



**RAE CROWTHER CO.**

**ATHLETIC TRAINING EQUIPMENT**

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## 2017 FOOTBALL & STRENGTH



**Leverage Cube**



**Tackling Ring XL**



**QB Pass Rush Net**



**Look for the star for  
free shipping deals!**



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**2017 FOOTBALL & STRENGTH**

Look for the star for free shipping deals!



# Come Get The Ring!

The widest rings in the industry,  
with dense, durable foam...



## TACKLING RINGS

Work the new "Hawk" tackling concepts. Hit and roll. Improve tackling technique with speed, agility, and head position. Intended for many ages. Can be used with or without pads. The rolling ring provides realistic tackling which allows the coach to diagnose the player's technique. Use multiple rings in practice to keep the repetitions and players moving and improving their skills. The Tackling Ring is made from foam and vinyl. Our rings provide a lot more foam and much denser foam. Our wider rings, for example, the Varsity Ring is 13" wide compared to 8" or 9" width from competitors, are more player realistic, simulating the hip and thigh area, tougher to tackle, more stable for fast and slow drills (as well as on windy days), and provide more player protection when landing on the ring (bottom arm is more protected), and more durable. 3 Ring sizes to choose from; The XL Ring is 53" diameter x 17" width x 27" Interior diam. x 35 lbs.; The Varsity Ring is 43" diameter x 13" width x 23" Interior diam. x 20 lbs.; The Junior Ring is 32" diameter x 12" wide x 19" diameter interior hole. Ships motor freight. 2 year warranty.



**Free Shipping!**  
See Details...



**Model:** TKDJR . . . Junior Tackling Ring (Color: Black Only) . . . . . **Price:** \$295 (5 ships free)  
**Model:** TKDV . . . Varsity Tackling Ring (Color: Black, Red, Royal) . . . . **Price:** \$395 (4 ships free)  
**Model:** TKDXL . . . XL Tackling Ring (Color: Black Only). . . . . **Price:** \$495 (3 ships free)

FAX: 803-366-3633

Call Toll-Free: 800-841-5050

## TACKLING RING



*Bobby Carroll  
Head Coach  
York High School  
Multiple State Champ Coach*

"The tackling ring was an amazing tool and resource for us this year. With the Ring, we were able to teach the modern concepts of tackling and reduce player-on-player drills. We limited the player-to-player contact, which reduced injuries. We were able to tremendously increase our reps in tackling. In my 33 years of coaching defense, the Ring was huge in helping us teach tackling the correct way. We had NO injuries during our individual tackling drills or our circuit tackling drills. I suggest everyone try the RING!"

**New!**

Watch these drills...  
Go to [raecrowther.com](http://raecrowther.com) or search for Rae Crowther on YouTube for all of our latest videos...



## MANTIS SLED

New



### MANTIS SLED

The Mantis is an offensive blocking, defensive lockout, and conditioning sled. The Mantis is unique in its design and function. There is no pad on the sled. The players leverage the sled with their hands on the metal bars in a fixed bent or extended position. The bars are set close for tight hand placement. The second unique feature is the metal wheel structure at the back of the sled. The sled rides on this fixed steel wheel. The wheel is narrow and it makes it difficult to drive and control the sled and will tip from side to side. The Mantis requires the player to regulate the sled movement with balance, a low center of gravity (widened base of support) and strength. It teaches a player to keep his feet on the ground and utilize an efficient base while applying leverage. Its feedback can be immediate and effective. The Mantis initiates hips, legs, posterior chain and core activation in a unique blocking movement pattern. Another unique feature of the Mantis is the two weight horns jetting out from angles on the sides of the metal plate. The coach can load up the sled with Olympic size weights and work strength drills, leverage drills, or conditioning drills. Because the weight is held away from the body of the sled it makes it more difficult to drive, and hopefully more game like. Players can push the sled at different angles and with different resistance levels. Powder coated white. Sled weight 175 lbs. Sled size: 65" L x 23" W x 28" H. Warranty: 3 years. Ship Weight: 250 lbs.

**Model:** MTS1 **Price:** \$795

Order 2 and save 10% (\$715) Order 3 or more and save 15% (\$675)

Order 24/7 at [www.raecrowther.com](http://www.raecrowther.com)



Every program can benefit from having a Leverage Cube!  
Order two Cubes and save 10%  
Order three Cubes and save 15%

### LEVERAGE CUBE

This is a new and unique piece of practice equipment. The Cube is rectangular, made with dense foam, and heavily weighted in the center with sand (typically 200-600 lbs.) The Cube is an excellent tool for indoor and outdoor use. On all 4 sides of the cube the player is presented with a Player Target that is sewn onto the vinyl for durability. The players push and leverage the cube until they "push it over." The shape and weight of the Cube creates the right amount of leverage and forward push. The Cube helps create stronger players. As the athletes become fatigued they are faced with the challenge of remaining in a strong athletic position and keeping their legs and hands driving. The amount of ballast in the center of the Cube is adjustable. We recommend varsity level teams start with around 300 - 500 lbs. of sand but you can place up to 800 lbs. Why not have a few Leverage Cubes in your gym this winter and use all spring and summer outside? An optional weather cover is available extending the life of the cube by keeping birds, rain, and sun off the vinyl. The Cube ships with a special plastic palette that is weather resistant and won't rot, split or mildew, to store the cube when not in use outside keeping the Cube off a rain soaked field. Cube size is 53" diameter x 36" wide. Ships motor freight. Warranty 2 years.

**Model:** LC-R **Price:** \$1395  
**Model:** LC-RS **Price:** \$1595  
**Model:** LC-B **Price:** \$1395  
**Model:** LC-BS **Price:** \$1595  
**Model:** LC-CS **Price:** \$1795  
**Model:** LC-W **Price:** \$295

Leverage Cube - Black with Red Icons (sand not included)  
Leverage Cube - Black with Red Icons (with 500 lbs. of sand)  
Leverage Cube - Black with Royal Icons (sand not included)  
Leverage Cube - Black with Royal Icons (with 500 lbs. of sand)  
Leverage Cube - Custom Colors (with 500 lbs. of sand)  
Optional Weather Cover

FAX: 803-366-3633

Call Toll-Free: 800-841-5050

## LEVERAGE CUBE

New

To successfully drive and flip the Leverage Cube and sustain movement athletes must lower their center of gravity and maintain a strong back angle while their hands and feet coordinate. As the Cube "flips, or turns over" the players can then re-strike the cube and repeat. The players must constantly reposition their hands and keep their legs driving. All of this adds up to better pad level skills, foot drive, hip/leg drive, hand placement, and arm extension.



**SHOCKWAVE  
LEG CHARGER SLED™**

Mike Srock, Speed and Strength Coach, James F. Byrnes High School  
State Champions '02, '03, '04, '05, '07, '08

"An awesome piece of equipment! As part of our in-season program our OL/DL and LBs are doing 4 sets of 4 reps twice a week. Position coaches have noticed a tremendous increase in explosive power. OL coaches have also mentioned that hand placement has improved, as well as ability to stay on the block longer. The Shockwave will be a HUGE part of our off-season program."

**Practice Technique**



**932 lbs  
Sled Weight**

**Game Technique**



**SKILL TRANSFER - FUNCTIONALLY STRONG FOR FOOTBALL:**

Where strength collides with football: gain thousands of football specific repetitions. Increase the quality of explosive strength that enables athletes to stay on blocks or make tackles. Challenge your players to break the stalemate at the line of scrimmage. Get stronger and faster in an absolutely football specific position year round. Hit the pad and drive it up the incline. Develop an explosive force that moves opponents, and because the machine is plate-loaded, you can increase resistance as the athletes improve. The Shockwave works the transition zone between hitting a target and moving a target. Increase the quality of explosive strength that enables athletes to stay on blocks or make tackles. The Shockwave can help develop lean athletic players who can play with low pads and leverage and exert force in the desired direction. This is about creating football strength.

**"Condition the bones, tendons, ligaments, and muscles to withstand and overcome the high forces placed on them in the demands of competition."**

**New!**

Watch these drills...  
Go to [raecrowther.com](http://raecrowther.com) or search for Rae Crowther on YouTube for all of our latest videos...



Pad can travel left & leverage...



Pad can leverage or lock-down...



Pad can travel right & leverage...

**PAD ARM LEVERAGES AND PIVOTS UP, DOWN, LEFT, & RIGHT:**

The pad leverages up (or locks down if you wish) and also, importantly, the pad arm pivots right or left (which can also be locked in place for beginning athletes or rehab). The pivoting arm requires body balance from the player, which in return requires more muscles to fire and thus control the pad. Not just the pad pivots, but the entire arm, which makes a big difference because it makes it much harder for the player. Hitting and driving the Shockwave for reps becomes a total body workout. The kinesiology required of a player to generate power and agility can be learned and enhanced through repetitious use of the Shockwave. The Shockwave is more of a free weight machine than any other leg drive machine. You can add up to 540 lbs. of additional weight to the chassis carrier and add up to 210 lbs. of additional weight to the leverage arm itself (resistance to leveraging the pad). Thus, the Shockwave is adjustable for all levels of play. By inserting the Shockwave into your workout schedule, you will see results on game day.



Choose between the standard Enduro Pad or the Optional Z Leverage Pad shown on left.

**7' Shockwave**  
(with Enduro Pad)

**Model:** SWV7

7' L x 56" W

White Frame

Black Chassis

932 lbs.

**Price:** \$3695

**7' Shockwave**  
(with Z Leverage Pad)

**Model:** SWV7Z

7' L x 56" W

White Frame

Black Chassis

932 lbs.

**Price:** \$3795

Pad Colors	Black	Navy	Royal	Purple	Maroon	Red	Orange	Yellow	Green
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FAX: 803-366-3633

Call Toll-Free: 800-841-5050

**MOTION TACKLER™**

US Patent #8,328,664 B2  
 US Patent #6,988,965 B2  
 US Patent #6,942,585 B1

Matt Dickmann  
 Head Football Coach,  
 Seminole Ridge HS

"The Motion Tackler that Seminole Ridge football team bought from you has been an excellent addition to our program. It has been a great tool to teach form tackling. The motion tackler is very versatile since we are able to use it stationary or when moving. Our athletes and coaches feel it has been very beneficial to our program. It is a great way to prevent unwanted injuries in practice when performing tackling drills. The motion tackler can also be used for iso drills with a lead blocker, option drills for the QB and special teams. It will always be a must in any program that I am a part of."

**New!**

Watch these drills...  
 Go to [raecrowther.com](http://raecrowther.com) or search for Rae Crowther on YouTube for all of our latest videos...



**A MOVING TARGET**

The Motion Tackler is the first sled of its kind that can be pushed into motion and then tackled by a player. The sled moves; it's not a stationary target. The Motion Tackler bridges the gap between static tackling and live tackling without the risk of injuring another player. When a player hits the sled and lifts the pad 2" it engages a brake. The brake stops the sled from rolling back at the coach and allows the player to take the sled to the ground. The Motion Tackler takes the wear and tear off beating each other up. Call it the "Gretzky" because it's not where the ball carrier is, it's where he's going!



**TACKLING RESTRICTIONS**

How can Coaches effectively teach their athletes how to block and tackle with strict contact limitations? Let Rae Crowther be part of that solution. Tackling or blocking another player is what the sport of football is all about, but hits can add up on the player's bodies and create injuries. New rules and guidelines (i.e. Pac 12, Ivy league, NCAA guidelines, multiple High School State Associations) are calling for less contact during practice. The Motion Tackler is a great answer to the dilemma of skill acquisition while reducing injuries. The benefits of live tackling in practice won't translate to better football if players get hurt and can't contribute in games. Keeping players healthy and increasing their skill level is what the Motion tackler is all about.

**6 REASONS FOR USING THE MOTION TACKLER**

Make the Motion Tackler part of your tackling circuit. The Motion tackler can help improve your team and help transfer the skills learned in practice to the game by the following uses: 1) Staying disciplined and not over running the ball carrier and missing. 2) Simulating an angle tackle or an open field tackle. 3) Working on skills of footwork, takeoff, body control, and quickness. Players can improve their body awareness against a moving target and get in the right position to make a tackle. Plus, if you chose, you don't have to take the sled all the way to the ground in each drill. 4) Pass protection and option football. The sled can act as a charging DL. OL's can work on their "hop." 5) Use for QB interference and pocket awareness. 6) From a strength and conditioning perspective coaches can emphasize the development of acceleration, lower body muscular power, and lean muscle mass to improve tackling ability.

**TURF TIRES**

The sled rolls on 4 turf tires that will roll over any surface. Each wheel is attached to heavy marine grade axles and 5 bolt wheel hubs. The patented S pad is the player's target. The coaching end of the sled is light and easy to move. For player protection the coach's handle is protected in dense foam as well as the tubular chassis. Paint: Powder coated black. Shipping Dimensions: 60" L x 72" W x 36" H. Warranty: 3 year factory warranty.

<b>Model:</b> 1MT-V2	Motion Tackler with Regular S-Pad	<b>Price:</b> \$1995
<b>Model:</b> 1MTD-V2	Motion Tackler with Dual Arm S-Pad	<b>Price:</b> \$2049



Order 24/7 at [www.raecrowther.com](http://www.raecrowther.com)



Grasping the padded handle bar at the back of the sled, the coach pushes the sled into motion.



The coach releases the sled into free motion; the sled rolls at the player simulating a live ball carrier.



The player contacts the sled. When the front of the sled is raised 2" off the ground, the brake at the back of the sled engages the turf and stops the sled from rolling backwards.



The player tackles the sled to the ground, the sled uprights easily with a slight tug on the handle.

**Reduce Practice Injuries + Increase Tackling Skills = Motion Tackler**



**S-ADVANTAGE TACKLER™**

US Patent #6,988,965 B2  
US Patent #6,942,585 B1



Bill Bates  
Football Coach  
3-time Super Bowl  
Champion

"The fundamentals of tackling are easily taught using the S-Tackler. This is a must purchase for your team's practice equipment!"

Chris Norman  
Head Coach  
Shelby High School  
State Champs '86, '87, '98, '05, '06

"The pad is in the contact position, the S shape. It's the best darn thing I've seen in countless years. Honestly, it's a heck of an advancement. We love it."

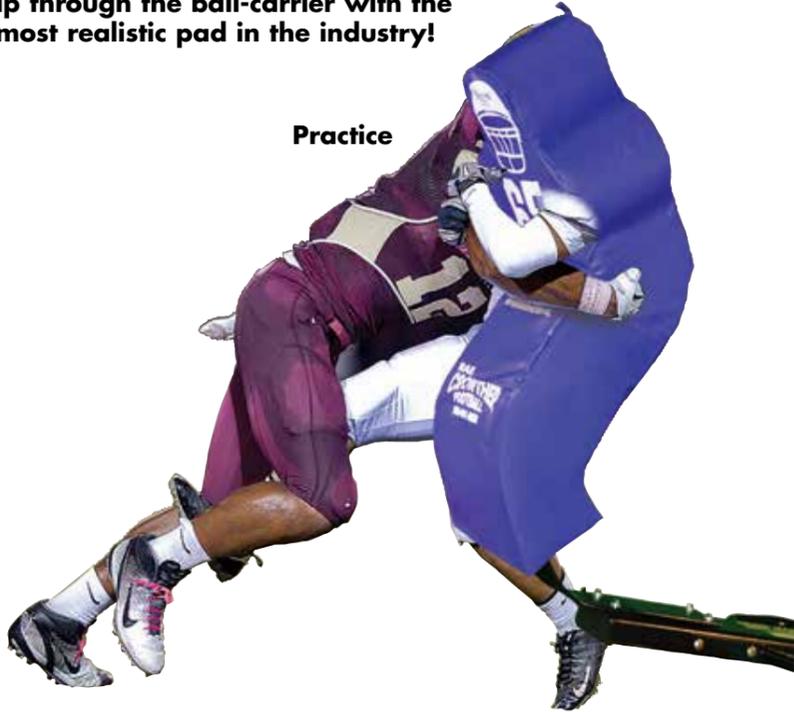
**New!**

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Go to [raecrowther.com](http://raecrowther.com) or search for Rae Crowther on YouTube for all of our latest videos...



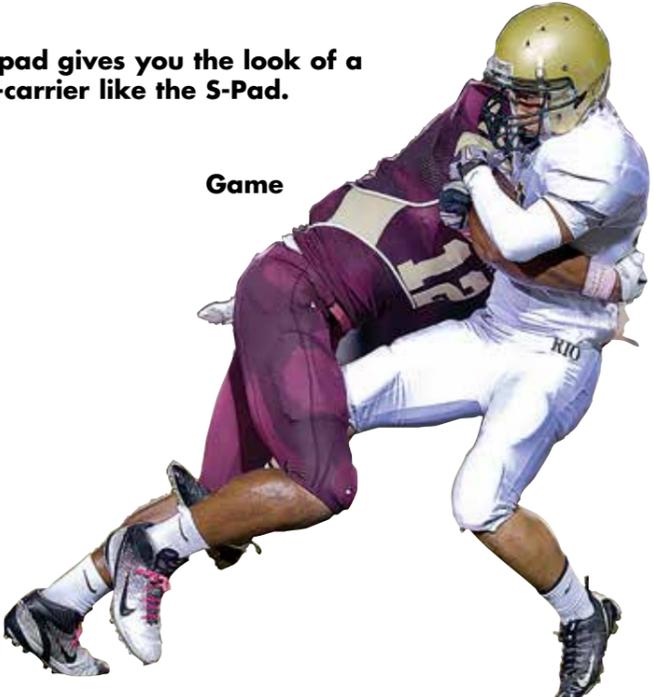
Rip through the ball-carrier with the most realistic pad in the industry!

Practice



No other pad gives you the look of a ball-carrier like the S-Pad.

Game



**KNEE BEND:**

The S-Pad promotes knee bend. Approaching players must bend their knees and strike the pad from low to high, promoting aggressiveness and ripping through the ball carrier.

Order 24/7 at [www.raecrowther.com](http://www.raecrowther.com)



Mark H. Gunther  
Head Football Coach  
John Hersey High School

"We love the S-Tackling Sleds. We can be physical and technical at the same time. We have also learned new ways to use the sleds. We like to use the Tackling Sleds as a finishing drill for our offensive linemen. The sleds lift easily, and better yet, we like to drive them into the ground like nasty offensive linemen. Thanks for your help."

**A GREAT TACKLE:** Some offenses are going to throw 70+ plays a game at your defense, thus tackling and conditioning have never been more important. Good, consistent tackling is the key to stopping offenses, and ripping through the S-Pad with authority in practice translates to fewer spin offs in the game. The metal S spring is surrounded by foam, so there's no metal behind the player. The S-Pad has a protective two-part cover that is removable for storage. **SINGLE PONTOON SYSTEM:** The single pontoon system and metal hoops allow a more realistic tackle and less chance of banging a shin on the sled. **UPRIGHTS EASILY:** The S-Advantage Tackler is many times easier and quicker to upright than a traditional tackling sled. The sled almost pops up. Once taken to the ground, a player need only pull slightly on the sled, and it will begin to right itself. **CONDITIONING:** Overlooked is the fact that the S Tackler might be the single best piece of strength and conditioning equipment ever invented. Driving the sled for yardage (30 to 100 yards) is difficult and directly related to becoming stronger in a football position. Every muscle is strained while in a dynamic hitting or blocking position. The sled incorporates an aerobic element while also enhancing mental toughness.

Tackle better with the S-Pad

**222 lb**  
Varsity Sled  
Weight

S-Tackler  
With Regular Arm  
S-Pad



S-Tackler  
With Dual Arm  
S-Pad



Description	Junior S-Adv. Tackler	J.V. S-Adv. Tackler	Varsity S-Adv. Tackler	Collegiate S-Adv. Tackler
<b>Price with Regular S-Pad</b>	1SJR \$895 (Royal, Red, Green)	1SJV \$1095	1SV \$1195	1SC \$1295
<b>Price with Dual Arm S-Pad</b>	N / A	1SJVD \$1145	1SVD \$1245	1SCD \$1345
<b>Warranty</b>	3 Years	3 Years	3 Years	3 Years
<b>Weight</b>	97 lbs.	174 lbs.	222 lbs.	261 lbs.

Pad Colors	Black	Navy	Royal	Purple	Maroon	Red	Orange	Yellow	Green
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FAX: 803-366-3633

Call Toll-Free: 800-841-5050

**CLASSIC TWO MAN PAN SLED™**

Patent # 1,962,088

Howard Mudd  
Offensive Line Coach, (retired)  
Indianapolis Colts  
'06 Super Bowl Champion

"Using the Crowther is the very best way to teach blow delivery. There are only a few things we try to be very good at, and utilizing the Crowther is a big part of learning to strike opponents and move them. The shoulder is a wicked hitting device, and it's been forgotten by many coaches, but I encourage you to go back and learn this powerful and effective means of blocking."

Bobb McKittrick, R.I.P.  
Offensive Line Coach  
Five Time Super Bowl  
Champion

"There's no better way to teach the fundamentals: low center of gravity, explosion of the hips, striking with the forearm, moving the feet, keeping the head up, butt lower than shoulders, back straight, knees bent, taking short driving steps, than with the Crowther."

**New!**

Watch these drills...  
Go to [raecrowther.com](http://raecrowther.com) or search for Rae Crowther on YouTube for all of our latest videos...



**THE SLED OF THE PROS:**

The Classic Two Man Sled (A.K.A. the Pan Sled) is the king of teaching the body mechanics of blow delivery. All of the fundamentals are encompassed in this one sled. The reason so many NFL teams use this sled is its effectiveness. It is a unique design that we started in 1932. You can say it has been around a while, and while it's true that the game has changed, the human kinesiology of bent knees, flat back, short driving feet, and hip explosion all remain the same.



The Crowther gives the player and coach immediate, objective feedback. It allows a player (1 or 2 players) to drive the sled straight when blocked skillfully. The pan base will spin away if hit poorly. Choose your match-ups and place 2 players on the sled and compete. Each player will give 100% effort or he'll get beat by his teammate.

**GETCHA SOME KNOCK-BACK!:**

You can't get this combination anywhere else. It makes players bend their knees and use their entire bodies. It teaches lower body mechanics. It incorporates the entire body into the block.



**FOOTWORK:**

Without good footwork an offensive lineman won't have consistent success. One of the best ways to teach footwork is with the Classic Two Man Pan Sled.

**THE CROWTHER PROGRESSION**

**1. The Pendulum Swing:** The pendulum swing teaches offensive lineman to strike a blow. The offensive lineman will be in an upright position with a slight bend in his knees. He then will place his chin slightly over the pad and slightly outside of the pad. Then he will strike the pad with the back of the wrist. He will strike through the pad. As he strikes the pad the hips will unlock slightly. The opposite arm will reach for the sky, which helps keep the shoulders square.

**2. The Triangle:** The offensive lineman will remain in an upright position with his knees bent slightly and his weight on the insteps of his feet. The lineman repeats the same motion as in step 1. The lineman will strike through the pad with the back of the wrist as he reaches for the sky, forming a triangle. As the lineman strikes through the pad, his hips will unlock slightly. Remember power comes from the hips. With the opposite arm the lineman will reach for the sky forming a triangle which keeps the shoulders square and creates a big blocking surface. The lineman should strike through the pad with a full range of motion.

