



MOVESTRONG HISTORY TIMELINE

CELEBRATING 13 YEARS STRONG



2014 - MOVESTRONG FITGROUND



2018 - MOVESTRONG T-REX OUTDOOR FTS 2.0 US PATENTED DESIGN



2019 MOVESTRONG

REACHES 30 COUNTRIES

2022 - MOVESTRONG Traveling Rings In Public Schools



2013

13 2015



2017

2019

2021 2023



2011 - FIRST Movestrong FTS



2013 - MOVESTRONG Dynabell US Patent no 9,364,703 & 9,364,704



MOVESTRONG IN ALL 50 STATES AND 30+ COUNTRIES

2015 - MOVESTRONG Trap bar Us patented design



CENTERLINE BANDS US PATENTED DESIGN





2021 - MOVESTRONO

MOBILE TRAINER

LARGEST SITE INSTALLATION
WORLD'S LARGEST TRAVELLING RINGS
AND MORE



GRANT OFFERING

TABLE OF CONTENTS



T-REX TRAINING STATION **FITGROUND OBSTACLE COURSE SPECIALTY TRAINING** FREE WEIGHTS & STORAGE **ACCESSORIES SURFACING & SHADE EDUCATION**





AVAILABLE POST COLORS

Black

Metallic

White

White

White

White

White

White

White

White

Beige

Brown

Bronze

Brown

Bronze

Brown

Rewring Green

Well Ce Butter

Creen

Well Ce Butter

Spring Green

Well Cean

Reyal Purple

Blue

Periwinkle

Reyal Purple

Burgundy

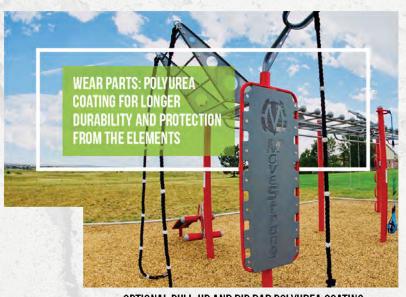
Red

Orange

Butterscotch

Yellow

Note: not all colors are available for the T-Rex kickplate, ab bench, step attachment, and the fitground plyo steps. These products are coated with polyurea or pvc coating colors choices: black, gray steel, sky blue, red, dark blue, dark green, and brown.



