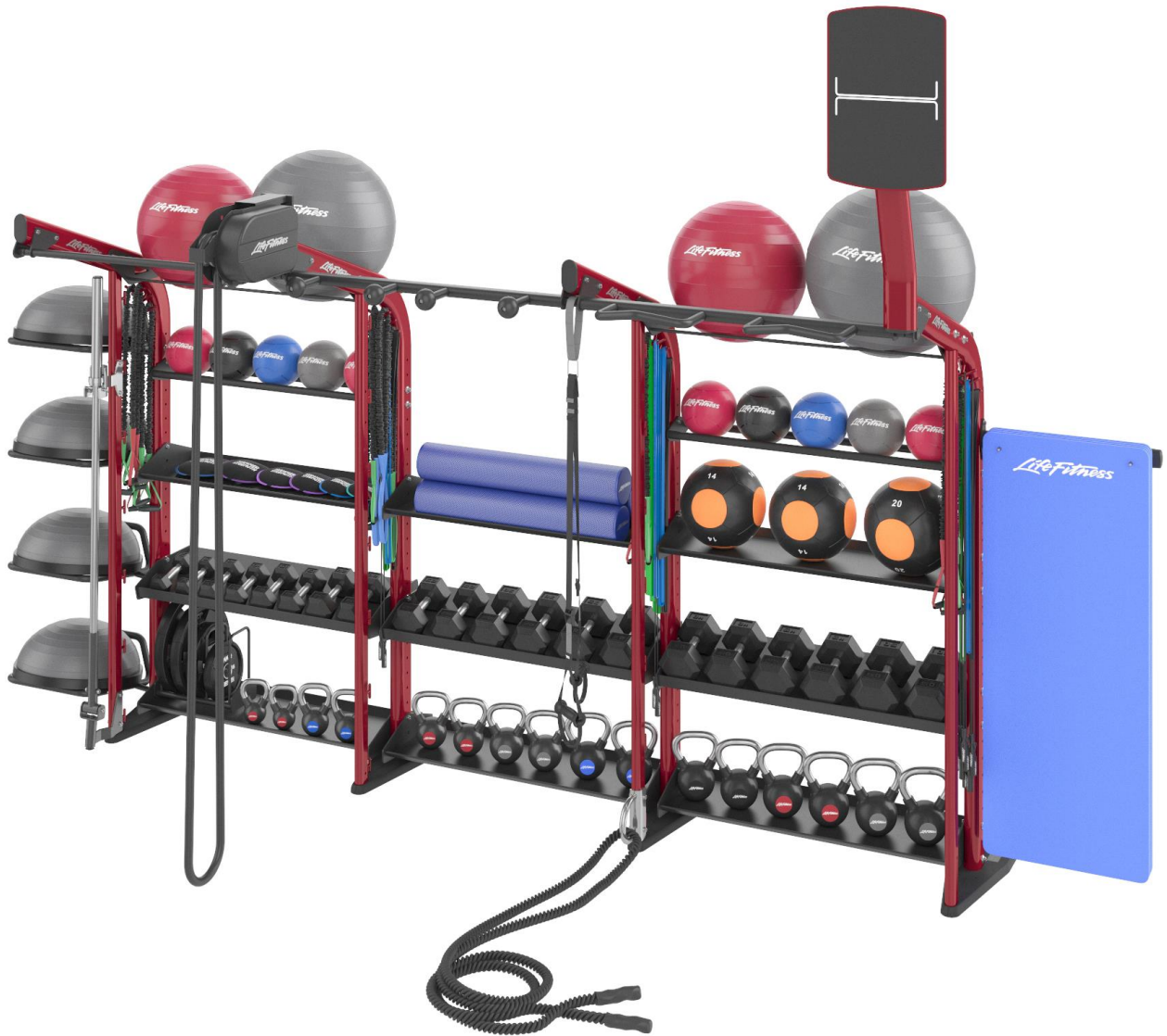


SYNRGY180



LifeFitness

Minimal Footprint

- 48" depth from wall
See Footprint and Live Area page for more details

Accessory Storage

- Maximized accessory storage capacity for a variety of different accessory types.
- Multiple options.
- 6 Band storage pegs per side frame
See Accessory Compatibility page for more details



Body Weight Training

- Anchor points spaced 49" apart
See Side Frame page for more details

Trending On-Product Options

- Power Pivot
- Battle Rope Anchor
- Rope Pull
- Wall Ball Target
- Heavy Bag Anchor

Product Options

- Chin Options
- Shelf Options
- Side Storage Options
- On-Product Exercise Options

Limitless Expandability

- Choose from a single training bay to an unlimited amount of training bays

COMPACT DESIGN

- Small footprint
- Premium aesthetic

BODY WEIGHT TRAINING ANCHOR

- Body Weight Training Anchor standard on the Side Frame
- 24" (61 cm) clearance from frame (all the way to the floor) for Body Weight Training

24" (61 cm)

BAND STORAGE

- 6 Storage Pegs per Leg

BAND ANCHORS

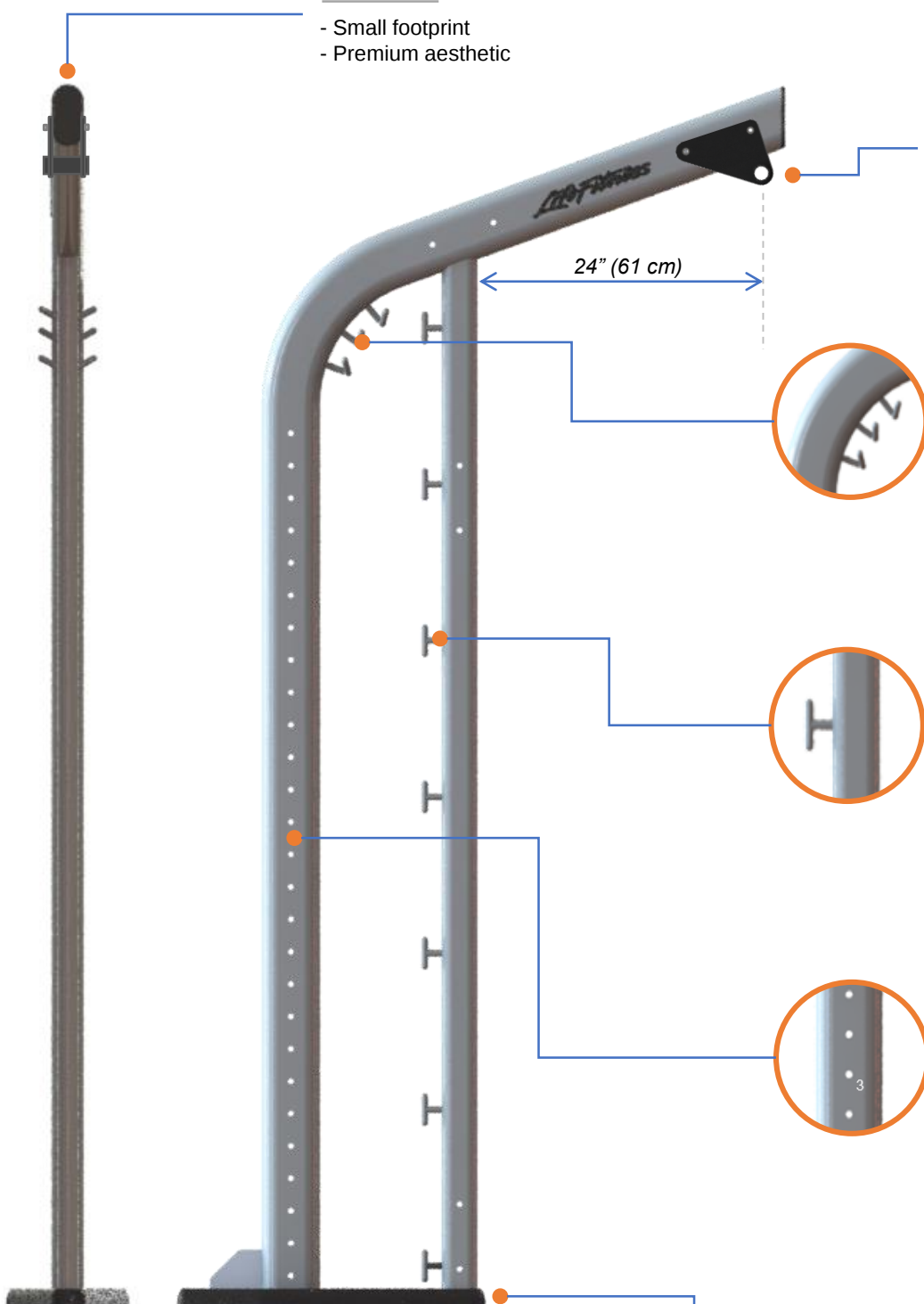
- 7 locations in 1-foot (30 cm) increments
- Quick and conveniently located

CUSTOM CONFIGURABLE

- 27 holes (2.5" (6.4 cm) spacing on center)
- Lowest hole: 2 3/8" (6 cm)
- Highest hole: 67 3/8" (171 cm)
- Position indicators for shelf spacing

DURABLE FOOT COVERS

- Hides flooring anchors
- Easy to clean
- Easy to install
- See *Side Frame – Foot Cover* page for more



Front View

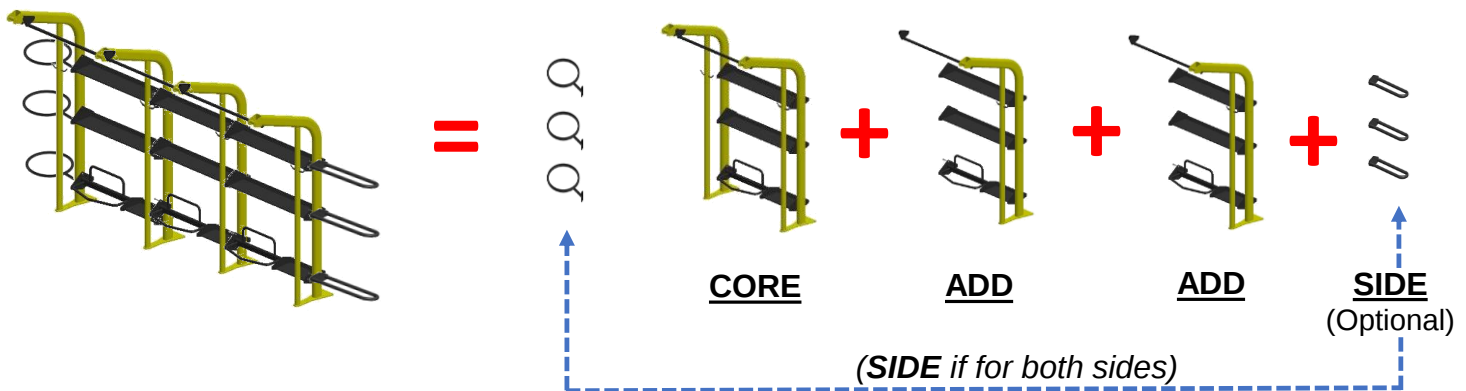
Side View

SYNRGY180 Side Frame

NOTE: SYNRGY180 is required Bolt-to-Floor
3 BOLTS INCLUDED (per Foot)

Overview

- Need to order multiple items (SKUs) to order 1 functional rig.
- Every rig must have 1 CORE.
- Each ADD increases the width by 49"
- SIDE increases the width by 24" on each side of the unit



