8 Kg!). Each Renegade™ comes with an instructional DVD with many unique exercises.

DVD CATEGORIES INCLUDE:

- Total body rotational exercises.
- Fighter/MMA standing exercises.
- Fighter ground work exercises.
- Lower/Upper body exercises.



RENEGADE™ PRO

The high-grade aluminium construction makes it light and durable with a great look.

Ref.: ES01001

RENEGADE™ VARSITY

An economical choice for those not concerned with the high-grade aluminium finish of the original PRO product. The VARSITY model is made of solid steel and functions just like the original.

Ref.: ES01002



RENEGADE™ ATTACHMENTS

WAR HAMMER™

The War Hammer™ is designed to fit on the end of an Olympic Bar to provide ergonomic grip options while using the Renegade™ trainer. More accessible grip options allow the user to improve their skills when performing PurMotion™ signature movements as the Standing Alternate Chest Press, Six-way Pull, Unilateral Lineman Squat, 1-Arm Clean & Jerk, Lateral Lunges and many more!



WAR HAMMER™ PRO

The War Hammer™ Pro matches the high-grade aluminium construction of the Renegade™ Pro – light and durable, with the same great look.

Ref.: ES01101



WAR HAMMER™ VARSITY

The War Hammer™ Varsity matches the Renegade™ Varsity Trainer – made of solid steel and completes the Renegade™ Varsity Training package.

Ref.: ES01102



WAR HAMMER™ VARSITY PLUS

The War Hammer™ Plus is a lengthened version of the Varsity model. This product has the same accessible grip options, but is also designed for lower-body exercises.

The increased length of the War Hammer™ Plus allows the participant to utilize a squat pad, so that the device may rest on the shoulder, rather than in the hands.

This function gives the user the option to back farther away from the weight plates, employing the legs for squats and other lower-body exercises.

Ref.: ES01301



WAR HAMMER™ PLUS PRO

The War Hammer Plus Pro™ is a lengthened version of the War Hammer Pro™ model. This product has the same accessible grip options, but is also designed for lower-body exercises. The increased length of the War Hammer Plus Pro™ allows the participant to utilize a squat pad, so that the device may rest on the shoulder, rather than in the hands. This function gives the user the option to back farther away from the Renegade's™ base, employing the legs for squats and other lower-body exercises.

Ref.: ES01303



WAR HAMMER™ 360 PLUS

The **War Hammer 360™** takes functional training and the Renegade™ System to another level. The War Hammer 360™ further enhances unrestricted, natural movements. For instance, the rotating handles allow users to transition from 1Arm Wheel Barrow to 1Arm Overhead Press. And for the first time ever, users can do the challenging "Around The World" core movement pattern. In case you are wondering, YES, you can also do 1-Arm Cleans! The War Hammer 360™ is intended to be used with any Olympic Bar.

Ref.: ES01302



SQUAD PAD

Squat Pad for use with War Hammer™ Plus and War Hammer™ Plus Pro.

Ref.: ES05300





CLEAN & JERK™

The PurMotion Clean and Jerk Attachment™ is our newest revolutionary fitness accessory! Its two revolving handles help to keep your hands in a neutral position throughout an entire range of motion. Imagine performing exercises such as the Power Clean, Clean and Jerk™, Split Jerk and many others in a driving mode.

This product has a sleek look and commercial grade design a perfect addition to the PurMotion Renegade System™!

Ref.: ES01801



CLEAN & JERK™ PRO

This Clean and Jerk™ attachment is for the big boys. It features adjustable width handles to accommodate large or small framed individuals. Handles adjust from as narrow as 35,5 cm to as wide as 56 cm. The rotating handles keep the wrists in a neutral, pain free, position. It also features side weight pegs for additional loading.

Ref.: ES01802



WISHBONE™

Make a fitness wish...the PurMotion Wishbone™ can help it come true. As the newest addition to the PurMotion Renegade™ System, the Wishbone™ attachment allows you to perform bi-laterally loaded upper body, lower body and core exercises. The Wishbone™ features seamlessly revolving handles that allow your wrists to maintain a neutral position reducing the chance of injury. When used in conjunction with the Olympic bar, the Wishbone™ rolls to maintain proper body balance. It features ergonomic handle grips and thick flat padding for use while doing squats. The Wishbone™ is designed to fit a variety of body shapes and sizes.

Ref.: ES01900

The following is a list of exercises that can be performed with the PurMotion™ Wishbone™:

- Lineman Squat
- Split Squat
- Hack Squat
- Dead Lift
- Clean & Jerk™
- Overhead Press
- Bicep Curl
- Shoulder Shrugs
- Bear Fight
- Under Hooks
- Bent over rows



RENEGADE STAND™

Built for use with the Renegade™ system – This stand allows the Olympic bar and bumper plates to sit at an elevated level, so the user does not have to bend down and adjust to lift the bar. The Renegade Stand™ also has racks on each side to hold additional bumper plates and other accessories.

Ref.:	ES02001	ES02002
Model:	Without wheels	With wheels



RENEGADE STAND™ SIMPLE

Built for use with the Renegade™ system – This stand allows the Olympic bar and bumper plates to sit at an elevated level, so the user does not have to bend down and adjust to lift the bar.

Ref.: ES12700

BRAZILIAN ROPE SYSTEM™

The Brazilian Rope System™ is a cost-effective tool that incorporates multiple, rope-based exercises into your functional training system. You can do way more than just pulling exercises!

True to PurMotion's™ core principles, all of the 5 basic human movements can be performed with this system - pulling, pushing, locomotion, level changes, & rotation. To accommodate multiple grip options, handles or slings can be attached to the rope with the help of our exclusive Prusik Rope attachment. Each rope guide's height is fixed to a desired position.



BRAZILIAN ROPE PRO™

- The Brazilian Rope Pro™ fits into FTS100 and FTS250 training stations.
- Two adjustable rope-guides allow for different resistance levels.
- Fits any battling ropes up to 2" in diameter.
- **Rope is NOT included - sold separately

Ref.: ES01501



BRAZILIAN ROPE VARSITY™

The Brazilian Rope System Varsity™ is the smaller version of the original. The Varsity™ model has only one rope guide, but allows the user to change resistance by looping the rope through any of the 5 internal tubes.

