



We Change Lives from the Core®



TireFlip 180®

Maximum Versatility in a 4' x 5' Footprint



SCAN QR CODE FOR TIREFLIP 180 WORKOUTS

ABOUT THE TIREFLIP 180®

The patented TireFlip 180® is an innovative functional training system that gives you all the benefits of tire training in a safe, space-saving design. Flipping is just the beginning. Perform hundreds of exercises including strength, power, and agility in only 4x5 feet of space.

Dimensions:

Starting Weight: 100 lbs
Includes the 60 lb weight system for a training range of 100-160 lbs

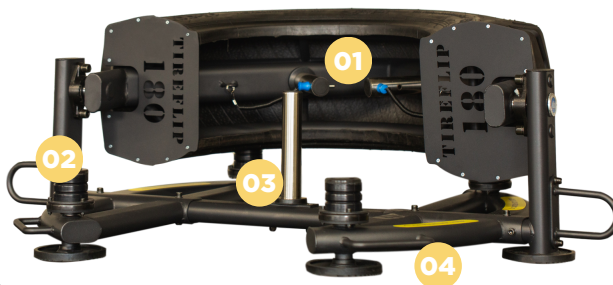
4'x 5' (1.2m x 1.5m)
330 lb (149kg)

Progressive Weight System

- 01 Included weights increase your training range from 160-240lbs. Weight pins securely fasten weights to the post.

Dual Anchor Points

- 02 2 functional attachment brackets allow for battle rope and resistance band training.



Weight Storage Post

- 03 Keep your functional training area clear of weights using the included weight storage post.

Handles and Wheels

- 04 Easily store or move your TireFlip 180® around your home or fitness facility.



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