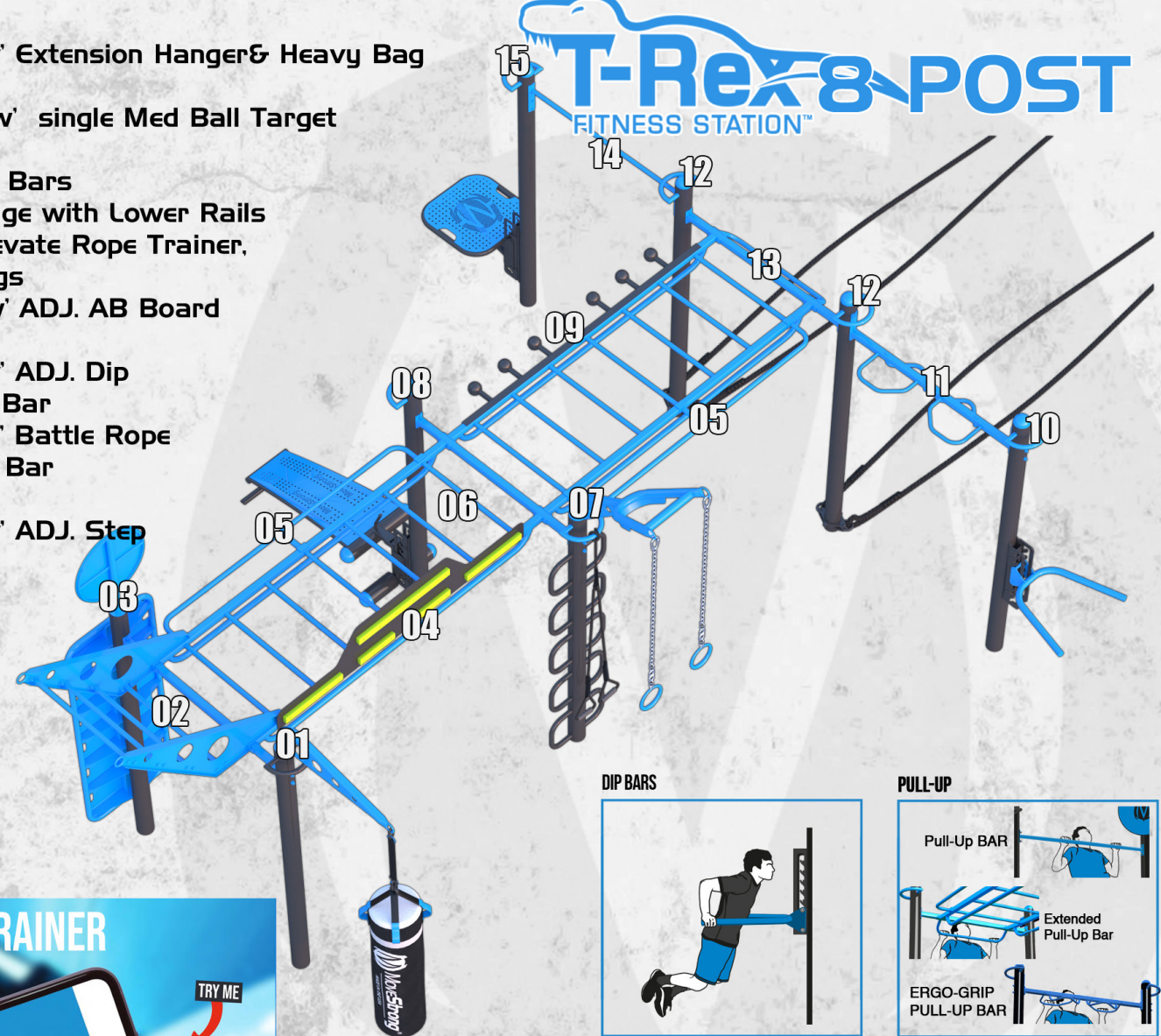


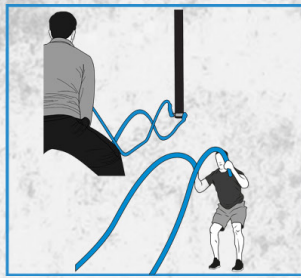
- 01- Standard Post w' Extension Hanger & Heavy Bag
- 02- Climber Bars
- 03- Kick Plate Post w' single Med Ball Target
- 04- Cliff Hanger
- 05- Side Rail Pull-Up Bars
- 06- Monkey Bar Bridge with Lower Rails
- 07- Loop Post w' Elevate Rope Trainer, Y-Extender & Rings
- 08- Standard Post w' ADJ. AB Board
- 09- Globe Grips
- 10- Standard Post w' ADJ. Dip
- 11- Ergo-grip Pull-up Bar
- 12- Standard Post w' Battle Rope
- 13- Extended Pull-Up Bar
- 14- Pull-up Bar
- 15- Standard Post w' ADJ. Step

# T-Rex POST

FITNESS STATION™



BATTLE ROPES



**NEW MOBILE TRAINER**

MEET YOUR NEW MOBILE TRAINER

1. LOCATE QR CODE
2. SCAN THE QR WITH YOUR PHONE CAMERA
3. WATCH HOW-TO VIDEOS

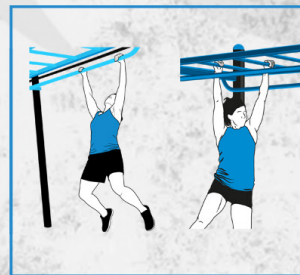
OR SCAN INSTRUCTIONAL DECALS FOR EVERY FITNESS STATION

QR SCAN

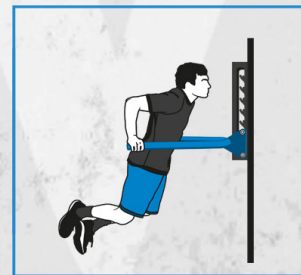
https://movestrong.fit

MoveStrong®  
www.MoveStrongFit.com  
MADE IN THE U.S.  
Live Life. Move!  
USE AT YOUR OWN RISK