- The Brazilian Rope Varsity™ fits into FTS100 and FTS250 training stations.
- One adjustable rope guide allow for different resistance levels.
- Fits only double braided ropes that measure 32 mm in diameter.
- **Rope is NOT included - sold separately

Ref.: ES01502



DOUBLE BRAIDED BRAZILIAN ROPE

Specially useful for brazilian rope system, thanks to their flexibility and grip friendly. Measures 32 mm in diameter and 10 m long. The double braided brazilian rope can also be used as a battling rope.

Ref.: ES10600





AIRFIT TRAINER PRO™

The evolution of suspended bodyweight exercising has brought to us the AirFit™ Trainer Pro. The patent-pending technology allows for complete unrestricted movement in which body parts can move independently to work efficiently in all planes of motion. It has been designed with features to allow for proper body alignment and comfort when performing your favourite strength training, stretching, stability, and mobility exercises. The AirFit™ Trainer Pro allows for true unilateral movements and rotation. It will build total body strength, power, flexibility, stability, and coordination by constantly challenging your core to perform primal movement patterns such as pushing, pulling, squatting, lunging, and rotating - all of which are paramount to achieve BALANCE and higher levels of HUMAN PERFORMANCE.

- Ultra Slings™ prevents abrasion caused by other suspension devices. They are specially designed to provide comfort in performing both upper and lower body exercises.
- Ultra Slings™ open to allow for combinations with handles, bars, or other attachments.
- Our Cyclone 52™ unleashes the potential to train one limb at a time and engages the core as a stabilizer. Simple reconfiguration locks the Cyclone 52™ in place for simpler exercises that require less stabilization.
- Air Spring™ diminishes jarring of other suspension trainers.
- Easily attaches to a variety of stable objects.
- The adjustable strap allows for the AirFit Trainer Pro™ to be hung from an attachment point 3 m high.
- Instructional DVD included with purchase.

Ref.: ES05500

AIRFIT TRAINER BASIC™

The AirFit™ Trainer Basic is like the PRO version, but without the use of the Cyclone™ pulley. It can perform many of the same bodyweight resistance movements, but is limited at performing uni-lateral or rotational movements. This model provides the unique comfort of the Ultra Slings™ at a more economical price.

The AirFit™ Trainer Basic package consists of two independent adjustable straps that attach directly to an Widthr point, a pair of Ultra Slings™ with carabiners, and a large carabiner that connects the system together.

Ref.: ES05400



DOOR HOLDER

Door Widthr for AirFit™Trainer, Core12™ and Core36 Bars™.

Ref.: ES00600



BASIC GRIP HANDLES

Basic commercial-grade handle grip pair use with our AirFit™ Trainers and more. Sold in pairs.

Ref.: ES00900



ADJUSTABLE STRAP

Multi-use adjustable strap for use with AirFit™ Trainers and more. This strap can be adjusted to various heights to accommodate any training environment.

Ref.: ES00800



CORE BAR™

If rotational strength and power is what you want to achieve, our Core Bars™ are what you've been looking for! After years of studying and training athletes, we have developed a simple, yet effective way to increase core rotational power for hitting, throwing, and other core-centric movements. Our Core Bar™ attachments were developed in order to make exercises as comfortable on your joints as possible. These bars have the ability to rotate on both ends, which eliminates joint restrictions at the wrist, elbow & shoulder. Use with our resistance bands for a variety of completely unrestricted fitness exercises!



CORE 12 BAR™

This 30,5 cm long, high-grade aluminium bar has the ability to rotate at both ends, due to its precision bushings, which provide unrestricted movement in order to replicate rotational manoeuvres such as swinging or throwing. Instructional DVD included with purchase.

Ref.: ES05703



CORE 36 BAR™

The Core36 Bar™ is the bigger, badder version of our Core12 Bar™. It is the same high-quality aluminium bar with band attachments and precision bushings, but this bar has an increased length of 91,4 cm, which heightens the resistance level when used with bands. Instructional DVD included with purchase.

Ref.: ES01402



CORE 12 BAR™ WITH CYCLONE 42™ AND DVD

Get the most out of your Cable Cross Over or Functional Trainer by attaching the Core12 Bar™ with Cyclone 42™ to perform all basic human movements such as pushing, pulling, rotation, locomotion and level changes. Instructional DVD included with purchase.

Ref.: ES05702



CORE 36 BAR™ WITH BANDS AND DVD

This is your alternative if a Cable Machine or Functional Trainer is not available. The bands may be attached to any Widthr point. Instructional DVD included with purchase.

Ref.: ES01401



CORE 12 BAR™ WITH BANDS AND DVD

This is a great option if a Cable Machine or Functional Trainer is not available. The bands may be attached to any Widthr point. Instructional DVD included with purchase.

Ref.: ES05701





ALL PURPOSE WEBBING RESISTANCE BANDS

Our commercial quality Webbing Resistance Bands are built to withstand the daily rigors of a commercial gym. These Bands work great with our Core12™ and Core36 Bars™, VectorTrax™ and more. Sold in pairs. Each band includes carabiners at each end for attaching to fixed Widthr point or various handle attachments..

Ref.:	ST00801	ST00802	ST00803	ST00804
Intensity:	Light	Medium	Heavy	Very heavy
Colour:	Yellow	Green	Red	Blue

VECTOR TRAX™

The patent-pending Vector Trax™ is an exciting new device that will allow the user to push, pull, rotate, and perform lower body exercises along a MOVING point of resistance! Imagine executing multi-dimensional movements using resistance bands or the AirFit™ Pro, without having to make height adjustments for each separate exercise. The Vector Trax™ accommodates unrestricted movements due to the sliding micro-car that moves freely up and down the track, which keeps the line of resistance straight as you perform your favourite functional exercises. With our unique webbing bands, there are a wide range of handles and bars that the client can use for thousands of different exercises. The Vector Trax™ includes a two-row aluminium track and a micro-car with high-strength ball bearings for fast vertical travel along the track. If the user prefers a point of resistance that does not move, the micro-car may also be locked in a fixed position on various points of the track with the built-in pin stop mechanism.