OPTIONAL PULL-UP AND DIP BAR POLYUREA COATING

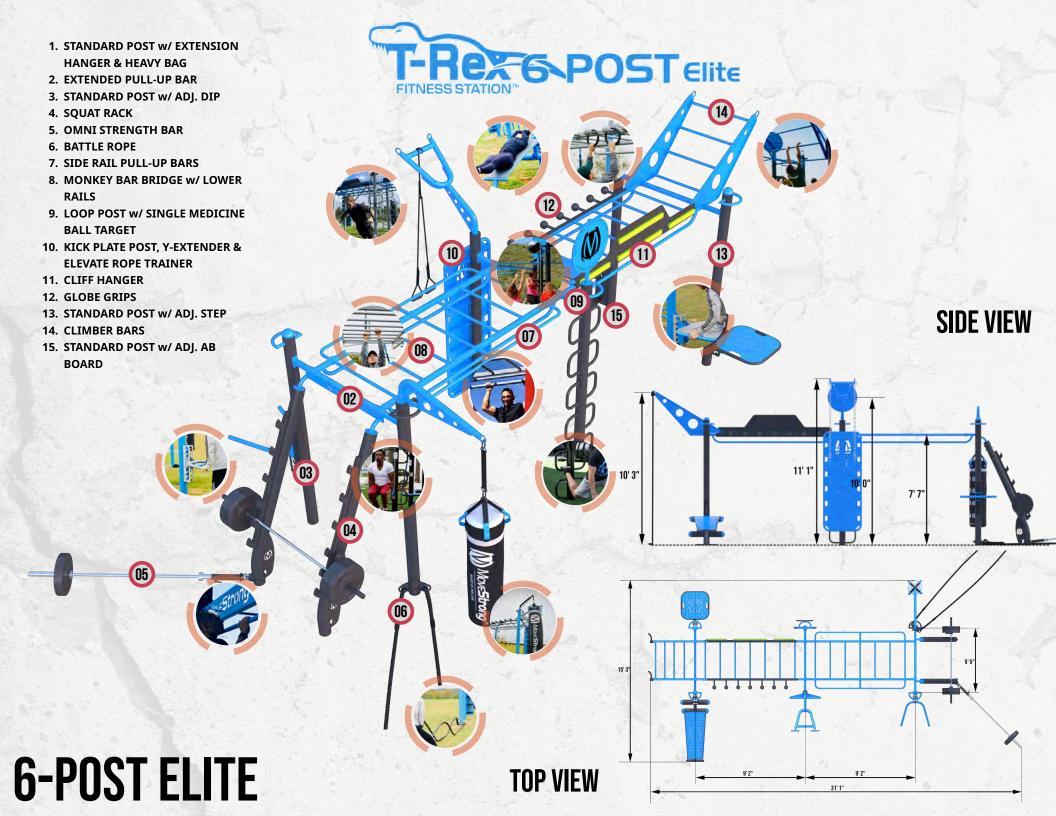


VISIT WWW.MOVESTRONGFIT.COM/BYO

PATENTED ADJUSTABLE TRAINING FEATURES DIP, STEP, AB BENCH

PATENT NO. D94 1407



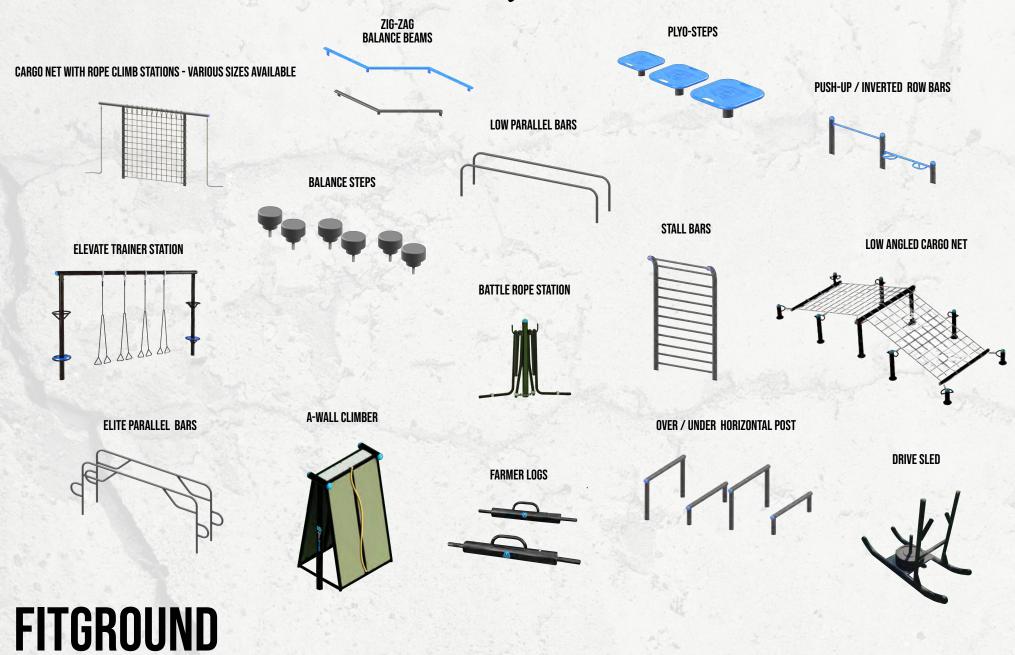




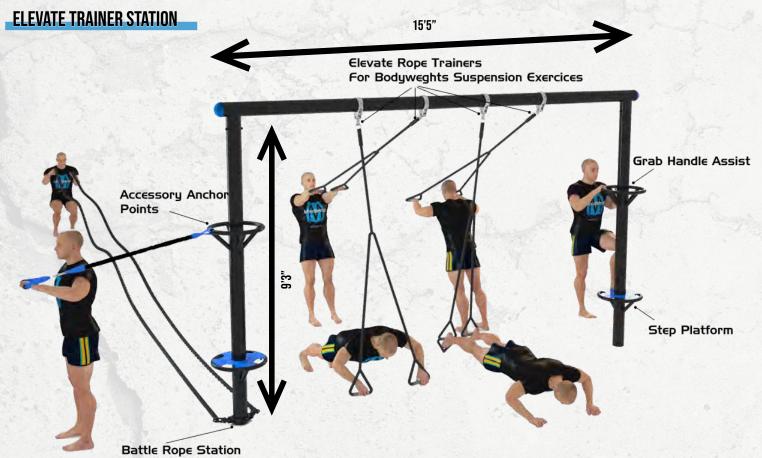




CUSTOMIZE AND BUILD A FITGROUND FOR YOUR SPACE AND TRAINING NEEDS. SEE ALL THE ACCESSORIES!

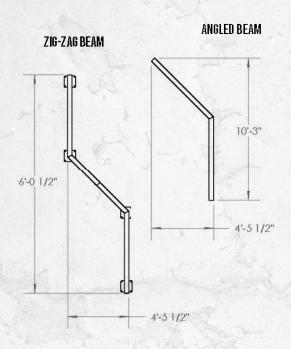






ZIG-ZAG BALANCE BEAM

The Zig-Zag Balance Beam allows for many bodyweight exercises to improve balance and stability.





BALANCE STEPS

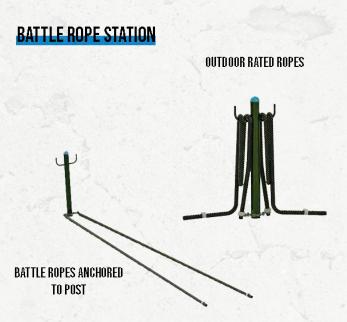
Focus on balance and agility with the Balance Steps. Configure your FitGround area with different quantities and patterns to fit layout and exercise needs.

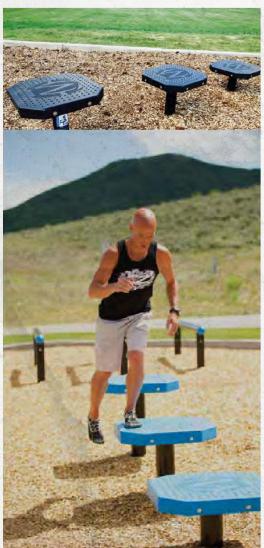


Rubber surface step allows for slight tilting for feedback on balance



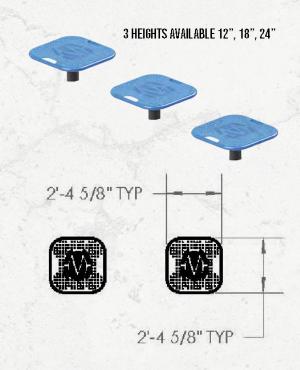






PLYO-STEPS

Varied height Plyo-Steps are great for improving agility, flexibility, power, and for building athleticism.



LOW PARALLEL BARS

The Low Parallel Bars are ideal for upper body, agility, and balance exercises.

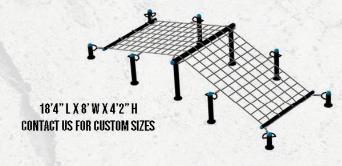






LOW ANGLED CARGO NET

Great obstacle course style station with an up-and-over crawl on top of the low height angled cargo net. Develop balance, strength, and coordination skills with this fun challenging obstacle.

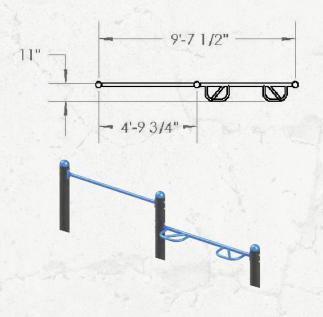






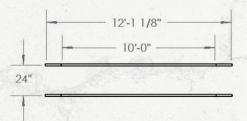
PUSH-UP/INVERTED ROW BARS

Build upperbody and core strength with the varied height Push-Up Bars. Two height bars ideal for pushup variations and inverted rows. Lower bar offer varied hand grip positions.





ELITE PARALLEL BARS

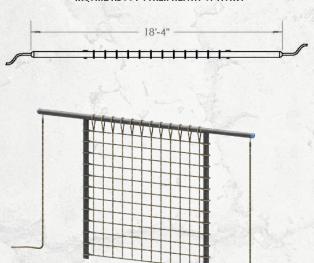




CARGO NET

Use for functional fitness, climbing, bodyweight, and obstacle course training. Offers two optional rope climb stations as well.







A-WALL CLIMBER

The A-Wall Climber is a great FitGround addition to create a challenging up and over climb. Climbing rope to grasp and assist on climb up and over the step angle wall.



