

- | | | |
|-----|--------------------------------------|------------------------------|
| 1. | Content | |
| 2-7 | Cover | |
| 8. | 360XL | Versa Package |
| 9. | 360XL | Combo Package |
| 10. | 360XL | Mix Package |
| 11. | 360XM | Versa Package |
| 12. | 360XM | Combo Package |
| 13. | 360XM | Mix Package |
| 14. | 360S | Versa Package |
| 15. | 360S | Combo Package |
| 16. | 360S | Mix Package |
| 17. | 360XS | Versa Package |
| 18. | 360XS | Combo Package |
| 19. | 360XS | Mix Package |
| 20. | 360XS | Versa DAP Package |
| 21. | 360XS | Mix DAP Package |
| 22. | 360T | Versa Package |
| 23. | 360T | Combo Package |
| 24. | 360T | Mix Package |
| 25. | 360T | Versa DAP Package |
| 26. | 360T | Rebounder DAP Package |
| 27. | Optional Cable Crossover Boom | |
| 28. | New Options | |
| 29. | FXT-STP | |
| 30. | FXT-DIP | |
| 31. | 360XL | Accessory Kits |
| 32. | 360XM | Accessory Kits |
| 33. | 360S | Accessory Kits |
| 34. | 360XS | Accessory Kits |
| 35. | 360T | Accessory Kits |
| 36. | TRX P3 | |

Life Fitness

SYNRGY360 Limitless Training



- FUNCTIONAL TRAINING
- BOXING
- SUSPENSION TRAINING
- CORE TRAINING
- REACTION TRAINING
- SPORTS SPECIFIC TRAINING
- STRENGTH TRAINING

Synergy360 is a unique fitness solution for personal trainers and instructors. It combines several popular, dynamic total-body workouts into an all-in-one system with integrated storage. Training individuals and small groups becomes more productive, giving users unlimited ways to exercise and achieve more than ever before.

Life Fitness

SYNRGY 360

SYNRGY360
What Way Do You Train?



SYNRGY360x
Limitless Training.



SYNRGY360

It's a new system for personal training. Synrgy360™ combines several popular total-body, dynamic exercises into a system that helps personal trainers more effectively train individuals and groups, giving users fun, unlimited ways to exercise. This system helps create a personal training focal point to facilitate individual personal training and small group training. Synrgy360 includes accessories, flooring and training materials together in one complete solution.

Synrgy360 can facilitate eight of the top 20 trends highlighted in the 2012 annual American College of Sports Medicine survey of fitness trends, including functional fitness, strength training, exercise and weight loss, personal training, core training, group personal training, boot camp and sport-specific training.



Up to 16 users can utilize seven unique exercise areas, four customized training spaces and three suspension zones.



Up to eight users can utilize three customizable exercise spaces.



Life Fitness

SYNRGY 360

SYNRGY360
What Way Do You Train?



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Limitless Training.

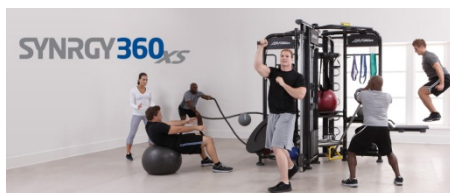
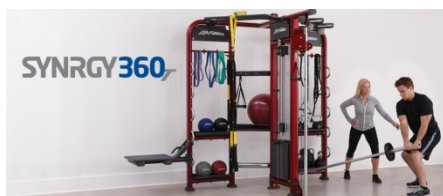


GET INSPIRED BY THE INFINITE POWER OF SYNRGY360

Life Fitness pioneered the Synrgy360 concept to provide inspirational fitness experiences to an increasingly diverse audience of exercisers. From our customizable, multi-purpose equipment, built-in storage, accessories and flooring, to our dynamic training resources, Synrgy360 is about more than just working out. Our revolutionary concept provides limitless opportunities to train smarter, better, and more effectively. It's a full-service training nerve center that can be tailored to serve the broad scope of exerciser goals and facilitate the latest fitness trends. Whether you are looking to showcase your facility's small group training programs, connect users with a full-service platform for independent training, or energize your school's physical education curriculum, our dynamic training hub makes a bold statement about your commitment to moving fitness forward.

SYNRGY360 CONFIGURATIONS

Like exercisers, we know that facilities come in different shapes and sizes with unique fitness objectives and programs. Choose the configuration with the training spaces that will serve you best to unlock the infinite possibilities of Synrgy360.



SYNRGY 360

PACKAGES

SYNRGY360
What Way Do You Train?



SYNRGY360x
Limitless Training.



