

▼ OCR SPECIAL EDITION



POWER
SYSTEMS

A PLAYCORE Company

We're Here to POWER YOUR POTENTIAL



Shown: Hyperware SteelBell



SOMETHING REMARKABLE is happening with the sport of Obstacle Course Racing.

COMMUNITIES

are being built, both in person and online.

INDIVIDUALS

of all abilities are coming together
to form teams.

GENERATIONAL LINES

are being crossed.

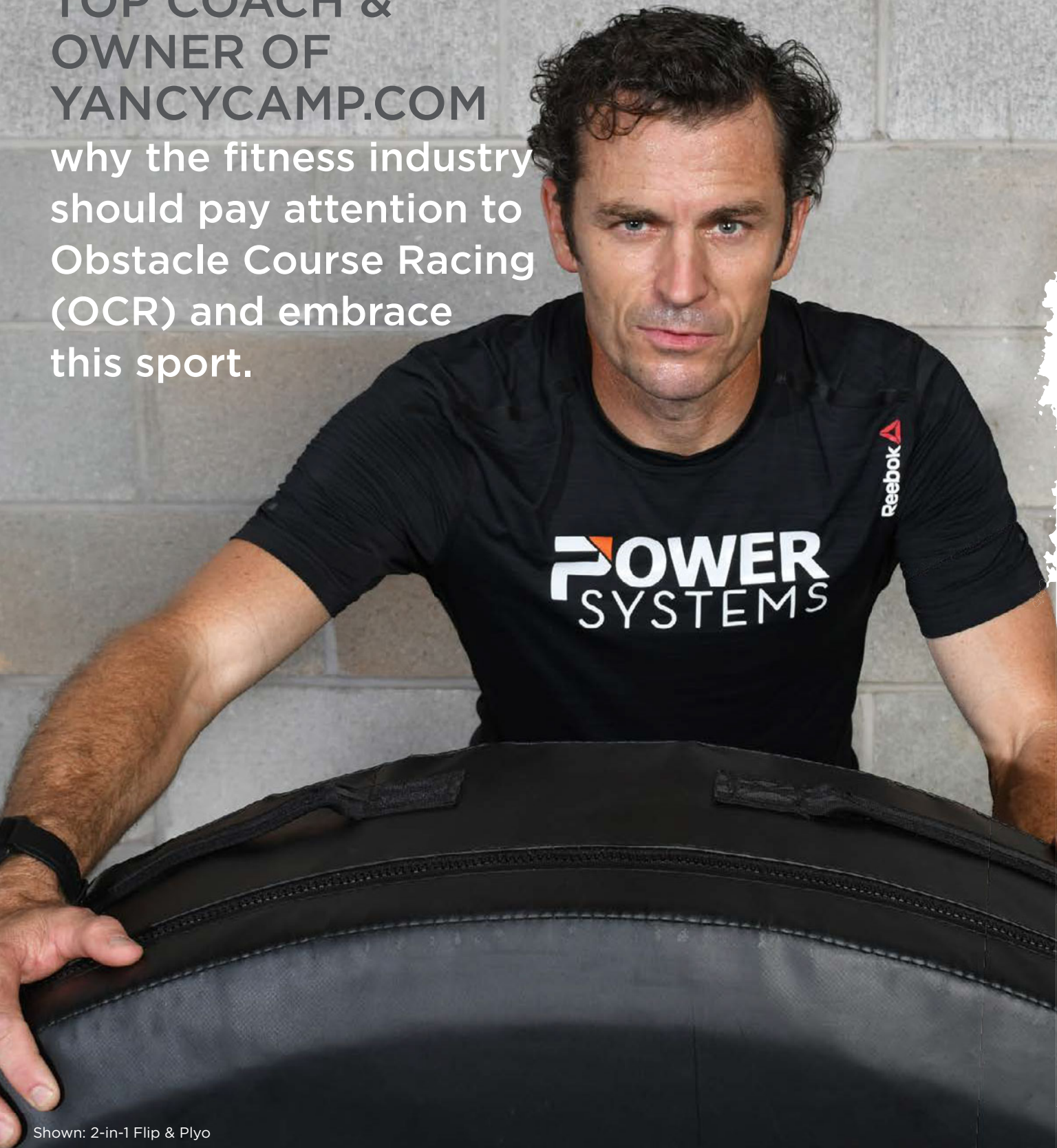
All are driven by the
challenge to complete an
obstacle course race
of their choice.

AT POWER SYSTEMS,
We Want to Help You
Get Involved with this
Great Community.

We asked Yancy Culp

ELITE OCR ATHLETE,
TOP COACH &
OWNER OF
YANCYCAMP.COM

why the fitness industry
should pay attention to
Obstacle Course Racing
(OCR) and embrace
this sport.



Shown: 2-in-1 Flip & Plyo

HERE IS WHAT HE HAD TO SAY:

APPROXIMATELY 7 YEARS AGO, people all over the world were introduced to what arguably has become the largest fitness movement this planet has even seen, the sport of Obstacle Course Racing (OCR). About 200,000 people took part that year.

Over 5 million individuals compete in events happening every weekend. Obstacle Course Races vary in length from 5Ks to full marathons, even including 24 hour endurance events.

OCR has created a strong sense of community & passion to serve others, helping lift each other up both physically and mentally as they tackle obstacles on the course just as they do in everyday life.

This amazing movement began with a goal of challenging people to step outside of their comfort zone and has a global side effect of getting more people moving.

Read the full article on the Power Systems blog: blog.powersystems.com/WhatisOCR



WHAT DOES THIS MEAN FOR YOU?