**3. The Hip Roll:** The lineman is arm's-length away from the sled and on his knees. His weight should be back on his heels with his shoulders slightly forward. The lineman will snap his hips through (unlocking the hips and thus generating power) as he strikes the pad at a 45-degree angle. He reaches for the sky with his opposite arm and keeps his head tight to the side of the pad. As the lineman strikes through the pad, the opposite arm will reach for the sky. The lineman will strike through the pad as he did in steps 1 and 2. The hip roll is meant to teach the lineman to punch through the defender (the pad) and snap (unlock the hips). The key terms are reach for the sky and strike through the defender (the pad).

**4. The Power Step:** Starting from a proper 3-point stance, the lineman will strike the pad with the flipper at a 45-degree angle. As he strikes the pad he is driving his knee (same foot, same shoulder) through the pad, which simulates driving the knee through the crotch of the defender (one step only). As he strikes the pad and drives his knee through the pad, the opposite foot stays stationary. If the lineman is striking the pad with the right flipper, he will drive the right knee through the pad. If he is striking the pad with the left flipper, he will drive the left knee through the pad. The opposite arm is reaching for the sky. The power step teaches offensive lineman to knock the defender off the line of scrimmage.

**5. The Position and Power Step:** Starting from a proper 3-point stance, the lineman will take a 6-inch position step (directional step) with his outside foot and then take a power step with his drive leg through the pad (inside leg - same foot, same shoulder) which simulates the crotch of the defender (two steps only). If the lineman is taking a position step with the left foot, the power step is the right foot. If the lineman is taking a position step with the right foot, the power step is the left foot. Make sure the lineman is on the insteps of his feet when working the position, power steps. If the lineman is flat footed he will 'stick and stay' thus becoming unexplosive. The lineman is to strike the defender with the flipper at a 45-degree angle and reach for the sky with the opposite arm. The lineman should feel he is striking the pad up and out.

**6. The One Man Drive:** From a proper 3-point stance the lineman will work all the components of the drive block. The lineman will position step, power step, and strike a blow at a 45-degree angle through the pad while keeping his head tight to the side of the pad while pumping his outside arm. For a lineman to be successful driving the sled he has to be on the same angle as the sled chassis and maintain his base of support throughout the drive block. The one-man drive is great learning experience for the lineman because it teaches him all the components of a successful drive block.

**About the author:** Ken Wilmesherr is the offensive line coach at Grossmont Junior College in El Cajon, Calif. In his tenure on the staff of the Griffins, Wilmesherr has developed numerous All-Americans, All-State selections, and All-Conference players. During that period, a number of his linemen have received scholarships to continue their gridiron careers at four-year universities. Wilmesherr has authored numerous instructional articles on various aspects of football play, as well as become a sought-after clinic speaker. To contact him: [kenwilmesherr@threecyclemedia.com](mailto:kenwilmesherr@threecyclemedia.com).

Description	Classic Two-Man Pan Sled with Enduro Pad	Classic Two-Man Pan Sled with Z Pad
<b>Model</b>	MC2R	MC2Z
<b>Price</b>	\$2195	\$2295
<b>Warranty</b>	3 Years	3 Years
<b>Weight</b>	350 lbs.	350 lbs.
<b>Color</b>	Black	Black



**SPINS AWAY:** If a player(s) hits the sled with poor footwork, it will spin away. As they lose control of the sled, they would lose control of the defender.

**ENDURO PAD or Z Pad:** The redesigned Enduro Pads enhance an ideal shoulder-forearm fit but also provide armpits for a tight hand fit. The pad measures 11" wide.

**DRILLS ON LINE:** Watch the entire Crowther progression on-line ([www.raecrowther.com](http://www.raecrowther.com)) as taught by legendary coach Bobb McKittrick. It starts with forearm delivery, to 6 point explosion, to full body/hip extension, to driving the sled, working right and left shoulders, tight hands, punch explosion, working goal line crab blocks, working the eyes in coming off the sled to linebacker depth, and trapping the sled.



**SAND BAG:** Our 85 lb. Sand Bag is made especially for the Classic Two Man Sled. They're made to be placed on the pan base of the sled without falling over. They allow you to place weight in specific areas. Two handles on each bag. A must for collegiate and pro teams.

**Model:** SB85 **Price:** \$115

Sled Spins Away



## Z LEVERAGE SLED™

Jimmy Lindsey  
Defensive Line Coach  
Furman University

**“Rae Crowther’s Z leverage sled really improved our defensive lineman’s hand placement. We have the 5 man sled version. Rae Crowther goes above and beyond on what you need as a coach. I would highly recommend Rae Crowther’s Z leverage Sled.”**

**New!**

Watch these drills...  
Go to [raecrowther.com](http://raecrowther.com) or search for Rae Crowther on YouTube for all of our latest videos...



## 3 DIMENSIONAL MOVEMENT

The New Z Leverage Sled takes training to the next level. Training with the Z Leverage sled is going to make your players stronger and more skillful. The Z Leverage Sled combines a level of skill, strength, and adjustability never seen before in one sled. The side-to-side movement of the leverage arms requires body balance and strength to control and drive the sled. Each arm travels approximately 10 to 12 degrees from center (each arm is limited in travel so that the pads cannot crash into each other). Footwork, good or bad, becomes evident quickly. Players must keep their feet on the ground and maintain their power bases to control and drive the sled. Use the Z Leverage to increase the quality of explosive strength that enables athletes to stay on blocks, get off blocks, or move opponents.

## ENHANCE FOOTWORK & SKILL - ALL SEASON LONG

Poor footwork will be exposed quickly on the Z Leverage Sled and then the sled provides unlimited future lessons each rep to improve that deficiency. Because each leverage arm rises independently you can see the pad height of each player. No more hiding on a big sled. The design of the leverage arms looks modern but they are designed for functionality. The tube design allows the leverage arms to rest on the ground without the need of a pontoon sticking out into the player’s footwork or movement. Each Leverage Arm has 2 levels of height adjustment. You can lock the arm down so that it allows limited leverage, allowing the pad to chest height and no further, or you take the pin out and allow unlimited range to work on full extension. The leverage arm can also be locked from rotating left or right. All of these features can be adjusted individually and are easy and fast to adjust.

## MODULAR CONSTRUCTION

Purchase any size sled and add to it later, or purchase a larger sled and break it down quickly into smaller sleds. With one (1) additional pontoon you can change a larger sled, like a 7 man sled, into a 5 and 2 man sled.

## WIDE PAD SPACING

The wide pad spacing of the Z Leverage Sled allows realistic lateral movement. Center to center of each pad is 53". The wide spacing allows players to take an offset alignment. With the side-to-side motion of the sled you can work zone concepts. The sled length from back to front is approximately 10'5".

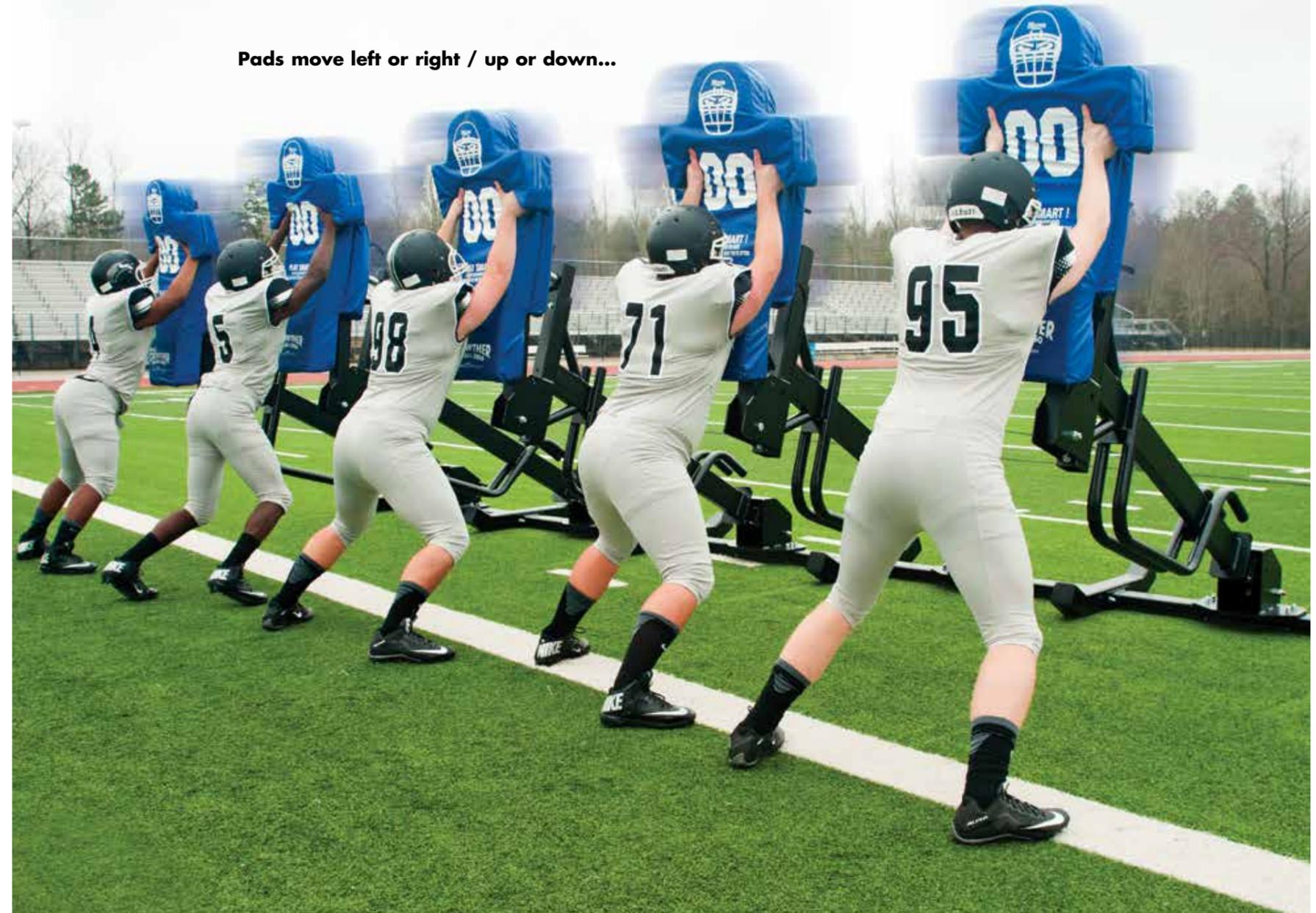


Order 24/7 at [www.raecrowther.com](http://www.raecrowther.com)

## HEAVY, REALISTIC, GAME-LIKE

The Z Leverage Sled will initially expose weakness in a player’s skill or strength. For example, if a player lacks upper body strength he might struggle to leverage the pad. Each leverage arm weighs approximately 185 lbs. Obviously it’s not easy to leverage an opponent in a game, so for the sled to be effective it needs to be difficult. Each player is lifting a pad against gravity, not an artificial weight that is helped or resisted by a spring. As another example, if a player lacks core strength or lower body mechanics he will likely struggle to drive the sled squarely.

**Pads move left or right / up or down...**



FAX: 803-366-3633

Call Toll-Free: 800-841-5050

13

**ADJUSTABLE PAD HEIGHT**

Each pad on the Z Leverage is height adjustable (not to be confused with the height adjustment of the leverage arms). There are three (3) pad height adjustments. Each pad can be raised or lowered over 12". The adjustments are in 4" increments. You can raise the pad for pass protection and lower the pad for goal line drills. You can raise the pad for collegiate players and lower the pad for JV players.

**THE Z PAD**

Each Z Pad is attached to a pivot arm. The pivot arm is connected to a coil spring for realistic punching. The Z pads are angled forward to simulate an attacking opponent and thus encourage your players to maintain proper power angles by keeping their knees ahead of their toes. The Z Pad has armpits built into the pad to simulate players. The player's hands fit tight into the armpits. The pad cover is made with 18 oz. nylon and is screened with jersey numbers and a facemask. The pad is made from heavy rebound foam. The pads mount to the sled via two pockets sewn into the pad with 40 oz. nylon and 2" wide gripper webbing. The pads don't twist or turn easily on the pad plate. The pads are easily removable for storage without any need of tools or pins (about 1 minute per pad).

**TURF APPROVED**

The flat bottom pontoons, turned up on both sides with no cut holes, won't catch on grass or turf, and the round tubing of the leverage arm will glide over turf or grass.



Shown above is the pivot point for the leverage arm. The arms can be locked down or the pins can be removed allowing the chassis to move side-to-side. The pivot arm height can also be locked down which will prevent the pad from leveraging above chest height.



**Each Chassis has Independent Side-to-Side Movement  
+  
Realistic Leverage Weight of Each Chassis  
=  
Skill Acquisition on the Z Leverage Sled**



Each Pad moves right, left, up, down

Order 24/7 at [www.raecrowther.com](http://www.raecrowther.com)

**Shown Below: An example of a great rep: hand placement, hips, glutes, drive and extension with Lockout Power.**



**Shown Below: An example of a rep where the players lose control of the sled. Trains lower and upper body mechanics.**



**MULTIPLE USE SLED**

The Z Leverage Sled is many concepts rolled into one sled: It's a traditional drive block sled because you can lock the pad down and use your hands or shoulder. Defenders can work on stuffing blocks, gaining separation, and then escaping. It's a zone block sled because you can hit the pads at an angle. It's a leverage sled because each pad individually rises. It's a goal line sled because you can hit the pads low from a goal line stance. It's an upper body strength training sled because it takes 185 lbs. of force to leverage the pad. It's a lower body strength sled because it takes 300 lbs. of force per person to drive the sled forward. It's a core developing sled because hitting and controlling the Z Leverage from going sideways takes core strength. Training with reps on the Z Leverage becomes a total body workout. The technique required of a player to generate power and agility can be learned and enhanced through repetitious use of the Z Leverage Sled.



Pad Colors	Black	Navy	Royal	Red	Orange	Yellow	Green
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**New!**

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**S-ADVANTAGE™  
2-7 MAN SLEDS**

US Patent #6,988,965 B2  
US Patent #6,942,585 B

Craig Cansler  
Offensive Line Coach  
Eules Trinity High School  
3-Time 5A State Champs

"We have a Crowther S-Advantage Sled with Hit-Tech Leverage Mechanism. This sled plays a big and important part in our individual period. Our offensive linemen get ample reps on the sled working both hand and shoulder drills. The S-pad forces players into the proper blow delivery position with low hips and finishing the block. We work all of our zone steps on the sled. I can honestly say to you, if you're looking for a new sled, the S-Advantage is the right choice."

**New!**

Watch these drills...  
Go to [raecrowther.com](http://raecrowther.com) or search for Rae Crowther on YouTube for all of our latest videos...



**PLAY WITH LEVERAGE: LOW MAN WINS.**

Bent knees, flat back, tight hands and choppy feet (or if you prefer, a near perfect shoulder - forearm fit). Just a few things that describe what the S-Pad is designed to do. As you know, the laws of physics dictate that the low man wins. It's hard to hit the S-Pad high. Some coaches think the S-Pad is like having a chute attached to their sled.



**RUN THROUGH FRAME:**

Your players can run through the frame of the sled. This is possible because there's only one connector link between each pad, and the link is just above the ground. The sled also provides wide 56" center-to-center pad spacing.



**GOAL LINE SITUATIONS:**

Because the S-Pads extend close to the ground, you can work crab blocks and goal line situations. Each pad is removable for storage. To remove, you unzip the pad and unlock the Velcro straps. The S-Pads are the only pads we know of with a two-part protective cover.



**HEAVY DUTY CONSTRUCTION:**

Work traps, pulls, downblocks or virtually any combination on the S-Sleds. We believe in heavy steel construction. To maintain a power base, your players need a heavy sled that resists. Each person is in essence driving 240 lbs.



**PASS PRO & LINEBACKER DRILLS:**

Work Pass Pro drills or defensive punch techniques on the S-Pads. The curved S-Pads will force players to bend their knees. For big results an S-Advantage Sled is the right choice for your team. Even players tell us you can't cheat the S-Pads.

Frank Garcia, Retired NFL Lineman - 10 Year Veteran

O-Line Coach Charlotte Catholic: 2AA State Champs '04, 3AA State Champs '05, 3AA State Runner-Up '06

"The 5 man sled has been an integral part in the development of our young men. We run a wing-T offense that is based on a quick hitting attack style O-Line play. We start every individual drill by hitting the S-Advantage Sled. At every level of play from high school to the pros, I have always used a sled to help develop technique. The S-Sled simulates the most realistic block faced in game situations. There is no doubt that without the S-Sled we would not be as successful as we are today."



**A SLED FOR ALL TECHNIQUES, DEFENSIVE AND OFFENSIVE:**

Control the trenches and impose your team's will. Play with leverage. The S-Advantage Sleds are built and designed for virtually every position. They are equally as effective for DLs as OLs, for RBs and LBs, and for DBs and TEs. You can practice and improve all of your blocking techniques. The sled works for hands, punch, forearm, shoulder, rip, and swim. No other sled has that many options. An S-Advantage sled is like four sleds in one.

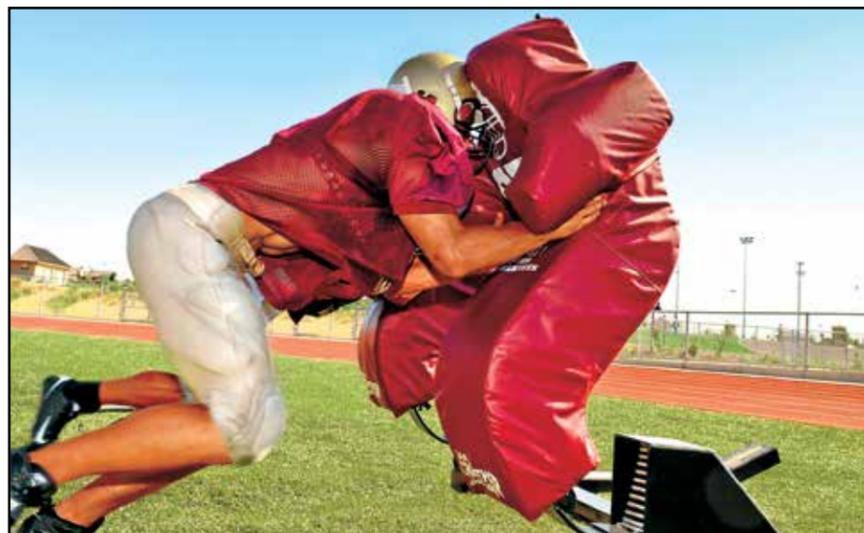


**TIGHT HANDS OR SHOULDER BLOCK:**

No matter what the technique, the S-Pads are an ideal fit for defensive and offensive linemen. When using the hands, they have to make a tight fit. They can strike with their thumbs up or in joint alignment. See the optional Hit-Tech Mechanism on page 18 for locking out. For shoulder-forearm blocking the pads also make an ideal fit. The players get a realistic feel for driving their opponents out of their stances.

## OPTIONAL DUAL ARM S PADS:

The Optional Dual Arm S-Pads take sled effectiveness to the next level. These pads are the most effective pads to train inside hand placement. Each rep with the Dual Arm Pads is more game-like as it requires more concentration and skill from the players. Hands too high or too wide simply get blocked by the arms, making it more difficult to drive or punch the sled. The benefits of the pad for rip and swim techniques are great. The arms are made of dense foam so they will move when hit, but not too easily. Being low is an absolute prerequisite to hitting this pad; a player can't stand up and get a proper fit underneath the armpits. The pads also make a fine target for forearm - shoulder blocking.



## OPTIONAL HIT-TECH LEVERAGE MECHANISM:

### HIT ON THE RISE. 95% OF ALL S-SLEDS ARE ORDERED WITH THIS OPTION:

- The Hit-Tech (the yellow-circled breadbox-looking mechanism shown below) option allows each player to leverage his pad from a starting position to an upright position, where the chest of the pad is nearly perpendicular to the ground. The pad leverages (rises) on a realistic angle (particularly important for OLs and DLs to punch out, and not just up). It doesn't leverage straight up or straight back but rises like a player coming out of his stance.
- The Hit-Tech helps teach violent hands or shoulder skills. As you leverage the pad, it becomes more difficult to raise, and you encounter more resistance than just the weight of the pad. The force required to leverage the pad is 189 lbs. per inch (plus the 90 lb. weight of the pad plate). This encourages players to bring their hips through their blocks. The pad doesn't superficially unlock at a certain point and become lighter. Thus, there's resistance to the players at all angles. This is particularly important for DLs to gain the strength to lock their elbows out against a strong opponent. The higher the player leverages the pad, the more it resists.
- Each player leverages his own pad. Nothing particularly new here, except it's a lot easier on the Crowther Hit-Tech system to "see" each player's effort because of the wide pad spacing and shape of the pad.
- The most overlooked benefit of the Hit-Tech system is its simplicity. There are no latches to break and no roller bearings or gas shocks to replace. It's professionally engineered. It consists of a 10" zinc coated coil spring, a metal spring plate, a metal box, and bolts.
- Simple. Good. Durable.



