

# TROY®

BARBELL & FITNESS

Some build *IMAGE*, We build *QUALITY*. Since 1987.



# VTX

by TROYBARBELL & FITNESS

Functional Training Specialty Gear

**2017  
PRODUCT  
CATALOG**



Rugged Quality. Unmatched Value.

# USA

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Best In Class Home Fitness



# TROY

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# VTX

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Now Offering 2.5, 5, 10 LBS.

## FEATURED PRODUCTS

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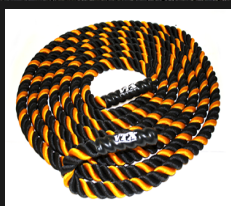
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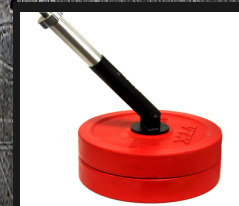
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## THE TROY POWER BAR

Item SKU: AOB-2000T

**Product Dimensions:** Made in the USA - Bar length: 7 feet -Knurling: very aggressive -Sleeve Attached: Double Snap Ring - Center Knurling: YES - Shaft Diameter: 28mm - Shaft Finish: Hard chrome - Sleeve Finish: Hard chrome - Loadable sleeve length: 16.50" Collar to collar shaft length: Weight: 44lbs (20kgs)\*- Bushings: bronze oil impregnated bushings in both ends.

**Product Description:** The new TROY POWER BAR is 100% manufactured in the USA with a very aggressive knurl pattern, bronze oil impregnated bushings and 177K PSI rating. Other select features of The TROY POWERBAR include double snap ring sleeves, and 16.50" of loadable sleeve length. This bar is so impressive we put the TROY badge on it as the established benchmark for power bars. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new AOB-2000T. 1,500lb Static test rating. This bar can be put into any application without worry and is virtually maintenance free. Perfect for use in a high school or college weight room.

## Olympic Hex Bar

Item SKU: AOT-56

**Product Dimensions:** Bar length: 56 inch - Knurling - Medium - Sleeve Attached - Solid Sleeve Design - Weight: 50 lbs Shaft Diameter - 25 mm - Shaft Finish - Chrome -Product/Shipping Weight: 50 lbs...

**Product Description:** Ideal for shrugs and dead lifts, this bar is designed in a hexagonal form making it easy to step in and out of the bar. Our "hex" bar is chrome coated to resist rusting and has a solid sleeve design.



## Troy Soft Foam Ply Boxes

Item SKU: T-PLYO Product Options:

- 6" T-PLYO-6 6"
- 12" T-PLYO-12 12"
- 18" T-PLYO-18 18"
- 24" T-PLYO-24 24"

ALL T-PLYO-PACS SET OF ALL SIZES.

**Product Dimensions:** 36x30 Landing area

**Product Description:** The T-PLYO can be purchased as individual pieces or as a set of four. These soft foam plyo boxes include the following features. Heights available: 6", 12", 18", and 24", and the ability to stack the boxes - Ultra dense foam - Covered with heavy duty vinyl Large velcro flaps to securely hold boxes in place -36x30 landing area on all sizes Contact your sales rep, click the Talk To Troy icon or request a quote today to learn more about the all new T-PLYO .



## TROY Custom Urethane Dumbbell

Item SKU:TSD-UL

**Product Dimensions:** Product/Shipping Weight: Per Order Request

**Product Options:** Available in: Custom Logo available for sizes 5-150 lbs. 2 ½ lb. increments available, 7.5-52.5 lbs

**Product Description:** 12 sided Head Urethane Encased Dumbbell w/34mm Hard-chrome Straight Steel Handle.



## TROY Workout System

Item SKU:TLS-PAC

**Product Dimensions:** Product/Shipping Weight: 917 lbs. LWH: 65" L x 29" W x 58" H.

**Product Options:** Available in: Weight sets (see below)

**Product Description:** The TROY Workout Strength Training set includes one rack and twenty sets of the TLW-40G. The TLW-40G consists of a 4.5" hollow "lightweight" standard bar, spring collars, 2-10 lb., 2-5 lb., and 2-2.5 lb. rubber encased plates. Excellent for group exercise classes. Loose plates available. Maximum bar capacity 65lbs..



## TROY COLOR WORKOUT SYSTEM

Item SKU:TLS-PAC-C

**Product Dimensions:** Product/Shipping Weight: 917 lbs. LWH: 65" L x 29" W x 58" H.

**Product Options:** Available in: Weight sets (see below)

**Product Description:** The TROY Color Workout Strength Training set includes one rack and twenty sets of the TLW-40GC. The TLW-40GC consists of a 4.5" hollow "lightweight" standard bar, spring collars, 2-10 lb., 2-5 lb., and 2-2.5 lb. color rubber encased plates. Excellent for group exercise classes. Loose plates available. Maximum TRB-54bh capacity 65 lbs.Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new TLS-PAC-C.



## Troy Urethane 12-sided dumbbells

Item SKU:TSD-U

**Product Dimensions:** Product/Shipping Weight: Per Order Request

**Product Options:** Available in: 5 lb. through 150 lb. in 5 lb. increments. Also available in 2.5 lb. increments up to 52.5 lbs

**Product Description:** Our stylish 12 sided Solid Steel, Polyurethane encased dumbbells represent the best in class, commercial grade product of its kind being manufactured today. With a sleeve design that extends through the head of the dumbbell and is permanently welded, the structural integrity is unsurpassed. The uniform 34mm Solid Steel hard-chrome handle with its precision machined, medium knurl makes each size dumbbell from the smallest to largest, as durable as it is comfortable to use. Suggested racks: DR-10, DR-15 & GTDR-3



## Troy 12 Sided Rubber Encased Dumbbells

Item SKU:TSD-R

**Product Dimensions:** Product/Shipping Weight: Per order request

**Product Options:** Available In : 3 lb., 5 lb., 8 lb., 10 lb., 12 lb., and 15 lb. through 125 lb. in 5 lb. increments.

**Product Description:** These "Quiet Iron" dumbbells are Troy's best, premium grade rubber dumbbell. They are encased with high quality virgin rubber which helps to reduce noise and protect floors and equipment, while making them virtually odor free. Precision machined, graduated steel handles are coated with a hard chrome finish to resist corrosion. 12 sided, anti-roll heads are permanently affixed for safe, reliable handling. Perfect for any workout setting-from the best health club to the home. 5 year, full commercial warranty. **Suggested racks are:** DR-10, GTDR-3. Can also be used with the following racks: T-DR, TDR-3, GVDR-8, GVDR-13





## Troy Barbell Competition Bumper

**Item SKU:** BCO-SBP

**Product Dimensions:** Product/Shipping Weight: Per order request

**Product Options:** Available in: 25lb/35lb/45 & 55lb. Custom logo now available.

**Product Description:** Premium rubber tested to withstand 30,000 drops. Plates have a dead blow when dropped with little bounce. 450 mm diameter to create a thinner and more durable core. 50.2 mm center hole for snug fit on the bar. **2 year warranty against defects.**



## Solid Rubber Bumper Plate

**Item SKU:** BO-SBP

**Product Dimensions:** Product/Shipping Weight: Per Order Request

**Product Options:** Available in: Black 10, 25, 35 and 45lbs.

**Product Description:** Troy's Olympic Solid Rubber Inter-Locking Bumper plate with stainless steel insert is made with the same demanding specifications as our other TROY products. This plate is quickly out-performing other solid rubber bumper plates on the market.



## Troy Barbell Competition Bumper Plates

**Item SKU:** CO-SBP

**Product Dimensions:** Product/Shipping Weight: Varies :

**Product Options:** Available in: 10 kg / Green, 15 kg / Yellow, 20 kg /Blue, and 25 kg / Red

**Product Description:** Premium rubber tested to withstand 30,000 drops. Plates have a dead blow when dropped with little bounce. 450 mm center steel hub to create a thinner and more durable core. 50.2 mm center hole for snug fit on the bar. **2 year warranty against defects..**



## TROY Mached Grip Plate

**Item SKU:**GO

**Product Dimensions:** Product/Shipping Weight : Per Order Request.

**Product Options:** Available in: 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb. and 45 lb.

**Product Description:** Our high-grade Mached Interlocking Grip Plate is made out of highest quality ASTM Grade 20 cast iron and is designed to be used in the heaviest situations. The interlocking feature allows the user to safely load more plates onto machines and bars to maximize workouts. This unique feature makes TROY plates easier to lift and load. Our Olympic GO plates are designed to maintain a 2% accuracy level, plus or minus.



## TROY Rubber Encased Grip Plate

**Item SKU:**GO-R

**Product Dimensions:** Product/Shipping Weight: Per order request.

**Product Options:** Available in: 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb. and 45 lb.

**Product Description:** Our Troy premium grade, "Quiet Iron® EZ-lift" grip plates set the standard for excellence with their unique design, exceptional quality and durability – so much so in fact, that we give them a 5 year warranty. The odorless, virgin rubber surface protects floor and equipment while the interlocking feature allows one to lift, lock and load more plates onto bars and machines. Troy GO-R plates are accurate within 2% plus or minus of actual weight.



## Troy Urethane Encased Grip Plate

**Item SKU:**GO-U

**Product Options:** Available In : 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb., and 45 lb. Plates.

**Product Description:**The heavyweight of our lineup. These GO-U "Quiet Iron® EZ-lift" grip plates are encased in the best, most durable cast polyurethane (CPU) available today, making them virtually indestructible and maintenance free. Less porous than rubber, they are also more hygienic and odor resistant. Our patented interlocking feature facilitates easier lifting and loading from any position allowing the user to safely load more plates onto machines and bars. These Olympic plates maintain a 2% accuracy level consistent with all of our TROY commercial plates.



## TROY Color Workout Strength Training Set

**Item SKU:**TLW-40GC

**Product Dimensions:** Product/Shipping Weight: 40lbs.

**Product Options:** Available In: Weights sets (see below)

**Product Description:** The TROY Color Workout Strength Training set includes a 4.5' hollow "lightweight" standard bar, spring collars, 2-10 lb., 2-5 lb., and 2-2.5 lb. color rubber encased grip plates. Excellent for group exercise classes. Loose plates available. Maximum TBR-54BH capacity 65 lbs.



## TROY Workout Strength Training Set

**Item SKU:**TLW-40G

**Product Dimensions:** Product/Shipping Weight: 40 lbs.

**Product Options:** Available in: Weight sets (see below)

**Product Description:** The TROY Workout Strength Training set includes a 4.5' hollow "lightweight" standard bar, spring collars, 2-10 lb., 2-5 lb., and 2-2.5 lb. rubber encased grip plates. Excellent for group exercise classes. Loose plates available. Maximum bar capacity 65 lbs.



## 10 Pair Dumbbell Rack

Item SKU: DR-10

**Product Dimensions:** Product/Shipping Weight: 178 lbs. LWH: 98" x 25" x 31"

**Product Description:** This commercial 10 pair rack has a rugged 3" x 2" frame with a scratch-resistant, powder-coated finish and anatomically angled tiers for easy access. Durable plastic saddles help protect dumbbells and reduce noise..



## 15 Pair Dumbbell Rack

Item SKU:DR-15

**Product Dimensions:** Product/Shipping weight: 241lbs LWH: 94" X 33.4 X 42.5"

**Product Description:** This commercial 15 pair rack has a 3.5mm thick steel tube with the capacity to hold 3,450lb of dumbbells. With a scratch-resistant, powder-coated finish and anatomically angled tiers for easy access, the new DR-15 is the strongest rack in our line up. Durable plastic saddles help protect dumbbells and reduce noise in the toughest facilities. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new DR-15.



## Accessory Rack

Item SKU:GTAR

**Product Dimensions:** Product/Shipping Weight: 86 lbs. LWH: 18" x 28" x 42"

**Product Options:** Available in: 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb. and 45 lb.

**Product Description:** This stylish Accessory Rack provides a convenient storage place for collars, ropes, and cable attachments. It can store 6 bar handles 20" and wider and hold many accessories in one of the 2 rubber lined trays. The chrome wear guard protects the paint finish.



## TROY Premium Wide Flanged Plate

Item SKU: PO

**Product Dimensions:** Product/Shipping Weight: Per order request

**Product Options:** Available in: 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb., 45 lb. and 100 lb.

**Product Description:** Product Description: These high-grade machined plates with rich baked black enamel paint are made from ASTM Grade 20 cast iron and are designed to fit on all precision 2" bars. The deep dish rim design allows the user to handle the plates easily. These Olympic plates are machined on rims and center to maintain a 2% accuracy level, plus or minus.



## TROY Premium Wide Flanged Plate

Item SKU:HO

**Product Dimensions:** Product/Shipping Weight : Per Order Request

**Product Options:** Available In: Weights sets (see below)

**Product Description:** Our high-grade fully-machined plates with a rich baked Hammetone Gray enamel paint are made from ASTM Grade 20 cast iron and are designed to fit on all precision 2" bars. The deep dish rim design allows easy handling. These Olympic plates are machined on rims, side, back and center to maintain a 2% accuracy level, plus or minus.



## TROY Custom Urethane Plate

Item SKU:GO-UL

**Product Dimensions:** Product/Shipping Weight: Per order request

**Product Option Shown:** Custom Logo -

Available in: 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb. and 45 lb.

(2.5, 5, and 10lb do not have grip or logo Custom logo only available on 25, 35 and 45 lbs.

**Product Description:** The heavyweight of our lineup, TROY's Polyurethane Coated "Quiet Iron® EZ-lift" Grip Plates are less porous than rubber, making them virtually indestructible, odor resistant and maintenance-free. Our patented interlocking feature facilitates easier lifting and loading from any position, allowing the user to safely load more plates onto machines and bars. These Olympic plates maintain a 2% accuracy level consistent with all of our TROY commercial plates.



## Troy Interlocking Grip Workout Plate

Item SKU:GR-R

**Product Dimensions:** Product/Shipping Weight: Per order request.

**Product Description:** Troy's strength training, interlocking, "Quiet Iron" grip plates are designed to fit all 1" bars. Their rugged rubber coating makes them more durable than regular cast plates, while protecting workout floors and equipment. \*\*Also available in colors – GR-RC. See TLS-PAC-C\*\*\*



## TROY Lite Storage Rack

Item SKU:TLS-20

**Product Dimensions:**

Product/Shipping Weight: 125 lbs. LWH: 65" L x 29" W x 58" H..