RECOMMENDED PACKAGES

The modular design of Synrgy360 makes it possible for customers to choose a configuration that meets varying training philosophies. In collaboration with Life Fitness Academy and the personal trainer community, both Synrgy360x and Synrgy360s have three recommended configurations.

Explore the package that suits your needs or create your own with our product builder tool.



Versa Package
Provides the greatest amount of auxiliary attachment points and storage for more effective training with a wide range of accessories including bands, kettlebells, battle ropes, TRX® Rip™ Trainers and TRX Suspension Trainers.



Combo Package
Builds upon the Versa Package and adds element of cable motion training with plenty of travel for high speed, long range training applications. Provides ample storage and auxiliary accessory attachment points.



Mix Package
Provides a unique blend of integrated exercise modalities including cable motion training, reaction training, boxing and includes auxiliary accessory attachment points and storage. Each space provides a very different exercise experience.

BUILD YOUR OWN

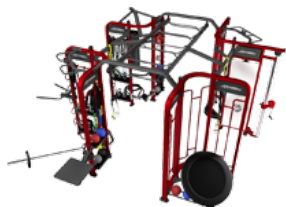
These popular preconfigured packages are just the beginning. There are hundreds of different ways to build Synrgy360 to meet all the ways you train and exercise. Follow four simple steps to get started:

- 1) Select from the Synrgy360x or Synrgy360s products.
- 2) Select the Spaces for your product.
- 3) Choose from options, accessories, colors and configurations.
- 4) Once the personal training system is built to your requirements, save, send or share.



Life Fitness

SYNRGY 360



SYNRGY360_{XL}

Our premier training destination has eight unique training spaces that incorporate 10-rung monkey bars and dedicated area for TRX suspension training.

Training Spaces: 8
Recommended Live Area:
 27' x 27' (8.2 m x 8.2 m)



SYNRGY360_{XM}

Make a bold statement about your facility's commitment to fitness with six available training spaces that incorporate seven rung monkey bars.

Training Spaces: 6
Recommended Live Area:
 22' x 27' (8.2 m x 6.7 m)



SYNRGY360_S

Contribute to users' success with the variety afforded by five available training spaces.

Training Spaces: 5
Recommended Live Area:
 23' x 23' (7.0 m x 7.0 m)



SYNRGY360_{XS}

This space-efficient training hub consolidates the variety of four distinctive training spaces.

Training Spaces: 4
Recommended Live Area:
 22' x 22' (6.7 m x 6.7 m)



SYNRGY360_T

Convenient for placement against a wall, two unique training spaces provide exercisers with an effective total-body workout.

Training Spaces: 2
Recommended Live Area:
 11' x 22' (6.7 m x 3.4 m)



Combine Synrgy360 units by connecting cable stations with the optional Cable Crossover Boom, to create a different training environment and added interior space.

Supports multiple suspension trainers
Additional chin handles
Available in three lengths:
 6, (1.82m), 7' (2.13m), 8' (2.44m)

FLOORING

As part of the complete Synrgy360 system, flooring is available for both the Synrgy360x and Synrgy360s products. This high-performance flooring is marked to provide visual cues for your personal trainers and their clients, guiding them through their workouts.

Depending on the configuration selected, Synrgy360x covers a minimal live training area from 720 to 802 sq. feet. and accommodates up to 16 people at one time. The Synrgy360s also ranges in size but can occupy a live training area from 330 to 344 sq. feet—the ideal size for an old racquetball or squash court.



SYNRGY360_x



SYNRGY360_s

Notes

- Synrgy360s requires bolt-to-floor set up to eliminate rocking or tipping.
- Additional flooring colors available.
- Facility subfloor has to be flat and solid – strong wooden structure or polished concrete are ideal.

Strength Equipment

Project :

Item No. : 1

SYNRGY360_{XL}



Synrgy360XL – Versa Package

Key Features:

- Cable Station
- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Boxing Bag Connector
- Power Pivot
- 14 Accessory Storage Shelves
- 7 U-Link Adjustment Columns
- 4 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories : 2 TRX Suspension Trainers / 1 Short Handle/ 1 Long Handle / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar



Versa Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 27' x 27' (8.2 x 8.2m)

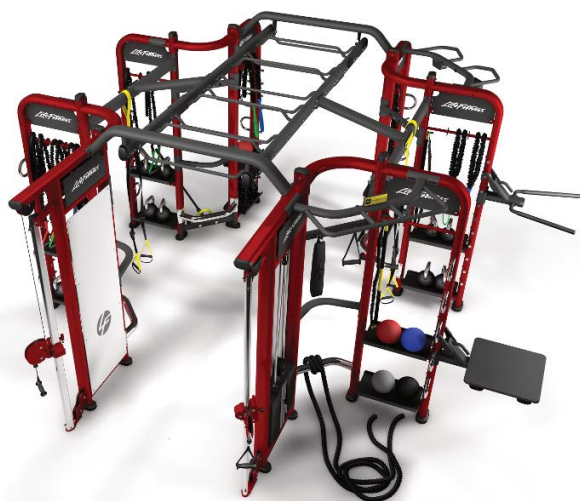
Machine Weight	2,904 lbs (1,317 kg)
Dimensions (L x W x H)	154" x 173" x 101" (391 x 439 x 257) cm
Origin	Hungary
Product Code	Synrgy360XL - Versa Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360_{XL}



