



Workout Circuit

The Patented TireFlip 180® is an innovative functional training device that gives you all the benefits of tire training in a safe, space saving design.

- The starting weight of the TireFlip 180® is 100 lbs
- Add up to 80 lbs of additional weight depending on goals and fitness levels.
- Perform 10-15 reps of each exercise. Rest 30-60 seconds and move to the next exercise. Work up to completing the entire circuit 3 times!
- Add a Battle Rope to the anchor points and unlock even more exercises!

TRADITIONAL FLIP

For:
Legs



PARTNER PUSHES

For:
Chest & Arms



BOX JUMPS

For:
Legs



STEP UPS

For:
Legs



KNEE-INS

For:
Abs



PUSH UPS

For:
Chest & Arms



DIPS

For:
Triceps



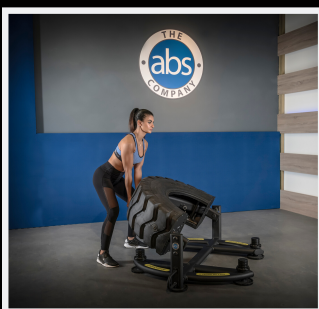
PARTNER FLIPS

For:
Legs



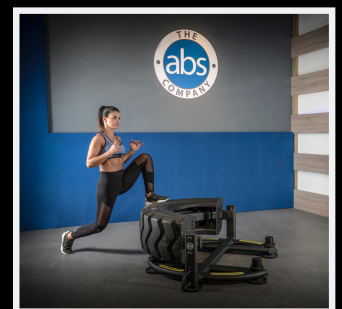
DEADLIFT

For:
Legs & Back



LUNGES

For:
Legs



Scan the code below for additional exercises and training videos!



We Change Lives from the Core