KEY FEATURES OF THE VECTOR TRAX™

- Provides 198 cm of unrestricted vertical travel.
- Ability to lock the sliding car at a fixed position on the track.
- Can withstand up to 136 Kg of pulling force when properly mounted.
- Pre-designed holes in track for mounting to the wall.
- Wall mounting screws not included.

Ref.: ES01200





PERFORMANCE HARNESS™

Increase your speed, strength, power and explosiveness with the Performance Harness™. Using our Cyclone™ technology, PurMotion™ has created a harness that allows for a full range of movement when attached to a sled, cable, tires or other pulling / lifting equipment. This shoulder harness allows the user to move in an unrestricted and hands-free environment, with a more powerful transfer of energy to the exercise being performed. This harness is perfect for tire / sled pulls with forward, backward and lateral and movements with little or no adjustments. Our design is female-friendly, providing a more comfortable and effective workout than traditional training harnesses.

- Great for use with sleds and with cable machines. Comfortable fit and easy to adjust based on user's size. Use with the Cyclone 52™ for sled pulls to provide easy nonstop transition to lateral movements

Ref.: ES01701



PACK PERFORMANCE HARNESS™ SLED PACKAGE

Includes Cyclone 52™ pulley and attachment rope and carabiners for an even greater amount of exercise capability and more freedom of movement - together these products allow a seamless transition of resisted locomotive movements during exercises. Instructional DVD included with purchase.

Ref.: ES01702



CYCLONE 42™

This CYCLONE™ 42 cable attachment is specially designed for use with cables machines. It can be incorporated to provide unrestricted movement in all planes of motion and the ability to work your body unilaterally, one-side at a time. In addition to creating more challenging movements by requiring your body to stabilize more, and while allowing for rotation when performing exercises. Use as an attachment to cables and with regular handle grips or our Core12™ Bar to allow for unrestricted range of motion while performing your favourite cable chop, swing, or hitting exercises.

KEY FEATURES:

- Slim and light design CYCLONE™ 42 attachment with a rope length that makes it great for attaching to bands, cables, sleds, and more.
- Includes carabiners for quick easy attachment to fitness devices and handles.
- Attach any handles or straps to the rope ends with the carabiner clips provided.
- Great to use as a stretching device with the Ultra Sling attachments.
- Use with our Core12 Bar™ for an unmatched feeling when performing rotational strength exercises on cable machines.

Ref.: ES05900



CYCLONE 52™

Our Cyclone™ 52 is ideal for use as a sled attachment and for use with our Performance Harness™. It can also be used in conjunction with ankle attachments to pull-sleds and perform exercises such as the Quicksand or Defensive back drill. The Cyclone™ 52 is also a key component in our AirFit™ Pro system. Includes Cyclone™ 52 Pulley, one rope and carabiners.

Ref.: ES06000



FREE PULL-UP KIT PURMOTION™

The Free Pull-Up Kit™ is a tool that allows the user to adjust their width grip when performing pull-ups. This product is designed to slide as the pull-up is performed, dynamically changing the targeted muscles throughout the movement. The tandem pulley contains ball bearings and composite sheaves allowing the tandem pulley to roll freely. The kit can be used on chin-up bars measuring between 2,5-3,2 cm. This device safely supports up to 127 Kg. The Free Pull-Up Kit™ includes tandem pulley, basic handle grips, prusik rope loop and attachment carabiners.

NOTE: For Assisted Pull Ups - Adjustable Straps and Super Bands sold separately.

Ref.: ES02100



CYCLONE 100™

Turn any battling rope into a suspension training system with the monster Cyclone™ 100! With this device, you can create dynamic solo workouts that force the core to stabilize when using body weight resistance. It is also ideal for use as a two-person training device with tug-of-war style movements, using each person's body-weight as resistance. In addition, you can attach the Ultra Slings™ from the AirFit™ Pro to do our signature core exercises or attach handles to do push ups – these unique exercises are possible thanks to our exclusive prusik rope loop accessory.

Ref.: ES11000

Measures: Length: 15,2 cm. Width: 7,6 cm. Height: 25,4 cm



RENEGADE™ 'N' ROPE Widthr SYSTEM

The Renegade 'n' Rope Widthr system is a tool that can be fixed to any wall or PurMotion™ training station. The system allows for use two Renegades™ or battle ropes as to create a specific training area when mounted on a wall, and for Widthr a Renegade™ and a battle rope when used in a training station in the same corner.

Ref.: ES11200



PUR PUSH UP

The Pur Push Ups allows the user perform push ups more comfortable on the joints due to the rotational handles. The construction is stable and reliable and they are built to last.

Ref.: ES11400





SECURITY HARNESS

With the security harness you can perform body weight resistance in a proper way while security is guaranteed.

Ref.: ES11300



ULTRA SLINGS™

Ultra Slings™ offer multiple hand grips and forearm placements for a vast amount of exercise variations. The neoprene material provides a very comfortable fit and is machine-washable.

Ref.: ES00400



PRUSIK ROPE LOOP

The Prusik Rope Loop can be used to: attach Ultra Slings™ to ropes, create a rope shorter for the AirFit™, or as a choker to create an attachment point almost anywhere.

Ref.: ES02600

PURMOTION FTS™

FUNCTIONAL TRAINING STATION

TRAIN THE WAY YOU MOVE AND PLAY

The FTS™ integrates all PurMotion™ signature products with other integrated fitness equipment into one seamless, scalable platform. The FTS Club™ Model allows fitness pros to easily design and to implement small group functional training programs to help their clients achieve their fitness goals while keeping them motivated. There is no need for expensive cardio machines or sit-down selectorized fitness equipment. Clients will be up on their feet moving in multiple directions doing body weight training, lifting external objects, rope related exercises, resistance bands exercises, and many other functional training challenges without spending a fortune on fitness equipment that takes a lot of space and provides limited movement applications.

