



15 20 20 25 25

40 40 45 45 50 50

65 70 70 75 75 80 80

THUNDERBOLT
60

10 10

35 35

45 45

10 10

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45 45

10 10

35 35



Throwdown® creates opportunities to push boundaries, enabling everyone to reach their peak performance by creating flexible and challenging exercise environments. Our diverse offerings make it easy for trainers and members to mix it up.

FREE WEIGHTS

Throwdown offers a wide variety of products to ensure you have everything you need to fully outfit your free weight area. Every product meets our high-quality standard and is made with premium hard-wearing materials.

FLEXIBLE FUNCTIONAL TRAINING RIGS

The XTC is a hyper flexible rig, carefully engineered to create training zones for groups of members to train simultaneously. Constructed with 4' cross member bars, the XTC comes available in 14', 24' and 34' lengths to accommodate various spaces and group sizes. It can be customized with a wide variety of accessories and is ideal for Functional Training. Functional training targets multiple major muscle groups simultaneously and mimics movements that you perform in day-to-day activities.

DURABLE STORAGE OPTIONS

Throwdown XTR Storage is built to be both functional and durable. Simple intricate designs keep the area around the training center clutter free and safe for all members. Each piece provides a specific storage solution for all of your functional training accessories.

RECOMMENDED 4x14 XTC
9-XTC-414C-60THD



TARGET + DPU ADAPTER X2

BALL SHELF, 4' X4

WIDE SHELF, 4' X2

PLATE STORAGE, 4' X2

STORAGE BIN, 6' X1

VERTICAL DUMBBELL RACK X2

SQUAT STATION, 4' X2

LANDMINE, RIG MOUNT X2

BAR STORAGE X2

ROPE ANCHOR, RIG MOUNT X2

XTC CROSSMEMBER, 6' X1

STORAGE PIN X4

RECOMMENDED 4x24 XTC
9-XTC-424C-60THD



TARGET + DPU ADAPTER X2

BALL SHELF, 4' X4

WIDE SHELF, 4' X6

PLATE STORAGE, 4' X2

DIP BAR X2

STORAGE BIN, 6' X2

VERTICAL DUMBBELL RACK X2

SQUAT STATION, 4' X2

LANDMINE, RIG MOUNT X2

ROPE ANCHOR, RIG MOUNT X2

XTC CROSSMEMBER, 6' X2

STORAGE PIN X8

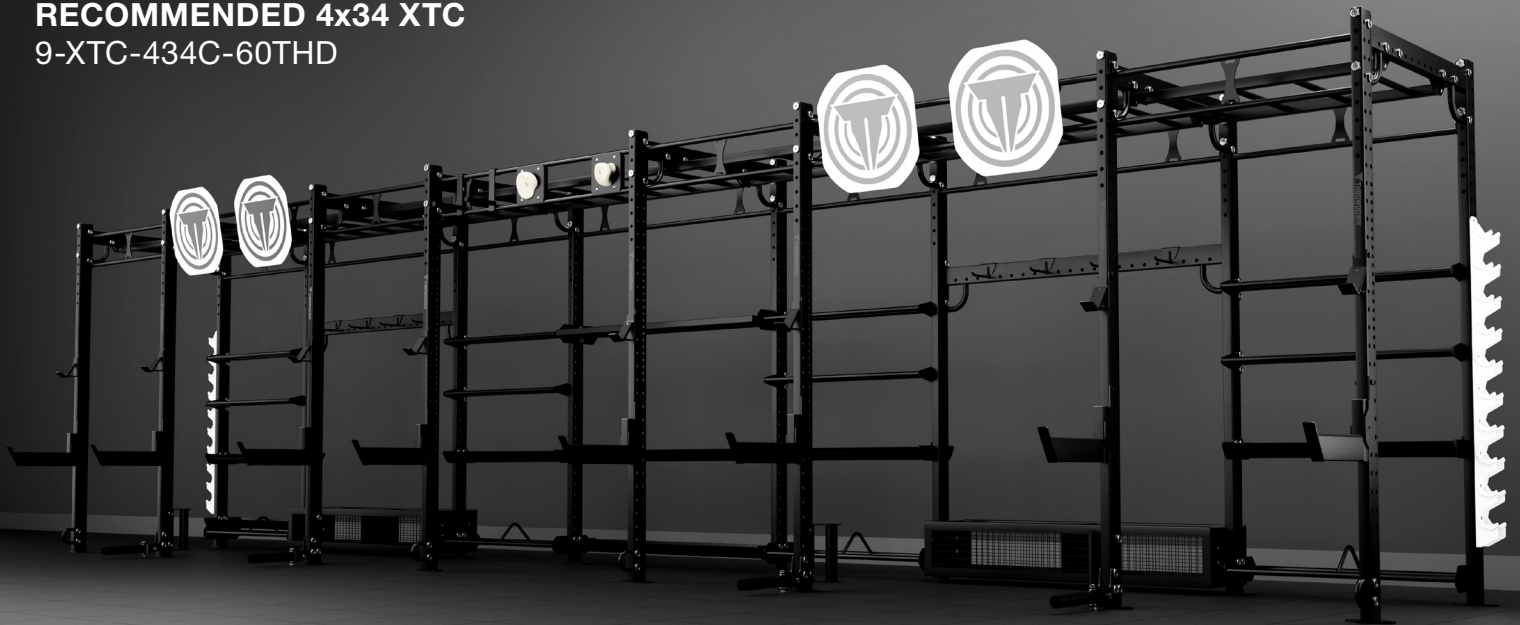