**Product Description:**The TROY Lite Storage Rack holds 20 full sets of TROY Light Workout bars and weights. This newly-designed rack will fit well in any group exercise room. Weights are not included.



## Horizontal Barbell Rack

Item SKU: BB-10

**Product Dimensions:**

Product/Shipping Weight: 82 lbs. LWH: 29" x 32" x 53"

**Product Description:** Our redesigned Horizontal Barbell Rack is dual sided and can hold 10 fixed barbells or fixed curl bars. The chrome wear-guard adds to the striking look of this barbell rack.



## Commercial Olympic Curl Bar

Item SKU: TOZ-47

**Product Dimensions:**

Bar length: 47 in.

Knurling - Deep Diamond Knurling

Sleeve Attached - Roll Pin

Product Weight: 17.2 lbs.

Shaft Diameter - 27mm

Shaft Finish - Chrome.

**Product Description:** The TROY 47" Commercial Quality Curl Bar is a 27 mm bar with deep diamond knurling for a positive grip and feel. Sleeves are secured via roll pin design. ..



## Commercial Olympic Curl Bar

Item SKU: TOZ-47B

**Product Dimensions:**

Bar Length: 47 in.

Knurling - Deep Diamond Knurling

Sleeve Attached - Roll Pin

Shipping Weight: 17.2 lbs.

Shaft Diameter - 27mm

Shaft Finish - black Zinc.

**Product Options:**

Available in: Chrome (Image Shown) or Black

**Product Description:** The TROY 47" Commercial Quality Curl Bar is a 27 mm bar with deep diamond knurling for a positive grip and feel. Sleeves are secured via roll pin design.



## Deluxe 5' Commercial Olympic Curl Bar

Item SKU: TOZ-60B

**Product Dimensions:**

Bar Length: 5 Feet

Knurling - Deep Diamond Knurling

Sleeve Attached - Heavy duty end bolts

Product Weight: 26 lbs

Shaft Diameter - 30mm

Shaft Finish - Black Zinc.

**Product Options:** Available In: Black Bar

**Product Description:** Our 60", 30mm commercial quality curl bar is designed for so much more than simply building biceps. Its great for walking lunges, front squats and upright rows because of its longer length. Black painted finish with deep diamond knurling for comfort and grip.



## Lightweight Training Bar

Item SKU: TRB-54BH

**Product Dimensions:**

Bar Length:

Knurling - light

Product weight: 5 lbs.

Center knurling - No

Bar Length - 54 in..

**Product Description:** Designed for group training classes, this lightweight 54" bar weighs only 5 lbs. and can safely hold up to 65 lbs. Perfect for light aerobic and training classes..



## TROY Pro Style Barbell – Hammer-tone Gray

Item SKU: HFB-C

**Product Dimensions:** Product/Shipping Weight: Per Order Request

**Product Option Shown:** Gray plates, straight bar and chrome endcaps.

Available in: Gray or black plates, straight or curl bar, chrome or rubber end caps, 20-115 lb. in 5 lb. increments

**Product Description:** The TROY Pro Style Barbell is pre-assembled to meet the standards required for any commercial application. All of our pro style barbells use solid steel bolt design. These barbells consist of straight or curl bars and feature deep set knurling for functional performance and top-of-the-line TROY high grade Hammetone Gray plates, premium black plates or rubber black plates. Of your choice. The chrome or rubber encased end caps include the TROY name and numbers for easy identification..



## TROY Pro Style Barbell – Hammer-tone Gray

Item SKU:HFB-R

**Product Dimensions:**

Product/Shipping Weight: Per Order Request

**Product Option Shown:** gray plates, straight bar and rubber end caps. Available in: Gray or black plates, straight or curl bar, chrome or rubber end caps, 20-115 lb. in 5 lb. increments

**Product Description:** The TROY Pro Style Barbell is pre-assembled to meet the standards required for any commercial application. All of our pro style barbells use solid steel bolt design. These barbells consist of straight or curl bars and feature deep set knurling for functional performance and top-of-the-line TROY high grade Hammertone Gray plates, premium black plates or rubber black plates. Of your choice. The chrome or rubber encased end caps include the TROY name and numbers for easy identification .



## TROY Pro Style Barbell – Hammer-tone Gray

Item SKU:HZB-C

**Product Dimensions:** Product/Shipping Weight: Per order request

**Product Option shown:** gray plates, curl bar and chrome end caps. Available in: Gray or black plates, straight or curl bar, chrome or rubber end caps, 20-115 lb. in 5 lb. increments

**Product Description:** The TROY Pro Style Barbell is pre-assembled to meet the standards required for any commercial application. All of our pro style barbells use solid steel bolt design. These barbells consist of straight or curl bars and feature deep set knurling for functional performance and top-of-the-line TROY high grade Hammertone Gray plates, premium black plates or rubber black plates. Of your choice. The chrome or rubber encased end caps include the TROY name and numbers for easy identification..



## TROY Pro Style Barbell – Hammer-tone Gray

Item SKU:HZB-R

**Product Dimensions:** Product/Shipping Weight: Per Order Request.

**Product Option shown:** Gray plates, curl bar and rubber end caps. Available in: Gray or black plates, straight or curl bar, chrome or rubber end caps, 20-115 lb. in 5 lb. increments

**Product Description:** The TROY Pro Style Barbell is pre-assembled to meet the standards required for any commercial application. All of our pro style barbells use solid steel bolt design. These barbells consist of straight or curl bars and feature deep set knurling for functional performance and top-of-the-line TROY high grade Hammertone Gray plates, premium black plates or rubber black plates. Of your choice. The chrome or rubber encased end caps include the TROY name and numbers for easy identification.



## TROY Pro Style Barbell - Black

Item SKU: PFB-C

**Product Dimensions:** Product/Shipping Weight: Per order request

**Product Option Shown:** Black plates, straight bar and chrome end caps. Available in: Gray or black plates, straight or curl bar, chrome or rubber end caps, 20-115 lb. in 5 lb. increments

**Product Description:** These barbells are all pre-assembled to meet the standards required for any commercial application. All of our pro style barbells use solid steel bolt design. The chrome or rubber encased end caps include the TROY name and numbers for easy identification.



## TROY Pro Style Barbell - Black

Item SKU: PFB-R

**Product Dimensions:** Product/Shipping Weight: Per order request.

**Product Option shown:** Black plates, straight bar and rubber end caps. Available in: Gray or black plates, chrome or rubber end caps, 20-115 lb. in 5 lb. increments

**Product Description:** These barbells are all pre-assembled to meet the standards required for any commercial application. All of our pro style barbells use solid steel bolt design. The chrome or rubber encased end caps include the TROY name and numbers for easy identification.



## TROY Pro Style Barbell - Black

Item SKU:PZB-C

**Product Dimensions:** Product/Shipping Weight: Per order request

**Product Option shown:** Black plates, curl bar and chrome end caps. Available in: Available in: Gray or black plates, chrome or rubber end caps, 20-115 lb. in 5 lb. increments

**Product Description:** These barbells are all pre-assembled to meet the standards required for any commercial application. All of our pro style barbells use solid steel bolt design. The chrome or rubber encased end caps include the TROY name and numbers for easy identification..



## Troy Pro-Style Barbell - Black

Item SKU:PZB-R

**Product Dimensions:** Product/Shipping Weight: Per order request

**Product Option shown:** Black plates, curl bar and rubber end caps, Available in: Gray or black plates, straight or curl bar, chrome or rubber end caps, 20-115 lb. in 5 lb. increments

**Product Description:** These barbells are all pre-assembled to meet the standards required for any commercial application. All of our pro style barbells use solid steel bolt design. The chrome or rubber encased end caps include the TROY name and numbers for easy identification.



## TROY Pro Style Rubber Encased Fixed Barbell

Item SKU:RUFB-R

Product Dimensions: Product/Shipping Weight: Per order request

Product Option shown: Straight bar and rubber end caps. Available in: Available in: 20-115 lb. in 5 lb. increments

Product Description: Our Rubber Encased Barbells are all pre-assembled to meet the standards required for any commercial application. All of our pro style barbells use solid steel bolt design. These barbells consist of straight or curl bars and feature deep set knurling for functional performance and top-of-the-line TROY rubber-encased plates. The rubber-encased end caps include the TROY name and numbers for easy identification.



## TROY Pro Style Rubber Encased Fixed

Item SKU:RUFC-R

Product Dimensions: Product/Shipping Weight: Per order request

Product Option shown: Curl bar and rubber end caps. Available in: 20-115 lb. in 5 lb. increments

Product Description: Our Rubber Encased Barbells are all pre-assembled to meet the standards required for any commercial application. All of our pro style barbells use solid steel bolt design. These barbells consist of straight or curl bars and feature deep set knurling for functional performance and top-of-the-line TROY rubber-encased plates. The rubber-encased end caps include the TROY name and numbers for easy identification.



## TROY 12 - Sided Urethane Barbell

Item SKU:TSB-U

Product Dimensions: Product/Shipping Weight: Per Order Request

Product Options: Available in: 20-110 lbs. in 10 lb. increments. Available in sets or individual sizes.

Product Description: Our patented 12-sided Urethane-Straight Barbell features a solid steel head encased in high grade urethane, that is securely attached to a hard chrome, steel bar..



## TROY 12 - Sided Urethane Barbell

Item SKU:TZB-U

Product Dimensions: Product/Shipping Weight: Per Order Request

Product Options: Available in: 20-110 lbs. in 10 lb. increments. Available in sets or individual sizes.

Product Description: Our patented 12-sided Urethane-Straight Barbell features a solid steel head encased in high grade urethane, that is securely attached to a hard chrome, steel bar. Warranty: 6 years.



## TROY Round Urethane Curl Barbell Custom Logo Only

Item SKU:TZB-US

Product Dimensions: Product/Shipping Weight: Per order request

Product Options: Available in: Straight bars (Shown in Image) or curl bars, 20-110 lbs. in 10 lb. increments, available in sets only.

Product Description: Our patented round head Urethane-Encased Curl Barbell has a hard chrome steel bar. Custom logo option available.



## TROY Custom Logo Urethane Barbell

Item SKU:TZB-UTL

Product Dimensions: Product/Shipping Weight: Per Order Request

Product Options: Available in: Straight bars or curl bars, 20-110 lbs. in 5 lb. increments, available in sets only..

Product Description: Our patented round head Urethane-Encased Curl Barbell has a hard chrome steel bar. Custom logo option shown.



## TROY Rubber Barbells

Item SKU:TSB-R

Product Dimensions: Product/Shipping Weight: Per order request.

Product Options: Our 12-sided, Rubber-Encased Solid Straight Barbell with hard chrome steel bar..

Product Description:Our 12-sided, Rubber-Encased Solid Straight Barbell with hard chrome steel bar..



## TROY Rubber Barbells

Item SKU: TZB-R

Product Dimensions: Product/Shipping Weight: Per order request.

Product Options: Available in: Straight bars or curl bars, 20-110 lbs. in 10 lb. increments Sold in sets or loose.

Product Description: Our 12-side, Rubber-Encased Solid Curl Barbell with hard chrome steel bar.





## TROY Pro Style Dumbbells - Black

Item SKU: PFD-C

**Product Dimensions:** Product/Shipping Weight: Per Order Request

**Product Option Shown:** 27mm straight handle and chrome end caps.

Available in: Optional Contoured or Straight Handles and Chrome or Rubber End Caps. .

**Product Description:** Our TROY pro style dumbbells are all pre-assembled to ensure that they meet the standards required in heavy used commercial applications. All of our pro style dumbbells use solid steel bolt design; bigger, longer and stronger than the competition. These dumbbells consist of straight or contoured handles that feature special deep set knurling for functional performance and our top of the line TROY black premium plates. The rubber or chrome encased end caps include the TROY name and numbers for easy identification. Available in 2.5 lb. increments starting at 5 lbs. up to 52.5 lbs. and in 5 lb. increments up to 150 lbs.



## TROY Pro Style Dumbbells - Black

Item SKU: PFD-C

**Product Dimensions:** Product/Shipping Weight: Per Order Request

**Product Option Shown:** 32mm Contoured handle and chrome end caps.

Available In : Optional Contoured Handles and Chrome or Rubber End Caps.

**Product Description:** Our TROY pro style dumbbells are all pre-assembled to ensure that they meet the standards required in heavy used commercial applications. All of our pro style dumbbells use solid steel bolt design; bigger, longer and stronger than the competition. These dumbbells consist of straight or contoured handles that feature special deep set knurling for functional performance and our top of the line TROY black premium plates. The rubber or chrome encased end caps include the TROY name and numbers for easy identification. Available in 2.5 lb. increments starting at 5 lbs. up to 52.5 lbs. and in 5 lb. increments up to 150 lbs..



## TROY Pro Style Dumbbells - Black

Item SKU: PFD-C

**Product Dimensions:** Product/Shipping Weight: Per Order Request

**Product Option shown:** 32mm Contoured handle

Available in: Optional Contoured Handles and Chrome or Rubber End Caps

**Product Description:** Our TROY pro style dumbbells are all pre-assembled to ensure that they meet the standards required in heavy used commercial applications. All of our pro style dumbbells use solid steel bolt design; bigger, longer and stronger than the competition. These dumbbells consist of straight or contoured handles that feature special deep set knurling for functional performance and our top of the line TROY black premium plates. The rubber or chrome encased end caps include the TROY name and numbers for easy identification. Available in 2.5 lb. increments starting at 5 lbs. up to 52.5 lbs. and in 5 lb. increments up to 150 lbs.



## TROY Pro Style Dumbbells - Black

Item SKU: PFD-R

**Product Dimensions:** Product/Shipping Weight: Per Order Request

**Product Option shown:** 27mm straight handle and rubber end caps.

Available In : Optional Contoured Handles and Chrome or Rubber End Caps.

**Product Description:** Our TROY pro style dumbbells are all pre-assembled to ensure that they meet the standards required in heavy used commercial applications. All of our pro style dumbbells use solid steel bolt design; bigger, longer and stronger than the competition. These dumbbells consist of straight or contoured handles that feature special deep set knurling for functional performance and our top of the line TROY black premium plates. The rubber or chrome encased end caps include the TROY name and numbers for easy identification. Available in 2.5 lb. increments starting at 5 lbs. up to 52.5 lbs. and in 5 lb. increments up to 150 lbs.



