

ULTIMATE STRENGTH

PROFESSIONAL TRAINING SYSTEMS

PROUDLY MADE  IN THE U.S.A.



 **DYNAMIC**
FITNESS & STRENGTH

BECAUSE MyLife DEMANDS IT.



INTRODUCING

WESTSIDE BARBELL™

by **DYNAMIC**
FITNESS & STRENGTH

THE PREFERRED CHOICE OF 20+ NFL TEAMS,
UNIVERSITY OF ALABAMA & CLEMSON UNIVERSITY.

TWO
INDUSTRY
LEADERS
BRING THE
**PERFECT
STORM**

When patented strength training
technology from Westside Barbell™
meets 25 years of manufacturing expertise
from Dynamic Fitness & Strength—
The results are game-changing.

**BENT PENDULUM
REVERSE HYPER**

700001



**ULTRA SUPREME
REVERSE HYPER**

700002



**DUAL PENDULUM
REVERSE HYPER**

700003



**INVERSE CURL
w/ STORAGE**

700008



**INVERSE CURL
w/o STORAGE**

700009



**HIP QUAD
w/ STORAGE**

700010



WESTSIDE BARBELL by **DYNAMIC**
FITNESS & STRENGTH

844-678-7447

WESTSIDE BARBELL™

by **DYNAMIC**
FITNESS & STRENGTH



PROUDLY MADE
IN THE U.S.A.

THE PREFERRED CHOICE OF OHIO STATE UNIVERSITY
& OVER 1,000 ATHLETIC PROGRAMS WORLDWIDE.

ULTRA PRO REVERSE HYPER

700004



PRO REVERSE HYPER

700005



HIP / ABDOMINAL

700012



HIP QUAD w/o STORAGE

700011



STANDING LEG CURL

700013



BELT SQUAT

700014



PROVEN RESULTS

"Westside Barbell™ by Dynamic equipment is just like our education: It's science based and results proven! Our education and equipment truly bridges the gap between sports science and strength and conditioning. No other company or training system can say the same!"