Synrgy360XL – Combo Package

Key Features:

- 2 Cable Stations
- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Power Pivot
- 12 Accessory Storage Shelves
- 6 U-Link Adjustment Columns
- 4 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories : 2 TRX Suspension Trainers / 2 Short Handles/ 2 Long Handles / 2 DAP Training Belts / 1 Syrnrgy360 Power Pivot Bar



Combo Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 27' x 27' (8.2 x 8.2m)

Machine Weight	3,327 lbs (1,509 kg)
Dimensions (L x W x H)	154" x 173" x 101" (391 x 439 x 257) cm
Origin	Hungary
Product Code	Synrgy360XL - Combo Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360_{XL}



Synrgy360XL – Mix Package

Key Features:

- 2 Cable Stations
- Rebounder
- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Boxing Bag Connector
- Power Pivot
- 8 Accessory Storage Shelves
- 4 U-Link Adjustment Columns
- 2 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories : 2 TRX Suspension Trainers / 2 Short Handles / 2 Long Handles / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar



Mix Package

- **Celling High Requirement 2.8m**
- **Recommended Live Area : 27' x 27' (8.2 x 8.2m)**

Machine Weight	3,492 lbs (1,584 kg)
Dimensions (L x W x H)	172" x 173" x 101" (439 x 439 x 257) cm
Origin	Hungary
Product Code	Synrgy360XL - Mix Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360_{XM}

Synrgy360XM – Versa Package

Key Features:

- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Boxing Bag Connector
- Power Pivot
- 14 Accessory Storage Shelves
- 6 U-Link Adjustment Columns
- 4 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories : 1 TRX Suspension Trainer / 1 Synrgy360 Power Pivot Bar



Versa Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 22' x 27' (6.7 x 8.2m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,696 lbs (769 kg)
Dimensions (L x W x H)	89" x 154" x 101" (226 x 391 x 257) cm
Origin	Hungary
Product Code	Synrgy360XM - Versa Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360_{XM}

Synrgy360XM – Combo Package

Key Features:

- 2 Cable Stations
- 2 Suspension Chin Up Bars
- Rock Grip Chin Up Bar
- Power Pivot
- 10 Accessory Storage Shelves
- 4 U-Link Adjustment Columns
- 4 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories: 1 TRX Suspension Trainer / 2 Short Handles / 2 Long Handles / 1 DAP Training Belts / 1 Synrgy360 Power Pivot Bar



Combo Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 22' x 27' (6.7 x 8.2m)
- Required to bolt to a concrete sub-floor

Machine Weight	2,608 lbs (1,183 kg)
Dimensions (L x W x H)	108" x 154" x 101" (274 x 391 x 257) cm
Origin	Hungary
Product Code	Synrgy360XM - Combo Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360_{XM}

Synrgy360XM – Mix Package

Key Features:

- 2 Cable Stations
- Rebounder
- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Boxing Bag Connector
- Power Pivot
- 8 Accessory Storage Shelves
- 3 U-Link Adjustment Columns
- 3 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories: 1 TRX Suspension Trainer / 2 Short Handles / 2 Long Handles / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar



Mix Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 22' x 27' (6.7 x 8.2m)
- Required to bolt to a concrete sub-floor

Machine Weight	2,742 lbs (1,244 kg)
Dimensions (L x W x H)	108" x 173" x 101" (274 x 439 x 257) cm
Origin	Hungary
Product Code	Synrgy360XM - Mix Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360_S



Synrgy360S – Versa Package

Key Features:

- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Boxing Bag Connector
- Power Pivot
- 10 Accessory Storage Shelves
- 2 U-Link Adjustment Columns
- Step-Up Platform
- Dip Handle
- Included Accessories: 1 TRX Suspension Trainer / 1 Synrgy360 Power Pivot Bar



Versa Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 23' x 23' (7 x 7m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,345 lbs (610 kg)
Dimensions (L x W x H)	118" x 152" x 96" (300 x 386 x 244) cm
Origin	Hungary
Product Code	Synrgy360S - Versa Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360_S



Synrgy360S – Combo Package

Key Features:

