Available at Ironcompany.com®

SURGE 360

THE ULTIMATE TOTAL BODY CIRCUIT TRAINING MACHINE

Our flagship two-handled machine combines key strength and conditioning principles into one safe platform that is easy to learn and use.

- *Circuit Training*
- *One-on-One Personal Training*
- *Group Classes*
- *Home Training*

Over 50 Compound Movements

The Surge 360 is ground-based and uses continuous hydraulic resistance in its patent-pending design to force users to both push and pull with every exercise.

Over 50 compound athletic movements require total core body muscle engagement to stabilize and maintain balance.

Versatile by *User*, by *Workout*, by *Purpose*

Omnikinetic resistance makes training on the 360 safe for all user levels, from professional and Olympic athletes, to exercise enthusiasts, seniors, and fitness beginners.

Build muscle, increase cardiovascular capacity, burn fat, or improve posture and balance. *The Surge 360* requires no settings or weight changes, the harder you push the harder the resistance.

FEATURES

- Incredibly versatile with over 50 challenging exercises in one machine
- Intense anaerobic and aerobic conditioning applications
- Functional ground-based dynamic in every movement
- Accommodates any user and any level of fitness
- Safe, easy to learn and use

BENEFITS

- Rapid gains in athletic performance, for any level of athlete
- Develops Power, Speed, Strength, Balance, and Coordination
- Intense core body muscle development in every movement
- Burns fat and increases lean muscle mass
- Train at maximum intensity for incredible endurance without risk of injury

DETAILS

- No momentum, no gravity, no settings or adjustments
- Independent handles can be moved in any direction, together or separately
- Handles and hydraulic cylinders are high quality and extremely durable
- Two front-mounted wheels make it easy to move around for convenience
- Entire product is made in the USA and carries a five-year warranty on cylinders and frame; one year on bolts and components; and 90 days for grips.

SURGE 360 is a commercial grade, high quality machine designed for some of the biggest and strongest competitive athletes in the world. Platform is ruggedized diamond-plate steel designed to absorb the energy transfer of extreme torque.

For pricing and more information: www.ironcompany.com

AVAILABLE MODELS:

STANDARD

COMBAT BLACK

FLOOR MOUNT