WWW.MYDYNAMICFITNESS.COM/WESTSIDE

LOUIE SIMMONS™
FOUNDER, WESTSIDE BARBELL™

WESTSIDE BARBELL by **DYNAMIC**

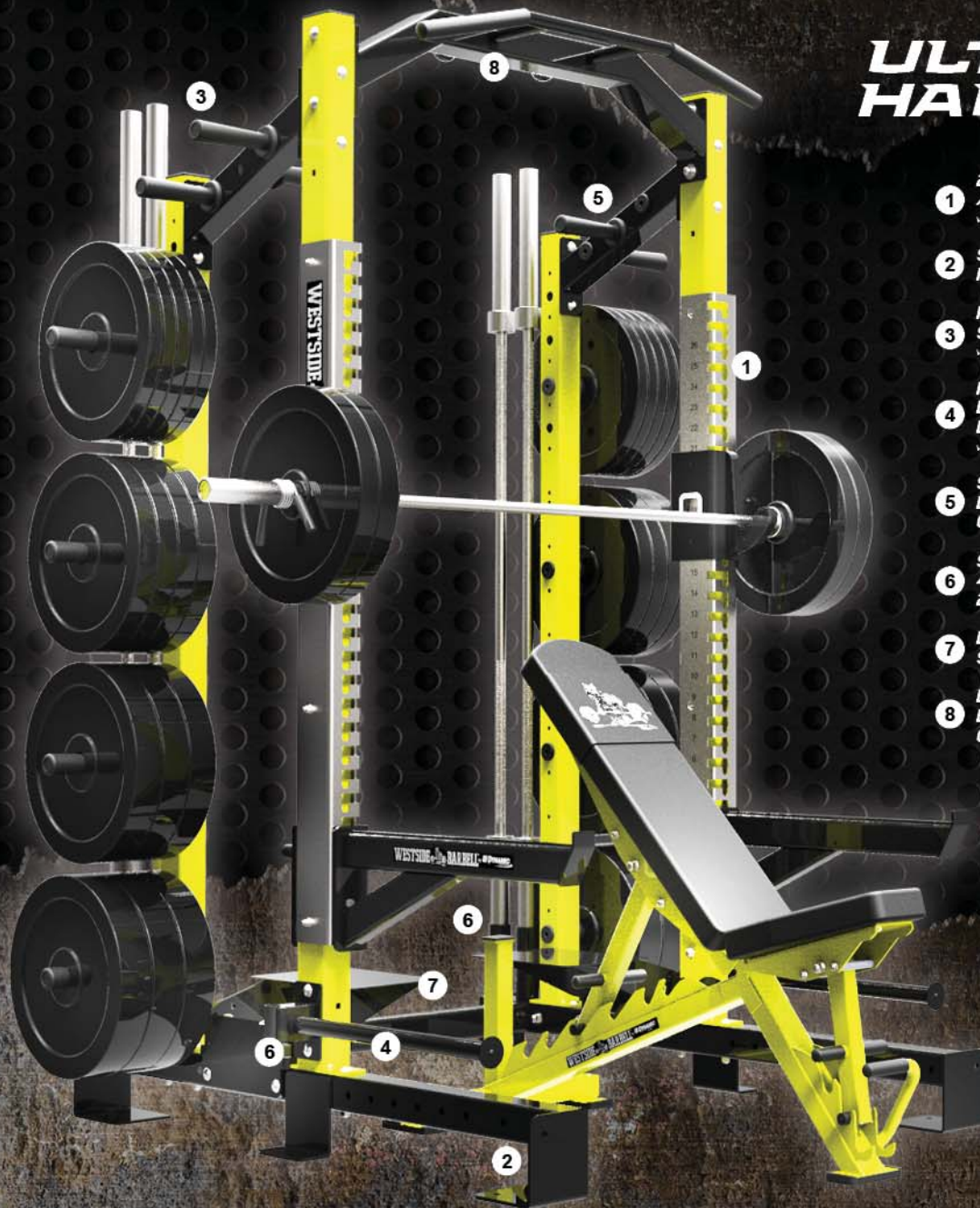
FITNESS & STRENGTH

7 GA. STEEL



4x3

TUBE



ULTRA PRO HALF RACK

703003S*

- 1 2" INCREMENTAL ADJUSTMENT WRAPS
w/ CHROME PLATING
- 2 SUMO-STYLE RAISED BASE*
- 3 PATENT-PENDING STORAGE PEGS
w/ TAPERED POSTS
- 4 REMOVABLE BAND PEGS & LANDMINES
w/ CUSTOM RECEPTACLES*
- 5 STORAGE FOR BANDS, BELTS & CHAINS
- 6 STORAGE FOR 4 OLYMPIC BARS & 2 BAND PEGS
- 7 LOCK-IN PLATES & SPOTTER STEPS*
- 8 BUILT-IN BALL GRIPS & CHIN BAR

*Sumo-style raised base, removable band pegs, landmines, upper and lower receptacles, bench, lock-in plates, spotter steps, bars and plates are optional items sold separately.



COLLEGIATE HALF RACK

703001



ULTRA PRO POWER RACK

703004

ULTRA PRO DOUBLE HALF RACK

Not pictured.

DYNAMIC
FITNESS & STRENGTH

EDGE SERIES RACKS



7 GA. STEEL

4x3

TUBE



EDGE HALF RACK

500002*



EDGE POWER RACK

500004



EDGE DOUBLE HALF RACK

500006

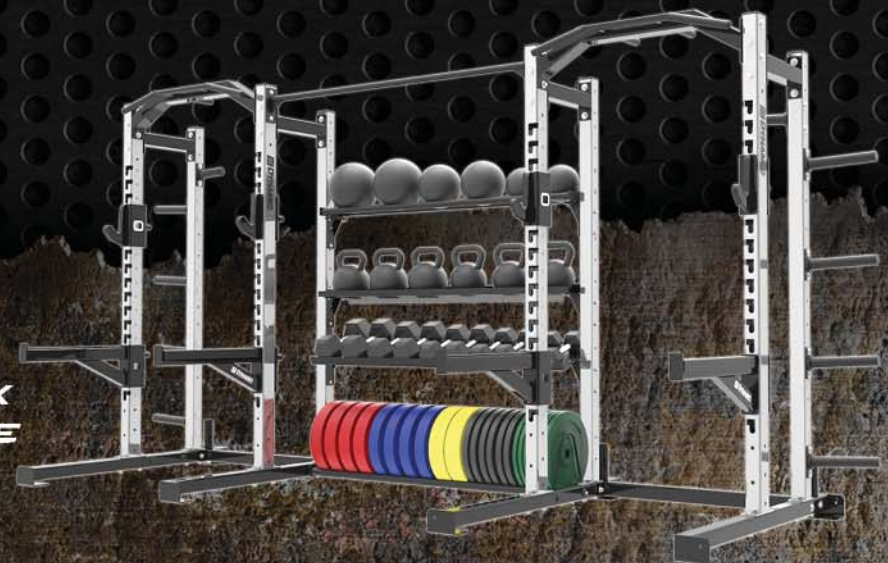
FEATURED RACK ATTACHMENTS Additional attachments not pictured.