## TROY Pro Style Dumbbells - Rubber Encased

Item SKU: RUFDC-R

**Product Dimensions:** Product/Shipping Weight: Per Order Request

**Product Option Shown:** 32mm Contoured Handles

Available in: Contoured or Straight Handles.

**Product Description:** Our rubber encased TROY pro style dumbbells are all pre-assembled to ensure that they meet the standards required in heavy use commercial applications. All of our pro style dumbbells use solid steel bolt design; bigger, longer and stronger than the competition. These dumbbells consist of straight or contoured handles that feature special deep set knurling for functional performance and our top of the line TROY rubber encased plates. The rubber end caps include the TROY name and numbers for easy identification. Available in 2.5 lb. increments starting at 5 lbs. up to 52.5 lbs. and in 5 lb. increments up to 120 lbs.



## TROY Pro Style Dumbbells - Rubber Encased

Item SKU: RUFDC-R

**Product Dimensions:** Product/Shipping Weight: Per Order Request

**Product Option Shown:** 27mm Straight handles :

**Product Description:** Our rubber encased TROY pro style dumbbells are all pre-assembled to ensure that they meet the standards required in heavy use commercial applications. All of our pro style dumbbells use solid steel bolt design; bigger, longer and stronger than the competition. These dumbbells consist of straight or contoured handles that feature special deep set knurling for functional performance and our top of the line TROY rubber encased plates. The rubber end caps include the TROY name and numbers for easy identification. Available in 2.5 lb. increments starting at 5 lbs. up to 52.5 lbs. and in 5 lb. increments up to 120 lbs. .



## TROY Urethane Dumbbell

**Item SKU:** TSD-UTL

**Product Dimensions:** Product/Shipping Weight: Per order request.

**Product Options:** Available in: Custom logo available for sizes 5-150 lbs. 2 ½ lb. increments available, 7.5-52.5 lbs.

**Product Description:** One of the most compact dumbbells in the industry, the TROY Solid Steel Dumbbell has a solid steel design and an odor-free urethane to protect floors and equipment. The 34 mm, solid steel handles are a hard chrome finish to prevent flaking or peeling.



## TROY Pro Style Dumbbells - Hammertone Gray

**Item SKU:** HFDC-C

**Product Dimensions:** Product/Shipping Weight : Per Order Request

**Product Option Shown:** Gray plates, 32mm contoured handles and chrome end caps.

Available In : Optional straight Handles and Chrome or Rubber End Caps.

**Product Description:** Our TROY pro style dumbbells are all pre-assembled to ensure that they meet the standards required in heavy used commercial applications. All of our pro style dumbbells use solid steel bolt design; bigger, longer and stronger than the competition. These dumbbells consist of straight or contoured handles that feature special deep set knurling for functional performance and our top of the line TROY black premium plates. The rubber or chrome encased end caps include the TROY name and numbers for easy identification. Available in 2.5 lb. increments starting at 5 lbs. up to 52.5 lbs. and in 5 lb. increments up to 150 lbs..



## TROY Pro Style Dumbbells - Hammertone Gray

**Item SKU:** HFD-R

**Product Dimensions:** Product/Shipping Weight: Per Order Request

**Product Option Shown:** Gray plates, 27mm straight handle and rubber end caps.

Available in: Chrome or rubber end caps, straight or contoured handle, 2.5 lb. increments starting at 5 lbs. up to 52.5 lbs. and in 5 lb. increments up to 150 lbs.

**Product Description:** The TROY Pro Style Dumbbells are pre-assembled to ensure all required standards are met for any commercial application. All of our pro style dumbbells are secured with industrial strength, solid steel bolts. We offer a choice of straight or ergonomically-designed, contoured handles. TROY high grade Hammertone Gray plates. The chrome or rubber encased end caps clearly display the TROY name and numbers for easy identification.



## Troy Bar

**Item SKU:** GTB

**Product Dimensions:** Product/Shipping Weight: Per order request

**Product Options:**

Available in: 4 lb. - 44", 6 lb. - 46 1/2", 9 lb. - 47 1/2", 12 lb. - 47 1/2", 15 lb. - 47 1/2", 18 lb. - 47 1/2", 22 lb. - 60", 27 lb. - 72"

**Product Description:** The TROY Bar features a solid steel core for evenly distributed weight, and is covered in high density resilient black foam for long lasting durability and added comfort. Each bar has a unique, color-coded rubber numbered end cap in addition to a colored label sleeve. The TROY Bar is ideal for performing various exercises including sit-ups, squats, lunges and upper body exercises and is great for toning and conditioning.



## Troy Aerobic Bar Club Pack

**Item SKU:** GTBR Pac

**Product Dimensions:** Product/Shipping Weight: 428 lbs.

**Product Description:** Our Troy Aerobic Bar Club Pack delivers 32 bars in our most popular sizes and an attractive display/storage rack, all in one package. Each bar has a color coded cap indicating its weight, and all bars are covered in commercial quality high density foam. Great for schools and group exercise classes. Each set contains a display rack and the following bars: 2 x 4lb., 4 x 6 lb., 8 x 9 lb., 8 x 12 lb., 4 x 15 lb., 4 x 18 lb., 2 x 22 lb. 1 year warranty against breakage.



## TROY Bar Rack

**Item SKU:** GTBR-24

**Product Dimensions:** Product/Shipping Weight: 55 lbs. LWH:

**Product Description:** The TROY Bar Rack is designed to hold up to 24 TROY Body Bars. Some assembly is required. This newly designed rack will fit well in any group exercise room.



## 2" EZ-on Spring Collar with Rubber Grip

**Item SKU:** TOZC-1/2G

**Product Dimensions:** Product/Shipping Weight: 2 lb. per pair

**Product Description:** Olympic chrome EZ-on Collars with Rubber Grips can securely hold Olympic plates on all 2" bars.



## 2" Muscle Clamp Collar

**Item SKU:** AOMC

**Product Dimensions:** Product/Shipping Weight: 1 lb. per pair

**Product Description:** Constructed of a hard plastic polymer, this rugged, quality collar securely clamps onto all 2" bars with ease to safely hold plates on bars.



## Leather Ankle Strap

**Item SKU:** ALAS

**Product Dimensions:** Product/Shipping Weight : 0.5 lbs.

**Product Description:** Our leather ankle strap is specifically constructed to facilitate toning and strengthening of the hip and thigh muscles. It features a comfort sheepskin lining that absorbs shock, while lending cushion and support. Heavy D-ring design attaches to any cable system.



### Troy Soft Foam, Tri-Plyo Cube

**Item SKU:** TPC

**Dims:** Height: 20" Landing area: 30" - **Width:** 24" Landing area: 30" - **Length:** 30" Landing area: 24"  
**Product Weight:** 20.5lbs **Weight Capacity:** 350lbs

**Product Features:** Sturdy foam box construction - Covered in heavy-duty Slip-free vinyl  
Solid sided platforms support larger users - No assembly

**Product Options:** See T-PLYO and T-PLYO-PAC

**Product Description:** Experience 3 different levels of training intensity with our versatile Soft foam Tri-Plyo Cube. It adjusts to 3 different training heights – 20", 24" and 30", by simply flipping the cube. The durable, high density, solid foam construction is designed to prevent injury. By reducing the fear of injury, it motivates and challenges the user to overachieve. Perfect for box jumps, box pushups and more. Contact your sales rep, click the Troy Icon or request a quote today to learn more about the all new T-Plyo Cube.

### THE TROY BLACKWING BAR

**Item SKU:** AOB-1500T

**Product Dimensions:**

Made in the USA  
Bar length: 7 feet  
Knurling: medium  
Sleeve Attached: Double Snap Ring  
Center Knurling: NO  
Shaft Diameter: 28mm  
Shaft Finish: Black Oxide  
Sleeve Finish: Bright zinc  
Loadable sleeve length: 16 & 1/4th"  
Collar to collar shaft length: 51 & 1/2"  
Weight: 44lbs (20kgs)

**Product Description:** The new TROY Blackwing bar is 100% manufactured in the USA. This bar is so impressive we put the TROY badge on it as the established benchmark for American made power bars. This bar can be put into any application without worry and is virtually maintenance free. Perfect for use in a high school or college weight room. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new AOB-2000T.



### VTX Dual Grip Urethane Plate

**Item SKU:** GO-VU

**Sizes:** 45,35,25,10, 5 & 2.5lb

**Product Options:** Black plate with white VTX logo and pound markers. - Custom logo option coming soon.  
Custom Silk Screen Logos Available soon. (Ref GO-VUL)

**Product Description:** The new VTX urethane dual grip plate is the perfect solution for any light institutional setting. Using high grade urethane and a unique look the GO-VU looks great out of the box, but even better with your logo on it. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new GO-VU.



### VTX TRAINING ROPES

**Item SKU:** ROPE1-40G - ROPE2-50G

**Sizes:** 1.5" 40ft (ROPE1-40G) - 2.0" 50ft (ROPE2-50G) - Available In: 1.5" or 2" thickness

**Product Description:** VTX Training Ropes provide an intense, full body workout. Each rope is constructed of fray resistant, polyethylene and sports durable rubber hand grips on each end to guard against rope burn. There are 2 different thicknesses (1.5" & 2") and lengths (40' & 50') to choose from. Utilize the VTX training rope in your workout regimen as a fun and innovative way to burn fat, develop endurance and build lean muscle. Contact your sales rep, click the "Talk to Troy" icon or request a quote today to learn more about the all new VTX Training Ropes..



### Vertical multiple storage rack

**Item SKU:** G-MR

**Product Dimensions:** 27" L x 25" W x 55.5" H

**Features:** Unique design maximizes storage with minimal footprint. - Includes three Olympic weight plate storage posts - Rubber base caps to protect floors - Features flat bottom tray for additional storage - Will hold 4 Olympic bars  
Dual access points- Solid bolt together weight and ball horns for maximum strength.

**Product Options:** Only available in black

**Product Description:** This vertical multi-storage unit can hold wall balls, kettlebells, Olympic plates, Olympic bars and Olympic collars. The G-MR is the perfect space saving piece to take all these items off the floor and keep them organized and accessible. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new space saving, small footprint multiple storage rack.



### VTX PUSH/PULL SLED



**Item SKU:** G-SLED

**Product Dimensions:** (L) 40" (W) 24" (H) 38 ½" with push pole in place

**Features:**

Foot Print 36" x 24"

Height 38.5" (with uprights)

Product Weight 74 lbs.

Includes (2) push poles 36" each which can be placed in any of the four sockets

Includes (1) weight post 25 ½" long

Includes Low-Push Handle

Includes pull strap connection point

**Product Options:** Only available in black with orange poles - Pull harness and Carabiner Not Included

**Product Description:** The VTX Push/Pull sled is the perfect way to add a challenge to any work out and the included Low-Push handle requires a lower stance and is great for acceleration training and developing powerful legs. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all VTX Push/Pull Sled.

### Post Landmine



**Item SKU:** G-LAND

**Features:**

Solid steel construction

Portable

Compatible to fit with Troy

VTX and USA Olympic bars & plates

**Product Description:** Offering 360-degree rotational pivot provides the ability to perform rotational exercises. Using any Troy, VTX or USA Olympic bar and bumper plates the VTX landmine is the perfect portable piece to take your workouts to a new level. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new VTX Landmine.

### Vertical Kettlebell & Accessory Rack



**Item SKU:** G-KBR3

**Product Dimensions:** Measurement: 24" (L) x 17" (W) x 42" (H).- Weight: 63.75 lbs

**Product Options:** Available in: Gray power coat finish.

**Product Description:** The VTX G-KBR3 is a space saving, small footprint corner kettlebell rack that stores a lot of products. The G-KBR3 will hold Kettlebells, bands, jump ropes and other accessory pieces. With its 4 shelves, 6 hooks and corner design the VTX G-KBR3 is the perfect solution for limited spaces. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new G-KBR3.

### Mobile bumper plate rack



**Item SKU:** G-MBPR

**Product Dimensions:** 608mm (W) x 608mm (L) x 1056mm (H) - Maximum load is 450 lbs

**Features:**

X-shaped base for easy access to plates

400lb weight capacity

Durable casters for maximum mobility

Pin lock feature to keep pole in place when needed

Small footprint with maximum storage

**Product Description:** The VTX mobile bumper plate rack is the perfect storage unit solution to keep bumper plates off the floor or take the place of a stationary rack that occupies too much space. Once done with the plates simply stack them on the base, insert the pole and roll it away on 4 heavy duty casters that come standard with the unit. (bumper plates not included). Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new space saving mobile bumper plate rack.

### Troy Barbell Competition Bumper Plates



**Item SKU:** BCO-SBPL

**Product Dimensions:** Product/Shipping Weights: Varies

**Product Description:**

Premium rubber tested to withstand 30,000 drops. Plates have a dead blow when dropped with little bounce. 450 mm diameter to create a thinner and more durable core. 50.2 mm center hole for snug fit on the bar.

2 year warranty against defects.

Available in: 25lb/35lb/45 & 55lb



### VTX Urethane Dumbbell

**Item SKU:** XD-UL:

**Product Dimensions:** Product/Shipping Per order request..

**Product Options:** Available In: Custom logo available for sizes: 5-125 lbs

**Product Description:** The new VTX round head XD-U is the perfect dumbbell for any light institutional setting. Using a high grade urethane and a proprietary construction method the XD-U is the best institutional dumbbell we carry. Send in your logo request and we will provide you with a mock up of your logo on the all new XD-UL.



### VTX Round Urethane Dumbbell

**Item SKU:** XD-U

**Product Options:**

Available In: 5 through 125lbs in 5lb increments.

**Product Description:** The new VTX round head XD-U is the perfect dumbbell for any light institutional setting. Using a high grade urethane and a proprietary construction method the XD-U offers a durable and affordable dumbbell that looks great out of the box but better with your logo on it. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new XD-U.



### 8 Sided Rubber Encased Dumbbells

**Item SKU:** SD-R

**Product Dimensions:**

Product/Shipping Weight : Per Order Request

**Product Options:**

Available In :3 lb., 5 lb., 8 lb., 10 lb., 12 lb., and 15 lb. through 100 lb. in 5 lb. increments.