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Junior Varsity S-Advantage Sleds	1 Man	2 Man	3 Man	4 Man	5 Man	6 Man	7 Man
<b>Junior Varsity (JV) S-Sleds</b> (for player sizes 95 - 160 lbs.)	\$1219 Model: 1ADVJV	\$1750 Model: 2ADVJV	\$2517 Model: 3ADVJV	\$3291 Model: 4ADVJV	\$4115 Model: 5ADVJV	\$4860 Model: 6ADVJV	\$5836 Model: 7ADVJV
<b>Junior Varsity (JV) S-Sleds with Dual Arm S Pads</b> (for player sizes 95 - 160 lbs.)	\$1243 Model: 1ADVJD	\$1850 Model: 2ADVJD	\$2667 Model: 3ADVJD	\$3491 Model: 4ADVJD	\$4365 Model: 5ADVJD	\$5160 Model: 6ADVJD	\$6186 Model: 7ADVJD

Varsity S-Advantage Sleds	1 Man	2 Man	3 Man	4 Man	5 Man	6 Man	7 Man
<b>Varsity S-Sleds</b> (for player sizes 160 - 275 lbs.)	\$1328 Model: 1ADV	\$1950 Model: 2ADV	\$2848 Model: 3ADV	\$3724 Model: 4ADV	\$4656 Model: 5ADV	\$5401 Model: 6ADV	\$6211 Model: 7ADV
<b>MOST POPULAR CHOICE: Varsity S-Sleds with Hit Tech</b> (for player sizes 160 - 275 lbs.)	\$1495 Model: 1ADVH	\$2295 Model: 2ADVH	\$3295 Model: 3ADVH	\$4295 Model: 4ADVH	\$5395 Model: 5ADVH	\$6395 Model: 6ADVH	\$7395 Model: 7ADVH
<b>Varsity S-Sleds with Hit Tech &amp; Dual Arm S Pads</b> (for player sizes 160 - 275 lbs.)	\$1539 Model: 1ADVHD	\$2395 Model: 2ADVHD	\$3400 Model: 3ADVHD	\$4461 Model: 4ADVHD	\$5579 Model: 5ADVHD	\$6620 Model: 6ADVHD	\$7723 Model: 7ADVHD

Collegiate S-Advantage Sleds	1 Man	2 Man	3 Man	4 Man	5 Man	6 Man	7 Man
<b>Collegiate S-Sleds with Hit Tech</b> (for player sizes 200 - 350 lbs.)	\$1544 Model: 1ADVHC	\$2495 Model: 2ADVHC	\$3403 Model: 3ADVHC	\$4473 Model: 4ADVHC	\$5592 Model: 5ADVHC	\$7174 Model: 6ADVHC	\$7824 Model: 7ADVHC
<b>Collegiate S-Sleds with Hit Tech &amp; Dual Arm S Pads</b> (for player sizes 200 - 350 lbs.)	\$1594 Model: 1ADVHCD	\$2595 Model: 2ADVHCD	\$3553 Model: 3ADVHCD	\$4673 Model: 4ADVHCD	\$5842 Model: 5ADVHCD	\$7474 Model: 6ADVHCD	\$8179 Model: 7ADVHCD

Pro S-Advantage Sleds	1 Man	2 Man	3 Man	4 Man	5 Man	6 Man	7 Man
<b>Pro S-Sleds with Hit Tech</b> (for player sizes 285 lbs. and up)	\$1776 Model: 1ADVHP	\$2895 Model: 2ADVHP	\$3802 Model: 3ADVHP	\$4971 Model: 4ADVHP	\$6215 Model: 5ADVHP	\$7457 Model: 6ADVHP	\$8700 Model: 7ADVHP
<b>Pro S-Sleds with Hit Tech &amp; Dual Arm S Pads</b> (for player sizes 285 lbs. and up)	\$1826 Model: 1ADVHPD	\$2995 Model: 2ADVHPD	\$3952 Model: 3ADVHPD	\$5171 Model: 4ADVHPD	\$6465 Model: 5ADVHPD	\$7757 Model: 6ADVHPD	\$8990 Model: 7ADVHPD

Pad Colors	Black	Navy	Royal	Purple	Maroon	Red	Orange	Yellow	Green
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FAX: 803-366-3633

Call Toll-Free: 800-841-5050

**CLASSIC 5 & 7 MAN SLEDS**

*John Madden  
Former Head Coach,  
Oakland Raiders  
Super Bowl Champions '76*

**"The Crowther 7 Man Sled is the best tool there is for teaching line play. Always has been, and always will be. If I had to run a practice today, the only two pieces of equipment I'd need would be footballs and a Crowther."**



**GET RESULTS ON GOAL LINE CHARGES:**

A daily tool for the battle of the trenches. If you tend to have smaller linemen who have trouble moving people with their hands, the Classic Sleds might be your best choice. These sleds get players moving low and striking primarily with the forearm and shoulder. It's Z in the knee stuff. Old school, flat back, low pad level. As you know, it's not easy moving linemen. And, nothing is quite as demoralizing as having to run the ball and not being able to. The Crowther can provide your linemen with a set of skills to succeed in the red zone. Teams drilled on Crowther sleds are generally hard-hitting teams. The Classic sleds have proven their effectiveness over many years. The fundamentals can be covered without long discussions. The counter-balanced long leaf springs help teach players to stay in contact with their opponents and drive them.



Included - 2 Coaching Platforms



Description	Classic 5 Man With Enduro Pads	Classic 5 Man With T Pads	Classic 7 Man With Enduro Pads	Classic 7 Man With T Pads					
<b>Model #</b>	MC5E	MC5T	MC7E	MC7T					
<b>Price</b>	\$3595	\$3695	\$4595	\$4659					
<b>Warranty</b>	3 Years	3 Years	3 Years	3 Years					
<b>Paint</b>	Powder Coated Black	Powder Coated Black	Powder Coated Black	Powder Coated Black					
<b>Weight</b>	850	896	1123	1246					
<b>Pad Colors</b>	Black	Navy	Royal	Purple	Maroon	Red	Orange	Yellow	Green

Order 24/7 at [www.raecrowther.com](http://www.raecrowther.com)

**PLAY WITH VIOLENT HANDS:**  
The DFR is no gimmick. It's old school. The Crowther Defensive Reaction Machine can help your players get off blocks and get to the ball carrier quickly. It can help develop the necessary skills required for successful defensive line play, such as quick reactions, good footwork, playing low, and powerful hands. Drills can be run quickly.

**389 lb**  
Sled Weight



**STANCE AND FOOTWORK:**  
The Crowther Reactor stresses and improves quickness and lateral movement. The athlete doesn't know which direction he will be reacting in, thus he must be in a balanced stance. The coach determines the direction of the play. The athlete must concentrate on the helmet or pad movement.



Reaction Pads shown in locked ready position



Left wing pad fired



Strike the pad and lock it back into position

**DEFENSIVE REACTION MACHINE**

US Patent #3,062,547

**FAST FIRING PADS:**

The Crowther pads fire fast and lock consistently. There's no waiting. That comes from rugged construction and quality materials.

**HELMET MOVEMENT:**

The Crowther Reaction Machine is the only machine with helmet movement. Slide the helmet left, and the left wing pad fires. Slide the helmet right, and the right wing pad fires. This action gives the defender a good feel for an attacking lineman and the direction of the play. If you employ a reading defense, this is a nearly perfect machine for you.

**HEIGHT ADJUSTABILITY:**

You can easily adjust the pads from pass-pro to goal-line height by removing two pins and raising or lowering the top chassis.

Description	DFR
<b>Model #</b>	DFRR
<b>Price</b>	\$2295
<b>Warranty</b>	3 Years
<b>Weight</b>	389 lbs.

**Pad Colors**



**New!**

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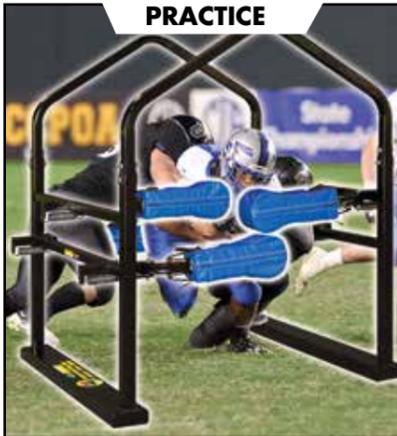


**TACKLE-BREAKER  
SLEDS™**

US Patent #6,988,965 B2  
US Patent #6,942,585 B

**FULL SPEED DRILLS:**

It's goal line territory... Go to your beast; your heavy artillery! Run the ball effectively out of 2 back, 1 back, shotgun sets... If there is one statistic that shows how tough or physical a team is, it's rushing yards and/or rushing yards allowed. The Tackle-Breaker is unique and unlike any other running tunnel. Break through the arms of the Tackle-Breaker and gain extra yardage! By generating enough force to break open the arms of the Tackle-Breaker, your players gain hundreds of first down generating repetitions. Each Power-Arm simulates not just stripping the ball but making a tackle. The Tackle-Breaker reduces the risk of injuring a live tackler and ball-carrier. It trains players to lower their shoulders and maintain leg drive. It enhances toughness to take on tacklers physically larger. The more repetitions a player gets with the Tackle-Breaker in practice, the more tackles he can break during the game. Only the Tackle-Breaker simulates the arms of six actual tacklers. The player must generate approximately 200 lbs. of force to break the arms open and escape. Each Power Arm measures 19" long x 8" wide x 5½" thick. Each Power Arm has a 4" overlap. Your players will have to be explosive into the arms, break them open, and maintain body lean. The power arms grab the ball carrier and force him to concentrate on ball security, body lean, pad level, and sustaining leg drive. All models come with adjustable height arms, to allow you to set the height of the sled to match your players. To adjust the height of the arms simply unbolt four bolts and adjust the arms up or down. There are 10 hole adjustments on 2" centers, allowing 18" of pad height adjustment.



**New!**

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**TACKLE BREAKER SLED**

Model: TBSV100 Price: \$2095 Weight: 473 Lbs.

Pad Colors Royal Red Orange Black



**TACKLE BREAKER SLED + WHEEL KIT  
+ 75 LB. SWINGING BAG**

Model: TBSV300 Price: \$2895 Weight: 686 Lbs.

Pad Colors Royal Red Orange Black



**TACKLE BREAKER SLED + WHEEL KIT**

Model: TBSV200 Price: \$2395 Weight: 538 Lbs.

Pad Colors Royal Red Orange Black



**Free  
Shipping!**  
On TBSV400

**TACKLE BREAKER SLED + WHEEL KIT,  
+ 75 LB. SWINGING BAG + HIT-TECH + S-PADS**

Model: TBSV400 Price: \$4495 Weight: 1,036 Lbs.

Pad Colors Royal Red Orange Black



**GROUND BATTLE CHUTES™**

Mike Armstrong  
Offensive Line Coach  
Spring Valley High School

“Successful line play, offensively and defensively, involves low pads, leverage and proper technique. When a lineman is performing at a low pad level for an extended distance, any technique deficiencies he possesses will be detected. Most chutes are short and narrow and limit movement. This is why the Ground Battle Chute is the largest and most versatile chute on the market. This chute is wide, long, adjustable, and safe and has no inner supports that inhibit lateral or diagonal movement. Whatever your blocking scheme, trap, zone, counter, combo or fold, this chute will accommodate your team.”

**New!**

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**900 lbs**

Stay Lower Longer. Shown: 27' x 12' ground battle chute  
Does not tear up expensive helmets like standard metal chutes.

**KEEPING MULTIPLE PLAYERS LOW**

In general, the Ground Battle Chutes are designed to keep players low and maintain a good football position while moving. If your goal is to train as many athletes as possible, in as many varied drills as possible, and in the shortest possible time - then you have found the perfect chutes! The angled legs of the chutes allow more room. Each leg doesn't go straight down. This, in effect, increases your workable space under the chutes. Players can exit the chutes from every angle, including through the legs.

**THE FRAME ADJUSTS UP, DOWN, OR ANGLED:**

You can adjust the height or angle of the chutes. The height is adjustable from approx. 63"- 60"- 57"- 54"- 51"- 48"- 45". You can adjust the angle of the frame to various degrees.



**MORE OF YOUR DRILLS IN LESS TIME: Low Man Wins... 27" x 6" Ground Battle Chute**

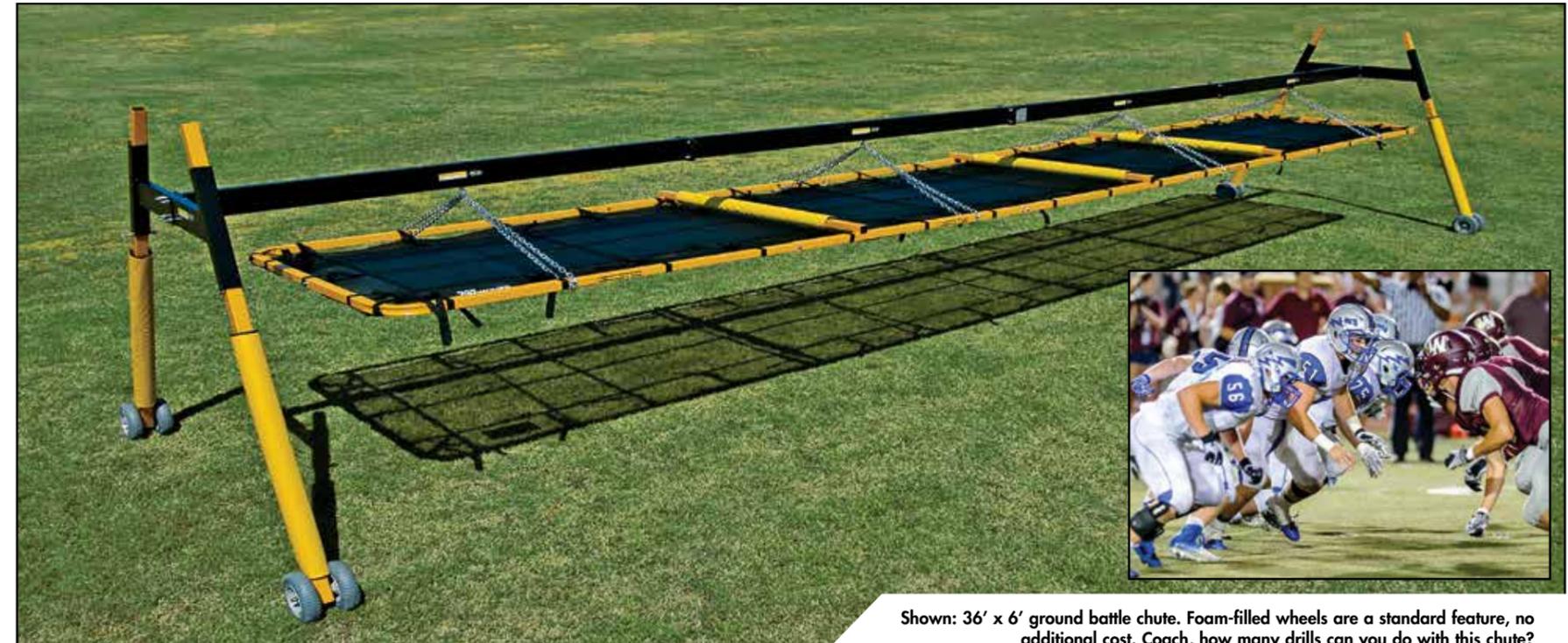
Of course your OLs and DLs can work all their techniques, drive blocks, angle blocks, double teams, pull blocks, hook blocks, long and short trap blocks, and cross blocks. But that's just the beginning.

**LARGE CHUTE SIZES:**

The 36' x 6', 27' x 12', and 27' x 6' are large enough to run just about any drills for any position. Think DLs, DBs, RBs, WRs, and even QBs. The 27' x 12' is wide enough to allow 2 opposing rows of players to work drills simultaneously in different directions.

**WHEELS ARE STANDARD FEATURE:**

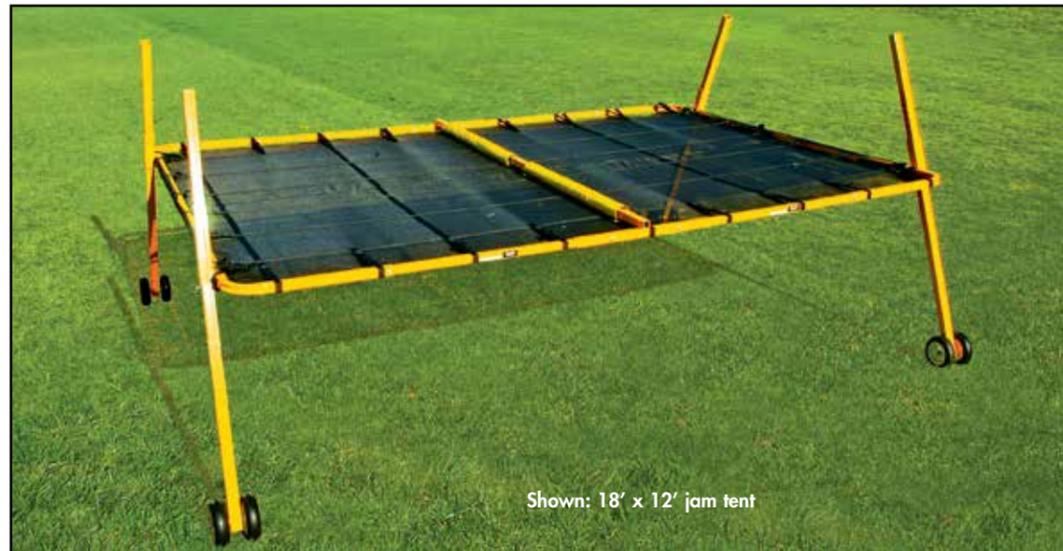
Every Crowther chute comes with 8 standard wheels. And, each wheel is foam filled (not pneumatic); thus, it will never go flat. For teams that have to maneuver their chute through narrow openings we also offer optional caster wheels.



Shown: 36' x 6' ground battle chute. Foam-filled wheels are a standard feature, no additional cost. Coach, how many drills can you do with this chute?



Shown above: 18' x 6' Jam Tent. The angled legs on the Jam Tents and Ground Battle Chutes create more under the netting than any other chutes.



Shown: 18' x 12' jam tent

**JAM TENTS:**

Jam Tents are our smallest chutes. Because of their smaller size, Jam Tent frames do not hang from a center beam like Ground Battle Chutes, otherwise they are identical.

Sizes available are 12' x 12', 18' x 6' and 18' x 12'.



Shown: 12' x 12' jam tent



Shown: 27' x 6' Ground Battle Chute. Adjust the height of the Ground Battle Chute by sliding the legs up or down.

**COMBINATION METAL AND MESH NET:**

Each Ground Battle Chute has a combination of metal square tubing and mesh netting for its frame. The obvious benefits are weight savings, improved safety when a player rises up, and fewer scratched helmets. This saves the player and the helmet. The not so obvious reasons are durability and adjustability. The netting has webbing sewn into it horizontally and vertically. It is very strong. When your season is complete, you unsnap the netting and bring it indoors. Simple.

**CRANE CONSTRUCTION:**

The problem with traditional chutes is the longer you make them, the heavier they become, and the more apt they are to bend or bow. The Ground Battle Chutes solve this problem in two ways. First, we suspend the frame from a crane platform that is strong. Then, we use a combination of metal tubing and tough outdoor mildew-resistant mesh netting for the frame.

**\*Note: All chutes come standard with 8 foam-filled (no flats) fixed wheels.**

Description	12' x 12' Jam Tent	18' x 6' Jam Tent	18' x 12' Jam Tent	27' x 6' Ground Battle Chute	27' x 12' Ground Battle Chute	36' x 6' Ground Battle Chute	Four Chute Leg Pads	Optional Caster Wheels*
<b>Model #</b>	12GBC	18GBC	18XGBC	27GBC	27XGBC	36GBC	GBCLP	GBCCW
<b>Price</b>	\$1495	\$1695	\$2095	\$2795	\$3195	\$3695	\$295	\$295
<b>Warranty</b>	3 Years	3 Years	3 Years	3 Years	3 Years	3 Years	3 Years	3 Years
<b>Weight</b>	300 lbs.	500 lbs.	500 lbs.	695 lbs.	900 lbs.	1000 lbs.	20 lbs.	20 lbs.

**CHUTE STALLS**



**Chute Stalls are modular and can stand alone as single units.**

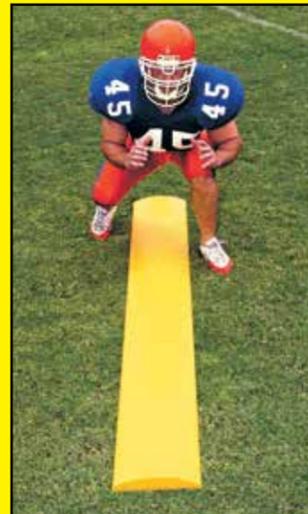
**FIRE OUT:**

Players can't rise out of their stance without hitting the top of the chute stall. Thus, this will reinforce knee and ankle bend out of the stance. Each stall is fully modular. If desired, each stall can stand alone. Assembly is simple. Each stall is made of 1½" square tubing. The benefits of square tubing are more stable construction and durability. The stall height starts at approx. 45" and climbs to 52". Each stall is 54" wide and 60" long. They are also an excellent choice with the chute boards featured below.

Description	1 Man Stall	2 Man Stall	3 Man Stall	4 Man Stall	5 Man Stall	6 Man Stall	7 Man Stall
<b>Model #</b>	1STA	2STA	3STA	4STA	5STA	6STA	7STA
<b>Price</b>	\$349	\$650	\$975	\$1299	\$1625	\$1950	\$2275

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**CHUTE BOARDS**



**FEET APART:**

Keeping the feet apart and on the ground is fundamental to good line play, and the Crowther Chute Board is an excellent way to train those fundamentals. They are also an excellent long-term value. Each board is made from dense plastic, not rubber. They won't splinter, chunk, or crack like rubber boards.

**LENGTH X WIDTH:**

Each board measures 8' long x 12" wide x 2" tall. Each 8' board weighs 50 lbs. They won't kick around during drills. All boards are molded in yellow for better visibility. Each board has a 5-year warranty, the longest in the industry.

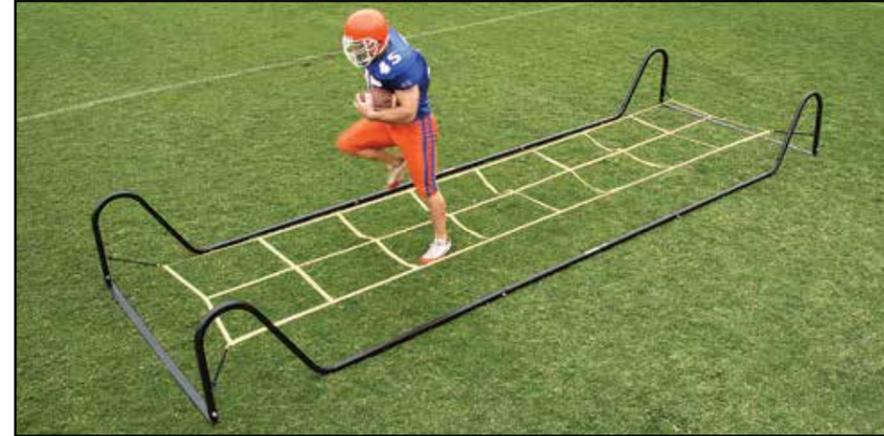
**Model:** CGLX **Price:** \$175

Order 5 or more and save 10% (\$157)

**MONSTER RUNNING ROPES™**

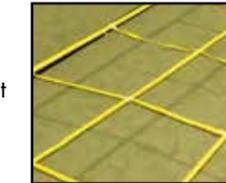
The Monster Running Rope is a height-adjustable running rope. It is 6' wide (most ropes are 4') and this places the metal farther away from contact with any players. A flat bar connects the two chassis. Players can work quick starts, high knee lifts, or various other drills. Easily adjust the rope from 7" to 17" for specific position drills. The rope is made of high visibility yellow heavy duty nylon webbing. 16 squares per rope. 25.5" foot hole size. 19 foot length. Weight: 125 lb.

**Model:** MRR1 **Price:** \$485



**REPLACEMENT ROPE WEBBING**

Replacement Webbing fits the Rae Crowther Monster Running Rope. Complete nylon rope assembly includes bungee cords for attaching rope to metal. Rope is approx 19' in length. Foot hole size is approximately 25". 16 squares per rope. All ropes come in high visibility yellow. 2 year warranty.



**Model:** MRR2 **Price:** \$115



**RUNNING BACK ARCH**

Make Running Backs into smaller targets. Increase their hitting power. Work the posterior chain. Practice and repeat the specific footwork required to make plays successful. Enhance change of direction and explosiveness. Made from square tubing. Portable. Stable. Powder coated in black. 55" tall x 37" wide x 43 lbs.