*Removable band pegs, landmines, upper and lower receptacles, bench, lock-in plates, spotter steps, balls, kettlebells, dumbbells, bars and plates are optional items sold separately.

EDGE HALF RACK + ANNEX STORAGE + HALF RACK

500052*



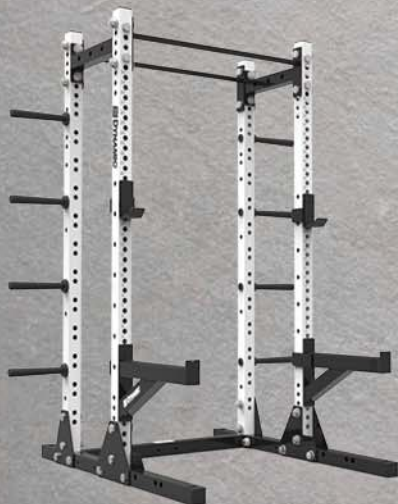
TITAN SERIES RACKS

11 GA. STEEL

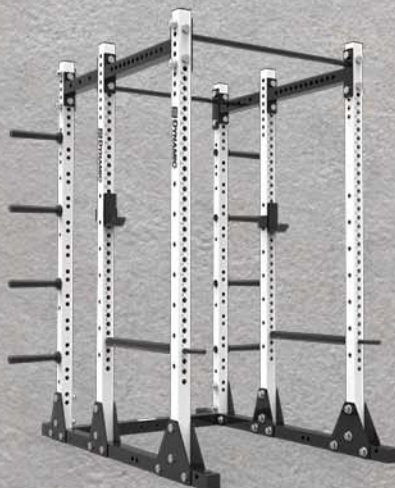


3x3

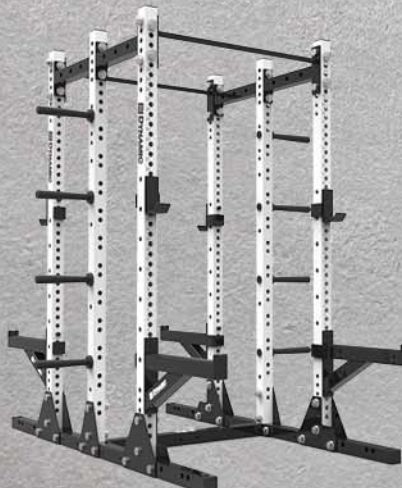
TUBE



**TITAN
HALF RACK**
400012



**TITAN
POWER RACK**
400015



**TITAN
DOUBLE HALF RACK**
400016



**TITAN
HALF + ANNEX STORAGE + HALF**
400052*

*Accessories sold separately.

FUNCTIONAL TRAINING & STORAGE ITEMS



PROUDLY MADE
IN THE U.S.A.



109060



ADJUSTABLE BENCHES



400021*

STORAGE UNITS

*Accessories sold separately.



409132*

POWER POSTS

*Attachments sold separately.



**GLADIATOR
HALF RACK**

300012



**GLADIATOR
3/4 RACK**

300014



**GLADIATOR
POWER RACK**

300015

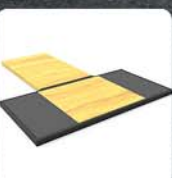


**GLADIATOR
DOUBLE HALF RACK**

300016

FUNCTIONAL TRAINING & STORAGE ITEMS

CALL DYNAMIC
844-678-7447



109991



RACKS, PLATFORMS, PLYOS & MORE

POWER SLEDS

GET IT FULLY **CUSTOMIZED** TO YOUR SPECIFIC NEEDS

PLAN YOUR FACILITY IN 3D

Ask about our expert space planning and design services.



PREVIEW YOUR EXACT EQUIPMENT IN YOUR EXACT SPACE!

CHOOSE COLORS & FINISHES

Ultra-durable powder coat available in 18 standard colors and four finishes.



200+ CUSTOM COLORS AVAILABLE

ADD YOUR LOGO & BRANDING

Laser-cut and full-color logos available on our racks, rigs, platforms & benches.



SHOWCASE YOUR BRAND ON ALL YOUR GEAR

SHOP TRAINING ACCESSORIES

Get the most out of your new equipment with our full line of training accessories.



BROWSE OUR FULL ACCESSORY LINE



CORPORATE HEADQUARTERS

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PROUDLY MADE  IN THE U.S.A.

844-678-7447

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