- › Cable Station
- › Suspension Chin Up Bar
- › 2 Rock Grip Chin Up Bars
- › Power Pivot
- › 8 Accessory Storage Shelves
- › U-Link Adjustment Column
- › 2 Battle Rope Attachments
- › Step-Up Platform
- › Included Accessories: 1 TRX Suspension Trainer / 1 Short Handle / 1 Long Handle / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar



Combo Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 23' x 23' (7 x 7m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,772 lbs (804 kg)
Dimensions (L x W x H)	118" x 165" x 96" (300 x 419 x 244) cm
Origin	Hungary
Product Code	Synrgy360S - Combo Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360_S



Synrgy360S – Mix Package

Key Features:

- Cable Station
- Rebounder
- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Power Pivot
- 8 Accessory Storage Shelves
- U-Link Adjustment Column
- 2 Battle Rope Attachments
- Step-Up Platform
- Included Accessories: 1 TRX Suspension Trainer / 1 Short Handle / 1 Long Handle / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar



Mix Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 23' x 23' (7 x 7m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,861 lbs (844 kg)
Dimensions (L x W x H)	118" x 165" x 96" (300 x 419 x 244) cm
Origin	Hungary
Product Code	Synrgy360S - Mix Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360^{XS}

Synrgy360XS – Versa Package

Key Features:

- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Boxing Bag Connector
- Power Pivot
- 9 Accessory Storage Shelves
- 4 U-Link Adjustment Columns
- 4 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories: 1 TRX Suspension Trainer / 1 Synrgy360 Power Pivot Bar



Versa Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 22' x 22' (6.7 x 6.7m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,095 lbs (497 kg)
Dimensions (L x W x H)	89" x 89" x 99" (226 x 226 x 251) cm
Origin	Hungary
Product Code	Synrgy360XS - Versa Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360^{XS}



Synrgy360XS – Combo Package

Key Features:

- Cable Station
- 2 Suspension Chin Up Bars
- Rock Grip Chin Up Bar
- Power Pivot
- 7 Accessory Storage Shelves
- 4 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories: 1 TRX Suspension Trainer / 1 Short Handle/ 1 Long Handle / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar



Combo Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 22' x 22' (6.7 x 6.7m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,536 lbs (697 kg)
Dimensions (L x W x H)	89" x 108" x 96" (226 x 274 x 244) cm
Origin	Hungary
Product Code	Synrgy360XS - Combo Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360^{XS}



Synrgy360XS – Mix Package

Key Features:

- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Boxing Bag Connector
- Power Pivot
- 9 Accessory Storage Shelves
- 4 U-Link Adjustment Columns
- 4 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories: 1 TRX Suspension Trainer / 1 Synrgy360 Power Pivot Bar



Mix Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 22' x 22' (6.7 x 6.7m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,668 lbs (757 kg)
Dimensions (L x W x H)	92" x 108" x 99" (234 x 274 x 251) cm
Origin	Hungary
Product Code	Synrgy360XS - Mix Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360^{XS}



Synrgy360XS – Versa DAP Package

Key Features:

- 2 Cable Stations
- 2 Suspension Chin Up Bars
- Rock Grip Chin Up Bar
- 5 Accessory Storage Shelves
- 2 U-Link Adjustment Columns
- 4 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories: 1 TRX Suspension Trainer / 2 Short Handles / 2 Long Handles / 1 DAP Training Belt



Versa DAP Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 22' x 22' (6.7 x 6.7m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,935 lbs (878 kg)
Dimensions (L x W x H)	108" x 108" x 96" (274 x 274 x 244) cm
Origin	Hungary
Product Code	Synrgy360XS – Versa DAP Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360^{XS}

Synrgy360XS – Mix DAP Package

Key Features:

- 2 Cable Stations
- Rebounder
- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Boxing Bag Connector
- Power Pivot
- 3 Accessory Storage Shelves
- U-Link Adjustment Column
- 3 Battle Rope Attachments
- Step-Up Platform
- Included Accessories: 1 TRX Suspension Trainer / 2 Short Handles / 2 Long Handles / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar



**Mix DAP
Package**

- Ceiling High Requirement 2.8m
- Recommended Live Area : 22' x 22' (6.7 x 6.7m)
- Required to bolt to a concrete sub-floor

Machine Weight	2,099 lbs (952 kg)
Dimensions (L x W x H)	108" x 110" x 99" (274 x 279 x 251) cm
Origin	Hungary
Product Code	Synrgy360XS – Mix DAP Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360



Synrgy360T – Versa Package

Key Features:

- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Power Pivot
- 7 Accessory Storage Shelves
- 3 U-Link Adjustment Columns
- 2 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories: 1 TRX Suspension Suspension Trainer / 1 Synrgy360 Power Pivot Bar



