



COMMERCIAL FITNESS EQUIPMENT
GronkFitness.com
A MINDSET TO ACHIEVE





IT'S A MINDSET

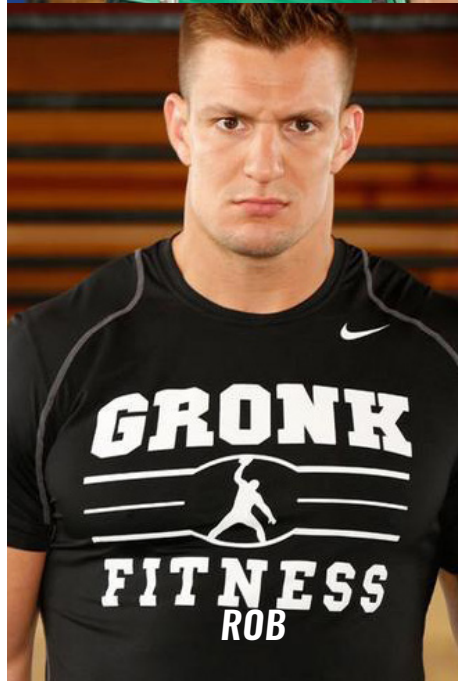
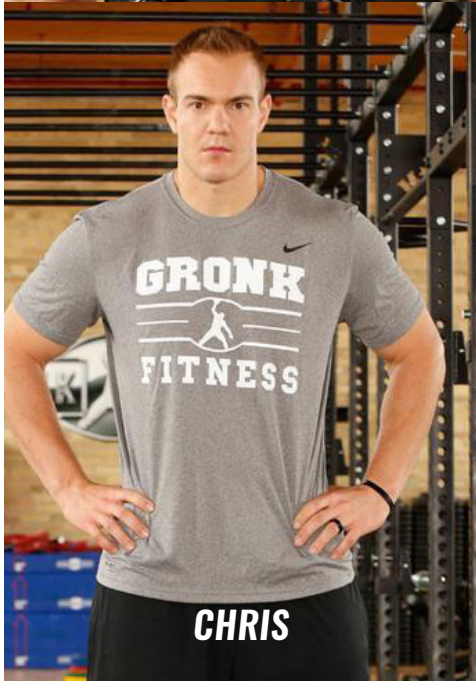
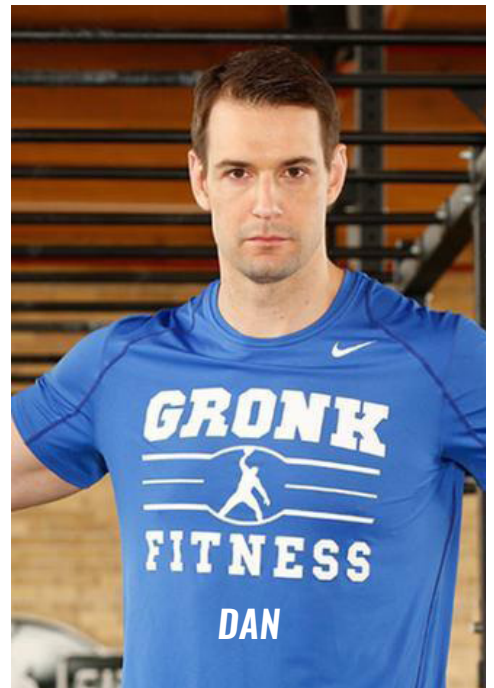
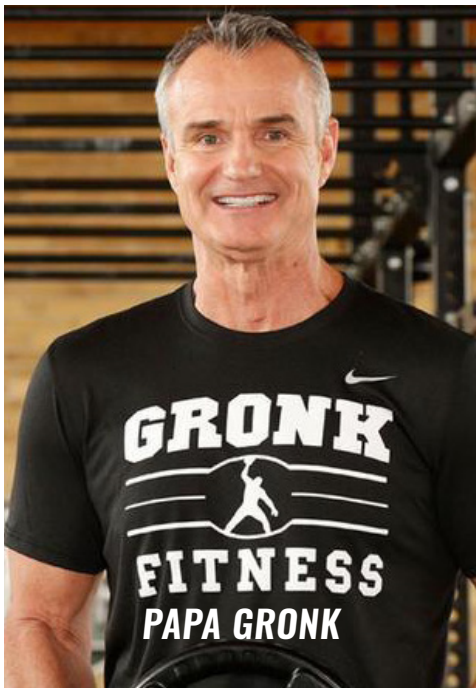
When it comes to training, there isn't a family that knows the grind more than the Gronkowski's do. The five Gronk brothers have figured out the formula to excel physically and play professional sports. Each brother trained their bodies specifically for sports performance through explosive movements and interval training. The Grind was tough, but throughout the training, The Gronks developed a mindset to push themselves to the limits. If you want to become a more athletic version of yourself, The Gronks want to help... because they have been there. Gronk Fitness Products not only supplies the sports performance equipment and accessories dedicated to athletic improvement, but also the inspiration to unlock your limitless potential.

***FOR MORE EQUIPMENT & SERVICES, VISIT:
GronkFitness.com***

***OR CONTACT US AT:
GronkFitness@gmail.com
844-833-0705***

THE GRONKS

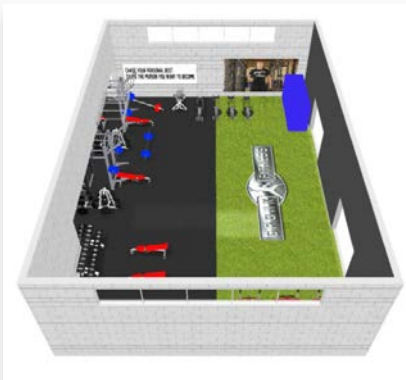
Gronk Fitness Products is a product line developed by G&G Fitness Equipment. A company started by Gordy Gronkowski Sr in 1990. Since then Gordy has built an empire in the northeast consisting of 14 retail stores and a commercial team that has installed thousands of residential and commercial gyms.





FULL SCALE GYM PLANNING

Gronk Your Gym!



The GRONK FITNESS team will guide you through every step of your commercial fitness project, from start to finish. From inception to the planning phase, followed by flooring installation to equipment selection and delivery, we will be by your side to make sure you are taken care of in every aspect from A to Z, right down to the smallest detail. Our commercial sales representatives are experts in their field and will provide the best possible assistance to ensure you are ready to open your facility in a timely manner while making sure you remain within your budget along the way!

