

NEW

MOBILE TRAINER

QR SCAN
INSTRUCTIONAL
DECALS FOR EVERY
FITNESS STATION



MEET YOUR NEW MOBILE TRAINER

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



MoveStrong[®]
Functional Fitness Equipment

5726 Marlin Rd. Ste 420 Chattanooga, TN 37411
Visit: movestrongfit.com or Call: (855) 728-8700

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TRY ME

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Adjustable Step
MOVESTRONGFIT.COM



MaxStrong

 **MOVESTRONG**
www.MoveStrongFit.com
MADE IN THE USA
Live Life. Move Strong.
USE AT YOUR OWN RISK

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<https://movestrong.fit>

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TRAINING STATIONS

SORT BY
 FITNESS LEVEL



A-WALL CLIMBER



ADJUSTABLE AB BENCH



ADJUSTABLE STEP



ANGLED CLIMBER BARS



BALANCE STEPS



BATTLE ROPES



CARGO NET



CENTER POST STEP



CLIMBING ROPE



DIP BARS



DRIVE SLED



ELEVATE TRAINER



ELITE PARALLEL BARS



FUNCTIONAL STAIRCASE



FUNCTIONAL STAIRCASE - RAMP



HANGING BALANCE DISC



HANGING DOWEL GRIPS



HORIZONTAL ROPE CLIMB



KICKPLATE



LOG CARRY



LOOP POST



LOW CARGO NET CRAWL



LOW PARALLEL BARS



MEDICINE BALL



OVER UNDER POSTS



OVERHEAD LADDER BARS



PLYO STEP



PULL-UP BAR



PUSH-UP BARS



QUINTUPLE STEPS



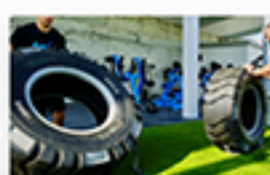
RINGS



SLED POSTS



STALL BARS



TIRE FLIP



TRACK SPRINT LANE



TRAVELING RINGS



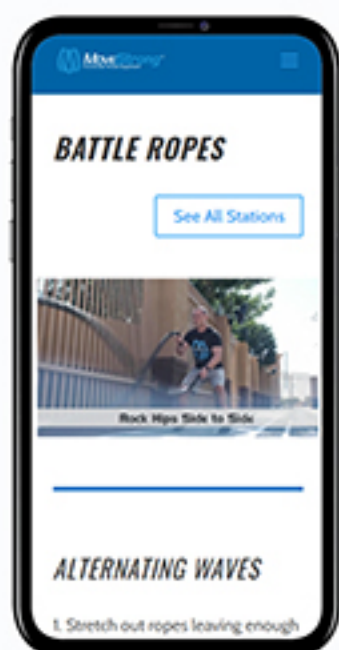
ZIG-ZAG BALANCE BEAM



MOBILE TRAINER

LIVE LIFE. MOVE STRONG.

TRAINING STATION HOW-TO LIBRARY



WORKS ON ANY MOBILE DEVICE

MOBILE WEBSITE FRIENDLY

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.

ADDING NEW WORKOUTS REGULARLY

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.

EASY TO USE. ALWAYS THERE FOR YOU

GET TRAINING IN 3 STEPS

- LOCATE TRAINING STATION INSTRUCTIONAL DECAL WITH QR CODE
- SCAN THE QR CODE WITH YOUR PHONE CAMERA
- WATCH HOW-TO VIDEOS



MOVESTRONG FUNCTIONAL FITNESS

MODULAR SOLUTIONS

Our modular platform allows our customers to realize maximum training functionality with limited space. Each training station can act as a component to a larger integrated obstacle course or as an individual focused training station to target and isolate specific muscle groups.

Our complementary instructional program is designed to educate users on the many different ways they can isolate and target desired results by instructional decals or if they want more, a mobile trainer how-to library.