Versa Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 11' x 22' (3.4 x 6.7m)
- Required to bolt to a concrete sub-floor

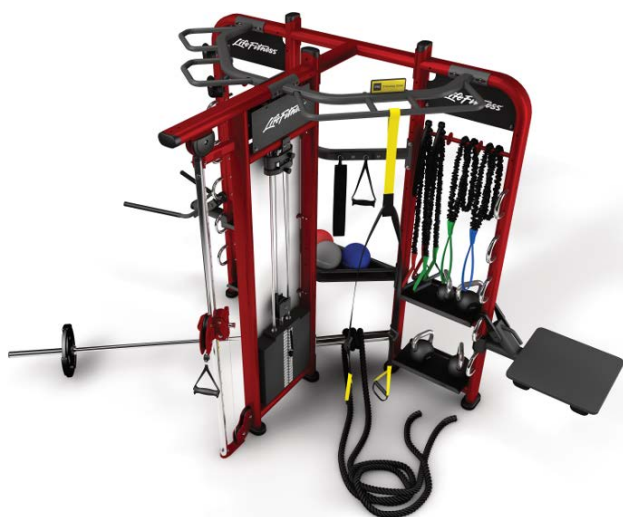
Machine Weight	866 lbs (393 kg)
Dimensions (L x W x H)	50" x 89" x 96" (127 x 226 x 244) cm
Origin	Hungary
Product Code	Synrgy360T – Versa Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360



Synrgy360T – Combo Package

Key Features:

- Cable Station
- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- Power Pivot
- 5 Accessory Storage Shelves
- 2 U-Link Adjustment Columns
- 2 Battle Rope Attachments
- Step-Up Platform
- Dip Handle
- Included Accessories: 1 TRX Suspension Trainer / 1 Short Handle / 1 Long Handle / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar



Combo Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 11' x 22' (3.4 x 6.7m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,289 lbs (585 kg)
Dimensions (L x W x H)	69" x 89" x 96" (175 x 226 x 244) cm
Origin	Hungary
Product Code	Synrgy360T – Combo Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360



Synrgy360T – Mix Package

Key Features:

- Cable Station
- Rebounder
- Suspension Chin Up Bar
- 3 Accessory Storage Shelves
- U-Link Adjustment Column
- Battle Rope Attachment
- Step-Up Platform
- Included Accessories: 1 TRX Suspension Trainer / 1 Short Handle / 1 Long Handle / 1 DAP Training Belt



Mix Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 11' x 22' (3.4 x 6.7m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,299 lbs (589 kg)
Dimensions (L x W x H)	69" x 91" x 96" (175 x 231 x 244) cm
Origin	Hungary
Product Code	Synrgy360T – Mix Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360



Synrgy360T – Versa DAP Package

Key Features:

- 2 Cable Stations
- Suspension Chin Up Bar
- Rock Grip Chin Up Bar
- 3 Accessory Storage Shelves
- U-Link Adjustment column
- 2 Battle Rope Attachments
- Step-Up Platform
- Included Accessories: 1 TRX Suspension Trainer / 2 Short Handles / 2 Long Handles / 1 DAP Training Belt



Versa DAP Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 11' x 22' (3.4 x 6.7m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,667 lbs (756 kg)
Dimensions (L x W x H)	69" x 108" x 96" (175 x 274 x 244) cm
Origin	Hungary
Product Code	Synrgy360T – Versa DAP Package

Strength Equipment

Project :

Item No. : 1

SYNRGY360_T



Synrgy360T – Rebounder DAP Package

Key Features:

- 2 Cable Stations
- Rebounder
- Suspension Chin Up Bar
- Accessory Storage Shelf
- Battle Rope Attachment
- Included Accessories: 1 TRX Suspension Trainer / 2 Short Handles / 2 Long Handles / 1 DAP Training Belt



Rebounder DAP Package

- Ceiling High Requirement 2.8m
- Recommended Live Area : 11' x 22' (3.4 x 6.7m)
- Required to bolt to a concrete sub-floor

Machine Weight	1,700 lbs (771 kg)
Dimensions (L x W x H)	69" x 110" x 96" (175 x 279 x 244) cm
Origin	Hungary
Product Code	Synrgy360T – Rebounder DAP Package

Strength Equipment

Project :

