# PRIME

THE EVOLUTION OF STRENGTH TRAINING EQUIPMENT.

2023

## ACCESSORY PRODUCTS

# JOIN THE REVOLUTION

Meet the RO-T8 Family from PRIME, the the most versatile accessory equipment in the world for pulls and flyes. The RO-T8 Family is the perfect introduction to PRIME, as it captures PRIME's core mission – to create strength equipment that challenges the status quo and utilizes science to create smarter, more effective and more efficient strength equipment.

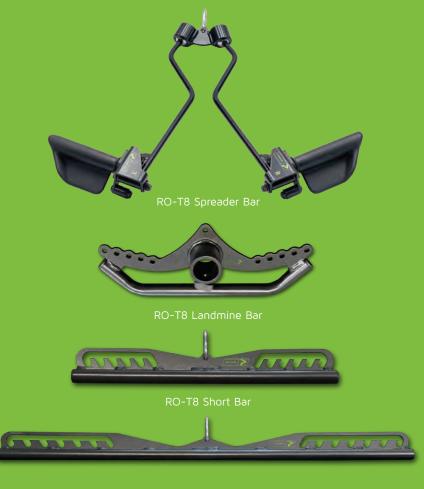


# **#ROT8HANDLES**

The unique swivel design of these handles yields a drastic increase in output potential on select exercises when executing bilateral cable work. The best handles in the world just got better! Color Options: All PRIME RO-T8 Family Products are available in PRIME Green or Black.



# **RO-T8 ACCESSORIES**



RO-T8 Long Bar

#### **RO-T8 Spreader Bar:**

A new twist on the ever popular paddle grip design featured on the original RO-T8 Handles. The RO-T8 Spreader Bar offers the user enhanced ergonomics, biomechanics, and a large increase in output potential.

#### **RO-T8** Landmine:

Offers improved flexibility, mobility and execution. Users can tailor the exercise to their own individual biomechanics, increasing the opportunity for maximum output. For use with the RO-T8 handles. Offers a maximum width of 17" and a minimum width of 8" in 1" increments.

#### **RO-T8 Short Bar:**

For use with the RO-T8 handles. Offers a max width of 18" down to a minimum width of 9" in 1" increments.

#### RO-T8 Long Bar:

For use with the RO-T8 handles. Offers a max width of 36" down to a minimum width of 18" in 1.5" increments.

## **#ROT8FAMILY**

# **RO-T8 MULTI-GRIPS**

## **RO-T83N1**

The RO-T8 3N1 Handles feature the same ergonomic paddle grip you love on the original RO-T8 Handles (maximizing output potential), but these have been taken to a whole new level of versatility. The RO-T8 3N1 Handles offer a 3-grip position feature that can be adjusted from a neutral grip to a semi-pronated or semisupinated position in just seconds.

## 1 HANDLE 3 POSITIONS 0 COMPETITORS



RO-T8 3N1 6" Version









Semi-Supinated

Neutra

Semi-Pronated

## **RO-T84**N1

The RO-T8 4N1 Handle offers four grip position variations. With a simple turn of the adjustment dial, your 4N1 Handles can be transformed to an entirely new attachment, without ever coming off the cable! At 20" wide, the 4N1 includes a fully-pronated grip position, perfect for upper back work.



Semi-Supinated

Neutral

Semi-Pronated

Fully Pronated



# KAZHANDLES

### Ready for another game changer from PRIME?

Meet the PRIME KAZ Handles. KAZ Handles feature a unique tapered shape in the diameter of the handle (creating a cone shape). This shape is designed to match the natural mechanics of the human hand – putting more focus on the muscle being trained, and less about fighting the ergonomics of the grip itself. In addition to the unique shape, the KAZ Handle can transform a "D" style handle to a triceps rope. Exercises that can be mechanically improved with the KAZ Handles are almost limitless.



Matching the natural mechanics of the human hand, the tapering diameter of the KAZ Handles puts more focus on the muscle being trained.







# **QUICKCONNECT** COLLARS

The Quick Connect Collars by PRIME allow the user to conveniently turn common free-weight oriented barbell/curl bar exercises into cable exercises in seconds. These collars feature an easy-to-use safety screw system and offer the ability to add chains if desired. Sold in pairs.

- + Fits 1.90" to 2.03" sleeves
- + Accommodates most chain sizes
- + 300lbs max load per carabiner





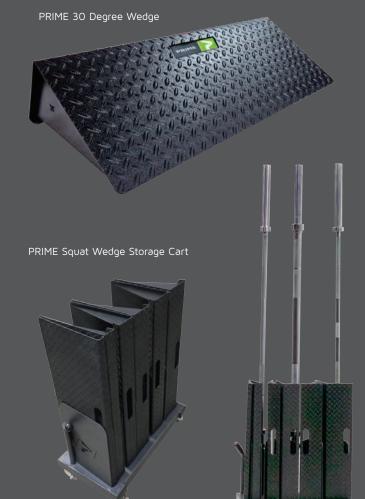
## Squat Wedges

Available in 5, 10, 15, 20, 25 and 30 degrees (sold both individually and as a set). These wedges enhance a user's ability to maintain proper squat form, regardless of physical limitations. A must-have for any gym with a squat rack.