8' OVER HEIGHT. INCLUDES CENTER GRAB ROPE.





STALL BARS

Dedicated flexibility and stretching station. Varied height rungs to assist in flexibility and bodyweight exercises. Arched top bar for hangs and pull-up variations.

STALL BAR DIMENSIONS ARE 4' WIDE X 8' TALL





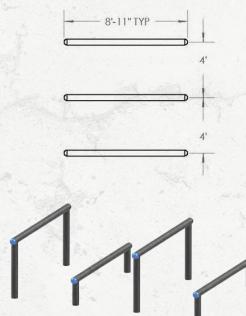
OVER/UNDER HORIZONTAL POST

The Over/Under posts are great for agility, balance, and strength training.

AVAILABLE IN 3 HEIGHT OPTIONS: 24", 36", 48"











OUTDOOR OBSTACLE COURSE



BUILD CONFIDENCE AND TEAMWORK

Obstacle course training is an excellent way to gain confidence as users get stronger and more confident with each run through the course. Work together as a team to encourage others and compete against each other for friendly competition and bonding as a group. A great social activity since others will experience all the same challenges together. Use obstacle course training to build stronger friendships and develop a support system among teams and co-workers.

IMPROVE ENDURANCE, STAMINA, AND FUNCTIONAL STRENGTH

OC Training is a great way to get heart healthy with cardiovascular exercise, build real usable functional strength and athletic muscle mass while and burning body fat all at the same time.

BREAK THE BOREDOM

break the normal gym routine with some fresh air and MoveStrong OC Training. A fun challenging way to incorporate new workouts sure to help break the norm of traditional machine gym workouts that will no doubt yield new results in your athletic, physical, and body composition results!

INCREASE FLEXIBILITY & AGILITY WITH IMPROVED BALANCE

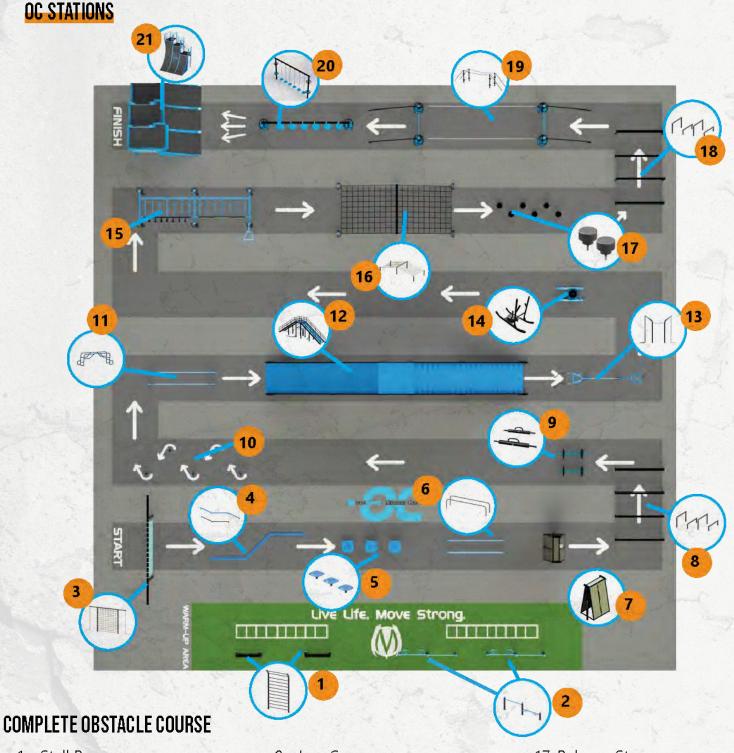
Climb, crawl, run, jump, balance, and swing your body through a variety of obstacles. Move in manners the body was intended! You will quickly become more agile and improve those athletic skills with obstacle training. Over time, you'll get better and more energy efficient with improved work capacity as you learn how to overcome obstacles more efficiently and preserve energy to make it all the way across the finish line without running out of steam.



OC SAMPLE LAYOUTS





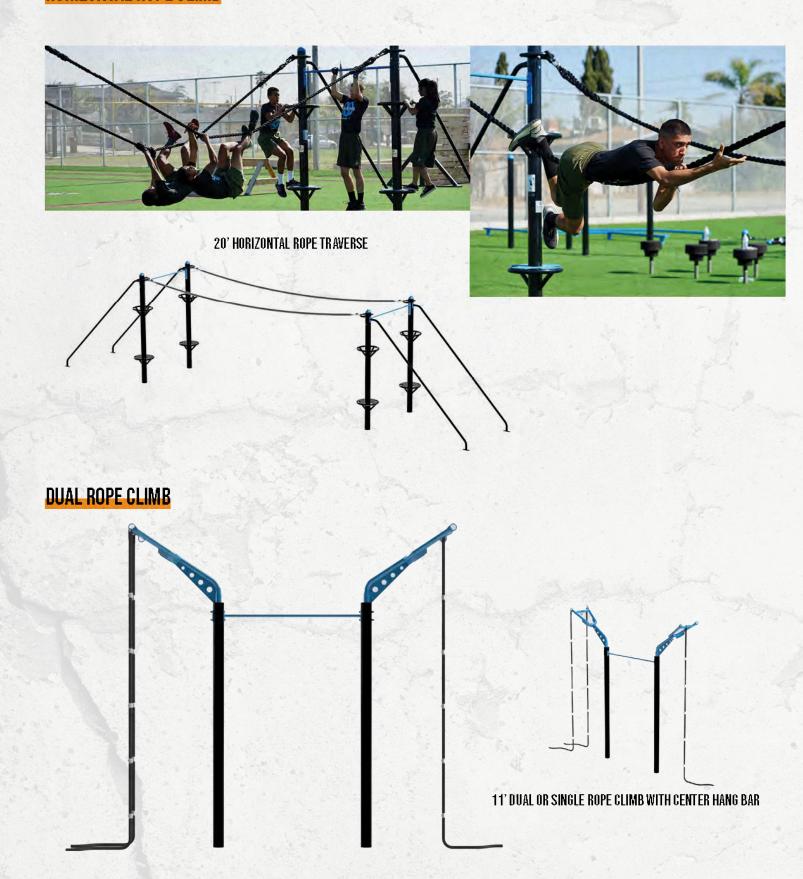


- 1. Stall Bars
- 2. Push-Up/Inverted Row Bars
- 3. Cargo Net Rope Climb
- 4. Zig-Zag Balance Beam
- 5. Plyo Step Jumps
- 6. Low Parallel Bar
- 7. A-Wall Climber
- 8. 24" Over/Under Agility Post