**Model:** RBA1 **Price:** \$205

Order two and save 10% (\$184)

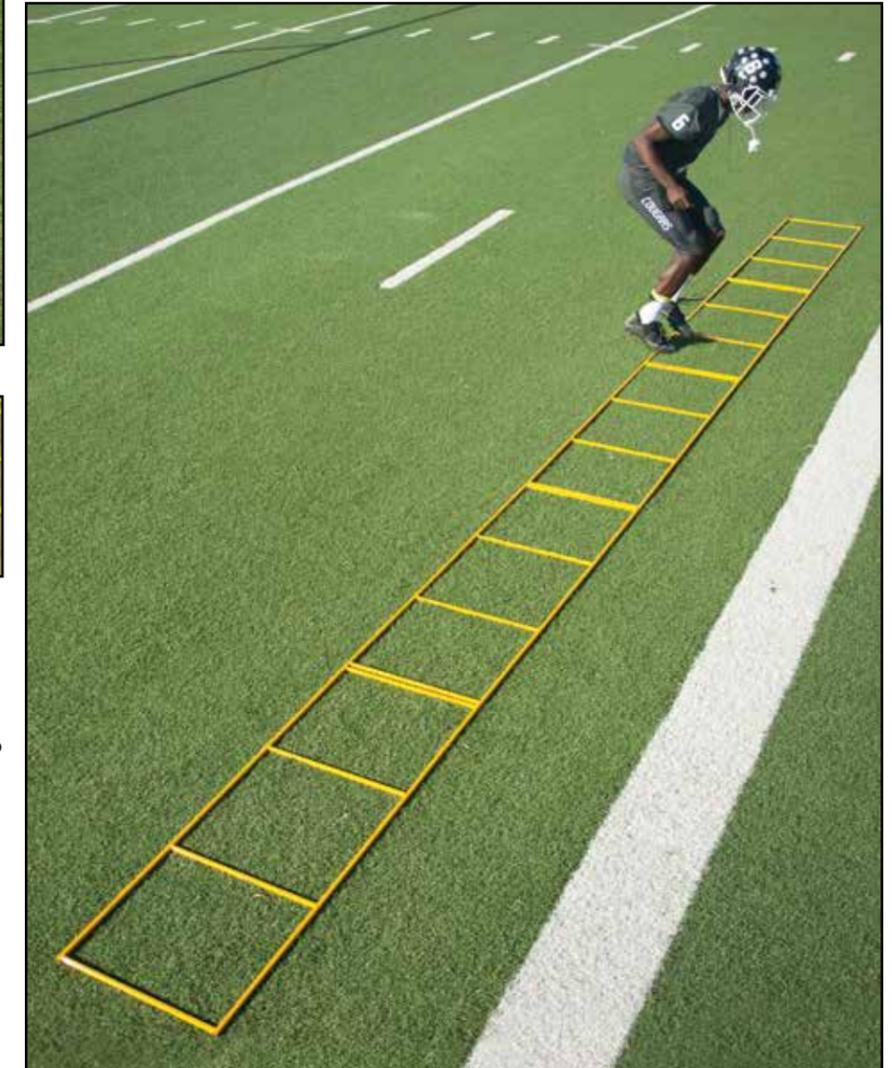
Order three and save 15% (\$174)

**METAL 19' AGILITY LADDER IN YELLOW**

Foot fire! The Steel Agility Ladder is similar to the traditional foot ladder but is made from metal so that it will not kick out of place. It's much easier to work fast drills with this ladder. It's light but heavy enough to stay in place. Use in a straight agility pattern or make 90 degree intersections. The Ladder comes in sections for easy shipping, travel, and set up. Four sections per ladder. Each section is 4.75 feet long (57"), or purchase by individual section and make your ladder any length. Each foot hole is 19" x 19". Powder coated yellow. Weight 6 lbs per piece, 30 lbs total.

**Model:** GPR1 **Price:** \$249 (19' ladder)

**Model:** GPR3 **Price:** \$65 (per 4.75' section)



**PRO HEAVY DUTY QB NET**

The Portable QB Net has several benefits to increase quarterbacks' throwing mechanics, arm strength, drops, and accuracy. Make Plays! The large Portable QB Net allows coaches to focus on teaching technique versus chasing footballs. Use this tool so that your quarterbacks don't miss throws. The Portable QB Net has 3 sewn in targets and 1 removable Velcro target. Improve your Quarterback's high-release. It's also useful for arm-conditioning. It is suitable for large or small groups. Adjustable tilt net allows working on fade-routes at varying distances. The Portable QB Net can be adjusted quickly with a simple pin adjustment. The Pro QB Net can be attached to a Gator to simulate passing to a receiver. Weather resistant netting. 4 foam filled wheels, 2 of which are caster wheels. Powder coated black.

Pro Heavy Duty QB Net  
**Model:** QB1  
**Price:** \$1395

Optional Tow Handle  
**Model:** QB2  
**Price:** \$95



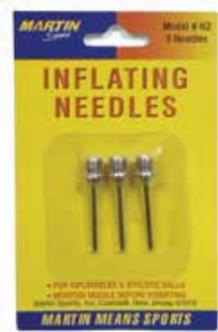
**254 lb**  
**Sled Weight**

**STOPWATCH**



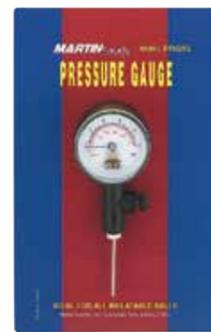
Six function digital split timing  
**Model:** SW100 **Price:** \$17

**INFLATION NEEDLE**



Pack of three  
**Model:** N2 **Price:** \$2

**PRESSURE GAUGE**



20 PSI dial - includes needle  
**Model:** PRG15 **Price:** \$17

**HAND PUMP**

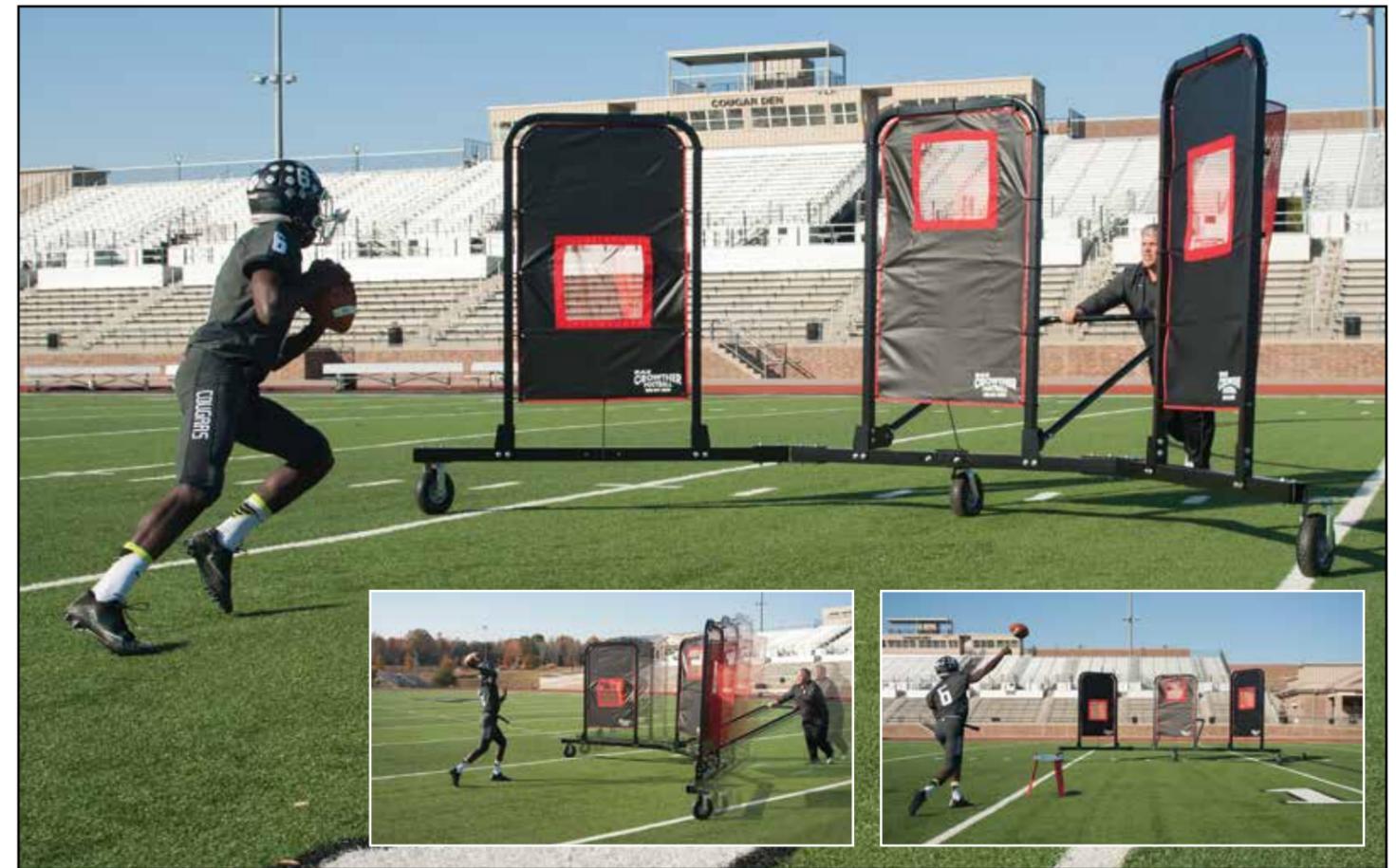


12" pump & 6" detachable hose & needle  
**Model:** HP2 **Price:** \$6

**PORTABLE QB NET**

A truly portable Short Pass accuracy net. Sets up quickly, no screws, no snaps, no snags, no tools required! Rigid steel and fiberglass pole construction. UV protection for added durability. Includes carry bag for easy transport. Weighs only 29 lbs. Warranty 6 months.

**Model:** QB5 Portable QB Net **Price:** \$399



**QB PASS RUSH NET**

The QB Pass Rush Net is designed to enhance a QB's footwork, pocket pressure, pocket vision, throwing accuracy, ball trajectory...and a lot more. The QB Pass Rush Net was designed by former Univ. of Miami star QB Ken Dorsey. Ken is currently an NFL Quarterback coach. The QB Pass Rush Net is a QB training sled with two distinct functions. Its first function is in enhancing QB's abilities to throw accurately with pocket pressure. The QB Pass Rush Net is on wheels. The sled has 3 targets set in an arc. The coach uses the push bar at the center of the sled to push the sled at the QB. The moving sled simulates rushing defenders. The caster wheel at the center of the sled allows the sled to move at any angle. The coach can simulate pressure coming from the middle, left, or right. Work from the shotgun or work from under center. The QB and coach can work on any drop steps and route patterns, and then create the pressure and timing necessary to succeed at those routes. The 3 large targets disrupt the QB's vision and throwing lanes. The targets are 7' tall x 3' wide and thus simulate rushing defenders. The QB must throw over, between, or around the targets. The second function of the QB Pass Rush Net is as a throwing net. Each target has a distinctive pocket sewn into the vinyl. Each pocket is sewn at a different height. Multiple QBs can throw at the pockets while the sled is stationary, or even perhaps as it is being moved. Each of the 3 targets are on different angles so the QB also gets a feel for the receiver at an angle. Each target net is sewn with heavy red webbing to take the abuse of high velocity throws (or nice touch throws, it's whatever you want to work on). One sled with two roles. Why not make the QB Pass Rush Net part of your training progression and help your QBs succeed? It's affordable, it's durable, it's versatile. The 3 wheels are no-flat foam filled wheels. Total sled width is 17'. The sled is painted matte black. Warranty 2 years. Ships motor freight.

**Model:** QBPR **Price:** \$1999

FAX: 803-366-3633

Call Toll-Free: 800-841-5050

**QB PASS RUSH NET**



Ken Dorsey  
 NFL QB Coach

"The QB Pass Rush gives QBs a great simulation of a Game Rep more so than anything you could do on air. It makes throwing routes for receivers more realistic for the QB by simulating the Lines in front of him. It helps drill Pocket Feel and Mobility more so than on air, and gives him a feel of live rushers because of QB Pass Rush's ability to move in all directions. There are so many different ways to use QB Pass Rush and benefits from using it. Benefits ranging from Pocket Feel, Vision work, Anticipating Windows, Fundamental Drill Work and throwing the ball with Arc Over the Top or through Windows. It is a great tool to improve so many aspects of a QB's game."

**FREE!!**

Order a QB Pass Rush Net and receive a free QB Bump Stick while quantities last



**PRO HANGING QB NET**

World's finest hanging QB Net has more features than any other net on the market. Each net has two distinct sets of targets, three sewn-in pockets and five fully adjustable velcro circles in multiple colors, allowing you to adjust your targets for QBs and Snappers. The Net has chain sewn into the bottom hem to stay in place during drills and windy conditions. Use this net so that your QBs don't miss throws; so they don't miss open receivers. Use this net to work on throwing mechanics. 18'6" x 12' x 60 lbs.

**Model:** QBN1 **Price:** \$550



**QB-TEE**

Timing is everything! Allows the coach to measure timing, speed and quickness. When the player removes the ball from the cradle, the built-in timing clock is triggered. When the programmed time interval expires (i.e 3.4 seconds) the buzzer will sound. If the buzzer goes off before the player releases the ball, the play is dead. Features a built-in audible timing device, programmable timer, and two-position ball cradle.

**Model:** QBT **Price:** \$149  
 Replacement Timer for QB-TEE  
**Model:** QBTR **Price:** \$49



**FOOTBALL BAG**

Holds 12 footballs in 32" L x 24" W x 12" H bag. Uniquely constructed of 18 oz. waterproof coated vinyl with interior flap and Velcro closure for quick access to footballs during light rain. Interior dividers separate dry from wet footballs. U-shaped zippered opening with heavy duty 2" webbing wrap-around straps and end carry handles. Black only.

**Model:** FBAG **Price:** \$95



**CENTER MACHINE**

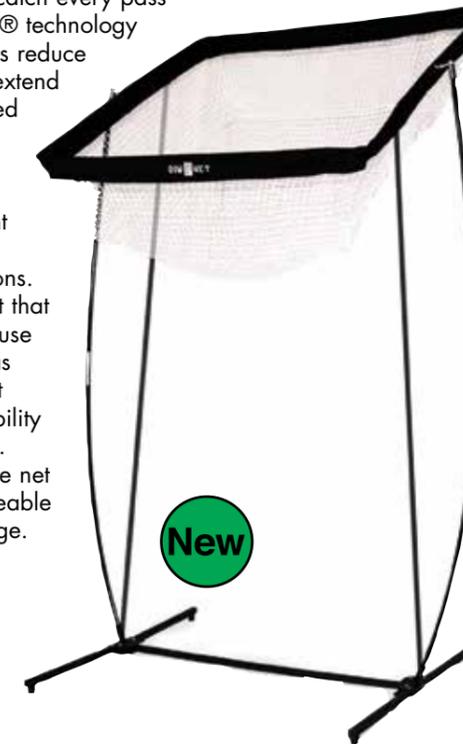
To snap the football the QB bumps the butt pad. The butt pad offers resistance. The QB rides the butt pad, causing the ball to snap. When the ball snaps, the QB grabs the football and takes control of it. The football snaps quickly. To reset the machine, the QB places the ball back into the ball holder and pushes the arm back, locking it in place for the next snap. This takes about 2-3 seconds. With the Center Machine you can practice timing routes that will defeat defenses. Allows your centers to continue working on their specific skills and allows your 2nd and 3rd string QBs to gain repetitions. Designed for right-handed or left-handed QBs. Built tough and durable. Professionally engineered. Powder-Coated Yellow. Weighs 75 lbs. 3 year warranty.

**Model:** CTR **Price:** \$888

**FADE NET**

Perfect your quarterback's fade route with Bownet's 8' Portable Quarterback Fade, Pass, and Snap Practice Net. Reliability, portability and strength make the QB Fade Net the resonated training net among coaches and quarterbacks. With a height of 8' and a 45 degree adjustable basket, Bownet's QB Fade Net is able to catch every pass from every angle. Bownet's E.A.S.® technology (Energy Absorption System®) helps reduce stress and tension on the netting, extend its lifespan, create a more balanced net, and add flexibility and stability upon impact. The original BOW-poles and rigid steel frame are engineered to distribute weight across the bottom base to prevent tipping during all weather conditions. Leave more time to play with a net that sets up in 60 seconds without the use of tools or guide wires. The net has rubber non-marking feet to prevent damage to floors and provide stability and traction indoors and outdoors. When practice is over, collapse the net and place in the provided manageable bag for easy portability and storage. One year limited manufacturer warranty.

**Model:** QBF **Price:** \$299



**QB BUMP STICK:** Use the foam-padded QB Bump Stick to simulate pocket pressure. Increase your QB's ability to put the ball on-target under pressure. The Bump Stick gives the coach extra reach and target specificity. Can also be used for RB ball-security.

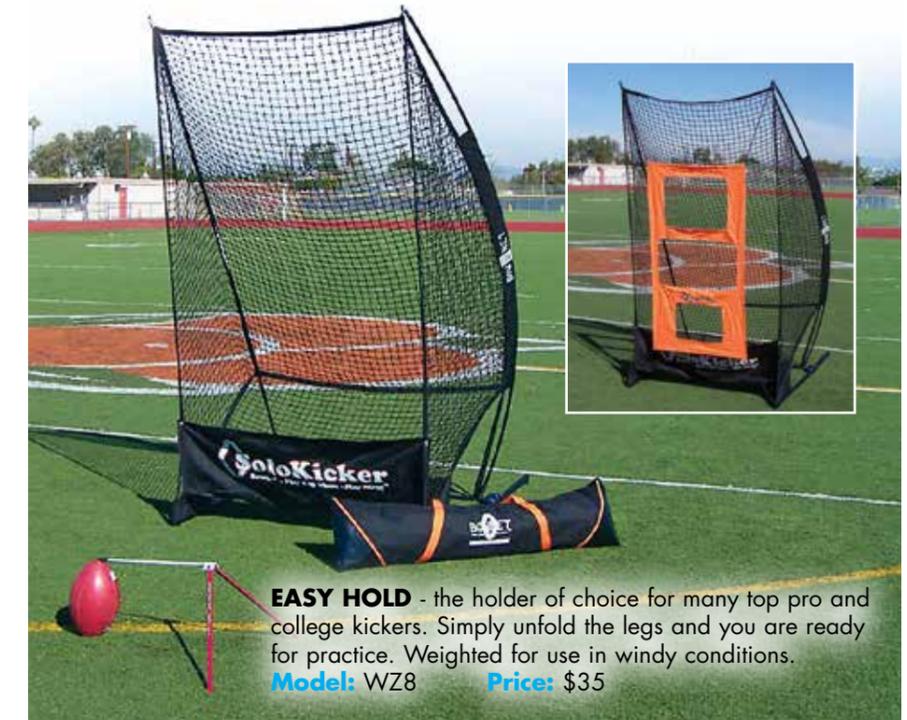
**Model:** QBBS **Price:** \$115



**SOLO KICKER**

Quick and easy setup and take down, thus very easily portable for games and practices. Includes small 50" x 12" Carry Case for easy travel. All-black kicking net and frame. Includes Orange Snapping Target (3 open pockets). Lightweight yet stable design 23 lbs. 87" H x 46" W. Bottom catch net keeps balls off the turf.

**Model:** WZ-BN1 **Solo Kicker Price:** \$399



**EASY HOLD** - the holder of choice for many top pro and college kickers. Simply unfold the legs and you are ready for practice. Weighted for use in windy conditions.  
**Model:** WZ8 **Price:** \$35

**QB PLAYHOLDERS ADULT SIZE SINGLE PLAY CARD HOLDER.**

Soft wrist band of stretch terry cloth with clear envelope to hold included playcard. Black only. Window is 4¾" x 2¾".

**Model:** APH1 **Price:** \$5

**ADULT SIZE TRIPLE PLAY CARD HOLDER.**

Velcro close front. Holds 3 times the information. 6 Colors: Black, White, Scarlet, Gold, Royal, & Navy

**Model:** APH3 **Price:** \$7

**YOUTH SIZE SINGLE PLAY CARD HOLDER. 5" LENGTH. BLACK ONLY.**

**Model:** APHY **Price:** \$5





**FOOTBALL THROWING MACHINE**

The gold standard in passing machines. Catch more footballs. Work with LBs and DBs on their pass interception skills. Practice kick, punt and passes from 5 - 80 yards. Adjustable, will throw spiral or end-over-end tosses. Requires 110-volts.



**FIELD GENERAL MACHINE**

The Field General Machine is a slightly scaled down version of the regular machine. Throws accurately up to 50 yards. Punts with a hang time over 5 seconds. Lightweight and portable. Weighs less than 95 pounds. Comes with its own transport wheel. Requires 110-volts.

Description	Football Passing Machine	Field General Machine
<b>Model #</b>	M1700	FG1000
<b>Price</b>	\$2595	\$2099
<b>Warranty</b>	5 Years	5 Years
<b>Weight</b>	130 lbs.	95 lbs.



**MACHINE CART WITH ROTATING HANDLE**

The Crowther Machine Cart provides easy mobility of your Throwing Machine, generator (or extension cords), and footballs. The tow handle allows you to pull the cart, or attach the cart to a field vehicle. The metal basket holds multiple footballs or a generator (a larger generator also fits on the deck of the cart). The cart has four foam-filled wheels with casters for easy transport on grass. Comes standard with 1 1/2" ball hitch.



Description	Machine Cart
<b>Machine Cart</b>	\$1055 Model: JG1



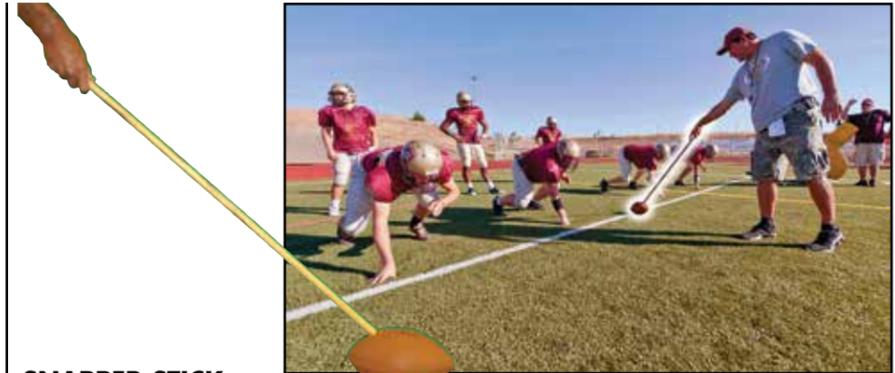
**ARC RUNNER**

The Crowther Arc Runner is made from tough PVC tubing. It has an approximate 12' diameter. Our Arc Runner will keep its shape when set up. It is not made from inexpensive flexible hosing that you have to keep battling to maintain its shape. Use the Arc Runner to improve the explosion, footwork, and body angles of your DEs. Enhance critical pass rush responsibilities. It helps teach players to stay low so they can change direction quickly. It helps teach body balance and quickness. Purchase 2 Arcs for combined drills and save money.

