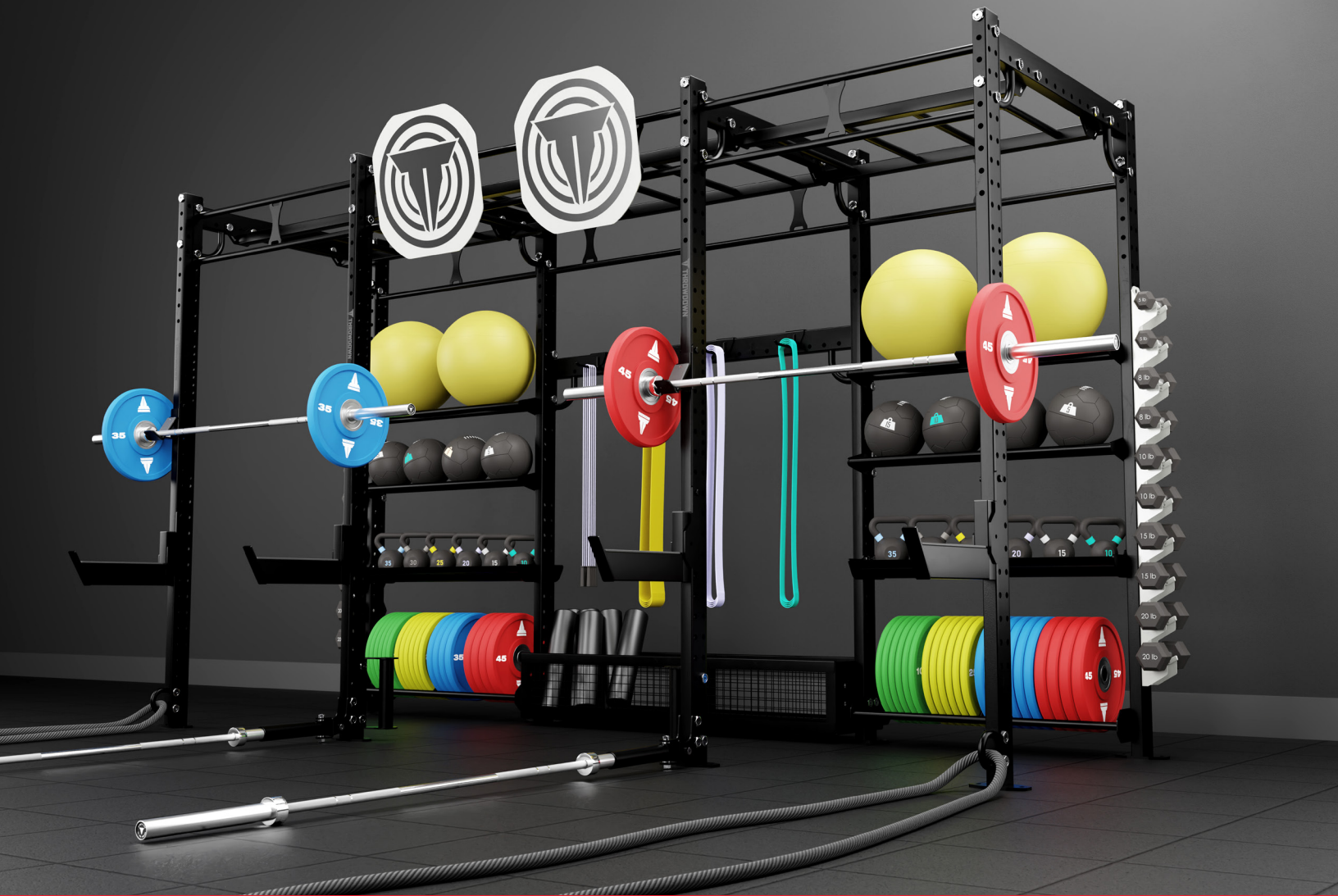


# **THROWDOWN<sup>®</sup>**

**PUSHING BOUNDARIES**



**FUNCTIONAL IMPACT TRAINING ACCESSORIES**



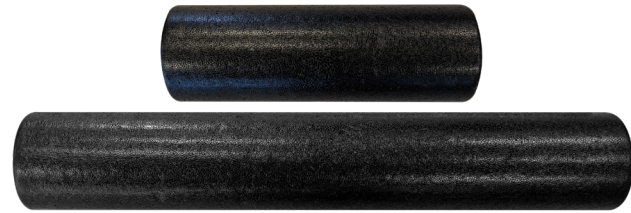


Throwdown® creates opportunities to push boundaries, enabling everyone to reach their peak performance by creating flexible and challenging exercise environments. Our diverse offerings make it easy for trainers and members to mix it up.