Item No. : 1

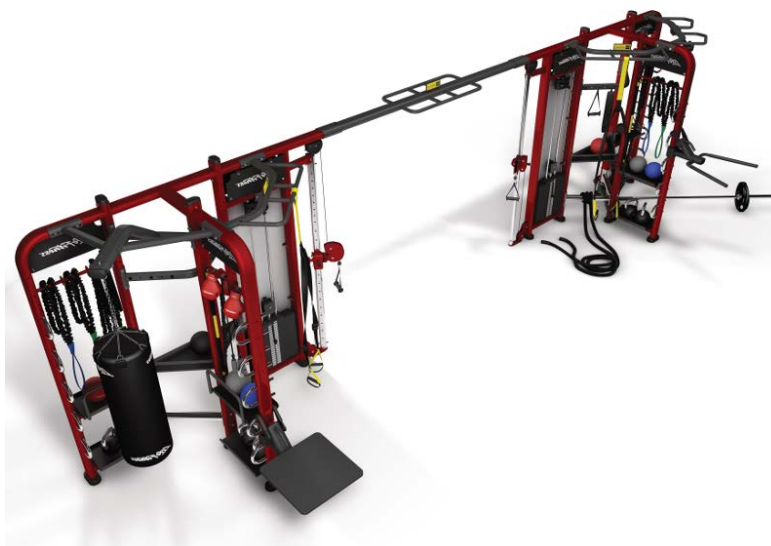
Optional Cable Crossover Boom

Key Features:

Combine Synrgy360 units by connecting Cable stations with the optional Cable Crossover Boom, to create a different training environment and added interior space

- Supports multiple suspension trainers
- Additional chin handles
- Available in three lengths

- Ceiling High Requirement 2.8m
- Required to bolt to a concrete sub-floor



Life Fitness Accessories

Project :

Item No. :



SYNRGY360

(New Options)

New Power Pivot

Introduces a new training modality.

- Includes Synrgy bar that reduces resistance by half compared to an Olympic bar
- Includes weight plate storage
- Backwards compatible with existing Synrgy units.



Improved Suspension Chin Up Bar

Better suspensions training and better ergonomics.

- Centered Suspension attachment location extended further into the space.
- Increase diameter of bar to 3.2cm



New Rock Grip Chin Up Bar

Adds variety to your workouts.

- Includes 2 textured Rock grips utilizing rock climbing walls technology.
- Includes 3.2cm diameter angled chin bars for less wrist strain and optimal chin up biomechanics.

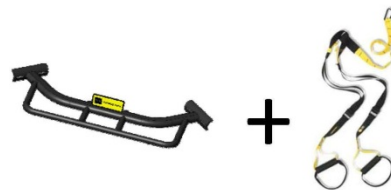


New option : Suspension Chin with TRX

Suspension Trainer included

Option to now select a TRX suspension trainer with the Suspension Chin Up Bar.

- Included in new configurations.



New Cable Crossover Boom Connector (FXT-BM)

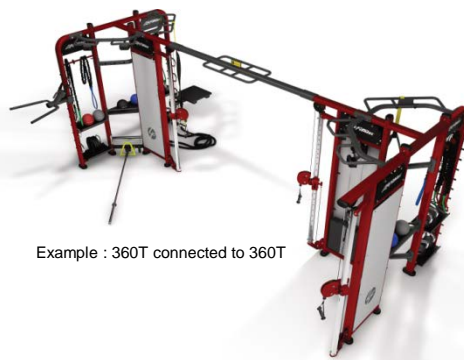
Allows you to connect 2 Cables together on any separate Synrgy360 units.

(Only on Synrgy Cables produced after January 1st, 2013.)

- Create more training options for chin ups & suspension training.
- Great for Squarsh & Racket ball courts.
- Available in 3 lengths:
 - 1) Short = 1.8m in length
 - 2) Medium = 2.1m in length
 - 3) Long = 2.4m in length



Example : 360T connected to 360XS



Example : 360T connected to 360T

Strength Equipment

Project :

Item No. :



Step Up Platform

Key Features:

- Compatible with Versa Spaces (FXTF-UU or FXTS-U) and Versa Cable Spaces (FXTF-CRU or FXTF-CLU)
- 22"x22" landing area with textured coating
- Easily be removed with handle and adjusted along vertical column from 6" - 36" in 6" increments
- Maximum Training capacity = 400lbs

Machine Weight	50lbs (23kg)
Dimensions (L x W x H)	34" x 22" x 13" (86 x 56 x 33) cm
Origin	Hungary
Product Code	FXT-STP

Strength Equipment

Project :

Item No. :



Dip Handles

Key Features:

- Compatible with Versa Spaces (FXTF-UU or FXTS-U) and Versa Cable Spaces (FXTF-CRU or FXTF-CLU)
- 1.5" diameter ergonomic gripped handle accommodates wide variety of user sizes
- Easily be removed with handle and adjusted along vertical column from 6"-36" in 6" increments

Machine Weight	27lbs (12kg)
Dimensions (L x W x H)	35" x 28" x 13" (88 x 70 x 33) cm
Origin	Hungary
Product Code	FXT-DIP