- 9. Log Carry
- 10. Slalom Agility Posts
- 11. Parallel Bar Upper Body Walk
- 12. Obstacle Staircase
- 13. Rope Climb Station
- 14. Drive Sled Push
- 15. 6-Post T-Rex
- 16. Low Cargo Net Climb

- 17. Balance Steps
- 18. 36" & 48" Over/Under Agility Post
- 19. Horizontal Rope Climb
- 20. Swinging Balance Steps
- 21. Triple Warped Wall

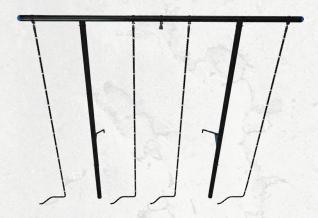
HORIZONTAL ROPE CLIMB

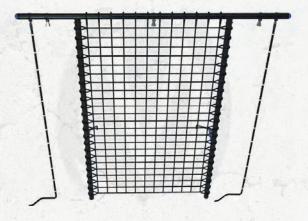


20' CARGO NET AND ROPE CLIMB

20' ROPE CLIMB WITH BELL RING OPTION

COMBO ROPE CLIMB CARGO NET WITH BELL RING OPTION





QUINTUPLE STEPS

Great obstacle course style station with an up-and-over crawl on top of the low height angled cargo net. Develop balance, strength, and coordination skills with this fun challenging obstacle.

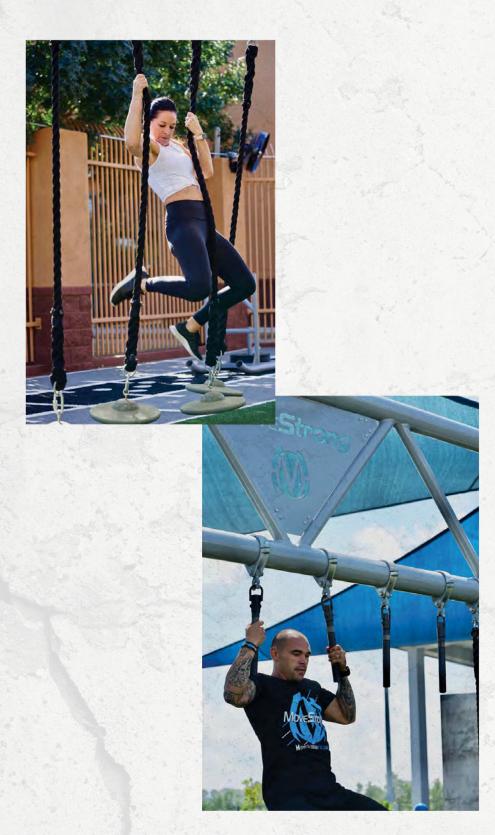




AGILITY CRAWL NET



HANGING OBSTACLES



HANGING BALANCE



DOWEL GRIPS



RING TRAVERSE



WARPED WALL











TRIPLE WARPED WALL

- 8', 12', and 14' Warped Walls
- Backside Training Features and Options
- Optional Top Safety Rails

SLACKLINING ANCHOR POSTS



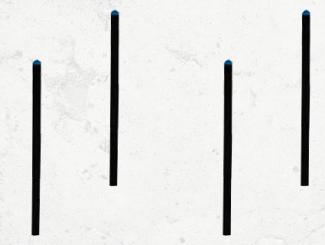


*SLACKLINE NOT INCLUDED.

