

REVOLUTIONIZE YOUR TRAINING WITH

CORE X STIX®

TOTAL BODY FITNESS SYSTEM

Endorsed by trainers, celebrities, and pro athletes, Core Stix is the most versatile, innovative, and effective full body training device available anywhere! With 50+ anchor spots and rods that bend in any direction, Core Stix lets you unleash your creativity as a trainer and energize your clients with highly unique and challenging workouts. Over a hundred exercises and routines are possible, and the list is growing. Inspire yourself and your clients with Core Stix!



"Core Stix is an extraordinarily compact and versatile piece of equipment that gets results in less time, with less hassle, and more effectiveness. Core Stix is something our players can't do without."

Mike Kadar, NHL Strength Coach, Core Stix Founder



"What a terrific new tool to have in my gym! Core Stix is not only new, it's original, it's dynamic, and it's well thought out. I use it with my pro athletes and my 'pro parents'! It's great to see quality rear it's ugly head every now and then!"

Gunnar Peterson, Celebrity and Pro Athlete Trainer



Pound for pound and inch for inch, Core Stix delivers more versatility and results than any other fitness product on the market - a *must-have* for every gym and trainer!

- **Exclusive Gunnar Peterson training video** included with every purchase.
- **100+ exciting and dynamic strength, cardio, stretching and balance routines** so you never run out of new exercises.
- **Preset multiple rods for continuous multi-muscle workouts** - spend more time training and less time waiting.
- **Compact, lightweight, and portable.**
- **Challenges the core** in a functional upright position.
- **Rods provide constant tension and bend in every direction**, adding more freedom to your workout.
- **Takes just seconds to switch** between full body, core, cardio, or individual global or non-global muscle groups.
- **U.S. and internationally patented design** is proudly made in the USA.

Visit CoreStix.com to order yours today!

Videos, user testimonials, exercise routines, and more info at www.CoreStix.com.

Toll Free: (855) COR-STIX (855-267-7849)

Email: customerservice@corestix.com

Look for Core Stix at upcoming IHRSA, IDEA, Athletic Business, CanFitPro, and NSCA shows!



CORE X STIX®

TOTAL BODY FITNESS SYSTEM



Model

Premium Package

Premium Package + X-Lite Rods

Premium Package + X-Heavy Rods

Ultimate Package

Pro Board

Colors:
Blue
Black
Red
Silver
Yellow



Base
Dimensions:
60 in x 30 in

Base Weight:
52 lb

53
Rod Anchor
Points

(custom
graphics
optional)

Pro PGX Board

Colors:
Blue
Red



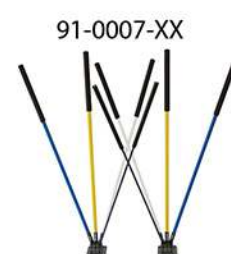
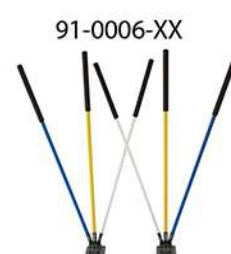
Base
Dimensions:
55 in x 27.5 in

Base Weight:
38 - 40 lb

37
Rod Anchor
Points

Floor Mount System

Colors:
Blue
Black
Red
Yellow



No Base -
each
mounting
plate for floor
or wall is
8.5 in x 6.0 in

36
Rod Anchor
Points

Rods included
& resistance
level per rod
pair

Lite: 40 lbs.
Medium: 70 lbs.
Heavy: 90 lbs.

X-Lite: 30 lbs.
Lite: 40 lbs.
Medium: 70 lbs.
Heavy: 90 lbs.

Lite: 40 lbs.
Medium: 70 lbs.
Heavy: 90 lbs.
X-Heavy: 110 lbs.

X-Lite: 30 lbs.
Lite: 40 lbs.
Medium: 70 lbs.
Heavy: 90 lbs.
X-Heavy: 110 lbs.

Features:

- Exclusive Gunnar Peterson exercise video (DVD) and exercise chart included with every purchase.
- Color coded rods provide progressive resistance and bend in any direction, providing an endless number of safe, effective and dynamic workouts options.
- Resistance levels vary from X-Lite to X-Heavy for light training and rehab to heavy strength training and everything between.
- All Core Stix products were extensively developed and tested, arrive fully assembled and ready to use, and are backed by a one year warranty and a 30 day satisfaction guarantee.

Visit CoreStix.com for the exclusive Gunnar Peterson training videos and programs, and to order yours today!

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