

TROY
BARBELL & FITNESS



TROY

25

U.S. Pat. 6,740,380

U.S. Pat. 6,740,380

®

TROY
& FITNESS

2020 CATALOG

**TROY SOFT FOAM TRI-PLYO CUBE**

ITEM: TPC

DESCRIPTION

- Sturdy foam box construction
- Covered in heavy-duty, slip-free vinyl
- Solid sided platforms support larger users

DIMENSIONS

LWH: 30 in. x 24 in. x 20 in.
Landing Area: 30"/24"
Product Weight: 20.5lbs;
Weight Capacity: 350lbs

**TROY SOFT FOAM STACKABLE PLYO BOX**

ITEM: T-PLYO

DESCRIPTION

- 6" T-PLYO-6 [Weight: 10lbs]
- 12" T-PLYO-12 [Weight: 16lbs]
- 18" T-PLYO-18 [Weight: 22lbs]
- 24" T-PLYO-24 [Weight: 27lbs]
- e. Set T-PLYO-PAC [Weight: 75lbs]

DIMENSIONS

36" x 30" Landing Area Options

**TROY 1" EZ-ON SPRING COLLAR WITH RUBBER GRIP**

ITEM: TRZC

Olympic Chrome EZ-on Collars with Rubber Grips can securely hold Troy light workout grip plates on all 1" bars. 1lb per Pair.

**TROY 2" EZ-ON SPRING COLLAR WITH RUBBER GRIP**

ITEM: TRZC-1/2G

DESCRIPTION

- 6mm Solid Steel Prongs
- 4" Long Chrome Plated Prongs
- 3 1/8" Plastic Prong Grip

Our heavy duty Troy Olympic EZ-on Collars feature plastic grip coverings that comfortably and easily secure most 2" bars.

**TROY MUSCLE CLAMP COLLAR - 2"**

ITEM: AOMC

Made from hard plastic, our quality Collar clamps on to all 2" bars with ease to hold plates on bars.

**TROY COMMERCIAL GRAD BAR PAD**

ITEM: TBPAD

Designed for function, fit and comfort, this bar pad is made of high density 1" foam padding with a heavy duty neoprene cover that takes the burden off your shoulders and allows the user to work with heavier weights. Fits all standard 1" and most Olympic 2" bars. It features an easy-on, easy-off full length Velcro closure. (Designed to fit 28 - 29mm diameter bars).



TROY LEATHER ANKLE STRAP

ITEM: ALAS



TROY DOUBLE STIRRUP HANDLE

ITEM: TDSH



TROY HEAVY DUTY SINGLE CABLE HANDLE

ITEM: TCCH-D



TROY REVOLVING STIRRUP HANDLE WITH RUBBER GRIP

ITEM: TCCH-R



TROY REVOLVING STIRRUP

ITEM: TOCH-S



TROY 34" MULTI-PURPOSE DELUXE CURL BAR

ITEM: TCB-28S



TROY 34" STRAIGHT PRO STYLE LAT BAR

ITEM: TPLB-34S



TROY 24" STRAIGHT PRO STYLE LAT BAR

ITEM: TPLB-24S



TROY 20" MULTI-PURPOSE DELUXE STRAIGHT BAR

ITEM: TSB-20S



TROY 48" HIGH QUALITY LAT BAR

ITEM: TLB-48S



TROY MULTI-EXERCISE BAR

ITEM: TXB



TROY 34" CAMBERED PRO STYLE LAT BAR

ITEM: TSPLB-34S

BARBELLS



TROY STRAIGHT/"Z" CURL 12-SIDED URETHANE BARBELL

ITEM: TSB-U/TZB-U

DESCRIPTION

Distance between Collars: 41.03"
Barbell Grip Size: 30mm
Product Options: Custom Logo Available.

(See Custom Engraving Urethane Portal)
Available in 20-110 lbs. in 10 lb. increments; sets or individual sizes.

Our patented 12-sided Urethane Barbells feature a solid steel head encased in high grade urethane, that is securely attached to a hard chrome, steel bar.



TROY STRAIGHT/"Z" CURL 12-SIDED RUBBER BARBELL

ITEM: TSB-R/ TZB-R

DESCRIPTION

Distance between Collars: 41.03"
Barbell Grip Size: 30mm
Product Options: Custom Logo Available.

(See Custom Engraving Urethane Portal)
Available in 20-110 lbs. in 10 lb. increments; sets or individual sizes.

Our patented 12-sided Urethane Barbells feature a solid steel head encased in high grade urethane, that is securely attached to a hard chrome, steel bar.



TROY CUSTOM URETHANE BARBELL (ROUND OR 12-SIDED)

ITEM: TZB-UTL/TZB-UL



PRO STYLE BARBELLS

DESCRIPTION

- a. Gray or black plates,
- b. Straight or Z-curl bar,
- c. Chrome or Rubber end caps
- e. Weight: 20-115 lb. in 5 lb. increments

DIMENSIONS

Length: 40.75 in.



STRAIGHT BARBELL - BLACK/CHROME CAP

ITEM: HFB-C



STRAIGHT BARBELL - BLACK W/ RUBBER CAP

ITEM: HFB-R



STRAIGHT BARBELL - BLACK W/ RUBBER CAP

ITEM: PFB-R



"Z" BARBELL - BLACK W/ CHROME CAP

ITEM: PZB-R



STRAIGHT BARBELL - RUBBER ENCASED BLACK W/ RUBBER CAP

ITEM: RUFB-R



"Z" BARBELL - RUBBER ENCASED BLACK W/ RUBBER CAP

ITEM: RUCF-R



STRAIGHT BARBELL - HAMMERTONE GRAY/CHROME CAP

ITEM: HFB-C



STRAIGHT BARBELL - HAMMERTONE GRAY/RUBBER CAP

ITEM: HFB-R



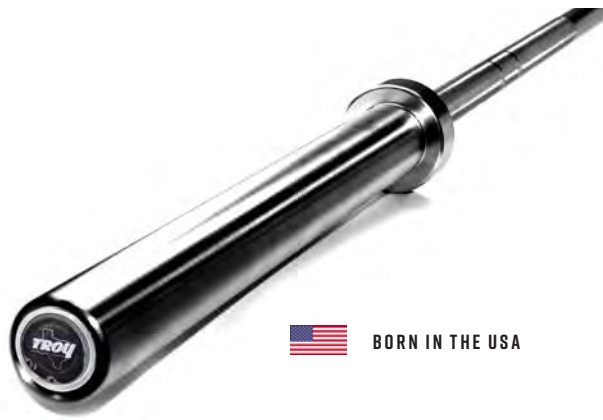
"Z" BARBELL - HAMMERTONE GRAY/CHROME CAP

ITEM: HZB-R



"Z" BARBELL - HAMMERTONE GRAY/RUBBER CAP

ITEM: HZB-C

**BORN IN THE USA**

TROY POWER BAR

ITEM: AOB-2000T

SPECS & FEATURES

Bar Length: 86 5/8"
Weight: 45lbs (20.4 kilos)
Yield: 202,800 PSI

Inside Shaft Length: 51"
Shaft Diameter: 28.5mm
Shaft Finish: Bright Zinc
Sleeve Finish: Bright Zinc
Loadable Sleeve Length: 16 1/2"
Sleeve Attachment: Dual Snap Ring

Brushings: Self-lubricating Bronze
Knurling: Aggressive
Knurl Marks: Dual, suitable for Power or Olympic lifting
Center Knurling: Yes

TROY BLACKWING BAR

ITEM: AOB-1500T

SPECS & FEATURES

Bar Length: 86 5/8"
Weight: 45lbs (20.4 kilos)
Yield: 213,300 PSI

Inside Shaft Length: 51"
Shaft Diameter: 28.5mm
Shaft Finish: Black Oxide
Sleeve Finish: Bright Zinc
Loadable Sleeve Length: 16 1/4"
Sleeve Attachment: Dual Snap Ring

Brushings: Self-lubricating Bronze
Knurling: Medium
Knurl Marks: Dual, suitable for Power or Olympic lifting
Center Knurling: None

**BORN IN THE USA**

TROY LIGHTWEIGHT TRAINING BAR

ITEM: TRB-54BH

SPECS & FEATURES

Bar Length: 54"
Weight: 4lbs (1.8 kilos)
Knurling: Light



TROY 47" COMMERCIAL OLYMPIC CURL BAR

ITEM: ITEM: TOZ-47

SPECS & FEATURES

The Troy 47" Commercial Quality Curl Bar is a 27 mm bar with deep diamond knurling for a comfortable grip and feel. Sleeves are secured via roll pin design.

Available in: Chrome or Black



TROY DELUXE 5' COMMERCIAL OLYMPIC BAR

ITEM: TOZ-60B

SPECS & FEATURES

Overall Length: 60"
 Inside Shaft Length: 36.4"
 Loadable Sleeve Length: 11.2"
 Shaft Diameter - 30mm

Sleeve Attached - Heavy Duty Bolt
 Bar Finish - Black Oxide
 Knurling - Medium Diamond
 Bushings: Bronze
 Product Weight: 26 lbs



TROY LIGHTWEIGHT STANDARD TRAINING BAR

ITEM: TRB-54BH

SPECS & FEATURES

Overall Length: 54"
 Knurling - light
 Product weight: 3.85 lbs.
 Center knurling - No
 Bar Length - 54 in

Sleeve Attached - Heavy Duty Bolt
 Bar Finish - Black Oxide
 Knurling - Medium Diamond
 Bushings: Bronze
 Product Weight: 26 lbs
 Product Options: Black only



TROY BODY BAR

ITEM: GTB-G2

SPECS & FEATURES

4 lb. - 44"
 6 lb. - 46 1/2"
 9 lb. - 47 1/2"
 12 lb. - 47 1/2"

15 lb. - 47 1/2"
 18 lb. - 47 1/2"
 22 lb. - 60"
 27 lb. - 72"





TROY 12-SIDED URETHANE DUMBBELLS

ITEM: TSD-U/TSD-UL (CUSTOM LOGO)

SPECS & FEATURES

Handle Grip Size: 30mm 3lbs - 50lbs
32mm 55lbs - 70lbs
34mm 75lbs - 125lbs
Handle Length: 4.62"
Distance between heads: 5.50"

AVAILABLE IN

5 lb. through 150 lb. in 5 lb. increments.
.5 lb. sizes from 7.5lbs. up to 52.5 lbs. (5lb increments)

Suggested racks are DR-10, TDR-3

Can also be used with the following racks: T-DR, GTDR-3, GVDR-8, GVDR-13



TROY 12-SIDED RUBBER DUMBBELLS

ITEM: TSD-R

SPECS & FEATURES

Handle Grip Size: 30mm 3lbs - 50lbs
32mm 55lbs - 70lbs
34mm 75lbs - 125lbs
Handle Length: 4.62"
Distance between heads: 5.50"

AVAILABLE IN

5 lb. through 150 lb. in 5 lb. increments.
.5 lb. sizes from 7.5lbs. up to 52.5 lbs. (5lb increments)

Suggested racks are DR-10, TDR-3

Can also be used with the following racks: T-DR, GTDR-3, GVDR-8, GVDR-13



TROY CUSTOM LOGO URETHANE DUMBBELLS

ITEM: TSD-UL/TSD-UTL

SPECS & FEATURES

II TSD-UTL Custom Logo Dumbbells are laser cut urethane. This ensures high quality design that endures the toughest workouts.