CONTENTS

FUNCTIONAL TRAINING

- 5 Battle Ropes
- 5 Anchors
- 6 Landmine Inserts
- 6 Sand Bags

SPEED & AGILITY

- 7 Sleds & Attachments
- 8 Weighted Vests
- 8 Plyo Boxes
- 9 Jump Ropes

STRENGTH BANDS

10, 11



RECOVERY

- 12 Stretch Machine
- 12 Foam Rollers

PULL UP BARS



- 13 Pull Up Bars



BALLS & DUMBBELLS

- 14 Med Balls
- 15 Dumbbells
- 17 Bumper Plates
- 17 Kettlebells

LIFTING BARS/BENCHES

- 18 Lifting Bars
- 18 Safety Squat Bar
- 18 Swiss Bars
- 19 Lifting Accessories
- 19 Benches

YOGA, MATS, BODY BAR

- 20 Exercise Mats
- 21 Body Bars
- 21 Cardio Pump Sets

BALANCE & STABILITY

- 22 Suspension
- 22 Aerobic Stepper
- 23 Wobble Boards
- 23 Stability Balls



BOXING/COMBAT

- 24 Boxing
- 25 Combat Accessories

RACKS & CAGES

- 26 Element Fitness Elite Rack
- 26 Gronk Fitness 365 Rack

CUSTOM RIGS

- 28-29 Custom Rigs

RIG ATTACHMENTS

- 30-33 All Rig Attachments
- 32 Storage Shelves & Racks

WATERROWER

- 34 M1 Waterrower
- 34 Champion Waterrower

JACOBS LADDER

- 35 Gronk Edition

BIKES

- 36 RXM Bike
- 36 Indoor Cycles

STORAGE

- 37 Bar Storage
- 37 Plate Storage
- 37 Dumbbell Racks
- 37 Kettlebell Rack

FUNCTIONAL TRAINING



GRONK FITNESS BATTLE ROPE W/ SLEEVE - 30'

ITEM# 80035



GRONK FITNESS BATTLE ROPE W/ SLEEVE - 50'

ITEM# 80036

@CALLIEBUNDY



GRONK FITNESS AMBASSADOR



GRONK FITNESS UNDULATION ROPE HANGER

ITEM# 100-2915



GRONK FITNESS UNDULATION ROPE ANCHOR

ITEM# 100-2914



XTREME MONKEY® UNDULATION ROPE SHIELD

ITEM# 100-4506



XTREME MONKEY® 25' CLIMBING ROPE - SISAL

ITEM# 100-4093



IN-GROUND UNDULATION ROPE ANCHOR

ITEM# 100-5270



BATTLE ROPE 10-STATION ANCHOR

ITEM# 100-5271



**XTREME MONKEY®
LIGHT COMMERCIAL
LANDMINE**

ITEM# 100-4372



**XTREME MONKEY®
UNIVERSAL LANDMINE
ADAPTER**

ITEM# 100-4832



**XTREME MONKEY®
COMMERCIAL LANDMINE
INSERT**

ITEM# 100-3715



**T BAR ROW MULTI-GRIP
HANDLE BAR**

ITEM# 100-3727



**XTREME MONKEY® SIT UP
MAT**

ITEM# 100-2780



**AB AMIGO DOORWAY SIT-
UP ASSIST**

ITEM# 5-106-001-00



**XTREME MONKEY®
PREMIUM SANDBAG**

SMALL ITEM# 100-3141
MEDIUM ITEM# 100-3140
LARGE ITEM# 100-2836



**VARIABLE-RESISTANCE
PT SANDBAG**

ITEM# 100-5754



**XTREME MONKEY®
GYM HAMMER 8KG**

4k ITEM# 3544, 8k ITEM# 3545



**TONY HORTON'S
POWERSTANDS**

ITEM# 100-5758



ELEMENT FITNESS SISSY SQUAT

ITEM# 100-4417



**XTREME MONKEY®
ADJUSTABLE SPLIT SQUAT**

ITEM# 100-5014



LEBERT EQUALIZER

ITEM# 4593



GLUTE HAM DEVELOPER

ITEM# 100-3583

SPEED & AGILITY



GRONK FITNESS PROFESSIONAL DRIVING POWER SLED RED

ITEM# 80038

- » The Professional Driving Power Sled is the most solid Push / Pull Sled in the market today
- » Total weight of 80lbs and solid steel push posts ensure stability
- » The removable posts (2) allow you to change your direction without having to turn the sled around
- » The Red Sled now comes with replaceable Nylon Feet. This reduces friction on indoor and outdoor surfaces, and prevents damage to the sliding surface and the frame of your precious sled



GRONK FITNESS RED SLED ATTACHMENTS



**GRONK FITNESS SLED -
HARNESS**

ITEM# 100-2655



RED SLED DRIVE PAD

ITEM# 100-4743



**LANDMINE INSERT FOR RED
SLED**

ITEM# 100-3716



**LOW PUSH OPTION FOR RED
SLED**

ITEM# 100-3717



**DRIVING SLED
EXTRA POSTS
(PAIR)**

ITEM# 100-3244



XTREME MONKEY® ADJUSTABLE COMMERCIAL WEIGHT VEST

25lbs ITEM# 2777 35lbs ITEM# 3709 45lbs ITEM# 3710 55lbs ITEM# 3711



XM FITNESS TACTICAL WEIGHT VEST - 20LB

ITEM# kit063



XTREME MONKEY® BLACK POWER SLED

ITEM# 100-4201



GRONK FITNESS SOFT-SIDED BALLAST PLYO BOX

ITEM# 80098



GRONK FITNESS SOFT PLYO SET-6" 12" & 18"

ITEM# 80037



GRONK FITNESS 3" SOFT PLYO ADD ON

ITEM# 80099



XTREME MONKEY® PLYO BOX SET-12" 18" 24"

ITEM# 2077



GRONK FITNESS FLAT PACK WOOD PLYO BOX

ITEM# 80039



XTREME MONKEY® AGILITY GRID SYSTEM

ITEM# 5193



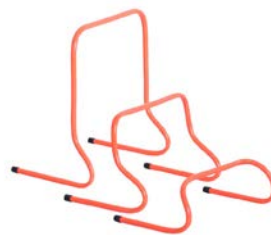
XM 30' AGILITY LADDER

ITEM# 2763



XTREME MONKEY® FITNESS 6D INTERVAL TIMER

ITEM# 100-5811



HURDLES 6" 12" 18"