**Model:** ARC1

**Price:** \$65

Order two and save 10% (\$58)



**SNAPPER STICK**

The Snapper Stick is a foam football attached to a wooden stick. This is the original and official Snapper designed by Wayne Nunnely (NFL D line coach) and Chris Smith (NFL equipment manager). Used to simulate the snapping of the ball, it can improve takeoff and explosion of DLs. The ball is made from a dense foam type of material with the stick molded into the ball. The Snapper allows the coach to view the entire drill while standing. Used by special teams coaches to practice keying on the ball during punt drills and PAT/FG block drills. Used by wide receiver coaches to practice keying on the ball.

**Model:** SNA1 **Price:** \$59 Order two and save 10% (\$53)

**FUMBLER STRAP**

The Fumbler Strap is designed to enhance ball awareness and security. It holds a football on one end, secured in an elastic webbing, and has a coach's handle on the other end. The player secures the ball, and the coach applies the required pressure to dislodge the ball.

**Model:** PST1 **Price:** \$49



**GUNSLINGER HARNESS:**

The Gunslinger is a harness that attaches to virtually any football harness or sled (not just a Crowther sled) or pop up dummy. It's a two-part pad. A football is held securely in a webbing, called the "Sling," and a small belt attaches to the sled pad, called the "Holster." Setup is quick. The player tries to dislodge the ball from the holster. When dislodged, the ball stays in the Sling. The degree of difficulty in knocking the ball loose from the holster is adjustable. The Sling reattaches to the Holster quickly. Slap at the ball. Make contact with the ball. Punch the ball. Create turnovers.

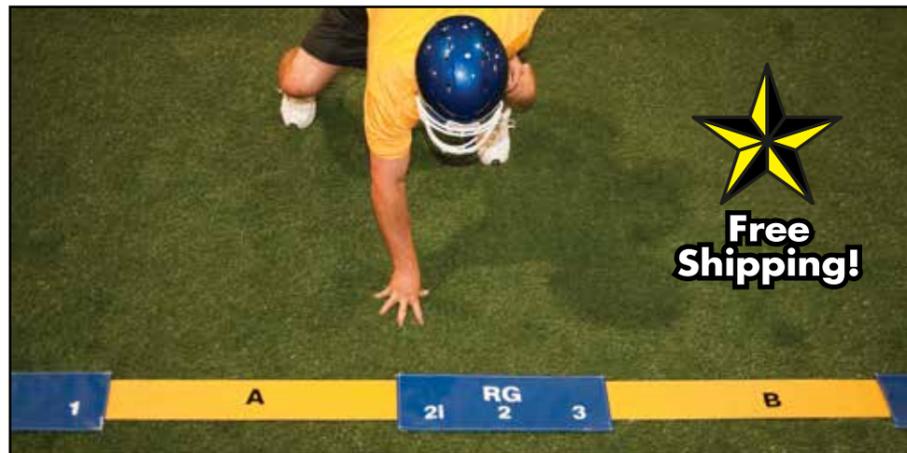
**Model:** GNSL **Price:** \$49



**ADJUSTABLE ALL-IN-ONE LINE-UP TRAINER™**

The Adjustable "All-in-One" line-up trainer (pictured below) simplifies the placement of defensive front personnel. The "Even" numbers are head up when lining up on the Center, Guard, and Tackle. The "Odd" numbers determine shading to the outside shoulder. The "Even" numbers with the letter "i" represent shading on the inside shoulder. This lineup trainer helps teach a universal system of defensive alignment. A great teaching tool for sub-varsity teams. A time saver for aligning scout teams. Allows for multiple defensive fronts. Teaches gap control. Improves linebacker alignments. Coaches can call out defensive fronts by number. Each position is marked on a slider and can be moved to suit your individual splits. Each end is sand weighted. Color: Blue/Yellow.

**Model:** LUTA **Price:** \$239



**REGULAR LINE-UP TRAINER**

The Crowther Regular Line-Up Trainer is 35' long. One side of the trainer is marked for offensive positions, and the opposite side is marked for defensive positions. Each position is marked on a slider and can be moved to suit your individual splits. Each end is sand weighted. Colors: Red/White/Blue/Yellow.

**Model:** LUTR **Price:** \$169



**CROWTHER SPACER PADS**

The Spacer Pad(s) represent players. The Space Pads allow the coach to set up a front or formation without using players. Spacer Pads stand upright without assistance. The Pad measures 38½" tall x 23" dia. x 20 lbs., so it represents the width and depth of a player. Use the Pads to simulate an offensive line for stunt and front periods. Drills can be run faster and with more focus on the execution of the play. The coach simply changes the formation/position of the Spacer Pad and the defense or offense makes their adjustments and runs through assignments. No crushed trash cans to deal with (from players sitting on them). Spacer Pads are appropriate for contact. Can also be used for agility markers, targets for QBs, or used for OLs to cut block without having someone hold a bag. Pad includes 2 handles on back. Helmet and numbers screened on each pad. Purchase in any quantity, we recommend 5 or 11 pads. Black only.

**Model:** SPAC **Price:** \$125 per unit.



**VARSITY SCRIMMAGE CAPS**

Material is knit fabric, one side fits most.

**Price:** \$6



**Red Model:** SCP-R



**Blue Model:** SCP-B



**Gold Model:** SCP-Y

**PLEASE NOTE:** Varsity scrimmage caps fit regular size helmets. You will need **Pro Scrimmage Caps** for bigger helmets such as Riddell® Revolution®, Schutt® DNA™, Xenith®, Rawlings®. Colors available are Scarlett and Gold.

**Model:** SCP2 **Price:** \$14 per unit.

**VARSITY SCRIMMAGE VESTS**

Material is polyester, no binding, elastic bottom, one side fits most.

**Price:** \$5



**Red Model:** SV-R



**Blue Model:** SV-B



**Gold Model:** SV-Y

**CLEAT CLEANER**

This economical cleat cleaner is easily portable. Molded with plastic, durable pegs. Color: white.

**Model:** CLC **Price:** \$69



**12" RUBBER CONE**  
**Model:** C12  
**Price:** \$7



**9" PLASTIC CONE**  
**Model:** P9  
**Price:** \$2



**6" RUBBER CONE**  
**Model:** C6  
**Price:** \$3.50



**7" DIA. DISK CONE**  
**Model:** CD7  
**Price:** \$1



**9" SPOT MARKER**  
**Model:** SM12  
**Price:** \$32 (Set of 12)

**REPLACEMENT PADS**

**REGULAR S-PAD COVER**

Model: ADV100 Price: \$159



With New Heavy Foam: 35 lbs. per pad

**DUAL-ARM S-PAD COVER**

Model: ADV105 Price: \$205



**S PAD INTERIOR PAD SET**

Model: ADV108 Price: \$329



**Z LEVERAGE PAD**

Model: ZI-PAD Price: \$295



Fits Classic, Shockwave, and Z Leverage Sleds. Feel the quality of our pads and their heavy construction: 22 pounds per pad

**GILMAN 6" FLAT SPRING PAD**

Model: RP100 Price: \$259



**WORLD BOD OR TACKLING PAD**

Model: RP105 Price: \$237 or Model: RP106 Price: \$268



**CLASSIC T-PAD**

Model: C125 Price: \$215



With New Heavy Foam: 16 lbs. per pad

**ENDURO PAD**

Model: C100 Price: \$189



Pad Colors	Black	Navy	Royal	Purple	Maroon	Red	Orange	Yellow	Green
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**Punch and Move!**

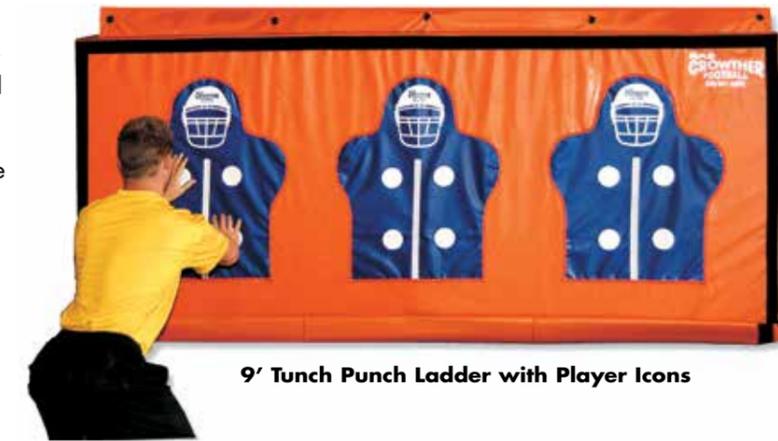
18' TUNCH PUNCH LADDER WITH PLAYER ICONS

**PUNCH LIKE THE PROS:**

The Tunch Punch Ladder was designed by two NFL veterans, Tom Myslinski and Tunch Ilkin. The Tunch Punch Ladder (TPL) is essentially a speed agility foot ladder mounted on a wall. Let's have Tom Myslinski explain, "Through working with and training under Tunch Ilkin, developer of 'Tunches Punches,' I have developed the Tunch Punch Ladder. Together, we are finding it extremely useful and beneficial in training our athletes. We, as football coaches, understand the importance of the feet in our sport. More importantly, we also understand the specific role the hands play in striking, blocking, and attacking. The more we use this teaching tool, the greater our results have been in strengthening and reconditioning our athletes on the correct motor programs."

**HOW YOU CAN BENEFIT:**

Protect your QBs and get to their QBs. The Tunch Punch ladder allows your players to gain thousands of repetitions they would not have been able to accomplish on the field. Your practice time is short; your individual time is shorter. As you know, the art of striking with the hands is difficult to learn. Why not place a Tunch Punch ladder in the weight room or hallway and punch year round? OLs can learn the hand combat necessary to take on fast DLs. DLs can learn the hand skills required to defeat strong OLs and make plays. It's a tool to learn their craft. A player can practice alone or in a group, with or without a coach.



9' Tunch Punch Ladder with Player Icons

Model: 9TPLI . . . . . 9' Tunch Punch Ladder with Player Icons . . . . . Size: 9' x 42" Height x 8" Thick x 4 Grommets . . . . . Price: \$895

Model: 18TPLI . . . . . 18' Tunch Punch Ladder with Player Icons . . . . . Size: 18' x 42" Height x 8" Thick x 7 Grommets . . . . . Price: \$1595

Background Color	Black	Navy	Royal	Purple	Maroon	Red	Orange	Yellow	Green	Player Icon Color	Black	Royal	Red	Orange	Yellow
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FAX: 803-366-3633

Call Toll-Free: 800-841-5050

**TUNCH PUNCH LADDERS™**

(US Patent #D510,399)



All-Pro Tackle, Tunch Ilkin

**TUNCH PUNCH DVD!**

This 60-minute DVD covers a great amount of information concerning line play. Demonstrated by Coach Ilkin and Coach Myslinski. Tunch Ilkin is a former All Pro Tackle who commands an extensive knowledge of the game and is considered one of the premier teachers of collegiate and pro teams.



Model: TPL DVD  
Price: \$29



17" Dia. X 47"      14" Dia. x 47"      11" Dia. x 36"



**COREFIRE FUNCTIONAL TRAINING BAGS™**

Get the Best Made Pads at Crowther. CoreFire bags create multi joint dynamic movements that foster hip explosion, core strength, grip strength, and body balance. The interaction of the athlete with the bag, gravity, and the ground makes this a full spectrum football and strength tool. No sand or rubber infill is used inside the bags. The bag's contents are a special blend of proprietary foam. The bag weight is spread evenly throughout the bag, with no heavier or lighter end. The CoreFire Bag is made to be tossed around. Moving the bags teaches an explosive use of the entire body, particularly the posterior chain. Obviously you can also use the bag for all of your fundamental football drills. Multiple handles on each bag; however, the athlete is encouraged to use the bag with an open grip. Entire zipper length is protected by Velcro and vinyl enclosure. Pad color: Black only.

- Model:** CF25 25 lb CoreFire Bag **Price:** \$149
- Model:** CF50 50 lb CoreFire Bag **Price:** \$215
- Model:** CF75 75 lb CoreFire Bag **Price:** \$285

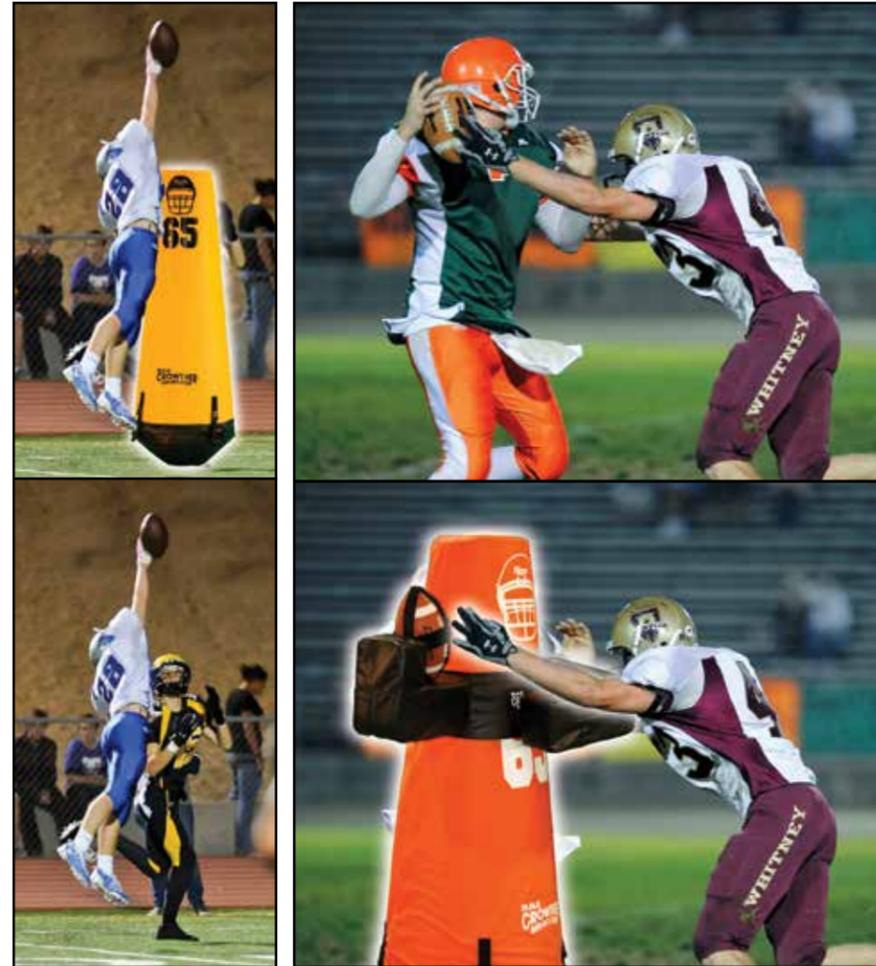
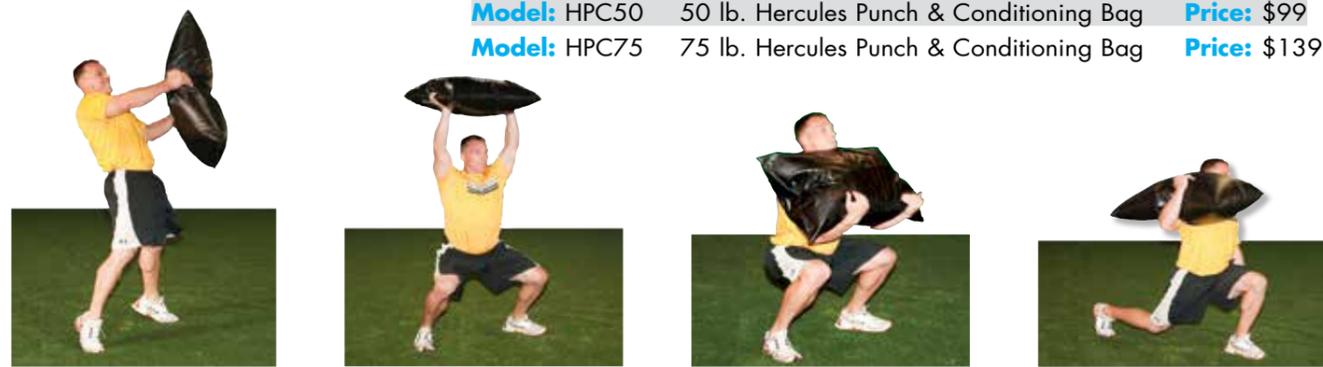
**HERCULES PUNCH & CONDITIONING BAGS**

Crowther Hercules Punch & Conditioning Bags are multi-purpose bags with heavy duty construction. Use for punching, rotational exercise, front, back, and overhead squatting, throws and core exercises. Allow range of motion and movement while stressing the weakest link – grip. We do not sew handles into the bags because that destroys the open handed nature of the punch bag and limits grip enhancement. Traditionally punch bags have been problematic with ripping and tearing after repeated use. Well, we've taken that problem by the horns and created what are the finest weighted bags in the world. Say goodbye to sand. We now make these bags with an industry secret material and design. These bags come ready to go. If you are buying punch bags, there is no doubt these are the bags to have. Our two year warranty backs that up! All bags come in black with a large screen print of the weight on the bag. If you want the best and most hassle free bag, you have it here!

- Model:** HPC15 15 lb. Hercules Punch & Conditioning Bag **Price:** \$42
- Model:** HPC25 25 lb. Hercules Punch & Conditioning Bag **Price:** \$62
- Model:** HPC50 50 lb. Hercules Punch & Conditioning Bag **Price:** \$99
- Model:** HPC75 75 lb. Hercules Punch & Conditioning Bag **Price:** \$139



**Free Shipping!**  
Order \$1500 or more of any bags on this page



**POP UP DUMMY**

Our 60" Tall Pop Up Dummies free players and coaches from holding bags upright. Our removable and replaceable bases extend the life of the dummy. No zippers to align or worry about. No sand, no leaks, and nothing to inflate. These are premium pop-ups. Warranty 1 year. Weight: 88 lbs.

**Model:** POP7 60" Pop Up **Price:** \$499

**Pad Colors**



Replaceable bases increase the life of your Pop-Ups

**PASSING ARMS**

Passing arms provide a QB-like target for the rusher. One arm is down and one arm is up in a throwing position. Each arm has Velcro sewn into the padding. Attach a Gunslinger pad to the arms. Arms attach in the back with a buckle strap. Color: Black

**Model:** POPP **Price:** \$109



**LINEMEN ARMS**

Provide DLs with a pass rush target. Chop and rip the arms. Each arm has Velcro sewn into the padding. Attach a Gunslinger pad to the arms. Arms attach in the back with a buckle strap. Color: Black

**Model:** POPL **Price:** \$99



**V ARMS**

The V Arms have a more realistic "look" than traditional pop-up arms. The V Arms offer more resistance to the players. They make an exceptional target for chop, rip, and swim techniques. Velcro is sewn into the cover for attaching a football. Color: Black

**Model:** POPV **Price:** \$109



**PUSHBACK SHIELD**

The Pushback Shield provides a curved hitting area. Use the shield for quick mobility drills; hold the shield away from the body or against the chest for punching. The shield is made from 18 oz. double-coated polyester vinyl with heavy-grade polypropylene webbing, polyethylene foam inserts, and #10 nylon self-healing zipper. 24" L x 17" W x 4" Thick. Weighs 4 lbs.

**Model:** PSH    Pushback Shield    **Price:** \$59



**Pad Colors**

Red
Royal
Black

**CURVED BIG SHIELD**

The Curved Big Shield is like the Pushback Shield but larger, wider, and thicker. It has a curved hitting area and provides more protection of the lower body for heavier contact drills. The shield is made from 18 oz. double-coated polyester vinyl with heavy-grade polypropylene webbing, polyethylene foam inserts, and #10 nylon self-healing zipper. 36" L x 22" W x 5" Thick. Weighs 6 lbs.

**Model:** CBS    Curved Big Shield    **Price:** \$108



**Pad Colors**

Black
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**HEAVY 17 LB. DUAL-ARM SHIELD**

The Dual Arm Shield is the most advanced shield on the market. The Dual Arm Shield challenges the player to make proper hand contact. 17 lb. weight keeps the shield low during drills. Multiple handles. The arms on the shield block the player's hands that are too wide or too high, thus teaching the player game-like punching skills.

35" L x 15" W x 5" Thick. Weighs 17 lbs.

Order four or more and save 10% (\$152)



<b>Model</b>	DAX
<b>Price</b>	\$169

**Pad Colors**

Black
-------

**CHEST PAD**



<b>Model</b>	CHP
<b>Price</b>	\$119

**Pad Colors**

Black
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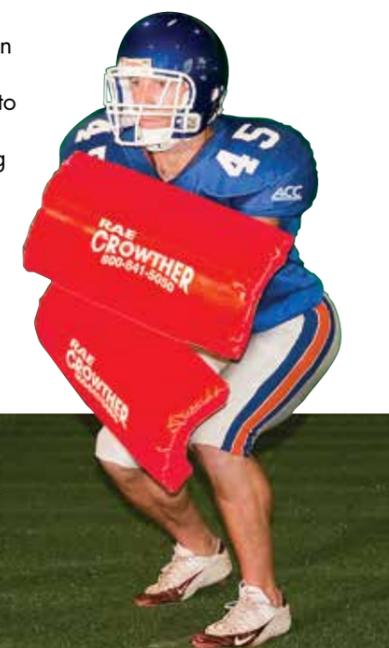
The Chest Pad frees the scout team player from holding a pad. The Chest Pad is worn around the neck and back. The straps are adjustable. The player has full movement of arms and hands. Custom colors available with quantity orders. Black kept in stock. 22" L x 13½" W x 3" Thick. Order four or more and save 10% (\$107).

**FOREARM SHIELD**

Forearm Shields provide more range of motion than traditional hand-held shields. Especially useful for linebackers, giving them the ability to move while hitting with a padded surface. Normally used for "shell" days. Curved hitting surface. Each pad comes with a hand and forearm strap. Sold in pairs.

25" L x 10" W x 3" Thick. Weighs 2 lbs.

Order four or more and save 10% (\$76)



<b>Model</b>	FRS
<b>Price</b>	\$85

**Pad Colors**

Red	Black
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**BULLET ARM**

Cylinder shaped pad allows the coach to slide his hand and forearm inside of the pad and grip a handle in the inside. The pad protects the coach from live contact during escape moves. Players can chop, rip, and swim and the coach stays protected. The pad allows more teaching with less chance of injury to both player and coach. Color: Black. Sold individually. 22" L x 9" Diameter. Order four or more and save 10% (\$94).



<b>Model</b>	BULL
<b>Price</b>	\$105

**Pad Colors**

Black
-------



### FOLDABLE LANDING MAT

Block two punts on one play... The Foldable Landing Mat provides a safer landing area for your athletes by protecting their heads from ground contact and reducing the wear on their skeletal systems. Work extension drills, form tackling drills, and punt block drills. Folds in half. Four handles on sides for carrying. Weighs 145 lbs. Size: 10' L x 6' W x 12" H.

