

## CUSTOMIZE Your Own Rig TO YOUR EXACT NEEDS.

### 1 DESIGN YOUR NEW RIG TO FIT YOUR FACILITY

Our experts will design your rig to your exact needs & floor plan.



SEE IT IN 3D - IN YOUR SPACE!

### 2 CHOOSE COLORS & FINISHES

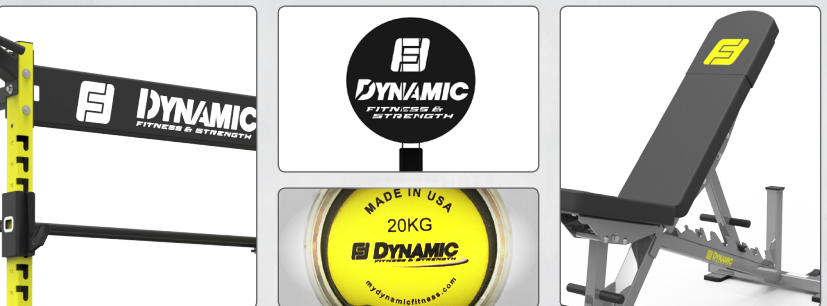
Choose from 18 standard colors or 200+ additional custom colors.



200+ CUSTOM COLORS AVAILABLE

### 3 ADD YOUR LOGO & BRANDING

Laser-cut and full-color logos available on rigs, platforms & benches.



SHOWCASE YOUR BRAND ON ALL YOUR GEAR

### 4 SHOP TRAINING ACCESSORIES



BROWSE OUR FULL ACCESSORY LINE



844-678-RIGS

www.MyDynamicFitness.com

#MyDynamicFitness

**BUILD YOUR RIG, CALL NOW!**

Or visit [www.MyDynamicFitness.com](http://www.MyDynamicFitness.com)

PROUDLY MADE IN EAU CLAIRE WISCONSIN, U.S.A.

THE Most Strength PER SQUARE FOOT.

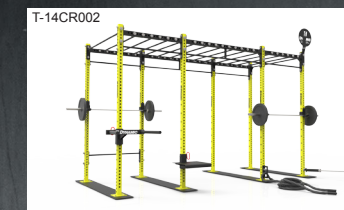
# MODULAR RIGS



**DYNAMIC**  
FITNESS & STRENGTH

BECAUSE **MyLife** DEMANDS IT.

# DYNAMIC Modular Rigs DO IT ALL.



**OLYMPIC LIFTING** ✓  
A modular rig easily configures to multiple Olympic lifting stations, allowing multiple athletes to train in maximum-weight single lifts of Olympic or power bars with bumper plates.



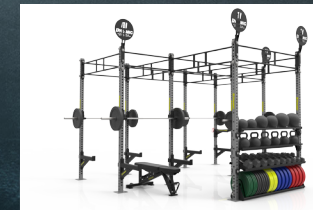
**STRENGTH TRAINING** ✓  
Multiple rig attachments and accessories offer customized resistance for building strength, increasing anaerobic endurance, and maximizing the size of skeletal muscles.



**CIRCUIT TRAINING** ✓  
Modular setup and overhead obstacles allow group conditioning and resistance training using high-intensity aerobics. Accessible stations allow for rapid group movement to the next exercise.



**SUSPENSION TRAINING** ✓  
High crossmembers combined with resistance bands and rings offer a unique opportunity for training focused on bodyweight resistance in multiplanar, compound exercises.



**INTEGRATED STORAGE** ✓  
Maximizing floor space and keeping the workout area clean and safe are easily accomplished with accessory storage solutions for balls, kettle bells, dumbbells, plates, bars and more.