6" ITEM# 100-1251
12" ITEM# 100-1250
18" ITEM# 100-4775



XM PYLON TRAINING CONES (4 PCS)

7" ITEM# 100-4735
9" ITEM# 100-4736



GRONK FITNESS SPEED ROPE

ITEM# 80042u



SPEED ROPE

ITEM# 100-5759



FLAT MARKER CONE SET 51 PCS SET

ITEM# 100-3235



XTREME MONKEY® SPEED ROPE

ITEM# 100-3862



WEIGHTED JUMP ROPE

ITEM# 100-3092



AGILITY MARKERS

ITEM# 100-5762





GRONK FITNESS STRENGTH BANDS



ITEM	SIZE & COLOR
#80030	XX-LIGHT, RED
#80031	X-LIGHT, BLACK
#80032	LIGHT, PURPLE
#80033	MEDIUM, GREEN
#100-2661	HEAVY, BLUE
#100-2793	ULTRA HEAVY, ORANGE





ELEMENT PRO SHEATH TUBING 4'

LIGHT ITEM# 100-5024
MEDIUM ITEM# 100-5025
HEAVY ITEM# 100-5026
VERY HEAVY ITEM# 100-5027
ULTRA HEAVY ITEM# 100-5028



ELEMENT CABLE CROSS RESISTANCE TUBES

LIGHT ITEM# 100-5042
MEDIUM ITEM# 100-5043
HEAVY ITEM# 100-5044
VERY HEAVY ITEM# 100-5045
ULTRA HEAVY ITEM# 100-5046



XTREME MONKEY® FLOW RESISTANCE ROPE

ITEM# 100-4890



RESISTANCE EXERCISE BANDS

LEVEL1 ITEM# 100-3596
LEVEL2 ITEM# 100-3597
LEVEL3 ITEM# 100-3598
LEVEL4 ITEM# 100-5366
LEVEL5 ITEM# 100-5367



B-LINES KIT - 8PCS KIT

ITEM# KIT1058



FLEXIBILITY, RECOVERY & STRETCHING



GRONK FITNESS STRETCH MACHINE

ITEM# 80054



CORE FOAM ROLLER

24" ITEM# 4342
13" ITEM# 3302



FULL FOAM ROLLER

6"x39" ITEM# 2368
6"x18" ITEM# 3040



HIGH DENSITY FOAM ROLLER

ITEM# 5011



FOAM ROLLER RACK

4 SLOTS ITEM# 3571
8 SLOTS ITEM# 3572



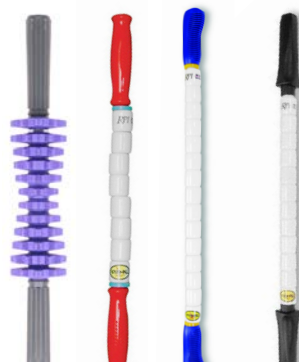
LACROSSE MASSAGE BALL

ITEM# 3492



ACUPRESSURE BALLS

ITEM# 4018



MASSAGE STICKS

Flex Massage Stick #4745
The Travel Stick #3646
Original Body Stick #3647
The Stiff Stick #3648

PULL UP BARS



GRONK FITNESS WALL MOUNTED PULL-UP BAR

ITEM# 80046



GRONK FITNESS CEILING MOUNTED PULL UP BAR

ITEM# 80047



XM WALL-MOUNTED CHIN-UP BAR

ITEM# 100-3245



ADD ON ONLY FOR WALL-MOUNTED CHIN-UP BAR

ITEM# 100-4042



P90-X CHIN-UP BAR

ITEM# 100-5748



FIT505 VERTICAL KNEE RAISE

ITEM# 100-3802



GRONK FITNESS COMMERCIAL AB SLINGS

ITEM# 80097



XM INVERSION BOOTS

ITEM# 100-4812



MED, WALL & SLAM BALLS



**ELEMENT FITNESS
COMMERCIAL MEDICINE BALL**

ITEM	LBS
#100-3062	2 lbs
#100-3063	4 lbs
#100-3064	6 lbs
#100-3065	8 lbs
#100-3066	10 lbs
#100-3067	12 lbs
#100-3068	16 lbs
#100-3069	20 lbs
#100-3070	25 lbs
#100-3071	30 lbs



MEDICINE BALL RACK - 5,10,15

ITEM	HOLDS
#100-3575	5 Balls
#100-3570	10 Balls
#100-4081	15 Balls



**XTREME MONKEY®
WALL MEDICINE BALL**

ITEM	LBS
#100-5874	8 lbs
#100-5875	10 lbs
#100-5876	14 lbs
#100-5878	25 lbs



**XTREME MONKEY® SLAM
BALLS**

ITEM	LBS
#100-5357	8 lbs
#100-5358	10 lbs
#100-5360	15 lbs
#100-5361	20 lbs
#100-5362	25 lbs
#100-5363	30 lbs
#100-5561	35 lbs
#100-5364	40 lbs
#100-5562	45 lbs
#100-5365	50 lbs



MEDICINE BALL REBOUNDER

ITEM# 100-3303



GRONK FITNESS VIRGIN RUBBER HEX DUMBBELLS

DETAILS:

- » Virgin Rubber is not made from processed end-of-life tire material
- » Virgin Rubber doesn't have to undergo the same chemical treatment that gives basic rubber its unpleasant smell
- » The shape of the handle helps to reduce fatigue

ITEM	LBS
#SDR-090	90 lbs
#SDR-095	95 lbs
#SDR-100	100 lbs
#SDR-105	105 lbs
#SDR-110	110 lbs
#SDR-115	115 lbs
#SDR-120	120 lbs



ITEM	LBS
#SDR-005	5 lbs
#SDR-008	8 lbs
#SDR-010	10 lbs
#SDR-012	12 lbs
#SDR-015	15 lbs
#SDR-020	20 lbs
#SDR-025	25 lbs
#SDR-030	30 lbs
#SDR-035	35 lbs
#SDR-040	40 lbs
#SDR-045	45 lbs
#SDR-050	50 lbs
#SDR-055	55 lbs
#SDR-060	60 lbs
#SDR-065	65 lbs
#SDR-070	70 lbs
#SDR-075	75 lbs
#SDR-080	80 lbs
#SDR-085	85 lbs