BAR STORAGE X2

MUSCLE UP ATTACHMENT X1

MEGA GRIP PULLUP BAR, 4' X1

NEUTRAL GRIP PULLUP X2

RECOMMENDED 4x34 XTC
9-XTC-434C-60THD



TARGET + DPU ADAPTER X4

BALL SHELF, 4' X8

WIDE SHELF, 4' X4

WIDE SHELF, 6' X3

PLATE STORAGE, 4' X4

STORAGE BIN, 6' X2

VERTICAL DUMBBELL RACK X2

SQUAT STATION, 4' X4

LANDMINE, RIG MOUNT X4

ROPE ANCHOR, RIG MOUNT X4

XTC CROSSMEMBER, 6' X2

STORAGE PIN X8

BAR STORAGE X4

NEUTRAL GRIP PULLUP X1

ROCK GRIP PULLUP X1



XTR STANDARD STORAGE
9-XTR-6061-60

WIDE SHELF, 4' X4



XTR BALL STORAGE
9-XTR-6062-60

STABILITY BALL SHELF, 6' X1

WIDE SHELF, 6' X2

STORAGE BIN, 6' X1



XTR SUSPENSION STORAGE
9-XTR-6063-60

XTC CROSSMEMBER, 6' X1

STORAGE PIN X8

STORAGE BIN, 6' X1



CUSTOM XTC RIG CONFIGURATIONS

The XTC comes available in 14', 24' and 34' lengths and can be customized with over 30 different unique attachments including storage, squat racks, pullup bars, landmine attachments and much more. Learn more about how you can get a custom rig configuration at [corehealthandfitness.com](https://www.corehealthandfitness.com).



URETHANE DUMBBELLS

- Solid steel heads
- Premium hard-wearing urethane coating
- Stainless steel ring at joint
- Stainless steel grips (5-20 lb are 29 mm, 25-125 lb are 35 mm diameter grips.)
- Head Diameter (5-15 lb are 126mm, 20-30 lb are 155mm, 35-125 lb are 205mm)

URETHANE DUMBBELL - SETS LB						
5 - 25 lb Set	WT	5 lb	10 lb	15 lb	20 lb	25 lb
9-SMLB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
30 - 50 lb Set	WT	30 lb	35 lb	40 lb	45 lb	50 lb
9-MDLB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
55 - 75 lb Set	WT	55 lb	60 lb	65 lb	70 lb	75 lb
9-LGLB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
80 - 100 lb Set	WT	80 lb	85 lb	90 lb	95 lb	100 lb
9-XLLB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
7.5 - 27.5 lb Set	WT	7.5 lb	12.5 lb	17.5 lb	22.5 lb	27.5 lb
9-S2LB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
32.5 - 52.5 lb Set	WT	32.5 lb	37.5 lb	42.5 lb	47.5 lb	52.5 lb
9-M2LB-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
5 - 100 lb Club Set (4 Sets)				9-UDC2-CLUBLB-60THD		

