



Maximum Versatility in a 4' x 5' Footprint



ABOUT THE TIREFLIP 180® XL SYSTEM

ABS4005-02

The patented TireFlip 180® XL 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. With the included weights you get progressive training, plus no need for multiple tires. The Battle Rope ST® makes the system perfect for small group training. Perform hundreds of exercises including strength, power, and agility in only 4x5 feet of space.

Dimensions:

Starting Weight: 160 lbs
Includes the 80 lb weight system for a training range of 160-240 lbs and the Battle Rope ST®

4'x 5' (1.2m x 1.5m)
364 lb (165kg)

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 with included Battle Rope ST®.



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® XL around your home or fitness facility.



1-866-219-5335



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