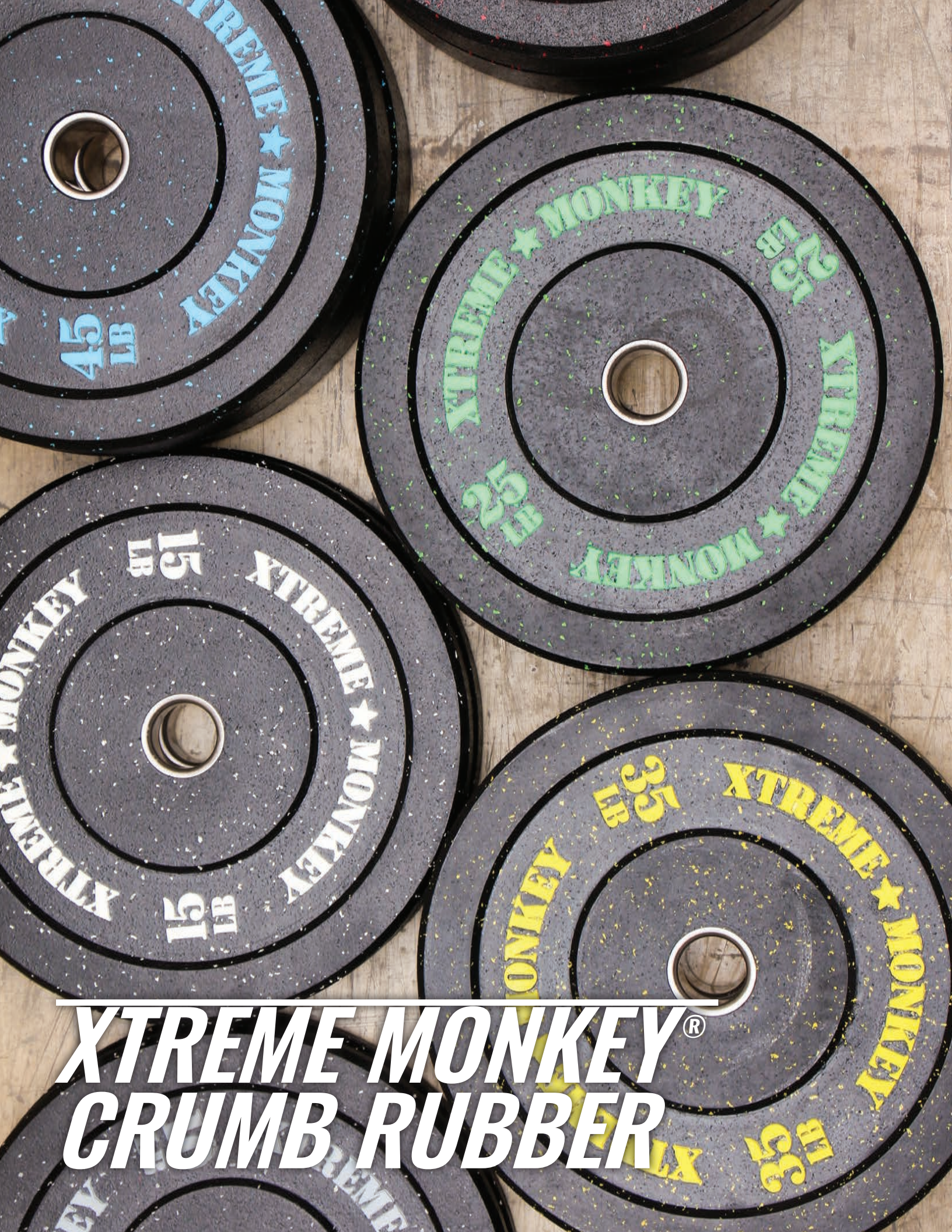
ELEMENT FITNESS COMMERCIAL POLYURETHANE DUMBBELLS SET

ITEM	LBS
#ef-cdset	5-50lb set - 5, 7.5, 10, 12.5, 15, 17.5, 20, 25, 30, 35, 40, 45, 50
#ef-cdset	55-100lb set (10 pairs) 5lb increments
#ef-cdset	105-120lb set (4 pairs) 5lb increments



ELEMENT FITNESS NEOPRENE DUMBBELLS

ITEM	LBS
#1278	1 lbs
#1279	2 lbs
#1280	3 lbs
#1281	4 lbs
#1282	5 lbs
#1283	6 lbs
#1284	7 lbs
#1285	8 lbs
#1286	9 lbs
#1287	10 lbs
#2156	12 lbs



XTREME MONKEY[®]
CRUMB RUBBER



X★M
XTREME MONKEY

XTREME MONKEY® CRUMB RUBBER BUMPER PLATES



ITEM	LBS
#5142	10 lbs
#5143	15 lbs
#5144	25 lbs
#5145	35 lbs
#5146	45 lbs
#5147	55 lbs



GRONK FITNESS CAST IRON KETTLEBELLS

ITEM	COLOR	KG
#80070	Light Blue	4kg
#80071	Light Blue	6kg
#80072	Pink	8kg
#80073	Blue	10kg
#80074	Blue	12kg
#80075	Yellow	16kg
#80076	Purple	20kg
#80077	Green	24kg
#80078	Orange	28kg
#4609XM	Red	32kg
#4610XM	Grey	36kg
#4611XM	White	40kg



XTREME MONKEY® COMPETITION KETTLEBELLS

ITEM	COLOR	KG
#3624	Pink	8kg
#3543	Blue	12kg
#3192	Yellow	16kg
#3917	Purple	20kg
#3193	Green	24kg
#3918	Orange	28kg
#3194	Red	32kg
#4813	Grey	36kg
#4814	White	40kg
#4815	Grey	44kg