AVAILABLE IN

5 lb. through 150 lb. in 5 lb. increments.
.5 lb. sizes from 7.5lbs. up to 52.5 lbs. (5lb increments)

TROY PRO STYLE DUMBBELLS

ITEM: PFD-C / PFD-R / PFDC-C / PFCD-R/HFDC-C/HFD-R/ RUFDC-R / RUF-D-R

SPECS & FEATURES

Featured Model: Textured plates w/straight chrome handles & chrome end caps.
Product Dimensions: Available upon request
Product/Shipping Weight: Per dumbbell sizes ordered

AVAILABLE IN

Gray plates w straight handles & chrome or Rubber end caps. (see PFD-C or R)"



HFDC-C



HFD



RUF-D



PFDC-C



TROY COMPETITION BUMPER PLATES

ITEM: BCO-SBP

The premium rubber used in our competition bumpers in pounds allows them to withstand 30,000 drops. They have a dead blow when dropped, with very little bounce. A larger, solid steel core creates a thinner and more durable plate, while a precise 50.3mm center hole provides a snug fit on the bar. Two-year warranty against defects. Available in pounds: 25lbs, 35lbs, 45lbs & 55lbs. Accurate to within a 1% (+ or -) weight tolerance.

*Due to the tighter center bore tolerances, use with these high-grade Olympic bars are warranted:

Troy: AOB-200T, AOB-1500T, & AOB-1500B

VTX: GOB-1800 & GOB-800



TROY COMPETITION COLORED BUMPER PLATES

ITEM: CCO-SBP

The premium rubber used in our competition bumpers in pounds allows them to withstand 30,000 drops. They have a dead blow when dropped, with very little bounce. A larger, solid steel core creates a thinner and more durable plate, while a precise 50.3mm center hole provides a snug fit on the bar. Two-year warranty against defects.

Available in pounds: 25lbs, 35lbs, 45lbs & 55lbs. Accurate to within a 1% (+ or -) weight tolerance.



TROY BARBELL COMPETITION BUMPER PLATES

ITEM: CO-SBP

The premium rubber used in our competition bumpers allows them to withstand 30,000 drops. They have a dead blow when dropped, with very little bounce. A larger, solid steel core creates a thinner and more durable plate, while a precise 50.2mm center hole provides a snug fit on the bar. 2-year warranty against defects.

Available in kilograms: 10kg/15kg/20kg & 25kg. Accurate to within a 1% (+ or -) weight tolerance.



TROY SOLID RUBBER BUMPER PLATE

ITEM: BO-SBP

Troy's Olympic Solid Rubber Inter-locking Bumper Plate with stainless steel insert is made with the same demanding specifications as our other Troy products. This plate is quickly out-performing other solid rubber bumper plates on the market.

Available in: Black 10, 25, 35 and 45lbs.



TROY URETHANE ENCASED GRIP PLATE

ITEM: GO-U

The heavyweight of our lineup. GO-U “Quiet Iron® EZ-lift” grip plates are encased in the best, most durable cast polyurethane (CPU) available today, making them virtually indestructible and maintenance free. Less porous than rubber, these plates are more hygienic and odor resistant. Our patented interlocking feature facilitates easier lifting and loading from any position allowing the user to safely load more plates onto machines and bars. These Olympic plates maintain a 2% accuracy level consistent with all of our Troy commercial plates.

Available in: 2.5 lb., 5 lb., 10 lb., 25 lb. 35 lb. and 45 lb.



TROY CUSTOM URETHANE PLATE

ITEM: GO-UL

Put a personal touch to your facility with the customizable GO-U urtheane-coated plates. The heavyweight of our lineup, these GO-U “Quiet Iron® EZ-lift” grip plates are encased in the best, most durable cast polyurethane (CPU) available today, making them virtually indestructible and maintenance free. Less porous than rubber, cast polyurethane (CPU) provides a more hygienic and odor resistant material. The patented interlocking feature on this plate also allows users to lift and load plates onto machines and bars safer and easier from any position.

Available in: 2.5 lb., 5 lb., 10 lb., 25 lb. 35 lb. and 45 lb.



TROY MACHINED GRIP PLATE

ITEM: GO

Our high-grade machined interlocking grip plate is made out of high-quality ASTM Grade 20 cast iron and is designed to be used in the heaviest situations. The interlocking feature allows the user to safely load more plates onto machines and bars to maximize workouts. This unique feature makes Troy plates easier to lift and load. Our Olympic GO plates are designed to maintain a 2% accuracy level, plus or minus.

Available in: 2.5 lb., 5 lb., 10 lb., 25 lb. 35 lb. and 45 lb.



TROY RUBBER ENCASED GRIP PLATE

ITEM: GO-R

Our Troy premium grade, "Quiet Iron® EZ-lift" grip plates set the standard for excellence with their unique design, exceptional quality, and durability – so much so in fact, that we give them a 5-year warranty. The odorless, virgin rubber surface protects floor and equipment while the interlocking feature allows one to lift, lock and load more plates onto bars and machines. Troy GO-R plates are accurate within 2% plus or minus of actual weight.

Available in: 2.5 lb., 5 lb., 10 lb., 25 lb. 35 lb. and 45 lb.



TROY WIDE FLANGED PLATE

ITEM: HO

Our high-grade fully-machined plates with a rich baked Hammertone Gray enamel paint are made from ASTM Grade 20 cast iron and are designed to fit on all 2" bars and shafts. The deep dish rim design allows easy handling. These Olympic plates are machined on rims, side, back and center to maintain a 2% accuracy level, plus or minus.

Available in: 2.5 lb., 5 lb., 10 lb., 25 lb. 35 lb. and 45 lb.



TROY PREMIUM WIDE FLANGED PLATE

ITEM: PO

These high-grade machined plates with rich baked black enamel paint are made from ASTM Grade 20 cast iron and are designed to fit on all 2" bars and shafts. The deep dish rim design allows the user to handle the plates easily. These Olympic plates are machined on rims and center to maintain a 2% accuracy level, plus or minus.

Available in: 2.5 lb., 5 lb., 10 lb., 25 lb. 35 lb. and 45 lb.



TROY INTERLOCKING GRIP WORKOUT PLATE

ITEM: GR-R

Troy's rubber encased 1" Standard interlocking plates are designed to fit all 1" bars. Taking the abuse that cast plates cannot, these plates are part of our Troy Lite Workout Strength Training Set. These "quiet iron" plates will not damage floors or equipment.

Available in: 2.5 lb., 5 lb., 10 lb.



TROY 10 PAIR DUMBBELL RACK

ITEM: DR-10

SPECS & FEATURES

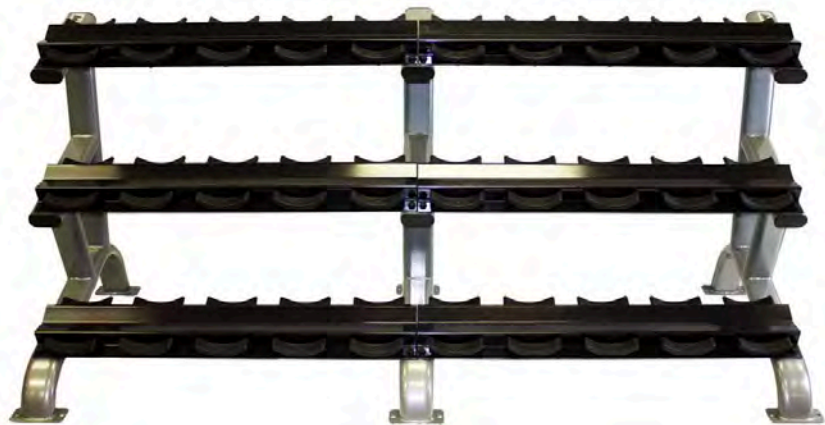
Product Dimensions: LWH: 98" x 25" x 31"

Product/Shipping Weight: 178 lbs.

Product Options:

This dumbbell rack is only designed (and warranted) to hold: TSD-U, XD-U, TSD-R, PFD, HFD, and RUFD dumbbells.

This light commercial 10 pair rack has a rugged 3" x 2" frame with a scratch-resistant, powder-coated finish and anatomically angled tiers for easy access. Durable plastic saddles help protect dumbbells and reduce noise.



TROY 15 PAIR DUMBBELL RACK

ITEM: DR-15

SPECS & FEATURES

Product Dimensions: LWH: 94" X 33.4 X 42.5"

Product/Shipping weight: 241lbs

This dumbbell rack is only designed (and warranted) to hold: TSD-U, XD-U, TSD-R, PFD, HFD, and RUFD dumbbells.

This commercial 15 pair rack is one of the strongest, toughest racks in our line up. Thanks to a 3.5 mm steel tube, this rack has the capacity to hold up to 3,450 lbs of dumbbells. Additional features include durable plastic saddles that protect dumbbells and reduce noise, a scratch resistant, powder-coated finish, and anatomically angled tiers for easy access.

TROY ACCESSORY RACK

ITEM: GTAR

SPECS & FEATURES

Product Dimensions: 18" L x 28" W x 42" H
 Product/Shipping Weight: 86 lbs.
 Available in: GTAR-PAC

This stylish accessory rack is a convenient storage place for collars, ropes, and cable attachments. It can store 6 bar handles 20" and wider and hold many accessories in one of the 2 rubber lined trays. The chrome wear guard protects the paint finish.

*Our GTAR-PAC combines the rack itself, fully loaded with our most popular cable attachments. It is comprised of: 1ea TLB-48S, TSPLB-34S, TPLB-34S, TPLB-24S, TCB-28S, TSB-020S, ATR-36, GTVB, TDSH, GCT & 2ea TCCH-D.



TROY LITE STORAGE PACK

ITEM: TLS-20

SPECS & FEATURES

"Product Dimensions: LWH: 65" L x 29" W x 58" H.
 Product/Shipping Weight: 125 lbs.
 Available in: TLS-PAC (fully loaded) *Reference picture and access COMMPAC header on Troy homepage under FITNESS PACKS"

The Troy Lite Storage Rack holds 20 complete sets of Troy Light Workout bars and weights. This newly-designed rack will fit well in any group exercise room or setting. Note: Weights are not included.



TROY BARBELL RACK

ITEM: BB-10

SPECS & FEATURES

Product Dimensions: LWH: 29" x 32" x 53"
 Product/Shipping Weight: 82 lbs."

Our redesigned horizontal barbell rack is dual sided and can hold up to 10 fixed barbells or curl bars. The chrome wear-guard adds to the striking look of this barbell rack.



TROY BODY BAR RACK

ITEM: GTBR-24

SPECS & FEATURES

Product Dimensions: LWH: 43" x 28" x 44"
 Product/Shipping Weight: 55 lbs."