FTS 250 CLUB™ MODEL

The FTS Club™ Model is a freestanding Functional Training Station. It is designed for facilities with enough space to accommodate multiple participants working out together, while performing the latest functional strength training exercises.

FTS 250 Model Specs:

- Weight: 400,6 Kg (frame only).
- Frame: 5 x 5 cm steel tubing.
- Paint: Matte black with a clear coat finish for a sleek look built to last.
- Height: 284 cm at tallest point.
- Width: 202 cm at base of legs.
- Length: 243,8 cm at base of legs.
- Recommended training space: 7 x 11 m

NOTE: Training space can vary based on accessories and exercises performed on FTS.

Key Features of the Club Model:

- Robust and stable design to truly use without compromise.
- Large enough for 10 users at a time – optional FTS Side Wings create space for even more participants.
- Space to mount the PurMotion Vector Trax™, rope & ring attachments and all PurMotion™ accessories.
- Renegade™ and matching Olympic bar holder on each leg and four total weight storage horns.
- Space to mount the Brazilian Rope System™ for another dynamic rope training exercises.
- Space to mount the Crane attachment for hanging boxing bags, climbing ropes and other PurMotion™ accessories like the Cyclone100™.
- Hang multiple bodyweight training devices such as the AirFit™ Trainers, Ropes, Rings, and more.

Ref.: ES00100

WARRANTY FOR ALL FTS UNITS

Frame: 3 years / Accessories: 1 year / Powder Coat: 1 year (indoor only)



KITS FTS 250

KIT FTS 250 PURMOTION® BASIC

- 1- Functional Training Station (FTS 250) (1 unit)
- 2- Renegade™ System
 - a. Renegade™ Varsity (1 unit)
 - b. Renegade™ Varsity locking (1 unit)
 - c. War Hammer™ Varsity plus (1 unit)
 - d. 220 cm. Olympic bar (1 unit)
 - e. Renegade™ stand simple (1 unit)
- 3- Airfit™ Trainer Basic (2 units.)
- 4- Airfit™ Trainer Pro (2 units)
- 5- Brazilian Rope System Varsity (1 unit)
- 6- Double braided brazilian rope (1 unit)
- 7- Free Pull Up Kit (1 unit)
- 8- Ring attachment (3 units.)
- 9- Core 36 bar™ (1 unit)
- 10- Resistance bands (2 medium & 2 strong)
- 11- Carabiners (1 unit)

Ref.: ES06101

KIT FTS 250 PURMOTION® PRO

- 1- Functional Training Station (FTS 250) (1 unit)
 - a. FTS side Wings (1 unit)
 - b. Crane Attachment (1 unit)
- 2- Renegade™ System
 - a. Renegade™ Varsity (1 unit)
 - b. Renegade™ Varsity locking (1 unit)
 - c. War Hammer™ Varsity plus (1 unit)
 - d. Clean & Jerk™ (1 unit)
 - e. Renegade Stand™ (1 unit)
 - f. 220 cm. Olympic bar (1 unit)
 - g. 1 unit 20 kg bumper plate, 1 unit 15 kg bumper plate, 1 unit 10 kg bumper plate & 1 unit 5 kg bumper plate.
- 3- Airfit™ Trainer Basic (2 units)
- 4- Airfit™ Trainer Pro (3 units)
- 5- Gymnastic rings (1 unit)
- 6- Brazilian Rope System Varsity (1 unit)
- 7- Double braided brazilian rope (1 unit)
- 8- Cyclone 100™ (1 unit)
- 9- 9 m battle rope (1 unit)
- 10- Ultra slings™ (1 par)
- 11- Prusik rope loop (2 units)
- 12- Free Pull Up Kit (1 unit)
- 13- Vector Trax™ (1 unit)
- 14- Ring attachment (3 units)
- 15- Core 36 bar (1 unit)
- 16- Resistance bands (2 medium & 2 strong)
- 17- Carabiners (1 unit)

Ref.: ES06102

KIT FTS 250 PURMOTION® ADVANCE

- 1- Functional Training Station (FTS 250) (1 unit)
 - a. FTS side Wings (2 units)
 - b. Crane Attachment (2 units)
- 2- Renegade™ System
 - a. Renegade™ Varsity (2 units)
 - b. Renegade™ Varsity locking (1 unit)
 - c. War Hammer™ Varsity Plus (1 unit)
 - d. Squad pad (1 unit)
 - e. Wishbone™ (1 unit)
 - f. Renegade™ Stand (1 unit)
 - g. Renegade™ stand simple (1 unit)
 - h. 220 cm. Olympic bar (1 unit)
 - i. 1 unit 20 kg bumper plate, 1 unit 15 kg bumper plate, 1 unit 10 kg bumper plate & 1 unit 5 kg bumper plate.
- 3- Airfit™ Trainer Basic (2 units)
- 4- Airfit™ Trainer Pro (3 units)
- 5- Gymnastic rings (1 unit)
- 6- Brazilian Rope Original System (1 unit)
- 7- 15 m battle rope (1 unit)
- 8- Cyclone 100™ (1 unit)
- 9- 9 m Battle Rope (1 unit)
- 10- Ultra Slings™ (1 par)
- 11- Prusik rope loop (2 units)
- 12- 35 kg boxing bag (1 unit)
- 13- Free Pull Up Kit (1 unit)
- 14- Pull up kit varsity (1 unit)
- 15- Strong superbands (1 unit)
- 16- Vector Trax™ (1 unit)
- 17- Ring attachment (3 units)
- 18- Core 36 bar™ (1 unit)
- 19- Core 12 bar™ (1 unit)
- 20- Resistance bands (2 medium & 2 strong)
- 21- Ab slings (1 unit)
- 22- Pull up rope (1 unit)
- 23- Carabiners (2 units)

Ref.: ES06103



OTHER FTS 250 ACCESSORIES



CRANE ATTACHMENT FTS 250

The PurMotion FTS Crane Attachment™ is an exciting new add-on to our FTS250 Club Model™. This adjustable piece provides an additional higher attachment point outside of the frame - Perfect for using with our Cyclo-ne100™ pulley, or with any standard hanging bags!

