

MYDYNAMICFITNESS.COM

COACH,
IF YOUR PROGRAM DEMANDS...

MORE **SPEED.**
MORE **POWER.**
FEWER **INJURIES.**

...THEN YOU NEED SPECIALIZED
TRAINING EQUIPMENT.

WESTSIDE  BARBELL™ by  **DYNAMIC**
FITNESS & STRENGTH

PROUDLY MADE  IN THE U.S.A.



WESTSIDE BARBELL™ by DYNAMIC FITNESS & STRENGTH

ULTRA PRO HALF RACK

7 GA. STEEL
4x3 TUBE 

703003

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

COLLEGIATE HALF RACK
703001

ULTRA PRO DOUBLE HALF RACK
703006

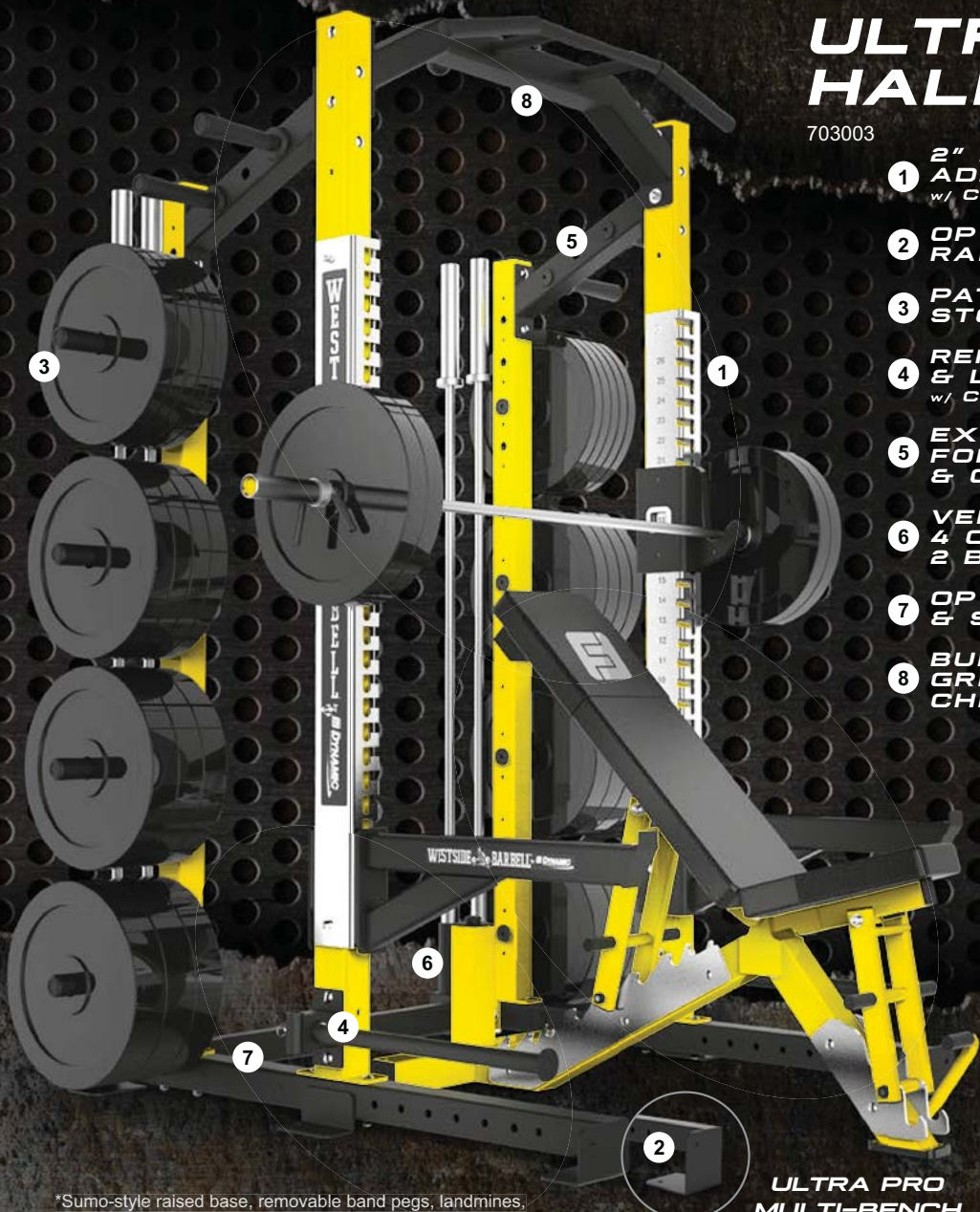
OPTIONAL ATTACHMENTS



Additional attachments not pictured.



ULTRA PRO 6-POST COMBO RACK
703017



ULTRA PRO MULTI-BENCH
709060

*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.

INTRODUCING



MADE IN THE U.S.A.