Step 1 (Configure the CORE) :

Select options for:

- Shelf Options (5 Shelf locations "positions")
 - Shelf options have rules regarding how many "positions" each option requires.
 - Always start selecting the Shelves with the bottom position (#1) first.
- Note:* Stall Bars do not allow any Chin option or Stability Ball storage.
- Chin
- Stability Ball Storage
- Frame Top (2 per CORE, 1 per ADD)
- Frame Bottom (2 per CORE, 1 per ADD)

Step 2 (Configure the ADD) :

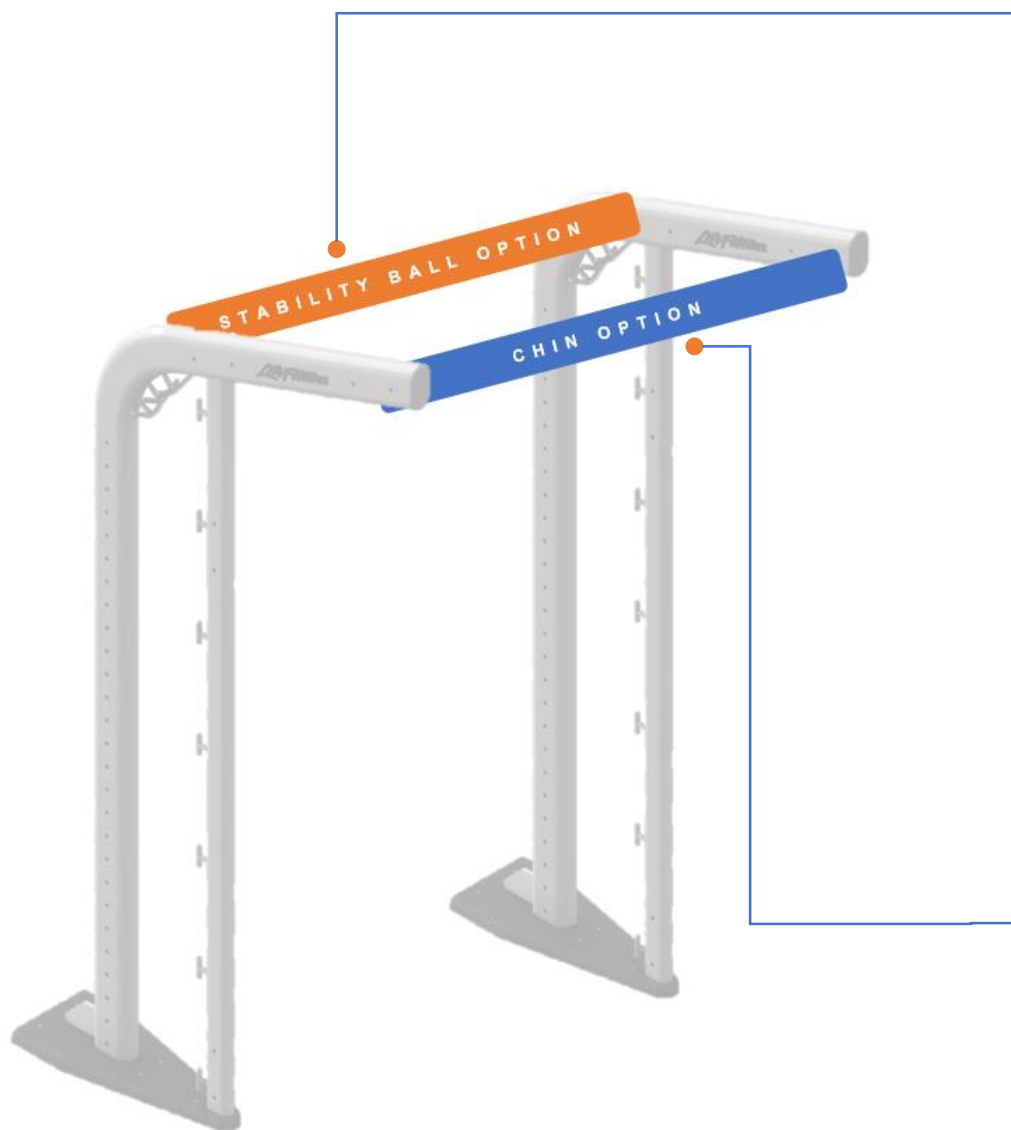
Select options same as the CORE above.

Configure as many ADD items needed for the desired width.

Step 3 (Configure the SIDE) :

Select options for:

- Side Storage Options (5 Shelf locations "positions" per side)
 - Side Storage options have rules regarding how many "positions" each option requires.
 - Always start selecting the Side Storage with the bottom position (#1) first.



Stability Ball Storage

Stability Ball Storage

- Does not include Stability Balls



Suspension Chin

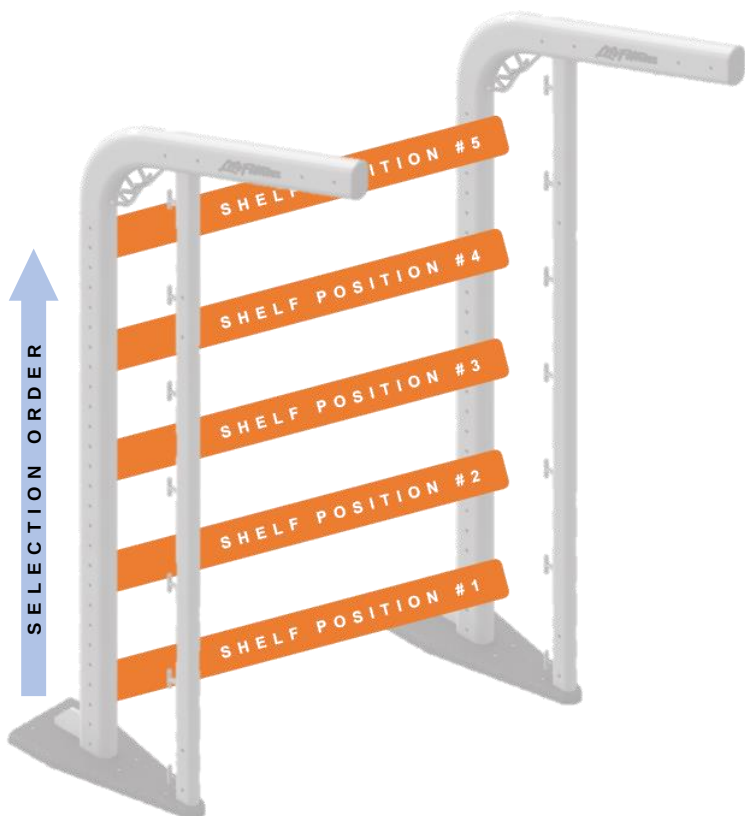


Multi Grip Chin



Rock Ball Chin

Chin Options



Note: Each shelf has unique rules that can affect the positioning of the next shelf.

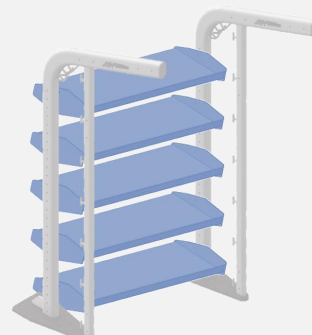
See [Shelf Compatibility](#) page for more information.



Dual Rail Shelf
Shown with 5 Shelves



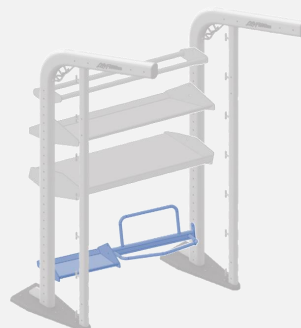
Accessory Storage Shelf
Shown with 5 Shelves



Dumbbell Storage Shelf
Shown with 5 Shelves



Stall Bars
Note: Stall Bars remove the Chin & Stability Ball Storage options.



BOSU+ Shelf

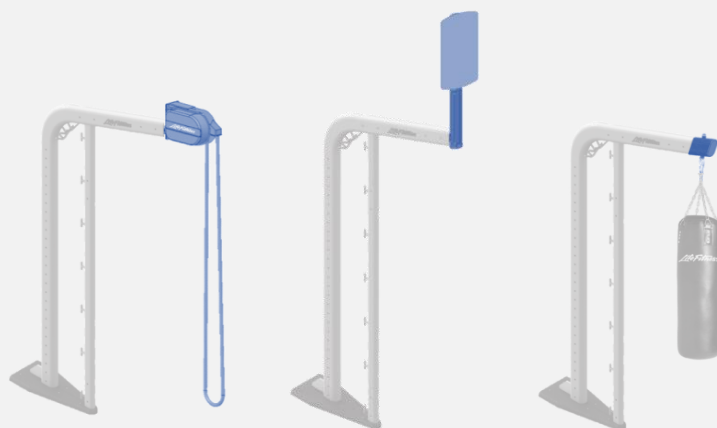


ViPR Storage Shelf



ViPR w/Mat Storage Shelf

No accessories included with shelf options



Rope Pull

Wall Ball Target

Heavy Bag Anchor

Frame Top Options

- Wall Ball Target does not include Wall Balls
- Heavy Bag Anchor does not include Heavy Bag

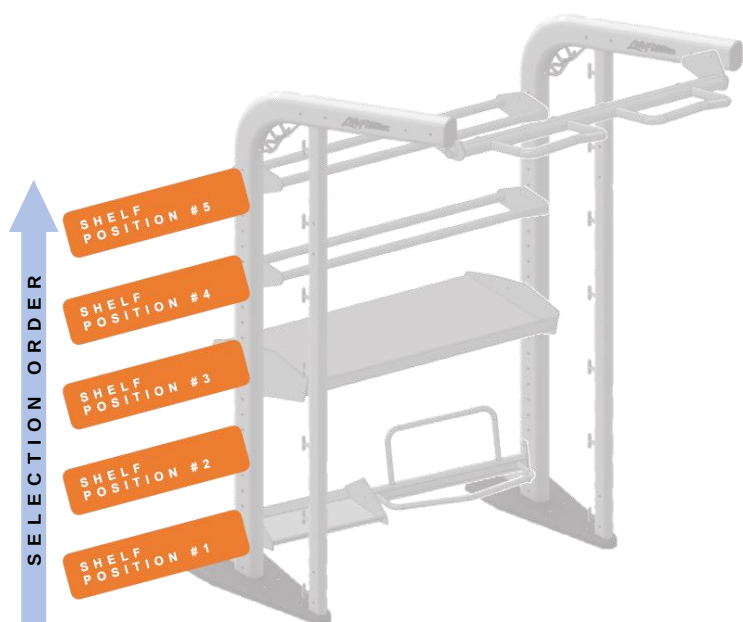


Battle Rope Anchor

Power Pivot

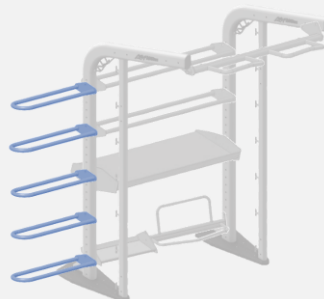
Frame Bottom Options

- Battle Rope Anchor does not include Battle Rope
- Power Pivot includes **bar** & weight plate storage **rack**, but does not include weight plates
 - Weight Plate Storage rack can attach to Side Frame, Accessory Storage Shelf, or sit on the Floor

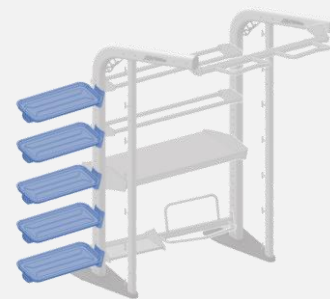


Note: Each shelf has unique rules that can affect the positioning of the next shelf.