URETHANE DUMBBELLS - SINGLE LB		
UDC2-105LB-60THD	WT	105 lb
UDC2-110LB-60THD	WT	110 lb
UDC2-115LB-60THD	WT	115 lb
UDC2-120LB-60THD	WT	120 lb
UDC2-125LB-60THD	WT	125 lb

URETHANE DUMBBELL - SETS KG						
2.5 - 12.5 kg Set	WT	2.5 kg	5 kg	7.5 kg	10 kg	12.5 kg
9-SMKG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
15 - 25 kg Set	WT	15 kg	17.5 kg	20 kg	22.4 kg	25 kg
9-MDKG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
27.5 - 37.5 kg Set	WT	27.5 kg	30 kg	32.5 kg	35 kg	37.5 kg
9-LGKG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
40 - 50 kg Set	WT	40 kg	42.5 kg	45 kg	47.5	50 kg
9-XLKG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
1 - 5 kg Set	WT	1 kg	2 kg	3 kg	4 kg	5 kg
9-S2KG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
6 - 10 kg Set	WT	6 kg	7 kg	8 kg	9 kg	10 kg
9-M2KG-60THD	QTY	1 pair	1 pair	1 pair	1 pair	1 pair
2.5 - 50kg Club Set (4 Sets)				9-UDC2-CLUBKG-60THD		

URETHANE DUMBBELLS - SINGLE KG		
UDC2-52.5KG-60THD	WT	52.5 kg
UDC2-55KG-60THD	WT	55 kg
UDC2-57.5KG-60THD	WT	57.5 kg
UDC2-60KG-60THD	WT	60 kg
UDC2-62.5KG-60THD	WT	62.5 kg
UDC2-65KG-60THD	WT	65 kg
UDC2-67.5KG-60THD	WT	67.5 kg
UDC2-70KG-60THD	WT	70 kg
UDC2-72.5KG-60THD	WT	72.5 kg
UDC2-75KG-60THD	WT	75 kg



URETHANE OLYMPIC PLATES

- Solid stainless steel insert
- Precision casting
- Premium hard-wearing urethane coating

URETHANE OLYMPIC PLATE - SETS LB

Benches & Racks Set	WT	2.5 lb	5 lb	10 lb	25 lb	35 lb	45 lb
9-UPR2-BRCLB-60THD	QTY	2 each	2 each	4 each	4 each	2 each	6 each
Leverage Set	WT	10 lb	25 lb	45 lb			
9-UPR2-LVRLB-60THD	QTY	2 each	4 each	4 each			
Weight Tree Add-on Set	WT	2.5 lb	5 lb	35 lb			
9-UPR2-SMLB-60THD	QTY	2 each	2 each	2 each			
4-Sided Weight Tree Set	WT	2.5 lb	5 lb	10 lb	25 lb	35 lb	45 lb
9-UPR2-4WTLB-60THD	QTY	4 each	4 each	4 each	4 each	4 each	6 each

URETHANE OLYMPIC PLATES - SINGLE LB

UPR2-2.5LB-60THD	WT	2.5 lb
UPR2-05LB-60THD	WT	5 lb
UPR2-10LB-60THD	WT	10 lb
UPR2-25LB-60THD	WT	25 lb
UPR2-35LB-60THD	WT	35 lb
UPR2-45LB-60THD	WT	45 lb