**Product Description:** Our VTX 8 sided rubber encased dumbbells are perfect for home use or light institutional setting. These dumbbells will help reduce noise and protect flooring and equipment. Built with all steel chrome contoured handles, our VTX rubber encased dumbbells are built to last.

*Disclaimer - VTX SDR dumbbells are not recommended for use with saddle racks. Use of the VTX SDR dumbbell in conjunction with saddle racks will void the warranty*



### 12 Sided Solid Gray Dumbbells

**Item SKU:** SD-V

**Product Dimensions:**

Product/Shipping Weight : Per Order Request

**Product Options:**

Available In :3 lb., 5 lb., 8 lb., 10 lb., 12 lb., and 15 lb. through 100 lb. in 5 lb. increments.

**Product Description:** Our unique VTX 12 sided dumbbells are quality engineered and built to last a lifetime. These stylish dumbbells use only the highest quality ASTM-grade 20 casting and are coated with a durable resin based paint to resist chipping, abrasion and corrosion.



### Vinyl Dumbbell

**Item SKU:** VD

**Product Dimensions:**

Product/Shipping Weight : Per Order Request

**Product Options:**

Available In : 1 lb. through 10 lb., 12 lb. and 15 lb. Available In 10 Attractive Colors..

**Product Description:** Unique hex head design prevents rolling and is easily stackable. Vinyl coverings are comfortable to use and should not rust, crack or fade under normal. Excellent for commercial or home settings. Each size is marked with poundage. Easy to clean.



### Neoprene Dumbbells

**Item SKU:** GTD

**Product Dimensions:**

Product/Shipping Weight : Per Order Request

**Product Options:**

Available in: 1 lb. through 10 lb., 12 lb. and 15 lb. Available In Black Only.

**Product Description:** Unique hex head design prevents rolling and is easily stackable. Neoprene coverings are comfortable to use and should not rust, crack or fade under normal usage. Excellent for commercial or home settings. Available in black only and each size is marked with poundage.



### VTX Flat/Incline/Decline Bench

**Item SKU:** GVBH-FID

**Product Dimensions:** Product/Shipping weight : 75 lbs

**Product Options:** Available In: Charcoal Grey

**Product Description:** VTX has a new FID Bench for vertical market use that adjusts to accommodate your workout. The VTX bench features a unique (4) hook system for optional band use, wheels on the back for easy transport, High-density foam padding for comfortable yet sturdy workout and a simple (2) piece assembly.

-Flat - Incline- 80°, - Seat adjust - Wider footprint for increased stability - Unique hook system to take your workout to a new level  
 Transport Wheels - Rubber feet to protect floors  
 Horizontal - LxWxH 4 feet and 3.77 inches X 1 foot 1.5 inches X 1 foot 6 inches  
 Vertical: LxWxH 3 feet and 3.77 inches X 2 feet 2.8 inches X 4 feet and 3.9 inches  
 Weight 75 pounds

### VTX Grip Plate

**Item SKU:** GO-V

**Product Options:**

Available in: 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb., 45 lb. and 100 lb. Sizes 2.5 lb., 5 lb. and 100 lb. have no grips .

**Product Description:** Affordable quality, our VTX high-grade, wide-flanged, Olympic Grip Plates feature 3 slotted gripping areas (45 lb., 35 lb., 25 lb. and 10 lb. only) that actually raise the plates off of the ground, providing easier lifting and loading from a prone or angled position. Raised reinforcements on both sides of each grip slot help make it a true institutional plate and the choice of trainers, world wide. Center bores are precision drilled for a snugger fit on most 2" Olympic bars. Rust resistant, twice baked gray enamel finish. Warranty: 1 year.



### VTX Rubber Grip Plate

**Item SKU:** GO-VR

**Product Options:**

Available in: half sizes: 2.5, 5, 10, 25, 35, 45 and 100lbs. Sizes 2.5, 5 and 100 have no grips. Black only. .

**Product Description:** Affordable quality! Our VTX high grade, wide flanged, "quiet iron" rubber encased Olympic grip plates feature 3 slotted gripping areas (45lb, 35lb, 25lb and 10lb only) that actually raise them off of the ground, providing easier lifting and loading from a prone or angled position. The durable rubber coating protects the plates, floors and other equipment from damage.

- Raised reinforcements on both sides of each grip slot help make it a true institutional plate and the choice of trainers, world wide. A new steel, center bore insert provides a snugger fit on most 2" Olympic bars. Warranty: 1 year.



### Solid Rubber Bumper Plate

**Item SKU:** O-SBP

**Product Options:**

Available in: Colored, 10, 25, 35 and 45lbs. .

**Product Description:**Our VTX Colored, Solid Rubber Bumper plate with solid steel insert is a high quality, branded bumper plate, engineered to our demanding standards. It routinely outperforms other, more expensive models of its kind, making it the perfect value solution for gym and institutional use. We are so confident in its structural soundness, we offer a 1 year warranty against breakage. 90 day warranty on breakage for 10# plate



### Solid Rubber Bumper Plate

**Item SKU:** VO-SBP

**Options:**

Available in: 10, 15, 25, 35 and 45lbs. .

**Product Description:** Our VTX black, Solid Rubber Bumper plate with solid steel insert is a high quality, branded bumper plate, engineered to our demanding standards. It routinely outperforms other, more expensive models of its kind, making it the perfect value solution for gym and institutional use. We are so confident in its structural soundness; we offer a 1 year warranty against breakage. 90 day warranty on breakage for 10lb & 15lb plates



### VTX Olympic 300lb. Weight set

**Item SKU:** GOSS-300V

**Product Dimensions:**

Product/Shipping Weight : 300 lbs..

**Product Description:** This set consists of the following components: (2) GO-045V lb., (2) GO-035V lb., (2) GO-025V lb. and (1) GOSS-046V – 2 pcs. of GO-010V lb., 4 pcs. of GO-005V lb., 2 pcs. of GO-02.5V lb. and 2 TOZC-1/2 spring collars. (1) GOB-86 7' Olympic bar completes the set. All plates are Olympic 2" VTX grip plates (5 lb. and 2.5 lb. plates do not have grip feature).



### VTX Rubber Olympic 300 lb. Weight Set

**Item SKU:** GOSS-300VR

**Product Dimensions:**

Product/Shipping Weight: 300 lbs..

**Product Description:** This set consists of the following components: Two GO-045VR lb., two GO-035VR lb., two GO-025VR lb., one GOSS-046VR (two GO-010VR lb., four GO-005VR lb., two GO-02.5VR lb. and two TOZC-1/2 spring collars), one GOB-86 or one GOB-86B 7' Olympic bar completes the set. All plates are Olympic 2" VTX rubber encased grip plates (5 lb. and 2.5 lb. plates do not have grip feature).



### VTX Colored Bumper Plate Weight Set

**Item SKU:** OSS-275SBP

**Product Dimensions:** Product/Shipping Weight: 275 Lbs.

**Product Description:** Our VTX colored solid rubber bumper plates have quickly become the industry standard for quality and value. The plates sport bright colors that really stand out so we paired them with our institutional quality Olympic bar and collars to make a multi-functional set that's perfect for beginner or advanced lifters. Our VTX line is built and engineered to our demanding standards for active lifters looking for rugged durability. In this package you get our GOB-1200 Olympic bar, a pair of spring collars, and one pair of each of the following bumper plates: 10 lb., 25 lb., 35 lb., and 45 lb. This set is perfect for home or institutional use. Custom steel insert and a full 1 year warranty against breakage are included. VTX Bumpers – Lift. Drop. Repeat.



## VTX Men's Training Bar

Item SKU:GOB-1800

**Product Dimensions:**

Bar Length: 7ft 1 in - Knurling - medium -Sleeve Attached - Double Snap Ring -Center Knurling - No -Shaft Diameter - 28.5 mm  
 Shaft Finish - Oxidized -Sleeve Finish - Hard Chrome - Markings: Dual markings (Olympic and power lifting  
 Bushings - self lubricating double bushings -inside collar to collar length: 51.75 in

**Product Description:** Our new VTX men's training barbell is the strongest, most versatile bar we have ever manufactured. The bar has tested out at over 270,000 P.S.I. Its 28.5mm shaft features a precision patterned knurl with dual marks for both Olympic and powerlifting. Bronze, self lubricating bushings give it great spin while double snap rings safely secure each end to the bar. Extra long sleeves (over 16") permit maximum loading capacity for the heaviest lifts..



## Olympic Dumbbell Handle

Item SKU :GOD-20

**Product Dimensions:** Product Weight : 10 lbs. each. Bar Length: 20 in.

**Product Description:** The USA 20" Olympic Dumbbell Handles are ideal for those who require a variety of exercises, and serve as an important addition to your workout routine. The diameter of the handle is 25.4mm

## 6 1/2' Women's Olympic Training Bar

Item SKU: GOB-800

**Product Dimensions:**

Bar Length: 6ft 6in - Knurling - light -Sleeve Attached - Double Snap Ring - Center Knurling - No - Shaft Diameter - 25 mm  
 Shaft Finish - Oxidized - Sleeve Finish- Black Zinc - Bushings- bronze - Inside collar to collar length: 51 1/2")

**Product Description:** Our sleek new, 6 1/2ft, 15kg women's training bar has a 25mm bar shaft that is easier to grip and control that is specifically designed for functional training. Despite it's smaller diameter, it has an extremely strong yield strength that provides plenty of desired "whip." The shaft has an attractive patina (copper) color which contrasts well with black painted sleeves to give it a distinctive look, while being fastened securely with dual snap rings for consistent, reliable performance.



## 7' Olympic Power Bar

Item SKU:GOB-1200

**Product Dimensions:**

Bar Length: 7 feet - Knurling - light - Sleeve Attached - Double Snap Ring - Center Knurling - No - Shaft Diameter - 32 mm  
 Shaft Finish - Chrome - Product/Shipping Weight: 44 lbs Bar Length: 7 Feet. (see details below)

**Product Description:** Our best 7' international, hard chrome "beater" bar has a large 32 mm shaft, giving it a tensile strength equal to that of a much more expensive power bar. -Bronze bushings allow it to spin freely, making it ideal for Olympic lifts such as dead lifts, cleans and snatches. Each end is secured by dual snap rings, a feature often found on the highest performing Olympic bars.



## 6' Lightweight Olympic Bar

Item SKU:GOB-300LZ

**Product Dimensions:** Bar Length: 6 feet - Knurling - light - Sleeve Attached - Pinne - Center Knurling - No - Shaft Diameter - 26  
 Shaft Finish - Zinc - Product/Shipping Weight: 17 lbs. Bar Length: 6 ft.

**Product Description:** Our 6' lightweight aluminum Olympic bar has a 300 lb. statical test and 1 1/8" diameter. It is designed as a training bar for beginning lifters wishing master different types of lifts while maintaining proper form. The shaft is zinc coated with steel, pinned sleeves cut down to 9 1/4", providing a 51" distance between the collars and making it compatible with most Olympic-size benches.



## VTX Super 74" XL Olympic Black 6' EZ Curl Bar

Item SKU:GOZ-74B

**Product Dimensions:** Bar Length: 74 inches - Knurling - light - Sleeve Attached - Snap Ring - 51" between collars  
 Shaft Diameter - 30 mm - Shaft Finish - Black Zinc - Product Weight: 74" long / 35 lbs

**Product Description:** Black finish, Snap Ring Fastened Sleeves, 51" between collars for use on Olympic benches, 300 lb capacity, 1 year limited warranty.



## 7' Light Commercial Grade Olympic Power

Item SKU:A0B-1200B

**Product Dimensions:**Bar Length: 7 feet - Knurling - light - Sleeve Attached - Snap Ring  
 Center Knurling - No - Shaft Diameter - 28mm - Shaft Finish - Chrome".

**Product Description:** Great for light commercial usage, this 84" black oxide coated power bar is equipped with pinned, polished steel sleeves. This American made bar is 28 mm in diameter with medium diamond knurling and a 1200 lb. statical test rating.



## 7' Olympic Power Bar

Item SKU:A0B-1500B

**Product Dimensions:** - Bar Length: 7 feet - Knurling - Medium - Sleeve Attached - Snap Ring  
 Center Knurling - Yes - Shaft Diameter - 28mm - Shaft Finish - Black Oxide

**Product Description:** 7' black zinc coated power bar, 1500 lb. statical test, 4" center knurling. Snap ring design. This bar is designed to go into a club environment.





### Horizontal Dumbbell Rack

**Item SKU:** TDR-3

**Product Dimensions:**

Product/Shipping Weight: 195 lbs.94" L x 26" W x 41" H. 22.84".

**Product Description:** The VTX Deluxe 3-Tier Horizontal Dumbbell Rack will hold up to 23 pairs of USA and VTX dumbbells ranging from 3 lbs. to 100lbs (including 8 & 12 lb. sizes), and will hold up to 20 pairs of Troy dumbbells ranging from 5lbs to 100lbs. This durable rack is constructed with 12-gauge heavy duty 2" x 2" tubing and designed to efficiently store a wide range of dumbbell sizes for institutional, vertical and home applications.

*Disclaimer: Using Troy Prostyle Dumbbells on this rack is not recommended and will void the warranty..*



### 3-Tier Dumbbell Shelf Rack

**Item SKU:** GTDR-3

**Product Options:**

Available in: Black

**Product Description:** The VTX commercial-grade, 3 Tier Horizontal Shelf Rack holds a 5-75 run of solid dumbbells (15 pairs) with ease. The heavy duty, powder-coated shelves are anatomically angled for easy storage and removal. Eight flat head bolts drop through drilled holes in the shelving into a sturdy 2" x 3", 11 gauge frame for quick, easy assembly.

"This rack is made to store dumbbells up to 15.5" in length." (length of an SD-075R)



### Horizontal Dumbbell Rack

**Item SKU:** T-DR

**Product Dimensions:**

Product/Shipping Weight : 63 lbs. LWH : 24" x 60" x 32".

**Product Description:** Our deluxe 2-tier horizontal dumbbell rack wil store a full 10 pair run of VTX dumbbells ranging from 5 lbs. to 50lbs. This rack is made of 12-gauge heavy duty 2" x 2" tubing and designed for home use but can be used in commercial applications.



### Vertical Dumbbell Rack

**Item SKU:** GVDR-13

**Product Dimensions:**

Product/Shipping Weight : 83 lbs. LWH : 23" x 16" x 43".