The Troy Bar Rack is designed to hold up to 24 Troy Body Bars. Some assembly is required. This newly designed rack will fit well in any group exercise room.



TROY WORKOUT SYSTEM

ITEM: TLS-PAC

SPECS & FEATURES

Product Dimensions: LWH: 65" L x 29" W x 58" H.
Product/Shipping Weight: 917 lbs.

The Troy Workout Strength Training set includes one rack and twenty sets of the TLW-40G. The TLW-40G consists of a 4.5" hollow lightweight standard bar, spring collars, 2-10 lb, 2-5 lb, and 2-2.5 lb rubber encased plates. Excellent for group exercise classes. Loose plates available. Maximum bar capacity 60 lbs.



TROY COLOR WORKOUT SYSTEM

ITEM: TSL5-PAC-C

SPECS & FEATURES

Product Dimensions: LWH: 65" L x 29" W x 58" H
Product/Shipping Weight: 917 lbs.
Available in: Weight sets

The Troy Color Workout Strength Training set includes one rack and twenty sets of the TLW-40G. The TLW-40G consists of a 4.5" hollow lightweight standard bar, spring collars, 2-10 lb, 2-5 lb, and 2-2.5 lb rubber encased plates. Excellent for group exercise classes. Loose plates available. Maximum bar capacity 60 lbs.



TROY COLOR WORKOUT STRENGTH TRAINING SET

ITEM: TLW-40GC

SPECS & FEATURES

Product/Shipping Weight: 40 lbs.

The Troy Color Workout Strength Training set includes a 4.5' hollow "lightweight" standard bar, spring collars, 2-10 lb, 2-5 lb, and 2-2.5 lb color rubber encased grip plates. Excellent for group exercise classes. Loose plates available. The maximum TBR-54BH capacity is 65 lbs.



TROY WORKOUT STRENGTH TRAINING SET

ITEM: TLW-40G

SPECS & FEATURES

Product/Shipping Weight: 40 lbs.

The Troy Workout Strength Training set includes a 4.5' hollow "lightweight" standard bar, spring collars, 2-10 lb, 2-5 lb, and 2-2.5 lb rubber encased grip plates. Excellent for group exercise classes. Loose plates available. The maximum bar capacity is 65 lbs.



TROY WORKOUT STRENGTH TRAINING SET

ITEM: GTBR-PAC

SPECS & FEATURES

Product/Shipping Weight: 428 lbs.

Our Troy Aerobic Bar Club Pack delivers 32 bars in our most popular sizes in an attractive display/storage rack. Each bar has a color-coded cap indicating its weight and covered in commercial quality high-density foam. Great for schools and group exercise classes. Each set contains a display rack and the following bars: 2 x 4lb., 4 x 6 lb., 8 x 9 lb., 8 x 12 lb., 4 x 15 lb., 4 x 18 lb., 2 x 22 lb.





USA LEATHER DIP BELT ACCESSORY

ITEM: ADBA

This accessory strap can be used with any type of weightlifting belt, allowing it to function as a dipping belt. It features a heavy duty steel chain with quick release snap hook. There are no sharp edges to dig into your skin or damage clothing.

USA LEATHER DIP BELT

ITEM: ALDB



Our leather dip belt helps increase body weight for dips, chins, lunges and holds you down for heavy lat pulls. Can be used with either 1" standard or 2" Olympic weights and can also be attached to any cable system. This dip belt is made with leather with beveled edges that will not dig, bite or bruise the skin.

USA OLYMPIC CONVERSION KIT

ITEM: TOSK

SPECS & FEATURES

Dimensions : (L) 40" (W) 24" (H) 38 ½" with push pole in place
 Product Weight: 5 lbs.
 Overall length: 7.59"
 Sleeve length : 7.30"
 Revolving sleeve area: 6.25"
 Available in: Steel w Chrome finish o



Our heavy duty, 2" steel, chrome Olympic sleeve kit is designed to convert any standard 1" bar into an Olympic bar. Set screws (allen key included) on a fixed endcap secure it to the bar, while the inside sleeve rotates. Sold and priced individually. 2 kits are required, 1 on each end for standard 5', 6' or 7' bar conversions. It may also be used on weight machines.



USA SNAP LINK

ITEM: TSL-8

SPECS & FEATURES

Available in: Chrome

Our 8mm, solid steel snap link makes changing from one cable attachment to another quick, easy and safe.

USA SPORTS X-BAND

ITEM: X-BAND

Products in Bag:

- (1) Blue resistance band 5 to 10lbs
- (1) Green resistance band 12 to 20lbs
- (1) Red resistance band 20 to 30lbs
- (1) Black heavy resistance band 30 to 35lbs
- (2) handles
- (2) ankle straps
- (1) door anchor



Resistance bands will strengthen and elongate the muscle fibers. They also increase your flexibility tremendously. The new USA SPORTS X-BAND offers an alternative way to train the muscles while on the go and at home. If you want to really add something new to your workout use the X-BANDS with our VTX F.I.D. bench. The bench has built in band hooks that keep rehab, bench work and strength/flexibility routines new and exciting.

USA SINGLE CABLE GRIP WITH RUBBER GRIP

ITEM: GCCH-R

SPECS & FEATURES

Product weight: 3lbs

Constructed of rugged steel with a polished chrome finish, this economy version Single Cable Handle has a tapered, rubber grip for better hold and feel.



USA CHINNING TRIANGLE WITH RUBBER GRIP

ITEM: GCT-R

Specifically designed for better grip and feel, the USA Chinning Triangle includes tapered handles with a rubber grip. Made of solid steel with a super-duty welded flange to assure durability, this attachment is intended to give back, shoulders and arms the maximum workout.



USA 20" MULTI-PURPOSE DELUXE STRAIGHT BAR WITH RUBBER GRIPS

ITEM: GSB-20SR

Perfect for gym, club or home use, the USA 20" Deluxe Revolving Straight Bar with forged swivel and rubber grips is designed for triceps press-downs, straight bar curls, upright rows, seated rows, arm pull-overs and more. The end caps are protected with heavy duty caps for extra protection.



USA TRICEPS PRESS DOWN V BAR

ITEM: GTVB

Bio-mechanically designed for maximum triceps contraction, this sturdy, solid steel triceps bar is the most rugged on the market. The heavy-welded flange allows maximum load capacity. Polished round end plates ensure a comfortable non-slip grip on this built-to-last V Bar.



USA SPORTS TRICEPS PRESS DOWN V BAR WITH RUBBER GRIPS

ITEM: GTVB-R

Designed to isolate and promote triceps contraction and development. This sturdy, solid steel triceps bar has rubber grip handles for comfort. Heavy-duty, welded flanges allow maximum load capacity.



USA SPORTS TRICEPS PRESS DOWN V BAR WITH RUBBER GRIPS

ITEM: GTVB-SR

Designed for maximum triceps contraction, the USA solid steel triceps bar with forged swivel is one of the strongest on the market today. The rubber grips allow for better hold and feel, and offer multiple functions in triceps extensions.





USA OLYMPIC HEX BAR

ITEM: GOT-56

SPECS & FEATURES

Overall Length: 56"
 Inside handle to inside handle distance:
 23.5"
 Loadable sleeve length: 10"
 Bar Weight: 43 lbs.
 Finish: Polished

Knurling: Medium
 Sleeve Attached: Welded to frame
 Weight capacity: 300 lbs.
 Shaft Diameter: 25mm
 Collar diameter: 2"

The spacious diamond design of our USA GOT-56 "hex" bar allows it to accommodate virtually any user. It is more efficient for deadlifts and shoulder shrugs than a traditional barbell because the weight being lifted is transferred to knees and thighs rather than hips and lower back, thereby reducing stress to those areas and preventing injury. The high weight capacity makes it a good choice for lighter institutional settings or heavy duty home use.

USA 5 FT OLYMPIC BAR

ITEM: GOB-60B



SPECS & FEATURES

Overall Length: 60"
 Shaft Length: 37"
 Loadable sleeve length: 7.5"
 Product Weight: 26 lbs.
 Product Options: Black

Finish: Black
 Knurling: Light
 Weight Capacity: 300 lbs.
 Shaft Diameter: 28mm
 Sleeve Design: Bolt
 Bushings: Steel

Our 5' Olympic bar is a popular choice of homes and gyms, alike. The shorter length and lighter weight make it a great training bar for exercises such as straight arm curls, upright rows, triceps extensions, squats, walking lunges and more. It has a durable, black painted finish and is compatible with virtually all brands of Olympic style plates.



USA 7' OLYMPIC BAR

ITEM: GOB-86, GOB-86B

SPECS & FEATURES

Overall Length: 7 ft
 Product Options: Black, Chrome
 Weight: 44 lbs.

Our best economy 7' chrome Olympic bar is the one we include in all our weight sets and is a staple of retail dealers nationwide. A larger 31mm stress-proof steel bar shaft makes it stronger than most other bars in its class and a great addition to any home workout. Estimated max weight capacity of 600 lbs.

USA TRADITIONAL 7' BAR

ITEM: GRB-84



SPECS & FEATURES

Overall Length: 7 ft
 Product Weight: 19 lbs.
 Weight Capacity: 200 lbs.

We use solid, cold rolled steel to produce our USA, 7ft standard 1" bar. A length of 51" between the inside collars makes it compatible with all Olympic style benches. Each end is machine beveled and ground smooth for user safety when loading and unloading plates.



USA OLYMPIC DUMBBELL HANDLE

ITEM: GOD-20

SPECS & FEATURES

Overall Length: 20.0"
 Inside Collar: .5"
 Inside Handle length: 5.0"
 Sleeve length: 7.0"

Handle grip size: 25.5mm (+ or - .5mm)
 Product Options: Chrome
 Product Weight: 10 lbs.

The USA 20" Olympic Dumbbell Handles are ideal for the workout enthusiast who wants to perform a variety of exercises such as single arm curls, overhead presses and lateral raises. With the ability to increase or decrease the weight by adding or removing plates, the versatile GOD-20 can take the place of several different sizes of dumbbells and play an important role in achieving your fitness goals. Sold as single units (not in pairs.)

USA OLYMPIC TRICEPS BAR

ITEM: GOT-34



SPECS & FEATURES

Length of Each Bar: 34"
 Product Weight: 22 lbs.

Our 34" Olympic triceps bar is designed specifically for maximum concentration of those hard to hit triceps muscles. This unique design allows unrestricted arm movement and eliminates discomfort to elbows, forearms and wrists.

USA OLYMPIC ECONOMY EZ CURL BAR

ITEM: GOZ-47



SPECS & FEATURES

Overall Length: 47"
 Inside shaft length: 32.25"
 Loadable sleeve length: 7"
 Bar Weight: 43 lbs.
 Product Options: Chrome

Finish: Polished
 Knurling: Medium
 Sleeve Attached: Bolted
 Weight capacity: 150 lbs.
 Shaft Diameter: 25.4 mm
 Bushings: Steel

Affordable quality, this 47" Olympic curl bar is designed to increase upper arm mass, strength and definition through the isolation of the biceps and forearm muscles. A tighter bar to sleeve tolerance reduces bar noise often associated with other like bars and creates a smoother rotation. A consistent medium diamond knurl gives users a comfortable, secure grip.