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## FOAM ROLLERS

- High density foam
- Therapeutic benefits
- Roller maintains its form and feel
- Two sizes available: 18" and 36" long
  - Black
- Sold individually

SKU(s):

- + 18" - (TD-FMR-18)
- + 36" - (TD-FMR-36)



## EXERCISE MATS

- Closed cell foam is light and resilient
  - Can be rolled
- Includes eyelets for hanging storage
- Provides a base for comfortable floor exercises and stretching
- Two sizes: 21" x 48" and 21" x 66"
  - Black
- Sold individually

SKU(s):

- + 21" x 48" (TD-EXM-48)
- + 21" x 66" (TD-EXM-66)

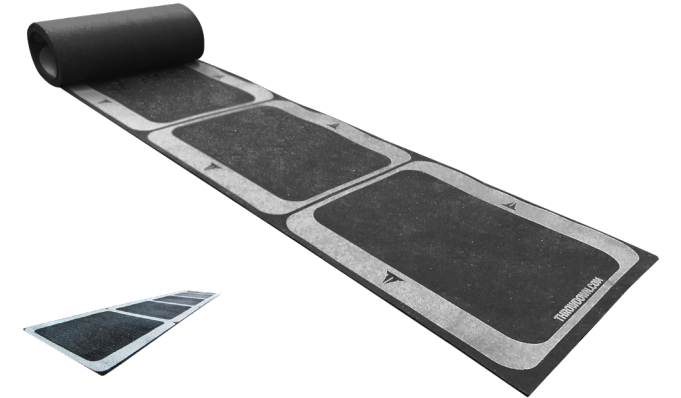


## PREMIUM ABDOMINAL WHEELS

- Simple, yet effective training tool that targets the abs, shoulders and back
- Smooth, 8" rubber wheel with ball bearings
- Padded handles
  - 8" x 8" x 11"
  - Grey/Black
- Sold individually

SKU:

- + TD-ABW



## AGILITY LADDERS

- Premium black recycled rubber
- Improve speed, agility, balance and coordination
  - 16' x 15"
  - Black/Grey
- Sold individually

SKU(s):

- + TD-AGL



## AGILITY CONES

- Stackable & Lightweight
- Improve speed, agility, balance and coordination
  - 5" x 1.25"
  - Light Grey
- Sold in sets of 10

SKU:

- + TD-AC



## AGILITY DOTS

- Soft, flexible, plastic non-slide markers
  - 7" diameter
  - Black/Grey
- Sold in sets of 12

SKU:

- + TD-DOT-SET



## FLOOR SLIDERS

- Efficient design invites multiple bodyweight exercises with maximum range of motion
- For carpet and turf
  - Black
- Sold in pairs

SKU:

- + TD-FLS



## JUMP ROPES

- Rubber rope for speed
- Ergonomically designed handle with internal ball-bearing eliminates rope curling
  - Three lengths
  - Color coded
- Sold individually

SKU(s):

- + 8' - Yellow - (TD-JR-8)
- + 9' - Neon Green - (TD-JR-9)
- + 10' - Blue - (TD-JR-10)



SPEED ROPES

- Adjustable, black coated wire rope
- Polymer handles with precision ball bearings
- Sold individually

SKU:

+ TD-SR

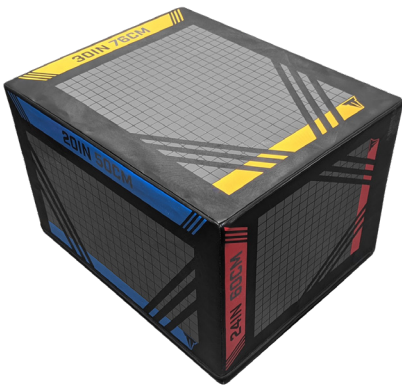


DYNAMIC RESISTANCE BANDS

- Provide a full range of resistance training
  - Made of natural latex rubber
- Each band varies in width, thickness and tension for specialized training
  - Color coded
  - Sold individually