ELEMENT FITNESS VINYL KETTLEBELLS

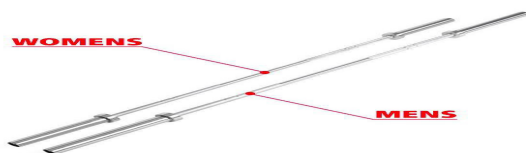
ITEM	LBS
#1228	5 lbs
#1229	10 lbs
#1230	15 lbs
#1231	20 lbs
#1232	25 lbs
#1233	30 lbs
#1234	35 lbs
#1235	40 lbs
#1236	45 lbs
#1237	50 lbs
#1238	55 lbs
#1239	60 lbs



GRONK FITNESS VIRGIN RUBBER GRIP PLATES

ITEM	LBS
#80048	2.5 lbs
#80049	5 lbs
#80050	10 lbs
#80051	25 lbs
#80052	35 lbs
#80053	45 lbs

LIFTING BARS



GRONK FITNESS LIFTING BAR - 2000LBS TEST

ITEM# 80041



GRONK FITNESS LIFTING BAR - 1500LBS TEST

ITEM# 80110



XM WOMEN'S LIFTING BAR 1200 LBS

ITEM# 100-4419



GRONK FITNESS OLYMPIC SAFETY SQUAT BAR

ITEM# 80096



GRONK FITNESS COMMERCIAL SWISS BAR

ITEM# 80028



1. XM STRAIGHT SWISS BAR STEEL
2. XM ANGLED SWISS BAR STEEL

1. ITEM# 100-4203
2. ITEM# 100-4204



66" OLYMPIC HEX BAR

ITEM# 100-2226



**XTREME MONKEY®
BARBELL JACK**

ITEM# 100-3393



**XTREME MONKEY® BLACK
FARMER'S WALK BARS**

ITEM# 4202



**ELEMENT FITNESS
COMMERCIAL RUBBER
BARBELL SET**

ITEM# 100-5740 & 100-3580

LIFTING ACCESSORIES



BARBELL PAD

ITEM# 80043



**GRONK FITNESS
WEIGHT LIFTING CHAIN
44LB PAIR**

ITEM# 100-2697



**GRONK FITNESS LOCKJAW,
BLACK/RED**

ITEM# PR2-BLK-GF



**GRONK FITNESS LOCKJAW,
BLUE/RED**

ITEM# PR2-BLU-GF



GRONK FITNESS HD FID BENCH

ITEM# 100-80112



XTREME MONKEY FLAT BENCH

ITEM# 100-4095

YOGA & PILATES



COTTON YOGA STRAP

ITEM# 100-4742



**4LBS PILATES
WEIGHTED BALLS - AIR**

ITEM# 100-2506



**COMMERCIAL PILATES
RING**

ITEM# 100-3087



JASMINE YOGABLOCK

ITEM# 100-4741

MATS



JASMINE YOGA MAT 6MM

ITEM	COLOR
#100-5792	BLUE
#100-5793	GREEN
#100-5794	PINK



5MM TPE YOGA MAT

ITEM# 100-3920



72" PADDED EXERCISE MAT

ITEM# 100-4737



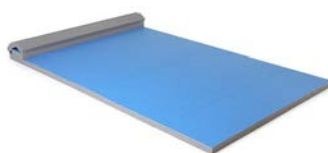
XL PREMIUM EXERCISE MAT

ITEM# 100-4848



CORE COMFORT MAT

ITEM# 100-5749



FLOORING SPORTS MAT

ITEM# 100-4365









XM MAT STORAGE CART

ITEM# 100-4834



WORKOUT BODY BAR

ITEM	COLOR	LBS
#100-2158		5lbs
#100-2159		8lbs
#100-2160		10lbs
#100-2162		12lbs
#100-2161		15lbs
#100-2163		20lbs
#100-2164		25lbs



XTREME MONKEY[®] BODYBAR STORAGE RACK

ITEM# 100-4831

**Bodybars not included*



CARDIO PUMP SET

ITEM# 100-3297



CARDIO PUMP RACK - 20

ITEM# 100-3578



CARDIO PUMP RACK - 10

ITEM# 100-3568

BALANCE & STABILITY



SUSPENSION



**TRX COMMERCIAL
SUSPENSION TRAINER**

ITEM# TRXCLUB4



**MYOKORE FUSION TRAINER
STARTER KIT**

ITEM# MT-105

AEROBIC STEPPER



AEROBIC STEPPER

ITEM# 100-2703



**COMMERCIAL AEROBIC
SLANT STEP RISER**

ITEM# 100-3273



THE AEROBIC STEP RISER

ITEM# 100-2809



BALANCE PAD

ITEM# 100-3299



POWER GLIDING DISC - XL - 9"

ITEM# 100-4744



COMMERCIAL WOODEN WOBBLE BOARD - 20"

ITEM# 100-4019



- CORK SURFACE -

WOODEN ROCKER BOARD 20"