USA 6 FT. (THREADED) BAR

ITEM: GRB-72, GRB-72T

SPECS & FEATURES

Product Weight: 16 lbs. & 18 lbs.
 Overall Length: 6'
 Product Options: Regular or threaded*
 * Threaded ends include 1 lb. star-lock collars.

This 72" bar is a solid cold rolled steel bar that has a full 42" between the inside collars. This bar is great looking and comfortable to use in conjunction with our regular 1" hole plates.

USA DUMBBELL BAR

ITEM: GRD-14



SPECS & FEATURES

Product Weight: 5 lbs.
 Overall Length: 14"

Our regular dumbbell handle is fully adjustable to allow the user to add and remove weights.



USA REGULAR THREADED DUMBBELL BARS

ITEM: GRD-14T

SPECS & FEATURES

Overall Length: 14"
Product Weight: 3.8 lbs. each
Weight Capacity: 100 lbs.

Our 14" regular, threaded dumbbell handles are solid, fully adjustable and designed with safety in mind. Star-lock collars spin on and butt up against loaded plates on each side to keep them securely in place – no slippage here. Hardy rubber grommets are positioned between the collars and plates to provide a layer of protection against scratching and chipping.

USA REGULAR TRICEPS BAR

ITEM: GRT-34

SPECS & FEATURES

Overall Length: 34"
Product Weight : 15 lbs.

The unique design of this 34" bar allows unrestricted arm movement and eliminates discomfort to elbows, forearms and wrists. Our triceps bar is designed specifically for maximum concentration of those hard to hit triceps muscles.

USA REGULAR SOLID (THREADED) CURL BAR

ITEM: GRZ-47, GRZ-47T*

SPECS & FEATURES

Overall Length: 47"
Product Options: Regular or Threaded*
* Threaded ends include 1 lb. star-lock collars.
Product Weight: 11 lbs. & 13 lbs.

This 47" bar is designed to increase upper arm mass, strength and definition. This bar isolates and intensifies development of the biceps and forearm muscles.

USA OLYMPIC SUPER EZ CURL BAR

ITEM: GSOZ-47

SPECS & FEATURES

Overall Length: 47 in.
Product Weight: 20 lbs.

This Olympic combo bar combines innovative design with superior performance and dependability. Two distinct grip positions vary the isolation of the biceps and triceps muscles to dramatically increase upper arm size and definition.

USA REGULAR BICEPS/TRICEPS SUPER CURL BAR

ITEM: GSRZ-47

SPECS & FEATURES

Overall Length: 47 in.
Product Weight: 14 lbs.

Our regular combo bar. This 47" bar combine innovative design with superior performance and dependability. Two separate grip positions vary the isolation of the biceps and triceps muscles to dramatically increase upper arm size and definition.

USA 2" EZ-ON SPRING COLLAR

ITEM: TOZC-1/2

SPECS & FEATURES

Product Weight: 1 lbs.

Olympic chrome EZ-on Collars securely hold Olympic plates on all 2" bars.





USA STAR LOCK COLLAR

ITEM: RTC

SPECS & FEATURES

Product Weight: 1 lbs/ea

Our 1" star-lock collars are the perfect complement to most 1" threaded bars and dumbbell handle.



USA FLAT WORKOUT BENCH

ITEM: GWS-FB

SPECS & FEATURES

Product Weight: 20 lbs

Weight Capacity: 300 lbs.

Our flat economy workout bench is designed specifically for dumbbell, abdominal work and stretching. The new frame design of our GWS-FB bench offers greater stability. The tubing which runs underneath and attaches to the body pad is one piece that connects securely to the bottom of each cross leg.



USA FLAT/INCLINE/DECLINE BENCH

ITEM: GWS-FID

SPECS & FEATURES

Product Weight: 32 lbs.

Weight Capacity: 300 lbs.

Available In: Charcoal Grey

Our versatile, flat to incline-decline economy bench is ideal for upper body dumbbell workouts. Extended foam grips provide stability while performing abdominal exercises and reverse crunches. The ladder adjustment system is designed to deliver results from 5 different positions ranging from flat, to negative /decline, to upright. All USA benches come equipped with durably stitched, branded upholstery with ample cushioning to deliver lasting comfort.



USA STANDARD PLATE RACK

ITEM: GRSR

SPECS & FEATURES

Weight Capacity: 400 lbs.

Product Weight: LWH 20" x 18 1/4" x 51 1/4"

This versatile standard A-frame plate rack with welded 1" weight horns accepts all 1" or 2" plates for convenient storage. Simple 2 piece assembly. Frame color: Black. Weight capacity: 400 lbs.



USA STANDARD PLATE RACK

ITEM: GRSR

SPECS & FEATURES

Weight Capacity : 300 lbs.

Product Weight: LWH 23" X 12.25" X 30"

This standard 2" A-frame plate rack holds most all 2" Olympic plates for convenient storage. Frame color: White.



USA "A" FRAME 6 PAIR DUMBBELL RACK

ITEM: GADR-6

SPECS & FEATURES

Weight Capacity: 300 lbs.

Frame Color: White

LWH 20" X 16 3/4" X 38"

Our "A" frame 6pr dumbbell rack delivers a vertical option to the more traditional horizontal models. Sturdy and space efficient.



USA MINIATURE 2 TIER, 5 PAIR DUMBBELL RACK

ITEM: GHDR-5

SPECS & FEATURES

Weight Capacity: 300 lbs.

LWH 20" X 16 3/4" X 38"

Frame Color: White with black tiers

Our space-efficient 2 tier dumbbell rack stores 5 pair of solid head dumbbells (rack will hold 5lbs thru 25lbs). Perfect for any home setting. Ergonomically angled bottom tier provides easy access for larger dumbbells.



USA TRI-FOLD EXERCISE MAT

ITEM: E-MAT

Thickness: 1.5"

Available In: Black

Product Dimensions: 72" x 24"

The USA Sports E-MAT is the perfect addition to any home gym. The Tri-Fold feature makes it compact enough to store when not in use while the built in handles make it easy to transport. The E-MAT's 1.5" thick padding provides comfortable support while its durable vinyl covering is easy to clean. (Custom Logo Available)



USA RUBBER HEX DUMBBELLS

ITEM: HD-R

HANDLE GRIP SIZE

28mm: 3 lbs, 5 lbs, 8 lbs, 10 lbs & 12 lbs

34mm: 15 lbs thru 100 lbs

Handle Length: 4.25"

Distance between heads: 5.20"

Our versatile USA rubber encased hex (6-sided) dumbbells are designed for home gym use, but can be used in a variety of settings. Solid, anti-roll heads are securely affixed to all steel, chrome, contoured handles via a friction weld. Their durable rubber surface dramatically reduces noise, while helping to protect floors and equipment.

*Disclaimer – USA HD-R dumbbells are not recommended for use with saddle racks. Use of the USA HD-R dumbbell in conjunction with saddle racks will void the warranty.



USA IRON HEX DUMBBELLS

ITEM: IHD

HANDLE GRIP SIZE

27.0mm: 03 lbs. thru 30 lbs.

28.6mm: 35lbs. thru 50 lbs.

30.2mm: 55 lbs. thru 100 lbs.

Handle Length: 5.0"

Distance between heads: 5.0"

USA's Solid Hex Dumbbells are designed with the user in mind. We use ASTM-grade 20, the highest quality gray iron casting available. Our Hex Dumbbells are coated with a durable resin-based paint and baked for one hour to assure a finish that is chip, abrasion and corrosion-resistant.



USA IRON HEX DUMBBELLS

ITEM: IHD

HANDLE GRIP SIZE

27.0mm: 03 lbs. thru 30 lbs.

28.6mm: 35lbs. thru 50 lbs.

30.2mm: 55 lbs. thru 100 lbs.

Handle Length: 5.0"

Distance between heads: 5.0"

USA's Solid Hex Dumbbells are designed with the user in mind. We use ASTM-grade 20, the highest quality gray iron casting available. Our Hex Dumbbells are coated with a durable resin-based paint and baked for one hour to assure a finish that is chip, abrasion and corrosion-resistant.



USA SOLID RUBBER BUMPER PLATE

ITEM: GBO-SBP

THICKNESS

- .951": 10 lbs.
- 1.19": 15 lbs.
- 1.80": 25 lbs.

2.36": 35 lbs.

3.12": 45 lbs.

Durometer Rating: 87.5

Product Dimensions: 17.72"

Our USA Solid Bumper Plate with steel insert is a quality, branded bumper, engineered to our USA line standards, making it the perfect addition to any home or garage gym. LBS and KGS are conveniently displayed on both sides. A minimal amount of conditioner is applied to each plate to protect the rubber.

*Not recommended for commercial use.

USA RUBBER GRIP PLATE

ITEM: GP-R

AVAILABLE IN

- 2.5 lbs, 5 lbs, 10 lbs, 25 lbs, 35 lbs, 45 lbs



This Olympic 2" grip plate has both the poundage marking as well as the KG markings for easily identifiable weight. A unique three hole grip with raised texture handles for a sure grip. This is also a branded plate with the USA logo at the top to set this quality plate apart from others in the market. With the solid reputation of USA, this item is the perfect addition to any home gym.

USA OLYMPIC BLACK PLATE

ITEM: BO

AVAILABLE IN

- 2.5 lbs, 5 lbs, 10 lbs, 25 lbs, 35 lbs, 45 lbs, 100 lbs



Experience USA Sports' quality Olympic 2" plates, with rims and radius edges that are milled for comfort. The machine-bored holes help protect the bar and facilitate easier plate loading and removal. All plates have raised silver numbers and letters for fast, easy selection and are a grey enamel finish. All plates are consistent in weight, size and quality.

USA OLYMPIC GREY PLATE

ITEM: O

AVAILABLE IN:

- 2.5 lbs, 5 lbs, 10 lbs, 25 lbs, 35 lbs, 45 lbs, 100 lbs



Experience USA Sports' quality Olympic 2" plates, with rims and radius edges that are milled for comfort. The machine-bored holes help protect the bar and facilitate easier plate loading and removal. All plates have raised silver numbers and letters for fast, easy selection and are a grey enamel finish. All plates are consistent in weight, size and quality.

USA REGULAR GRAY PLATE

ITEM: R

AVAILABLE IN:

- 1.25 lb., 2.5 lb., 5 lb., 7.5 lb., 10 lb., 12.5 lb., 20 lb., 25 lb. and 50 lb.



USA's 1" Regular Gray Plates are cast from only the best ASTM Grade 20 iron. Machined around for smooth edges, these plates are safe for the user and floor. Gray plates are coated with a durable resin-based paint and baked for one hour to assure a finish that is chip, abrasion and corrosion-resistant.