SKU(s):

- + Level 1 - ( 1/2" ) - Red - (TD-RB-L1)
- + Level 2 - ( 3/4" ) - Black - (TD-RB-L2)
- + Level 3 - ( 1 1/4" ) - Purple - (TD-RB-L3)
- + Level 4 - ( 1 3/4" ) - Green - (TD-RB-L4)
- + Level 5 - ( 2 1/2" ) - Blue - (TD-RB-L5)
- + Level 6 - ( 3 1/4" ) - Orange - (TD-RB-L6)



3-N-1 POWER PLYOS

- Sturdy foam core provides the perfect jump platform
  - Durable vinyl cover
- Provides 20", 24" and 30" jump heights
  - Black/Color coded height designation
  - Sold individually

SKU(s):

+ TD-PB-3N1-C



POWER PLYO SETS

- Firm foam boxes are stackable, providing seven jump heights (6", 12", 18", 24", 30", 36" and 42".)
- Three individual boxes, measuring 6", 12" and 24".
  - Durable vinyl cover with a wide 30"x36" base
  - Boxes attach with Velcro connections
  - Black/Color coded height designation
  - Sold in sets

SKU(s):

+ TD-PB-SET-C



MINI RESISTANCE BANDS

- Provide consist resistance for a variety of exercises
  - Made of natural latex rubber
- Each band varies in thickness & tension for specialized training.
  - 2" wide x 12" diameter
  - Color coded
  - Sold in sets of 5

SKU(s):

- + Assorted Set - (One band of each size) - (TD-MRB-SET)
- + Level 1 - (x5) - Yellow - (TD-MRB-L1-SET)
- + Level 2 - (x5) - Green - (TD-MRB-L2-SET)
- + Level 3 - (x5) - Blue - (TD-MRB-L3-SET)
- + Level 4 - (x5) - Black - (TD-MRB-L4-SET)
- + Level 5 - (x5) - Red - (TD-MRB-L5-SET)

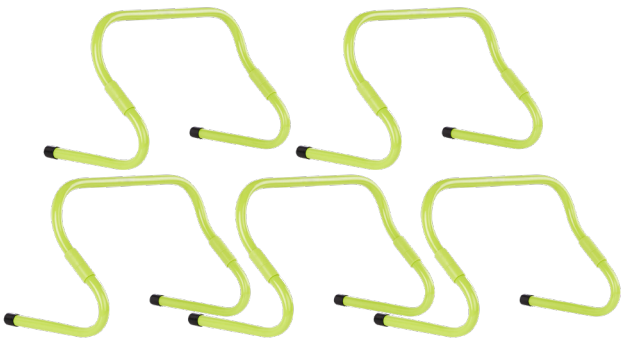


SLEEVED RESISTANCE TUBING

- Sleeved, rubber tubing offers a variety of exercise options
  - Padded, textured handles for a firm, comfortable grip
  - Five tensions
  - Grey/Color coded
  - Sold individually

SKU(s):

- + Level 1 - Orange - (TD-ST-L1)
- + Level 2 - Black - (TD-ST-L2)
- + Level 3 - Purple - (TD-ST-L3)
- + Level 4 - Green - (TD-ST-L4)
- + Level 5 - Blue - (TD-ST-L5)

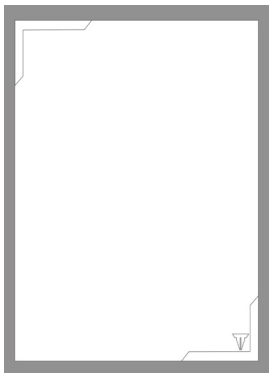


ADJUSTABLE SPEED HURDLES

- Made of durable PVC
- 2 height adjustments, 7" & 12"
  - Bright green
  - Sold in sets of 5

SKU:

+ TD-ASH



HIIT INTERVAL WHITE BOARD MAGNETS

- White dry erase magnets provide a simple way to set up your station workouts
  - Mountable to all steel surfaces
    - 4" x 6"
    - White
  - Sold in sets of 20

SKU(s):

+ 91-00202





## PORTABLE LEGEND LANDMINES

- Steel construction
- Conveniently secured using two bumper plates
- Compatible with most barbells
  - Black
- Sold individually