WESTSIDE BARBELL™ by DYNAMIC FITNESS & STRENGTH

HELLO COACH!

OUR SCIENCE-BASED EQUIPMENT LINE
NOW POPULATES 23 PRO FOOTBALL CLUBS
AND 6 OLYMPIC TRAINING CENTERS, AS WELL
AS COLLEGIATE, HIGH SCHOOL & SPORTS
PERFORMANCE FACILITIES WORLDWIDE.

LEARN HOW YOUR ATHLETES CAN ACHIEVE:

.1-.2
LOWER
FORTY
TIMES

2"-6"
HIGHER
VERTICAL
LEAPS

MORE
EXPLOSIVE
LEG
POWER

+50%
FEWER
KEY
INJURIES*

*A 50% or more reduction in Back, Glute, Hamstring, Hip and Knee injuries.

WWW.MYDYNAMICFITNESS.COM/WESTSIDE

FROM PROVEN
RESEARCH COMES

**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 & conditioning. No other company
or training system can say the same!"

TWO INDUSTRY LEADERS BRING THE **PERFECT STORM**

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



LOUIE SIMMONS™
FOUNDER, WESTSIDE BARBELL™

**NEW
DESIGN!**

PROVEN RESULTS

ULTRA SUPREME REVERSE HYPER™

700002



BELT SQUAT MACHINE 700014

The Belt Squat Machine™ places the weight load on the hips, tractioning the spine and correcting pelvic tilt simultaneously. The adjustable side rails, oversized platform and upper/lower band connections make this the most versatile piece of equipment of its kind. Perfect for speed, strength and endurance, by performing Walking... Cleans... Pulls... Rotational Drills... Jumps... Squats... Kettlebell Exercises... and much more!



BENT PENDULUM REVERSE HYPER™

700001



DUAL PENDULUM REVERSE HYPER™

700003



PLYO SWING

700015



NEW!

HIP/QUAD

700011



NEW!

HIP/AB

700012



NEW!

**COACHES'
CHOICE**

THE INVERSE CURL™

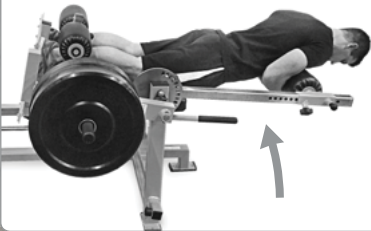
The new, patented Inverse Curl™ allows athletes of any size, strength level and condition to perfectly execute each rep and progressively strengthen the Posterior Chain with ease, making Glute/Ham Raises obsolete.

The calves-hamstrings-glutes-lower back firing pattern is precisely the same order used when running and jumping. This new introductory piece has infiltrated the Redskins, Chiefs, Vikings, Eagles and Ohio State University Football strength rooms, providing speed and explosive strength benefits and most importantly, reductions in hamstring and knee injuries.

The athlete kneels on the pad and uses the variable counterweight arm for support when lowering and raising the upper body...



Then the athlete returns to the vertical position while maintaining straight body form.



WATCH VIDEO



mydynamicfitness.com/video

700008

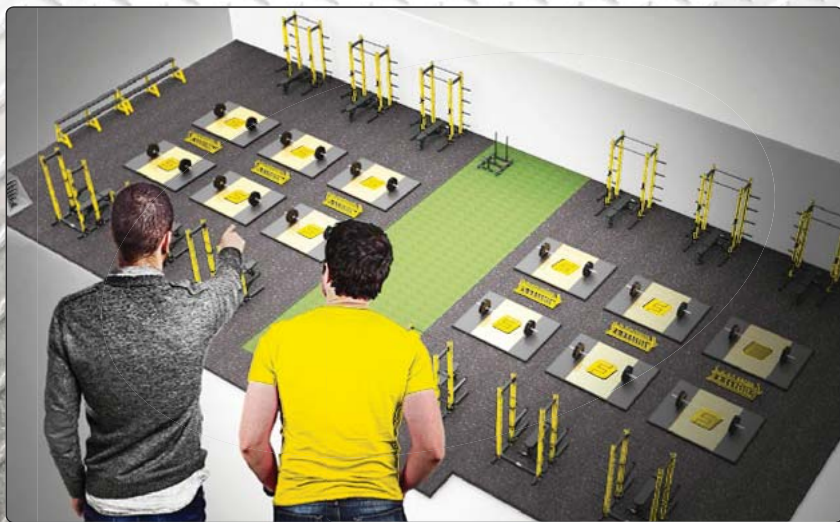

**MADE IN
THE U.S.A.**

CALL US TODAY, COACH!
844-678-7447

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

PLAN YOUR FACILITY IN 3D

Ask about Dynamic's expert space planning and design services.



PREVIEW YOUR DREAM 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 Dynamic's full line of training accessories.



BROWSE OUR FULL ACCESSORY LINE



CORPORATE HEADQUARTERS

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