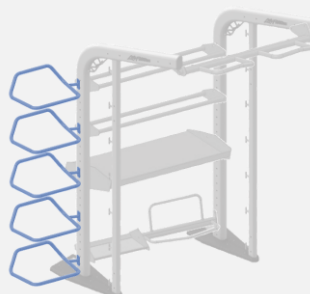
See [Shelf Compatibility](#) page for more information.



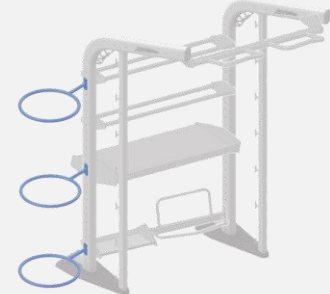
Dual Rail



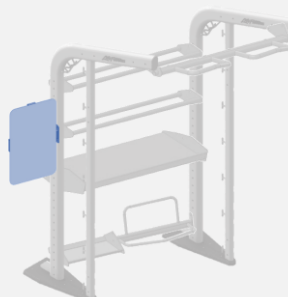
Rubber Shelf



BOSU Ball Storage



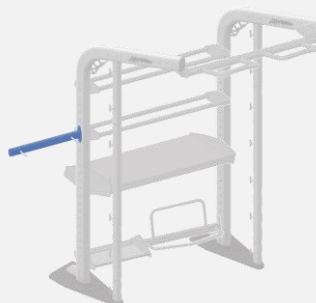
Stability Ball Storage



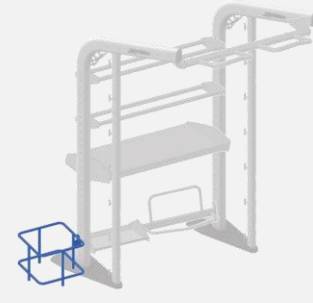
Workout Board



Power Blocks Storage



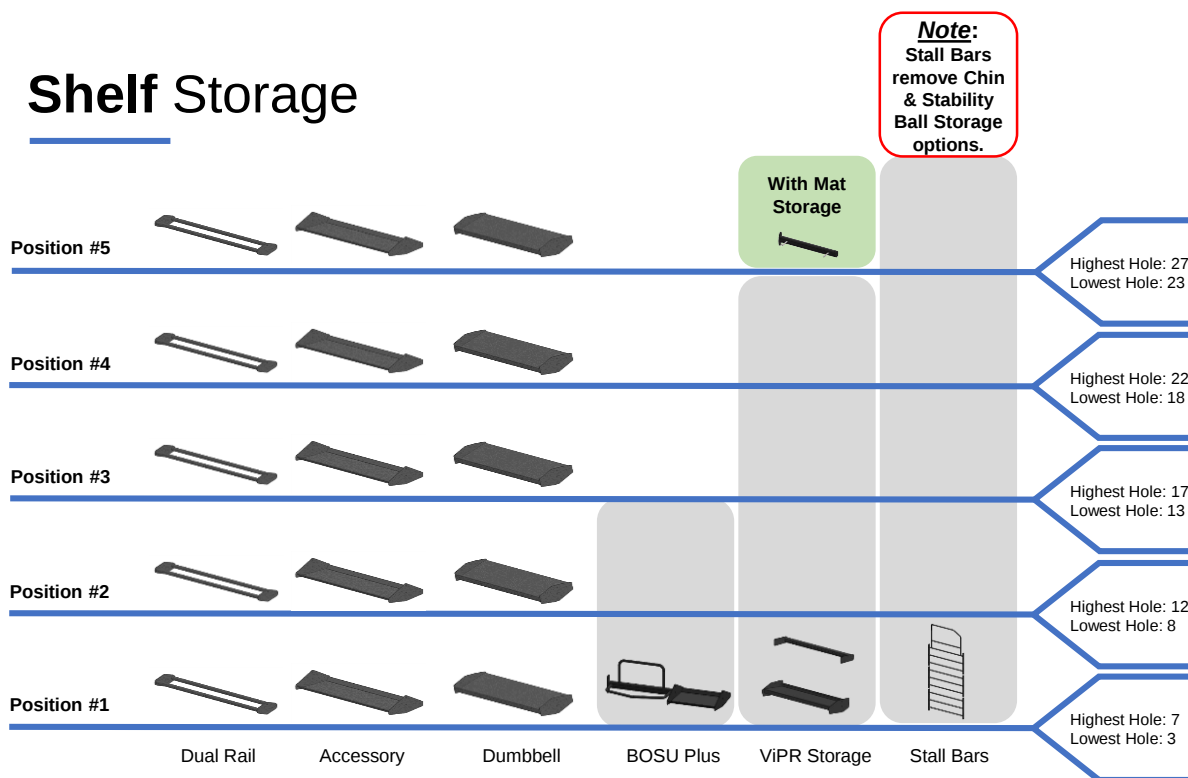
Mat Storage



Foam Roller Storage

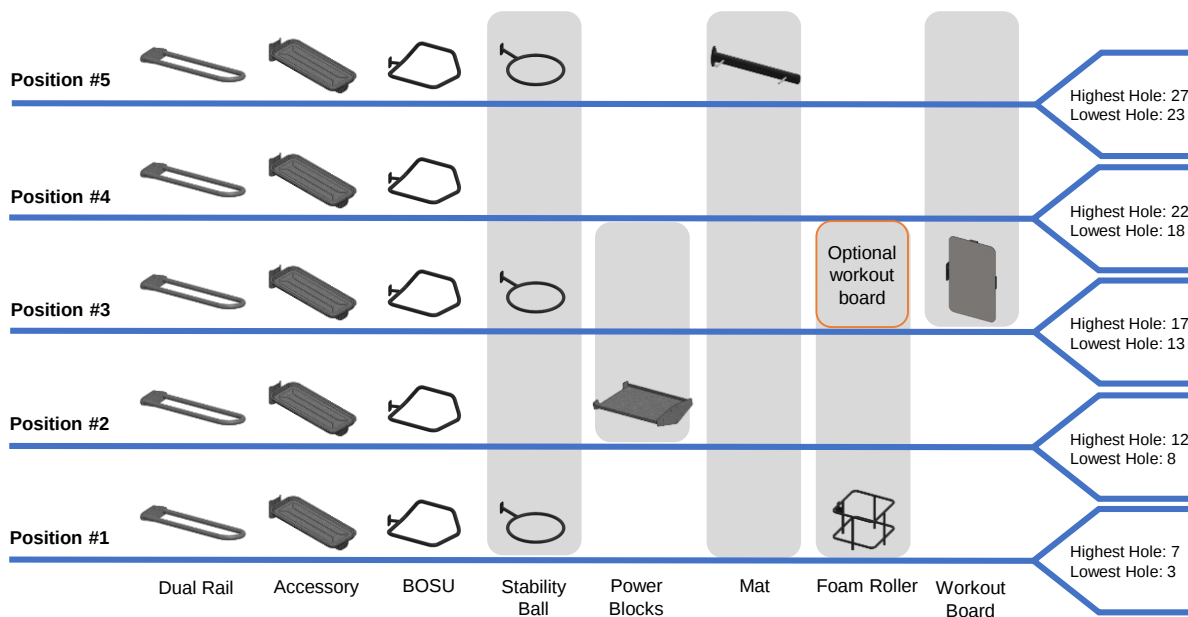
No accessories included with shelf options

Shelf Storage

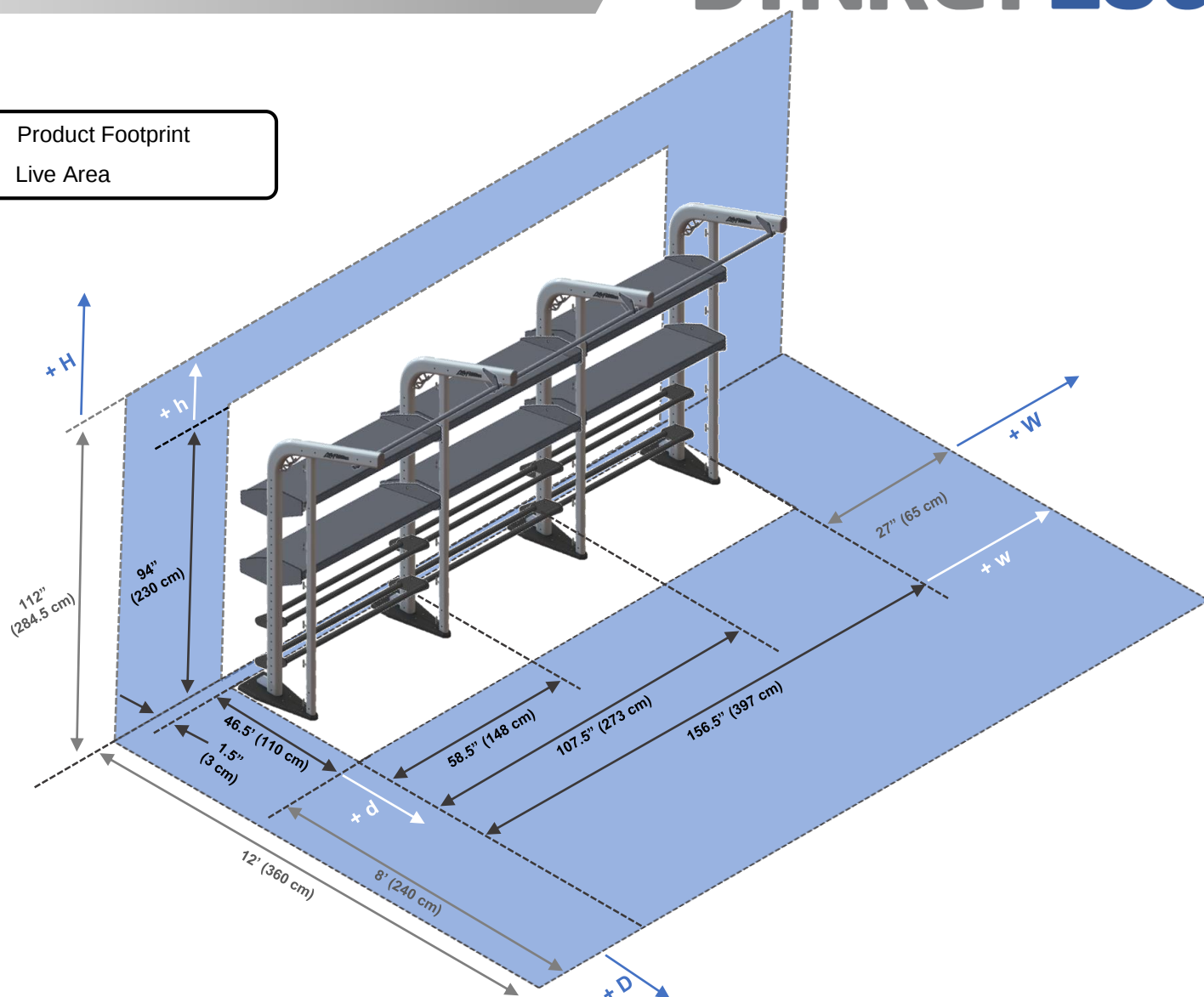
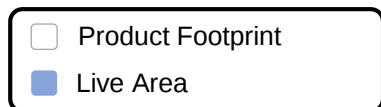