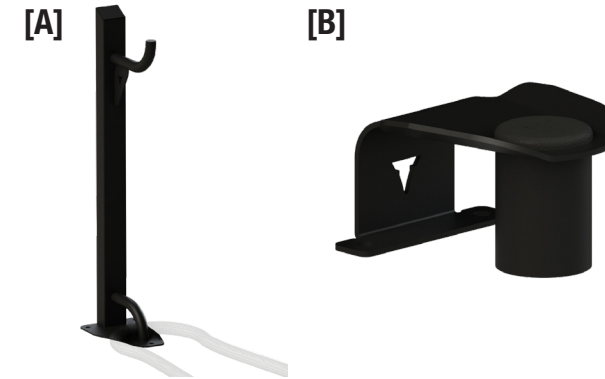
SKU:  
+ TD-PLM



## STATIONARY LEGEND LANDMINES

- Sturdy steel construction to build core strength
- Bolts to any floor for worry-free stability
- Compatible with most barbells
  - Black
- Sold individually

SKU(s):  
+ 72-00114-60



## ROPE ANCHORS

- Instrumental partner component for every battle rope
  - Steel Construction
  - Mounts to floor
  - Black
- Sold individually

SKU(s):  
+ [A] Standing Rope Anchor w/ Storage - (52-00118-60)  
+ [B] Floor Mount Rope Anchor - (TD-FRPA)



## BATTLE ROPES

- Heavy-duty, woven rope
- Secured hand grips on both ends
- Available in 20' & 30' Length
  - Black
- Sold individually

SKU(s):  
+ 1.5" x 20' - (TD-BTR-20-1.5)  
+ 1.5" x 30' - (TD-BTR-1.5)  
+ 2" x 30' - (TD-BTR-2)



## FACILITY SERIES GROUND-N-POUND DUMMIES

- Industrial grade construction with fiber fill
- Webbing overlays reinforced structural seams
- Used for a variety of striking & grappling drills
  - 5.6" tall / 90 lbs.
  - Black
- Sold individually

SKU:  
+ TD-GDM-90



## FIT DUMMIES

- Industrial grade construction with fiber fill
- Practice and perfect a variety of lifts, carries, throws and ground techniques
- Angled design and special filling mimics a real body
  - Two sizes
  - Black
- Sold individually

SKU(s):  
+ 60 LB - (TD-DMY-60-TD)  
+ 75 LB - (TD-DMY-75-TD)



## SUPER SLEDS

- Sturdy, steel construction
- Multi-directional design for partner training
  - Multiple grip options
    - Collapsible
    - Silver/Black
- Sold individually

SKU:  
+ 71-00432



## SLED / CLIMBING ROPES

- Heavy-duty, woven rope
- Secured hand grips on both ends
- 15' & 20' full length ropes
- Available in 1.5" diameter
  - Black
- Sold individually

SKU(s):  
+ 1.5" x 15' - (TD-CLR-1.5)  
+ 1.5" x 20' - (TD-SLR-1.5)

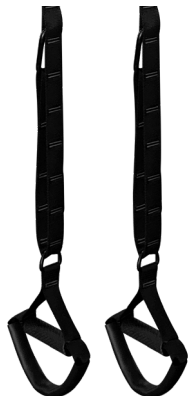




OLYMPIC RINGS

- Specifically designed for suspension training
- Complete with nylon straps
- Great for both beginner to expert users
- Wood ring offers a firm, comfortable grip
- Sold in pairs

SKU:  
+ TD-OR



SUSPENSION TRAINERS

- Versatile training kit uses gravity to build muscle, balance and endurance
- Includes nylon webbed straps, door anchor and carrying bag
- Black/Grey
- Sold individually

SKU:  
+ TD-SST



MEDICINE BALLS

- Functional 14" diameter
- Reinforced shell and soft fill material provide a balanced shape
- Available in pounds
- Black/Grey
- Sold individually

SKU(s):  
+ 5 LB - (TD-MB-5)                      + 15 LB - (TD-MB-15)  
+ 8 LB - (TD-MB-8)                      + 20 LB - (TD-MB-20)  
+ 10 LB - (TD-MB-10)                    + 25 LB - (TD-MB-25)