USA REGULAR BLACK PLATE

ITEM: BR

AVAILABLE IN:

1.25 lb., 2.5 lb., 5 lb., 7.5 lb., 10 lb., 12.5 lb., 20 lb., 25 lb. and 50 lb.

The 1" regular black plates are cast from only the best ASTM Grade 20 iron. Machined around for smooth edges, these plates are safe for the user and floor. Our black plates are coated with a durable satin black enamel paint and baked for one hour to assure a finish that is chip, abrasion and corrosion-resistant.



USA OLYMPIC 300 LB RUBBER GRIP SET

ITEM: GP-300RS

PRODUCT DIMENSIONS

Weight Capacity: 300 lbs.

Our GP-300RS Olympic set combines 255lbs of USA GP-R rubber grip plates with our popular GOB-86 7ft bar and 1pair TOZC-1/2 spring collars, to create a more practical, quality set for home or low intensity, vertical market settings. It consists of the following plates: (2) GP-045R lb., (2) GP-035R lb., (2) GP-025R lb. (2) GP-010R lb., (4) GP-005R lb. and (2) GP-02.5R lb. (5 lb. & 2.5 lb. plates do not have grip feature.)



USA OLYMPIC 300 LB WEIGHT SET

ITEM: BOSS-300

PRODUCT DIMENSIONS

Weight Capacity: 300 lbs.

This set consists of the following components: (2) BO-045 lb., (2) BO-035 lb., (2) BO-025 lb. and (1) BOSS-046 – 2 pcs. of BO-010 lb., 4 pcs. of BO-005 lb., 2 pcs. of BO-02.5 lb. and 2 TOZC-1/2 spring collars. (1) GOB-86 or (1) GOB-86B 7' Olympic bar completes the set. All plates are Olympic 2" black plates.



ITEM: OSS-300

USA OLYMPIC 300 LB WEIGHT SET

PRODUCT DIMENSIONS

Weight Capacity: 300 lbs.

This set consists of the following components: (2) O-045 lb., (2) O-035 lb., (2) O-025 lb. and (1) OSS-046 – 2 pcs. of O-010 lb., 4 pcs. of O-005 lb., 2 pcs. of O-02.5 lb. and 2 TOZC-1/2 spring collars. (1) GOB-86 or (1) GOB-86B 7' Olympic bar completes the set. All plates are Olympic 2" gray or black plates.



ITEM: RSS-110T

USA REGULAR 110 LB WEIGHT SET

PRODUCT DIMENSIONS

Weight Capacity: 110 lbs.

Available In: Gray (shown in picture) or black plates

This set consists of the following components: (2) O-045 lb., (2) O-035 lb., (2) O-025 lb. and (1) OSS-046 – 2 pcs. of O-010 lb., 4 pcs. of O-005 lb., 2 pcs. of O-02.5 lb. and 2 TOZC-1/2 spring collars. (1) GOB-86 or (1) GOB-86B 7' Olympic bar completes the set. All plates are Olympic 2" gray or black plates.



VTX ABDOMINAL EXERCISE MAT

ITEM: GVAM

The VTX abdominal exercise mat is a foundational accessory for all fitness levels, lengthening abdominal muscles and providing comfort and stability to the pelvis and lower spine. The full-range motion during training specifically targets core muscles while taking stress off the hip flexors; this results in efficient training of major abdominal and lower back muscles.



VTX FOAM ROLLER

ITEM: GVFR

AVAILABLE IN:

Dimensions: 12" L, 4.72 W; Weight: 1lb

Introducing a unique take on a fitness recovery essential. The VTX recovery foam roller features a carefully designed protrusions that provide firm yet flexible pressure points that relieve the toughest muscle knots and aches, while still being comfortable.

Available in a lightweight, travel-friendly size.



VTX COVERED RESISTANCE BANDS

ITEM: GVFR

AVAILABLE IN:

GVCT-UL	Orange	Ultra Light
GVCT-L	Green	Light
GVCT-M	Red	Medium
GVCT-H	Blue	Heavy
GVCT-UH	Purple	Ultra Heavy

Rope length: 60' (fully extended: 200")

The 5-band VTX Resistance Tube set will elevate your functional resistance routine. The bands feature a premium nylon sleeve to protect from daily usage and provide maximum safety and durability, delivering superior safety compared to traditional tube bands. Available in 5 different color coded resistances with two easy-grip soft foam covered handles.



VTX STABILITY BALLS

ITEM: GSB

AVAILABLE IN:

Offered in 3 different sizes: 55 cm, 65 cm, and 75 cm.

The VTX Stability Balls are essential for sculpting rock-hard abs and improving flexibility and muscle regeneration. Made with durable, anti-burst materials that can withstand up to 500 pounds of weight. Ideal for workouts such as dynamic planks, core-stabilizers, knee tucks, and glute bridges.

Includes hand pump.

VTX PREMIUM HANGING CLUB MATS

ITEM: GVEM-L

AVAILABLE IN:

Dimensions: 72" L, 23.5" W; Weight: 2.87 lbs

The VTX Hanging Club Mats are a must have for comfortable and safe floor-based exercises. Designed with a thick foam padding (3/5"), these club mats provide a base that is soft yet stable. The foam base composition also makes these mats odor-free and moisture resistant, allowing users to simply wipe down the mat after a hard workout.

Two-steel-reinforced hanger holes allow for quick hanging and reduced amount of space used when stored.



VTX LIGHT ACCESSORIES RACK (LARGE)

ITEM: GVLAR-76 / GVLAR-76 PAC

AVAILABLE IN:

LWH: 61.3" X 27.7" X 76.5"

GVLAR-76PAC INCLUDES

1 Light Accessories Rack (Large) (SKU: GVLAR-76)

3 Stability Balls (S,M,L) (SKU: GSB)

6 Medicine Balls (4,6, 8, 10, 12, 15lbs) (SKU: GMB-G2)

3 Exercise Mats (SKU: GVEM-L)

2 Foam Rollers (SKU: GVFR)

2 Ab Mats (SKU: GVAM)

5 Covered Resistance Bands (UL, L, M, H, UH) (SKU: GVCT)



The VTX Light Accessories Rack in Large (76" H) offers ample storage and organization for compact fitness facilities and spaces. This dual-sided rack can store all of the fitness essentials: stability balls, medicine balls, ab crunch mats, foam rollers, and club exercise mats. A premium acrylic panel adds a premium touch while functionally storing the resistance bands and can be customized with a custom logo.

VTX LIGHT ACCESSORIES RACK (MEDIUM)

ITEM: GVLAR-52 / GVLAR-52 PAC

AVAILABLE IN:

LWH: 68.3" X 25.5" X 52"

GVLAR-52PAC INCLUDES

1 Light Accessories Rack (Med) (SKU: GVLAR-52)

2 Stability Balls (M,L) (SKU: GSB)

4 Medicine Balls (4, 6, 8, 10lbs) (SKU: GMB-G2)

2 Exercise Mats (SKU: GVEM-L)

2 Foam Rollers (SKU: GVFR)

2 Ab Mats (SKU: GVAM)

5 Covered Resistance Bands (UL, L, M, H, UH) (SKU: GVCT)



The VTX Light Accessories Rack in Medium (52" H) offers a compact storage and organization solution to store small light fitness accessories. Made for versatility, the rack stores stability balls, medicine balls, covered resistance bands, ab mats, foam rollers, and exercise mats. Similar to the large version, the medium rack includes a premium acrylic panel for storing resistance bands and has the option of being customized with a custom logo.

VTX LIGHT ACCESSORIES RACK (SMALL)

ITEM: GVLAR-51 / GVLAR-51 PAC

AVAILABLE IN:

LWH: 37.9" X 25.9" X 51"

GVLAR-51PAC INCLUDES

1 Light Accessories Rack (Small) (SKU: GVLAR-51)

2 Stability Balls (M,L) (SKU: GSB)

4 Medicine Balls (4, 6, 8, 10lbs) (SKU: GMB-G2)

5 Covered Resistance Bands (U, L, M, H, UH) (SKU: GVCT)



The VTX Light Accessories Rack in Small (51" H) offers a compact storage and organization solution for light fitness equipment & accessories. Made for efficiency in mind, the rack cleverly stores stability balls, med balls, & covered resistance bands in any room corner.



VTX TRICEPS ROPE

ITEM: VTR-36

Our strongest ever VTX triceps rope is made from heavy duty, polyester fibers that are both moisture and fray resistant and can withstand 1,500 pounds of pressure. Like our VTX training ropes (ROPE1-40G/ROPE2-50G), the distinctive orange and black weave design is clearly identifiable. Each solid polymer end is permanently attached and labeled with the VTX logo.



VTX TRAINING ROPES

ITEM: ROPE 1-40G, ROPE2-50G

Sizes: Available in: 1.5" or 2"

- 1.5" 40 ft (ROPE1-40G)
- 2.0" 50 ft (ROPE2-50G)

VTX Training Ropes provide an intense full body workout. Each rope is constructed of fray resistant, polyethylene, and sports durable rubber hand grips on each end to guard against rope burn. There are 2 different thicknesses (1.5" & 2") and lengths (40' & 50') to choose from. Utilize the VTX training rope in your workout regime as a fun and innovative way to burn fat, develop endurance, and build lean muscle.



VTX PUSH/PULL SLED

ITEM: G-SLED

Foot Print: 36" x 24"

Product Dimensions: (L) 40" (W) 24" (H) 38 1/2" with push pole in place

Weight: 74 lbs.

Features:

- Includes (2) push poles 36" each which can be placed in any of the four sockets
- Includes (1) weight post 25 1/2" long
- Includes Low-Push Handle
- Includes pull strap connection point

Product Options:

Only available in black with orange poles.
Pull harness or strap and Carabiner clip not Included.

The VTX Push/Pull sled is the perfect way to add a challenge to any workout. The Low-Push handle requires a lower stance and is great for acceleration training and developing powerful legs.



VTX POST LANDMINE

ITEM: G-LAND

Features:

- Solid steel construction
- Portable
- Compatible to fit with Troy, VTX and USA Olympic bars & plates

Product Options: Available In black

Offering a 360-degree rotational pivot provides the ability to perform rotational exercises. Using any Troy or VTX Olympic bar and bumper plates, the VTX landmine is the perfect portable piece to take your workouts to a new level.



VTX SLED STRAP

ITEM: G-STRAP

- Product Dims: 8" (L) x 1.5 (W) x 2mm (H)
- Ultra-strong, braided HDPE strap
- Dual shoulder/grip straps
- Permanent, threaded carabiner clip

Our sturdy VTX Sled Strap can be used with our G-SLED in place of a shoulder harness. Two loops on one end can be draped over each shoulder and grasped, one in each hand, or wrapped around each shoulder. It fastens securely on the other end to a welded connection flange on the *G-SLED via a permanent, threaded carabiner clip (included). Constructed from an ultra-strong, braided polyethylene (HDPE) material that retains its elasticity and provides consistent pulling power.