GENERATE ADDITIONAL REVENUE

Differentiate yourself and implement a fee-based SGT program at your facility – there is no better time than now and no better anchor than OCR training

INCREASE MEMBER RETENTION

Adding OCR specific small and large group training sessions to your SGT schedule will increase the sense of energy, teamwork, camaraderie, and enhance the overall sense of community within your facility.

TRANSFORM THE WORLD

These types of group training sessions will inspire your members to step outside their comfort zone. Start making strides to empower your members to achieve things they never thought possible.

Find the tools you need to
**QUICKLY BECOME AN
OCR FRIENDLY FACILITY.**

TRAIN YOUR CLIENTS TO BE SUCCESSFUL

Master These **4** KEY SKILLS to Achieve Success on the Course



Shown: Bumper Plates

GRIP & PULL STRENGTH



In order to conquer rope climbs, traverse walls, and monkey bars out on the course, you must develop your client's dynamic grip strength by choosing exercises that require them to open and close their hands with each rep for numerous sets.

Shown above: Hyperware SteelBell

CARDIOVASCULAR ENDURANCE



For a successful OCR, train the ability to run and quickly transition between obstacles. Strengthening clients' aerobic engine will not only help transition quickly between obstacles, but also allow them to conquer every obstacle they encounter.

Shown above: Assault Air Bike

MUSCULAR ENDURANCE



Distance running paired with strength training makes the perfect cross training combination for OCR. Your clients will most likely encounter one or two obstacles that require them to carry heavy items for various distances over technical terrain.

Shown above: XD™ Performance 18" Kevlar® Medicine Ball

CORE STRENGTH



The core will carry your clients through the race. Every obstacle faced out on course will require well-trained core muscle groups. A strong core can also improve running mechanics and the ability to maintain a strong pace over great distances.

Shown above: PowerWave

LOOKING FOR MORE EXERCISE IDEAS?
HEAD OVER TO THE POWER SYSTEMS BLOG
FOR VIDEOS AND MORE!

blog.powersystems.com





ADD BUMPERS TO YOUR PLATE COLLECTION!

Bumpers are great to work grip & core strength, as well as traditional strength training.



Squat Rack

Full floor rack includes posts, crossbars, base, and J-Cups to provide the benefits of a power rack or cage without the larger footprint. Rack is 7'6" high, allowing for pullups and other exercises. Hardware is included. Standard color is flat black. 92" x 48" x 35.5" 🇺🇸

20765 92" x 48" x 35.5" \$650



Pro Power Bar - 1500

The bar of choice for squats, bench presses, and deadlifts. Olympic quality, built to last. Heat-treated alloy with top-quality thrust bearings for smooth spin and durability. Unique nut-and-pin system keeps sleeve secure. Uniform knurled grips. 32 mm diam. 1,500 lbs. capacity. Length: 86" Sleeve: 15 1/4" L x 2" diam. 45 lbs.

61805 Zinc Plated \$297.39
61800 Black Oxide \$299.39



Lock-Jaw® Pro Barbell Collars

The Lock-Jaw Pro Barbell Collar features a single-action cam lock to securely clamp the collar once positioned on the bar. Quickly and easily releases with one hand when changing weights. A permanent spring snap-latch keeps the collar secured on the bar through the most brutal workouts. Solid nylon resin frame and injection molded pressure pads. Fits 2" Olympic bars.

50473 Black \$47.99/pair

For additional colors, visit powersystems.com



Bumper Plate

Designed for optimum performance with an inner stainless steel ring surround by all rubber to increase durability, assist with sound dampening, limit rebound, and provide top-tier shock absorption.

10lbs. - 55lbs. \$45.99 - \$91.69

For additional details, visit powersystems.com

ESSENTIAL EQUIPMENT

Maximize your investment with these versatile essentials.



Rubber Octagonal Dumbbell

The heads of the cast metal dumbbells are encased in thick rubber to prevent damage to the weights, floors and other equipment in the exercise facility. Octagonal head design keeps them from rolling away. Ergonomic, knurled handles provide a comfortable, stable grip. Durable construction that is ideal in frequent-use settings. Twenty-seven weights available, from 3 to 100 lbs. Sold individually. Racks available. 2-year limited warranty.



61515	15 lbs.	\$24.39/ea.
61520	20 lbs.	\$32.69/ea.
61525	25 lbs.	\$40.69/ea.
61530	30 lbs.	\$47.99/ea.
61535	35 lbs.	\$55.99/ea.
61540	40 lbs.	\$64.39/ea.

For additional weights, visit powersystems.com

Battle Rope Anchor Station

Anchor up to 12 battle ropes for the ultimate group training experience. No mounting necessary - can be stored away when not in use. Center, anchor support is built to fit any Olympic sized plate (not included). 24" L x 24" W x 11 1/2" H.



13692 \$366.69

Premium Kettlebell

Smooth, solid steel handle is easy to grip. Vinyl coating is color coded by weight, with the weight clearly marked in white. The vinyl coating and rubber plate on the bottom help reduce noise and protect the kettlebell and the floor. Thirteen weights available. Kettlebells and handle sizes increase with the weight of the kettlebell - handles are 1 to 1 3/8" in circumference. Indoor use only.



50355	15 lbs.	\$ 52.99
50358	25 lbs.	\$ 67.39
50360	35 lbs.	\$ 82.69
50362	45 lbs.	\$ 97.99

For additional weights and styles, visit powersystems.com

Power Training Rope

Training ropes work the entire body for overall strength and conditioning. These ropes come in two colors, two diameters and three lengths to accommodate a wide range of fitness levels. Black or White. Rubber grips. Rope anchors and hanger available. Helps develop power, grip strength and stamina.