<b>Model</b>	LAN1
<b>Price</b>	\$759

#### Pad Colors



### HALF ROUND DUMMIES

8" tall half round shape. Teach players to work their feet quickly and maintain a good football position with heads up. Shuffle over bags, mirror drills. Teach movement and direction change. Use as drill markers and lanes. Use as standup dummy as well. Two handles on back. Weighs 7 lbs. Size: 48" L x 18" W x 8" tall.

#### Pad Colors

Red
Royal
Black



<b>Model</b>	HR8
<b>Price</b>	\$115

### TRAPEZOID DUMMIES

8" tall trapezoidal shape. Teach players to work their feet quickly and maintain a good football position with heads up. Shuffle over bags, mirror drills, toss a ball at the same time. Teach movement and direction change, emphasize high knee action. Use as drill markers and lanes. One handle on end. Weighs 8 lbs. Size: 48" x 18" x 8"

#### Pad Colors



<b>Model</b>	TR8
<b>Price</b>	\$129



### SIDELINE TURF PROTECTORS

This is the ultimate bench tarp as used by major colleges and NFL teams. It is made with advanced industrial grade Polyester-Vinyl Matrix (PVM) fabric that keeps cleats from penetrating but allows rain to drain through. This remarkable material does not absorb or retain water, so it does not double in weight when wet like the non-woven fabrics in other bench tarps. Important: this is not a geo-textile material. Geo Textile material becomes 3X heavier when wet, absorbs blood and sports drinks, and becomes foul in storage. Edges are reinforced and double stitched with grommets installed every 18" all around. Easy to install, remove, and store. 17 standard colors available and they can all be digitally imprinted.

Model	Size	Price \$
3640	Full Size: 15' x 150'	\$1895
3641	15' x 125'	\$1745
3642	15' x 100'	\$1495
3643	Half Size: 15' x 75'	\$1295
3644	15' x 50'	\$995
3630	6" Stakes - Pkg. of 30	\$29
3632	6" Stakes - Pkg. of 115	\$69

Model	Size	Price \$
3654	15' x 150'	\$1595
3653	15' x 125'	\$1395
3652	15' x 100'	\$1195
3651	15' x 75'	\$1095

The Sideline Track Protector is the smart way to cover your expensive track while resisting and cushioning against cleats and the constant pounding of cheerleaders. Made with the toughest polypropylene geo-textile fabric and double stitched vinyl edging (with steel chain sewn inside the edging), the Bench Zone™ Sideline TRACK Protector stays down in high winds **WITHOUT STAKES OR STAPLES.**

To reduce the handling weight and make it easier to install, the longer protectors come in two sections that are easily joined with Velcro® hook & loop strips that are double-stitched along the entire length of each section's overlapping, chain-free center edges.

Color is black with choice of white or gold edging.



### SIDELINE TRACK PROTECTORS



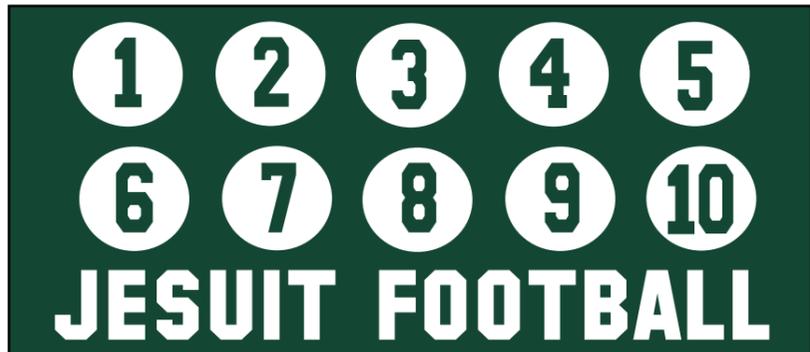
### CROSS OVER ZONE PROTECTORS

Save your modern track surface from damaging football cleats and other walk over traffic. This easy-to-install, temporary cover resists and cushions against football cleats, yet allows rain to drain through.

Made with a tough, durable polypropylene non-woven fabric. Its entire edge is vinyl-wrapped, and the galvanized steel chain is inserted all around to keep this cover down in winds **WITHOUT STAKES OR STAPLES** that can damage the track.

Color is black with choice of white or gold edging. Kept in stock for quick shipping.

Model	Size	Price \$
3663	15' x 30'	\$695
3664	15' x 40'	\$799
3665	15' x 50'	\$935
3667	7.5' x 30'	\$495
3668	7.5' x 40'	\$595
3669	7.5' x 50'	\$695



### SPECIAL TEAMS MAT

Avoid costly timeouts; assure the right players are on the field. Standard size: 12' x 6'. Standard colors: black with white dots. Call for custom school colors. Custom letters available in 1 or 2 tone colors.

**Model:** SSTM **Price:** \$379

Special Teams Lettering:

1 color: \$9 per letter  
2 color: \$15 per letter

### SEWN ON LETTERS! (For logo, add \$40 per pad)



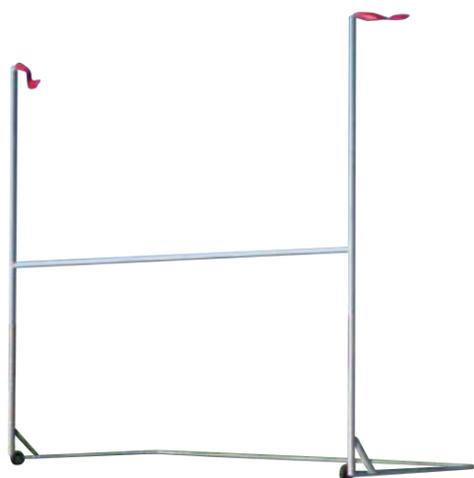
### WINDSTREAMERS

**Model:** WS201  
**Price:** \$29 (Set of 4)  
**Size:** 4' x 42"

### PORTABLE GOAL POSTS

The H style portable goal post is constructed from galvanized metal. Two wheels per goal. Price per goal. Windstreamers not included. In high wind areas, we suggest adding sand bags to the base.

**Model:** PORH High School; 23' 4" Width **Price:** \$1295  
**Model:** PORC Collegiate; 18' 6" Width **Price:** \$1295



### STEEL GOAL POSTS

The 6' gooseneck goals are all steel and constructed of 5 1/8" diameter gooseneck, 5" diameter crossbar and 2 1/2" diameter uprights. The 8' gooseneck goals are constructed of 4 1/2" diameter steel gooseneck, 3 1/2" diameter steel crossbar and 2 3/8" diameter aluminum uprights. The 8' gooseneck allows a soccer goal to fit underneath the crossbar. Durable powder-coat finishes available in white or optic yellow; specify color with order. Goals are sold in pairs. Ground sleeves and mounting plates are sold separately. Allow 3-4 week lead time. Call for pricing.



### 6' GOAL POST PADS

18 oz. vinyl coated nylon with Velcro enclosure. Sewn-on letters give the pad a pro look. Foam is encased from the goal post and elements. Each letter costs \$10 (\$15 for a 2 color letter)  
**Model:** GPP18 6' x 18 Dia. x 7" I.D. **Price:** \$625 a pair



### ULTIMATE GAME DAY CART

This convenient cart protects your game day equipment and makes transportation to and from the field easy. Cart holds 22 sideline markers, 12 end zone pylons, first down chain set, and down indicator. The cart also accommodates storage for your goal post pads. Four foam-filled wheels for ease of movement. Comes standard with the easy-grip handle bar and a fold away hitch for towing. Hitch can be either pin style or 1 7/8" ball receptor (please indicate which style when ordering). There is also a bonus storage tray. Powder coated white.

**Model:** UGD **Price:** \$1095



### WATER BOTTLE CARRIER

Durable plastic carrier with molded handle. Holds 6 - 32 oz. bottles (sold separate).

**Model:** WBC12 **Price:** \$18

### 32 OZ. WIDE MOUTH BOTTLES

Durable plastic with a removable lid.  
**Model:** WQ32 **Price:** \$3



### FOLDABLE SIDELINE MARKERS

11 piece set. Collapsible weighted sideline markers. Cushioned for safety. Markers fold flat for storage.

**Markers in Orange:**  
**Model:** 1241WX-O **Price:** \$149

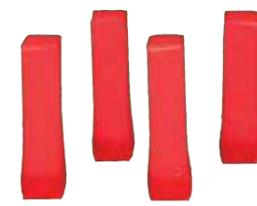
**Markers in Yellow:**  
**Model:** 1241WX-Y **Price:** \$149

### SOLID FOAM WEIGHTED SIDELINE MARKERS

11 piece set. Each triangle weighted sideline marker is a 1 piece solid foam marker. Optional carry bag available.

**Markers in Orange:**  
**Model:** 2241WX-O **Price:** \$269

**Markers in Yellow:**  
**Model:** 2241WX-Y **Price:** \$269



### END ZONE PYLON SET

A set of 4 End zone foam pylons. Each pylon is 18" in height and each pylon has a sand-weighted and self-standing base. Each pylon is covered in orange vinyl.

**Pylon Set (Set of 4):**  
**Model:** 251WEP **Price:** \$39

**Pylon Set (Set of 12):**  
**Model:** 251WEP12 **Price:** \$108



### SCHOLASTIC 7' CHAIN SET

16" X 3" Padded bulls eyes, single ply banners, exclusive chain swivel, molded ground stops, rubber crutch tips, easy clip chain, and 2 piece black padded aircraft aluminum poles.

**Scholastic standard orange:**  
**Model:** SCS-O **Price:** \$179

**Scholastic Standard Yellow:**  
**Model:** SCS-Y **Price:** \$179



### COLLEGIATE 7'- 5" CHAIN SET

16" X 3" Padded bulls eyes, padded banners, exclusive chain swivel, molded ground stops, rubber crutch tips, easy clip chain, and 2 piece black padded aircraft aluminum poles.

**Collegiate Standard Orange:**  
**Model:** CCSO **Price:** \$199

**Collegiate Standard Yellow:**  
**Model:** CCSY **Price:** \$199



### DIAL A DOWN

#1 selling digital down box. Full frame safety padded with 2 color numbers, slide lever rail system for smooth locking action, 2 piece aluminum pole with molded ground stop and rubber crutch tip.

**Dial A Down:**  
**Model:** DAD-O **Price:** \$427

**Pro Down Dial A Down:**  
**Model:** PDDD **Price:** \$399



### PADDED FLIP DOWN INDICATOR

Padded flip down indicator with easy flip 2 color numbers on grommet rings, safety padded top on 3 sides, 2 piece black padded aircraft aluminum pole.

**Orange Numbers:**  
**Model:** PDB-O **Price:** \$125

**Yellow Numbers:**  
**Model:** PDB-Y **Price:** \$125

**FOOTBALL HELMET CART**

Ensure players can easily find their helmets at the start of the game or after halftime thanks to the five shelves that fit up to 50 football helmets with facemasks. Roll the helmets right out to the team on the cart's four heavy-duty swivel casters, two of which have locks for holding the cart in place when needed. Color: Black. Product Height: 64 in. x Length: 61 in. x Width: 24 in. x Weight: 61 lb.

**Model:** HRAK **Price:** \$289



**COMBO SHOULDER & HELMET RACK**

This rack holds up to 30 shoulder pads and 32 helmets to provide neat and tidy storage for the team's equipment. As players place their shoulder pads and helmets on the rack, you can rest assured that the stable, rigid base will prevent equipment from tipping over. Take the rack from the equipment room to the locker room on the four heavy-duty swivel casters. Color: Black

**Model:** 1378672 **Price:** \$339



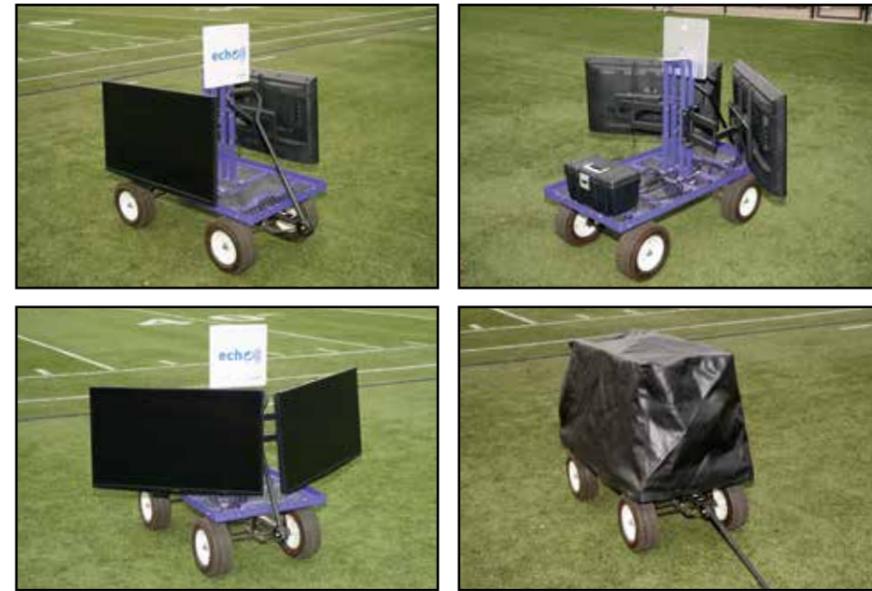
**FOUR STACK SHOULDER PACK RACK**

This one rack can be used to accommodate shoulder pads for the entire football team, thanks to the four stacks that can hold between 60 and 80 shoulder pads altogether. Pads stack neatly on top of each other, keeping things organized and making sure that they retain their shape for a comfortable fit. Moving the pads is no hassle, as the rack's four heavy-duty casters roll around the locker room or equipment area with ease. Tubular steel construction delivers strong support for the whole team's shoulder pads. Rigid reinforced steel base adds stability to the rack to help prevent it from tipping over. Color: Black. Product Height: 68 in. X Length: 60 in. X Width: 24 in. X Weight: 52 lb.

**Model:** SRAK **Price:** \$299



**WILLIE SIDELINE TV CART**



Make your sideline communication more efficient with a Willie TV Cart. Willie Carts are usually used with instant replay systems such as ECHO and HUDL. The Willie Cart allows coaches and players to view two angles from their replay system simultaneously. For instance "skill" players can view the wide angle on one TV while the linemen can view the end zone angle on the other TV. Use the Willie Cart at practice or games. The cart has two independent swivel brackets that can hold two 40" high def TVs. Each TV can pivot 360 degrees so that the coach and players have multiple viewing angles. Standard features include the following items: Black vinyl cover with hold down snaps so the cover stays in place in high winds or traveling, a multi plug for charging other equipment, convenient storage box for holding controller's and cables, 4 tires, and two 40" high def TVs. Dimensions: 48" long x 24" wide 40" high. Standard color is black. For custom cart colors please call for availability.

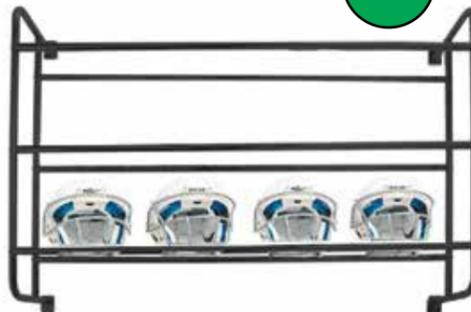
**Model:** WC1 **Price:** \$1899



**WALL MOUNTED HELMET / BALL RACK**

Black powder coated 1" steel tubing construction. Easy to install with 4 screws (not included). Will hold up to 18 balls or helmets on 3 levels. Size: 60" W x 40" H x 15" D - 18 lbs.

**Model:** 1197739 **Price:** \$139

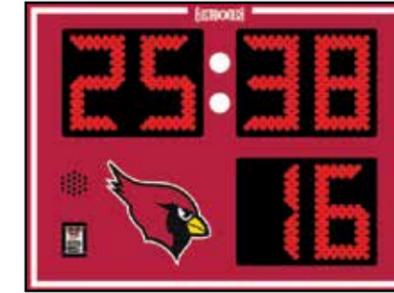


Order 24/7 at [www.raecrowther.com](http://www.raecrowther.com)

**LX7520 PRACTICE SEGMENT TIMER:**

The small, lightweight Model LX7520 looks simple. But it is an extraordinarily versatile system that takes full advantage of the Practice Segment Timing software. Add our "T-Cart" leg kit for a practice display that rolls wherever you need it to go. For added flexibility, this display can double as a Play Clock during actual games. Light weight, rust free, all aluminum construction. Automotive grade baked on enamel based paint applied to all sides of the cabinet. Choice of 18 standard paint colors. Choice of amber or red LED displays. LED display circuit scoreboards conformal coated for outdoor use. Internally mounted horn. Full-sized 37-key control console with LCD display. Junction box and patch cable for hardwired installations. Five-year limited warranty. Toll free technical support via phone and online for the life of the product. Sturdy, easy-to-assemble leg kit. 4' x 3' x 40 lbs. Create up to 45 Practice Schedules. Each Schedule may include up to 90 Periods. Each Period range is from 1 to 99 Minutes. Include an Interval between Periods from 0 to 9:59. Auto and Manual horn Options. All digits for this model are 11 inches tall. Digits are formed from matrices of super-bright, long-lasting, energy-efficient LEDs (Light Emitting Diodes). Choose either amber or red LEDs for this model. Our LED displays are protected by aluminum masks that allow the hard epoxy shells of the LEDs to be exposed for maximum viewing angles. 18 colors available.

**Model:** LX7520 (Practice Segment Timer) **Price:** \$2745  
**Model:** LX7520T (Optional T Cart) **Price:** \$380  
**Model:** LX7520LOGO (Optional Logo) **Price:** \$95



**LX7640 PRACTICE SEGMENT TIMER**

The LX7640 segment timer will give you a new level of control over your practices. LX7640 includes an integrated Play Clock display to help your players train in a time-critical environment. The LX7640 includes: Single cabinet design with heavy duty extruded aluminum framing. Light weight, rust free, all aluminum construction. Mounting hardware for permanent installation on two posts without the need for on site fabrication. Automotive grade baked on enamel based paint applied to the scoreboard face. Choice of 18 standard paint colors. Choice of amber or red LED displays. LED display circuit scoreboards conformal coated for outdoor use. Internally mounted horn. Full-sized 37-key control console with LCD display. Fifty programmable brightness levels. Junction box and patch cable for hardwired installations. Dimensions: 7 ft. x 5 ft. Weight: 80 lbs. Digit Height: 18 in. Electrical: 120 VAC, 1.5 amps. Five-year limited warranty. Create up to 45 Practice Schedules. Each Schedule may include up to 90 Periods. Each Period ranges from 1 to 99 minutes. Include an Interval between Periods from 0 to 9:59. Auto and Manual horn Options. All digits for this model are 18" tall, while the Visual Horn Indicator is 4" in diameter. Digits and indicators are formed from matrices of super-bright, long lasting, energy-efficient LEDs (Light Emitting Diodes). Choose either amber or red LEDs for this model. Our LED displays are protected by aluminum masks that allow the hard epoxy shells of the LEDs to be exposed for maximum viewing angles.

**Model:** LX7640 (Practice Segment Timer) **Price:** \$4795  
**Model:** LX7640LOGO (Optional Logo) **Price:** \$95  
**Model:** LX7640WIRE (Optional Wireless Remote) **Price:** \$759  
**Model:** LX7640TRA (Optional Trailer) **Price:** \$1395



Shown with Optional T-Cart



Shown with Optional Trailer

FAX: 803-366-3633

Call Toll-Free: 800-841-5050



**BIG SQUIRT (SHOWN ON LEFT)**

20 gallon tank with 8" vented cap for easy filling. 3.0 GPM 12 volt pump with rechargeable battery and waterproof charger. Heavy duty aluminum frame. 6 drinking nozzles on 5 ft coiled mold and algae-resistant hoses. Food-grade fittings, pump, and hoses. Quick disconnections for cleaning. Warranty: 1 Year.

**Model:** WWBQS **Price:** \$1195

**WATER STATION WITH INLINE FILTER (SHOWN ON RIGHT)**

Connects directly to any clean water source. Inline garden hose water filter reduces contaminants and is good for 5,000 gallons, Wide stance powder coated frame collapses for easy storage. 8 drinking nozzles on 5 foot coiled hoses. Hoses are blue to help prevent mold / algae. Fittings and hoses are food grade. 1/2" inline valve for adjusting water pressure. Flexible aluminum feet adjust to any terrain. Removable plug on manifold allows for several stations to connect in a series. Warranty: 1 Year.

**Model:** WWSTN **Price:** \$699



**SPORT HYDRATION CART**

8 drinking nozzles on 5 ft coiled hoses. 35 gallon tank. 3.0 GPM 12 volt pumps with rechargeable battery and waterproof charger. Retractable handles. Retractable hitch assembly. Overhead manifold folds down for ease in storage and transport. Wide body frame helps prevent tipping. Wheelbarrow style design, on 5" x 13" pneumatic tires, makes handling easier over uneven terrain. Option: 35 Gallon Insulated Cover (Insulated cover that slides over 35 gallon water tank that adds hours to ice and cold water.) Size 30" x 60" x 44" x 150 lbs. Warranty 1 Year.

**Model:** WWSHC  
**Model:** W35CV

Sport Hydration Cart  
Optional Insulated Cover

**Price:** \$1699  
**Price:** \$150



**FIELD MANAGER**

16 drinking nozzles on 5 ft coiled hoses. Add up to (4) more. 65 gallon tank. (2) 3.0 GPM 12 volt pumps, one for each side, with rechargeable battery and waterproof charger. 8" vented cap for easy filling. Upper deck for transporting trainer supplies and field equipment. Adjustable corner stabilizers prevent tipping when in use. Option: Use the dolly for maneuvering the Field Manager when not connected to your tractor or golf cart. Size: 15" x 41" x 7" x 29 lbs. Option: Insulated cover that slides over 65 gallon water tank that adds hours to ice and cold water. Size 60" x 84" x 65" x 400 lbs. Warranty 1 Year

**Model:** WWFMR  
**Model:** WWDLY  
**Model:** W65CV

Field Manager  
2 Wheel Dolly  
Optional Insulated Cover

**Price:** \$2999  
**Price:** \$129  
**Price:** \$179



**JUNIOR S-TACKLE SLED™**

US Patent #6,988,965 B2 | US Patent #6,942,585 B

The Jr. S-Advantage Tackler is a near-perfect teaching tool for youth players. The Junior S-Advantage Sleds are scaled-down versions of the regular S-Advantage Sleds. The S-Pad is the state-of-the-art design that helps teach players the proper contact position. The S-Pad shape imitates the angles of a good football player. It's a pad for all techniques. The Junior S-Advantage Sleds are designed for 65-120 pound players. The Junior S-Tackler is designed to teach the proper "take down" technique. The design of the sled allows the junior player to go full speed without contacting the metal base. Weight: 98 lbs. Pad color: Black, Red, Blue.