## RIGS HELP ACHIEVE MANY GOALS.



TYLER, COMMITTED ATHLETE  
**My STRENGTH GOALS**

- BUILD STRENGTH & AGILITY
- IMPROVE VERTICAL LEAP
- GROUP TRAIN IN MY GARAGE



DAVE, FIREFIGHTER  
**My FITNESS GOALS**

- BUILD ENDURANCE
- GENERAL CONDITIONING
- BUILD CORE STRENGTH



ERIC, MILITARY PERSONNEL  
**My STRENGTH GOALS**

- STRENGTH & COORDINATION
- WORK OUT AT HOME
- INCREASE ENDURANCE



JAMIE, FITNESS ENTHUSIAST  
**My FITNESS GOALS**

- IMPROVE MUSCLE TONE
- BUILD CORE STRENGTH
- WORK OUT AT HOME



COLLIN, COACH & PE. TEACHER  
**My INSTRUCTION GOALS**

- TRAIN CLASSES & TEAMS
- ENGAGE ALL ABILITIES
- WORK SMARTER & SAFER



NATALIE, TRAINER & GYM OWNER  
**My BUSINESS GOALS**

- MAXIMIZE FLOOR SPACE
- MONETIZE LATEST TRENDS
- WORK WITH ALL AGES

## RIGS PLAY MANY ROLES.

BECAUSE MyLife DEMANDS IT. **DYNAMIC** FITNESS & STRENGTH

# OLYMPIC LIFTS

FOCUS ON STRENGTH, AGILITY & PERFORMANCE

**MORE STRENGTH PER SQUARE FOOT.**

Rigs allow more athletes to do more exercises at more stations—all in limited space—and with the flexibility to transition between many different setups seamlessly. Everything from Olympic Lifts, to Strength Training, to Circuit Training, Suspension training and Storage can be accomplished with one rig, and with quick & easy setup!

# STRENGTH TRAINING

DEVELOPING PROPER TECHNIQUE FOR OPTIMAL CORE STRENGTH

844-678-RIGS

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INTEGRATED STORAGE

# CIRCUIT TRAINING

TRAINING LARGE GROUPS IN QUICK ROTATION

INTEGRATED STORAGE

# SUSPENSION TRAINING

BODY WEIGHT RESISTANCE FOR ALL AGES & ABILITIES



Chin-Up Bar 409030

Take Off J-Cup 409007

Technique Trays 409046

Single Bar Storage 409031

Safety Arms 409008

4' Single XD 409019

6' Single XD 409014

Multi-Adjustable Bench 109060

Dip Attachment 409009

Double Knuckle Land Mine 409040

Single Pad GHD 409070

6' Single Pullup Bar 409049

Adjustable Plyo Step 409034

Tapered Storage Peg 409012

D-Handle 409026

22" Ball Target 409066

6' Single Monkey - Solid 409025

6' Double Bar 409004

6' Flying Pullup Extension 409035



## BLOCK DEAD LIFT

Collin's student athletes work their chests, arms and shoulders as part of the team's weight training regimen.

J-CUPS, TECHNIQUE TRAYS



## SNATCH

Dave works on muscle snatches in one fluid motion to build his overall core strength and lifting ability.

J-CUPS, SINGLE BAR STORAGE



## SQUAT

Tyler refines his isometric form in his squats to improve his leg strength and vertical leap.

J-CUPS, SAFETIES



## POWER CLEAN

Eric works his quads, back, shoulders and arms while improving his overall coordination.

J-CUPS, SINGLE BAR STORAGE



## BENCH PRESS

Collin's student athletes work their chests, arms and shoulders as part of the team's weight training regimen.

J-CUPS, MULTI-BENCH, SAFETIES



## GHD SITUPS

Natalie helps Jamie accelerate her core ab building with GHD situps.

SINGLE PAD GHD



## DIPS

Tyler strengthens his tris, chest and back with wide and narrow dips.

DIP STATION



## LANDMINE

Jamie builds core strength with challenging variations of push, pull, knee bend and hip extend.

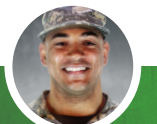
DOUBLE KNUCKLE LANDMINE



## CHIN UPS

Tyler builds upper body strength with various chinup techniques.

CHINUP BAR



## STEP UPS

Eric's whole unit improves their leg strength on his compact garage rig.

DIP STATION



## MONKEY BARS

Dave's fire crew builds lat, core, grip strength and abs with monkey bar variations.

MONKEY BAR RIG



## BATTLE ROPE

Eric's unit works their abs, arms and shoulders in group training.

D-HANDLE, BATTLE ROPE



## ROPE CLIMB

Collin's P.E. classes get a great upper body, grip and agility workout.

CANTILEVER ARM, ROPE



## BALL THROW

Dave works on his mechanics and breathing, keys to building endurance.

BALL TARGET, WALL BALL



## PUNCHING BAG

Jamie's group develops aerobic endurance, coordination and power in quick rotations.

CANTILEVER ARM, HEAVY BAG



## MOUNTAIN CLIMBERS

Collin's P.E. students, all with varying ability, use this exercise to target their cores and maintain healthy backs.

SINGLE BAR, SUSPENSION BANDS



## RING MUSCLE UPS

Dave continues to master the three steps of strict ring muscle ups for overall body strength and coordination.

SINGLE BAR, GYM RINGS



## SUSPENSION FLYS & ABS

Natalie trains all ages at her gym, with both young and old benefiting from low impact, high resistance suspension training.

SINGLE BARS, SUSPENSION TRAINERS



## WIDE RING PULL UPS

Jamie prefers the natural motion of wide ring pullups which require more control and are easier on her joints.

INCLINE MONKEYS, GYM RINGS