URETHANE OLYMPIC PLATE - SETS

200 kg Set	WT	1.25 kg	2.5 kg	5 kg	10 kg	15 kg	20 kg	25 kg
9-UPR2-200KG-60THD	QTY	8 each	4 each	4 each	4 each	2 each	2 each	2 each
100kg Add-on Set	WT	2.5 kg	10 kg	15 kg	20 kg			
9-UPR2-SMKTKG-60THD	QTY	4 each	2 each	2 each	2 each			
200kg Add-on Set	WT	2.5 kg	15 kg	20 kg	25 kg			
9-UPR2-MDKTKG-60THD	QTY	4 each	4 each	4 each	2 each			
300kg Add-on Set	WT	5 kg	15 kg	20 kg	25 kg			
9-UPR2-LGKTKG-60THD	QTY	4 each	4 each	6 each	4 each			
300kg Set	WT	1.25 kg	2.5 kg	5 kg	10 kg	15 kg	20 kg	25 kg
9-UPR2-300KG-60THD	QTY	8 each	8 each	4 each	6 each	4 each	4 each	2 each
400kg Set	WT	1.25 kg	2.5 kg	5 kg	10 kg	15 kg	20 kg	25 kg
9-UPR2-400KG-60THD	QTY	8 each	8 each	4 each	4 each	6 each	6 each	4 each
1000kg Set	WT	1.25 kg	2.5 kg	5 kg	10 kg	15 kg	20 kg	25 kg
9-UPR2-1000KG-60THD	QTY	16 each	16 each	16 each	10 each	10 each	16 each	10 each

URETHANE OLYMPIC PLATES - SINGLE KG

UPR2-1.25KG-60THD	WT	1.25 kg
UPR2-2.5KG-60THD	WT	2.5 kg
UPR2-05KG-60THD	WT	5 kg
UPR2-10KG-60THD	WT	10 kg
UPR2-15KG-60THD	WT	15 kg
UPR2-20KG-60THD	WT	20 kg
UPR2-25KG-60THD	WT	25 kg



URETHANE BUMPER PLATES

- Precision casting
- Large hard chrome plated hubs
- Premium hard-wearing urethane coating
- Beveled edges for easy pickup
- Bumper discs have 17.7" (450mm) outer diameter for 25-45 lb (IWF standards)

URETHANE BUMPER PLATE - SETS					
Platform Set	WT	10 lb	25 lb	35 lb	45 lb
9-UBP2-PLTLB-THD	QTY	2 each	2 each	2 each	2 each
Glute Drive Set	WT	10 lb	25 lb	45 lb	
9-UBP2-GLTLB-THD	QTY	4 each	2 each	4 each	

URETHANE BUMPER PLATES - SINGLE		
UBP2-10LB-THD	WT	10 lb
UBP2-25LB-THD	WT	25 lb
UBP2-35LB-THD	WT	35 lb
UBP2-45LB-THD	WT	45 lb

URETHANE BUMPER PLATE - SETS						
Standard Set	WT	5 kg	10 kg	15 kg	20 kg	25 kg
9-UBP2-SETKG-THD	QTY	2 each	2 each	2 each	2 each	2 each
50kg Add-on Set	WT	5 kg	10 kg			
9-UBP2-SMKTKG-THD	QTY	2 each	4 each			
Glute Drive Set	WT	5 kg	10 kg	20 kg		
9-UBP2-GLTKG-THD	QTY	2 each	2 each	2 each		
500kg Set	WT	5 kg	10 kg	15 kg	20 kg	25 kg
9-UBP2-500KG-THD	QTY	8 each	10 each	6 each	6 each	6 each

URETHANE BUMPER PLATES - SINGLE		
UBP2-05KG-THD	WT	5 kg
UBP2-10KG-THD	WT	10 kg
UBP2-15KG-THD	WT	15 kg
UBP2-20KG-THD	WT	20 kg
UBP2-25KG-THD	WT	25 kg

