

SAY YES TO YOUR NATURAL HIGH!



solostrength



FREESTANDING. PERSONALLY CUSTOMIZABLE. SUPER FAST.

A TOTAL BODY GYM.

1.866.454.SOLO (7656) SOLOSTRENGTH.COM

IDEAL FOR:

- ✓ Gaining more fitness and a more balanced lifestyle with faster and more effective workouts.
- ✓ Multi-user environments with personally customizable exercises.
- ✓ Long term fitness investment: exercise challenges range as your interests and fitness levels do.
- ✓ Physio and rehabilitation recovery from injury or surgery.
- ✓ Small space personal training areas to maximize exercise utility and value.
- ✓ Youth exercise for safe strength training and lower heights to avoid injury.
- ✓ Beginners looking to burn fat more efficiently and improve strength and muscle tone simultaneously.
- ✓ People who have very busy schedules and need the convenience of 24/7 quick access and faster workouts.
- ✓ Home office and work environments to stretch and stress reduction / quick workouts / improve focus.
- ✓ A compliment to your favorite sport or gym activity to fill in training gaps and improve complete body balance and conditioning.
- ✓ To balance and sustain living your best lifestyle.

SOLOSTRENGTH IS... UNLIMITED FITNESS!

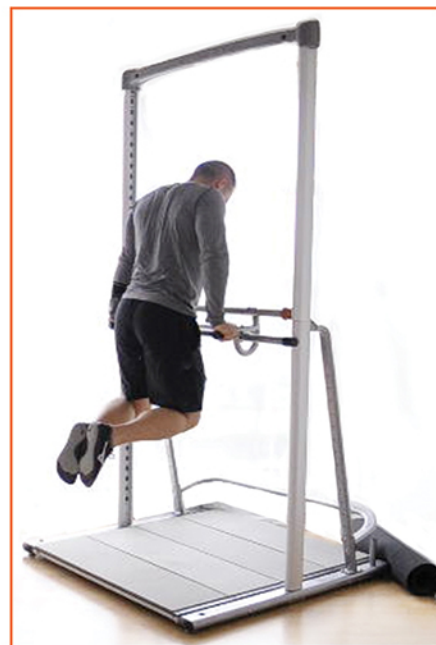


ULTIMATE DOOR & WALL



- New minimalist sleek design for home and studio.
- 4 options: Doorway, Corner, Wall, Freestanding.
- High quality design and finish.
- 1' of additional height extension (optional).
- ULTIMATE dip bar for rows, pullups (optional).
- Fast and convenient home exercise system.

ULTIMATE FREESTANDING



- Durable construction made to last.
- Adjustable to be stable on any surface.
- Built-in anchor point for added stability.
- Safety tested up to 1000 static pounds.
- Minimum ceiling height for installation is 92".
- All assembly material, training manual, and videos included.
- Beginner & advanced training included
- Assembles within minutes!

GET FIT FASTER!

WHY SOLOSTRENGTH IS SO AWESOME...

- The highest utility functional training system available. Truly unlimited application from full body and assisted bodyweight based strength and functional movement training, to stretching leverage and rehabilitation movement. A true crossover tool for endless variety of exercises and skill level.
- Most efficient method of fat burning and muscle toning exercise. Easily customized strength training and cardio enhancing speed fit training programs that can melt fat away, build strength, and build lean muscle, faster than cardio training alone. Train the way you want.
- Strength train - tone muscle and body build using bodyweight resistance on the SoloStrength functional training system - a total system that is more effective at burning unwanted fat and calories than cardio conditioning alone. Earn and keep your best body for life!



THE TIME BEATING FITNESS SOLUTION YOU CAN'T SAY "NO" TO!



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**A TRUE CROSSOVER MAKES THE ULTIMATE TRAINING TOOL.
EXCEPTIONAL FITNESS - REHABILITATION - STRETCHING - LIFESTYLE**

1.866.454.SOLO (7656) • U.S. & CANADA
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SOLOSTRENGTH.COM





"Say YES to your Natural High!"

Unlimited variations - beginner and advanced programs included.
more at www.solostrength.com