SLALOM AGILITY POSTS



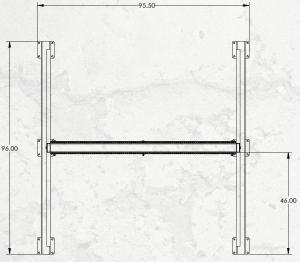




WALL OBSTACLE

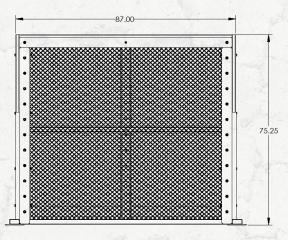
6' WALL OBSTACLE

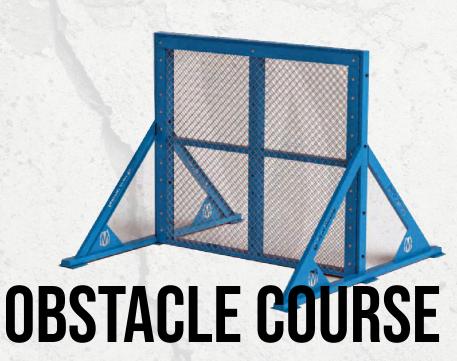




6' CHAINLINK OBSTACLE





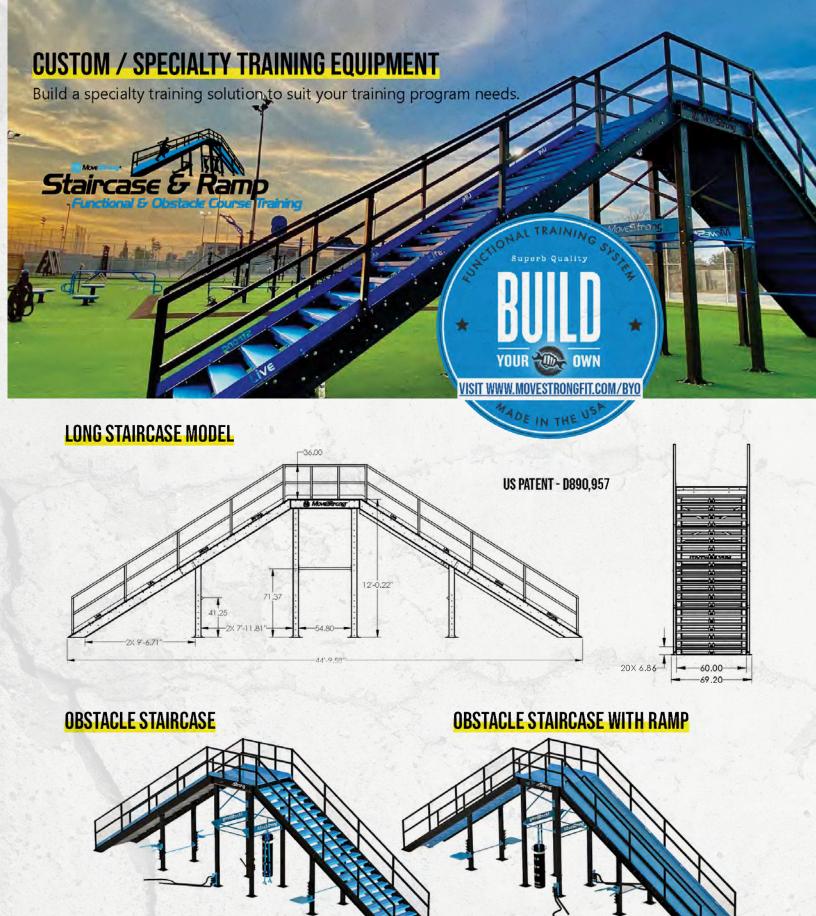




WALL OBSTACLE

8' WALL OBSTACLE W/ DUAL ROPE GRAB



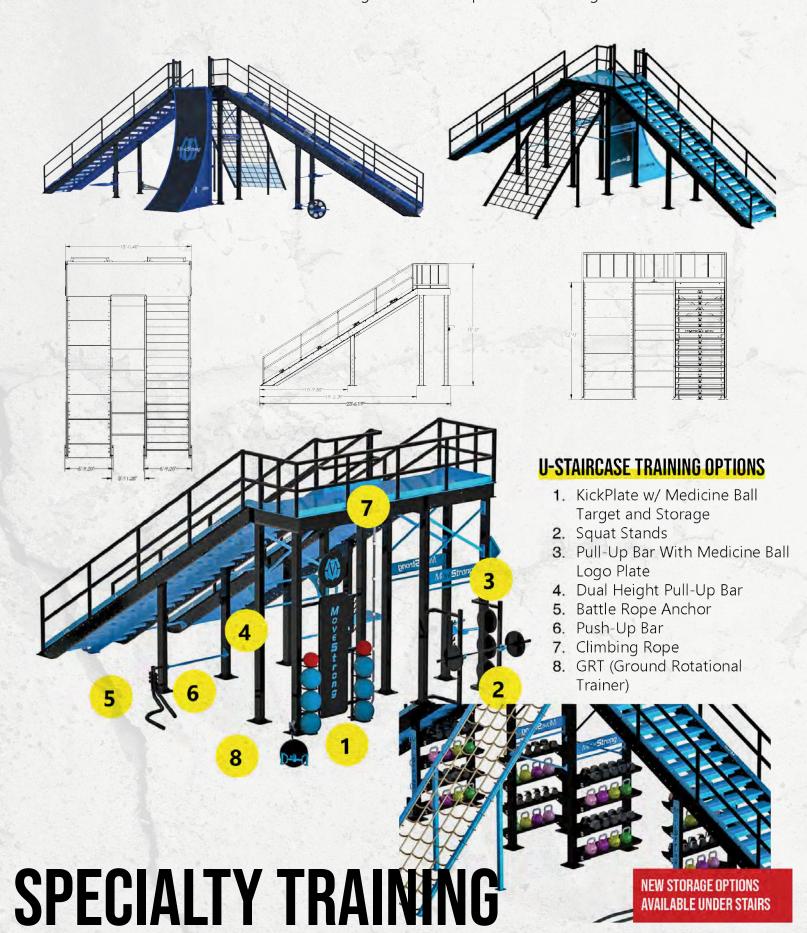


CONFIGURE WITH OPTIONAL TRAINING FEATURES UNDER STAIRCASE

SPECIALTY TRAINING *DESIGN PATENT PENDING TO SPECIAL TO

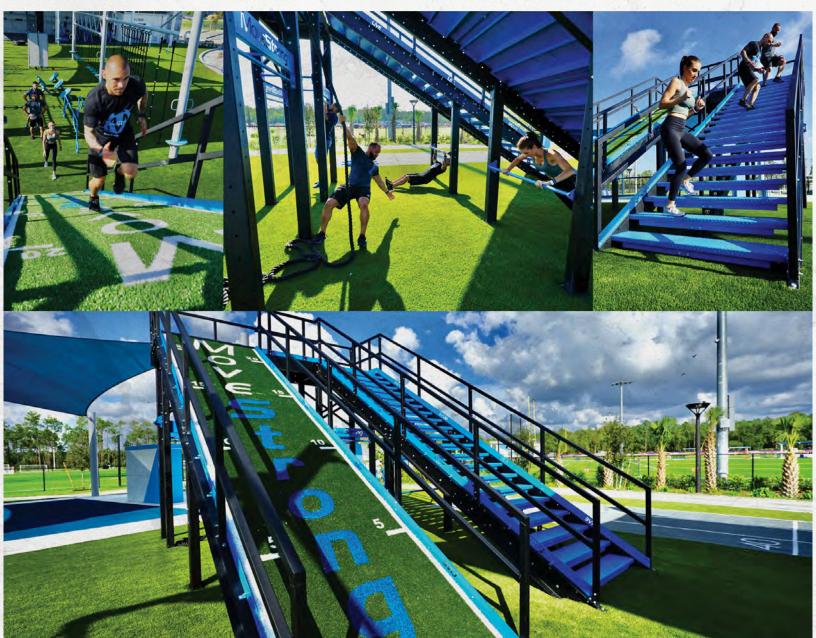
PINNACLE STAIRCASE MODULAR DESIGN

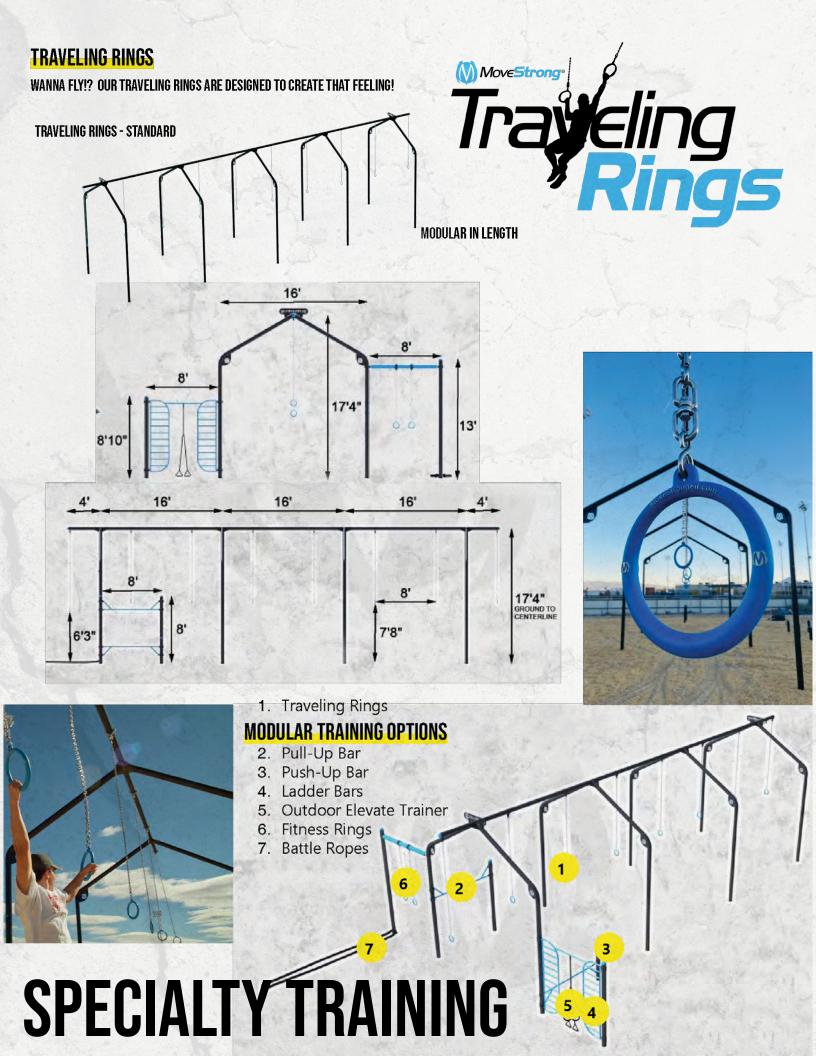
Customize with obstacles on all 4- sides of the Long Staircase. Warped Wall and cargo nets shown.



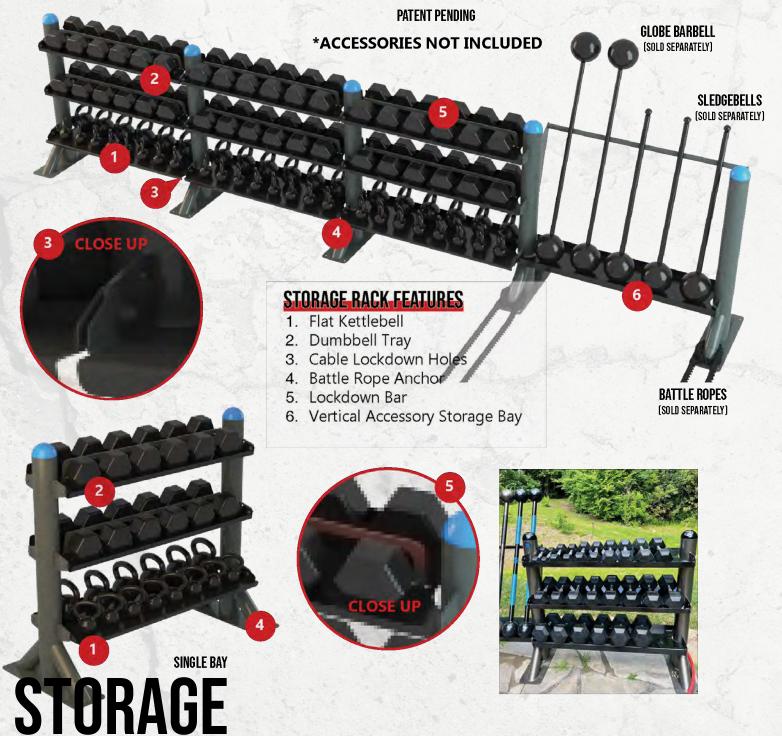
U-STAIRCASE OPTIONAL OPTIONS







OUTDOOR STRENGTH & STORAGE GET ORGANIZED WITH OUR COMPLETE ASSORTMENT OF FREE-WEIGHT/ACCESSORY STORAGE RACKS AND MULTI-PURPOSE SQUAT, BENCH, PULL-UP RACKS. VISIT OUR WEBSITE FOR MORE DETAILS. MODULAR OUTDOOR DB & ACCESSORY STORAGE RACKS

