



 **CrossCore®**  
Rotational Bodyweight Training™









## THE CROSSCORE® SYSTEM

The CrossCore® story begins where traditional suspension-oriented training ends—by adding the new dimension of rotational movement. CrossCore gives you everything that traditional systems offer, but when you Pull the Pin™, you open the door to the next level of bodyweight training. Combined with our comprehensive educational programs, CrossCore delivers a whole new world of training possibilities.



## CROSSCORE® RBT™

Rotational Bodyweight Training™ (RBT™) is the evolution of suspended bodyweight training. RBT takes all the benefits of traditional bodyweight training exercises and adds instability, rotation and dynamic tension to challenge the user's balance and core in ways never seen before. The anchored pulley system demands heightened body awareness, requiring quick but subtle reflexes to stabilize joint movement while also enhancing motor skills. These are qualities that have been shown to improve function and overall general fitness more than any other system.



# THE CROSSCORE® UNIT

## DESIGN

- Patented and patents-pending Rotational Bodyweight Training™ system
- Engineered for commercial use
- Lightweight aluminum alloy
- Increased main rope diameter
- Custom integrated carabiners

## PIN ENGAGEMENT SYSTEM™

- Allows easy locking and unlocking of pulley wheel
- Colored markings show status of Locked-N-Loaded™ and open modes
- Audible sounds verify locking motion in progress and pin engagement

## QUICK ADJUSTMENT

- Custom designed, durable and ergonomically shaped adjuster housing
- Allows easy adjustments of rope length and handle heights

## MOUNTING

- Easy to install and take down
- More intuitive to use
- Easy to adjust pulley height
- Locking and unlocking carabiner for permanent or temporary mounting
- Accessories provide a variety of anchoring options



## CROSSCORE® BENEFITS



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One-of-a-kind patented and patent-pending locking and unlocking pulley system offering truly rotational exercises and exercise progressions

Offers multiple anchor solutions including adjustable anchor straps, locking and unlocking club straps (part of Pro Kit) and door strap (part of Home Kit)

Rope Adjuster Device allows for easy rope height adjustments on only one side of system

Handles are interchangeable with other attachments like gymnastic rings, kettlebells, sandbags and more

Handles/foot and arm cradles adjust to fit any user's hands, feet, and arms

Handles are detachable to allow for worn handles/foot and arm cradles to be replaced without replacing entire unit

Accepts attachment to counterweights to be incorporated as a fully functional weighted pulley system

Handles easily clip onto pulley system to allow for easy access for pull ups and core exercises like leg lifts and knee raises

Commercial-grade design with aluminum alloy construction, heavy duty rock climbing grade rope and carabiners

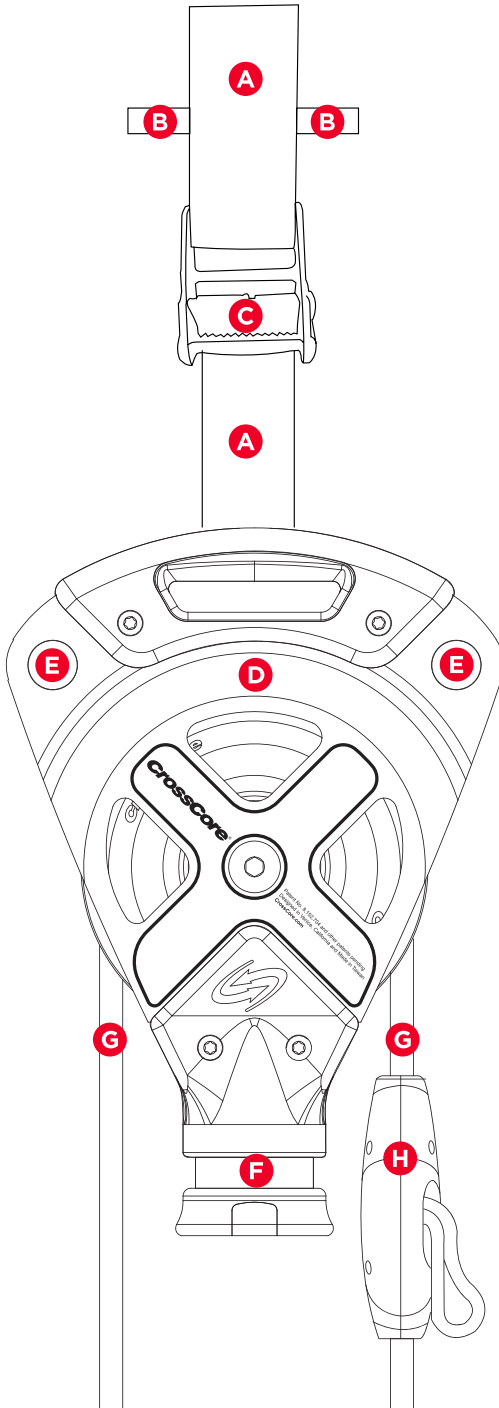
375 lbs/70 kg weight capacity

Comes with a 2-year warranty for the pulley system and a 1-year warranty for all straps, ropes, buckles, clamps, handles, carabiners and carry bags