**Product Description:** This compact vertical dumbbell rack is designed to hold 13 pair of hex or VTX dumbbells ranging from 3 to 50 lbs. The user friendly design allows for easy access.



### VTX Dumbbell Rack 8 pair

**Item SKU:** GVDR-8

**Product Dimensions:** Product/Shipping Weight: 36 lbs.

**Product Options:**

Available in: Black .

**Product Description:** This compact vertical dumbbell rack is designed to hold 8 pair of hex or VTX dumbbells ranging from 3 to 25 lbs. The user friendly design allows for easy access.



### Compact Dumbbell Rack

**Item SKU:** T-HDR

**Product Dimensions:**

Product/Shipping Weight : 23 lbs. LWH : 20" x 20" x 28"

**Product Description:** This stylish dumbbell rack holds up to 10 pair of vinyl or neoprene dumbbells. The compact design of this dumbbell makes it a space saver requiring only 20" square of floor space. Some assembly required..



### Aerobic Pac Rack

**Item SKU:** MDR

**Product Dimensions:**

Product/Shipping Weight : 82 lbs..

**Product Options:**

Available in : 38 ¼" L X 22 ½" W X 46 ¼" H (50" H with casters (not included in MDR) .

**Product Description:** Our Aerobic Pac Rack prominently displays and stores 43 pair of vinyl or neoprene dumbbells. It comes complete with a Security "Locking bar" (shown in image) which allows limited handling while deterring unwanted removal of the dumbbells. Dumbbells, Padlock, Casters or Accessory Rack not included.





### Aerobic Pac – Optional Casters

**Item SKU:** MDR-CAST

**Product Dimensions:**

Product/Shipping Weight: 3 lbs.

**Product Description:** Add these easy-to-install Casters to your Aerobic Pac rack for effortless mobility.



### Aerobic Pac – Neoprene

**Item SKU:** MDR-NPAC

**Product Dimensions:**

Product/Shipping Weight: 486 lbs..

**Product Options:**

Available in: 14-1 lb., 12-2 lb., 18-3 lb., 16-5 lb., 14-8 lb., 12-10 lb. .

**Product Description:** The Aerobic Neoprene Pac features easy-to-stack compartments providing an attractive, convenient way to secure, store and display your aerobic dumbbells. Our Aerobic Pac will also accommodate sizes 1 through 10 lb. in 1 pound increments. This Pac includes the locking rack and 43 pairs of neoprene coated dumbbells (see options)



### Aerobic Pac – Vinyl

**Item SKU:** MDR-VPAC

**Product Dimensions:**

Product/Shipping Weight: 486 lbs.

**Product Options:**

Available in: 14-1 lb., 12-2 lb., 18-3 lb., 16-5 lb., 14-8 lb., 12-10 lb. .

**Product Description:** The Aerobic Vinyl Pac features easy-to-stack compartments providing an attractive, convenient way to secure, store and display your aerobic dumbbells. Our Aerobic Pac will also accommodate sizes 1 through 10 lb. in 1 pound increments. This Pac includes the locking rack and 43 pairs of vinyl-coated dumbbells (see options).



### Aerobic Pac - Accessory Rack

**Item SKU:** MDR-ACCE

**Product Dimensions:**

Product/Shipping Weight : 18 lbs..

**Product Description:** Lockable accessory rack for 6 pairs of 12lb. or 15lb. vinyl or neoprene dumbbells. Conveniently located on lower half of the Aerobic Pac allowing for the heavier weighted dumbbells. Weights Not Included.



### Olympic Plate Tree

**Item SKU:** T-OPT

**Product Dimensions**

Product/Shipping Weight: 41 lbs

**Product Options:**

Available in: Black

**Product Description:** The Olympic Plate Tree hold all 2" plates and can be used for home or institutional applications.



### Vertical Olympic Bumper Plate and Bar Rack

**Item SKU:** GOPT

**Product Dimensions:**

18" L x 24" W x 53" H

Product/Shipping Weight: 35 lbs

**Product Options:**

Available in: Gray powder coat finish

**Product Description:** This versatile, institutional plate rack holds 2" Olympic bumpers or any other style Olympic plate on every weight horn. The convenient welded bar holders on each end store 2 Olympic bars.

New and Improved GOPT. New BOLT IN weight horn design. Better structure for more secure plate storage.

Weight capacity: 600lbs



### Bumper Plate Rack

**Item SKU:** GHBPR

**Product Dimensions:**

Product/Shipping Weight: L 50.71" x W 13.88" x H 22.84" / 31 lbs..

**Product Description:** This VTX rack has eight individual slots that can hold a 45lb plate in each section, a handle that incorporates 2ea weight horns for 2.5lb and 5lb add on plates. *Maximum Static Weight is 650lbs, Maximum Portable Weight 350lbs Comes with a 1 year commercial warranty.*



### Kettle Bell Rack

**Item SKU:** KBR-14  
**Product Dimensions:**  
 Product/Shipping Weight: 70 lbs.  
 Dimension: 54" L x 27" W x 32 1/2" H  
 Weight: 70lbs  
 Capacity: 400lbs per shel .

**Product Description:** Our 2 tier kettle bell rack is a stylish and sensible way to display and store your bells. Supported by a 12 gauge frame, each heavy duty shelf has a 400lb weight capacity, making this rack capable of handling 14 individual sizes or 7 pair (20lbs thru 50lbs) of kettle bells.



### 6 Tier Medicine Ball Tower Rack

**Item SKU:** GMBR-6  
**Product Dimensions:**  
 Product/Shipping Weight : 15 LBS.

**Product Description:** 6 Tier Medicine Ball Tower Rack..



### VTX Fitness Ball Rack

**Item SKU:** GWBR  
**Product Dimensions:**  
 Product/Shipping Weight: 75 lbs

**Product Description:** Rotational – makes selecting the balls easy and allows it be cornered for increased space and efficiency. Multi-functional – can hold our medicine balls as well as our wall balls. 600lb weight capacity—enough to hold up to 12ea 50lb balls. 1 year warranty against defects.



### VTX Medicine Ball Display Pack

**Item SKU:** GMBR Pac  
**Product Dimensions:**  
 Product/Shipping Weight:82.8 lbs.

**Product Description:** Product Description: The VTX Medicine Ball Display Pack is a complete set of six medicine balls and an attractive display/storage rack, all in one package. Made of thick durable rubber for bounce-back, each ball is re-inflatable and has a textured surface for a solid grip. Each set contains a display rack and one each of the following size medicine ball: 4 lb., 6 lb., 8 lb., 10 lb., 12 lb., and 15 lb. 1 year warranty against breakage.



### Medicine Balls

**Item SKU:** GMB  
**Product Dimensions:**  
 Product/Shipping Weight: Varies by size.  
**Product Options:**

Available in: 6 attractive colors, 4lb., 6lb., 8lb., 10lb, 12lb, & 15lb

**Product Description:** Our rubberized Medicine Balls have an easy grip surface and lasting durability. Each ball has a compression valve in which air can be added to adjust the firmness. Great for performing any number of exercises routines, these med balls help to build core strength and dexterity. Compact medicine ball racks are also available that conveniently store up to 6 balls.

"Please note our GMB Medicine Balls are tough but they're not slam balls. Slamming or Bouncing the GMB Medicine Ball will void the warranty"



### VTX Slam Ball

**Item SKU:** GSMB  
**Product Dimensions:**  
 Diameter:  
 10/15/20/25/30lbs – 9"  
 40/50 – 10"  
 Thickness: 3.0mm – 3.2mm

**Product Description:** Available in 10,15,20,25,30,35,45 and 50lb sizes the VTX slam ball is encased in a tough rubber shell that is equipped with an easy to grip surface. The VTX slam ball will add a new dimension to your workout.



### VTX Wall Ball

**Item SKU:** PWB

**Product Description:** The VTX Wall Ball comes in multiple sizes and colors. Each VTX Wall Ball is 14" diameter. Made of durable synthetic leather and designed for superior grip, each ball is stitched to our exacting specifications and comes with a 1 year commercial warranty. VTX Wall Balls are perfect for any athletic market applications. Available in 4 lb./ Yellow, 6 lb./Purple, 8 lb./ Burgundy, 10 lb./ Black, 12 lb./Orange, and 14 lb./ Green, 16 lb. / Red 18 lb./ Gray, 20 lb. / Gray Blue, 25 lb./ Red Blue, 30 lb./ Yellow Blue, 35 lb./ Purple Blue, 40 lb./ Black Blue, 50 lb. Each Wall Ball comes with a 1 year warranty against breakage. Please note our Wall Balls are tough but they're not slam balls. Slamming the VTX Wall Ball will void the warranty..

## Club Kettlebells



**Item SKU:** CKB

**Product Options:** Available In the following weights and colors:

8lb pink, 10lb red, 15lb light blue, 20lb orange, 25lb black, 30lb green, 35lb yellow, 40lb light orange, 45lb blue, 50lb purple.

\*\*\*custom logo availability coming soon\*\*\*

**Product Description:** Rubber coated bell, smooth steel handles, colorful and easy to ready poundage markers make the new CKB from VTX the best kettlebell for any gym, box, PT studio or any facility that wants the combination of high quality and design. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new CKB..



## Cast Iron Kettlebells

**Item SKU:** KB-G2

**Product Options:** Available in the following weights: 5lb. through 60lb. in 5lb. increments, 70lb., 80lb., 90 lb. and 100 lbs.

**Product Description:** Intended to increase strength, agility, endurance and balance, our new black cast iron kettlebells will give you a total body workout. With new dual markings for both lb and KG the new VTX Matte Black kettlebell will be a favorite for everyone. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new VTX KB.



## Vinyl Kettlebells

**Item SKU:** VKB

**Product Options:** Available in the following weights: 5 LB., 10lb., 12lb., 15lb., 18lb., 20lb., 25lb., and 30lb. 7 vibrant colors

**Product Description:** Intended to increase strength, agility, endurance and balance, our colorful vinyl kettlebells will give you a total body workout.



## SupraBar Spreader Bar

**Item SKU:** SPR-22

**Product Dimensions:** Product/Shipping Weight: 6.5 lbs.

**Product Description:** This unique cable attachment bar brings the ultimate workout to you in one attachment. This attachment can be hooked onto to lower cable station of any standard cable system, isolating the arm and chest muscles. While you work out, turn the handles for even more range. Hook the spreader bar to the upper attachment of any cable system and turn the spreader bar into an excellent triceps extension, over-head extension or many other workout routines. You are in control of whatever type of multiple exercises you want to do without the stress on tendons and joints.

## SupraBar Curl Bar

**Item SKU:** SBCB-47

**Product Dimensions:**

Bar Length: 47 inch - Knurling - Light - Sleeve Attached - Solid Bar Design - Weight - 25.2 lbs - Product Weight: 25.2 lbs. Bar Length: 47 in.

**Product Description:** Our 47" SupraBar deluxe curl bar with revolving handles is designed to increase upper arm mass, strength and definition. Used with any 2" Olympic plates, this bar isolates and intensifies development of the biceps and forearms through the biomechanical process of supination – the inward and outward rotation of the wrists. This SupraBar isolates exertion to the targeted muscle group while relieving stress on tendons and joints.



## SupraBar Butterfly Tri-Bar

**Item SKU:** SBTB-10

**Product Dimensions:** Product/Shipping Weight: 11.7 lbs.

**Product Description:** Add a little twist to your strength training with our SupraBar butterfly tri-bar. This small triceps press down bar hooks onto any standard cable system and produces an unbelievable triceps workout. This SupraBar isolates the triceps muscle with full and extended range; no standard cable attachment even comes close..



## SupraBar Cable Curl Bar

**Item SKU:** SBCB-23

**Product Dimensions:** Product/Shipping Weight: 15.5 lbs. Bar Length: 23 in.

**Product Description:** Our 23" SupraBar cable curl bar is designed to increase upper arm mass, strength and definition. Instead of using 2" Olympic size weights, the 23" cable curl bar attaches onto any cable system allowing the user to concentrate on biceps without the stress of tendons and joints.





### COMMPAC-TSBU110

**Product Description:** The COMMPAC-TSBU110 barbell package is the perfect complement to its dumbbell counterpart, (the TSDU100) for gyms and health clubs alike. 10ea urethane encased, fixed weight straight barbells from 20lbs thru 110lbs in 10lb jumps, are stored on our rugged BB-10 rack.



### COMMPAC-TSBR110

**Product Description:** The COMMPAC-TSBR110 barbell set complements the TSDR100 to professionally outfit a corporate gym or other type of workout facility with 10ea fixed weight, rubber encased straight barbells from 20lbs to 110lbs, in 10lb jumps. All are stored on our rugged, 2-sided BB-10 rack. .



### COMMPAC-TSDR50

**Product Description:** The COMMPAC-TSDR50 is a popular package for apartment and property management workout facilities because of the sturdy and stylish DR-10 – 2-tier saddle rack, coupled with a 10pr run of Troy, TSD-R dumbbells from 5lbs to 50lbs, in 5lb jumps.

### COMMPAC-TSDR100

**Product Description:** The COMMPAC-TSDR100 (not pictured) is a deluxe version of this pack for more demanding workout settings. It comes replete with 20pr of dumbbells, from 5lbs to 100lbs in 5lb jumps, stored on 2ea DR-10 saddle racks..



### COMMPAC-RUFDR50

**Product Description:** The COMMPAC-RUFDR50 Experience the feel of a real hard core gym or health club with this package. 10pr (5 – 50lbs) of our preassembled, premium grade RUFDR pro-style dumbbells stored on our DR-10 rack saddle rack..

### COMMPAC-RUFD100

**Product Description:** The COMMPAC-RUFD100 (not pictured) is a deluxe version of this pack for more demanding workout settings. It comes replete with 20pr of dumbbells to 100lbs, stored on 2 saddle racks..



### COMMPAC-TSDU50

**Product Description:** The COMMPAC-TSDU50. Like the COMMPAC-TSDR50, except we load 10pr (5lbs to 50lbs in 5lb jumps) of our Troy signature, 12 sided urethane dumbbells onto our DR-10 rack. Incomparable quality and virtually maintenance free. .

### COMMPAC-TSDU100

**Product Description:** The COMMPAC-TSDU100 (not pictured) is a deluxe version of this pack for more demanding workout settings. It comes replete with 20pr of dumbbells to 100lbs, stored on 2 saddle racks.