VISIT OUR PRODUCTS SITE →

MOVESTRONG FITGROUND

Individual in-ground training stations and accessories

MOVESTRONG TRX

Integrated durable post workout solutions and accessories

MOVESTRONG OBSTACLE COURSE

Large component systems designed to completed as a obstacle course



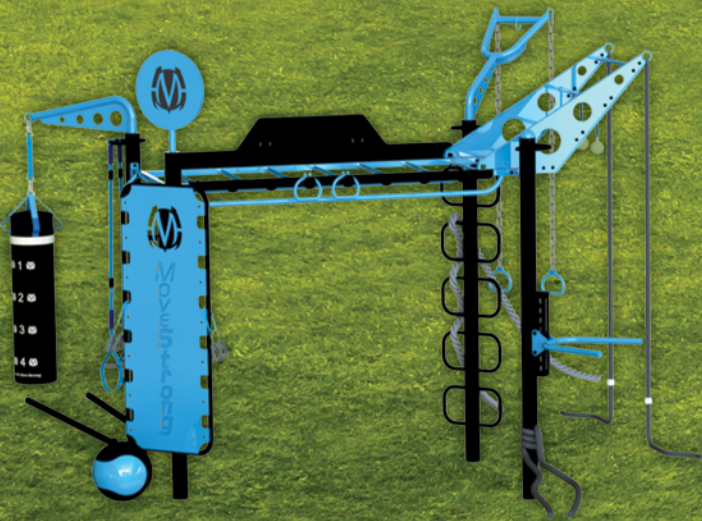
MoveStrong[®]
Functional Fitness Equipment



SPRING INTO SHAPE AT HOME

Limited Time Special for **April** Only!

Customize Sizes and Training Features



4-Post Model



3-Post Model

Accessories Sold Separately

ELITE T-REX HOME PACKAGE

- 4-Post T-Rex Outdoor Functional Training Station
- Adjustable Dip
- Monkey Bar Bridge with Side Rail Pull-Up Bar, Side Rail Globes, Cliff Hanger, and 4-Tiered Climber Bar
- Kickplate with Y-Extender for Climbing Ropes and Rings
- Loop Post with Top Medicine Ball Target
- Heavy Bag Hanger
- Battle Rope Anchor with (2) 20' Outdoor Battle Ropes

HOMEOWNER
OFFER

20% OFF*

T-Rex Purchase

GET 30% OFF ACCESSORIES
WITH PURCHASE

Training Accessory Pack

- Elevate Standard Kit
- Resistance Band Set
- Battle Ropes
- Heavy Bag



5726 Marlin Rd. Ste 420 Chattanooga, TN 37411
Visit: movestrongfit.com or Call: (855) 728-8700

*Residential Customers and new orders only. Offer Expires 4/30/20. Offer Valid on T-Rex models shown. Excludes Shipping & Handling. Inquire about other models and features that may be available. Accessories sold separately.



HAPPY ANNIVERSARY

THANK YOU FOR 11 YEARS OF
SUPPORT

ONLY
\$79 30-DAY
TOTAL
TRANSFORMATION
NO OBLIGATION

COMPLETE TRAINING PACKAGE TO JUMP START RESULTS WITH US!

- 24hr Club Access
- Initial Fitness & Performance Assessment To Track Results
- Foundations Sessions Intro To goPerformance Training

12 Guided Training Sessions

1-on-1 Coaching (1st session)

goConditioning, goStrength, and goMobility

**JUMP START
BODYFAT LOSS**

**BUILD LEAN
MUSCLE AND
STRENGTH**

**IMPROVE RANGE OF
MOTION AND
RECOVERY**

VISIT US TODAY!

LOWER LEVEL OF CUMMINS STATION
209 10TH AVE S #149, NASHVILLE, TN 37203
CALL: (615) 251-1500
VISIT: GOPERFORMANCE.COM



SUMMER

90-DAY SPECIALS

\$149 **UNLIMITED**
UNLIMITED CONDITIONING

\$199 **PREMIUM**
UNLIMITED CONDITIONING
+ 24HOUR ACCESS

\$299 **ULTIMATE**
UNLIMITED STRENGTH
& CONDITIONING
+ 24HOUR ACCESS

CLASSES

30-DAY CLASS PASS

HURRY!
LIMITED SPOTS
AVAILABLE

\$79

UNLIMITED CLASSES

\$99

UNLIMITED CLASSES
+ 24HOUR ACCESS

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ASK ABOUT

30-DAY CLASS PASSES

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IT'S

SUMMERTIME!

PUT THE

WORK

IN HERE

ENJOY THE

RESULTS

OUT HERE

ASK US ABOUT 30-DAY & 90-DAY

SIZZLING SPECIALS

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