Life Fitness Accessory Kits

Project :

Item No. :



SYNRGY360_{XL}

ITEM CODE	VERSA	COMBO	MIX
	FGES-VERSA-360XL-00	FGES-COMBO-360XL-00	FGES-MIX-360XL-00
Dual Handle Covered Band-Red-Medium	3	3	2
Dual Handle Covered Band-Green-Very Heavy	3	3	2
Covered Loop Band-Blue-Heavy	3	3	2
Covered Loop Band-Green-Very Heavy	3	3	2
Battling Rope (10M x 1.5", black/red)	1	1	1
Life Fitness Escape Rubber 8kg Kettlebell	3	3	2
Life Fitness Escape Rubber 12kg Kettlebell	3	3	2
Life Fitness Escape Rubber 16kg Kettlebell	3	3	2
Life Fitness Escape Rubber 20kg Kettlebell	3	3	2
1kg Life Fitness Medicine Ball – Red			1
2kg Life Fitness Medicine Ball – Blue	3	2	3
3kg Life Fitness Medicine Ball – Grey	3	2	3
4kg Life Fitness Medicine Ball – Black	3	2	3
5kg Life Fitness Medicine Ball – Red	3	2	2
Life Fitness Hanging Punch bag (100 x 35cm -40kg)			1
Life Fitness 12oz Boxing Glove – Red – PAIR			2
Life Fitness Skipping Rope			1
TRX Rip Trainer	2	2	2
2.5kg Olympic Polyurethane Disc - Blue	1	1	1
5kg Olympic Polyurethane Disc – Grey	2	2	2
10kg Olympic Polyurethane Disc – Red	1	1	1

Life Fitness Accessory Kits

Project :

Item No. :



SYNRGY360_{XM}

ITEM CODE	VERSA	COMBO	MIX
	FGES-VERSA-360XM-00	FGES-COMBO-360XM-00	FGES-MIX-360XM-00
Dual Handle Covered Band-Red-Medium	3	2	2
Dual Handle Covered Band-Green-Very Heavy	3	2	2
Covered Loop Band-Blue-Heavy	3	2	2
Covered Loop Band-Green-Very Heavy	3	2	2
Battling Rope (10M x 1.5", black/red)	1	1	1
Life Fitness Escape Rubber 8kg Kettlebell	3	2	1
Life Fitness Escape Rubber 12kg Kettlebell	3	2	1
Life Fitness Escape Rubber 16kg Kettlebell	3	2	1
Life Fitness Escape Rubber 20kg Kettlebell	3	2	1
1kg Life Fitness Medicine Ball – Red			1
2kg Life Fitness Medicine Ball – Blue	3	2	2
3kg Life Fitness Medicine Ball – Grey	3	2	2
4kg Life Fitness Medicine Ball – Black	3	2	2
5kg Life Fitness Medicine Ball – Red	3	2	1
Life Fitness Hanging Punch bag (100 x 35cm -40kg)	1		1
Life Fitness 12oz Boxing Glove – Red – PAIR	2		2
Life Fitness Skipping Rope	1		1
TRX Rip Trainer	1	1	1
2.5kg Olympic Polyurethane Disc - Blue	1	1	1
5kg Olympic Polyurethane Disc – Grey	2	2	2
10kg Olympic Polyurethane Disc – Red	1	1	1

Life Fitness Accessory Kits

Project :

Item No. :



SYNRGY360_S

ITEM CODE	VERSA	COMBO	MIX
	FGES-VERSA-360S-00	FGES-COMBO-360S-00	FGES-MIX-360S-00
Dual Handle Covered Band-Red-Medium	1	2	2
Dual Handle Covered Band-Green-Very Heavy	1	2	2
Covered Loop Band-Blue-Heavy	1	2	2
Covered Loop Band-Green-Very Heavy	1	2	2
Battling Rope (10M x 1.5", black/red)	1	1	1
Life Fitness Escape Rubber 8kg Kettlebell	2	2	1
Life Fitness Escape Rubber 12kg Kettlebell	2	2	1
Life Fitness Escape Rubber 16kg Kettlebell	2	2	1
Life Fitness Escape Rubber 20kg Kettlebell	2	2	1
1kg Life Fitness Medicine Ball – Red			1
2kg Life Fitness Medicine Ball – Blue	2	2	2
3kg Life Fitness Medicine Ball – Grey	2	2	2
4kg Life Fitness Medicine Ball – Black	2	2	2
5kg Life Fitness Medicine Ball – Red	2	2	1
Life Fitness Hanging Punch bag (100 x 35cm -40kg)			1
Life Fitness 12oz Boxing Glove – Red – PAIR			2
Life Fitness Skipping Rope			1
TRX Rip Trainer	1	1	1
2.5kg Olympic Polyurethane Disc - Blue	1	1	1
5kg Olympic Polyurethane Disc – Grey	2	2	2
10kg Olympic Polyurethane Disc – Red	1	1	1