Ref.: ES02500



FTS SIDE WINGS

Optional FTS Side Wings create space for even more participants with 2 Chin-Up Bars.

Ref.: ES02400



RING ATTACHMENT FTS

To attach elastic bands or body weight (suspension) training devices.

Ref.: ES06400



PULL UP KIT VARSITY

The Pull Up Kit Varsity is a bar that allows the user to perform pull ups more comfortable on the joints due to the rotational handles. The handles can be fixed at any desired wide and incorporates a central ring for proper band attachment.

Ref.: ES10700

Model: FTS 250



ROPE WidthR FTS

To use with battle ropes.

Ref.: ES06200



RENEGADE™ VARSITY LOCKING

Locking piece to fix the Renegade™ Varsity to a FTS 250 station when heavy loads are used.

Ref.: ES11600

FTS 100 MODEL

The **PurMotion™ FTS100 Modular System** is a scalable functional training platform that can be configured to match most any budget or space requirement. It is offered in both freestanding and wall-mounted configurations. You can start with a small base unit and add-on as your needs grow. We utilize a proprietary design strategy that yields an economical yet very solid and stable Widthring platform for conducting functional training.

The columns stand is 262.3 cm tall and feature precision laser cut holes on all 4 sides for easy accessory mounting and configuration changes. Trusses are available in different lengths for custom training needs. Add PurMotion™ exclusive accessories and training programs to bring the cage to life and create a unique functional training experience.

FTS 100 Model Specs :

- Modular design allows a workout station according to individual needs.
- You can start with a small base unit and add-on as your needs grow.
- 10 x 10 cm square tube column stand, strength and stable.
- Multiple laser cut holes allows fixing multiple PurMotion™ accessories.

FTS 100 BASE MODEL CONFIGURATIONS



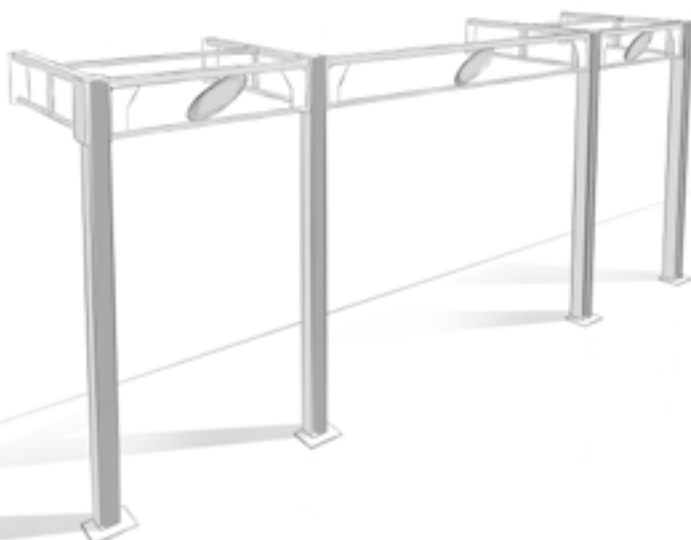
FTS 100 WALL MOUNT SINGLE COLUMN

Ref.:	ES13500
Height:	2,62 m
Width:	24,1 cm
Length:	30,4 cm



FTS 100 WALL MOUNT 4 X 4

Ref.:	ES13600
Height:	2,62 m
Width:	4' ó 122 cm between column centres. 146 cm total.
Length:	127 cm



FTS 100 WALL MOUNT ADDITIONS

Add an extra 4' (122 cm) distance column to the station.

Ref.:	ES13701
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Add an extra 8' (244 cm) distance column to the station.

Ref.:	ES13702
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FTS 100 FREESTANDING 4 X 5

Ref.: ES13801

Height: 2,62 m

Width: 4' (122 cm) between column centres. 146 cm total.

Length: 5' (152,5 cm) between column centres. 176,6 cm total.



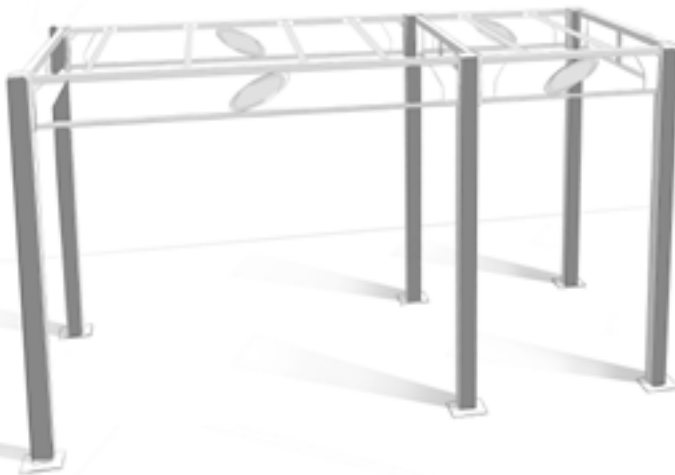
FTS 100 FREESTANDING 8 X 5

Ref.: ES13802

Height: 2,62 m

Width: 8' (244 cm) between column centres. 267,6 cm total.

Length: 5' (152,5 cm) between column centres. 176,6 cm total.



FTS 100 FREESTANDING 12 X 5

Ref.: ES13803

Height: 2,62 m

Width: 12' (365,7 cm) between column centres. 389 cm total.

Length: 5' (152,5 cm) between column centres. 176,6 cm total.



FTS 100 FREESTANDING ADDITIONS

Add an extra 4' (122 cm) distance column to the station.

Ref.: ES13901

Add an extra 8' (244 cm) distance column to the station.

Ref.: ES13902

WARRANTY FOR ALL FTS

Structure: 3 years / Accessories: 1 year / Painting: 1 year (interior)

OTHER FTS 100 ACCESSORIES



CRANE ATTACHMENT FTS 100

To attach Cyclone 100™, AirFit™ Pro, boxing bags, climbing ropes, etc.