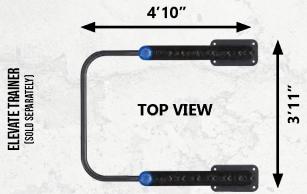


FREESTANDING FUNCTIONAL SQUAT RACK

ALSO AVAILABLE AS A TREX FTS ATTACHMENT





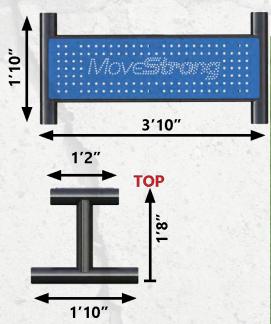


FREESTANDING FUNCTIONAL SQUAT

RACK FEATURES

- 1. Pull-Up Bar
- 2. Wear Guard Inserts
- 3. Base Attachment Options (Both Posts)4. Surface Mount or In-Ground
- 4. Surface Mount or In-Ground Anchoring
- 5. GRT (Landmine) Attachment

OUTDOOR DUMBBELL FLAT BENCH







STORAGE LOCKER

NEW



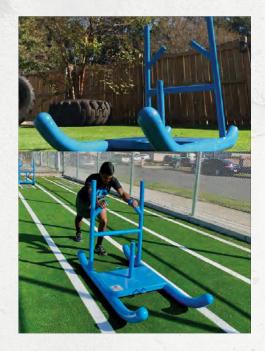
TRAINING LOCKER FEATURES

- Hanging Pegs
 Weight Plate Storage
- 3. Medicine Ball, Kettlebell, and Dumbell Storage
- 4. Weight Bar Storage



STORAGE

OUTDOOR TRAINING TOOLS







DRIVE SLED

Do more with a Drive Sled for strength and conditioning!

GLOBE BARBELL

Specifically designed for year round outdoor use, our fillable Globe Barbell is an excellent strength tool.

SLEDGEBELL

Specifically designed for year round outdoor use, our fillable SledgeBell is an excellent strength tool.



