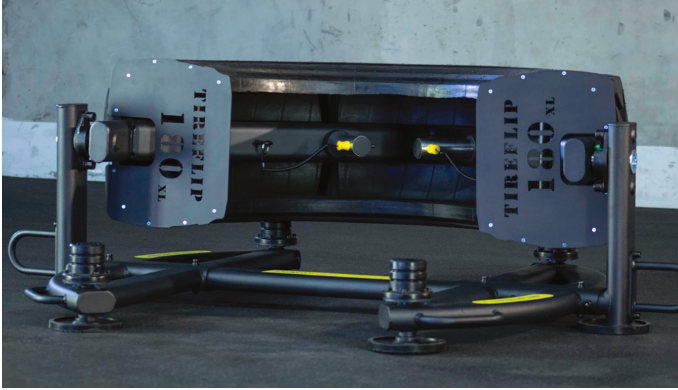


FUNCTIONAL TRAINING



The Tire Flip 180 products allow you to add up to 80 pounds of additional free weight resistance so users of all abilities are sure to get a great workout. With a resistance range of 100-240 pounds there is no need to have multiple size tires in your facility. In just 20 square feet you can add a complete small group training solution to your facility.



TIRE FLIP 180 XL FEATURES

- Starting Resistance of 160 lbs
- Plate loading ability up to 80 additional pounds
- Magnetic Pin keeps weights secure while flipping
- Open Frame Design allows you to step in as you flip
- 2 Functional Attachments allow for Battle Rope and Resistance Band Training
- Mobility wheels and EZ Grip handles allow for easy movement and storage.

DIMENSIONS & WEIGHT

4' x 5' - Weight: 353 lb.



TIRE FLIP 180 FEATURES

- Starting Resistance of 100 lbs
- Plate loading ability up to 40 additional pounds
- Magnetic Pin keeps weights secure while flipping
- Open Frame Design allows you to step in as you flip
- 2 Functional Attachments allow for Battle Rope and Resistance Band Training
- Mobility wheels and EZ Grip handles allow for easy movement and storage.

DIMENSIONS & WEIGHT

4' x 5' - Weight: 293 lb.



Flip & Step in



Strength Training:
Ab Crunches, Dips
and Pushups



Functional
attachments allow
for Battle Rope and
Resistance Band
Training



Wheels allows for easy
movement and storage

Plyometric
Training



We Change Lives from the Core

follow us on:



Available at IRON COMPANY®

www.ironcompany.com | 888-758-7527

For more information or to purchase the Tire Flip visit here