Ref.: ES06300



RING ATTACHMENT FTS

To attach elastic bands or body weight (suspension) training devices.

Ref.: ES06400



ROPE ANCHOR FTS

To use with battle ropes.

Ref.: ES06200



OLYMPIC BAR SUPPORTS FTS 100

Only fits to the FTS 100 4' distance trusses.

Ref.: ES11500



FTS 100 PLATE PEG

The Plate Peg store Olympic disc.

Ref.: ES10900



FTS 100 MONKEY BAR

Fits to any freestanding FTS100. Used to perform push ups, dips or create a wall bars.

Ref.: ES10800



FTS 100 CRANE TO CRANE MONKEY BAR

Allows extra space for free pull up kit or other suspension devices. This bar only fits between FTS 100 cranes in 4' widths.

Ref.: ES12800



RENEGADE™ FTS 100

Steel Renegade™ for use with FTS100 only.

Ref.: ES06500



RENEGADE™ BAR

Rectangular steel tube with a built-in mountable Renegade™ on one end and a non-rotation tube on the other that allows use all the Renegade™ System accessories. Can bolt directly to the FTS100 column or clamp to the Renegade™ Spreader Bar.

Ref.: ES14000



RENEGADE™ BAR SPREADER

Spreader bar allows 2 Renegade™ bars or 2 FTS100 Renegades™ to be attached to the same column of the FTS100.

Ref.: ES14100



PULL UP KIT VARSITY

The Pull Up Kit Varsity is a bar that allows the user to perform pull ups more comfortable on the joints due to the rotational handles. The handles can be fixed at any desired wide and incorporates a central ring for proper band attachment.

Ref.: ES13300

Model: Freestanding FTS 100

Ref.: ES13400

Model: FTS 100 wall mount

FTS 100 KITS

FTS 100 WALL MOUNT SINGLE COLUMN KIT A

- FTS 100 Wall Mount Single Column (1 unit)
- Renegade™ FTS 100 (1 unit)
- Olympic bar 220 cm (1 unit)
- War Hammer™ Varsity plus (1 unit)
- Renegade™ stand simple (1 unit)
- Ring attachment (5 u.)
- Core 36 Bar™ (1 unit)
- Resistance bands (2 medium & 2 strong)
- Carabinier (1 unit)

Ref.: ES14200

Height: 2,62 m



FTS 100 WALL MOUNT SINGLE COLUMN KIT B

- FTS 100 Wall Mount Single Column (1 unit)
- Brazilian Rope varsity (1 unit)
- Double braided brazilian rope (1 unit)
- FTS 100 crane (1 unit)
- Airfit™ Pro (1 unit)

Ref.: ES14300

Height: 2,62 m



FTS 100 WALL MOUNT SINGLE COLUMN KIT C

- FTS 100 Wall Mount Single Column (1 unit)
- FTS 100 crane (1 unit)
- Airfit™ Pro (1 unit)
- Renegade™ 'N' Rope anchor (1 unit)
- Renegade™ Varsity (1 unit)
- Olympic bar 220 cm (1 unit)
- War Hammer Varsity plus (1 unit)
- Renegade™ stand simple (1 unit)
- Plate peg (1 unit)
- Bumper plates 1 unit of 5 kg & 1 unit of 10 kg.
- 12 m battele rope (1 unit)
- Brazilian rope original system (1 unit)

Ref.: ES14400

Height: 2,62 m



FTS 100 WALL MOUNT 4 X 4 KIT

- FTS 100 Wall Mount 4 x 4 (1 unit)
- FTS 100 crane (2 units)
- FTS 100 Crane to Crane monkey bar (1 unit)
- Airfit™ Pro (1 unit)
- Carabinier (2 units)
- Pull up kit varsity (1 unit)
- Strong superband (1 unit)
- Renegade™ FTS 100 (1 unit)
- Olympic bar 220 cm (1 unit)
- War Hammer™ Varsity plus (1 unit)
- Renegade™ stand simple (1 unit)
- Plate peg (1 unit)
- Bumper plates 1 unit of 5 kg & 1 unit of 10 kg.
- Brazilian rope varsity (1 unit)
- Double braided brazilian rope (1 unit)
- Ring attachment (5 units)
- Core 36 Bar™ (1 unit)
- Resistance bands (2 medium & 2 strong)
- Cyclone 100™ (1 unit)
- 9 m battle rope (1 unit)
- Rope anchor (1 unit)
- Ultra sling (1 pair)
- Prusik loops (2 units)

Ref.: ES14500

Height: 2,62 m

Width: 4' (122 cm) between column centres.



FTS 100 FREESTANDING 4 X 5 KIT

- FTS 100 Freestanding 4 x 5 (1 unit)
- FTS 100 crane (2 units)
- FTS 100 Crane to Crane monkey bar (1 unit)
- Airfit™ Pro (2 units)
- Carabinier (2 units)
- Pull up kit varsity (1 unit)
- Strong superband (1 unit)
- Renegade™ FTS 100 (1 unit)
- Olympic bar 220 cm (1 unit)
- War Hammer™ varsity plus (1 unit)
- Renegade™ stand simple (1 unit)
- Plate peg (1 unit)
- Bumper plates 1 unit of 5 kg & 1 unit of 10 kg.
- Brazilian rope varsity (1 unit)
- Double braided brazilian rope (1 unit)
- Ring attachment (5 u.es)
- Core 36 Bar™ (1 unit)
- Resistance bands (2 medium & 2 strong)
- Cyclone 100™ (1 unit)
- 9 m battle rope (1 unit)
- Ultraslings (1 pair)
- Prusik loops (2 units)
- Rope anchor (1 unit)

Ref.: ES14600

Height: 2,62 m

Width: 4' (122 cm) between column centres.

Length: 5' (152,5 cm) between column centres.