SLAM BALLS (LB)

- Rubberized shell provides a non-slip grip
- 5 - 25 lbs. (9" diameter), 30 - 50 lbs. (11" diameter)
- Available in both pounds & kilograms
- Black/Grey
- Sold individually

SKU(s):  
+ 5 LB - (TD-SLB-5)                      + 30 LB - (TD-SLB-30)  
+ 10 LB - (TD-SLB-10)                    + 35 LB - (TD-SLB-35)  
+ 15 LB - (TD-SLB-15)                    + 40 LB - (TD-SLB-40)  
+ 20 LB - (TD-SLB-20)                    + 45 LB - (TD-SLB-45)  
+ 25 LB - (TD-SLB-25)                    + 50 LB - (TD-SLB-50)



STABILITY BALLS

- Made of anti-burst vinyl
- Develop abdominal strength and balance
- Ships deflated (pump not included)
- Two sizes: 55cm and 65cm
- Grey
- Sold individually

SKU(s):  
+ 55 cm (TD-STB-55)  
+ 65 cm (TD-STB-65)



BALANCE TRAINERS

- Non-skid, rubber platform
- Durable, ribbed half-ball fills with air, facilitating multiple training routines
- 25.5" Diameter
- Air pump included
- Grey/Black
- Sold individually

SKU:  
+ TD-BTP



SLAM BALLS (KG)

- Rubberized shell provides a non-slip grip
- 4 - 12 kgs. (9" diameter), 15 kg. (11" diameter)
- Available in both pounds & kilograms
- Black/White
- Sold individually

SKU(s):  
+ 4 KG - (TD-SLB-4KG)  
+ 5 KG - (TD-SLB-5KG)  
+ 8 KG - (TD-SLB-8KG)  
+ 10 KG - (TD-SLB-10KG)  
+ 12 KG - (TD-SLB-12KG)  
+ 15 KG - (TD-SLB-15KG)





4' HEAVY BAGS

- T-Flex Tarpoline shell with industrial fiber fill
- Nylon, adjustable, webbed hanging straps
- Heavy bag hardware kit is included with each bag, made from custom premium wear resistant steel.
- 16" x 48" / 100 lbs.
- Black
- Sold individually

SKU(s):

+ TD-HB-4



6' HEAVY BAGS

- T-Flex Tarpoline shell with industrial fiber fill
- Nylon, adjustable, webbed hanging straps
- Heavy bag hardware kit is included with each bag, made from custom premium wear resistant steel.
- 14" x 72" / 120 lbs. Filled
- Black
- Sold individually

SKU(s):

+ TD-HB-6



WRECKING BALL BAGS

- T-Flex Tarpoline shell with industrial fiber fill
- Nylon, adjustable, webbed hanging straps
- Heavy bag hardware kit is included with each bag, made from custom premium wear resistant steel.
- Tactical strap included
- 22" x 24" / 100 lbs.
- Black
- Sold individually

SKU(s):

+ TD-WB



SUPER SAND BAGS

- Hook & loop closure prevents sand leakage
- Tough, nylon construction
- Six sizes available
- One internal bag included
- Black
- Sold individually

SKU(s):

+ 25-75 LB. - Unfilled - (TD-SB-SM)  
+ 80-120 LB - Unfilled -(TD-SB-LG)



TEARDROP BAGS

- T-Flex Tarpoline shell with industrial fiber fill
- Nylon, adjustable, webbed hanging straps
- Heavy bag hardware kit is included with each bag, made from custom premium wear resistant steel.
- 14" x 35" / 75 lbs.
- Black
- Sold individually

SKU(s):

+ TD-TDB



UPPERCUT BAGS

- T-Flex Tarpoline shell with industrial fiber fill
- Nylon, adjustable, webbed hanging straps
- Heavy bag hardware kit is included with each bag, made from custom premium wear resistant steel.
- 30" x 16" / 70 lbs.
- Black
- Sold individually

SKU(s):