ITEM# 100-2448



RATED for 550 lbs

COMMERCIAL 55CM ANTI-BURST BALL

ITEM# 100-1898



RATED for 550 lbs

COMMERCIAL 65CM ANTI-BURST BALL

ITEM# 100-1897



RATED for 550 lbs

COMMERCIAL 75CM ANTI-BURST BALL

ITEM# 100-1896



PREMIUM STABILITY BALL 55CM

ITEM# 100-5746



BOSU® BALANCE TRAINER

ITEM# 72-10850-2xp



BALANCE PODS - PAIR

ITEM# 100-3089



BLUE BALANCE CUSHION

ITEM# 100-1409

TRAINING BAGS



**CENTURY® VERSYS
VS.1 FIGHT SIMULATOR**

ITEM# 100-3794



**CENTURY® BOB -
BODY OPPONENT BAG**

ITEM# 100-1871



**CENTURY® 2XL PRO
WAVEMASTER**

ITEM# 100-3795



**FREE STANDING XL
HEAVY BAG**

ITEM# 100-3418



**CENTURY® VERSYS
VS.2 FIGHT SIMULATOR**

ITEM# 100-4038



**COMMERCIAL VINYL
BAG 100LBS**

ITEM# 100-3483



**VINYL MUAY THAI BAG
125LBS**

ITEM# 100-3550



**10" SPEED BALL -
PROFESSIONAL SERIES**

ITEM# 100-3855



PRO DOUBLE END BALL

ITEM# 100-3854



**COMMERCIAL HEAVY
BAG WALL MOUNT
522CWM**

ITEM# 100-3278



**COMMERCIAL HEAVY
BAG STAND**

ITEM# 100-3276



**COM HEAVY BAG
STAND WITH SPEED
BAG PLATFORM**

ITEM# 100-3275

COMBAT ACCESSORIES



**FIGHT
MONKEY**

**16OZ TRAINING
GLOVES**

ITEM# 100-2618



**FIGHT
MONKEY**

**14OZ TRAINING
GLOVES**

ITEM# 100-3386



**FIGHT
MONKEY**

**12OZ TRAINING
GLOVES**

ITEM# 100-2617



**FIGHT
MONKEY**

**12OZ TRAINING
GLOVES**

ITEM# 100-4427



**FIGHT
MONKEY**

**KIDS BOXING GLOVES
6 OZ**

ITEM# 100-4822



**FIGHT
MONKEY**

**PREMIUM LEATHER
MMA / BAG GLOVES**

ITEM# XS 3387, S/M 2770, L/XL
2761



**FIGHT
MONKEY**

**180" HAND WRAPS -
BLACK**

ITEM# 100-2624



**FIGHT
MONKEY**

**120" HAND WRAPS -
PINK**

ITEM# 100-2626



**FIGHT
MONKEY**

**PROFESSIONAL SERIES
LEATHER KICK SHIELD**

ITEM# 100-3977



**FIGHT
MONKEY**

**PROFESSIONAL SERIES
LEATHER MUAY THAI
PADS**

ITEM# 100-3851



**FIGHT
MONKEY**

**PROFESSIONAL SERIES
CHEST PROTECTOR**

ITEM# 100-3853



**FIGHT
MONKEY**

**PROFESSIONAL SERIES
LEATHER FOCUS MITTS**

ITEM# 100-3852

RACKS & CAGES



ELEMENT FITNESS ELITE POWER RACK

ITEM# 4767

This thing is a beast to say the least! Not your conventional power rack, the Element Elite Series was designed with the professional athlete in mind.

- » 11 gauge rack
- » 4 x J hooks included
- » 2 x Safety Arms
- » 2 x Negative press bars
- » 21" spacing between the weight holders
- » Two multi-grip chin up stations with a choice of either 1" or 2" grips
- » 4 x Olympic bar holders for organization
- » 8 x easily removable band pegs
- » Laser cut numbered upright posts
- » Sumo base (for wide squat stance)

This product is compatible with a variety of XM Rig Attachments such as:

- » Spotter Arms
- » Premium J-Hooks
- » Leg Roller
- » Dip attachment
- » Plyo Attachment
- » Sling Bracket Set
- » Kids Pull-up Bar



GRONK FITNESS 365 POWER RACK

ITEM# 80029

Key Features:

- » 3" x 3" 2.5mm thick tubing
- » Bolted nylon dampeners on the extra long J-hooks and spotter bars (included)
- » Multi-grip chin-up bar to target different muscle groups and maximize pull-up variations
- » 12 band pegs
- » 1200lb weight capacity

Options:

- » Dip Bars
- » 2" Fat Grip Option
- » Additional J-Hooks
- » Single Leg Roller
- » Rope Pull Option
- » Landmine Attachment
- » Sling Set for 365 Power Rack





**MULTI FUNCTIONAL
POWER RACK W/
JAMMER (NEW)**



**FREE WEIGHT LOADED
COUNTER BALANCED
SMITH MACHINE (NEW)**



HALF RACK (NEW)



**XTREME MONKEY[®]
COMMERCIAL HALF
RACK**

ITEM# 3343



**XTREME MONKEY[®]
COMMERCIAL HALF
RACK**

ITEM# 5321



**XTREME MONKEY[®]
COMMERCIAL POWER
RACK**

ITEM# 3344

***CUSTOM SIZE.
CUSTOM CUTS.
ANY WAY YOU
NEED IT.***

XTREME MONKEY® CUSTOM RIGS

The 11 gauge 3x3 powder coated finish is built to last. Commercial rated at affordable prices that you would put it in your garage. The XM series accommodates over 15 different attachments allowing you to customize your rig system to the ultimate training machine.



FREE STANDING RIGS



WALL MOUNTED RIGS



CUSTOM & FULLY LOADED RIGS



**CUSTOMIZED
STORAGE
OPTIONS**



RIG ATTACHMENTS



PREMIUM J-HOOKS

ITEM# 100-4731



XTREME MONKEY® CARGO NET

ITEM# 100-4507



WALL BALL TARGET

ITEM# 100-4208



DIP ATTACHMENT

ITEM# 100-4195



D-GRIP HANDLE | GRIP BALL

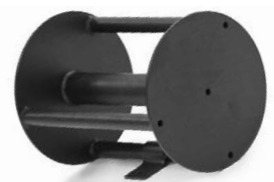
ITEM# 100-4210

ITEM# 100-4211



SPOTTER ARMS

ITEM# 100-4379



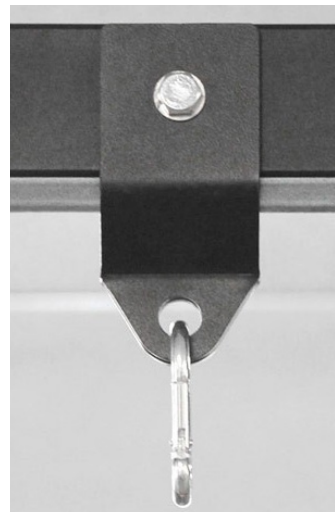
ROPE ATTACHMENT

ITEM# 100-4240



LANDMINE ATTACHMENT

ITEM# 100-4199



RIG SHACKLE

ITEM# 100-4730



XM RIG BAND HOOK (PAIR)

ITEM# 100-4196



MULTI-GRIP CHIN UP BAR

ITEM# 100-4733



BAR HOLDER ATTACHMENT

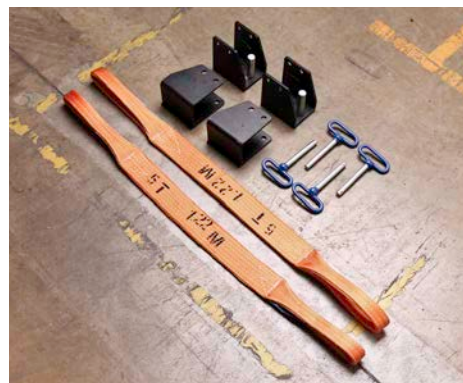
ITEM# 100-4772

RIG ATTACHMENTS



LEG ROLLER

ITEM# 4572



SLING BRACKET SET

ITEM# 4729



STORAGE SHELF

The commercial utility shelf is the perfect addition to the Xtreme Monkey® Commercial Rig system. This storage shelf is reversible to hold either kettlebells or Dumbbells. The 6' shelf will fit any two XM posts that are 6' apart.