### COMMPAC-TZBR110

**Product Description:** The COMMPAC-TZBR110 barbell set complements the TSDR100 to professionally outfit a corporate gym or other type of workout facility with 10ea fixed weight, rubber encased barbell curl bars from 20lbs to 110lbs, in 10lb jumps. All are stored on our rugged, 2-sided BB-10 rack. .



### COMMPAC-TZBU110

**Product Description:** The COMMPAC-TZBU110 barbell package is the perfect complement to its dumbbell counterpart, (the TSDU100) for gyms and health clubs alike. 10ea urethane encased, fixed weight barbell curl bars from 20lbs thru 110lbs in 10lb jumps, are stored on our rugged BB-10 rack..



### TLS-PAC

**Product Description:** For Health Clubs who are serious about group strength training classes, our Troy TLS-PAC fits the bill. 1ea TLS-20 rack conveniently stores 20 of our Troy light workout systems. Each system consists of a "lightweight", black tubular 1" bar, 1pr spring collars and 35lbs of interlocking, rubber encased grip plates: 2ea 10 lb., 5 lb. & 2.5 lb. All components may also be purchased separately ..



### TLS-PAC-C

**Product Description:** Spice up your group exercise routines with the Troy TLS-PAC-C, Color Strength Training Set. 20 of our Troy light workout (TLW-40GC) systems are conveniently stored on 1 TLS-20 rack. Each system consists of a "lightweight", black tubular 1" bar (max capacity 60lbs), 1pr spring collars and 35lbs of different colored, interlocking rubber encased grip plates: 2ea 10 lb (yale blue), 5 lb (turquoise). & 2.5 lb (orchid). All components may also be purchased separately.



### T-PLYO-PAC

**Product Description:** Our T-PLYO-PAC contains 1 of each size Plyo box – 6", 12", 18" & 24". Each stackable box is padded with ultra-dense foam and covered in heavy duty vinyl to avert injury. As they are stacked, large velcro flaps secure the boxes together, allowing them to function as one solid piece.



### VERTPAC-IHD25

**Product Description:** The VERTPAC-IHD25 offers a space efficient way to store your dumbbells. Our stylish VTX GVDR-8 rack is vertically loaded with 8pr of (IHD) hex dumbbells: 5, 8, 10, 12, 15, 20, 25 & 30lbs in a compact, 20" footprint.



### VERTPAC-IHD30

**Product Description:** The VERTPAC-IHD30 offers another efficient way to store your dumbbells. Our USA GADR-6 "A" frame rack is vertically loaded with 6pr of iron hex dumbbells (IHD) from 5lbs to 30lbs, (5lb jumps)in a compact, 20" footprint..



### VERTPAC-SDR25

**Product Description:** The VERTPAC-SDR25 offers a space efficient way to store your dumbbells. Our stylish VTX GVDR-8 rack is vertically loaded with 8pr of rubber (SD-R) hex dumbbells: 5, 8, 10, 12, 15, 20, 25 & 30lbs.



### VERTPAC-SDR30

**Product Description:** The VERTPAC-SDR30 duplicates the VERTPAC-IHD30, but upgrades to 6pr of our VTX rubber octagonal dumbbells (SD-R) which are stored on the 6pr "A" frame GADR-6 rack.



### VERTPAC-SDR50

**Product Description:** The VERTPAC-SDR50 is for those who want to work out with a wider range of dumbbells. In this package, you get our popular 2-tier T-DR rack that perfectly stores 10pr of quality, VTX rubber octagonal dumbbells (SD-R) from 5lbs to 50lbs in 5lb jumps.



### VERTPAC-SDR50G

**Product Description:** The VERTPAC-SDR50G duplicates the VERTPAC-IHD50G, but upgrades to 13pr of our VTX rubber octagonal (SD-R) dumbbells: 3, 5, 8, 10, 12, 15lb and 20lb thru 50lbs in 5lb jumps, stored on our space saving, 4-sided VTX GVDR-13 rack.



### VERTPAC-SDR75

**Product Description:** The VERTPAC-SDR75 is a perfect package for municipalities or corporate fitness centers. Our rugged VTX 3-tier GTDR-3 rack stores 15pr of VTX octagonal rubber (SD-R) dumbbells from 5lbs thru 75lbs, in 5lb jumps.



### VERTPAC-SDR100

**Product Description:** The VERTPAC-SDR100 which utilizes our popular VTX 3-tier TDR-3 rack, is a favorite of high schools because of its ability to store a full 20pr run of dumbbells – 5 thru 100lbs, in 5lb jumps – in a relatively small workout space. In this package, it's loaded with our VTX institutional grade octagonal rubber (SD-R) dumbbells.



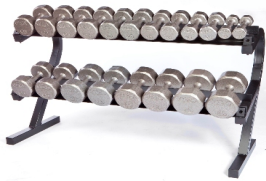
### VERTPAC-SDV25

**Product Description:** The VERTPAC-SDV25 offers a space efficient way to store 8pr of dumbbells. The stylish VTX GVDR-8 cradle rack is vertically loaded top to bottom with our best VTX, (SD-V) 12-sided iron dumbbells: 5, 8, 10, 12, 15, 20, 25 & 30lbs..



### VERTPAC-SDV30

**Product Description:** The VERTPAC-SDV30 offers another efficient way to store 6pr of dumbbells. Our USA GADR-6 "A" frame rack is vertically loaded with VTX, 12-sided (SD-V) iron dumbbells from 5lbs to 30lbs, in a compact, 20" footprint...



### VERTPAC-SDV50

**Product Description:** The VERTPAC-SDV50 is for those who want to work out with a wider range of dumbbells from lighter (5lbs) to heavier (50lbs). This package combines our best-selling 2-tier T-DR rack with 10pr of our institutional grade cast iron 12-sided, VTX (SD-V) iron dumbbells.



### VERTPAC-SDV50G

**Product Description:** The VERTPAC-SDV50G utilizes our VTX vertical, 4-sided GVDR-13 to efficiently store 13pair of VTX 12-sided (SD-V) iron dumbbells - 5, 8, 10, 12 & 15-50lbs (5lb jumps) - in a smaller footprint.



### VERTPAC-SDV100

**Product Description:** The VERTPAC-SDV100 which utilizes our popular VTX 3-tier TDR-3 rack, is a favorite of high schools because of its ability to store a full 20pr run of dumbbells (5 thru 100lbs) in a relatively small workout space. It's loaded with our best, institutional grade, VTX 12-sided (SD-V) iron dumbbells.



### VERTPAC-TSDR25

**Product Description:** The VERTPAC-TSDR25 combines the stylish and compact VTX GVDR-8 rack with our commercial grade Troy, TSD-R rubber dumbbells in 3, 5, 8, 10, 12, 15, 20 & 25lbs. It's a great addition to any hotel/motel gym facility.



### VERTPAC-TSDR75

**Product Description:** The VERTPAC-TSDR75 This package combines our rugged VTX 3-tier GTDR-3 shelf rack with a 15pr run of our best Troy, TSD-R rubber dumbbells up to 75lbs. It's a great combo for smaller University Rec Centers.



### VERTPAC-IHD50G

**Product Description:** The VERTPAC-IHD50G utilizes our VTX vertical, 4-sided GVDR-13 to efficiently store 13pair of (IHD) hex dumbbells: 5, 8, 10, 12 & 15 thru 50lbs (5lb jumps) in a smaller footprint..



### VERTPAC-TSDR50G

**Product Description:** The VERTPAC-TSDR50G utilizes our vertical, 4-sided GVDR-13 to efficiently store 13pr of our best TSD-R rubber dumbbells - 5, 8, 10, 12 & 15-50lbs. (5lb jumps) A favorite of municipalities and smaller corporate fitness centers because of its smaller footprint and the ability to store larger dumbbells.



### VERTPAC-IHD50

**Product Description:** The VERTPAC-IHD50 is for those who desire to work out with a wider range of dumbbells, from light to heavy. In this package, we utilize our stylish 2-tier horizontal T-DR rack, with anatomically angled tiers, to store 10pr of iron hex dumbbells (IHD) from 5lbs to 50lbs, in 5lb jumps.



### THD-VPAC

**Product Description:** The THD-VPAC features 10pr of our brightly colored and branded VTX vinyl dumbbells, in 1lb jumps - 1, 2, 3, 5, 6, 7, 8, 9 & 10lb sizes - loaded onto our compact T-HDR dumbbell rack. Occupying only 24 square inches of space, it's a great addition to any personal trainers workout floor.



### THD-NPAC

**Product Description:** The THD-NPAC features 10pr of our durable, branded VTX neoprene dumbbells, in 1lb jumps - 1, 2, 3, 5, 6, 7, 8, 9 & 10lb sizes - loaded onto our compact T-HDR dumbbell rack. Occupying only 24 square inches of space, it's a great addition to any personal trainers workout floor.



### MDR-NPAC

**Product Description:** Our MDR-NPAC Aerobic Pac accommodates 43 pairs of branded VTX neoprene dumbbells: 14-1lb, 12-2lb, 18-3lb, 16-5lb, 14-8lb & 12-10lb. Our versatile MDR rack comes complete with a locking bar (padlock not included) to prevent unwanted removal of the dumbbells. Options include heavy duty casters for mobility, and an under-accessory rack to store 6pr of heavier dumbbells. .

### MDR-DNPAC

**Product Description:** In our MDR-DNPAC Aerobic Pac (not pictured) 43pr of VTX neoprene dumbbells in 1lb jumps - 14-1lb, 12-2lb, 9-3lb, 9-4lb, 8-5lb, 8-6lb, 7-7lb, 7-8lb, 6-9lb & 6-10lb - are stored in our MDR rack. Same options apply.



### MDR-VPAC

**Product Description:** Our MDR-VPAC Aerobic Pac accommodates 43 pairs of brightly colored and branded, VTX vinyl dumbbells: 14-1lb, 12-2lb, 18-3lb, 16-5lb, 14-8lb & 12-10lb. Our versatile MDR rack comes complete with a locking bar (padlock not included) to prevent unwanted removal of the dumbbells. Options include heavy duty casters for mobility, and an under-accessory rack to store 6pr of heavier dumbbells.

### MDR-DVPAC

**Product Description:** In our MDR-DVPAC Aerobic Pac, (not pictured) 43pr of VTX vinyl dumbbells in 1lb jumps - 14-1lb, 12-2lb, 9-3lb, 9-4lb, 8-5lb, 8-6lb, 7-7lb, 7-8lb, 6-9lb & 6-10lb - are stored in our MDR rack. Same options apply.





### CLUBPAC-CKB9

**Product Description:** Our versatile, VTX GKBR-3 space saving rack is the perfect solution for facilities and homes with limited space. The top, rubber lined shelf is made to store keys, cell phones, etc..while the 3 remaining, sturdier shelves, are specifically designed for kettle bell storage.

**Pack includes:** 10lb, 15lb, 20lb, 25lb, 30lb, 35lb, 40lb, 45lb, 50lb Club Kettlebell, 1 set of X-BANDS , and 1 GKBR-3 rack.



### BALLPAC-GMB15

**Product Description:** The BALLPAC-GMB15 combines our versatile VTX 3-tier, vertical, rotating fitness ball rack (GWBR) which is loaded with 2ea of all 6 sizes (4lbs thru 15lbs) of our colorful GMB med balls.



### BALLPAC-PWB50

**Product Description:** The BALLPAC-PWB50 features our popular VTX Wall Balls, 4lbs thru 50lbs, loaded on our versatile GWBR rotating fitness ball rack for easy access. It's tailor made for functional training classes in studio/box settings.



### BALLPAC-PWBGMB

**Product Description:** The BALLPAC-PWBGMB combines 7 different sizes of durable VTX Wall balls, (PWB) 4lbs thru 20lbs, and 5 sizes (6lb thru 15lbs) of color coded med balls (GMB), with our versatile GWBR rotating fitness ball rack. For use in functional training facilities, personal training studios, health clubs, corporate fitness centers and more.



### GMBR-PAC

**Product Description:** The VTX Medicine Ball Display Pack is a complete set of six medicine balls and an attractive display/storage rack, all in one package. Made of thick durable rubber for bounce-back, each ball is re-inflatable and has a textured surface for a solid grip. Each set contains a display rack and one each of the following size medicine ball: 4 lb., 6 lb., 8 lb., 10 lb., 12 lb., and 15 lb. 1 year warranty against breakage..



## Leather Dip Belt Accessory

**Item SKU:** ADBA

**Product Dimensions:** Product/Shipping Weight: 1 lb.

**Product Description:** This accessory strap can be used with any type of weightlifting belt, allowing it to function as a dipping belt. It features a heavy duty steel chain with quick release snap hook. There are no sharp edges to dig into your skin or damage clothing.



## Leather Dip Belt

**Item SKU:** ALDB

**Product Dimensions:** Product/Shipping Weight : 2.5 lbs.

**Product Description:** Our leather dip belt helps increase body weight for dips, chins, lunges and holds you down for heavy lat pulls. Can be used with either 1" standard or 2" Olympic weights and can also be attached to any cable system. This dip belt is made with leather with beveled edges that will not dig, bite or bruise the skin.

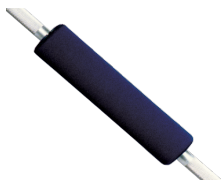


## Leather Head Gear

**Item SKU:** ALHG

**Product Dimensions:** Product/Shipping Weight : 1.5 lbs.

**Product Description:** Used to strengthen the neck and upper back muscles, this head harness is constructed with thick leather and a synthetic sheepskin lining for comfort and to absorb shock. The leather head gear is fully adjustable, one size fits all.



## Commercial Grade Bar Pad

**Item SKU:** TBPAD

**Product Dimensions:** Product/Shipping Weight : 1 lbs.

**Product Description:** Designed for function, fit and comfort, this bar pad is made of high density 1" foam padding with a heavy duty neoprene cover that takes the burden off your shoulders and allows the user to work with heavier weights. Fits all standard 1" and Olympic 2" bars. Features an easy-on, easy-off full length Velcro closure.  
\*designed to fit 28mm diameter bars\*



## SNAP LINK

**Item SKU:** TSL-8

**Product Dimensions:** Product/Shipping Weight: .15 lbs.

**Product Options:** Available in: Chrome

**Product Description:**  
Our 8mm, solid steel snap link makes changing from one cable attachment to another quick, easy and safe.