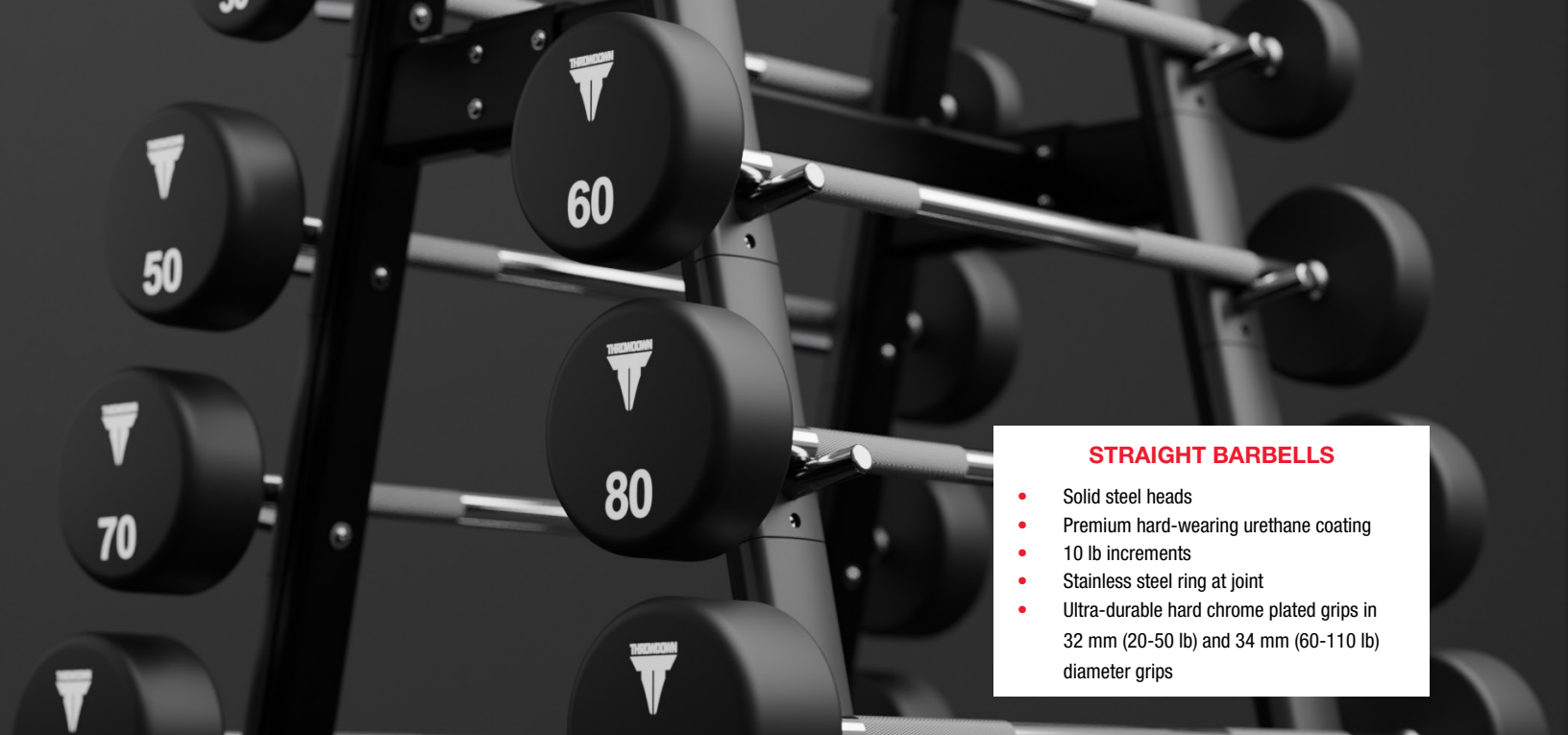


BEAUTY BELLS

- Straight knurled handles
- Chrome finish
- Stamped weight increments

BEAUTY BELL SET						
Beauty Bell Set	WT	5 lb	8 lb	10 lb	12 lb	15 lb
9-CDF2LB	QTY	3 pair	3 pair	2 pair	2 pair	2 pair

BEAUTY BELL SET											
Beauty Bell Set	WT	1 kg	2 kg	3 kg	4 kg	5 kg	6 kg	7 kg	8 kg	9 kg	10 kg
9-CDF2KG	QTY	1 pair	1 pair	1 pair	1 pair	1 pair	1 pair	1 pair	1 pair	2 pair	2 pair



STRAIGHT BARBELLS

- Solid steel heads
- Premium hard-wearing urethane coating
- 10 lb increments
- Stainless steel ring at joint
- Ultra-durable hard chrome plated grips in 32 mm (20-50 lb) and 34 mm (60-110 lb) diameter grips