Storage space is 72" x 12"

*Hardware included.

ITEM# 4727



BUMPER PLATE STORAGE RACK

ITEM# 4725

EXERCISE BALL STORAGE RACK

ITEM# 4726

LANDMINE DOCK / INSERT

ITEM# 4378 ITEM# 4373



**SALMON
LADDER SINGLE
SET**

ITEM# 5134



**XM 3"
CANNONBALL
GRIPS**

ITEM# 5196



2' TUBULAR

ITEM# 4568



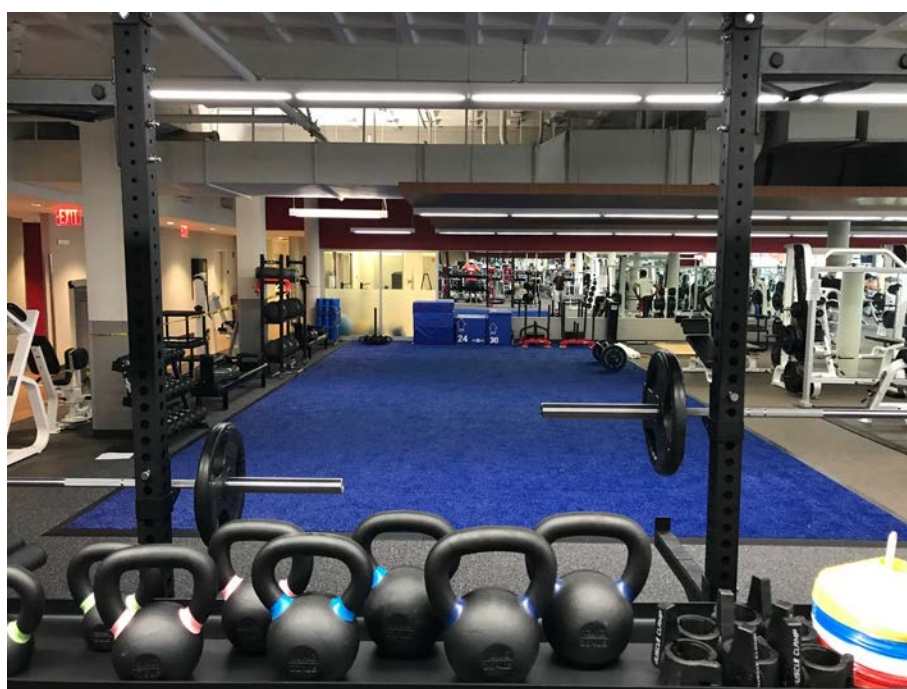
J HOOKS (PAIR)

ITEM# 4193



WALL RAIL

ITEM# 4835



RIG PEG BAR (PAIR)

ITEM# 4198



**RIG PLATE STORAGE
(PAIR)**

ITEM# 4197



**GRANDFATHER CLOCK GRIP - 3"
& 2"**

ITEM# 4732 ITEM# 5155

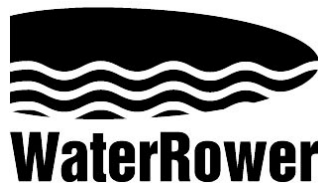


GRONK EDITION WATERROWER

WHY ROWING?

ROWING IS GREAT FOR CARDIO AND MUSCLE BUILD. ROWING, ESPECIALLY ON A WATERROWER WITH ITS PRECISE REPLICATION OF THE EXACT DYNAMICS OF ON-WATER ROWING, IS ALSO A LOW IMPACT WORKOUT THAT PACKS A PUNCH WHEN IT COMES TO CALORIE BURN. JUMP ON THE ROWER TO WARM UP, GET YOUR CARDIO IN OR WHAT GRONK LOVES TO DO, KEEP YOUR HEART-RATE UP BETWEEN SETS.

2 COMMERCIAL MODELS



GRONK M1 WATERROWER - HI RISE

ITEM# 510 S4 BLACK



GRONK CHAMPION WATERROWER

ITEM# 165 GRONK ROWER



JACOBS LADDER - GRONK EDITION

ITEM# JLG2

GRONK EDITION

Unlike most cardio machines, Jacobs Ladder was engineered to provide the user with physiological benefits which makes it the perfect piece of cardio equipment for anybody.

Jacobs Ladder has teamed up with Gronk Fitness, a brand with a mindset of pushing yourself to get better. Used by professional athletes for it's workout benefits and to help their performance, the Jacobs Ladder, combined with the Gronk mindset, becomes a premium machine for use in all fitness and training centers.

Jacobs Ladder is a patented climbing machine with ladder-type rungs on a non-motorized continuous treadmill. It's self-paced, so the faster you go, the faster it goes.

The machine provides digital feedback on elapsed time, how many feet were climbed, rate of speed, and calorie burn.



	JACOBS LADDER	VERSACLIMBER	NAUTILUS STEPMILL	ELLIPTICAL	TREADMILL
Low Impact On Joints	●	●	●	●	●
Takes Stress off Lower Back & Hips	●	●	●	●	●
Takes Stress off of knees	●	●	●	●	●
Fully Dynamic Climbing Stroke	●	●	●	●	●
Height Adjustment	●	●	●	●	●
Automatic Speed Adjustment	●	●	●	●	●
Auto-Stop When User Stops	●	●	●	●	●
Total Body Option	●	●	●	●	●
Low Maintenance Costs	●	●	●	●	●

Traditional cardio machines don't compare to the features and benefits of Jacobs Ladder.



Jacobs Ladder offers the option to exercise both your arms and legs so you get a superb cardiovascular workout, burning more calories in a relatively short amount of time.



The Ladder's 40° angle offers natural climbing motion, which takes stress off the lower back, hips and knees.