Note: Shaded cells signify the occupied positions of the current shelf option with shelf accessories

Side Storage



Note: Shaded cells signify the occupied positions of the current shelf option with shelf accessories



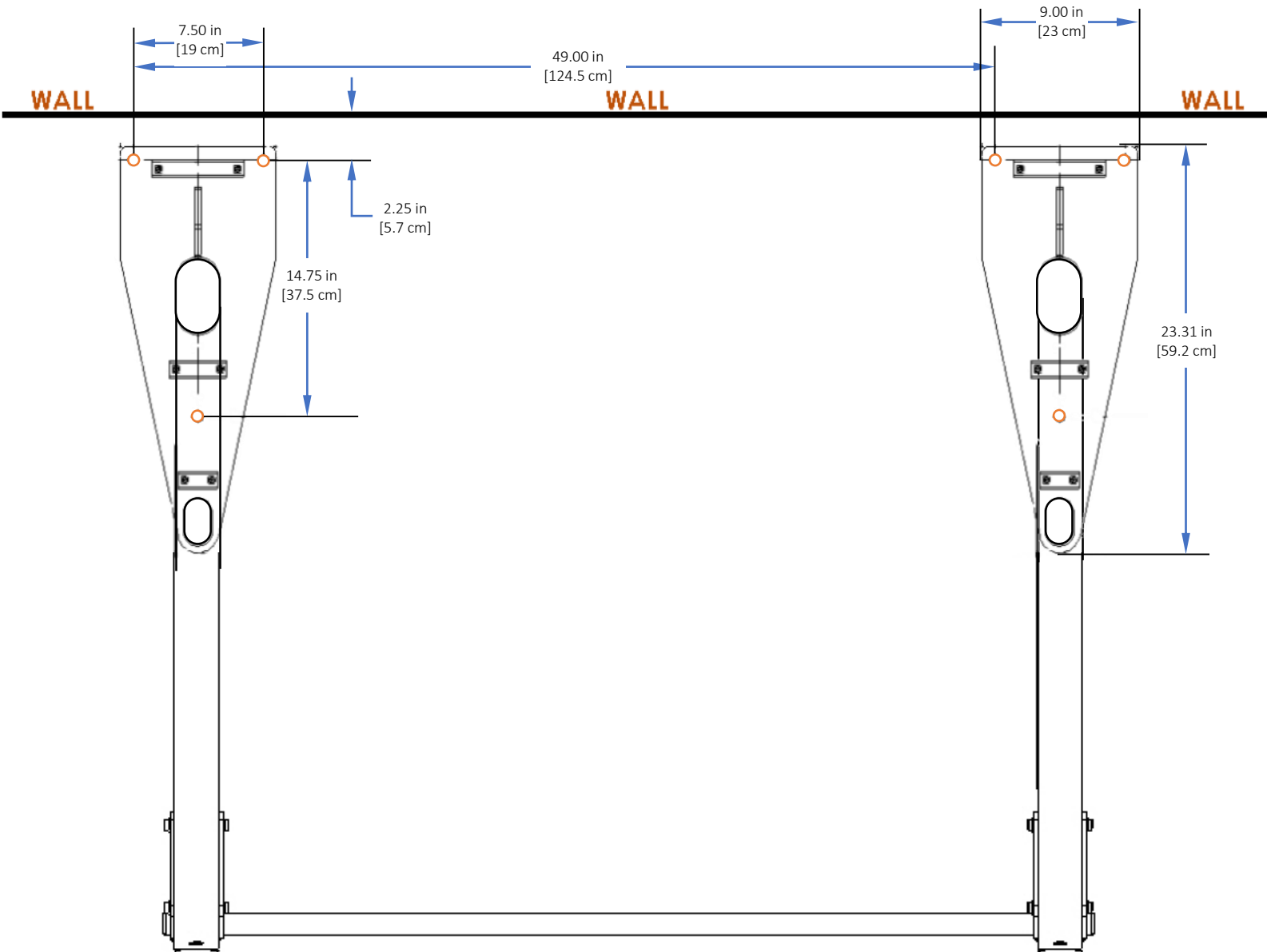
Note: Some options increase Footprint and Live Area		FOOTPRINT			LIVE AREA		
		d	w	h	D	W	H
FRAME	Rope Pull	+ 20.5" (52 cm)	N/A	+ 6" (15 cm)	N/A	N/A	N/A
	Wall Ball Target	+ 7.5" (19 cm)	+ 3" (7.5 cm)	+ 38" (97 cm)			+ 38" (97 cm)
	Boxing Connector	+ 6.5" (16.5 cm)	N/A	+ 3" (7.5 cm)			N/A
SIDE STORAGE OPTION	Dual Rail	N/A	+ 27" (68.5 cm)	N/A	N/A		
	Accessory		+ 26.5" (67 cm)				
	BOSU		+ 22" (56 cm)				
	Stability Ball		+ 21.8" (55 cm)				
	Work Out Board		+ 15.5" (39 cm)				
	Power Blocks Pro 50		+ 26" (66 cm)				
	Mat		+ 25" (63.5 cm)				
	Roller		+ 20.5" (52 cm)				

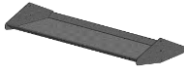
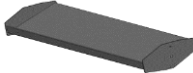
	MODEL	WEIGHT (lbs / kg)	DIMENSIONS D x W x H (in. / cm)	LOAD RATING (lbs / kg)
	CORE	176 lbs / 80 kg	46.5" x 59" x 94" / 118 x 150 x 239 cm	N/A
	ADD	87 lbs / 39 kg	46.5" x 9" x 94" / 118 x 23 x 239 cm	N/A
FRAME TOP OPTIONS	Rope Pull	55 lbs / 25 kg	45" x 8" x 18.5" / 114 x 20 x 47 cm	N/A
	Wall Ball Target	43 lbs / 20 kg	31.5" x 16" x 50" / 80 x 41 x 127 cm	N/A
	Heavy Bag Anchor	13 lbs / 6 kg	34" x 2.5" x 8.5" / 86 x 6 x 22 cm	100 lbs / 45 kg
FRAME BOTTOM OPTIONS	Power Pivot (Bar)	35 lbs / 16 kg	8.5" x 4.5" x 80" / 22 x 11 x 203 cm	315 lbs / 143 kg
	Power Pivot (Weight Plate Storage)	13 lbs / 6 kg	8" x 16.5" x 12.5" / 20 x 42 x 32 cm	270 lbs / 122 kg
	Battle Rope Anchor	5 lbs / 2 kg	7" x 2" x 8" / 18 x 5 x 20 cm	N/A
CHIN OPTIONS	Suspension Chin	9 lbs / 4 kg	7" x 49" x 5" / 18 x 124 x 13 cm	300 lbs / 136 kg
	Multi-Grip Chin	22 lbs / 10 kg	17" x 49" x 5" / 43 x 124 x 13 cm	300 lbs / 136 kg
	Rock Chin	22 lbs / 10 kg	15" x 49" x 5" / 38 x 124 x 13 cm	300 lbs / 136 kg
	Stability Ball Storage	14 lbs / 6 kg	21.5" x 46.5" x 7" / 55 x 118 x 18 cm	N/A
SHELF OPTIONS	Dual Rail Shelf	15 lbs / 7 kg	9.5" x 46.5" x 4" / 24 x 118 x 10 cm	120 lbs / 54 kg
	Accessory Shelf	42 lbs / 19 kg	17" x 46.5" x 6.5" / 43 x 118 x 17 cm	680 lbs / 308 kg
	Dumbbell Shelf	49 lbs / 22 kg	18" x 46.5" x 6" / 46 x 118 x 15 cm	330 lbs / 150 kg
	Bosu+ Shelf	37 lbs / 17 kg	21" x 46.5" x 14" / 53 x 118 x 36 cm	200 lbs / 91 kg
	Stall Bars	104 lbs / 47 kg	6.5" x 46.5" x 89.5" / 17 x 118 x 227 cm	300 lbs / 136 kg
	ViPR Storage Shelf	41 lbs / 19 kg	14" x 46.5" x 66" / 36 x 118 x 168 cm	330 lbs / 150 kg
	ViPR w/ Mat Storage Shelf	49 lbs / 22 kg	14" x 46.5" x 66" / 36 x 118 x 168 cm	330 lbs / 150 kg
SIDE STORAGE OPTIONS	Dual Rail	11 lbs / 5 kg	9.5" x 30.5" x 4" / 24 x 77 x 10 cm	90 lbs / 41 kg
	Accessory	38 lbs / 17 kg	12" x 30" x 7" / 30 x 76 x 18 cm	135 lbs / 61 kg
	BOSU	10 lbs / 4.5 kg	20" x 26" x 9" / 51 x 66 x 23 cm	N/A
	Stability Ball	6 lbs / 3 kg	19" x 25.5" x 4" / 48 x 65 x 10 cm	N/A
	Work Out Board	33 lbs / 15 kg	2" x 19" x 30" / 5 x 48 x 76 cm	N/A
	Power Blocks Pro 50	36 lbs / 16 kg	17" x 29.5" x 7" / 43 x 75 x 18 cm	100 lbs / 45 kg
	Mat	8 lbs / 4 kg	6.5" x 26.5" x 6.5" / 17 x 67 x 17 cm	N/A
	Roller	22 lbs / 10 kg	21" x 22" x 17" / 53 x 55 x 43 cm	N/A

S180 ANCHORS

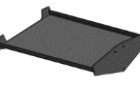
- 3 anchors per foot
- Dimensions show approximate lengths
- SYNRGY180 is required Bolt-to-Floor

○ Bolt holes



	ACCESSORY OPTIONS (per Shelf)					
	BOSU Plus 	Accessory 	Dual Rail 	Dumbbell 	ViPR Roller w/ optional Mat 	Stall Bars 
Accessories						
BOSU Balls	X					No Accessory Storage Great for Suspension & Band Training
Med Balls	X	X	X			
Slam Balls	X	X	X			
Sand Bells	X	X		X		
Wall Balls	X	X	X			
ViPR Pro		X			X	
Kettlebells	X	X		X		
Dumbbells		X		X		
Foam Rollers		X		X	X	
Exercise Mats					X	
Core Bags		X	X	X		
Misc. – Speed Cones, Ab Wheel, etc.	X	X				

Note: Bands and Jump Ropes can be placed on the Side Frame

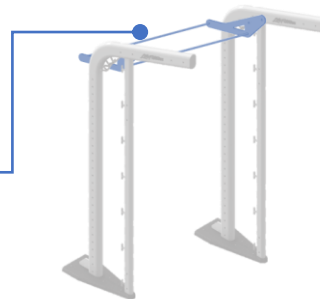
	ACCESSORY OPTIONS (per Side Storage Shelf)							
	Dual Rail 	Rubber 	Stability Ball 	BOSU Ball 	Power Blocks 	Mat 	Foam Roller 	Workout Board 
Accessories								
BOSU Balls				X				No Accessory Compatibility Marker & Eraser Storage location behind board
Med Balls	X	X						
Slam Balls	X	X						
Sand Bells		X						
Wall Balls	X	X						
Stability Balls			X					
Kettlebells		X						
Foam Rollers	X	X					X	
Exercise Mats						X		
Power Blocks Pro 50					X			
Core Bags	X	X						
Misc. – Speed Cones, Ab Wheel, etc.		X						