STRAIGHT BARBELL SET

Straight Barbell Set	WT	10 kg	12.5 kg	15 kg	17.5 kg	20 kg	25 kg	30 kg	35 kg	40 kg	45 kg
9-UBS2-CLUBKG-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each

STRAIGHT BARBELL SET

Straight Barbell Set	WT	20 lb	30 lb	40 lb	50 lb	60 lb	70 lb	80 lb	90 lb	100 lb	110 lb
9-UBS2-CLUBLB-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each



EZ CURL BARBELLS

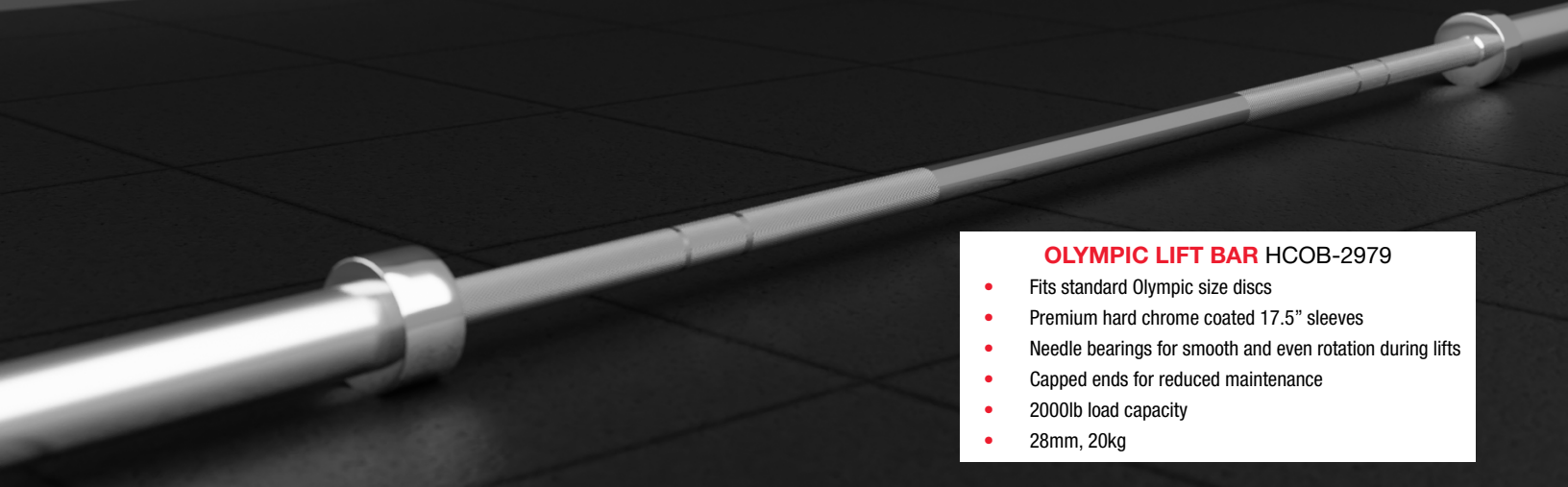
- Solid steel heads
- Premium hard-wearing urethane coating
- 10 lb increments
- Stainless steel ring at joint
- Ultra-durable hard chrome plated grips in 32 mm (20-50 lb) and 34 mm (60-110 lb) diameter grips

EZ CURL BARBELL SET

EZ Curl Barbell Set	WT	10 kg	12.5 kg	15 kg	17.5 kg	20 kg	25 kg	30 kg	35 kg	40 kg	45 kg
9-UBC2-CLUBKG-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each