Available with online education and live training courses, enabling users who have other types of suspension-oriented training qualifications or certifications to potentially accelerate their learning and earn CrossCore certifications

Bridge program allows users who have other types of suspension-oriented training qualifications or certifications to potentially accelerate their CrossCore® certifications with specialized online or live training courses

Offers competitive pricing for its CrossCore products, accessories and education programs



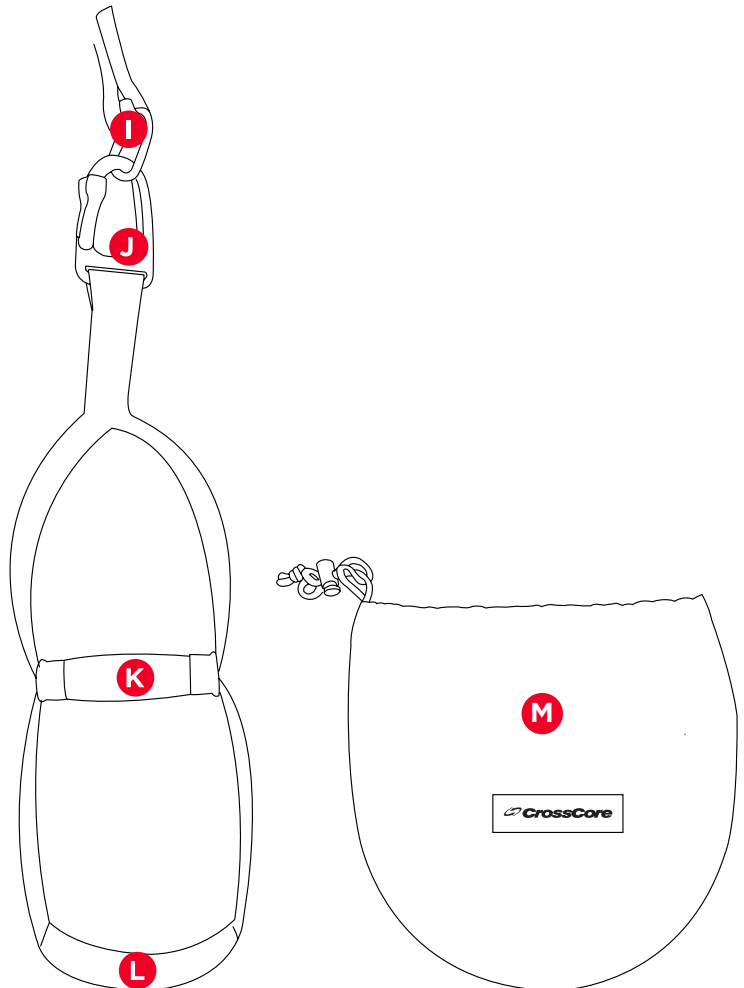
- A. Anchor Strap
- B. Velcro Tabs
- C. Cam Buckle
- D. Pulley
- E. Carabiner Openings
- F. Pin Engagement System™
- G. Main Rope
- H. Rope Adjuster Device™
- I. Oval Ring
- J. Carabiner
- K. Ergonomic Handle Grip
- L. Adjustable Foot and Arm Cradles
- M. Carry Bag

## CrossCore® Specifications

WEIGHT: **Approximately 4 lb (1.8 kg)**

ROPE LENGTH: **9 ft (2.7 m)**

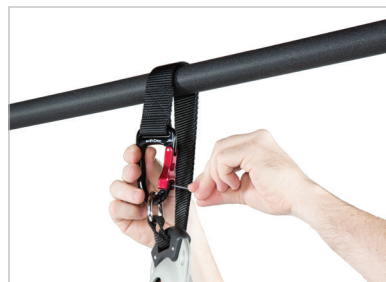
ANCHOR STRAP LENGTH: **7 ft (2.1 m)**



# CROSSCORE® ACCESSORIES

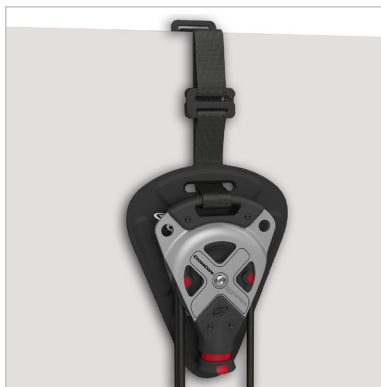
## CROSSCORE® PRO KIT

- Kit Includes:
  - 2 club straps with anti-theft lockable carabiner
  - 1 independent steel D-ring (for use with anchor strap)
  - 1 Allen wrench