13642	30' L x 1 1/2" diam.	\$129.39
13654	40' L x 2" diam.	\$218.99

For additional lengths and colors, visit powersystems.com

Foam Plyo Box

Build your own plyo stack! Customize the height of your plyo box with numerous combinations. Each thick foam platform is covered with durable vinyl and can be stacked and secured with strong Velcro flaps on all four sides. Heights are clearly marked on the sides. Handles with reinforced stitching to help in positioning the boxes, or moving them out of the way for storage. Five heights available: 3", 6", 12", 18" 24". Black. Sold separately or as a set. Landing surface is 35 1/2" x 30".



20680 Set of 5 \$ 1,153.99

For additional details, visit powersystems.com

Assault® Air Bike

The Assault is truly the best-in-class fan bike available today! Designed with the user in mind, this bike ensures durability with sealed cartridge bearings and full high-tensile steel construction, customizable programming, and no fuss usage. Keep it mellow or jump into bouts of high intensity intervals - the workouts are unlimited! Let the Assault Air Bike be the primary tool in your calorie-burning tool kit!



51190 \$799.39

PRO TIP: When teaching a client the proper mechanics to climbing a rope - begin seated on a plyo box.

Don't have something on this list? Refresh your Essentials today!

powersystems.com

ESSENTIAL EQUIPMENT



Premium Pull Up Bar

This wall-mounted pull-up bar takes your pull-ups to the next level. It offers plenty of room for various grip widths and saves on space. Attach the additional pull up bar for more pull-up stations in your facility or gym. *Assembly required. Mounting hardware not included. May require professional installation. Additional shipping charges may apply. Additional bar sold separately. Black. 43.25" L x 39.5" W x 19" H.*

40062	Premium Pull Up Bar	\$236.39
40063	Additional Bar	\$131.39

Strength Band

Dynamic best-seller and customer favorite! Add variable resistance to traditional strength training lifts such as chest presses and squats. Or use a strength band to offset bodyweight for pull ups and tricep dips. Strength Bands are also a great accessory for flexibility and range of motion exercises.

Sturdy seamless construction. Color coded to indicate resistant levels. Bands sold individually. Available in 7 resistances. 41" L, Latex.

Extra Light - Super Heavy \$9.99 - \$69.99



For additional details, visit powersystems.com

Versa Loop®

Ideal for short, limited movements, the versatile Versa Loop® fits comfortably around the upper and lower legs and allows you to exercise hip and leg muscles. 2" W x 12" L.

Extra Light - Ultra Heavy \$2.99 - \$4.39



For additional details, visit powersystems.com

Premium Slam Ball



This completely rubberized slam ball is built to take a real beating. Smaller than our Mega Slam Ball, this quality no-bounce, no-roll ball has been specifically designed for high-impact throwing and slamming training ball exercises. Available in eight different weight options- 4,6,8,10,15,20,25, and 30-pound weights. Uniform gray with bright white numerals and logo and a textured surface for better gripping.

25456	10 lbs.	\$52.99
25460	20 lbs.	\$63.39
25464	30 lbs.	\$78.39

For additional details, visit powersystems.com

Pro-Elite Medicine Ball

AN UPDATE ON A CLASSIC!

The Pro-Elite Med Ball is made of upgraded rubber for extra durability. Eleven weight options, all black color scheme with weights clearly marked in white. Patented surface texture keeps the ball in your hands. Not meant to be slammed, provides a slight bounce when thrown.

2 lbs. - 30 lbs. \$27.39 - \$131.39



For additional details, visit powersystems.com

PowerForce Medicine Ball

14" diameter allows for consistent form while using a variety of weight options up to 30lbs. Coated black vinyl shell with a moisture and scuff resistant textured surface to provide a confident grip. Internally reinforced design is durable and maintains shape while remaining soft to the touch.

23990	8 lbs.	\$ 71.39
23993	14 lbs.	\$ 86.69
23996	20 lbs.	\$106.99

For additional details, visit powersystems.com



Dynamax™ Medicine Ball

The soft-shell construction and balanced, uniform weight of this ball makes it easy to handle. It remains dimensionally stable and balanced while providing functional resistance during any fitness, sport, or rehabilitation exercise. Ideal for exercises where bounce from the ball is not wanted, or for grip training. Casing is sewn from 18 oz. flexible vinyl-coated polyester. Filler material provides even weight distribution and helps maintain shape. 🇺🇸

4 lbs. - 30 lbs. \$74.39 - \$143.69

For additional details, visit powersystems.com



Interested in incorporating grip strength & slamming?
Choose the **Premium Slam Ball**

The **Pro-Elite Med Ball** has a recessed textured surface for grip & less rebound than a traditional medicine ball.

Want a perfect rebound, every single time?
The **PowerForce Medicine Ball** will be your go-to pick.

Needing ultimate durability, the original **Dynamax Ball** is right for you.

Use Medicine Balls to
**ENHANCE TOTAL
BODY STRENGTH
AND POWER**
as You Prep Clients
for Their Race!



Shown: PowerForce Medicine Ball

SHOW US YOUR MED BALL MOVES!
Use **#ownyourobstacle** on Instagram.

CHECK OUT THESE **MUST HAVE'S** RECOMMENDED BY OCR EXPERT, YANCY CULP.



Harbinger Ergo Grip Strength System

Builds hand, wrist & forearm strength fast! Adjustable 3-in-1 grip set. Progressive resistance training kit. Light, medium and heavy resistance levels build grip strength fast. Ergonomic, non-slip comfort grip matches natural grip motion for greater comfort and control. Rapid release mechanism in handles for quick, easy changes between resistance levels. Use at home, on the road & everywhere you go!

65442 \$24.99



XD™ Performance 18" Kevlar Medicine Ball

The toughest and only reinforced medicine ball with DuPont™ Kevlar® fiber on the market. This extremely durable and low-bounce ball keeps its shape due to its patented construction. The tacky surface provides maximum control along with embroidered weight identification that won't fade or peel. Consistent 18 inch diameter regardless of weight- our largest, heaviest med ball! Part of the XD™ Kevlar® line of products. 18" diam.