+ TD-UB

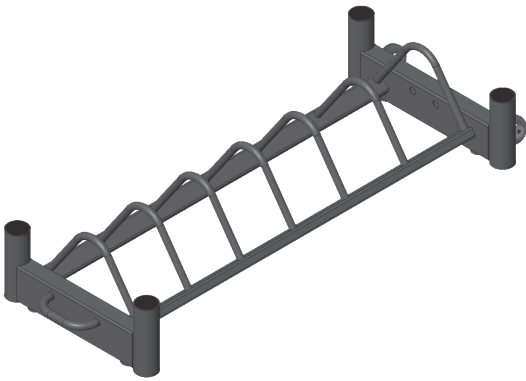




HIIT BENCH

- 8" aerobic step, raises to 14", also use it as an inclined or declined weight bench for strength training
- Tubing notches (6) using any tube or band to add resistance and train different muscle groups.
- Powerful plastic deck can withstand up to 330 lbs.
- Stack for storage
- Grey/Black
- Sold individually

SKU:  
+ TD-HTB



BUMPER PLATE STORAGE CART

- Sturdy, steel construction minimizes vibration and noise
- Stores Bumper Plates & Bars
- Efficient, portable design
- Silver
- Sold individually

SKU(s):  
+ TD-BPC



FIT BUMPER PLATES (LB)

- Made of rubber, minimizing gym noise
- Durable stainless-steel insert
- Color coded
- Sold individually

SKU(s):  
+ 10 LB - Green - (TD-BP-10)  
+ 25 LB- Yellow - (TD-BP-25)  
+ 35 LB- Blue - (TD-BP-35)  
+ 45 LB- Red - (TD-BP-45)



FIT BUMPER PLATES (KG)

- Made of rubber, minimizing gym noise
- Durable stainless-steel insert
- Black/White
- Sold individually

SKU(s):  
+ 5 KG - (TD-BP-5KG)  
+ 10 KG - (TD-BP-10KG)  
+ 15 KG - (TD-BP-15KG)  
+ 20 KG - (TD-BP-20KG)



FIT BUMPER PLATES (LB)

- Made of rubber, minimizing gym noise
- Durable stainless-steel insert
- Available in pounds only
- Color coded
- Sold individually

SKU(s):  
+ 10 LB - Green - (FIT-BMPPLT-10LBS-GRN)  
+ 25 LB - Yellow - (FIT-BMPPLT-25LBS-YLW)  
+ 35 LB - Blue - (FIT-BMPPLT-35LBS-BLU)  
+ 45 LB - Red - (FIT-BMPPLT-45LBS-RED)



OLYMPIC BARS

- 15 kg - 25 mm diameter
- 20kg - 28 mm diameter
- Standard Olympic Knurl marks
- Two weights
- Black zinc bar w/ hard chrome bar ends
- Sold individually

SKU(s):  
+ 15KG - (TD-OB-15KG)  
+ 20KG - (TD-OB-20KG)



OLYMPIC BAR COLLARS

- Single motion locking mechanism
- Lightweight and easy to maneuver
  - Black
- Sold in pairs

SKU:  
+ FIT-OLYCOL-OS-BK



LIGHT NEO DUMBBELLS

- PVC-encased, minimizing noise
- Available in pounds
  - Black/Grey
- Sold individually

SKU(s):  
+ 1 LB - (TD-LDB-1)  
+ 2 LB - (TD-LDB-2)  
+ 3 LB - (TD-LDB-3)



FITNESS KETTLE BELLS

- Powder-coated, balanced, single-piece casting
  - Flat, wobble-free base
  - Available in pounds
    - Black/Grey
- Sold individually

SKU(s):  
+ 5 LB - (TD-FKB-5)  
+ 8 LB - (TD-FKB-8)  
+ 10 LB - (TD-FKB-10)  
+ 15 LB - (TD-FKB-15)  
+ 20 LB - (TD-FKB-20)  
+ 25 LB - (TD-FKB-25)  
+ 30 LB - (TD-FKB-30)  
+ 35 LB - (TD-FKB-35)  
+ 40 LB - (TD-FKB-40)  
+ 45 LB - (TD-FKB-45)  
+ 50 LB - (TD-FKB-50)  
+ 60 LB - (TD-FKB-60)  
+ 80 LB - (TD-FKB-80)  
+ 100 LB - (TD-FKB-100)



COMPETITION KETTLE BELLS

- Balanced, single-piece casting
  - Flat, wobble-free base
  - Available in kilograms
    - Color-coded
- Sold individually