Note: photo accessories do not match the kit

FTS 100 FREESTANDING 8 X 5 KIT

- FTS 100 Freestanding 8 x 5 (1 unit)
- FTS 100 crane (3 units)
- Airfit™ Pro (2 units)
- Airfit™ Basic (1 unit)
- 35 kg boxing bag (1 unit)
- Carabinier (2 units)
- Pull up kit varsity (1 unit)
- Strong superband (1 unit)
- Free pull up kit (1 unit)
- Wood gymnastic rings (1 par)
- Renegade™ FTS 100 (2 units)
- Olympic bar 220 cm (2 units)
- War Hammer™ varsity plus (1 unit)
- Wishbone (1 unit)
- Renegade™ stand simple (2 units)
- Plate peg (2 units)
- Bumper plates 1 unit of 5 kg & 1 unit of 10 kg.
- Brazilian rope varsity (1 unit)
- Double braided brazilian rope (1 unit)
- Ring attachment (5 units)
- Core 36 Bar™ (1 unit)
- Resistance bands (2 medium & 2 strong)
- Cyclone 100™ (1 unit)
- 9 m battle rope (1 unit)
- Ultra Slings™ (1 pair)
- Prusik loops (2 units)
- Rope anchor (1 unit)

Ref.: ES14700

Height: 2,62 m

Width: 8' (244 cm) between column centres.

Length: 5' (152,5 cm) between column centres.

Note: photo accessories do not match the kit



FTS 100 FREESTANDING 12 X 5 KIT

- FTS 100 Freestanding 12 x 5 (1 unit)
- FTS 100 crane (4 u.)
- Monkey bar (1 unit)
- Airfit™ Pro (3 units)
- Airfit™ Basic (1 unit)
- Basic grip handles (1 par)
- 35 kg boxing bag (1 unit)
- Carabinier (2 units)
- Pull up kit varsity (1 unit)
- Strong superband (1 unit)
- Free pull up kit (1 unit)
- Wood gymnastic rings (1 par)
- Renegade™ Bar (2 units)
- War Hammer™ Varsity plus (1 unit)
- Wishbone™ (1 unit)
- Renegade stand simple (2 units)
- Plate peg (2 units)
- Bumper plates 1 unit of 5 kg & 1 unit of 10 kg.
- Brazilian rope varsity (2 units)
- Double braided brazilian rope (1 unit)
- Ring attachment (5 units)
- Core 36 Bar™ (1 unit)
- Resistance bands (2 medium & 2 strong)
- Cyclone 100™ (1 unit)
- Cuerda de combate de 9 m (1 unit)
- Ultraslings (1 par)
- Prusik loops (2 units)
- Rope anchor (1 unit)
- 12 m battle rope with nylon cover (1 unit)

Ref.: ES14800

Height: 2,62 m

Width: 12' ó 366 cm entre centros de columna.

Length: 5' ó 152,5 cm entre centros de columna.

Note: photo accessories do not match the kit



POSTERS DE MOVIMIENTOS PURMOTION®



AIRFIT™ MOVEMENT POSTER

The AirFit™ Trainer PRO Training System movement poster is a convenient training reference that is loaded with useful information. The poster covers basic components and setup of the AirFit™ Trainer PRO as well as additional accessories that can enhance the AirFit™ experience.

Each of the 16 exercises featured are tied back to the PurMotion™ Training Methodology allowing you to ensure a balanced workout and a balanced body. A "Start" and a "Finish" picture is shown for each movement as well as concise written instructions.

The 61 x 91 cm poster is printed in full colour with an aqueous coating. It is perfect for framing in standard, readily available, poster frames.

Ref.: P007100



RENEGADE CLEAN & JERK™/WISHBONE™ MOVEMENT POSTER

The Renegade™ with Clean and Jerk™ and Wishbone™ Training System movement poster is a convenient training reference that is loaded with useful information. The poster covers the use of the Clean and Jerk™ attachment as well as the Wishbone™ attachment. Handprint, footprint and body position are all critical components to ensure proper use. These are covered in the introductory section of the poster and many times reiterated in the movement photos and descriptions.

The poster is conveniently organized from beginner level to an advanced degree of difficulty. Each of the exercises presented are tied back to the PurMotion™ Training Methodology using a colour coded legend allowing you to ensure a balanced workout and in turn a balanced body. A "Start" and a "Finish" picture is shown for each movement as well as concise written instructions.

The 61 x 91 cm poster is printed in full colour with an aqueous coating.

Don't forget the other Renegade™ movement poster featuring the War Hammer™ attachments

Ref.: P007200



ROPES AND PULLEYS MOVEMENT POSTER

The Ropes and Pulleys Training System movement poster provides a convenient training reference that is loaded with useful information. The poster covers the Cyclone™ 100 pulleys, the Brazilian Tug O Wars, and the Performance Harness™. In the Cyclone™ 100 section, 4 exercises are featured along with basic instructions for the use of the climbing harness. The Brazilian Tug O War section features 8 exercises that can be done with either of the Brazilian Tug O War models (the 2 drum PRO or the 1 drum Varsity). Proper setup and threading of the ropes is covered in the introductory section. The Performance Harness™ section features our self-adjusting harness that allows your body to move freely so that proper joint alignment can be maintained while performing each of the harness exercises. A simple method to get into the harness is shown in the introductory section. This method does not require you unbuckle or buckle any straps.

As always, each of the exercises featured are tied back to the PurMotion™ Training Methodology using a colour coded legend allowing you to ensure a balanced workout and in turn a balanced body. A "Start" and a "Finish" picture is shown for each movement as well as concise written instructions.

The 61 x 91 cm poster is printed in full colour with an aqueous coating. It is perfect for framing in standard, readily available, poster frames.

Ref.: P007300



RENEGADE™ WAR HAMMER™ MOVEMENT POSTER

The Renegade™ with War Hammers™ Training System movement poster is a convenient training reference that is loaded with useful information. The poster covers the use of the War Hammer™ (short), the War Hammer™ Plus (long) and the War Hammer 360™. Handprint, footprint and body position are all critical components to ensure proper use. These are covered in the introductory section of the poster and many times reiterated in the movement photos and descriptions. The poster is conveniently organized from beginner level to an advanced degree of difficulty. Each of the exercises presented are tied back to the PurMotion™ Training Methodology using a colour coded legend allowing you to ensure a balanced workout and in turn a balanced body. A "Start" and a "Finish" picture is shown for each movement as well as concise written instructions.

