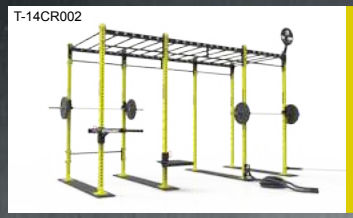
THE Most Strength PER SQUARE FOOT.
MODULAR
RIGS
DYNAMIC
FITNESS & STRENGTH
BECAUSE MyLife DEMANDS IT.

DYNAMIC Modular Rigs DO IT ALL.



OLYMPIC LIFTING

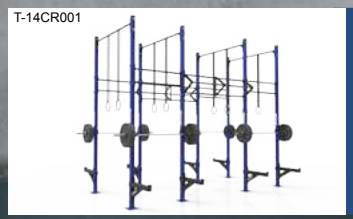
A modular rig easily configures for your athletes to perform Olympic lifts in an organized and safe position, providing each user with a rock-solid, adjustable racking station.

STRENGTH TRAINING

Modular rig attachments allow for a wide range of strength training possibilities, training compound muscle movements as well as body weight variations.

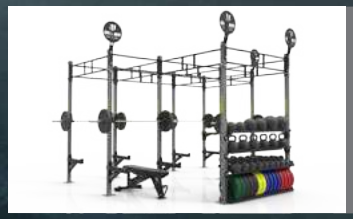
CIRCUIT TRAINING

The versatility of rig attachments allows for quick reconfiguration to increase variations and adaptability in your circuit training program.



SUSPENSION TRAINING

Various rig crossmember options create the perfect apparatus for suspension training, maximizing the number of users and allowing them to move freely within and around the unit.



INTEGRATED STORAGE

Maximizing floor space and keeping the workout area clean and safe are easily accomplished with accessory storage solutions for balls, kettle bells, dumbbells, plates, bars and more.

Dynamic Modular Rigs
CONVERT QUICKLY
To Play Many Roles

RIGS PLAY MANY ROLES.

RIGS HELP ACHIEVE MANY GOALS.

TYLER, COMMITTED ATHLETE

My STRENGTH GOALS

- BUILD STRENGTH & AGILITY
- IMPROVE VERTICAL LEAP
- GROUP TRAIN IN MY GARAGE

DAVE, FIREFIGHTER

My FITNESS GOALS

- BUILD ENDURANCE
- GENERAL CONDITIONING
- BUILD CORE STRENGTH

ERIC, MILITARY PERSONNEL

My STRENGTH GOALS

- STRENGTH & COORDINATION
- WORK OUT AT HOME
- INCREASE ENDURANCE

My FITNESS GOALS

JAMIE, FITNESS ENTHUSIAST

- IMPROVE MUSCLE TONE
- BUILD CORE STRENGTH
- WORK OUT AT HOME

My INSTRUCTION GOALS

COLLIN, COACH & P.E. TEACHER

- TRAIN CLASSES & TEAMS
- ENGAGE ALL ABILITIES
- WORK SMARTER & SAFER

My BUSINESS GOALS

NATALIE, TRAINER & GYM OWNER

- MAXIMIZE FLOOR SPACE
- MONETIZE LATEST TRENDS
- WORK WITH ALL AGES

BECAUSE **MyLife** DEMANDS IT.

DYNAMIC FITNESS & STRENGTH

OLYMPIC LIFTS

FOCUS ON STRENGTH, AGILITY & PERFORMANCE

MORE STRENGTH PER SQUARE FOOT.

Rigs allow more athletes to do more exercises at more stations—all in limited space—and with the flexibility to transition between many different setups seamlessly. Everything from Olympic Lifts, to Strength Training, to Circuit Training, Suspension training and Storage can be accomplished with one rig, and with quick & easy setup!