KETTLEBELL



RHINOBAG



OUTDOOR HEAVY BAG

Built to last, 100lb Heavy Bag USA Made. Commercial quality design weather resistant for use in an outdoor setting. Great for personal/ group training workouts by adding call-out targets for coaches and clients to use in varying targeted blows to the bag. Top bag grab handles to delivery a more powerful knee to your targeted area.



FARMER'S WALK LOG

Designed for outdoor use in the FitGround, our Farmers Walk Logs are a fun way to build strength and endurance for loaded carries. Add weight in the fill hole of the log and/or traditional Olympic weight plates on the end holders.



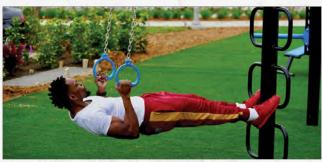
FUNCTIONAL TIRE

80kg & 120kg size functional training tires for outdoor use. Ground anchors available to keep tires in fixed area to prevent removal.

ACCESSORIES



CLIMBING ROPE



OUTDOOR RINGS



BATTLE ROPES

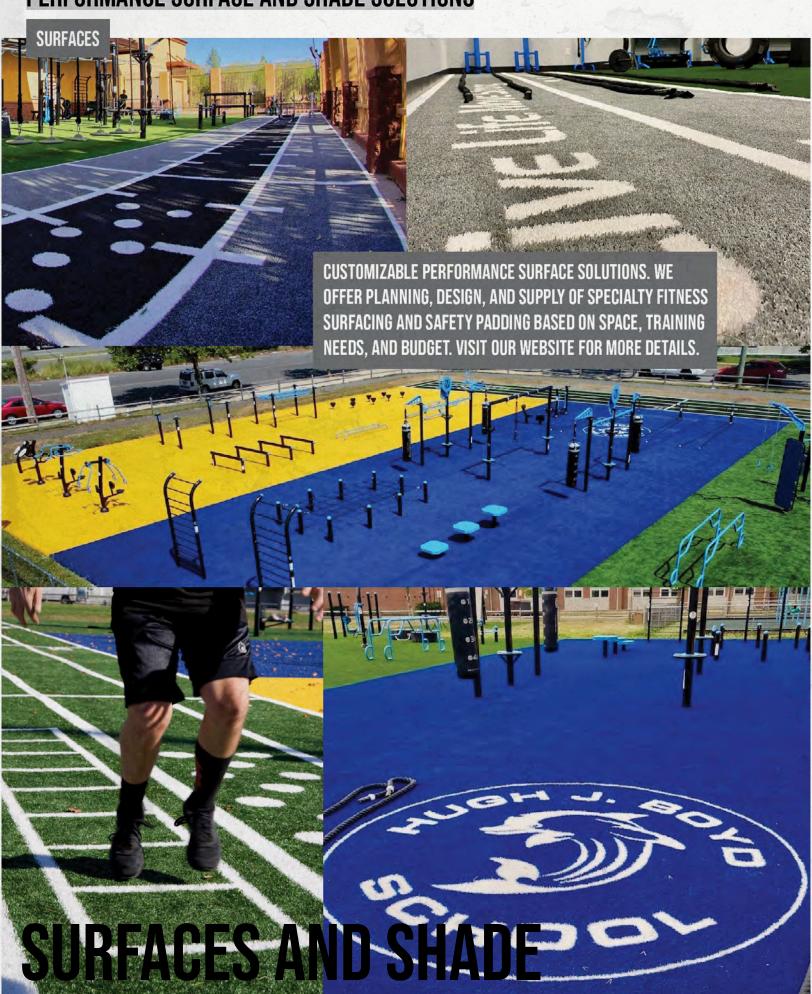


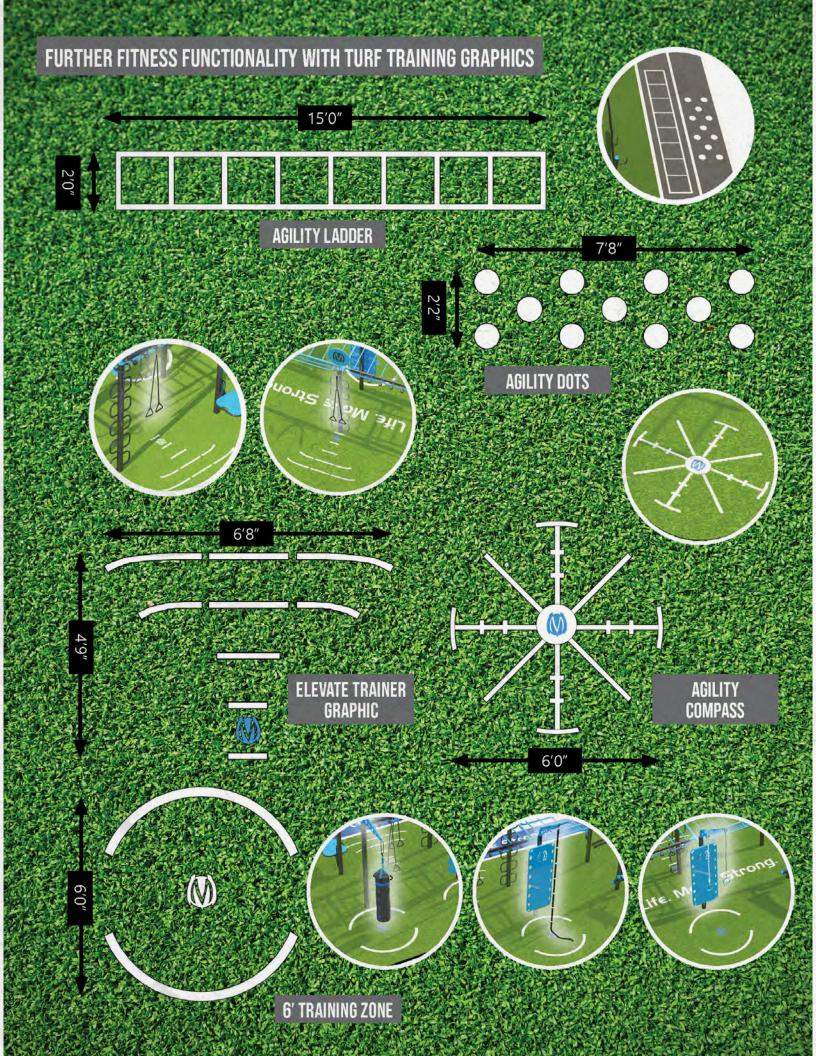
ELEVATE ROPE Trainer

MADE IN USA.
Designed for outdoor use. Outdoor rope material will not absorb water.
Perform bodyweight