40 lbs. - 150 lbs. \$179.99 - \$309.99



Set of 2 rings and 2 straps

Wood Training Rings

No need to use chalk! Dip, row, and muscle-up with the confidence of a secure grip using Power Systems Wood Training Rings. These wood rings are light and textured, unlike steel or plastic rings. Sold in sets, these rings come with length labeled, nylon straps and adjustable buckles. These are great for gym, box, or home gym use.

93910 \$81.69



Hyper Vest Pro

The Hyper Vest Pro features a revolutionary control system and fabric. The innovative design of the Hyper Vest Pro holds high-density steel weights firmly and comfortably close to the core, even during vigorous, multi-plane movements. The compression fabric hugs the chest in the horizontal plane, allowing full chest expansion and contraction for breathing while the weights stay in place. Slim profile of vest allows the user complete range of motion. Pre-loaded with 10 lbs. of weight. Add-on weights available. Odor resistant material. Open sides for ventilation. Hand washable. Unisex.Gray.

Small - Extra Large \$199.99

For additional details, visit powersystems.com

NEXT LEVEL EQUIPMENT

Turn your OCR training up a notch with tools perfect for the course. Add them into your circuit for an instant update.

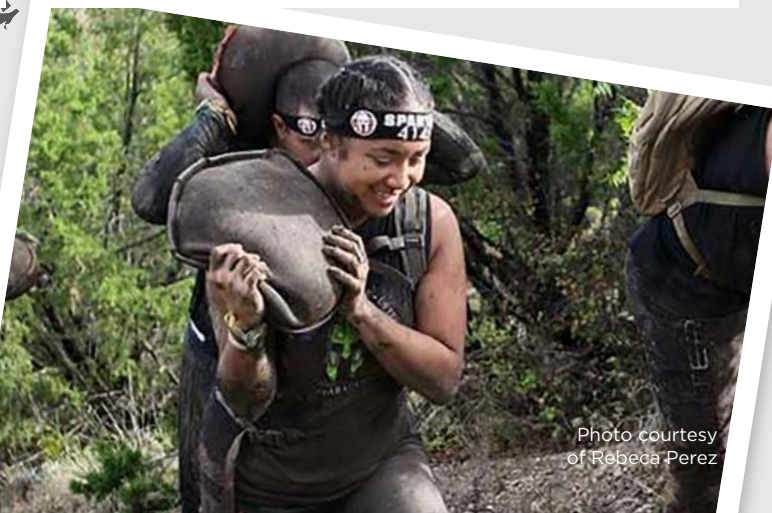


Photo courtesy of Rebeca Perez

Train Clients to **INCREASE** Grip Strength and they will Conquer the Course!

The neoprene shell of the **Hyperwear SandBells & SteelBells** is smooth and great for advanced grip training.

The **XD Performance Kevlar Sand Discs with Grip** have a textured surface for better grip training when coaching beginners.



Shown: Hyperwear SteelBell



SandBell®

The SandBell is a cross between a sandbag, a dumbbell, a barbell, a grip bag, a medicine ball, a slam ball, a stability pod, a gliding disk, and a kettlebell. Made of tough, flexible neoprene, the SandBell is the most versatile and enjoyable functional weight training tool on the market.

SandBell utilizes a patent pending fill mechanism that allows the end user to fill or empty the SandBell with dry play sand (not included).

13398	20 lbs.	\$ 50.99
13402	30 lbs.	\$ 74.39
13404	40 lbs.	\$ 94.69

For additional details, visit powersystems.com



SteelBell®

The Hyperwear SteelBell is the most intense free weight ever created. Filled with tiny balls of steel shot, it is dense and incredibly lively challenging your core and stabilizers with every move. Think of the SteelBell as a medicine ball you can hold with one hand or a soft kettle bell with no handle needed. Choose the patented SteelBell® to improve performance and challenge muscles like never before. The SteelBell® is constructed from extra-thick neoprene with a super texture surface for grip improvement. The SteelBell is roughly half the size, per weight, of its SandBell® counterpart, but packs twice the dynamic punch.

13455	20 lbs.	\$ 94.69
13457	30 lbs.	\$ 136.69
13458	40 lbs.	\$ 168.39

For additional details, visit powersystems.com



XD™ Performance Kevlar Sand Disc

Reinforced with DuPont™ Kevlar® fiber and filled with steel sand! Shifting sand in a pliable disc adds a new challenge to muscles and improves grip strength. Safe for studio floors and durable enough for use outside. Twelve weights, from 5 to 100 lbs. Part of the XD™ Kevlar® line of products.

5 lbs. - 100 lbs. \$29.99 - \$169.99

For additional details, visit powersystems.com



XD™ Performance Kevlar Sand Disc with Grip

Reinforced with DuPont™ Kevlar® fiber and filled with steel sand! Shifting sand in a pliable disc adds a new challenge to muscles and improves grip strength. Safe for studio floors and durable enough for use outside. Large, reinforced grip makes the disc easier to hold for kettlebell or dumbbell grip exercises. Twelve weights, from 5 to 100 lbs. Part of the XD™ Kevlar® line of products.

5 lbs. - 100 lbs. \$44.99 - \$179.99

For additional details, visit powersystems.com

NEXT LEVEL EQUIPMENT



Shown: Foam Vault Box



Functional Hex Plyo

Hexagonal shape is great for allowing multiple users at the same time in circuits or group training exercises. Four available sizes can be stacked and attached in many configurations. Sizes are clearly marked for ease of use. Sturdy, durable foam construction minimizes injury risk, while the non-slip vinyl casing keeps the box in place. Smaller footprint helps in areas with limited floor space or storage. 24"W x 24"L x various heights.