VTX OLYMPIC DUMBBELL HANDLE

ITEM: GOD-20

Product Dims & Specs
Overall length: 20.0"
Inside Collar: .5"
Inside Handle length: 5.0"

Sleeve length: 7.0"
Handle grip size: 25.5mm (+ or - .5mm)
Product Weight: 10 lbs
Available in: Chrome



The 20" Olympic Dumbbell Handles are ideal for the workout enthusiast who wants to perform a variety of exercises such as single arm curls, overhead presses, and lateral raises. With the ability to increase or decrease the weight by adding or removing plates, the versatile GOD-20 can take the place of several different sizes of dumbbells and play an key role in achieving all of your fitness goals. Sold as single units (not in pairs).

VTX REBOUNDER TRAINER

ITEM: G-REB

Product Dimensions: 41 3/4" L x 38 1/3" W x 8" H
Weight: 62lbs

Features:

- Sturdy 14 gauge tubular steel construction
- High tension rebounder
- 7-position pop-pin angle adjustments from 30-75 degrees
- Built in 2 ball storage rings
- Weight plate posts store Oly plates to keep unit in place
- Footpads help protect against floor damage and sliding.



Add variety and intensity to your med ball workout with our VTX Rebounder/Trainer. Sustained throwing of a weighted med ball against a rebounder provides an intense full body workout.

Adjusting the angles of the rebounder allows the user to develop strength and flexibility throughout multiple ranges of motion, making it an ideal choice for training the everyday or professional athlete.



VTX MEDICINE BALLS

ITEM: GMB-G2

Product Features:

- Thick, rugged shell
- Textured grip
- Bright, color coded numbers
- "Retail Ready" display boxes

Available in 6 different color schemes by size:

- 4lb - Green Diameter: 17.8cm
- 6lb - Yellow Diameter: 22.8cm
- 8lb - Red Diameter: 22.8cm
- 10lb - Orange Diameter: 22.8cm
- 12lb - Purple Diameter: 22.8cm
- 15lb - Blue Diameter: 27.5cm"

Product/Shipping Weight: Varies by size.

Build core body strength through range-of-motion with our VTX Medicine Balls. The rugged, rubberized shells are thick, making them ideal for forcibly bouncing on a hard surface floor, throwing at a solid wall, or propelling at our VTX rebounder/trainer (G-REB). Each ball has a finely textured surface for a sure, reliable grip while handling. Our VTX Medicine ball rack (GMBR-6) offers the perfect storage solution.

Note: Each ball is packaged in an attractive, stackable "retail ready" display box.



VTX SLAM BALLS

ITEM: GSMB

Diameter:

- 10 lbs - 9"
- 15 lbs - 9"
- 20 lbs - 9"
- 25 lbs - 9"
- 30lbs - 9"
- 40 lbs - 10"

• 50 lbs - 10"

Thickness:

- 3.0mm - 3.2mm

The VTX Slam Ball is encased in a tough rubber shell that is equipped with an easy to grip surface. The VTX Slam Ball will add a new dimension to your workout.

Available in 10 lb,15 lb,20 lb, 25lb, 30lb, 35lb, and 50 lb sizes.



VTX WALL BALLS

ITEM: PWB

Available in 14 different color schemes by weight:

- 4 lb/Yellow
- 6 lb/Purple
- 8 lb/Burgundy
- 10 lb/Black
- 12 lb/Orange
- 14 lb/Green

- 16 lb/Red
- 18 lb/Gray
- 20 lb/Black Blue
- 25 lb/Gray Blue
- 30 lb/Red Blue
- 35 lb/Yellow Blue
- 40 lb/Burgundy Blue
- 50 lb/Blue Black

The VTX Wall Ball comes in multiple sizes and colors. Each VTX Wall Ball is 14" in diameter and made of durable synthetic leather. Designed for superior grip, each ball is stitched to our exacting specifications and comes with a 1-year warranty. VTX Wall Balls are perfect for any athletic market application.



VTX CLUB KETTLEBELLS

ITEM: CKB

Product/Shipping weight: Per Order Request

Available in the following weight sizes and colors:

- 8 lb Pink
- 10 lb Red
- 15 lb Light blue
- 20 lb Orange
- 25lb Black
- 30lb Green
- 35lb Yellow
- 40lb Light orange
- 45lb Blue
- 50lb Purple

Rubber coated bell, smooth steel handles, colorful design, and easy to read poundage markers make the VTX Club Kettlebells the bell of any gym, box, PT studio, or facility that wants a combination of exceptional quality and stylish design.



VTX CAST IRON KETTLEBELLS

ITEM: KB-G2

Available in the following weights:

- 5lb. through 60lb. in 5lb. increments
- 70 lb
- 80 lb
- 90 lb
- 100 lb

Rubber coated bell, smooth steel handles, colorful design, and easy to read poundage markers make the VTX Club Kettlebells the bell of any gym, box, PT studio, or facility that wants a combination of exceptional quality and stylish design.



VTX CAST IRON KETTLEBELLS

ITEM: VKB

Available in the following weights:

- 5lb. through 60lb. in 5lb. increments
- 70 lb
- 80 lb
- 90 lb
- 100 lb

Intended to increase strength, agility, endurance, and balance, our colorful VTX Vinyl Kettlebells will give you a total body workout.



VTX MEN'S 7' TRAINING BAR

ITEM: GOB-1800

Bar Dims:
 Overall Length: 87"
 Inside shaft Length: 51.75"
 Loadable Sleeve length: 16.25"
 Shaft Diameter: 28.5mm

Make: International
 Yield Strength: 270,000 P.S.I.

Shaft finish: Oxide (Patina)
 Sleeve finish: Hard chrome
 Knurling: Fine
 Bushings: Bronze
 Sleeves attached: Dual Snap ring
 Center Knurling: None
 Weight: 44lbs (20kgs)"

Our VTX 7' Men's Training Bar is the strongest, most versatile bar we have ever manufactured. The bar has tested out at 270,000 P.S.I., while its 28.5mm shaft features a precision patterned knurl with dual marks for both Olympic and powerlifting. Bronze, self-lubricating bushings give it a great spin, while double snap rings safely secure each end to the bar. Extra long bar sleeves (over 16") on this bar permit maximum loading for the heaviest lifts.



VTX 6 1/2' WOMEN'S OLYMPIC TRAINING BAR

ITEM: GOB-800

Bar Dims:
 Overall Length: 78"
 Inside shaft Length: 51.5"
 Loadable Sleeve length: 13.62"
 Shaft Diameter: 25mm

Specs/Features:
 Make: International

Yield Strength: Min. 190,000 P.S.I.
 Shaft finish: Oxide (Patina)
 Sleeve finish: Hard chrome
 Knurling: Fine
 Bushings: Bronze
 Sleeves attached: Dual Snap ring
 Center Knurling: None
 Weight: 33lbs (15kgs)

Our sleek, 6 1/2' Women's Training Bar, with its 25 mm bar for easier grip and control, is specifically designed for functional training use. Despite its smaller diameter, this bar has an extremely strong yield strength that provides plenty of desired "whip". The shaft has an attractive patina (copper) color and chrome sleeves that give it a distinctive look. Securely fastened with dual snap rings, this bar is ready to exceed expectations.



VTX 7' OLYMPIC POWER BAR

ITEM: AOB-1500B

Bar Dims:
 Overall Length: 86"
 Inside Shaft Length: 51"
 Loadable Sleeve Length: 14 3/4"
 Shaft Diameter: 28mm
 Specs/Features:
 Tensile Strength: 150,000 P.S.I.
 Shaft Finish: Black Oxide

Sleeve Finish: Black Oxide
 Knurling: Medium
 Bushings: Bronze
 Sleeves Attached: Dual "O" rings
 Center Knurling: YES
 44lbs (20 kilos)

Available In: Black oxide only

 BORN IN THE USA

Our 7' Olympic Power Bar is a domestically made, black oxide power bar that features a 1200 lb statical test and 4" knurling. The unique "O" ring design permanently attaches the sleeve to the bar. Designed for a health club environment.



VTX 6' LIGHTWEIGHT OLYMPIC BAR

ITEM: GOB-300LZ

Bar Dimensions:
 Length: 6 feet
 Knurling: Light
 Sleeve Attached: Pinned

Center Knurling: No
 Shaft Diameter: 26 mm
 Shaft Finish: Zinc
 Product/Shipping Weight: 17 lbs.

Our 6' Lightweight Olympic Bar has a 300 lb statical test and 1 1/8" diameter. Made of aluminum, this training bar is a great choice for beginner lifters wishing to master different types of lifts while also maintaining proper form. The shaft is zinc coated with steel and features pinned sleeves cut down to 9 1/4", providing a 51" distance between collars, making it compatible with most Olympic-size benches.

VTX SUPER 74' XL OLYMPIC BLACK 6' EZ CURL BAR

ITEM: GOZ-74B

Bar Dimensions:
 Length: 74 inches
 Knurling - light
 Sleeve Attached - Snap Ring
 51" between collars
 Shaft Diameter - 30 mm
 Shaft Finish - Black Zinc
 Product Weight: 74" long / 35 lbs"

The VTX Super 74' XL Olympic Black 6' EZ Curl Bar features a black finish, snap ring fastened sleeves, and 51" between collars for use on Olympic benches. 300 lb capacity.

VTX 7' LIGHT COMMERCIAL GRADE OLYMPIC POWER BAR

ITEM: AOB-1200B

Bar Dimensions:
 Overall Length: 86.62"
 Inside Shaft Length: 52.62"
 Loadable Sleeve Length: 14.75"

Knurling: Light
 Center Knurling: None
 Shaft Diameter: 28mm
 Sleeve Design: Dual Snap Ring
 Bushing: Steel
 Bar Weight: 42.0 lbs

Tensile Strength: 125,000 P.S.I
 Finish: Black oxide/polished sleeves

This 7' American-made, black oxide bar provides sufficient "whip". Couple that with pinned, polished steel sleeves, a 28mm shaft, and 14.75" loadable sleeve length, it's the ideal bar for functional training.

 BORN IN THE USA
VTX OLYMPIC HEX BAR

ITEM: AOT-56

Bar Dimensions:
 Overall Length - 56"
 Loadable Sleeve Length -10"
 Shaft Diameter - 25mm

Make - International
 Weight Capacity - 600lbs
 Shaft and Sleeve finish - Chrome
 Knurling - Medium
 Sleeves Attached - Solid Steel, fixed

Our VTX Olympic Hex Bar with both raised and parallel handles is ideal for shoulder shrugs and deadlifts. It's more efficient than a traditional barbell because the weight is kept more in line with the body of the lifter than in front, reducing stress to the lower back. The spacious hexagonal design makes it easy to step in and out of, while the chrome finish resists rust and corrosion. Solid steel sleeve design.