**Model:** 1SJR **Price:** \$895



**KABOOM SAFETY TACKLER**

The new Kaboom Safety Tackler is the first of its kind: an all-foam tackling sled. The sled is created to help prevent avoidable concussions and all other helmet-related injuries during practice. It helps teach players how to keep the crowns of their helmets out of collisions. The yellow part of the cover (sewn from shoulder tip to shoulder tip) is what we call the STRIKE PLATE. Use the Sled in practice, in a gym, in your backyard, in your garage, or inside a facility. There is no metal or wood in the sled. Use the sled with linemen from 6, 4, and 3 point stances on fit, contact, drive, and shed. 50" Tall x 67" Long x 28" Wide x 70 lbs. field weight. Warranty: 2 year limited warranty. Ships via motor freight.

**Model:** KAB **Price:** \$650



Teach your boy to play with his mind and not his head.

**JUNIOR 2 - 7 S-SLEDS™**

US Patent #6,988,965 B2 | US Patent #6,942,585 B

The Junior 2 - 7 S-Advantage Sleds are scaled-down versions of the regular S-Advantage Sleds. The S-Pad is the state-of-the-art design that helps teach the players the proper contact position. The S-Pad shape imitates the angles of a good football player. It's a pad for all techniques. The Junior S-Advantage Sleds are designed to teach the proper "fit" position. The design of the sled allows the junior player to go full speed without contacting the metal base. Modular sled design and wide pad spacing make a perfect complement for your practice drills. Get a leg up on the competition; give your team the S-Advantage.



Junior (JR) S Sleds	2 Man	3 Man	4 Man	5 Man	6 Man	7 Man
<b>Junior (JR) Sleds</b> (for player sizes 65 - 120 lbs.)	<b>\$1495</b> Model: 2ADVJR	<b>\$2195</b> Model: 3ADVJR	<b>\$2995</b> Model: 4ADVJR	<b>\$3695</b> Model: 5ADVJR	<b>\$4395</b> Model: 6ADVJR	<b>\$4995</b> Model: 7ADVJR

FAX: 803-366-3633

Call Toll-Free: 800-841-5050

## DRAGON SLAYER™ CONDITIONING SLED

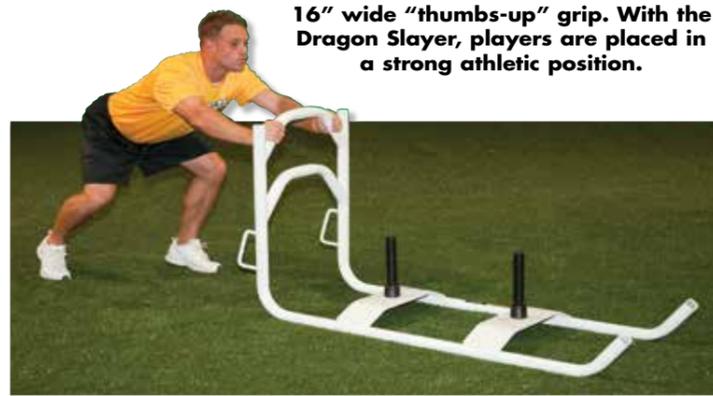
The Dragon Slayer can challenge even the best conditioned athletes. This multi-purpose sled can be used to push or pull. 6 multiple gripping areas allow a variety of angles. 34" height to top of bar.

When used with an agility cone course, the drills become unlimited. For instance, fast run with the sled, slalom, punch and run, use 1 or 2 handed, 1 leg or 2, uphill or downhill. Made with 2" heavy duty tubing.

Push with or w/o added weight, fast, medium, or heavy. Use with all players. Welding rings on the back of the pontoons allow easy harnessing. Weighs 50 lbs. Powder coated white. Order 3 sleds and save big!

# New!

Watch these drills...  
Go to [raecrowther.com](http://raecrowther.com) or search for Rae Crowther on YouTube for all of our latest videos...



16" wide "thumbs-up" grip. With the Dragon Slayer, players are placed in a strong athletic position.



Use the sled competitively. Two plate holders per sled.



Optional Carpet Runner allows you to train on a wood floor any time of the year.

Description	Model	Price
Dragon Slayer Conditioning Sled	DRS1	\$395
Shoulder Harness	TA156H	\$39
Waist Harness	TA15401	\$39
Indoor Carpet Runner	DRS6	\$124

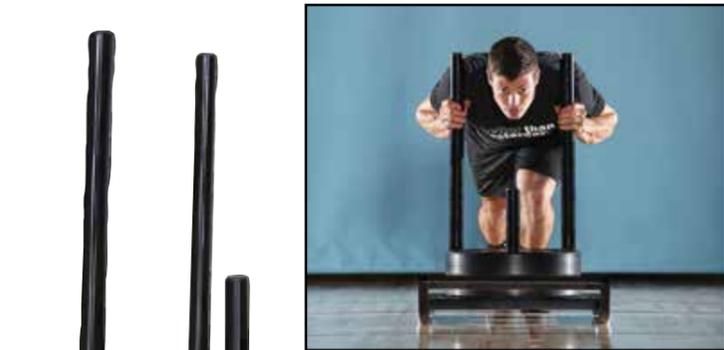
## PUSH PULL SLED

The Push Pull Sled answers a need for versatility and adjustability in speed training. This USA made 11 gauge steel frame sled features a space-saving design that is less than 7" high when folded, replaceable/removable runners for use on a variety of surfaces, and quick release pins for fast set-up and breakdown.

The versatile sled accommodates all sizes of athletes with adjustable width push posts (12-21"W x 32"H) and multiple push/pull options. Sled holds up to 360 lbs. on a 15" long x 2" diameter post that can fit four 45 lb. bumper plates or eight traditional steel 45 lb. plates.

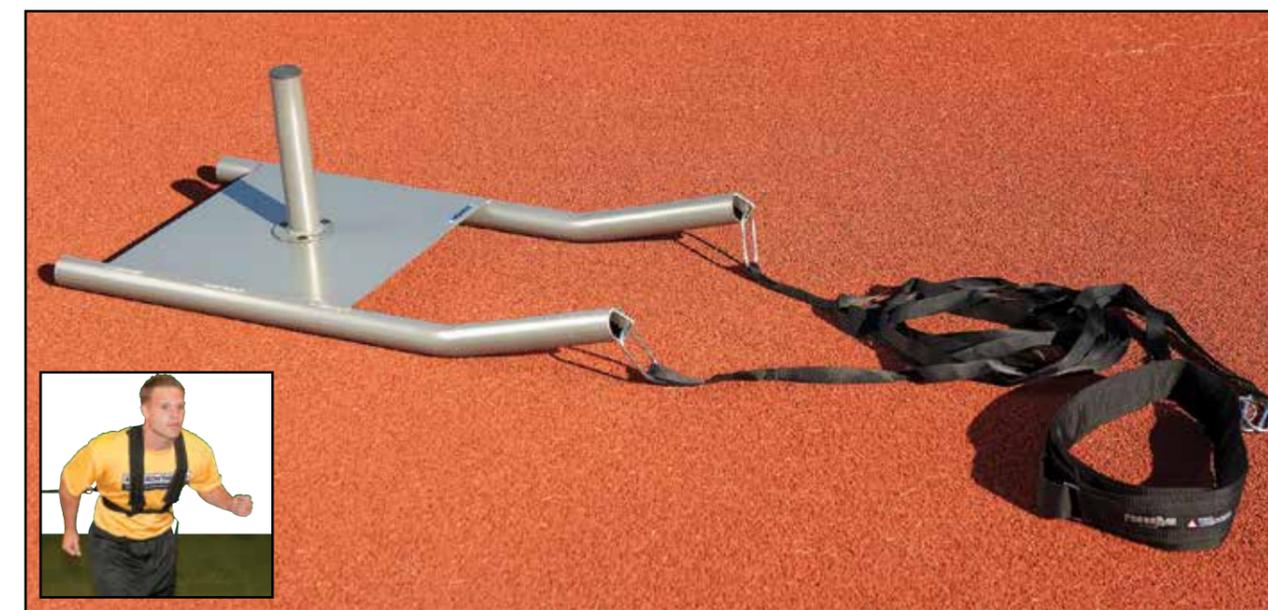
The sled can be used without the posts to provide different loading applications. Sled body = 25 lbs.; Sled center post = 4 lbs; Sled push posts = 8 lbs. each (16 lbs. total). 1 Year Warranty. 53 lb. ship weight.

**Model:** TA155 **Price:** \$399 (See below left for harness and leads).



Order 24/7 at [www.raecrowther.com](http://www.raecrowther.com)

## POWER SLED WITH HARNESS & LEADS



Few athletes ever reach their true potential in speed. Speed takes considerable time to develop because of the fine motor skills required to achieve maximum performance. Use the Power Sled for systematic training. Provides lower body resistance that develops speed and strength. Work forward lunges, backward walks, bear crawls, squat rows, chest presses. Add the desired weight to determine resistance. Load up to 200 lbs.

\* Includes sled, 11' leads, 3" wide hook & loop closure belt adjustable to 42" waist, and instructions. The Sled also accommodates an optional shoulder harness for an upper body workout and is Max Belt compatible.

<b>Model:</b> TA154	Power Sled with Waist Harness and Leads *	<b>Price:</b> \$165
<b>Model:</b> TA156	Power Sled with Shoulder Harness and Leads	<b>Price:</b> \$165
<b>Model:</b> TA156H	Additional Shoulder Harness	<b>Price:</b> \$39
<b>Model:</b> TA15401	Additional Waist Harness	<b>Price:</b> \$39
<b>Model:</b> TA15402	Additional Pair of Leads	<b>Price:</b> \$28

## METAL 19' AGILITY LADDER IN YELLOW

Foot fire! The Steel Agility Ladder is similar to the traditional foot ladder but is made from metal so that it will not kick out of place. It's much easier to work fast drills with this ladder. It's light but heavy enough to stay in place. Use in a straight agility pattern or make 90 degree intersections. The Ladder comes in sections for easy shipping, travel, and set up. Four sections per ladder. Each section is 4.75 feet long (57"), or purchase by individual section and make your ladder any length. Each foot hole is 19" x 19". Powder coated yellow. Weight 6 lbs per piece, 30 lbs total.

**Model:** GPR1 **Price:** \$249 (19' ladder)  
**Model:** GPR3 **Price:** \$65 (per 4.75' section)

FAX: 803-366-3633



Call Toll-Free: 800-841-5050

## ADJUSTABLE MAX BELT

The Max Belt allows movement through a circuit of some or all 11 compatible training aids without the hassle of having to change belts. Outfit your athletes with Max Belts beforehand and they can move from station to station with a simple snap-lock into the leads of the training equipment being used.



Max Belt Small / Medium (24" - 32")  
**Model:** TA1500 **Price:** \$33

Max Belt Medium / Large (32" - 42")  
**Model:** TA1501 **Price:** \$35

Max Belt Large / Extra Large (43" - 52")  
**Model:** TA1503 **Price:** \$37

## 20' ELASTIC RESISTANCE CORDS:

Use resistance cords for over-speed or resistance training. Develop maximum strength and power for running and change of direction. Each cord is 20' long.



Elastic Cord - Medium Resistance (20')  
**Model:** TA164T **Price:** \$119

Elastic Cord - Heavy Resistance (20')  
**Model:** TA165T **Price:** \$129

53



**RESISTANCE TETHER (INCLUDES WAIST BELT AND A HANDLE)**

Develop maximum strength and power for running and change of direction. The Resistance Tether keeps resistance around the hips and torso of the athlete. The harness attaches to a 10' long nylon web cord with a handle. The Resistance Tether includes a nylon web cord and a 3" wide hook & loop closure belt adjustable to a 42" waist. Includes a carry bag and instructions. The Resistance Tether also accommodates an optional shoulder harness for an upper body workout and is Max Belt compatible.

**Model:** TA150 **Price:** \$49

**DYNAMIC TRAINER**

A great training tool that provides resistance and assistance. 10' elastic tube is covered with nylon webbing and can stretch up to 30'. Max Belt compatible. 1 Year Warranty.

**Model:** TA158 Dynamic Trainer - Heavy Tubing **Price:** \$159



**TC SPEED TRAP I** (See photos below)

This system times distance up to 55 yards and is accurate to the hundredth of a second. Timing starts upon release of foot pad pressure and is stopped when infrared finish line beam is tripped. Includes Speed Trap I timer, start pad, 55 yards of wire, sensor, stopwatch, tripod, carrying case, and instructions.

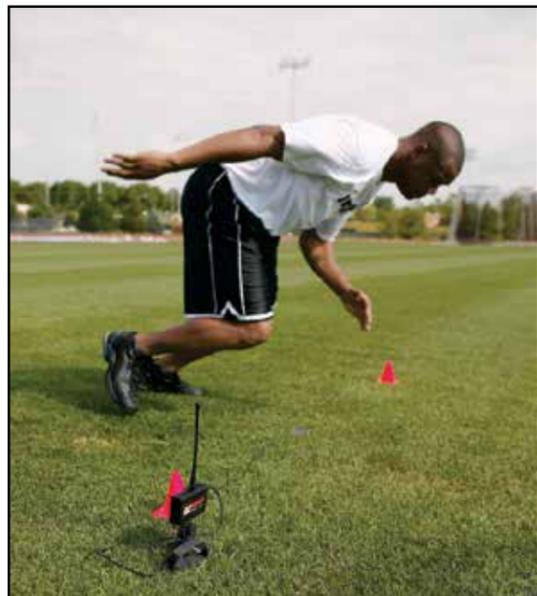
**Model:** E38710 **Price:** \$795



**TC SPEED TRAP II** (See photos below)

The TC-Speed Trap II is the latest development in timing systems. The TC-Speed Trap II is a wireless timing device that enables athletes and coaches to measure time, speed, count repetitions, input test data and save it all in the TC-Timer memory. The TC-System can send radio transmissions up to 1,000 feet and is accurate to the thousandth of a second, making it a highly precise timing tool. It is also equipped with five different radio frequencies allowing multiple systems to be used in the same area. All components fit neatly into a small lumbar pack.

**Model:** E38720 **Price:** \$1895



Order 24/7 at [www.raecrowther.com](http://www.raecrowther.com)

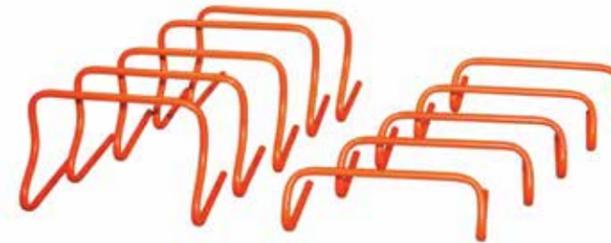
**HURDLE**

This economical hurdle meets official pull over resistance at all high school heights. Trigger release system allows for pain-free height adjustment to 5 heights: 30", 33", 36", 39", and 42". Rigid double-crossbar design ensures superior durability. All steel construction, powder coated tubes, and PVC gate board. Silk screen not available. Black gate tubes only. Ships partially assembled. Meets High School specifications. 1 Year warranty.



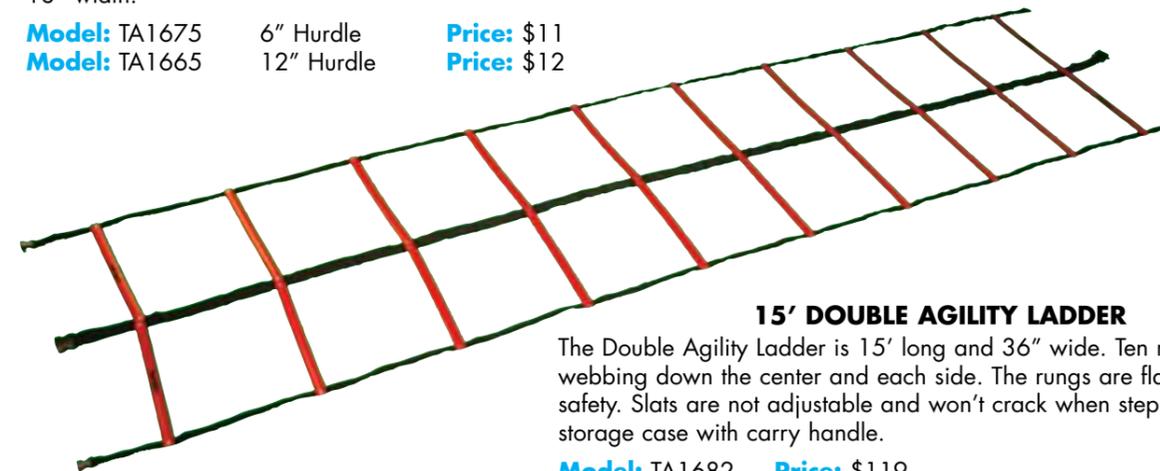
**Model:** 400  
**Price:** \$105

**6" & 12" STEP-HURDLE SETS**



Improves knee lift and step quickness. Position hurdles for agility drills, running drills and plyometric jumps. Use with forward and lateral drills. Constructed of durable PVC tubing. Two heights with 18" width.

**Model:** TA1675 6" Hurdle **Price:** \$11  
**Model:** TA1665 12" Hurdle **Price:** \$12



**15' DOUBLE AGILITY LADDER**

The Double Agility Ladder is 15' long and 36" wide. Ten rungs have webbing down the center and each side. The rungs are flat for improved safety. Slats are not adjustable and won't crack when stepped on. Has storage case with carry handle.

**Model:** TA1682 **Price:** \$119

FAX: 803-366-3633

Call Toll-Free: 800-841-5050

**30' AGILITY LADDER**



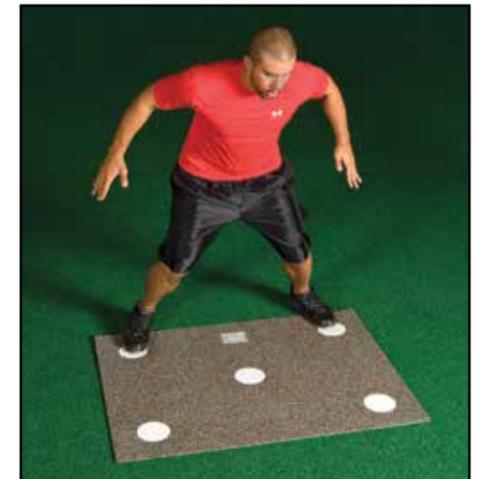
Transcend to new quickness. Coaches love speed, so we either have to recruit it or teach it. The original ladder used by top athletes and teams worldwide to improve footwork. Easy to transport and store, this practice tool can be used daily in season and out of season. Four 7' 6" sections make it easy to adapt to sport specific footwork drills. 30' total length, slats won't crack when stepped on. Has storage case with carry handle.

**Model:** TA1681 **Price:** \$79

**DOT DRILL MAT**

Improve foot speed, reaction time, and balance. Perform multiple footwork patterns. Start with both feet and progress to single foot drills. Position multiple mats in a row to increase the challenge. Molded on dots, not painted. 25 lb.

**Model:** TA1425 **Price:** \$99



### JUNGLE GYM XT

Built for punishing commercial use, the Jungle Gym XT is very different from traditional suspension bodyweight trainers on the market today. Most notably, it features a 'split design', which allows users to quickly and easily adjust the forces on the body by changing the width of the system. From "V shaped" suspension (found on traditional suspension trainers), to neutral suspension (found in Olympic rings) and now wide-angle suspension, the Jungle Gym XT offers new features and versatility unlike anything the category has seen before.

**Model:** TA1600    Jungle Gym XT    **Price:** \$139



### FOAM ROLLER PAD

Use the full round roller for advanced balance exercises. Full round rollers can also be used for pressure massage. Roll across the target area to relieve muscle soreness and tightness. Constructed of high-density foam. 6" round x 3' long.

**Model:** TA3620    **Price:** \$39



### 2 IN 1 FOAM ROLLER PAD

Use the full round roller for advanced balance exercises and pressure massage. Roll across the target area to relieve muscle soreness and tightness. Constructed of high-density foam. 6" round x 18" long.

**Model:** TA1826    **Price:** \$45

### WOOD RINGS

These high quality US produced wood rings meet International Gymnastics Federation (FIG) specifications, and are built of multi-laminated hardwood. Sold in pairs. 1 Year Warranty. Ship weight 2 lbs.

#### Rings Only

**Model:** TA1599    **Price:** \$85

#### Ring package (includes straps)

**Model:** TA1599P    **Price:** \$139



### FITNESS RINGS

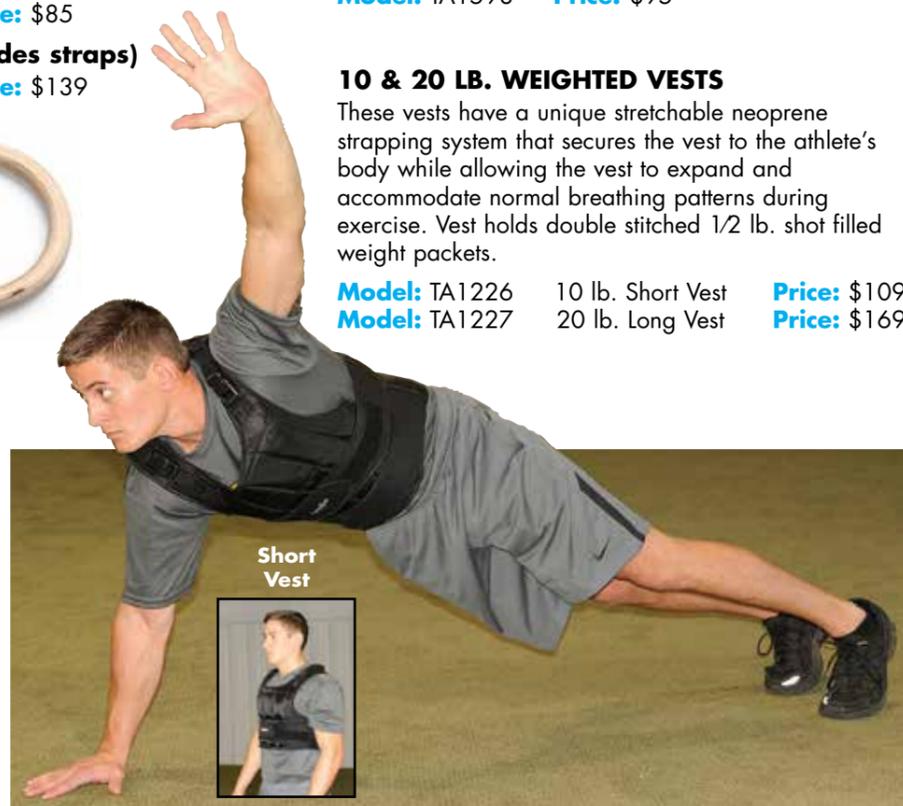
Fitness rings are simple, portable tools with a variety of uses. Formed in durable thermoplastic with forged aluminum hardware, these rings can be hung and used just about anywhere. Each package contains two rings, two straps w/buckles, and a convenient carrying bag. Sold as a pair.

**Model:** TA1598    **Price:** \$95

### 10 & 20 LB. WEIGHTED VESTS

These vests have a unique stretchable neoprene strapping system that secures the vest to the athlete's body while allowing the vest to expand and accommodate normal breathing patterns during exercise. Vest holds double stitched 1/2 lb. shot filled weight packets.