## Triceps Rope

**Item SKU:** ATR-36

**Product Dimensions:** Product/Shipping Weight: 1 lb

**Product Description:** This 36" versatile rope with solid ends offers excellent burn for optimal results. It is designed for the isolated and progressive development of the triceps muscles and can also be used for abdominal cable crunches too.

## 28" Multi-Purpose Economy Curl Bar with Swivel

Item SKU: GCB-28S

Product Dimensions: Product/Shipping Weight: 6.7 lbs.

Product Description: The USA 28" Economy Revolving Curl Bar with forged swivel is perfect for any gym, club or home. This multi-purpose bar can be used for triceps press downs, curls, rows, arm pull-over's and more..



## 28" Multi-Purpose Deluxe Curl Bar

Item SKU: TCB-28S

Product Dimensions: Product/Shipping Weight: 7 lbs..

Product Description: Our 28" Deluxe Revolving Curl Bar with forged swivel is perfect for the gym, club or home. This multifunctional bar is for triceps press downs, curls, rows, arm pull-overs and more.



## 28" Multi-Purpose Curl Bar with Swivel and Rubber Grips

Item SKU:GCB-28SR

Product Dimensions:  
Product/Shipping Weight: 7.65 lbs.

Product Description: The USA 28" Revolving Curl Bar with forged swivel and rubber grip, is perfect for any gym, club or home. This multi-purpose bar can be used for triceps press downs, curls, rows, arm pull-over's and more.



## Single Cable Grip

Item SKU: GCCH

Product Dimensions: Product/Shipping Weight: 2 lbs.

Product Description: Constructed of rugged steel and a polished chrome finish, this economy version single cable grip has specially designed tapered handles for better grip and feel.



## Deluxe Single Cable Grip with Rubber Grip

Item SKU: GCCH-R

Product Dimensions: Product/Shipping Weight: 3 lbs.

Product Description: Heavy duty solid steel construction with a tapered rubber hand grip for a better feel and comfort. Features a permanent, internal bushing for long lasting performance. .



## Revolving Stirrup Handle with Rubber Grip

Item SKU: TCCH-R

Product Dimensions : Product/Shipping Weight: 2 lbs.

Product Description: The USA Revolving Stirrup Handle features a state-of-the-art non-slip, textured, high density rubber grip designed to eliminate the interference of friction. The patented space-age PVC sleeve revolves smoothly around solid 1/2" chrome-plated cold rolled steel. The solid steel swivel rotates to avoid stress on the wrist and elbow joints.



## Revolving Stirrup Handle

Item SKU: TOCH-S

Product Dimensions: Product/Shipping Weight: 3 lbs.

Product Description: The Revolving Stirrup open handle design reduces friction at two different pivot points-top and bottom. By allowing more freedom of movement throughout the range of motion. It minimizes stress on wrists and joints.



## Heavy Duty Single Cable Handle

Item SKU: TCCH-D

Product Dimensions: Product/Shipping Weight: 2.7 lbs.

Product Description: This stirrup handle of perfectly knurled solid steel allows smooth, controlled movements throughout the full range of motion. Constructed with a long-life permanent bushing to minimize wear, it is made of rugged steel with a polished chrome finish. The extra heavy duty welded flange can handle the heaviest of loads.



## Chinning Triangle

Item SKU: GCT

Product Dimensions : Product/Shipping Weight: 5 lbs.

Product Description: Made of solid steel construction, the Chinning Triangle attachment design gives back, shoulders and arms the maximum workout. Solid steel construction with heavy duty welds for long lasting performance.



## Chinning Triangle with Rubber Grip

Item SKU: GCT-R

Product Dimensions: Product/Shipping Weight: 6 lbs.

Product Description: Specifically designed for better grip and feel, the USA Chinning Triangle includes tapered handles with a rubber grip. Made of solid steel with a super-duty welded flange to assure durability, this attachment concentrates on development of the shoulders, back, lats and arms.



### 48" Lat Bar

Item SKU: GLB-48

Product Dimensions: Product/Shipping Weight: Weight: 11 lbs

Product Description: For complete development of your lats, shoulders and upper arms, the USA 48" Lat Bar with welded flange is uniquely designed at a slightly steeper angle for lateral stability and an extra long stretch.



### 48" High Quality Lat Bar w/Rubber Grip

Item SKU: GLB-48SR

Product Dimensions: Product/Shipping Weight : 12 lbs.

Product Description: This 48" deluxe lat bar with forged swivel and rubber grips is uniquely designed at a slightly steeper angle for lateral stability and extra long stretch. For complete development of your lats, shoulders and upper arms.



### 48" High Quality Lat Bar

Item SKU: TLB-48S

Product Dimensions:

Product/Shipping Weight: 12 lbs.

Product Description: For complete development of your lats, shoulders and upper arms, the USA 48" Deluxe Lat Bar with forged swivel is uniquely designed at a slightly steeper angle for lateral stability and an extra long stretch. The ends are covered with heavy duty end caps for extra protection.



### 20" Multi-Purpose Economy Straight Bar with Swivel

Item SKU: GSB-20S

Product Dimensions: Product/Shipping Weight: 5 lbs.

Product Description: Our 20" Economy Straight Bar with forged swivel is engineered for triceps press downs, straight bar curls, upright rows, seated rows, arm pull-overs and more.



### 20" Multi-Purpose Deluxe Straight Bar with Swivel and Rubber Grips

Item SKU: GSB-20SR

Product Dimensions: Product/Shipping Weight: 5.15 lbs.

Product Description: Perfect for gym, club or home use, the USA 20" Deluxe Revolving Straight Bar with forged swivel and rubber grips is designed for triceps press-downs, straight bar curls, upright rows, seated rows, arm pull-overs and more.



### 20" Multi-Purpose Deluxe Straight Bar

Item SKU: TSB-20S

Product Dimensions:

Product/Shipping Weight: 6 lbs.

Product Description: Perfect for the gym, club or home, our 20" Deluxe Revolving Straight Bar with forged swivel is designed for triceps press-downs, straight bar curls, upright rows, seated rows, arm pull-overs and more. The ends are protected with heavy duty end caps for extra protection.



### Triceps Press Down V Bar

Item SKU: GTVB

Product Dimensions: Product/Shipping Weight: 4 lbs.

Product Description: Bio-mechanically designed for maximum triceps contraction, this sturdy, solid steel triceps bar with welded ends is the most rugged on the market. The extra strong welded flange allows maximum load capacity. Polished round end plates ensure a comfortable non-slip grip on this built-to-last V Bar.



### USA Sports Triceps Press Down V Bar with Rubber Grips

Item SKU: GTVB-R

Product Dimensions: Product/Shipping Weight: 4 lbs

Product Description: Designed to isolate and promote triceps contraction and development. This sturdy, solid steel triceps bar has rubber grip handles for comfort. Heavy-duty, welded flanges allow maximum load capacity.



### Triceps Press Down V Bar with Swivel and Rubber Grips

Item SKU: GTVB-SR

Product Dimensions: Product/Shipping Weight: 6.25 lbs.

Product Description: Designed for maximum triceps contraction, the USA solid steel triceps bar with forged swivel is one of the strongest on the market today. The rubber grips allow for better hold and feel.





## 24" Straight Pro Style Lat Bar

**Item SKU:** TPLB-24S

**Product Dimensions:** Product/Shipping Weight: 9 lbs.

**Product Description:** With a forged swivel and specially-designed tapered handles for better grip and feel, our 24" Deluxe Pro Style Lat Bar exercises the muscles of the back, shoulders and arms. Using a perpendicular range of motion, this bar is perfectly angled to give a deeper stretch for better development..



## 34" Straight Pro Style Lat Bar

**Item SKU:** TPLB-34S

**Product Dimensions:** Product/Shipping Weight: 10 lbs.

**Product Description:** The 34" Deluxe Pro Style Lat Bar with forged swivel has specially-designed tapered handles for better grip and feel. This bar exercises the muscles of the back, shoulders and arms through a perpendicular range of motion, perfectly angled to give a deeper stretch for better development.



## 34" Cambered Pro Style Lat Bar

**Item SKU:** TSPLB-34S

**Product Dimensions:**  
Product/Shipping Weight: 11 lbs..

**Product Description:**The USA 34" Deluxe Cambered Pro Style Lat Bar with forged swivel is a gym favorite. It is designed to exercise the muscles of the back, shoulders, and arms through a perpendicular range of motion. It is angled to give a deeper stretch for better development, and is constructed with an extra set of grips to allow for multi-function usage.



## Multi-Exercise Bar

**Item SKU:** TXB

**Product Dimensions:**  
Product/Shipping Weight: 8 lbs

**Product Description:** USA's Multi-Exercise Deluxe Bar with a single-forged swivel is designed for seated rows, triceps press-down work and biceps curls. It attaches to any cable system and includes heavy duty end caps for extra protection.



## Double Stirrup Handle

**Item SKU:** TDSH

**Product Dimensions:**  
Product/Shipping Weight: 6 lbs.

**Product Description:** For the person who wants to maximize their workouts, the USA Double Stirrup Handle has a close grip to facilitate back and shoulder development. Our specially-designed, tapered handles allow for better grip and feel.



## USA SPORTS X-BAND

**Item SKU:** X-BAND

**Product Dimensions:** Items sold in bag only

**Products in Bag:** (1) Blue resistance band 5 to 10lbs - (1) Green resistance band 12 to 20lbs  
(1) Red resistance band 20 to 30lbs - (1) Black heavy resistance band 30 to 35lbs - (2) handles(2) ankle straps - (1) door anchor

**Product Description:** Resistance bands will strengthen and elongate the muscle fibers. They also increase your flexibility tremendously. The new USA SPORTS X-BAND offers an alternative way to train the muscles while on the go and at home. If you want to really add something new to your workout use the X-BANDS with our VTX F.I.D. bench. The bench has built in band hooks that keep rehab, bench work and strength/flexibility routines new and exciting. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new USA X-BAND.



## USA Olympic Hex Bar

**Item SKU:** GOT-56

**Product Dimensions:** Bar length: 56 inch - Knurling – medium - Sleeve Attached – welded to frame

**Weight:** 43 lbs - **Weight capacity:** 300lbs - **End to End length** 56" - **Loadable sleeve length** – 10"

**Inside handle to inside handle distance** 23 1/2" - **Shaft Diameter** – 1" - **Collar diameter** – 2"

**Product/Shipping Weight:** 43lbs/46lbs.

**Product Description:** The spacious diamond design of our USA GOT-56 "hex" bar allows it to accommodate virtually any user. It is more efficient for deadlifts and shoulder shrugs than a traditional barbell because the weight is kept more in line with the body of the lifter rather than in front, reducing stress to the lower back. The high weight capacity makes it a good choice for light institutional settings, as well as heavy duty home use. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new GOT-56 hex bar.



## 5' Olympic Bar

**Item SKU:** GOB-60B

**Product Dimensions:** Product Weight: 25lbs. Bar Length: 5 ft.

**Product Description:**

The USA 5' Olympic bar is a space saver, which makes it a popular choice for home gyms. Black finish.



## 6' Olympic Bar

**Item SKU:** GOB-72

**Product Dimensions:** Product Weight: 30.5 lbs. Bar Length: 6 ft.

**Product Description:** This space saving bar has a 51" spread between the collars allowing it to be used with either mid-width or wide benches. A chrome plated finish and snap ring design make it a durable option for in home or even light institutional settings. 350lb static weight capacity .



## 7' Olympic Bar

**Item SKU:** GOB-86

**Product Dimensions :** Product/Shipping Weight: 44 lbs. Bar Length: 86"

**Product Options:**

Available in: Chrome (Image Shown) or Black

**Product Description:** Our best economy 7' chrome Olympic bar is the one we include in all our weight sets and is a staple of retail dealers nationwide. A larger 31mm stress-proof steel bar shaft makes it stronger than most other bars in its class and a great addition to any home workout. Estimated max weight capacity of 600lbs.



## 7' Olympic Bar

**Item SKU:** GOB-86B

**Product Options:**

Available in: Black (Image Shown) or Chrome

**Product Dimensions:** Product/Shipping Weight : 44 lbs. Bar Length: 86".

**Product Description:** Our best economy 7' Olympic bar also comes in black, with the same design and features of it's chrome counterpart. Estimated max weight capacity of 600lbs.



## Olympic Dumbbell Handle

**Item SKU:** GOD-20

**Product Dimensions:** Product Weight : 10 lbs. each. Bar Length: 20 in.

**Product Description:** The USA 20" Olympic Dumbbell Handles give the user the flexibility to add heavier weight plates as their strength increases. The diameter of the handle is 25.4mm



## Olympic Triceps Bar

**Item SKU:** GOT-34

**Product Dimensions:** Product Weight : 22 lbs. Each Bar Length : 34 Inches. (see details below)

**Product Description:** Our 34" Olympic triceps bar is designed specifically for maximum concentration of those hard to hit triceps muscles. This unique design allows unrestricted arm movement and reduces discomfort to elbows, forearms and wrists.



### Olympic Economy EZ Curl Bar

Item SKU: GOZ-47

**Product Dimensions:** Product Weight : 20 lbs. Each Bar Length : 47 Inches. (see details below)

**Product Description:** Affordable quality, this 47" Olympic curl bar is designed to increase upper arm mass, strength and definition through the isolation of the biceps and forearm muscles. A tighter sleeve to bar tolerance means smoother revolutions and less noise.



### Olympic Economy EZ Super Curl Bar

Item SKU: GSOZ-47

**Product Dimensions:** Product Weight: 20 lbs. Bar Length: 47 in.

**Product Description:** This Olympic combo bar combines innovative design with superior performance and dependability. Two distinct grip positions vary the isolation of the biceps and triceps muscles to increase upper arm strength, size and definition.



### Regular 5' Bar

Item SKU: GRB-60 and GRB-60T

**Product Dimensions:** Product Weight : 13 lbs. and 14 lbs. Each Bar Length : 5 feet. (see details below)

**Product Options:** Available In : Smooth or Threaded\*

**Product Description:** This 60" bar is a solid cold rolled steel bar that has a full 36" between the inside collars. Compatible with all regular, 1" hole plates. \*Threaded ends include 2ea 1/2lb star-lock collars.