## CROSSCORE® HOME KIT

- Kit Includes:
  - 1 door strap with 1 door clip with E-rings
  - 1 door pad



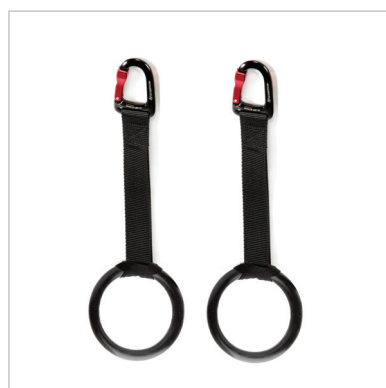
## CROSSCORE® ACCESSORY STRAPS

- Includes:
  - 2 accessory straps with carabiner to attach kettlebells, dumbbells, sandbags and other counterweights
- Accessories are sold separately



## CROSSCORE® RINGS & STRAPS COMBO

- Includes:
  - 2 accessory straps
  - 2 Olympic-style gymnastics rings
- Attach gymnastics rings for even more bodyweight exercise versatility





# CROSSCORE® RACKS & MOUNTING SOLUTIONS

All CrossCore® racks and mounting solutions are built using heavy duty commercial materials and can be placed in any location including residential, commercial, military and rehabilitation centers. For more information on racks and mounting solutions, visit [CrossCore.com](http://CrossCore.com).

## CEILING/WALL MOUNT

If attaching your CrossCore unit to a bar, door, beam or other anchor point is not an option, the Ceiling and Wall Mount is a great solution for home or club. The Ceiling and Wall Mount is ideal for bolting to wood studs in ceilings or walls for a commercial-strength anchoring.

- Mount includes:
  - 2.375 in x 3 in (6 cm x 8 cm) wood lag screws
  - 2 washers



## WALL MOUNTED RACK

Accommodates one CrossCore user and can hold a heavy bag. Extender kits can be connected together to line an entire wall.

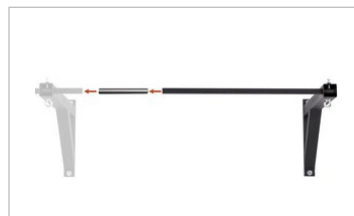
- Total dimensions of rack:
  - 48 in wide x 36 in from wall x 22 in high
  - (1.2m wide x 0.9 m from wall x 56 cm)



## CROSSCORE® WALL MOUNTED EXTENDER KIT

Use the CrossCore Wall Mounted Extender kit to extend the Wall Mount Rack and line an entire wall.

- Kit includes:
  - 1 dowel
  - 1 48 in (1.2 m) tube
  - 1 wall mounted bracket with eye bolt





## MULTI-PURPOSE HALF RACK

Accommodates up to three CrossCore® users and functions as an Olympic weightlifting station.

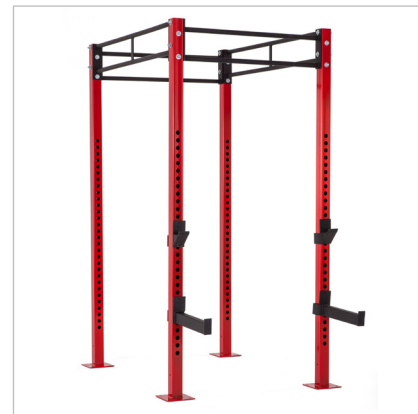
- Rack includes:
  - 2 posts
  - 3 double connector beams
- Total dimensions of rack:
  - 4 ft wide x 8 ft high x 3.75 ft from wall
  - (1.2 m wide x 2.4 m high x 1.4 m from wall)



## 4 PERSON MULTI-PURPOSE RACK

Accommodates up to four CrossCore users, and functions as an Olympic weightlifting station and multiple pull-up stations.

- Rack includes:
  - 4 posts
  - 4 double connector beams
- Total dimensions of rack:
  - 5.5 ft wide x 4 ft long x 8 ft tall
  - (1.7 m x 1.2 m x 2.4 m)



## 8-10 PERSON MULTI-PURPOSE RACK

Accommodates 8-10 CrossCore users and offers functional attachments for circuit training as well as a heavy bag, landmine and dip station. A simulated cable crossover can be created by using two CrossCore units and two counterweights such as kettlebells.

- Rack includes:
  - 4 posts
  - 4 double connector beams
- Total dimensions of rack:
  - 7.5 ft wide x 7.5 ft long x 8 ft tall
  - (2.3 m x 2.3 m x 2.4 m)