6" - 24" \$279.00 - \$579.00

For additional details, visit powersystems.com



Foam Vault Box

Foam Vault Box is three feet high for training your athletes to jump or vault over obstacles. The solid, sturdy foam is covered with black vinyl to eliminate any sharp edges and minimize injury risk. The unique wedge shaped box is larger at the bottom for a sturdy base to withstand being hit. The Vault Box can also be turned on its side for other training exercises. Nylon handles for easy moving. 40"L x 36"H x 24" W at the base.

20763 36" x 40" x 24" \$599.00

For additional weights and heights, visit powersystems.com



2-in-1 Flip and Plyo

The 2-in-1 Flip and Plyo combines the benefits of a traditional plyo box while functioning as a tire that can be used for flipping, lifting and other functional training movements. Plyo is approximately 46" in diameter, each weight has varying heights. The 2-in-1 Flip and Plyo is unlike a traditional tire as it is a flat, smooth platform suitable for users at any fitness level. It also has reinforced grips around the outer edge, allowing for various partner training exercises and ease of carrying.

20752 150 lbs. \$1,049.00
20754 250 lbs. \$1,349.00

For additional weights and heights, visit powersystems.com



3-in-1 Foam Plyo Box

Foam version of our popular wooden 3-in-1 plyo box. Solid, sturdy foam block is covered with a durable vinyl cover to minimize injury risk.

20756 16" x 20" x 24" \$299.00
20757 20" x 24" x 30" \$459.00

Interested in more than box jumps & step-ups? The **Functional Hex Plyo** was designed specifically to be used for core work, plyometrics, and more.

Looking to give your clients the ultimate OCR experience in their workout? Add the **Foam Vault Box** into a circuit for a fun challenge!

Want a plyo box that can double as a tire without marking up your studio floors? The **2-in-1 Flip & Plyo** is the answer!

Do you have limited space, but want a big impact? The **3-in-1 Foam Plyo Box** gives you three heights in one box.

Create challenges
for your clients
that work **POWER,**
STRENGTH, AND
BALANCE with
plyometrics!



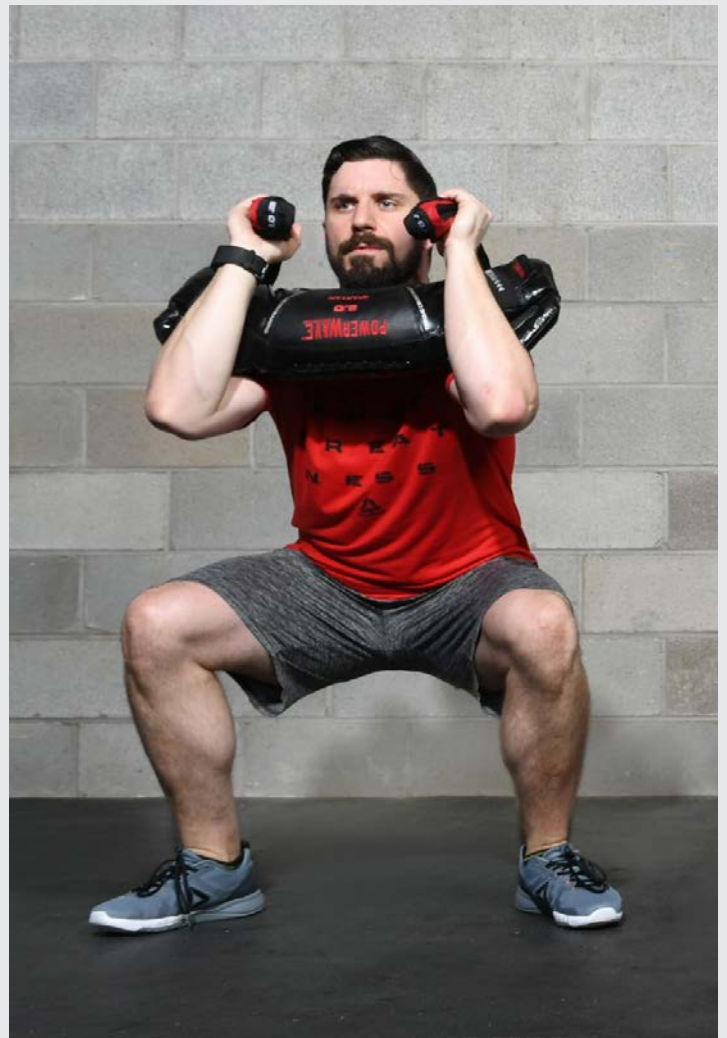
Shown: 2-in-1 Flip and Plyo



MostFit Core Hammer

The long lever and distally loaded end of the Core Hammer provides endless options for unilateral and asymmetrical strength challenges, core exercises, and rotational mobility and stability work. The "hammer slam" will train grip and pull strength as the user changes their grip throughout the signature exercise.

- 91342 8 lbs. \$249.99
- 91344 12 lbs. \$269.99



PowerWave

Ideal tool to add weight while covering all types of terrain. The grip track straps and specifically balanced weight distribution provided by the center keystone will facilitate upright posture and keep the spine in alignment as you walk, lunge, step, and hike.

- 13320 Super \$159.99
- 13322 Spartan \$189.99
- 13322 The Beast \$219.99

Take OCR Training to the NEXT Level with Multifunctional equipment that your #fitfam will love.