Note: Bands and Jump Ropes can be placed on the Side Frame

Stability Ball Storage



- Holds two 55cm Stability Balls
- Positioned to allow 55cm Stability Ball to fit in between chin and storage for ease of access

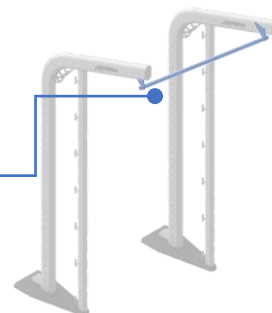


Available Position

Suspension Chin



- Ideal for traditional & kipping pull-ups
- Bar Diameter: 1.25" (3.2 cm)

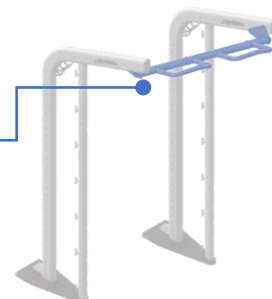


Available Position

Multi Grip Chin



- Provides most variety with 4 hand position locations
- Cross Bar Diameter: 1.25" (3.2 cm)
- Widest Grip: 35" (89 cm)
- Shortest Grip: 8.5" (21.5 cm)

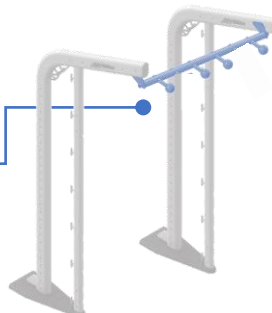


Available Position

Rock Ball Chin



- Ideal for developing grip strength
- Ball Grips diameter: 3" (7 cm)
- Neutral grip position bar diameter: 1.25 (3.2 cm)



Available Position



Wall Ball Target

- White lines represent the 10' height mark
- Bottom of board: 9'
- Top of board: 11'
- Only use with Wall Balls
- Adds 38" (97 cm) to height of Rig
- Target size: 24" x 16" (61 x 40.5 cm)

Remember to add storage for the wall balls.



Rope Pull

- 5 resistance level adjustments
- Adds 6" (15 cm) to rig height.

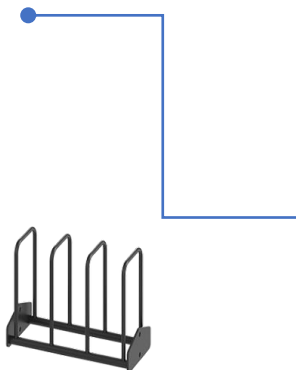


Heavy Bag Anchor

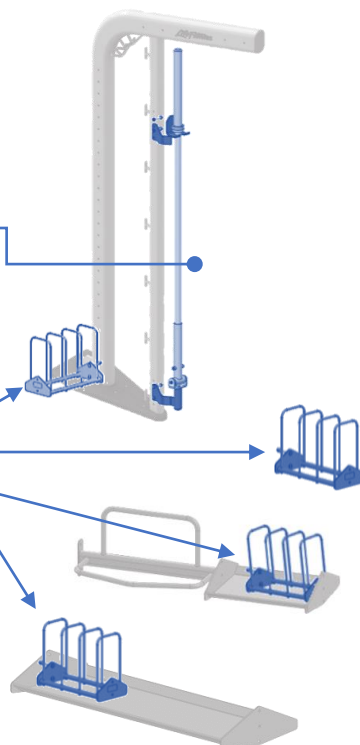
- Includes carabineer and swivel reduces wear
- Adds 3" (7.5 cm) to rig height.
- Heavy bag not included



Power Pivot



- **Custom Synrgy180 bar included.**
 - Bar Weight: 23 lb (half of an Olympic bar)
 - Bar Grip Diameter: 1.375"
 - Bar stores vertically next to frame.
 - Bar attached to unit (not removable).
- **Weight Plate Storage Rack included.**
 - Multiple storage locations:
 - Can bolt to frame as side storage.
 - Can be placed on floor.
 - Can bolt into the Bosu Plus Shelf.
 - Can bolt into the Accessory Shelf.
 - Weight Plate Storage capacity:
 - Holds up to six 25 lb plates.
 - Will hold up to six 45 lb plates but require the shelf above to be moved up for the additional height (provided there is enough space available.)
 - Weight plates **NOT** included

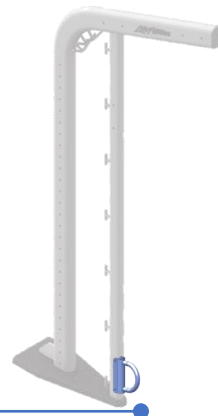


Note: not compatible with Heavy Bag Anchor

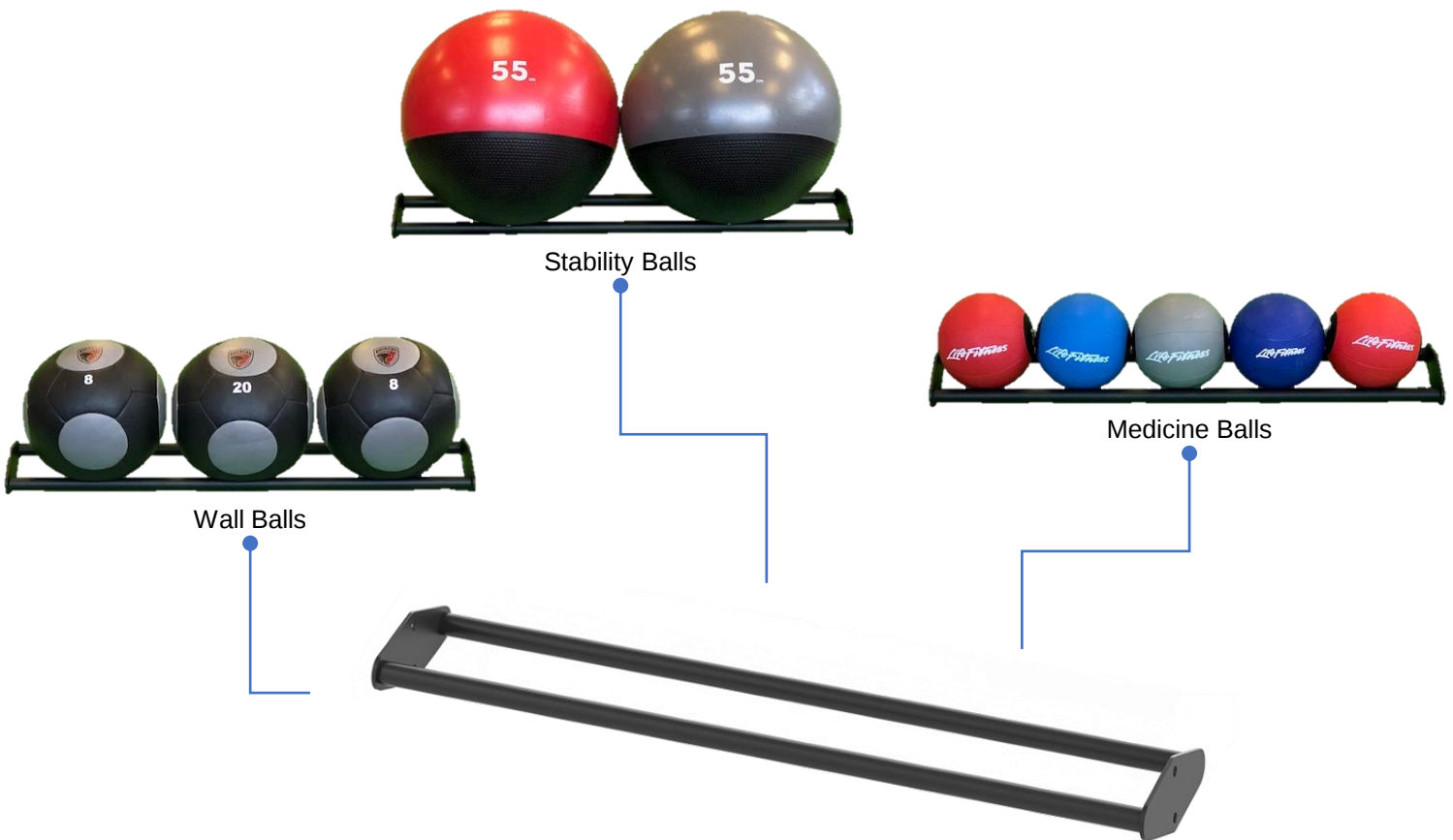
Battle Rope Anchor



- Chrome Plated for durability.
- No sharp edges to protect rope.
- Battle rope **NOT** included