#### Squat Wedge Specs:

Material: The squat wedges are made of 1/8" diamond plate with 4 gussets underneath.

- + 5 degree Wedge 12.2L x 30.0W x 1.2H
- + 10 degree Wedge 12.3L x 30.0W x 2.2H
- + 15 degree Wedge 12.5L x 30.0W x 3.2H
- + 20 degree Wedge 12.8L x 30.0W x 4.2H
- + 25 degree Wedge 13.3L x 30.0W x 5.1H
- + 30 degree Wedge 13.9L x 30.0W x 6.1H

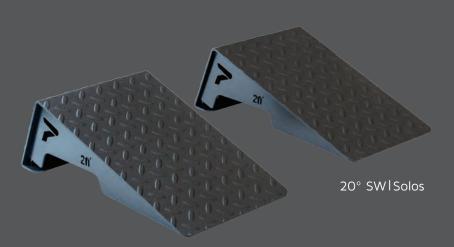


PRIME Squat Wedge Storage Cart

## **SOLOWEDGES**

With the PRIME SW | SOLOS, a user can externally rotate the wedge setup position to match their body's ideal angle. This alignment allows the hips to open and drives the knees right in line with the feet position – creating an extraordinarily natural and smooth squat like you've never felt before!

#### Sold in pairs.



#### STORE YOUR SW | SOLOS WITH THE PRIME WALL-MOUNT WEDGE HOLDER

Each PRIME Wall-Mount Wedge Holder conveniently holds two **SW | SOLOS** or one standard squat wedge.

21

30° SW|Solos

10° SW|Solos

# WALLMOUNTS

**Time to get organized!** Introducing the PRIME family of wall mounts. Now you can neatly and conveniently house your PRIME accessories, keeping your gym space safe and clutter-free.

### Accessory Family

The Accessory Family Wall Mount holds:

- RO-T8 Handles(1/pair)
- KAZ Handles(1/pair)
- RO-T8 Long Bar, RO-T8 Short Bar and RO-T8 Landmine (1 of each).
- Spreader Bar



### **RO-T8 Multi-Grip**

The RO-T8 Multi-Grip Wall Mount holds:

- RO-T8 3N1 (6") (1/each)
- RO-T8 3N1 (14") (1/each)
- RO-T8 4N1 (20") (1/each)





### **Bench Attachment**

The Bench Attachment Wall Mount holds:

- Adjustable Elbow Pads(1/pair)
- Decline Attachment(1/each)



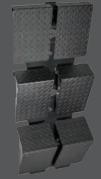


### Squat Wedge

Each Squat Wedge Wall Mount holds:

 One original Squat Wedge OR one pair of SW | SOLOS







# PRIME TRAP BAR

# Sizing up the competition!

Meet the PRIME Trap Bar. This bar provides incredible versatility, superior made-in-the-U.S.A. craftsmanship, and an open design to accommodate different body types allowing for a greater variety of exercises.

The PRIME Trap Bar is equipped with loading jacks for ease of loading/ unloading, along with the ability to adjust handle heights in 1" increments (0" to 9"). These height settings allow you to make adjustments that fit your mobility and body type, along with creating new exercise options (mechanical drop sets, rack pull variations without the rack, etc.)

#### Three unique handle options:

- + 1" Standard Handles (Included)
- + KAZ Handles (Upgrade option)
- + RO-T8 Handles (Upgrade option)



1" Standard Handles

KAZ Handles

RO-T8 Handles

SUPER SQUAT BAR

PRIME / >/

## Comfort, Capacity, Balance, Power...

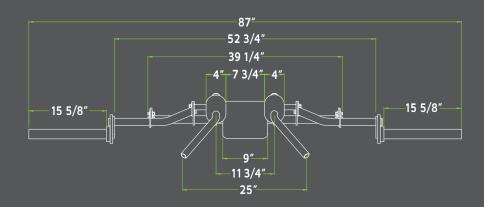
At **PRIME**, innovation continues. We've taken an overlooked staple in gym equipment and made it better. Introducing the **PRIME Super Squat Bar**.

PRIME

#### Features and Benefits:

- Angled/elongated handles for better stability and comfort, as well as increased ROM in both narrow/ quad-dominant squat variations. (This makes it a perfect pairing with PRIME Solo Squat Wedges)
- Self-adjusting back plate for greater load dispersion and decreased upper spine pressure.
- Cambered to the middle of the body for an upright torso position, increasing ROM and stability.
- Stainless steel shafts (at racking location) and loading sleeves for durability and visual appeal.
- Weight Capacity: tested and approved for 1,000 lbs.
- + Made in the U.S.A.





#### Super Squat Bar Specifications:

- + Weight: 51 lbs.
- + Product total dimensions: 87"L x 27"W x 9"H
- + Camber Drop: 4 5/8" or 28°
- + Loadable Sleeve Length: 15 5/8"
- + Loadable Sleeve Diameter: 49.5mm
- + Shoulder Pad Grip Spacing: 11 3/4" 25"
- + Shoulder Pad Inner Width: 7 3/4"

#### For more information on our latest innovations, visit PrimeFitnessUSA.com

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MADE IN THE U.S.A.