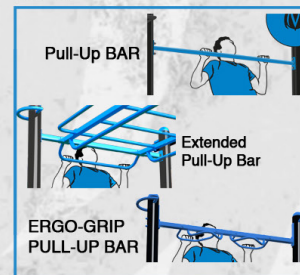
OVERHEAD LADDER BARS



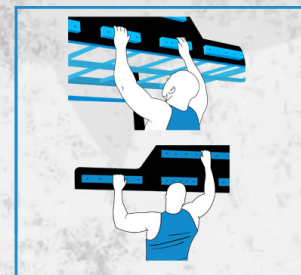
DIP BARS



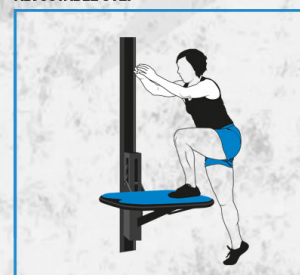
PULL-UP



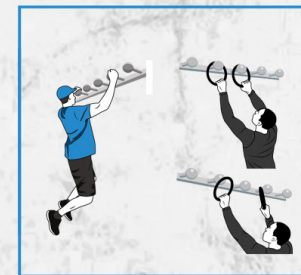
CLIFF HANGER



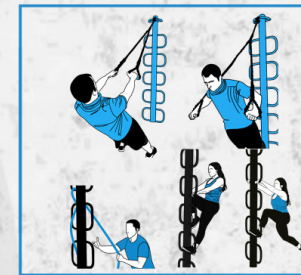
ADJUSTABLE STEP



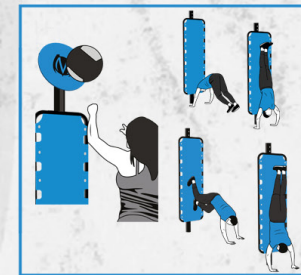
GLOBE GRIP BRIDGE CLIMB



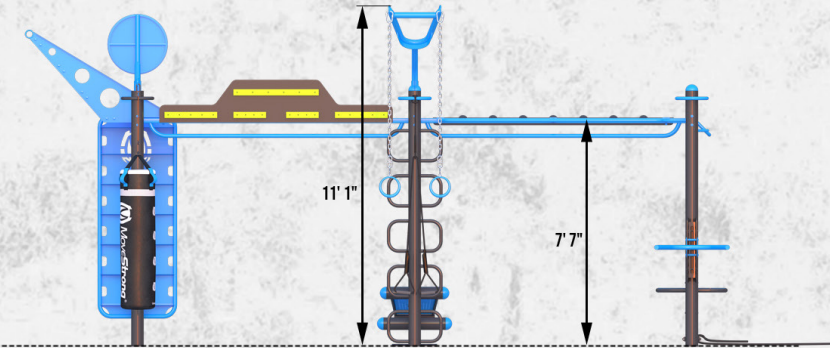
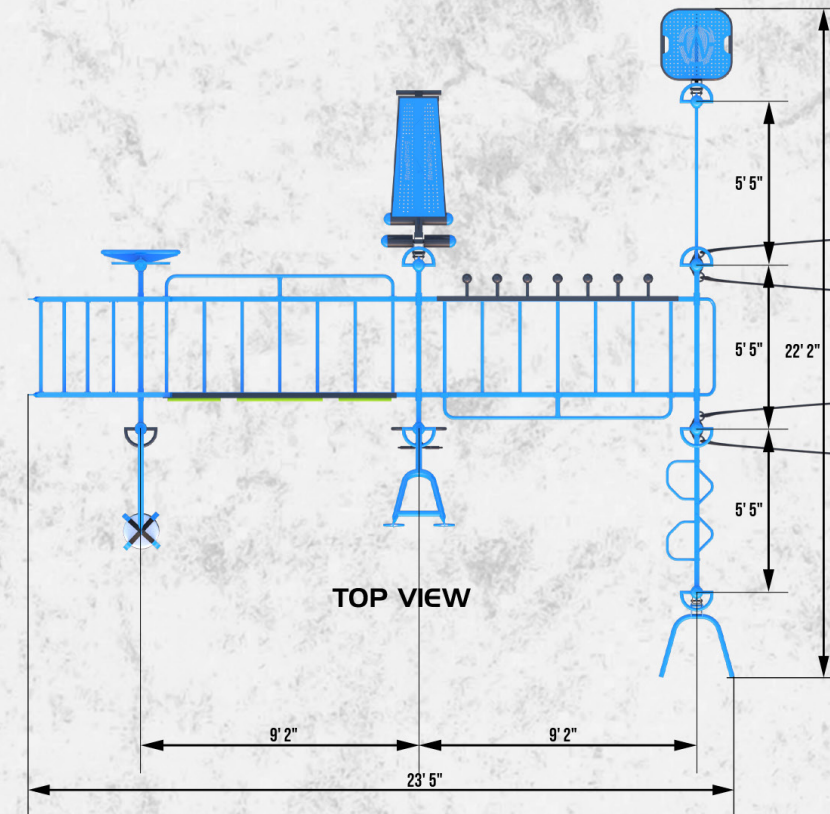
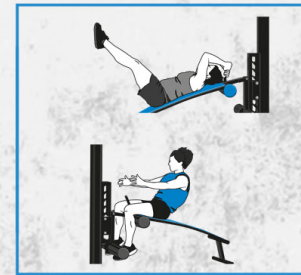
LOOP POST W' ELEVATE TRAINER