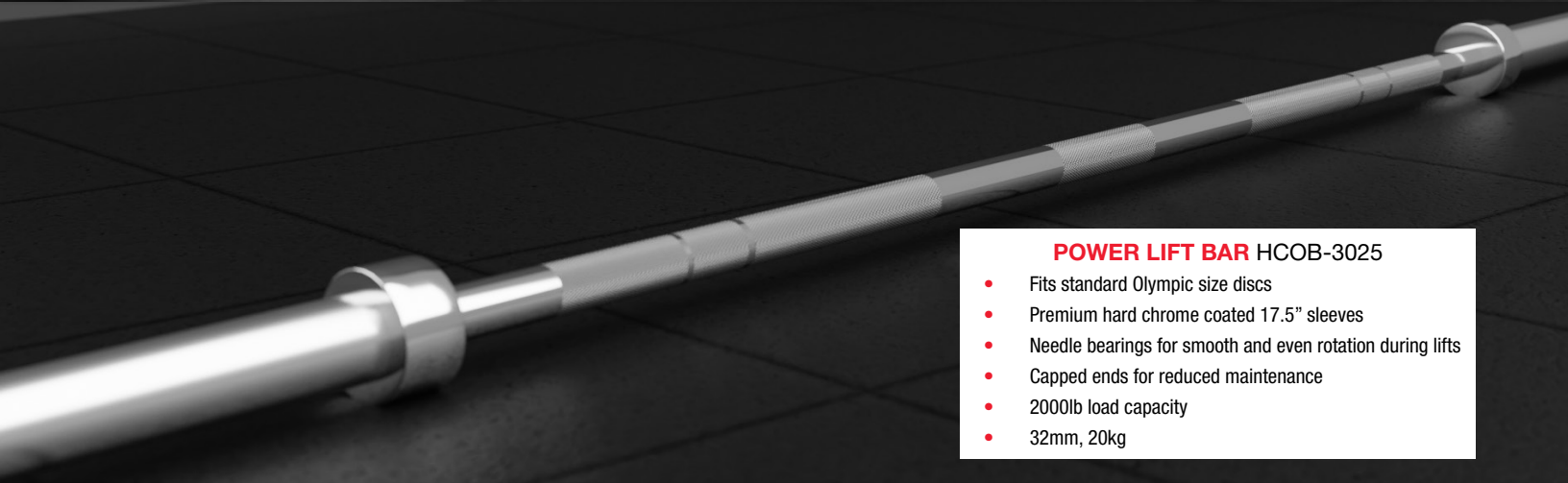
EZ CURL BARBELL SET

EZ Curl Barbell Set	WT	20 lb	30 lb	40 lb	50 lb	60 lb	70 lb	80 lb	90 lb	100 lb	110 lb
9-UBC2-CLUBLB-60THD	QTY	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each