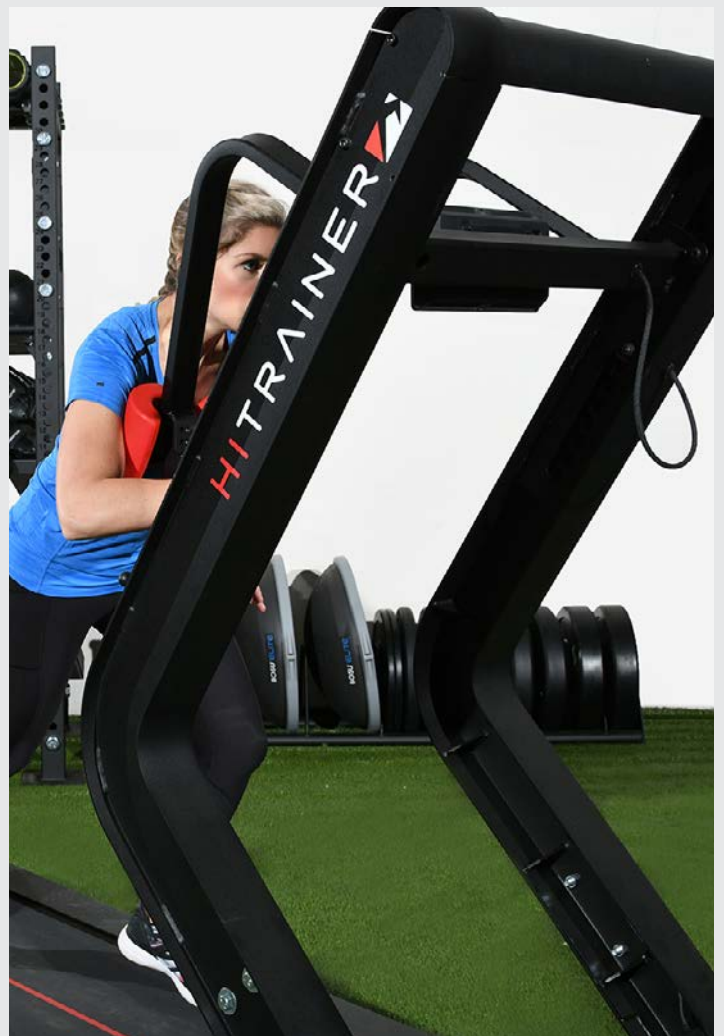




Functional Hex Plyo

Hexagonal shape is great for allowing multiple users at the same time in circuits or group training exercises. Four available sizes can be stacked and attached in many configurations. Sizes are clearly marked for ease of use.

20758	6"	\$ 279.00
20759	12"	\$ 369.00
20760	18"	\$ 498.00
20761	24"	\$ 579.00



HiTrainer

Perfect anchor for cross-conditioning HIIT circuits providing instant performance feedback that motivates users to realize their potential. Patented chest pads emphasize the drive phase of the sprint to engage the prime movers of forward propulsion, the posterior chain. Change the resistance of the belt to mimic sprinting over variable terrain.

51160	ATP	\$ 6,995.00
51161	ATP+	\$ 7,995.00
51162	Pro	\$ 16,999.00

LEARN MORE: powersystems.com



PRO TIP: Use chalk to add directional lines on the floor, making your circuit feel like an obstacle course!



Muscle Knot Massage Peanut

Firm interior and soft exterior is based on the feel of a massage by the human elbow. The 3D surface contact allows for a deep tissue massage while the non-slip exterior creates better grip. Compact and easy to use.

83224	Soft	Green	\$20.39
83223	Hard	Blue	\$20.39



Myo-Roller

Best Seller. Smaller and less cumbersome than a traditional foam roller, the Myo-Roller has a channeled, or H-shape, design to promote spinal alignment and target different pressure points during self myofascial release. The textured nodules add comfort during pin-point or acute release moves for the legs, back, and arms. Heat-sealed EVA foam construction maintains shape and resists moisture and bacteria. Lightweight and great for travel.

80675	6" L x 6" diam.	\$34.69
-------	-----------------	---------



Myo-Release Ball

Best Seller. Myo-Release Balls provide a solid, lightweight, and uncrushable tool for performing myofascial release techniques. Available in two different sizes, our therapy balls can be used to treat specific trigger points or to spread force over a large muscle area. Because they keep their shape and do not absorb moisture or bacteria, these myofascial release training tools can be used by multiple clients, making them equally useful in a gym as they are in the home. Heat-sealed, closed-cell EVA foam. Blue or Black. 6" or 8" diam.

6" diam. - 8" diam.	\$24.39 - \$29.39
---------------------	-------------------

Additional details and colors available.
For details, visit powersystems.com

ROAD TO RECOVERY

Incorporate body maintenance into every day training to help your clients recover faster!



TriggerPoint MB1 Massage Ball

The MB1 Massage Ball is a great choice for targeted relief. It's EVA foam surface more effectively "grips" the areas being addressed to release discomfort and tightness without pinching or irritating nerves like a harder golf ball or lacrosse ball might do. With a slip resistant texture, the MB1 can be used on any hard surface, so you can roll anytime, anywhere. For best results, place the ball directly on the area of discomfort, apply pressure and roll side to side. Use to manage minor aches and pains.

65485	\$14.99
-------	---------



TriggerPoint MB5 Massage Ball

The MB5 is a great tool for anyone needing to release tight shoulders or hips. It's five inch diameter was specifically designed to address the deeper tissue in the large muscle groups that become tight due to repetitive movement and sitting. The layered construction made up of different densities offers varying levels of pressure to break up adhesions, stimulate blood flow and restore mobility. Ideal to use during a pre-work out or anytime you need relief. Use to manage minor aches and pains.

65486	\$24.99
-------	---------



High Density Foam Roller

This firm, high-density molded foam roller provides a deeper massage during usage. The closed-cell construction lasts up to 5 times longer than open-cell foam rollers. Select round for traditional massage and alignment and half round for balance and stabilization.

Black.