Dual Rail Shelf – Storage



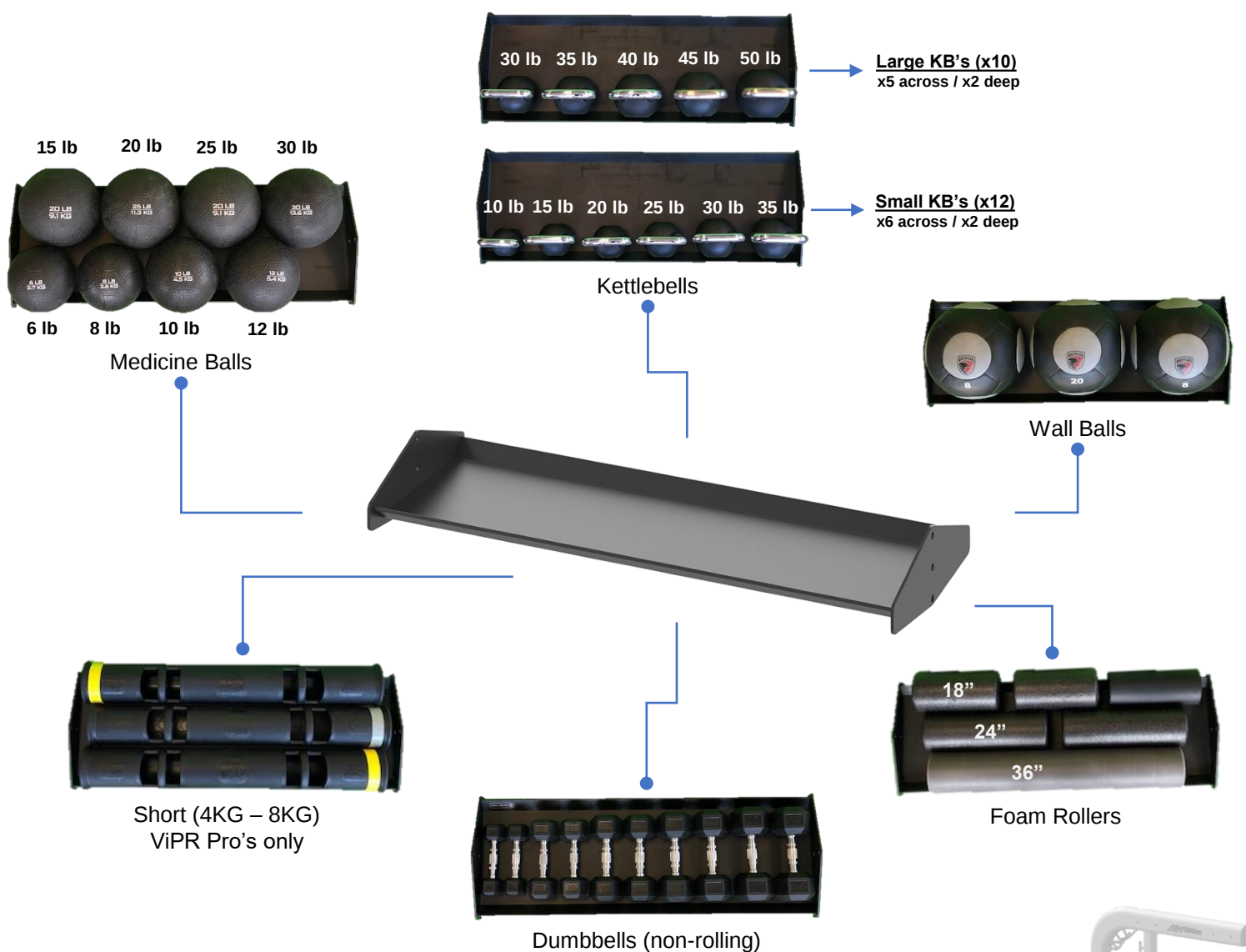
Ideal for ball storage

- 5.75" (14.6 cm) between rails



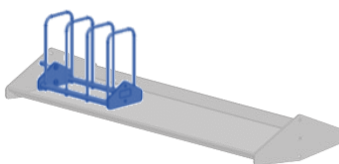
Available Shelf Positions

Accessory Shelf – Storage



Ideal for general accessory storage including Kettlebells, Sand Bells, HEX/non-rolling Dumbbells, Med Balls, Wall Balls, Foam Rollers, etc. Most versatile shelf.

- Medicine Ball and Kettlebell capacity vary greatly depending on size. See images above for guidance.
- Useable space: 45.5" x 13" (115.5 x 33 cm)
- Power Pivot Weight Plate Storage can be connected to the Accessory Shelf (shown below)



Available Shelf Positions

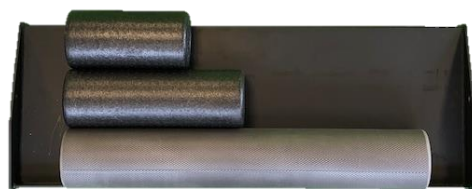
Dumbbell Shelf – Storage



Core Bags – x4
Positioned backwards & flat



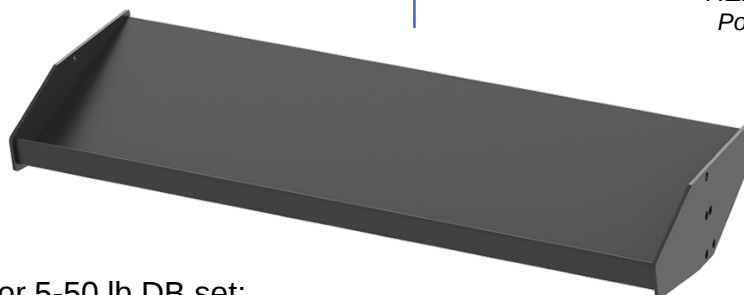
HEX Dumbbells (5LB – 25LB)
Positioned forward & angled/flat



Foam Rollers
Positioned forward & angled



HEX Dumbbells (30LB – 40LB)
Positioned forward & angled/flat

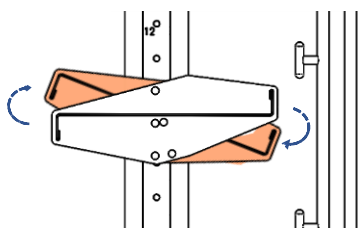


Ideal for Dumbbells

- Ideal DB configuration for 5-50 lb DB set:
 - 5-20 lb (4 pairs) on a shelf
 - 25-35 lb (3 pairs) on a shelf
 - 40-50 lb (3 pairs) on a shelf
- Useable space: 45.5" x 16" (115.5 x 41 cm)
- Shelf can be positioned
 - Forwards or backwards
 - Flat (0°) or angled (15°)

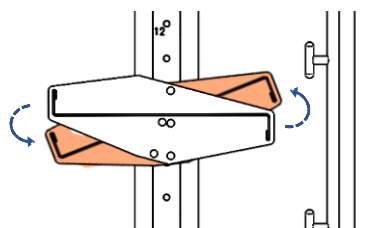
Forward Positions

Forward Flat (0°) and Forward Angled (15°)



Backward Positions

Backwards Flat (0°) and Backwards Angled (15°)



Available Shelf Positions

BOSU+ Shelf – Storage



Ideal for BOSU Ball Storage and other general accessories

- Useable space: 19" x 13" (48 x 33 cm)
- Power Pivot Weight Plate Storage can be connected to the Accessory Shelf. (see below)

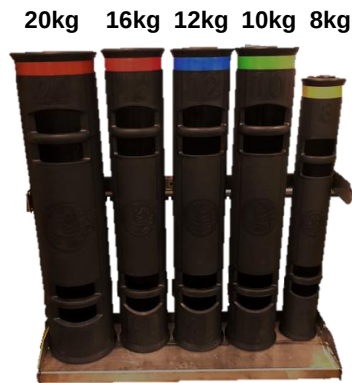


Available Shelf Positions

ViPR Roller Shelf – Storage



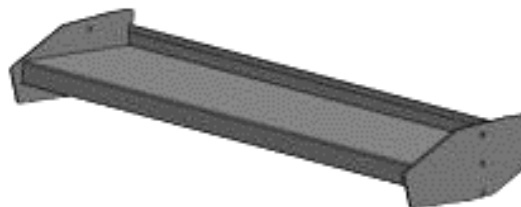
ViPR Pro – Up to x10
(depending on size)



ViPR Pro



Foam Rollers – Up to x14



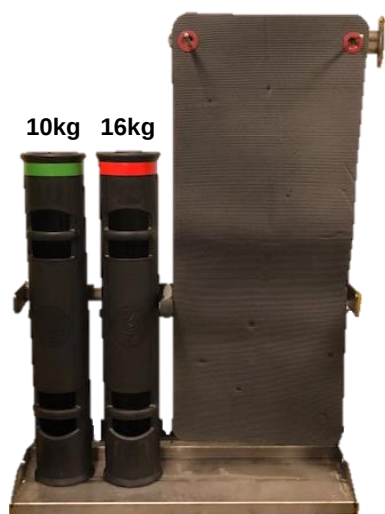
Ideal for ViPR's and Foam Rollers stored vertically

- Useable space: 45.5" x 12" (115.5 x 30.5 cm)
- Shelf & Mat storage angled at 5° to hold accessories in place

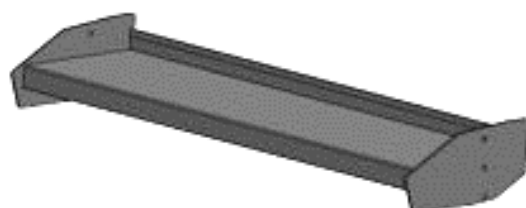


Available Shelf Positions

ViPR Roller Shelf w/ Mat Storage



ViPR Pro & Mat



Foam Rollers & Mat

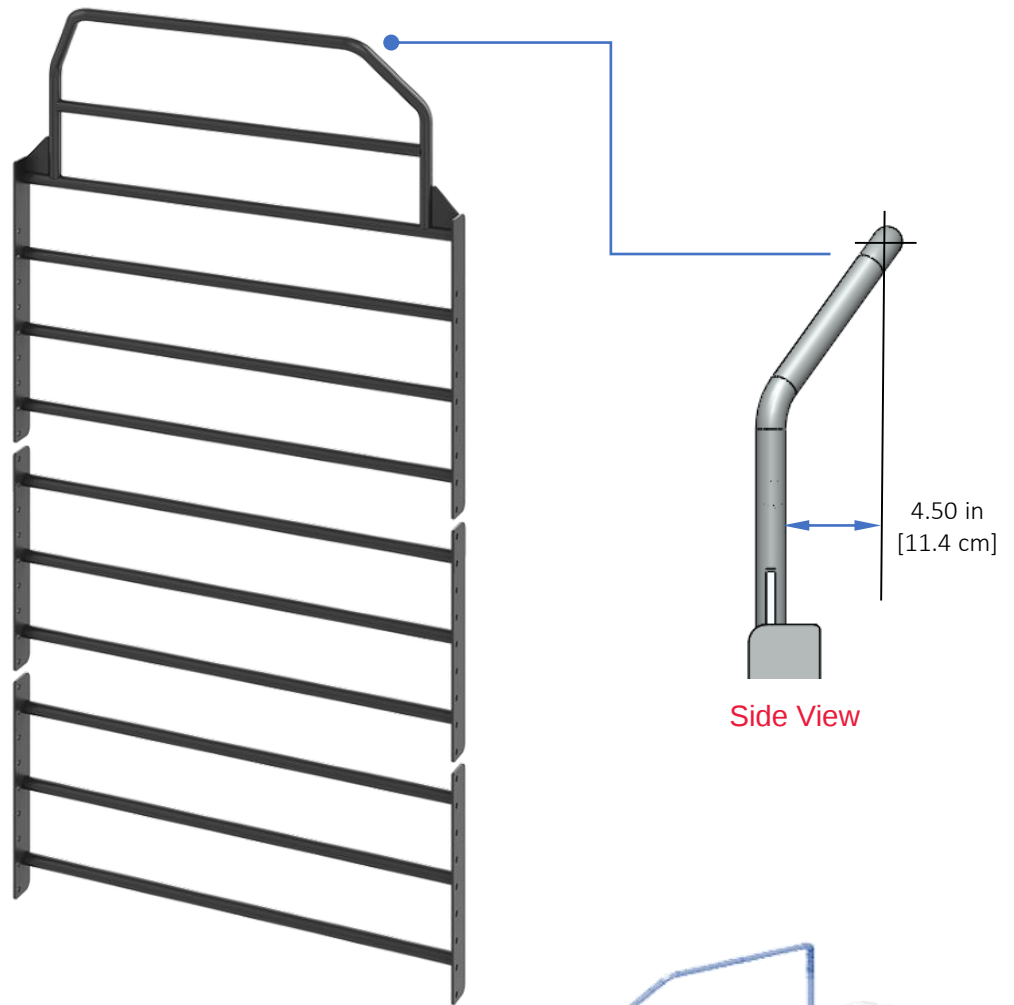
Ideal for Mat Storage with Foam Rollers or ViPRs

- Combines the ViPR Roller Shelf and Mat Side Storage
- Includes adjustable divider to keep accessories separated
- Shelf & Mat storage angled at 5° to hold accessories in place
- Can store up to 6 mats and 6 Foam Rollers (Ø6" x 36")
 - Mat Storage accommodates mats of 62" (158 cm) length and eyelet spacing of 14" – 21"
 - Can store up to 6 ViPR Pros depending on size of ViPR Pro and Mat.