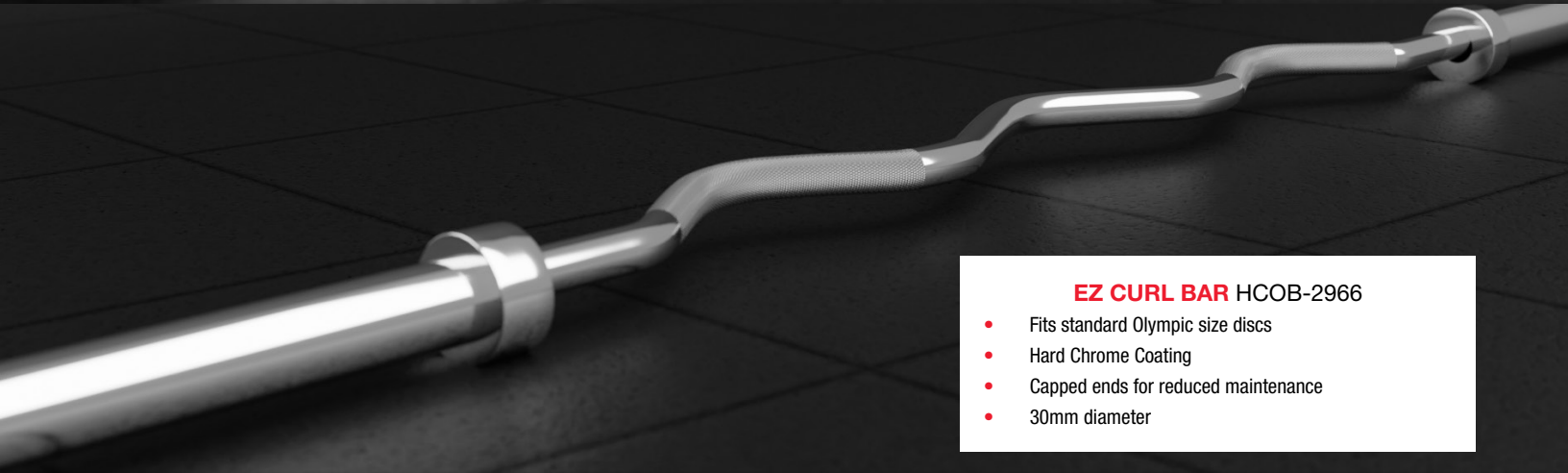
OLYMPIC LIFT BAR HCOB-2979

- Fits standard Olympic size discs
- Premium hard chrome coated 17.5" sleeves
- Needle bearings for smooth and even rotation during lifts
- Capped ends for reduced maintenance
- 2000lb load capacity
- 28mm, 20kg



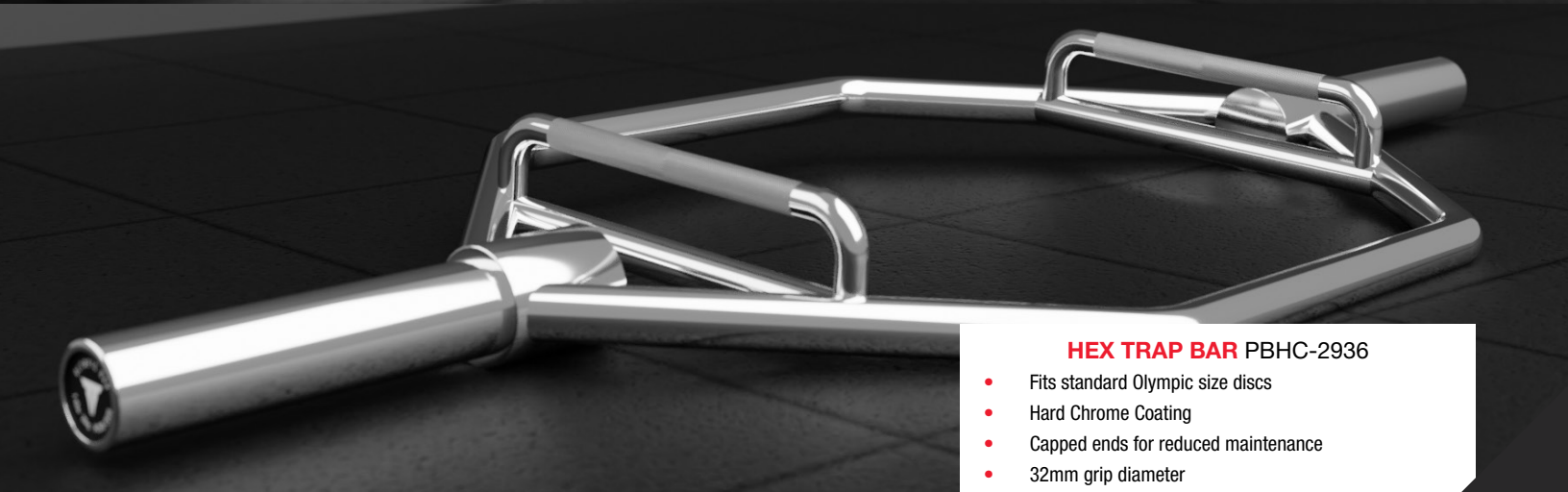
POWER LIFT BAR HCOB-3025

- Fits standard Olympic size discs
- Premium hard chrome coated 17.5" sleeves
- Needle bearings for smooth and even rotation during lifts
- Capped ends for reduced maintenance
- 2000lb load capacity
- 32mm, 20kg



EZ CURL BAR HCOB-2966

- Fits standard Olympic size discs
- Hard Chrome Coating
- Capped ends for reduced maintenance
- 30mm diameter



HEX TRAP BAR PBHC-2936

- Fits standard Olympic size discs
- Hard Chrome Coating
- Capped ends for reduced maintenance
- 32mm grip diameter