VTX MULTI-GRIP OLYMPIC BAR

ITEM: G-MGB

Bar Dimensions
 Length: 83 in. L x 2 in. W x 11.25 in. H
 Inside shaft Length: 51.75 in.
 Inside collar width: 1 in.
 Loadable Sleeve length: 14.75 in.
 Handle Grip Diameter: 28mm
 Rackable Space: 5.75 in. between collar & frame

Specs/Features
 Weight Capacity: 700lbs
 Shaft/Sleeve finish: Bright Zinc
 First set of angled handles: 8 in. apart
 Second set angled handles: 16 in. apart
 Outside straight handles: 22 in. apart
 Knurling: Medium
 Sleeves attached: Welded
 Weight: 47lbs

Experience the difference our VTX Multi-Grip Bar will make to your free weight workouts. Comprised of two pairs of oblique (angled) handles and one pair of straight neutral grip 28mm handles, the bar reduces stress on wrists and shoulders during close, medium, or wider grip pressing movements. Demonstrating tremendous versatility, the Multi-Grip Bar can also be used for overhead presses, bent over rows, hammer curls, stiff leg deadlifts, and much more.



VTX SUPRABAR SPREADER BAR

ITEM: SPR-22

The Suprabar Spreader Bar is a unique cable attachment bar that brings the ultimate workout to you in one attachment. This attachment can be hooked onto to lower cable station of any standard cable system, isolating the arm and chest muscles. While you work out, turn the handles for even more range. Hook the spreader bar to the upper attachment of any cable system and turn the spreader bar into an excellent triceps extension or over-head extension. You are in control of whatever type of multiple exercises you want to achieve without the stress on tendons and joints.

VTX SUPRABAR CURL BAR

ITEM: SBCB-47

Bar Dimensions:
Bar Length: 47 inch
Knurling - Light
Sleeve Attached - Solid Bar Design

Weight - 25.2 lbs
Product Weight: 25.2 lbs.
Bar Length: 47 in."



Our 47" SupraBar Curl Bar, with its deluxe, revolving handles, is designed to increase upper arm mass, strength, and definition. Used with any 2" Olympic plates, this bar isolates and intensifies bicep development and forearms through the biomechanical process of supination – the inward and outward rotation of the wrists. This SupraBar isolates exertion to the targeted muscle group while relieving stress on tendons and joints.

VTX SUPRABAR BUTTERFLY TRI-BAR

ITEM: SBTB-10

Bar Dimensions:
Length: 74 inches
Knurling - light
Sleeve Attached - Snap Ring

51" between collars
Shaft Diameter - 30 mm
Shaft Finish - Black Zinc
Product Weight: 74" long / 35 lbs"



Add a little twist to your strength training with our SupraBar Butterfly Tri-Bar. This small triceps press down bar hooks onto any standard cable system and produces an unbelievable triceps workout. This SupraBar isolates the triceps muscle with full and extended range; no standard cable attachment even comes close.

VTX SUPRABAR CABLE CURL BAR

ITEM: SBTB-10

Bar Dimensions:
Product Weight: 15.5 lbs
Length: 23 inches



Our 23" SupraBar Cable Curl Bar is designed to increase upper arm mass, strength, and definition. Instead of using 2" Olympic size weights, the 23" cable curl bar attaches onto any cable system allowing the user to concentrate on biceps without the stress of tendons and joints.

VTX 28" MULTI-PURPOSE ECONOMY CURL BAR WITH SWIVEL

ITEM: GCB-28SR

Product Weight: 6.7 lbs.



The 28" Economy Revolving Curl Bar with forged swivel and rubber grip is perfect for any gym, club or home. This multi-purpose bar is created for triceps press downs, curls, rows, arm pull-overs and more.

VTX 48" HIGH QUALITY LAT BAR WITH RUBBER GRIP

ITEM: GLB-48SR

Product Weight: 13 lbs.



This 48" deluxe lat bar with forged swivel and rubber grips is uniquely designed at a slightly steeper angle for lateral stability and extra long stretch. For complete development of your lats, shoulders and upper arms. End caps covered with heavy duty caps for extra protection.



VTX URETHANE DUMBBELL

ITEM: XD-U

Handle Grip Sizes
 28mm 5lbs & 10lbs
 30mm 15lbs - 30lbs
 32mm 35lbs - 80lbs
 34mm 85lbs - 125lbs

Handle Type: Contoured
 Handle Length: 6.00"

Production Options: Custom Silk Screen
 Logos Available. (Ref XD-UL)
 Available In: Custom logo available for sizes:
 5-125 lbs.

The new VTX round head XD-U is the perfect dumbbell for any light institutional setting. Using a high-grade urethane and proprietary construction method, the XD-U is the best institutional dumbbell that we carry. Send in your logo request and we will provide you with a mock-up of your logo on the all-new XD-UL.



VTX 8-SIDED URETHANE DUMBBELL

ITEM: SD-U

Dumbbell Specifications:
 Handle Grip Size 28mm (5lb & 10lb)
 34mm (15lb-125lbs)
 Handle Length 5.0"
 PU Hardness Shore A 80-85 rating

Features:

- Anti-roll 8-Sided
- Securing Mechanism Friction weld
- Handle Grip Type Contoured
- Handle Finish Chrome
- Knurling grade Medium
- Urethane Type CPU

Our VTX branded 8-Sided Urethane Encased Dumbbell offers the perfect combination of quality, craftsmanship, and value. Experience the best in class, commercial caliber dumbbell of its kind. The solid steel heads and contoured, medium knurled handles are permanently welded together for a structurally sound, one-piece solid dumbbell. An extremely durable CPU coating with a consistent hard shore protects the heads and guards against damage to surrounding floors and equipment.

From the gym to the home, it's the right choice. We think so highly of our VTX PU octagonal dumbbell, we give it a 2-year structural warranty and a 1-year warranty against manufacturer defects.

Available in 3, 5, 8, 10, 12 & 15 lb through 125 lbs (5 lb jumps)



VTX 8-SIDED RUBBER ENCASED DUMBBELLS

ITEM: SD-R

Handle Grip Size:
 28mm 3lbs - 10lbs
 34mm 12lbs - 100lbs

Handle Length: 4.13"
 Distance between heads: 5.13"

For over a decade, our VTX 8-Sided Rubber Encased Dumbbell has been the go-to choice of institutional dealers nationwide because of its rugged design and enduring performance. Its proprietary rubber surface helps to reduce noise and protect floors and equipment, while solid steel chrome, medium knurled, ergo handles provide a firm, comfortable grip. With all of these quality features at an affordable price, this dumbbell is a popular choice among fitness warriors everywhere looking to outfit their homes.

*Disclaimer - VTX SD-R dumbbells are not recommended for use with saddle racks. The use of the VTX SD-R dumbbell in conjunction with saddle racks will void the warranty.



VTX URETHANE DUMBBELL

ITEM: XD-UL

Available In
Custom logo available for sizes: 5-125 lbs

The new VTX round head XD-U is the perfect dumbbell for any light institutional setting. Using a high-grade urethane and proprietary construction method, the XD-U is the best institutional dumbbell that we carry. Send in your logo request and we will provide you with a mock-up of your logo on the all-new XD-UL.



VTX AEROBIC PAC - NEOPRENE

ITEM: MDR-NPAC

Available Options: 9 lbs, (6) 10 lbs
MDR-DNPAC: (14) 1 lb, (12) 2 lbs, (9) 3 lbs, (9) Add Casters (see MDR-CAST)
4 lbs, (8) 5 lbs, (8) 6 lbs, (7) 7 lbs, (7) 8 lbs, (6) Add Accessory Rack (see MDR-ACCE)

The Aerobic Neoprene Pac features easy-to-stack compartments providing an attractive, convenient way to secure, store, and display your aerobic dumbbells. Our Aerobic Pac will also accommodate sizes 1 lb through 10 lb in 1 pound increments. The Pac includes the locking rack and 43 pairs of neoprene coated dumbbells.



VTX AEROBIC PAC - NEOPRENE

ITEM: MDR-VPAC

Available Options: 9 lbs, (6) 10 lbs
MDR-DNPAC: (14) 1 lb, (12) 2 lbs, (9) 3 lbs, (9) Add Casters (see MDR-CAST)
4 lbs, (8) 5 lbs, (8) 6 lbs, (7) 7 lbs, (7) 8 lbs, (6) Add Accessory Rack (see MDR-ACCE)

The Aerobic Vinyl Pac features easy-to-stack compartments providing an attractive, convenient way to secure, store, and display your aerobic dumbbells. Our Aerobic Pac will also accommodate sizes 1 lb through 10 lb in 1 pound increments. The Pac includes the locking rack and 43 pairs of vinyl-coated dumbbells.



VTX AEROBIC PAC - ACCESSORY RACK

ITEM: MDR-ACCE

Product Dimensions: 34 ¾" L x 11" W x 7 ¾" H Product Weight: 18 lbs

The Aerobic Pac Accessory Rack is lockable and holds 6 pairs of 12 lb or 15 lb vinyl or neoprene dumbbells. Conveniently located rack space provided for heavier weighted dumbbells. Note: Weights not included.

DUMBBELLS



VTX GRIP PLATE

ITEM: GO-V

Available in: lb. Sizes 2.5 lb., 5 lb. and 100 lb. have no grips
2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb., 45 lb. and 100

At an affordable quality, our VTX Olympic Grip Plates are high grade, wide flanged, and feature 3-slotted gripping areas (45 lb, 35 lb, 25 lb, and 10 lb only) that raise the plates off of the ground. This provides easier lifting and loading from a prone or angled position. Raised reinforcements on both sides of each grip slot make it a true institutional plate and a choice among trainers worldwide. Center bores are precision drilled for a snugger fit on most 2" Olympic bars. These bars are rust-resistant and come with a twice-baked enamel finish.



VTX DUAL GRIP URETHANE PLATE

ITEM: GO-VU

Product Options:

- Black plate with white VTX logo and pound marker

- Custom logo option/custom silk screen logo option available (Ref GO-VUL).

The VTX Dual Urethane Grip Plate is the perfect solution for any light institutional setting. Using high-grade urethane and a unique look, the GO-VU looks great out of the box, but even better with your logo on it.

VTX RUBBER GRIP PLATE

ITEM: GO-VR

Available in:

- 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb., 45 lb. and 100 lb. Sizes 2.5 lb., 5 lb. and 100 lb. have no grips.

Black only.



Our VTX Rubber Grip Plate is a high grade, wide flanged, "Quiet Iron®" rubber encased Olympic grip plate that features 3-slotted gripping areas (45 lb, 35 lb, 25 lb, and 10 lb only) that raise them off of the ground, providing easier lifting and loading from a prone or angled position. The durable rubber coating protects the plates, floors, and other equipment from damage.

Raised reinforcements on both sides of each grip slot make it a true institutional plate among trainers worldwide. A steel, center bore insert provides a snugger fit on most 2" Olympic bars.