BLOCK DEAD LIFT
Collin's student-athletes work their chests, arms and shoulders as part of the team's weight training regimen.
J-CUPS, TECHNIQUE TRAYS

SNATCH
Dave works on muscle snatches in one fluid motion to build his overall core strength and lifting ability.
J-CUPS, SINGLE BAR STORAGE

SQUAT
Tyler refines his isometric form in his squats to improve his leg strength and vertical leap.
J-CUPS, SAFETIES

POWER CLEAN
Eric works his quads, back, shoulders and arms while improving his overall coordination.
J-CUPS, SINGLE BAR STORAGE

STRENGTH TRAINING

DEVELOPING PROPER TECHNIQUE FOR OPTIMAL CORE STRENGTH

844-678-RIGS
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BENCH PRESS
Collin's student-athletes work their chests, arms and shoulders as part of the team's weight training regimen.
J-CUPS, MULTI-BENCH, SAFETIES

GHD SITUPS
Natalie helps Jamie develop her core strength with GHD situps.
SINGLE PAD GHD

DIPS
Tyler strengthens his triceps and chest with wide and narrow dips.
DIP STATION

LANDMINE ROW
Jamie builds core strength with challenging variations of push, pull, and rotation.
DOUBLE KNUCKLE LANDMINE

PULL UPS
Tyler builds upper body strength with various pull up techniques.
SINGLE BAR

CIRCUIT TRAINING

TRAINING LARGE GROUPS IN QUICK ROTATION

STEP UPS
Eric's whole unit improves their leg strength on his compact garage rig.
PLYO STEP

MONKEY BARS
Dave's fire crew builds lat, core, grip and ab strength with monkey bar variations.
MONKEY BAR RIG

BATTLE ROPE
Eric's unit works their abs, arms and shoulders in group training.
D-HANDLE, BATTLE ROPE

ROPE CLIMB
Collin's P.E. classes get a great upper body strength and grip workout.
CANTILEVER ARM, ROPE

BALL THROW
Dave works on his mechanics and breathing; keys to building endurance.
BALL TARGET, WALL BALL

PUNCHING BAG
Jamie's group develops aerobic endurance, coordination and power in quick rotations.
CANTILEVER ARM, HEAVY BAG

SUSPENSION TRAINING

BODY WEIGHT RESISTANCE FOR ALL AGES & ABILITIES

MOUNTAIN CLIMBERS
Collin's P.E. students, all with varying ability, use this exercise to target their cores and maintain healthy backs.
SINGLE BAR, SUSPENSION BANDS

RING MUSCLE UPS
Dave continues to master the three steps of strict ring muscle ups for overall body strength and coordination.
SINGLE BAR, GYM RINGS

SUSPENSION FLYS & ABS
Natalie trains all ages at her gym, with both young and old benefiting from low impact, high resistance suspension training.
SINGLE BARS, SUSPENSION TRAINERS

WIDE RING PULL UPS
Jamie prefers the natural motion of wide ring pullups which require more control and are easier on her joints
FLYING PULL UP, GYM RINGS

CUSTOMIZE Your Own Rig TO YOUR EXACT NEEDS.

1 DESIGN YOUR NEW RIG TO FIT YOUR FACILITY

Our experts will design your rig to your exact needs & floor plan.

SEE IT IN 3D - IN YOUR SPACE!

2 CHOOSE COLORS & FINISHES

Choose from 18 standard or 200+ custom colors, with four finishes.

EAGLE WHITE-03 (Wrinkle)	BLACK TEX-01 or GLOSS BLACK-24	DARK GRAY-02	SILVER-22	GOLD-21	DYNAMIC YELLOW-20	SIGNAL YELLOW-12	SIGNAL ORANGE-14	RIVER RED-04 (Wrinkle)
MAROON-23	PURPLE-19	NAVY BLUE-25	ROYAL BLUE-26	BRIGHT BLUE-27	CAROLINA BLUE-28	LEAF GREEN-10	MINT GREEN-17	YELLOW GREEN-11

200+ CUSTOM COLORS AVAILABLE

3 ADD YOUR LOGO & BRANDING

Add laser-cut / color logos to rigs, attachments, bars, benches & more!

SHOWCASE YOUR BRAND ON ALL YOUR GEAR

4 SHOP TRAINING ACCESSORIES

BROWSE OUR FULL ACCESSORY LINE

DYNAMIC FITNESS & STRENGTH

844-678-RIGS

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#MyDynamicFitness

BUILD YOUR RIG, CALL NOW!

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