### Regular 6' (Threaded) Bar

Item SKU: GRB-72T and GRB-72

**Product Dimensions:** Product Weight : 18 lbs. and 16 lbs. Bar Length : 6 feet. (see details below)

**Product Options:** Available In : Smooth or Threaded\*

**Product Description:** This 72" bar is a solid cold rolled steel bar that has a full 42" between the inside collars. Compatible with all regular, 1" hole plates. \*Threaded ends include 2 matching 1/2lb star-lock collars.



### Regular 7' Bar

Item SKU: GRB-84

**Product Dimensions :** Product Weight : 19 lbs. Bar Length : 7 feet. (see details below))

**Product Options :** Available In : Smooth

**Product Description:** This 84" bar is a solid cold rolled steel bar that has a full 54" between the inside collars. This bar will fit on all Olympic style benches. It features evenly machined bar sleeves with smooth, beveled ends for safety, and is a perfect complement to our regular 1" hole plates.



### Regular Dumbbell Bar

Item SKU: GRD-14

**Product Dimensions:** Product/Shipping Weight: 3 lbs. each. Bar Length: 14 in.

**Product Description:** Our Regular Dumbbell handle allows the user to add and remove weights.



### Regular Threaded Dumbbell Bar

Item SKU: GRD-14T

**Product Dimensions:** Product Weight : 3.8 lbs each. Bar Length : 14 inches. (see details below)

**Product Description:** Our 14" threaded dumbbell handles are designed with safety in mind. Threaded sleeves are secured by twin star-lock collars with rubber grommets to prevent plate slippage.



### Regular Solid Curl Bar

Item SKU: GRZ-47 and GRZ-47T\* :

**Product Options:** Available In : Regular or Threaded\*

**Product Dimensions:** Product Weight : 11 lbs and 13 lbs.\* Bar Length : 47 inches. (see details below)

**Product Description:** This 47" bar is designed to increase upper arm mass, strength and definition. This bar isolates and promotes development of the biceps and forearm muscles. \*Threaded ends include 2 matching 1/2lb star-lock collars.



## Regular Biceps/Triceps Super Curl Bar

**Item SKU:** GSRZ-47

**Product Dimensions:** Product Weight : 14 lbs. Bar Length : 47 inches. (see details below)

**Product Description:** Our regular combo bar. This 47" bar combine innovative design with superior performance and dependability. Two separate grip positions vary the isolation of the biceps and triceps muscles to increase upper arm strength, size and definition.



## Flat Workout Bench

**Item SKU:** GWS-FB

**Product Dimensions:** Product/Shipping Weight: 20 lbs. 300lb capacity (includes weight of user)

**Product Options:** Available In: Charcoal Grey

**Product Description:** Our flat economy workout bench is designed specifically for in home dumbbell, abdominal work and stretching. The new frame design offers greater stability. The one piece, continuous tubing which runs underneath and attaches to the body board while connecting securely to the bottom of each cross leg.

**Weight Capacity:** 300 lbs

**Suggested Companion Products:** USA IHD Hex Dumbbells VTX SD-V 12 sided Anti Roll Ergo Iron w/ 1 year warranty VTX SD-R 8 side Chrome & Rubber dumbbells w/ 1 year warranty



## Flat/Incline/Decline Bench

**Item SKU:** GWS-FID

**Product Dimensions :** Product/Shipping Weight: 32 lbs. 300lb capacity (includes weight of user)

**Product Options:** Available In: Charcoal Grey

**Product Description:** Our versatile, flat to incline-decline economy bench is ideal for in home upper body dumbbell workouts. Extended foam grips provide stability while performing abdominal exercises and reverse crunches. The ladder adjustment system is designed to deliver results from 5 different positions ranging from flat, to negative /decline, to upright. All Renegade benches feature durable, stitched upholstery with ample cushioning comfort.

**Weight Capacity:** 300 lbs - **Suggested Companion Products:** USA IHD Hex Dumbbells, USA HD-R rubber hex dumbbells, VTX SD-V 12 sided anti-roll iron dumbbells w/1-yr warranty.

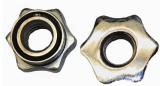


## Solid Rubber Bumper Plate

**Item SKU:** GBO-SBP

**Product Options:** Available in: 10, 15, 25, 35 and 45lbs.

**Product Description:** Our new USA brand black, Solid Rubber Bumper plate with solid steel insert is a quality, branded bumper plate, engineered to our USA line standards. Each plate features lbs. and KG markings on both sides, with a minimal amount of conditioner. The new USA black bumper plate is the perfect addition to any home gym. Contact your sales rep, click the Talk to Troy icon or request a quote today to learn more about the all new GBO-SBP. 90 day warranty on all sizes. Not recommended for commercial use.



## Star Lock Collar

**Item SKU:** RTC

**Product Dimensions:** Product/Shipping Per Order Request

**Product Description:**

Our 1" star-lock collars are the perfect complement to most 1" threaded bars and dumbbell handles. (sold in pairs)



## 2" EZ-on Spring Collar

**Item SKU:** TOZC-1/2

**Product Dimensions:** Product/Shipping Weight: 1lb. per pair

**Product Description:** Olympic chrome EZ-on Collars securely hold Olympic plates on all 2" bars. **(Sold in pairs)**



## 1" EZ-on Spring Collar with Plastic Rubber Grip

**Item SKU:** TRZC

**Product Dimensions:**

Product/Shipping Weight: .25lb. per pair

**Product Description:** Regular chrome EZ-on Collars with plastic and rubber grips can securely hold Troy light workout grip plates on all 1" bars. **(Sold in Pairs)**





## 6 Sided Rubber Encased Dumbbells

**Item SKU:** HD-R

**Product Options:** Available in 5lb through 100lb in 5lb increments.

**Product Description:** Our USA 6 sided rubber encased dumbbells are perfect for home use. Their rubber coating will help reduce noise and protect flooring and equipment. Solidly built, with steel, chrome contoured handles and rubber encased heads that are friction welded  
\*Disclaimer – USA HD-R dumbbells are not recommended for use with saddle racks.  
Use of the USA HD-R dumbbell in conjunction with saddle racks will void the warranty



## Solid Hex Dumbbells

**Item SKU:** IHD

**Product Options:** Available in: 1 lb., 2 lb., 3 lb., 5 lb., 8 lb., 10 lb., 12 lb., and 15 lb. through 100 lb. in 5 lb. increments.

**Product Description:** USA's Solid Hex Dumbbells are designed with the user in mind. We use ASTM-grade 20, the highest quality gray iron casting available. Our Hex Dumbbells are coated with a durable resin-based paint and baked for one hour to assure a finish that is both chip and corrosion-resistant.



## TRI-FOLD EXERCISE MAT

**Item SKU:** E-MAT

**Product Dimensions:** Product/Shipping weight: 1.5" thick - 72"L Tri-Fold Mat: 72"L x 24"W

**Product Description:** The USA SPORTS E-MAT is the perfect addition to any home gym. With the Tri Fold feature, it is compact enough to store when not in use and the built-in handles the E-MAT it easy to transport. Featuring 1.5" dense padding that lifts you off the floor and a thick vinyl covering, this mat is both comfortable and durable. The USA SPORTS E-MAT is a must have for every home gym.



## USA Olympic Black Plate

**Item SKU:** BO

**Product Dimensions:** Product/Shipping Weight: Per order request

**Product Options:** Available in: 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb., 45 lb. and 100 lb.

**Product Description:** Experience USA Sports' quality Olympic 2" plates, with rims and radius edges that are milled for comfort. The machine-bored holes help protect the bar and facilitate easier plate loading and removal. All plates have raised silver numbers and letters for fast, easy selection Black baked enamel, black finish.. All plates are consistent in weight, size and quality.



## Regular Black Plate

**Item SKU:** BR

**Product Dimensions:** Product/Shipping Weight: Per order request

**Product Options:** Available in: 1.25 lb., 2.5 lb., 5 lb., 7.5 lb., 10 lb., 12.5 lb., 20 lb., 25 lb. and 50 lb.

**Product Description:** The 1" Regular Black Plates are cast from only the best ASTM Grade 20 iron. Machined around for smooth edges, these plates are safe for the user and floor. Our black plates are coated with a durable satin black enamel paint and baked for one hour to assure a finish that is chip, abrasion and corrosion-resistant.



## USA RUBBER GRIP PLATE

**Item SKU:** GP-R

**Product Options:** Available in: 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb., 45 lb.

**Product Description:** The USA rubber encased grip plate is here. This Olympic 2" grip plate has both the poundage marking as well as the KG markings for easily identifiable weight. A unique three hole grip with raised textured handles for a sure grip. The name brand, USA Sports logo at the top helps to add value and set it apart from others in the market. The perfect addition to any home gym. 90 day warranty



## USA Olympic Grey Plate

**Item SKU:** O

**Product Options:** Available in: 2.5 lb., 5 lb., 10 lb., 25 lb., 35 lb., 45 lb. and 100 lb.

**Product Description:** Experience USA Sports' quality Olympic 2" plates, with rims and radius edges that are milled for comfort. The machine-bored holes help protect the bar and facilitate easier plate loading and removal. All plates have raised silver numbers and letters for fast, easy selection and are a Gray, baked enamel finish. All plates are consistent in weight, size and quality.



## Regular Gray Plate

**Item SKU:** R

**Product Options:** Available in: 1.25 lb., 2.5 lb., 5 lb., 7.5 lb., 10 lb., 12.5 lb., 20 lb., 25 lb. and 50 lb.

**Product Description:** USA's 1" Regular Gray Plates are cast from only the best ASTM Grade 20 iron. Machined around for smooth edges, these plates are safe for the user and floor. Gray plates are coated with a durable resin-based paint and baked for one hour to assure a finish that is chip, abrasion and corrosion-resistant.



## "A" Frame 6 pair Dumbbell Rack

**Item SKU:** GADR-6

**Product Dimensions:** LWH : Length: 20" Width: 15 3/4" Height: 38"

**Product Description:**

Our "A" frame 6pr dumbbell rack delivers a vertical option to the more traditional horizontal models. Sturdy and space efficient. Frame color: White Weight capacity: 300lbs.



### Miniature 2 tier, 5 pair Dumbbell Rack

Item SKU: GHDR-5

Product Dimensions: LWH : Length: 28" Width: 18 3/4" Height: 23"  
Product Weight: 31 lbs.

Product Description: Our space-efficient 2 tier dumbbell rack stores 5 pair of solid head dumbbells (rack will hold 5lbs thru 25lbs). Perfect for any home setting. Ergonomically angled bottom tier provides easy access for larger dumbbells. Frame color: White with black tiers Weight capacity: 300lbs.



### Economy Olympic Plate Rack

Item SKU: GOSR

Product Dimensions: Product/Shipping Weight : LWH : 23" X 12.25" X 30" /15 lbs.

Product Description: This standard 2" A-frame plate rack holds most all 2" Olympic plates for convenient storage. Frame color: White. Weight capacity of 300 lbs.



### Standard Plate Rack

Item SKU: GRSR

Product Dimensions: Product/Shipping Weight : LWH : 20" x 18 1/4" x 51 1/4"

Product Description: This versatile standard A-frame plate rack with welded 1" weight horns accepts all 1" or 2" plates for convenient storage. Simple 2 piece assembly. Frame color: Black. Weight capacity: 400lbs.



### USA Regular 110lb. Weight Set

Item SKU: BRSS-110

Product Dimensions: Product/Shipping Weight : 110 lbs.

Product Shown: Black plates.

Product Description: This set consists of the following components: - 6 pcs. of 10 lb. plates, 4 pcs. of 5 lb. plates and 4 pcs. of 2.5 lb. plates. (1) 5' GRB-60 chrome standard 1" bar, (2) GRD-14, 14" standard chrome dumbbell handles and (6) 1" spring collars. . All plates are standard 1" Optional: Gray plates (RSS-110)



### USA Regular 160lb. Threaded Weight Set

Item SKU: BRSS-160T

Product Dimensions: Product/Shipping Weight : 160 lbs.

Product Shown: Black plates.

Product Description: This set consists of the following components: 6 pcs. of 10 lb. plates, 4 pcs. of 5 lb. plates and 4 pcs. of 2.5 lb. plates, 2 pcs. of 25 lb. plates (1) 6' GRB-72T chrome threaded standard 1" bar, (2) GRD-14T, 14" standard threaded chrome dumbbell handles and (6) star lock collars. All plates are standard 1" hole plates.



### Regular 110lb. Threaded Weight Set

Item SKU: RSS-110T

Product Dimensions: Product/Shipping Weight : 160 lbs.

Product Option Shown: Gray Plates

Product Description: This set consists of the following components: - 6 pcs. of 10 lb. plates, 4 pcs. of 5 lb. plates and 4 pcs. of 2.5 lb. plates, 2 pcs. of 25 lb. plates (1) 6' GRB-72T chrome threaded standard 1" bar, (2) GRD-14T, 14" standard threaded chrome dumbbell handles and (6) star lock collars. All plates are standard 1". Optional: Black Plates (BRSS-110T)



### USA Olympic 300lb. Weight Set

Item SKU: BOSS-300

Product Dimensions: Product/Shipping Weight: 300 lbs

Product Shown: Black plates with chrome bar

Product Description: This set consists of the following components: (2) BO-045 lb., (2) O-035 lb., (2) BO-025 lb. - 2 pcs. of BO-010 lb., 4 pcs. of BO-005 lb., 2 pcs. of BO-02.5 lb. and 1 pair TOZC-1/2 spring collars. (1) GOB-86 7' Olympic bar completes the set. All plates are Olympic 2" plates. Optional: Black Olympic Bar (BOSS-300B)



### USA Olympic 300lb. Weight Set

Item SKU: OSS-300

Product Dimensions: Product/Shipping Weight: 300 lbs

Product Shown: Gray plates with chrome bar

Product Description: This set consists of the following components: (2) O-045 lb., (2) O-035 lb., (2) O-025 lb. - 2 pcs. of O-010 lb., 4 pcs. of O-005 lb., 2 pcs. of O-02.5 lb. and 1 pair TOZC-1/2 spring collars. (1) GOB-86 7' Olympic bar completes the set. All plates are Olympic 2" plates. Optional: Black 7' Olympic Bar - (OSS-300B)



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