Available Shelf Positions

Stall Bars



Side View

Great for body weight training

- Offset top bar allows proper body alignment during hanging exercises
- Cannot be combined with chin bars or Stability Ball Storage
- Bar Diameter: 1.25"



Stall Bars requires chin, stability ball storage and all shelf positions

Dual Rail – Storage



Core Bags – x1



Medicine Balls – x3



Wall Balls – x2

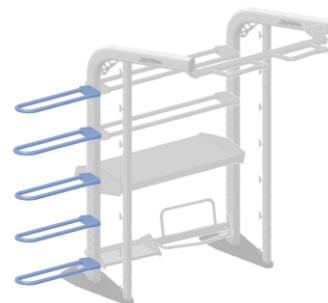


Foam Rollers – x1
(24" max)



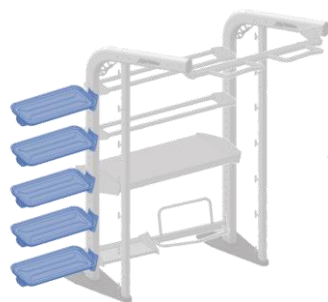
Ideal for ball storage

- 5.75" (14.6 cm) between rails

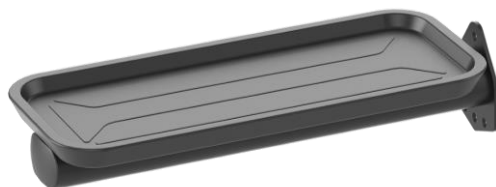


Available Shelf Positions

Accessory Shelf – Storage



Available Shelf Positions



Ideal for general accessory storage including Kettlebells, Sand Bells, HEX/non-rolling Dumbbells, Med Balls, Wall Balls, Foam Rollers, etc.

- Useable space: 26" x 9" (66 x 23 cm)
- Rubber over-molded



Kettlebells – x4-8
Varies widely depending on size



Medicine Balls - x4



Wall Balls – x2



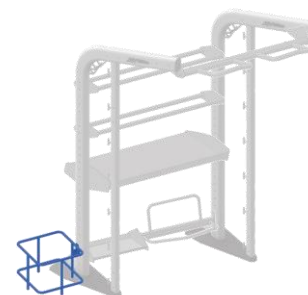
Foam Rollers - x2 (18")

Foam Roller – Storage



Ideal for Foam Rollers

- Can store up to nine 36" foam rollers vertically, standing on end.

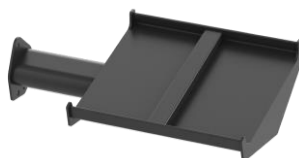


Available Shelf Positions

Power Blocks Pro 50® – Storage



Power Blocks – 1 pair



Ideal for Power Blocks Pro 50®

- Shelf can be positioned flat (0°) or angled (15°)



Available Shelf Positions

Stability Ball – Storage

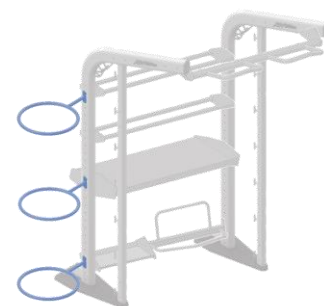


Stability Balls – x1



Ideal for Stability Balls

- Holds 1 - 55cm or 1 - 65cm Stability Ball
- Diameter: 19" (48 cm)



Available Shelf Positions

BOSU® – Storage

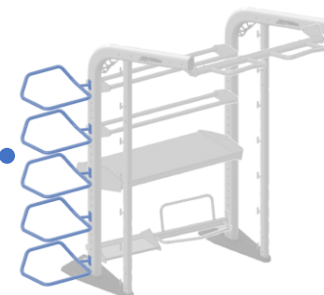


BOSU Balls –x1



Ideal for BOSU balls

- Has left and right options
- Holds 1 BOSU® Trainer
- Angled at 10° to hold BOSU Ball in place



Available Shelf Positions

Mat – Storage



Fitness Mats – x6



Ideal for Mat storage

- 4" (10 cm) long pegs
- Can store 6 mats
 - Up to 3/8" (2 cm) thick
 - 67" (172 cm) length
 - Eyelet spacing of 14" – 21"



Available Shelf Positions

Workout Board

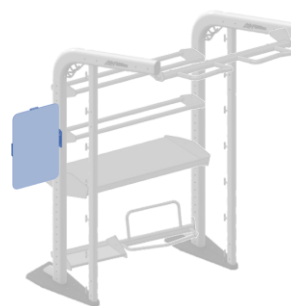


Can store markers & eraser on back side of the board.



Great for posting workout info

- Magnetic, dry-erase 30" x 18" steel board.
- Can store 4 markers and eraser



Available Shelf Positions

S180 Mix3

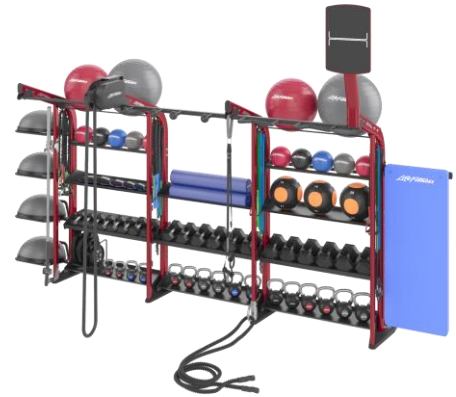
Product:

- 4 unique training spaces

Training Strategy:

- **Total Participants:** 8 people
- **On Product:** 4 people doing different exercises
- **Off Product:** 4 people doing the same exercise

Coaching Complexity: Level 3 (Hard)



Functional Rig MSRP: \$11,825
Accessory Kit MSRP: \$6,795

S180 Multi4

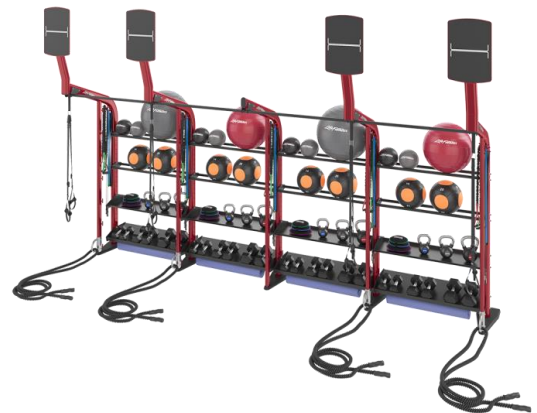
Product:

- 4 repeated training spaces

Training Strategy:

- **Total Participants:** 8 people
- **On Product:** 4 people doing the same exercise
- **Off Product:** 4 people doing the same exercise

Coaching Complexity: Level 1 (Easy)



Functional Rig MSRP: \$10,628
Accessory Kit MSRP: \$7,440

S180 Duo4

Product:

- 2 different rigs, each with repeated training spaces

Training Strategy:

- **Total Participants:** 8 people
- **On Product:** 4 people in 2 pairs, with each pair doing different exercises.
- **Off Product:** 4 people doing the same exercise

Coaching Complexity: Level 2 (Medium)



Functional Rig MSRP: \$16,599
Accessory Kit MSRP: \$7,096

Product Details

MIX3: (3 = 3 training bay rig)

- **Total Participants:** 8 people
- **On Product:** 4 people doing different exercises
- **Off Product:** 4 people doing the same exercise
- **Coaching Complexity:** Level 3 (Hard)

Includes:

S180-CORE

Shelf 5: None
Shelf 4: Dual Rail Shelf
Shelf 3: Accessory Shelf
Shelf 2: Dumbbell Shelf
Shelf 1: Accessory Shelf

Chin Option: Suspension Chin
Stability Ball: Yes
Frame Top: Rope Pull
Frame Bottom: Power Pivot

S180-ADD

Shelf 5: None
Shelf 4: None
Shelf 3: Accessory Shelf
Shelf 2: Dumbbell Shelf
Shelf 1: Accessory Shelf

Chin Option: Rock Ball Chin
Stability Ball: No
Frame Top: None
Frame Bottom: Battle Rope Anchor

S180-ADD

Shelf 5: None
Shelf 4: Dual Rail Shelf
Shelf 3: Accessory Shelf
Shelf 2: Dumbbell Shelf
Shelf 1: Accessory Shelf

Chin Option: Multi-Grip Chin
Stability Ball: Yes
Frame Top: Wall Ball Target
Frame Bottom: None

S180-SIDE (Left)

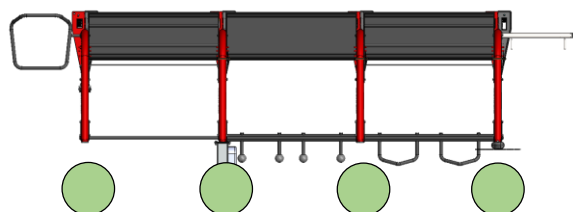
Shelf 5: None
Shelf 4: Bosu Shelf
Shelf 3: Bosu Shelf
Shelf 2: Bosu Shelf
Shelf 1: Bosu Shelf

S180-SIDE (Right)

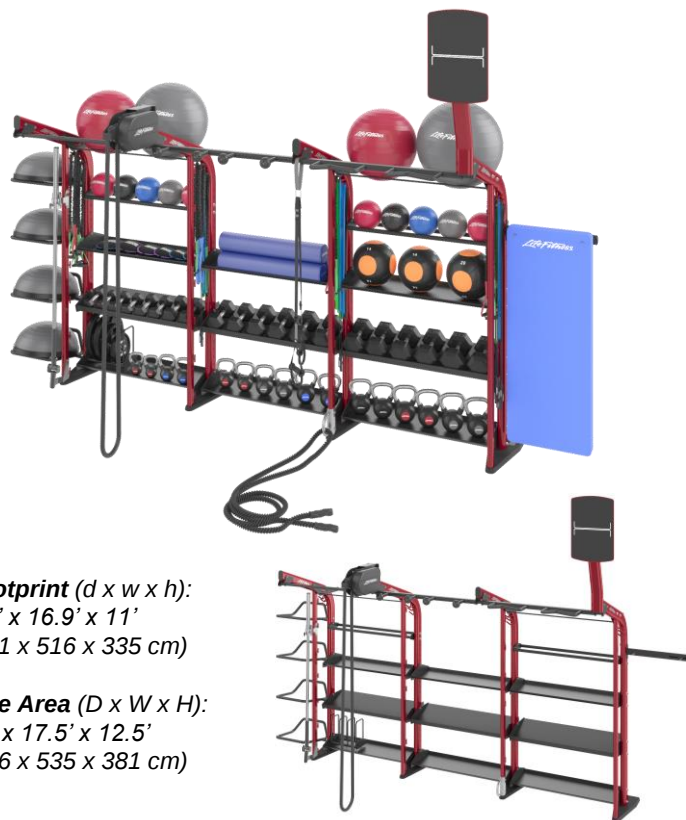
Shelf 5: Mat Storage
Shelf 4: None
Shelf 3: None
Shelf 2: None
Shelf 1: None

Optional Accessory Kit: SYN180-MIX3-ACCY

Top View



- = Training Spaces (On Product)
● = Training Spaces (Off Product)



Footprint (d x w x h):

5.6' x 16.9' x 11'
(171 x 516 x 335 cm)

Live Area (D x W x H):

12' x 17.5' x 12.5'
(366 x 535 x 381 cm)

Accessory Kit

Bosu Ball (x4)

HEX Dumbbells (5 – 50LB Set)