Life Fitness Accessory Kits

Project :

Item No. :

SYNRGY360_{XS}



ITEM CODE	VERSA	COMBO	MIX	Versa DAP	Mix DAP
	FGES-VERSA-360XS-00	FGES-COMBO-360XS-00	FGES-MIX-360XS-00	FGES-VDAP-360XS-00	FGES-MIXDAP-360XS-00
Dual Handle Covered Band-Red-Medium	2	2	1	1	1
Dual Handle Covered Band-Green-Very Heavy	2	2	1	1	1
Covered Loop Band-Blue-Heavy	2	2	1	1	1
Covered Loop Band-Green-Very Heavy	2	2	1	1	1
Battling Rope (10M x 1.5", black/red)	1	1	1	1	1
Life Fitness Escape Rubber 8kg Kettlebell	2	2	1	1	1
Life Fitness Escape Rubber 12kg Kettlebell	2	2	1	1	1
Life Fitness Escape Rubber 16kg Kettlebell	2	2	1	1	1
Life Fitness Escape Rubber 20kg Kettlebell	2	2	1	1	1
1kg Life Fitness Medicine Ball – Red			1		
2kg Life Fitness Medicine Ball – Blue	2	1	2	1	1
3kg Life Fitness Medicine Ball – Grey	2	1	2	1	1
4kg Life Fitness Medicine Ball – Black	2	1	2	1	1
5kg Life Fitness Medicine Ball – Red	2	1	1	1	1
Life Fitness Hanging Punch bag (100 x 35cm -40kg)	1		1		1
Life Fitness 12oz Boxing Glove – Red – PAIR	2		2		2
Life Fitness Skipping Rope	1		1		1
TRX Rip Trainer	1	1	1	1	1
2.5kg Olympic Polyurethane Disc - Blue	1		1		1
5kg Olympic Polyurethane Disc – Grey	2		2		2
10kg Olympic Polyurethane Disc – Red	1		1		1

Life Fitness Accessory Kits

Project :

Item No. :

SYNRGY360



ITEM CODE	VERSA	COMBO	MIX	Versa DAP	Mix DAP
	FGES-VERSA-360T-00	FGES-COMBO-360T-00	FGES-MIX-360T-00	FGES-VDAP-360T-00	FGES-RBDAP-360T-00
Dual Handle Covered Band-Red-Medium	2	1	1	1	
Dual Handle Covered Band-Green-Very Heavy	2	1	1	1	
Covered Loop Band-Blue-Heavy	2	1	1	1	
Covered Loop Band-Green-Very Heavy	2	1	1	1	
Battling Rope (10M x 1.5", black/red)	1	1	1	1	
Life Fitness Escape Rubber 8kg Kettlebell	1	1	1	1	
Life Fitness Escape Rubber 12kg Kettlebell	2	1	1	1	1
Life Fitness Escape Rubber 16kg Kettlebell	2	1	1	1	1
Life Fitness Escape Rubber 20kg Kettlebell	1	1	1	1	
1kg Life Fitness Medicine Ball – Red					
2kg Life Fitness Medicine Ball – Blue	1	1	1		1
3kg Life Fitness Medicine Ball – Grey	2	1	1	1	1
4kg Life Fitness Medicine Ball – Black	2	1	1	1	1
5kg Life Fitness Medicine Ball – Red	1	1	1	1	1
Life Fitness Hanging Punch bag (100 x 35cm -40kg)					
Life Fitness 12oz Boxing Glove – Red – PAIR					
Life Fitness Skipping Rope					
TRX Rip Trainer					
2.5kg Olympic Polyurethane Disc - Blue	1	1			
5kg Olympic Polyurethane Disc – Grey	2	2			
10kg Olympic Polyurethane Disc – Red	1	1			

Life Fitness Accessories

Project :

Item No. :

TRX Pro Suspension Training Kit P3

The new TRX® Commercial Suspension Trainer is our most durable product to date, designed to meet the demands of high-volume usage in commercial environments. The TRX Commercial Suspension Trainer is armed with commercial-grade rubber handles, a Kevlar® Equalizer Loop, easily adjustable barrel-locks, and a locking carabiner to keep your investment safe and secure.,



THE COMMERCIAL PACK INCLUDES:

- TRX Commercial Suspension Trainer
- Xtender
- Get Started Insert – Includes setup instructions and warranty information
- Setup & Use CD – Extended setup instructions and ready to use marketing materials
- Allen Wrench – 2.5mm allen wrench secures locking carabiner