The 61 x 91 cm poster is printed in full colour with an aqueous coating.

Don't forget the other Renegade™ movement poster featuring the Clean and Jerk™ and Wishbone™ attachments.

Ref.: P007400



CORE BARS™ MOVEMENT POSTER

The Core Bar™ Training System movement poster features both the Core12 Bar™ as well as the Core36 Bar™. This poster provides a convenient training reference that can be located in the training area for easy access. It is loaded with useful information that will allow you to explore the many training possibilities that these bars offer. The poster covers how to use the bars with either cable machines or elastic bands. Handprint, footprint and body position are all critical components to ensure proper use. These are covered in the introductory section of the poster and many times reiterated in the exercise photos and descriptions. The Core12 bar™ section features 6 movements--many with multiple photos and the Core36 bar™ section features 7 movements. Each movement is tied back to the PurMotion™ Training Methodology using a colour coded legend allowing you to ensure a balanced workout and in turn a balanced body. In addition to the photos shown for each movement, concise written instructions are also included.

The 61 x 91 cm poster is printed in full colour with an aqueous coating.

Ref.: P007500

EDUCATIONAL PROGRAM

PurMotion has two educational products: Master Trainer program and PurMotion FTS Workshops.

PURMOTION™ MASTER TRAINING:

PurMotion™ Master Training program has four levels.

THE PROGRAM OVERVIEW

LEVEL I

- 101 Level Course: "Train the way you move!"™ (16-hours)

LEVEL II

- 200 Level Course: Body Weight Training Systems (16-hours)
- 200 Level Course: Free Weight Training Systems (16-hours)
- 200 Level Course: Core Bars, Handles/Grips, Lines-of-Resistance and Widths Training Systems (16-hours)
- 200 Level Course: Ropes, Pulleys, Swings and Harness Training Systems (16-hours)

PurMotion™ Master Trainer Status: Complete Level 101 and 200 courses (80-hours)

LEVEL III SPECIALTY COURSES

- Requires full Master Trainer status to participate
- 300 Level Courses: PurSPEED, PurMMA, PurCORE, PurREHAB, PurBOOT-CAMP, PurBASEBALL, PurHOCKEY, PurSOCCER, PurADV-PD etc.

LEVEL IV PURMENTORSHIP

- Mentorship Eligibility: attain Master Trainer status; complete 3 specialty courses

PURMOTION™ FTS WORKSHOPS

Our one-day workshop is designed to teach trainers the proper usage of all PurMotion™ products used in conjunction with the FTS™. The FTS Workshop™ will teach your trainers how to design and implement functional workouts that are balanced, challenging and exciting. Participants will get practical applications of paramount concepts like basic human movements, planes of motion, complex movements, bilateral/unilateral loads and how to bring it all together when designing workouts. Participants and trainers will understand how different and unique the PurMotion™ SYSTEM is when compared to popular/generic workout programs such as CrossFit, Boot Camps, etc.

No Functional Training Equipment company can match the depth of knowledge your trainers will experience that day! OUR PROMISE!

We will work with your trainers to create safe and fun group training classes that are scaled for all fitness levels.

TOPICS COVERED IN WORKSHOP

- The PurMotion™ Training Philosophy
- Hands-on instruction for signature training products used on the FTS™
- The Renegade™ System
- Vector Trax™ and Core Bars™
- Resistance Bands and Training Ropes
- Pull-Up and Monkey Bars
- Incorporation of other functional training equipment with the FTS™
- Scalable exercise variations for all fitness levels
- Detailed instructional use for the AirFit™ Trainer PRO – from warm up to cool down
- Different categories of group workouts, such as endurance, strength and power classes
- Participation in sample workouts lead by a PurMotion™ Master Trainer
- Learn to design your own custom workouts using the Purmotion™ "Rules of Engagement."
- Implementing group training classes with the FTS™ as a profit center for your facility



Developed by Jorge Bonnet, C.S.C.S. and Douglas Brooks, M.S. Exercise Physiologist, the PurMotion™ training system is based on a simple, yet genius methodology.

TERMS & CONDITIONS

ORDERS

All orders are accepted on the following terms and conditions, which is by its own nature should subsist, will remain effect with posteriority of the purchase order.

All orders are to be sent in writing to A&F and signed by an authorized person. The orders should contain the original references of the product, quantity requested, place of delivery and the invoicing address.

The company reserves the right to amend the quantities of orders placed by the customer. A&F could make partial deliveries and produce different invoices.

DELIVERY TIME

A&F aims to deliver within 7 working days for those products that are on stock. Delivery times are approximate and should always be checked.

PAYMENT

Upon placing the order otherwise stated in writing.

DELIVERY TERMS

All shipments are Ex Works, unless otherwise stated.

RETURN POLICY

To avoid confusions all products should be examined. Please advise us within 48 hours upon receipt of the order if any discrepancy to 0034 938 355 950 or email us at: export@aerobicyfitness.com.

Product return should be notified in writing and previously accepted by A&F. The term accepted for a refund will be 15 days upon reception of the goods. It is indispensable requirement to return the products in the original packaging. We will not accept any items for return that are not in their original packaging.

The customer will be responsible for the cost transport unless specified by A&F.

PRODUCTS CHANGES

A&F reserves the right to modify or exclude any of its products without implying any responsibility.

CANCELLATION

Cancellations will not be accepted for orders made upon request. If the order has not been shipped, you might cancel your order with no charge, unless a cost have been incurred.

If you cancel your order and it has been shipped, the cancellation must always be approved in writing by A&F.

TAXES

The prices specified for the products do not include V.A.T

JURISDICTION

The present General Sales conditions are construed under the Spanish law. In case of litigation, the jurisdiction corresponds to the court of Barcelona, to solve any discrepancy that could arise from the General Condition of Sales.



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