Sandbags (x6)

6lb, 8lb 10lb, 12lb, 15lb, 20lb

Med Balls (x10)

4lb (x2), 6lb (x2), 8lb (x2), 10lb (x2), 12lb (x2)

Kettlebells (x16)

10lb (x2), 15lb (x2), 20lb (x2), 25lb (x2), 30lb (x2), 35lb (x2), 40lb (x2), 45lb (x2)

36" Foam Rollers (x4)

TRX (x1)

Wall Balls (x3)

10lb, 14lb, 20lb

Stability Balls (x4)

55cm (x2), 65cm (x2)

Fitness Mats (x4)

9' Jump Rope (x4)

Power Bands (x7)

Blue (x3), Green (x3), Black (x1)

Dual Handle Bands (x4)

Medium (x2), Very Heavy (x2)

Covered Loop Bands (x4)

Heavy (x2), Very Heavy (x2)

Battle Rope

Olympic Plates (x5)

5lb, 10lb (x2), 25lb, 45lb

Product Details

MULTI4: (4 = 4 training bay rig)

- **Total Participants:** 8 people
- **On Product:** 4 people doing the same exercise
- **Off Product:** 4 people doing the same exercise
- **Coaching Complexity:** Level 1 (Easy)

Includes:

S180-CORE

Shelf 5: None
Shelf 4: Dual Rail Shelf
Shelf 3: Dual Rail Shelf
Shelf 2: Accessory Shelf
Shelf 1: Dumbbell Shelf

Chin Option: Suspension Chin
Stability Ball: No
Frame Top: Wall Ball Target (x2)
Frame Bottom: Battle Rope Anchor (x2)

S180-ADD

Shelf 5: None
Shelf 4: Dual Rail
Shelf 3: Dual Rail
Shelf 2: Accessory Shelf
Shelf 1: Dumbbell Shelf

Chin Option: Suspension Chin
Stability Ball: No
Frame Top: None
Frame Bottom: None

S180-ADD

Shelf 5: None
Shelf 4: Dual Rail
Shelf 3: Dual Rail
Shelf 2: Accessory Shelf
Shelf 1: Dumbbell Shelf

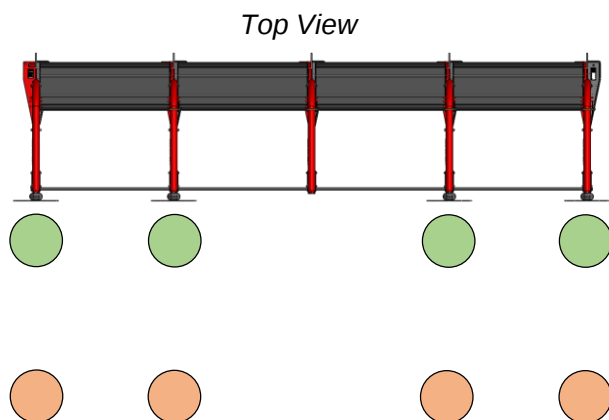
Chin Option: Suspension Chin
Stability Ball: No
Frame Top: Wall Ball Target
Frame Bottom: Battle Rope

S180-ADD

Shelf 5: None
Shelf 4: Dual Rail
Shelf 3: Dual Rail
Shelf 2: Accessory Shelf
Shelf 1: Dumbbell Shelf

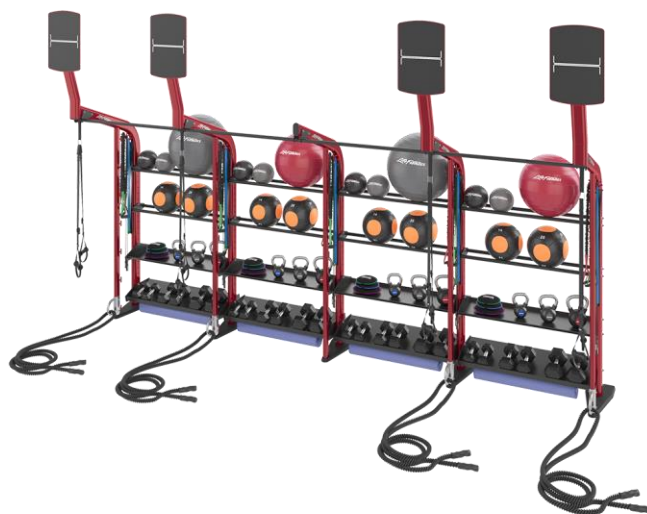
Chin Option: Suspension Chin
Stability Ball: No
Frame Top: Wall Ball Target
Frame Bottom: Battle Rope

Optional Accessory Kit: SYN180-MULTI4-ACCY



● = Training Spaces (On Product)

● = Training Spaces (Off Product)



Footprint (d x w x h):

4.5' x 17.6' x 11'
(137 x 536 x 335 cm)

Live Area (D x W x H):

12' x 21.6' x 12.5'
(366 x 658 x 381 cm)



Accessory Kit

36" Foam Roller (x5)

HEX Dumbbells (12 pairs)

10lb (x8), 20lb (x8), 30lb (x8)

Sandbells (x12)

8lb (x4), 12lb (x4), 20lb (x4)

Kettlebells (x12)

15lb (x4), 25lb (x4), 40lb (x4)

Wall Balls (x8)

14lb (x4), 20lb (x4)

Med Balls (x8)

6lb (x4), 10lb (x4)

Stability Balls (x4)

55cm (x2), 65cm (x2)

TRX (x4)

9' Jump Rope (x5)

Dual Handle Bands (x10)

Medium (x5), Very Heavy (x5)

Power Bands (x15)

Blue (x5), Green (x5), Black (x5)

Product Details

DUO4 (4 = 4 training bay rig)

- **Total Participants:** 8 people
- **On Product:** 4 people in 2 pairs, with each pair doing different exercises.
- **Off Product:** 4 people doing the same exercise
- **Training Complexity:** Level 2 (Medium)

Includes:

S180-CORE

Shelf 5: Dual Rail Shelf	Chin Option: Suspension Chin
Shelf 4: None	Stability Ball: Yes
Shelf 3: Dumbbell Shelf	Frame Top: Rope Pull
Shelf 2: None	Frame Bottom: Battle Rope Anchor
Shelf 1: Bosu+ Shelf	

S180-ADD

Shelf 5: Dual Rail Shelf	Chin Option: Suspension Chin
Shelf 4: None	Stability Ball: Yes
Shelf 3: Dumbbell Shelf	Frame Top: Rope Pull
Shelf 2: None	Frame Bottom: Battle Rope Anchor
Shelf 1: Bosu+ Shelf	

S180-CORE

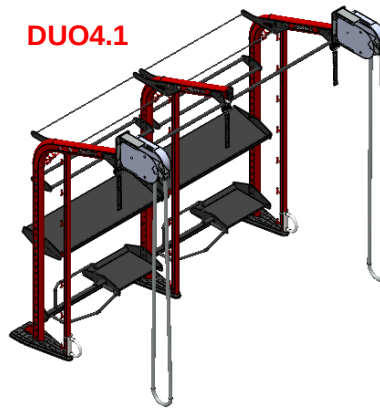
Shelf 5: Dual Rail Shelf	Chin Option: Rock Ball Chin
Shelf 4: None	Stability Ball: No
Shelf 3: Dual Rail Shelf	Frame Top: Wall Ball Target
Shelf 2: None	Frame Bottom: Power Pivot
Shelf 1: Accessory Shelf	

S180-ADD

Shelf 5: Dual Rail Shelf	Chin Option: Rock Ball Chin
Shelf 4: None	Stability Ball: No
Shelf 3: Dual Rail Shelf	Frame Top: Wall Ball Target
Shelf 2: None	Frame Bottom: Power Pivot
Shelf 1: Accessory Shelf	

Optional Accessory Kit: SYN180-DUO4-ACCY

DUO4.1



Footprint* (d x w x h):

24' x 11' x 11' (731 x 335 x 335 cm)

DUO4.1: 5.6' x 9' x 8.3' (171 x 274 x 253 cm)

DUO4.2: 4.5' x 11' x 11' (137 x 335 x 335 cm)

Live Area* (D x W x H):

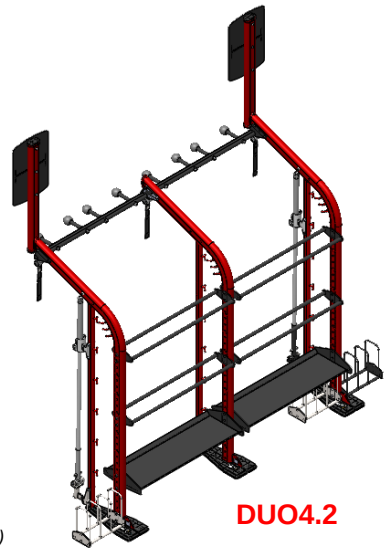
24' x 13.5' x 12.5' (731 x 411 x 381 cm)

DUO4.1: 12' x 13.5' x 9.3' (366 x 274 x 283 cm)

DUO4.2: 12' x 13.5' x 12.5' (366 x 411 x 381 cm)

*Based on recommended product arrangement (as shown in picture)

DUO4.2



Accessory Kit

Battle Rope (x2)

Bosu Balls (x2)

HEX Dumbbells (6 pairs)

10lb (x4), 20lb (x4), 30lb (x4)

Sandbells (x8)

6lb (x2), 10lb (x2), 15lb (x2), 20lb (x2)

Kettlebells (x12)

15lb (x2), 20lb (x2), 25lb (x2), 30lb (x2), 35lb (x2), 40lb (x2)

Wall Balls (x6)

10lb (x2), 14lb (x2), 20lb (x2)

Med Balls (x10)

4lb (x2), 6lb (x2), 8lb (x2), 10lb (x2), 12lb (x2)

Stability Balls (x4)

55cm (x2), 65cm (x2)

Slam Balls (x8)

10lb (x2), 15lb (x2), 20lb (x2), 25lb (x2)

TRX (x2)

9' Jump Rope (x6)

Dual Handle Bands (x12)

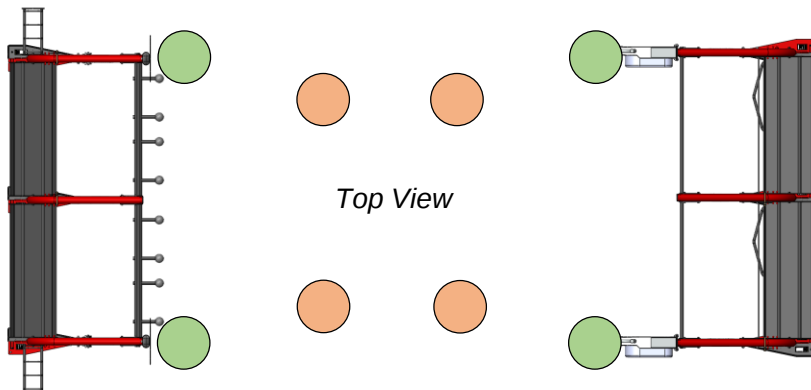
Medium (x6), Very Heavy (x6)

Power Bands (x18)

Blue (x6), Green (x6), Black (x6)

Olympic Plates (x10)

5lb (x2), 10lb (x4), 25lb (x2), 45lb (x2)



Top View

● = Training Spaces (On Product)

● = Training Spaces (Off Product)