VTX OLYMPIC 300 LB WEIGHT SET

ITEM: GOSS-300V

Set Includes/Include:

- GO-045V lb
- (2) GO-035V lb,
- (2) GO-025V lb
- GOSS-046V which includes: (2) GO-010V lb, (4) GO-005V lb, (2) GO-02.5V lb and (2) TOZC-1/2 spring collars

- (1) GOB-86 7' Olympic bar completes the set

All plates are Olympic 2" VTX grip plates (5 lb. and 2.5 lb. plates do not have grip feature)



VTX OLYMPIC 300 LB RUBBER WEIGHT SET

ITEM: GOSS-300VR

Set Includes/Include:

- (2) GO-045VR lb
- (2) GO-035VR lb
- (2) GO-025VR lb
- GOSS-046VR which includes (2) GO-010VR lb, (4) GO-005VR lb, (2) GO-02.5VR lb and (2) TOZC-1/2 spring collars

- (1) GOB-86 or (1) GOB-86B 7' Olympic bar completes the set.

All plates are Olympic 2" VTX rubber encased grip plates (5 lb. and 2.5 lb. plates do not have grip feature).



VTX COLORED BUMPER PLATE WEIGHT SET

ITEM: OSS-275SBP

Our VTX Colored Solid Bumper Plates have quickly become the industry standard for quality and value. The plates sport bright colors that really stand out, so we paired them with our institutional quality Olympic bar and collars to make a multi-functional set that's perfect for beginners or advanced lifters. Our VTX line is built and engineered to our demanding standards for active lifters looking for rugged durability. In this package you get our GOB-1200 Olympic bar, a pair of spring collars, and one pair of each of the



VTX FREE-STANDING CURL BENCH

ITEM: G-CB

Assembled Product Dims:
38"L x 30 1/2"W x 39"H

Weight: 73lbs

Features

- 11 gauge tubular steel construction
- Powder coated silver-gray finish
- Dense arm & seat padding (1 3/4")

- Heavy duty bar rack guards w protective coating
- Adjustable 7 position seat settings w pop-pin
- Footpads protect floors and prevent sliding
- Welded tension band pegs (4)"



Sturdy, compact and versatile aptly describes our VTX free-standing curl bench. With a 38 square inch footprint, it's the perfect addition for apartments, hotels, corporate fitness centers and multi-family housing complexes.

The coated bar rack guard protects the finishes of the rack and the bar being used. Heavy-duty, commercial rated upholstery which covers dense foam arm and seat pads wipes clean easily.

While specifically designed for biceps, forearm and wrist development with a free-weight bar, this unit also comes with 4 separate, welded tension band pegs, that allow a variety of different isotonic and stretching exercises to be performed with resistance bands (X-BAND). Some assembly required.

VTX FLAT/INCLINE/DECLINE BENCH

ITEM: GVBH-FID

Assembled Product Dims: 51.77"L x 34 1/2"W x 18 1/2"H

Max Height: 51.9" (highest vertical setting)

Weight: 75lbs

Specs:

- Heavy-duty 13 gauge steel tubing
- Flat to Incline- 80°
- Degree of decline - 15°
- Weight Capacity: 500lbs (with user)

Features:

- 8-position back pad adjustment
- 3-position seat adjustment
- Unique hook system for tension bands
- Transport Wheels
- Rubber feet to protect floors



Both rugged and versatile, the VTX FID Bench is the ideal choice for any light commercial facility or personal gym. It features an 8-position, backrest adjustment, high-density foam padding for a firm, and comfortable workout wheels for easy transport. The unique (4) hook system for tension band utilization to enhance your workout regimen. Simple (2) piece assembly.





VTX 3-TIER DUMBBELL SHELF RACK

ITEM: GTDR-3

Product Dimensions: 62 1/4" L x 28" W x 40 1/2" H
Max Load: 240 lbs

The VTX 3-Tier Horizontal Shelf Rack is a commercial-grade essential that holds a 5-75 lb run of dumbbells (15 pairs) with ease. The heavy duty, powder-coated shelves are anatomically angled for easy storage and removal. Eight flat head bolts drop through shelving with drilled holes, providing a sturdy 2" x 3", 11-gauge frame for quick and easy assembly.

This rack is made to store dumbbells up to 15.5" in length (approximately the length of an SD-075R).



VTX HORIZONTAL DUMBBELL RACK

ITEM: T-DR

Product Dimensions: 60" L x 24" W x 32" H
Product Weight: 80 lbs

Our VTX Horizontal Dumbbell Rack will store a full 10-pair run of VTX dumbbells, ranging from 5 lb to 50 lbs. The rack is made of 12-gauge heavy duty 2" x 2" tubing and is specifically designed for home use and commercial applications.



VTX HORIZONTAL DUMBBELL RACK

ITEM: TDR-3

Product Dimensions: 94" L x 26" W x 41" H
Max Load: 195 lbs

The VTX Deluxe 3-Tier Horizontal Dumbbell Rack will hold up to 23 pairs of VTX dumbbells ranging from 3 lbs to 100 lbs (including 8 lb & 12 lb sizes) and up to 20 pairs of Troy dumbbells ranging from 5 lb to 100 lbs. This versatile, durable rack is constructed with 12-gauge heavy duty 2" x 2" tubing and designed to efficiently store away a wide range of dumbbell sizes for the institutional, multi-unit housing, and home facilities.

Note: Using Troy Prostyle Dumbbells on this rack is not recommended and will void the warranty.



VTX VERTICAL DUMBBELL RACK (13 PAIR)

ITEM: GVDR-13

Product Dimensions: 23" L x 16" W x 43" H
Product Weight: 83 lbs

This compact Vertical Dumbbell Rack is designed to hold 13 pairs of hex or VTX dumbbells ranging from 3 lbs to 50 lbs. The user-friendly design allows for easy access.



VTX DUMBBELL RACK (8 PAIR)

ITEM: GVDR-8

Product Dimensions: 19.90" L x 8.75" W x 47.50" H
Product Weight: 36 lbs

This compact Vertical Dumbbell Rack is designed to hold 8 pairs of hex or VTX dumbbells ranging from 3 lbs to 25 lbs. The user-friendly design allows for easy access.



VTX COMPACT DUMBBELL RACK

ITEM: T-HDR

Product Dimensions: 20" L x 20" W x 28" H
Product Weight: 23 lbs

This stylish Compact Dumbbell Rack holds up to 10 pairs of vinyl or neoprene dumbbells. The compact design of this dumbbell makes it a space saver, requiring only 20" square of floor space.

Note: Some assembly required.



VERTICAL MULTIPLE STORAGE RACK

ITEM: G-MR

Product Dimensions: 27" L X 25" W x 55.5" H

Features

- Unique design maximizes storage with minimal footprint
- Includes three Olympic weight plate storage posts
- Rubber base caps protect floors

- Features flat bottom tray for additional storage
- Will hold 4 Olympic bars
- Dual access points - solid bolt together weigh tand ball horns for max strength

Product Options

Only available in black

This vertical multi-storage unit can hold wall balls, kettlebells, Olympic plates, Olympic bars, and Olympic collars. G-MR is the perfect space-saving piece to take all these items off the floor and keep them organized and accessible.



VERTICAL KETTLEBELL & ACCESSORY RACK

ITEM: GKBR-3

Product Dimensions: 24" L x 17" W x 42" H

Weight: 63.75 lbs

Product Options

Available in: Gray powder coat finish

Our VTX GKBR-3 is a stylish, space saving, small footprint rack that conveniently stores multiple kettlebells, bands, jump ropes, and other accessory pieces. With its 4 shelves, 4 hooks, and corner design, the VTX GKBR-3 is the perfect solution for facilities or homes with limited space.

Note: Kettlebells should only be stored on the bottom 3 shelves. Best if used with VTX Club Kettlebells. (CKB). The top, rubber lined shelf is not designed for kettlebell storage.



VTX OLYMPIC PLATE TREE

ITEM: T-OPT

Product Dimensions: 18.5" L x 30" W x 39.5" H

Max Load: 800 lbs

This heavy-duty VTX Olympic Plate Rack will store all 2" plates and the perfect addition to any residential or institutional application. The rack features durable, plastic sleeve coverings on each weight horn offer protection and allows plates to slide on and off more easily.



VTX MOBILE BUMPER PLATE RACK

ITEM: G-MBPR

Product Dimensions:

608mm (W) x 608mm (L) x 1056mm (H)

Max Load: 450 lbs

Features:

- X-shaped base for easy access to plates
- Durable casters for maximum mobility

- Pin lock feature to keep pole in place when needed
- Small footprint with maximum storage

Product Options:

- VTX orange pole
- Black base

The VTX Mobile Bumper Plate rack is the perfect storage unit solution to keep bumper plates off the floor or take the place of a stationary rack that occupies too much space. Once done with the plates, simply stack them on the base, insert the pole, and roll it away on 4 heavy-duty casters that come standard with the unit.

Note: Bumper plates not included. The rack will support Troy & VTX bumper plates.



VTX VERTICAL OLYMPIC BUMPER PLATE AND BAR RACK

ITEM: GOPT

Product Dimensions: 18" L x 24" W x 53" H

Weight Capacity: 800 lbs

This versatile, institutional Vertical Olympic Bumper Plate and Bar Rack stores 2" Olympic bumpers or any other style of Olympic plate on every weight horn. Convenient, welded bar holders on each end vertically store 2 Olympic bars, while our new and improved "BOLT-IN" weight horn design adds stability and prevents wobble.



VTX HORIZONTAL BUMPER PLATE RACK

ITEM: GHBPR

Product Dimensions: 50.71" L x 13.88" W x 22.84" H

Our VTX heavy-duty, horizontal bumper plate dish rack has a 650lb static weight capacity. Eight individual 4" wide slots can store a 45lb plate in each one. The handy steering column with handle grip incorporates 2 separate weight horns for 2.5lb and 5lb plates, while casters are installed at the rear of the rack for easy mobility.



VTX KETTLE BELL RACK

ITEM: KBR-14

Product Dimensions: 54" L x 27" W x 32 1/2" H

Weight: 70lbs

Capacity: 400lbs per shelf

Product Weight: 70 lbs

Our 2-Tier Kettlebell Rack is a stylish and sensible way to display and store your bells. Supported by a 12 gauge frame, each heavy-duty shelf has a 400 lb weight capacity, making this rack capable of handling 14 individual sizes or 7 pairs (20lbs thru 50lbs) of kettlebells.



VTX 6-TIER MEDICINE BALL TOWER RACK

ITEM: GMBR-6

Product Weight: 15 lbs

This space efficient 6-Tier Medicine Ball Rack holds up to six VTX medicine balls, providing ample vertical space in the smallest light commercial facilities or home gyms.



VTX FITNESS BALL RACK

ITEM: GWBR

Product Dimensions: 42" L x 42" W x 64.7" H

Product Weight: 75 lbs

The space-efficient design of our VTX 4-Tier Fitness Ball Rack allows it to be cornered while its rotating feature allows balls to be accessed quickly and easily.

Multi-functional and versatile, this rack can store many combinations of VTX medicine balls and/or wall balls. the 600 lb weight capacity makes it capable of holding (12) 50 lb slam balls.



TROY

25

U.S. PAT. 5,705,585

U.S. PAT. 5,770,295

TROY VTX
BARBELL & FITNESS

USA
SPORTS INC.

troyfitness.com

10600 Shadow Wood Drive Suite 301 Houston, TX 77043

Tel: 800.872.7767 • .info@troybarbell.com