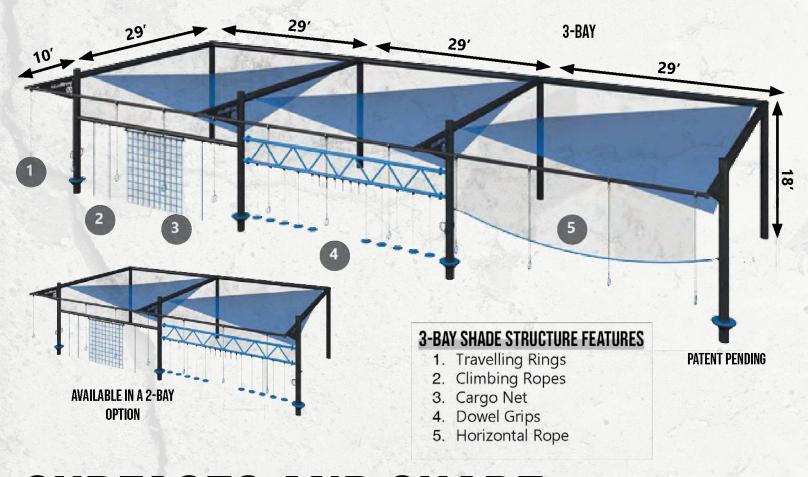
suspension exercises. Press, row, lunge, squat, and twist with many variations for all fitness levels. Easily attach to the MoveStrong T-Rex top post loop or extension hangers.

PERFORMANCE SURFACE AND SHADE SOLUTIONS









SURFACES AND SHADE









TRY ME



MOBILE TRAINER

Works on any mobile device, no need to download another fitness app. In moments of arrival your customers can refer to the instructional decal or quickly scan the QR code and start watching the instructional videos. We work with several fitness professionals to constantly update the exercise libraries so that your customers get the latest information on targeting their desired muscle groups. Stay up-to-date with our Mobile Trainer platform.



MOVESTRONG U



OUR COLLECTIVE OF RESOURCES IS AT YOUR DISPOSAL WITH MOVESTRONG U. LEARN FROM THE BEST AND PICKUP TIPS AND TRICKS FOR POWERFUL, FUNCTIONAL MOVEMENTS THAT WILL HELP YOU LIVE LIFE AND MOVE STRONGER EVERY DAY, TEACH BETTER EVERY DAY, AND MAKE THE MOST OF YOUR MOVESTRONG EQUIPMENT.

CUSTOMER VIDEO LIBRARY

Created for our customers to have instant access to 100's of MoveStrong™ product videos. Browse the video library to find exercise visuals per product, tips, workouts, promotional, and installation videos on many MoveStrong™ products.



CURRENT WORKSHOPS

Our hands-on courses teach the principles of functional strength/mobility, core stability, and biomechanics of human movement to maximize performance. For beginners to fitness professionals.

MOVE OF THE DAY

Pickup training tips and tricks of the trade with our extensive library of MoveStrong moves. For added benefits, subscribe to our Video Library to extend your knowledge base.

TRAINING EVENTS

Learn how to use the equipment, teach clients to use the equipment and make the most of your investment at our MoveStrong Training Events. You can even earn continuing education credits with some of our classes from leading accredited educators like ACE, NASM, and NSCA.

DESIGN & LAYOUT

Let our team assist with design and layout based on your space and needs. We offer surfacing recommendations for a safe and enjoyable FitGround. Customize with the exercise options desired to create your own station to accommodate different users' fitness and skill levels. Ideal for fitness bootcamps, group training classes, schools, obstacle courses, parks, military, or just a cool backyard adult fitness jungle gym!

Original Design

Final Build



HAPPY CUSTOMERS

Visit Our Website For More Customer References and Pictures

Educational Institutions

- NC State University
- Oakwood University
- · Vanguard University
- Fontana Unified Schools
- Bergen County Academies
- Soddy Daisy Middle School
- · Ole Miss University
- Santa Clara University
- Savannah College of Art & Design
- Southern Illinois University
- Pitt University
- Purdue University
- · Santa Clara Unified Schools

Military and First Responders

- Fort Polk AB
- Patrick AFB
- Robins AFB
- Columbus AFB
- Ft Bragg
- Ft Belvoir
- US Coast Guard Training Center Yorktown
- New Hanover County Sheriff's Department
- Montgomery County Law Enforcement Training Center

Religious Community Centers

- Hagerstown YMCA
- Tri-County YMCA
- Tampa YMCA
- Cincinnati YMCA

- Foothills YMCA
- Bridgewater JCC

Municipality / Parks and Recreation

- · City of Bartlesville
- City of Castle Rock
- City of Round Rock
- · Park City
- Pompano Beach
- Paradise Coast

Corporate Wellness

- Calera
- Pfizer

Community Living

- Oasis
- The Haven
- Eagle Crossing

Fitness Centers / Health Clubs

- Ellis Athletic Center
- Onslow Fitness
- Fitness 1440
- In-Shape
- Club EZ Fit
- Banks Dee Sports Club
- Steel Fitness Health & Wellness
- Mountain Valley Fitness & Health
- Retro Fitness
- O2 Fitness
- PowerHouse Gym

Resorts / Hotels

- · Peninsula Papagyo Costa Rica
- Crown Plaza Baton Rouge
- LOCALE Cayman Islands
- Ocean's Edge Resort



OUTDOOR FITNESS EQUIPMENT WARRANTY

Applies to all MoveStrong equipment designated and specifically manufactured for year round outdoor use.

MoveStrong provides a fifteen-year warranty on metal decks, pipes, rails, loops, and rungs; a lifetime limited warranty on upright posts; and a one-year warranty on the powder coating. These warranties cover damage due to failure or corrosion of metal parts that cause the product to become structurally unfit for its intended use. The lifetime warranty refers to the life of the product and covers the product under normal use and proper maintenance.

LIFETIME LIMITED WARRANTY ON HARDWARE

MoveStrong provides a lifetime limited warranty against structural failure due to breaking or shearing which causes the product to become structurally unfit for its intended use; a lifetime limited warranty on stainless steel hardware against rust; and a one-year limited warranty on non-stainless steel hardware against rust;. The lifetime warranty refers to the life of the product as defined below and covers the product under normal use and proper maintenance. The cost of replacement due to scratching or cutting of certain hardware plating is not included in this warranty.