SKU(s):  
+ 8 KG - Pink - (TD-CKB-8KG)  
+ 12 KG - Light Blue - (TD-CKB-12KG)  
+ 16 KG - Yellow - (TD-CKB-16KG)  
+ 20 KG - Purple - (TD-CKB-20KG)  
+ 24 KG - Green - (TD-CKB-24KG)  
+ 28 KG - Orange - (TD-CKB-28KG)  
+ 32 KG - Red - (TD-CKB-32KG)  
+ 36 KG - Gray - (TD-CKB-36KG)  
+ 40 KG - White - (TD-CKB-40KG)  
+ 44 KG - Dark Blue - (TD-CKB-44KG)  
+ 48 KG - Gold - (TD-CKB-48KG)



HIIT HEX DUMBBELLS (LB)

- Rubber-encased heads minimize noise and floor damage
- Custom designed and manufactured chrome wear-resistant handles
  - Available in both pounds & kilograms
    - Black/Grey
- Sold individually

SKU(s):  
+ 5 LB - (TD-HDB-5)  
+ 8 LB - (TD-HDB-8)  
+ 10 LB - (TD-HDB-10)  
+ 15 LB - (TD-HDB-15)  
+ 20 LB - (TD-HDB-20)  
+ 25 LB - (TD-HDB-25)  
+ 30 LB - (TD-HDB-30)  
+ 35 LB - (TD-HDB-35)  
+ 40 LB - (TD-HDB-40)  
+ 45 LB - (TD-HDB-45)  
+ 50 LB - (TD-HDB-50)  
+ 55 LB - (TD-HDB-55)  
+ 60 LB - (TD-HDB-60)  
+ 65 LB - (TD-HDB-65)  
+ 70 LB - (TD-HDB-70)  
+ 75 LB - (TD-HDB-75)  
+ 80 LB - (TD-HDB-80)  
+ 85 LB - (TD-HDB-85)  
+ 90 LB - (TD-HDB-90)  
+ 95 LB - (TD-HDB-95)  
+ 100 LB - (TD-HDB-100)



HIIT HEX DUMBBELLS (KG)

- Rubber-encased heads minimize noise and floor damage
- Custom designed and manufactured chrome wear-resistant handles
  - Available in both pounds & kilograms
    - Black/White
- Sold individually

SKU(s):  
+ 2 KG - (TD-HDB-2KG)  
+ 3 KG - (TD-HDB-3KG)  
+ 4 KG - (TD-HDB-4KG)  
+ 5 KG - (TD-HDB-5KG)  
+ 6 KG - (TD-HDB-6KG)  
+ 7 KG - (TD-HDB-7KG)  
+ 8 KG - (TD-HDB-8KG)  
+ 9 KG - (TD-HDB-9KG)  
+ 10 KG - (TD-HDB-10KG)  
+ 12.5 KG - (TD-HDB-12.5KG)  
+ 15 KG - (TD-HDB-15KG)  
+ 17.5 KG - (TD-HDB-17.5KG)  
+ 20 KG - (TD-HDB-20KG)  
+ 22.5 KG - (TD-HDB-22.5KG)  
+ 25 KG - (TD-HDB-25KG)  
+ 30 KG - (TD-HDB-30KG)



NEO FIT BELLS (LB)

- Full neoprene construction
- Pre-filled with steel shot
- Available in both pounds & kilograms
  - Black/Grey
- Sold individually

SKU(s):  
+ 8 LB - (TD-NFB-8)  
+ 10 LB - (TD-NFB-10)  
+ 15 LB - (TD-NFB-15)  
+ 20 LB - (TD-NFB-20)  
+ 25 LB - (TD-NFB-25)  
+ 30 LB - (TD-NFB-30)  
+ 40 LB - (TD-NFB-40)  
+ 50 LB - (TD-NFB-50)



NEO FIT BELLS (KG)

- Full neoprene construction
- Prefilled with steel shot
- Available in both pounds & kilograms
  - Black/White
- Sold individually

SKU(s):  
+ 2 KG - (TD-NFB-2KG)  
+ 4 KG - (TD-NFB-4KG)  
+ 6 KG - (TD-NFB-6KG)  
+ 8 KG - (TD-NFB-8KG)  
+ 10 KG - (TD-NFB-10KG)



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**SCHWINN**



**NAUTILUS**



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**THROWDOWN**

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