80233	Round	12" L x 6" diam.	\$10.99
80237	Round	18" L x 6" diam.	\$14.99
80232	Round	36" L x 6" diam.	\$19.99

For additional details, visit powersystems.com



The Grid® STK

Get off the floor! Use the GRID® STK or GRID® STK X seated or standing to relieve minor aches and pains. The world's first hand-held foam rollers wrapped in GRID® 3-D surface channels nutrients directly to the tissue for health and mobility. Perfect for the gym, office or on-the-road. Two densities available.

75578	Orange	\$36.99
-------	--------	---------



The GRID®

These revolutionary foam rollers feature DistroDensity™ Matrix Technology and an environmentally friendly design. 13" L x 5" diam.

80248	Orange	\$41.99
-------	--------	---------

Additional lengths and colors available.
For details, visit powersystems.com

WORLDWIDE OBSTACLE COURSE RACING WORKOUT

Designed by **Yancy Culp**, Elite OCR Athlete,
Top OCR Coach and owner of YancyCamp.com

SAMPLE WORKOUT

THE WORKOUT

The Worldwide Obstacle Course Racing Workout is made up of **24 exercises**.

Each exercise should be **performed for 35 seconds**, followed by a **25 second break**.

Completion of all 24 exercises equals **Round 1**

Once Round 1 is completed, **repeat all 24 exercises for Round 2!**



Bodyweight Squats
Push-ups
Mountain Climbers



Split Squat Jumps
Alternating Rows w/Versa Loop
(arm pointing toward ground)
Good Mornings



Lunges
Alternating Lat Pulldowns
w/Versa Loop (arm pointing up)
Elbow Plank w/Side to Side Hip Roll



Sumo Jumping Jacks
Alternating Rows w/Versa Loops
(arm pointing out to the side)
Plank w/In & Out Pops



Speed Squat Jumps
Alternating Rows w/Versa Loop
(arm out front)
Plank w/Hip Circles



Burpees
Push-ups
V Rockers



Side to Side Squat Jumps
Plank w/Up Downs
Alternating V-ups



Backwards Bear Crawl
Forward Plank Walk to Hip Drive
Backwards Plank Walk to Hip Drive

VISIT WWW.POWERSYSTEMS.COM/OCRWORKOUT FOR VIDEO DEMONSTRATIONS OF EACH EXERCISE

DOWNLOAD THE FULL WORKOUTS AT
WWW.POWERSYSTEMS.COM/OCRWORKSHOP



CHOOSE which kit is **RIGHT** FOR YOU!

Based off of **SQUARE FOOTAGE,
NUMBER OF CLIENTS,
or BUDGET**



400SQFT (4-5 PEOPLE)

Premium Slam Ball 10lbs.	3
Premium Slam Ball 20lbs.	3
Premium Slam Ball 30lbs.	3
Foam Plyo Boxes Full Set	1
Rubber Octagonal Dumbbell 20lbs.	2
Rubber Octagonal Dumbbell 25lbs.	2
Rubber Octagonal Dumbbell 30lbs.	2
Rubber Octagonal Dumbbell 35lbs.	2
Rubber Octagonal Dumbbell 40lbs.	2
Powerwave Super	2
Powerwave Spartan	2
Powerwave Beast	2
Hyperwear Sandbell 20lbs.	2
Hyperwear Sandbell 30lbs.	2
Hyperwear Sandbell 40lbs.	2
Premium Pull-Up Bar	2
Power Training Rope 1.5" X 30'	1
Harbinger Ergo Grip Strength System	2
Powerforce Medicine Balls 8lbs.	2
Powerforce Medicine Balls 14lbs.	2
Powerforce Medicine Balls 20lbs.	2
Versa Loop Kit	3
Strength Band - Light	2
Strength Band - Medium	2
Strength Band - Heavy	2

99487 - OCR KIT 400SF - \$4,696.66

600SQFT (8-10 PEOPLE)

2 In 1 Flip & Plyo - 250lbs.	1
Core Hammers 8lbs.	2
Core Hammers 12lbs.	2
Foam Plyo Boxes Full Set	1
Premium Slam Ball 10lbs.	3
Premium Slam Ball 20lbs.	3
Premium Slam Ball 30lbs.	3
Rubber Octagonal Dumbbell 20lbs.	2
Rubber Octagonal Dumbbell 25lbs.	2
Rubber Octagonal Dumbbell 30lbs.	2
Rubber Octagonal Dumbbell 35lbs.	2
Rubber Octagonal Dumbbell 40lbs.	2
Powerwave Super	2
Powerwave Spartan	2
Powerwave Beast	2
Hyperwear Sandbell 20lbs.	2
Hyperwear Sandbell 30lbs.	2
Hyperwear Sandbell 40lbs.	2
Premium Pull-Up Bar	2
Power Training Rope 1.5" X 30'	1
Rope Anchor	2
Harbinger Ergo Grip Strength System	2
Powerforce Medicine Balls 8lbs.	2
Powerforce Medicine Balls 14lbs.	2
Powerforce Medicine Balls 20lbs.	2
Versa Loop Kit	5
Strength Band - Light	2
Strength Band - Medium	2
Strength Band - Heavy	2

99488 - OCR KIT 600SF - \$6,897.92



Add the **ASSAULT AIR BIKE**
to your kit for additional
Cardiovascular Endurance training.