KICKPLATE W' MED BALL TARGET



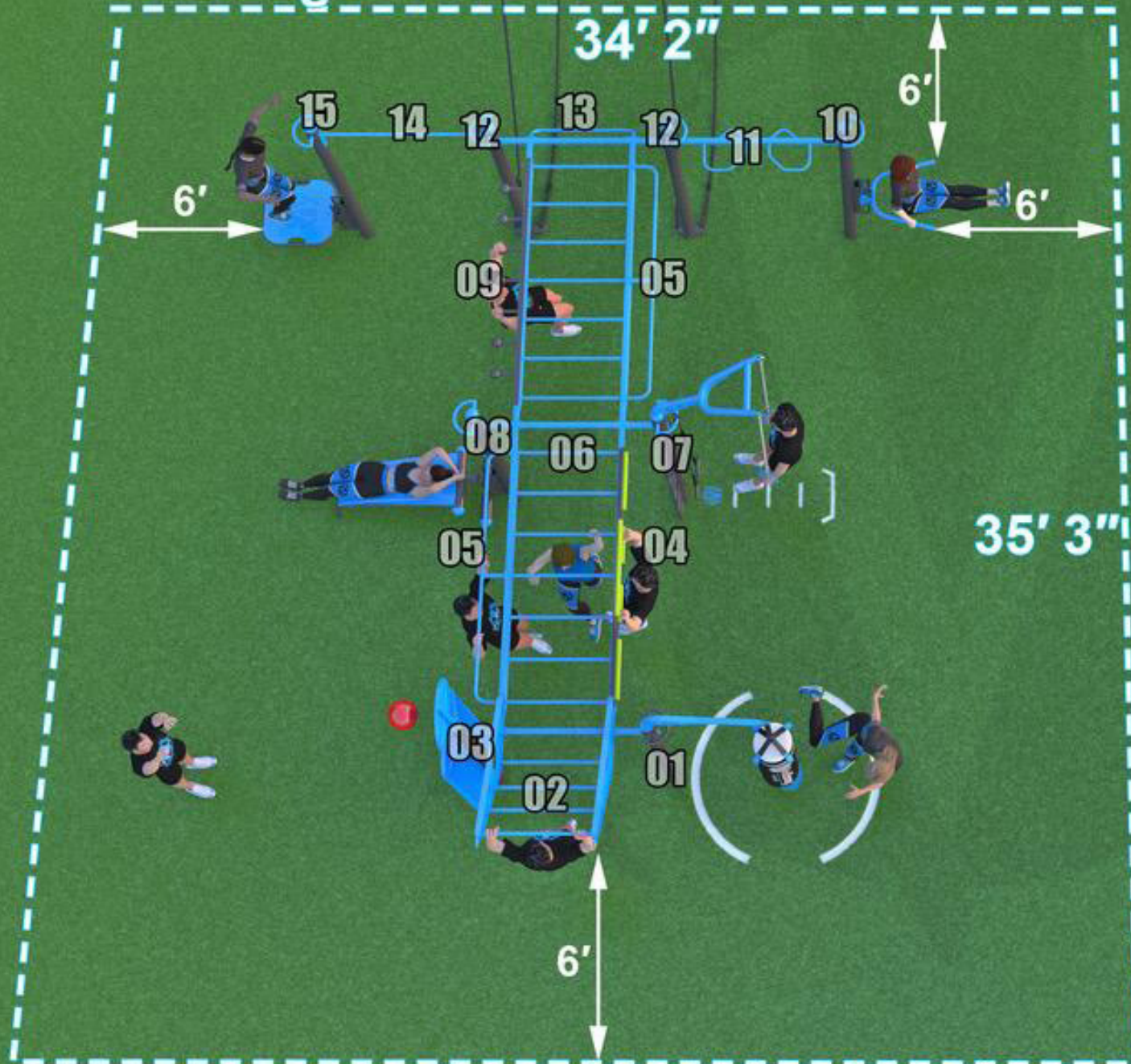
AB BENCH LEG RAISE & SIT-UP



# T-Rex 8 POST

FITNESS STATION<sup>®</sup>

## Training Zone



- 01-** Standard Post w' Extension Hanger & Heavy Bag
- 02-** Climber Bars
- 03-** Kick Plate Post w' single Med Ball Target
- 04-** Cliff Hanger
- 05-** Side Rail Pull-Up Bars
- 06-** Monkey Bar Bridge with Lower Rails
- 07-** Loop Post w' Elevate Rope Trainer, Y-Extender & Rings
- 08-** Standard Post w' ADJ. AB Board
- 09-** Globe Grips
- 10-** Standard Post w' ADJ. Dip
- 11-** Ergo-grip Pull-up Bar
- 12-** Standard Post w' Battle Rope
- 13-** Extended Pull-Up Bar
- 14-** Pull-up Bar
- 15-** Standard Post w' ADJ. Step