PRODUCT SPECIFICATIONS

Frame: Welded Tubular Steel
Length: 76"
Width: 27.25"
Height: 65.5"
Weight: 300 lbs
Rungs: Solid Maple
Case: ABS/Polyethylene

Power: 110 V (220 V Available Upon Request)
Ceiling Height Requirement: 7.5 Feet
Digital Readouts: Elapsed Time, Feet Climbed, Rate (Feet/Min), Calorie Burn, Heart Rate (wireless)
Warranty: 2 Years on Parts

RXM CHAIMBERG AIR BIKE GRONK FITNESS EDITION



Powered by



ITEM #100-5203 GRONK

WITH FEEDBACK FROM CLUB OWNERS, PROFESSIONAL TEAMS, TRAINERS, PHYSICAL THERAPISTS AND FITNESS ENTHUSIAST, GRONK FITNESS LISTENED TO EVERYONE'S INPUT AND CREATED THE ULTIMATE AIRBIKE. THE CHAIMBERG RXM AIRBIKE HAS TAKEN A VARIETY OF AIRBIKES AND INCORPORATED EACH OF THEIR BEST ATTRIBUTES INTO ONE SUPER AIRBIKE.

ALL BALL BEARING CONSTRUCTION,
BEEFED UP FRAME (2.5MM TUBING) AND SEAT POSTS,
FULLY ADJUSTABLE 2.5 MM UPGRADED 4 WAY - UP/DOWN &
FORWARD/BACKWARD SEAT POST,
REDUCED THE USE OF PLASTICS ON THE FRAME,
POLAR HEART RATE COMPATIBLE



SUPERIOR INDOOR CYCLES

Frequency Fitness believes in power, durability and safety. Our indoor bikes are made with these components in mind and are ideal for anyone looking to take their workout to the next level. Whether you are a beginner or wish to train at an advanced level, Frequency Fitness has a machine suitable for you.



RX150 EXERCISE BIKE

ITEM# 4521



RX125 EXERCISE BIKE

ITEM# 4863

STORAGE



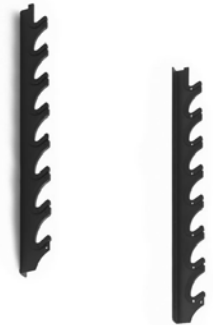
VERTICAL 10 BAR STORAGE

ITEM# 100-4774



TITANIUM 7032 OLYMPIC BARBELLS RACK

ITEM# 100-5892



XTREME MONKEY 8 BAR GUN RACK

ITEM# 3235



BUMPER PLATE STORAGE - SINGLE

ITEM# 100-4205



OLYMPIC WEIGHT TREE - HEAVY DUTY

ITEM# 100-5165



BUMPER PLATE STORAGE

ITEM# 100-4369



3- TIER HORIZONTAL DUMBBELL RACK

ITEM# 100-5012



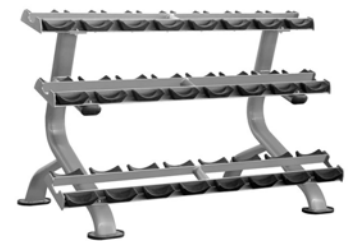
VERTICAL DUMBBELL RACK - 6 PAIR

ITEM# 100-5164



TWO-TIERED 10-PAIR DUMBBELL RACK

ITEM# 100-3795



3-TIER DUMBBELL SADDLE RACK

ITEM# 100-4972



KETTLEBELL RACK

ITEM# 100-3581



CROSSTRaining FUNCTIONAL STORAGE

ITEM# 100-3247



CROSSBOX STORAGE RACKING SYSTEM

ITEM# 100-4044



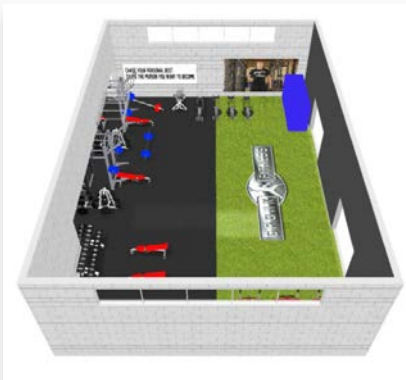
MULTI-STORAGE WALL MOUNT

ITEM# 100-4734



FULL SCALE GYM PLANNING

Gronk Your Gym!



The GRONK FITNESS team will guide you through every step of your commercial fitness project, from start to finish. From inception to the planning phase, followed by flooring installation to equipment selection and delivery, we will be by your side to make sure you are taken care of in every aspect from A to Z, right down to the smallest detail. Our commercial sales representatives are experts in their field and will provide the best possible assistance to ensure you are ready to open your facility in a timely manner while making sure you remain within your budget along the way!

CONTENTS

FUNCTIONAL TRAINING

- 5 Battle Ropes
- 5 Anchors
- 6 Landmine Inserts
- 6 Sand Bags

SPEED & AGILITY

- 7 Sleds & Attachments
- 8 Weighted Vests
- 8 Plyo Boxes
- 9 Jump Ropes

STRENGTH BANDS

10, 11



RECOVERY

- 12 Stretch Machine
- 12 Foam Rollers

PULL UP BARS



- 13 Pull Up Bars



BALLS & DUMBBELLS

- 14 Med Balls
- 15 Dumbbells
- 17 Bumper Plates
- 17 Kettlebells

LIFTING BARS/BENCHES

- 18 Lifting Bars
- 18 Safety Squat Bar
- 18 Swiss Bars
- 19 Lifting Accessories
- 19 Benches

YOGA, MATS, BODY BAR

- 20 Exercise Mats
- 21 Body Bars
- 21 Cardio Pump Sets

BALANCE & STABILITY

- 22 Suspension
- 22 Aerobic Stepper
- 23 Wobble Boards
- 23 Stability Balls



BOXING/COMBAT

- 24 Boxing
- 25 Combat Accessories

RACKS & CAGES

- 26 Element Fitness Elite Rack
- 26 Gronk Fitness 365 Rack

CUSTOM RIGS

- 28-29 Custom Rigs

RIG ATTACHMENTS

- 30-33 All Rig Attachments
- 32 Storage Shelves & Racks

WATERROWER

- 34 M1 Waterrower
- 34 Champion Waterrower

JACOBS LADDER

- 35 Gronk Edition

BIKES

- 36 RXM Bike
- 36 Indoor Cycles

STORAGE

- 37 Bar Storage
- 37 Plate Storage
- 37 Dumbbell Racks
- 37 Kettlebell Rack

IT'S A MINDSET