Buy the
Kit &
SAVE 15%

800SQFT (14-16 PEOPLE)

2 In 1 Flip & Plyo - 150lbs.	1
2 In 1 Flip & Plyo - 250lbs.	1
Core Hammers 8lbs.	3
Core Hammers 12lbs.	3
Foam Plyo Boxes Full Set	2
Premium Slam Ball 10lbs.	3
Premium Slam Ball 20lbs.	3
Premium Slam Ball 30lbs.	3
Rubber Octagonal Dumbbell 15lbs.	4
Rubber Octagonal Dumbbell 20lbs.	4
Rubber Octagonal Dumbbell 25lbs.	4
Rubber Octagonal Dumbbell 30lbs.	4
Rubber Octagonal Dumbbell 35lbs.	4
Rubber Octagonal Dumbbell 40lbs.	4
Premium Kettlebells 15lbs.	4
Premium Kettlebells 25lbs.	4
Premium Kettlebells 35lbs.	4
Premium Kettlebells 45lbs.	4
Powerwave Super	3
Powerwave Spartan	3
Powerwave Beast	3
Hyperwear Sandbell 20lbs.	3
Hyperwear Sandbell 30lbs.	3
Hyperwear Sandbell 40lbs.	3
Premium Pull-Up Bar	3
Power Training Rope 1.5" X 30'	1
Power Training Rope 2.0" X 40'	2
Rope Anchor	2
Harbinger Ergo Grip Strength System	3
Powerforce Medicine Balls 8lbs.	3
Powerforce Medicine Balls 14lbs.	3
Powerforce Medicine Balls 20lbs.	3
Versa Loop Kit	7
Strength Band - Light	3
Strength Band - Medium	3
Strength Band - Heavy	3

99489 - OCR KIT 800SF - \$12,267.70

1000SQFT (20-22 PEOPLE)

2 In 1 Flip & Plyo - 150lbs.	2
2 In 1 Flip & Plyo - 250lbs.	2
Core Hammers 8lbs.	3
Core Hammers 12lbs.	3
Foam Plyo Boxes Full Set	3
Premium Slam Ball 10lbs.	4
Premium Slam Ball 20lbs.	4
Premium Slam Ball 30lbs.	4
Rubber Octagonal Dumbbell 15lbs.	4
Rubber Octagonal Dumbbell 20lbs.	4
Rubber Octagonal Dumbbell 25lbs.	4
Rubber Octagonal Dumbbell 30lbs.	4
Rubber Octagonal Dumbbell 35lbs.	4
Rubber Octagonal Dumbbell 40lbs.	4
Premium Kettlebells 15lbs.	4
Premium Kettlebells 25lbs.	4
Premium Kettlebells 35lbs.	4
Premium Kettlebells 45lbs.	4
Powerwave Super	3
Powerwave Spartan	3
Powerwave Beast	3
Hyperwear Sandbell 20lbs.	4
Hyperwear Sandbell 30lbs.	4
Hyperwear Sandbell 40lbs.	4
Premium Pull-Up Bar	4
Power Training Rope 1.5" X 30'	1
Power Training Rope 2.0" X 40'	2
Rope Anchor	2
Harbinger Ergo Grip Strength System	4
Powerforce Medicine Balls 8lbs.	4
Powerforce Medicine Balls 14lbs.	4
Powerforce Medicine Balls 20lbs.	4
Versa Loop Kit	7
Strength Band - Light	4
Strength Band - Medium	4
Strength Band - Heavy	4

99490 - OCR KIT 1000SF - \$16,365.51

QUICKLY BRING **OCR TRAINING** INTO YOUR PROGRAMMING



1

CHOOSE YOUR KIT

based on square footage or number of clients

2

OFFER AN OCR WORKSHOP TO GENERATE INTEREST

post on social media to spread the word to the OCR community

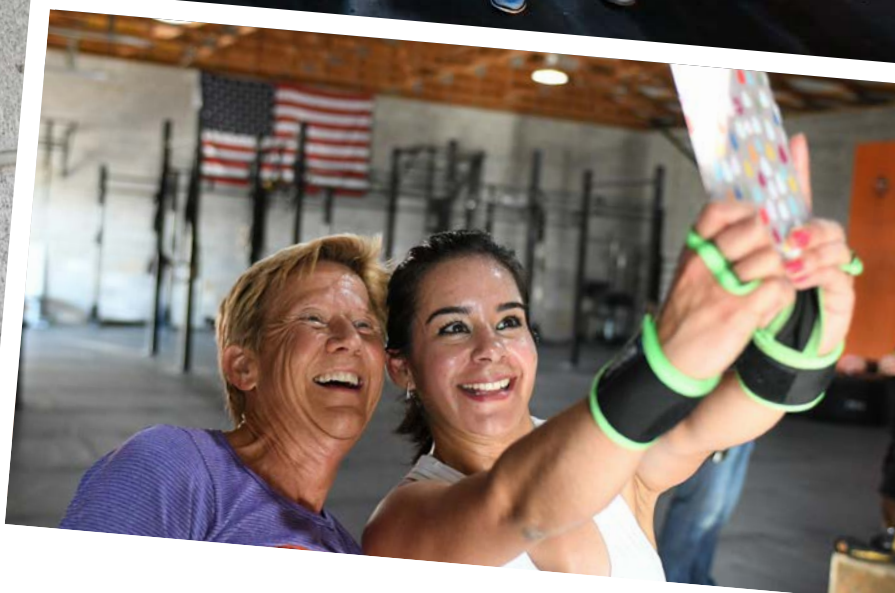


3

IMPLEMENT THE PROGRAM

we're giving you **1 MONTH OF PROGRAMMING FOR FREE** created by Yancy Culp, Elite Pro OCR Racer & Coach





THE RESULTS:

WATCH YOUR COMMUNITY GROW!

Contact Your Power Systems Sales Rep to Build
Out Your OCR Training System

POWER
SYSTEMS
A PLAYCORE Company

800.321.6975 | powersystems.com
5700 Casey Drive, Knoxville, TN 37909



5700 Casey Drive
Knoxville, TN 37909 USA

PRSRT STD
U.S. POSTAGE
PAID
POWER SYSTEMS