**Model:** TA1226    10 lb. Short Vest    **Price:** \$109  
**Model:** TA1227    20 lb. Long Vest    **Price:** \$169



### POWER ROPE

Weight is evenly distributed throughout solid rubber rope. Padded PVC handles with ball-and-socket swivel. Black handles. Rope color coded by weight; colors may vary.



**Model:** TA-1341    1 lb. 9' Power Rope    **Price:** \$33  
**Model:** TA-1342    2 lb. 9' Power Rope    **Price:** \$43  
**Model:** TA-1343    3 lb. 9' Power Rope    **Price:** \$50  
**Model:** TA-1344    4 lb. 9' Power Rope    **Price:** \$60

### THE TUG



The TUG was invented by All American and NFL player Steve Zabel. The TUG is like a huge water bottle with two sets of handles on opposite sides. It can be used in a tug of war, as a weighted sled, flipped like a big tractor tire, rowed upright, pressed, and for rotational core work. The TUG can be thrown in an explosive movement. You can adjust the weight of the TUG by adding water. You can't hide on the Tug! Colors: Royal, Red, Yellow.

**Model:** TUG-1    **Price:** \$245

FAX: 803-366-3633

### LEATHER ROPE

This 9' leather rope has padded wooden handles. The handles have ball bearings for a smooth rotation and less wrist fatigue.



**Model:** TA127  
**Price:** \$18

### SPEED ROPE

The speed rope has stainless steel cables encased in plastic for maximum speed. Uses ball bearings in handles. Comes with carry bag.



**Model:** TA128    9' Speed Rope    **Price:** \$17  
**Model:** TA1281    10' Speed Rope    **Price:** \$19



### FOAM BALANCE PAD

Balance pads have destabilizing properties, allowing you to add a challenge to push-ups, squats, lunges, and 1- and 2-legged balance movements. Constructed from molded closed-cell EVA foam provides durability and protection against odor-causing moisture. Do not stand on while wearing shoes. Blue. 17" L x 10" W x 2 3/8" H. 2 lb

**Model:** TA1803    **Price:** \$32

### BALANCE DISC CUSHION

Build strength by using this air-filled disc when doing balance-based exercises. Soft PVC. Sold individually. Colors: specify blue, red, or purple.

**Model:** TA365    **Price:** \$35



### FLOOR MODEL GLUTE HAM

Also known as a "Partner Glute Ham", use this economical pad for glute ham and core work. Our model uses the heaviest weighted foam in the industry. Removable center pad. Covered in black vinyl.

**Model:** GLHF    **Price:** \$225



Order two and save 10% (\$202)  
 Order three or more and save 15% (\$191)

## SPORT TRAINING WEIGHT ROOMS

### SPORT TRAINING WEIGHT ROOMS ARE THE ANSWER!

The answer to creating the most highly functional space for developing your athletes' strength, speed, and agility are Rae Crowther Sport Training Weight Rooms. Our Sport Training Rooms provide the best strength, movement, and instructional environment for athletes to train simultaneously. Please note the heavy emphasis on the word SPORT. This concept was started by legendary strength coach Steve Kenyon, who has spent 40 years training athletes. Rae Crowther Sport Training Weight Rooms create space and greatly improve functionality. The Sport Training methodology centers around the YES, YES, YES philosophy. Yes to exercises performed with free weights, Yes to exercises performed standing, Yes to multiple joint movements.

### WHAT SPECIFICALLY IS A SPORT TRAINING WEIGHT ROOM?

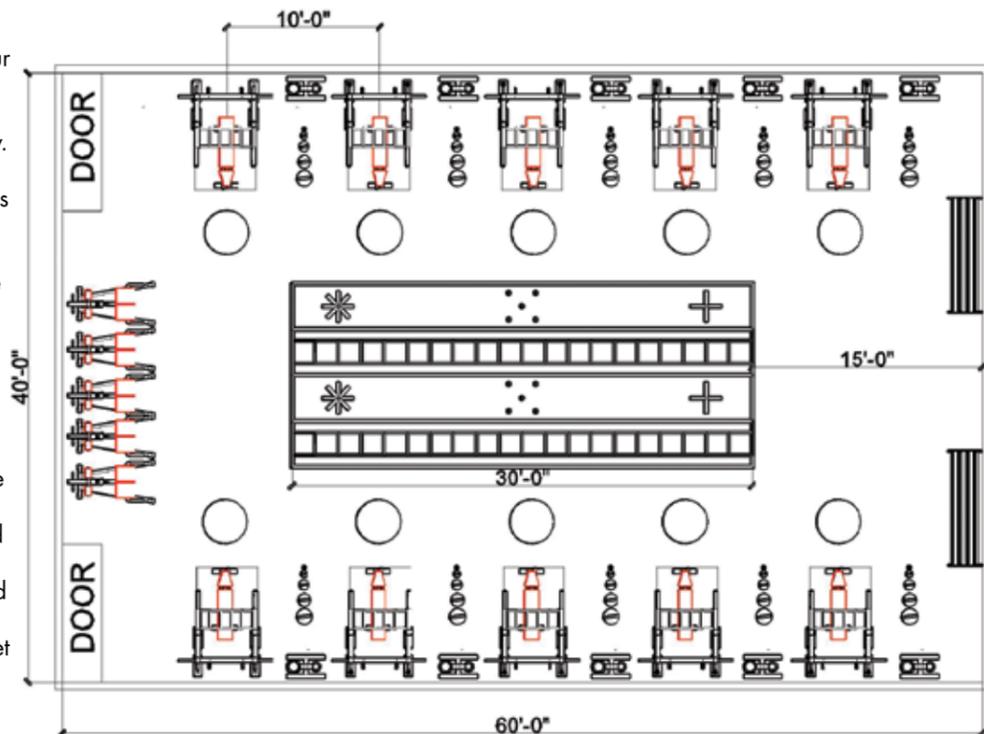
A Sport Training Weight Room begins with a perimeter rack design. The Sport Training Racks are placed around the outside of the room, on the perimeter of the room, which clears a large open space in the center of the room for various strength movements, speed, agility and of course coaching. This allows the coach to 'coach' from the center of the room and command the room accordingly. No athlete is hidden. Typically we paint line and agility patterns in the center space, so there is no need to fold and unfold ladders, no wasted time. We do all of this working within your budget. We can provide weight rooms from \$20,000 to \$200,000. You let us know how much "wow" factor you want and we supply the sauce! We have supplied over 80 Sport Training Weight Rooms in the last 10 years.

### WHAT IS SPECIAL ABOUT SPORT TRAINING RACKS?

We begin with the challenge of the High School football or strength coach who has to train 30 to 100 athletes simultaneously. The second part of that challenge is it often has to be done in a weight room that is not large enough to accommodate all of those athletes. We begin by creating space and organization. The Sport Training Rack is critical to this design implementation. At its most basic level a Sport Training Rack is essentially a simple device that holds a barbell. At its most advanced level it's a weight room in itself, in that it can allow multiple athletes to perform hundreds of diverse exercises. The primary focus of the Sport Training Rack is to increase maximum strength with an emphasis on ground based explosive movements. Movements that load the musculature and promote functional strength that enable athletes to run faster, hit harder, jump higher, and avoid injury. We specialize in flush-to-the-floor racks and platforms that allow athletes to move inside the weight room unobstructed. The racks don't have feet or runners sticking out into the lifting area. This increases the usable space on the floor about 3 feet per rack. 10 racks gain 30 feet, a big improvement in space. The platforms are made from wood, not rubber, and sink flush into the floor, with no edges. The athletes perform most of their lifts on wood. Our uncluttered designs allow athletes to work on unlimited strength and movements patterns. In effect, we make the typical 2,000 square foot weight room feel like a 3,500 square foot weight room. This also translates to better organization and little maintenance.

### WHAT ARE THE KILLER B'S?

The Killer B's are essential to the implementation of Sport Training Weight Room. The Killer B's are bars, bumper plates, med balls, wall balls, slam balls, dumbbells, bands, plyo boxes. Each rack has its own set of Killer B's, or in some instances 2 racks share a set of Killer B's. The Killer B's allow the coach and athlete a 100+ exercise menu. All the Killer B's have their exact storage location with specific made racks that are engineered to go with the whole system.

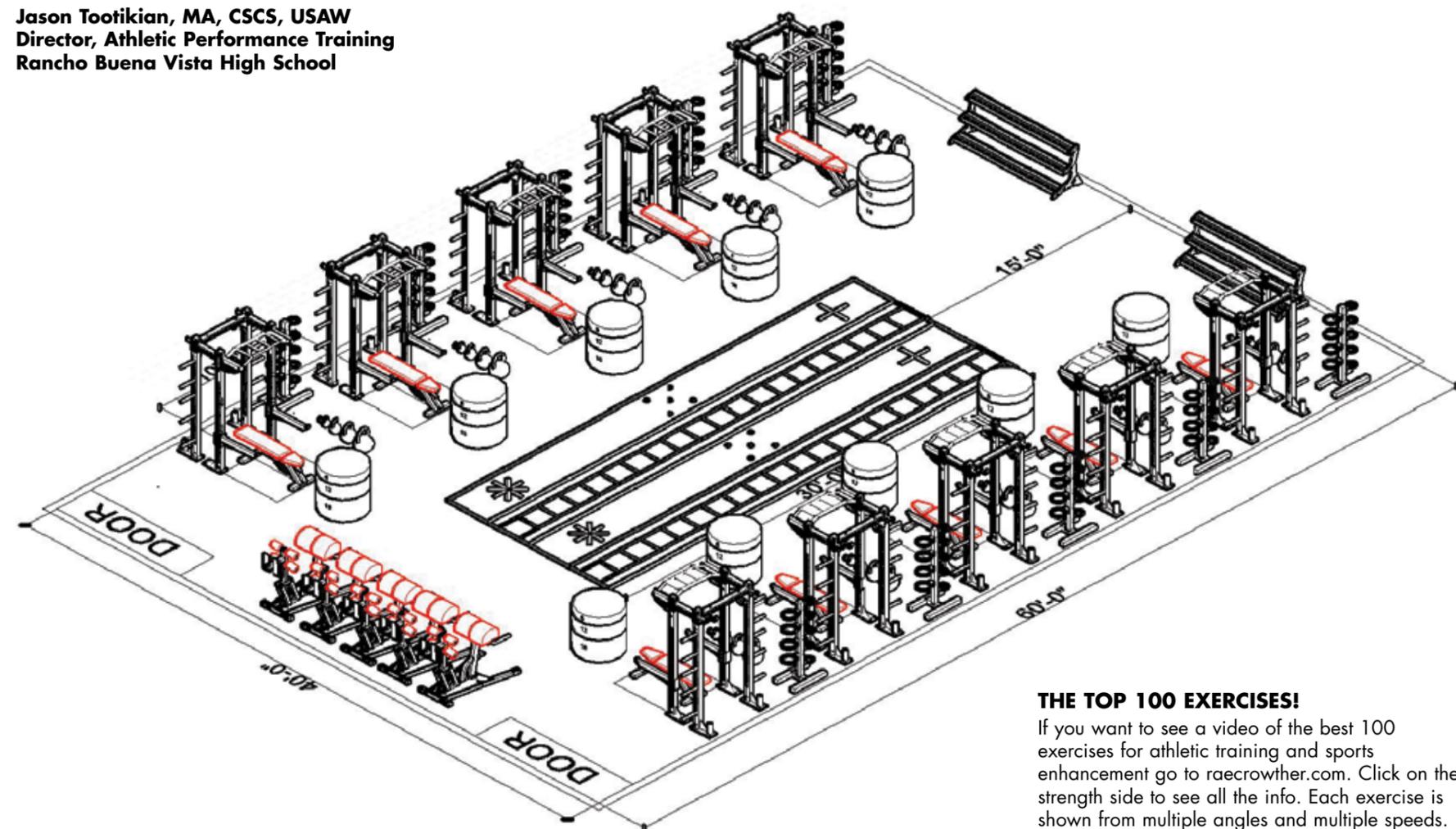


### HOW DO I START?

Turn the page for more details and then call us. We will discuss your needs and dimensions of your room. We then provide a line item quote of everything you desire. We can also provide a detailed CAD drawing of what your future room would look like. We can turn-key the room for you or provide just the basics. It all starts with a conversation.

*Thanks to Strength Coach Steve Kenyon and Rae Crowther's Sport Training Weight Room Design, Rancho Buena Vista High School has a state-of-the-art facility that screams safety, efficiency, and performance! The 3,400 sq. ft. facility has wall-to-wall rubber flooring containing 21 recessed platforms with school logos. The now spacious weight room has ten double-sided racks and a half rack that provides 21 self-contained training stations where we can do every exercise known to man. The training stations provide our students and athletes the ability to perform all variations of Olympic lifts (snatch, clean and jerk) and power lifting (squat, bench, and deadlift). The racks also provide vertical plate storage, keeping our over 5,000 lbs of bumper plates off the floor. The training stations greatly enhance our facility's efficiency. Based on our new design, we have made our existing facility seem like it has gained another 1,500 square feet. Strength is a top priority in the development of an athlete for all sports at the high school level. Rancho Buena Vista High School is now blessed with one of the finest facilities of its kind in the entire country. With the SST design and Rae Crowther athletic performance training equipment, we expect to take our physical education and athletics program to the next level!*

**Jason Tootikian, MA, CSCS, USAW**  
**Director, Athletic Performance Training**  
**Rancho Buena Vista High School**



### THE TOP 100 EXERCISES!

If you want to see a video of the best 100 exercises for athletic training and sports enhancement go to [raecrowther.com](http://raecrowther.com). Click on the strength side to see all the info. Each exercise is shown from multiple angles and multiple speeds.

# "I want a new sport training weight room"

A great choice! Here's what you need.  
**Pro Gold (the best) or Patriot**

# "I want a new sport training weight room"

You can choose between two levels of rooms:  
**(next to the best - very nice!)**

## Pro Gold Equipment



**Rack**

Page 67  
 Pro Gold Sport Training Rack



**Bench**

Page 70  
 Awesome Utility Bench



**In-Ground Platform & Flooring**

Page 66, 87  
 Pro Platform with Logo With 3/8" or 1/2" Flooring



**Line & Pattern Striping**

Page 87  
 Custom Kit



**Bars & Collars**

Page 76 & 77  
 Elite 20KG Olympic Bar & LockJaw Collars



**Bumpers & Plates**

Page 79  
 Elite Bumpers with custom logos



**Med Balls & Racks**

Page 82  
 Slam Balls, Wall Balls, & Double Med Ball Rack



**Kettle Bells**

Page 81  
 Elite Kettle Bells



**Bands**

Page 83  
 Joe D Bands



**Plyos**

Page 84  
 Jump Smart Plyos



**Dumbbells & Rack**

Page 81  
 Pro Style Dumbbells with Custom Logos & Pro Style Rack



**Glute Hams**

Page (Call for Info)  
 Pro Gold Glute Ham

## Patriot Equipment



Page 63  
 Patriot Sport Training Rack



Page 70  
 Awesome Utility Bench



Page 66, 87  
 Patriot Platform with Logo With 3/8" Flooring



Page 87  
 Agility Stencils



Page 76 & 77  
 VTX Training Bar & Muscle Clamps



Page 80  
 Striped Bumpers



Page 82  
 Slam Balls, Wall Balls, & Double Med Ball Rack



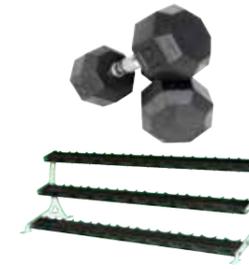
Page 81  
 Kettle Bells



Page 83  
 Joe D Bands



Page 85  
 Steel Plyo Boxes



Page 81  
 Hexz Style Dumbbells with Hex Rack



Page 72  
 Varsity Glute Ham

### PATRIOT SPORT TRAINING RACK

The Patriot Sport Training Rack is the leader in functionality and space savings. With no ground runners extending into the lifting area, these racks create a flush-to-the-floor design (with 3/8" rubber flooring), thus making a 2,000 sqf room feel like a 3500 sqf room. Add the optional 3/8" flush to the floor 4' x 4' platforms and Killer B Racks (holds med balls, bumpers, etc.) and you can create the ultimate training station for each group of athletes.

#### PATRIOT UPRIGHTS

Patriot Racks are made from 11 Gauge structural 3" steel tubing. The uprights are lasered 1 1/8" holes that allow 2" bar catch adjustments. Numbers are laser cut on both sides of the uprights. Lasered numbers will not wear out like panels or decals. Each upright has 16" x 6" x 3/8" welded base plates. All base plates have welded gussets for strength. Each base plate has 4 holes for mounting into the floor. Choose among 14 Standard colors for the uprights: Gloss Black, Matte Crinkle Black, Light Gray, Silver, White, Red, Maroon, Purple, Orange, Yellow, Navy Blue, Royal Blue, Dark Green, Kelly Green.

#### PATRIOT DELUXE BAR CATCHES

Standard are Patriot Deluxe Bar Catches with 34 adjustments per upright. The catch is a "sandwich" style bar catch with 1" thick ultra-high dense plastic in the middle. The metal is lasered cut and formed. The bar rests on the plastic and never the metal. The lifter has 3" of plastic to rest the bar. The interior of the catch is protected from the upright with a plastic sleeve. The catch is painted matte crinkle black.

#### PATRIOT CHIN BAR

The Chin Bar is made from 1 3/8" metal rod with a small camber at both ends with rubber grips. The chin bar has two wide interior parallel grip areas. The chin bar connector is gusseted and welded with large end plates for extra strength. Painted in matte crinkle black.

#### PATRIOT WEIGHT HORN UPRIGHTS

Standard are ten (10) zinc plated weight horns that bolt to the back uprights. Bumper plates will fit on the lower 3 weight horn pins. The Bottom 3 weight horn pins are 12" long and the top 2 pins are 6" long.

#### PATRIOT SAFETY BARS

Standard are two (2) heavy duty safety bars (safeties are painted matte crinkle black). Each bar is 29" in length. Each safety has hard plastic protection on the top and side of the metal. The plastic is secured with 2 metal rivets. Each safety is made from 3" structural steel tubing and gusseted for extra strength. Painted in matte crinkle black.

#### RACK CONNECTOR/BRACING

The connectors on the rack are heavily gusseted with 3" square tubing and 1/2" thick endplates. These heavy gussets with large oversized endplates are what make the rack very-very rigid. All gussets and braces are painted matte crinkle black.

#### OPTIONS:

In-Ground Platform  
**Model:** PRO1B  
**Price:** \$425  
 (Platform includes custom Logo)

Awesome Adjustable Bench  
**Model:** 1080  
**Price:** \$795

Double-Sided Med-Ball Rack  
**Model:** MBR3  
**Price:** \$295

Dip Attachment  
**Model:** PRO19  
**Price:** \$295



Order 24/7 at [www.raecrowther.com](http://www.raecrowther.com)



**For more information on sport training philosophy, please go to our website and watch the videos on the following topics:**

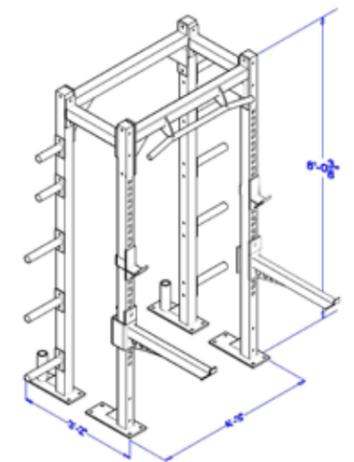
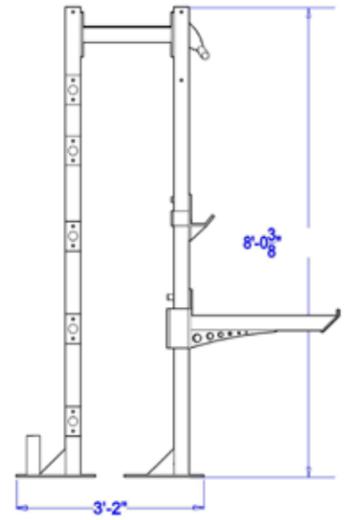
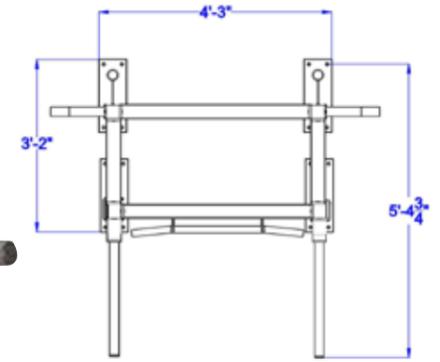
- The Training Element
- Essence of the Program
- Dynamic Warmup
- Train to Play
- Weight Rooms without Equipment
- Speed Windows
- Rest Relief
- Technical Speed
- Injury Prevention
- One Coach 50 Kids
- 6 Key Exercises
- Lift and Run
- What if they have a Game Tonight?

#### PATRIOT SPORT TRAINING RACK

**Model:** PAT1  
**Price:** \$1795

Order 2-4 Racks and save 15% (\$1525)  
 Order 5-9 Racks and save 20% (\$1436)  
 Order 10+ Racks and save 25% (\$1346)

FAX: 803-366-3633



Call Toll-Free: 800-841-5050

## PATRIOT RACKS

### PATRIOT UPRIGHTS

Patriot Racks are made from 11 Gauge structural 3" steel tubing. The uprights are lasered 1 1/8" holes that allow 2" bar catch adjustments. Numbers are laser cut on both sides of the uprights. Lasered numbers will not wear out like panels or decals. Choose among 14 Standard colors for the uprights: Gloss Black, Matte Crinkle Black, Light Gray, Silver, White, Red, Maroon, Purple, Orange, Yellow, Navy Blue, Royal Blue, Dark Green, Kelly Green.

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Standard are Patriot Deluxe Bar Catches with 34 adjustments per upright. The catch is a "sandwich" style bar catch with 1" thick ultra-high dense plastic in the middle. The metal is lasered cut and formed. The bar rests on the plastic and never the metal. The lifter has 3" of plastic to rest the bar upon. The interior of the catch is protected from the upright with a plastic sleeve. The catch is painted matte crinkle black.

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Standard are ten (10) zinc plated weight horns that bolt to the back uprights. Bumper plates will fit on the lower 3 weight horn pins. The Bottom 3 weight horn pins are 12" long and the top 2 pins are 6" long.

### PATRIOT SAFETY BARS

Standard are two (2) heavy duty safety bars (safeties are painted matte crinkle black). Each bar is 29" in length. Each safety has hard plastic protection on the top and side of the metal. The plastic is secured with 2 metal rivets. Each safety is made from 3" structural steel tubing and gusseted for extra strength.

### PATRIOT SUMO BASE

Each rack comes standard with a Sumo base. On the Half and Double rack the sumo attaches to the front of the rack and is predrilled with three holes (1 1/8" dia.) on 2" centers to accept band pegs or utility pins.

### PATRIOT RACK CONNECTOR/BRACING

The connectors on the rack are heavily gusseted with 3" square tubing and 1/2" thick endplates. These heavy gussets, two (2) on top, one (1) on bottom, with large oversized endplates are what make the rack very-very rigid.

### OPTIONS:

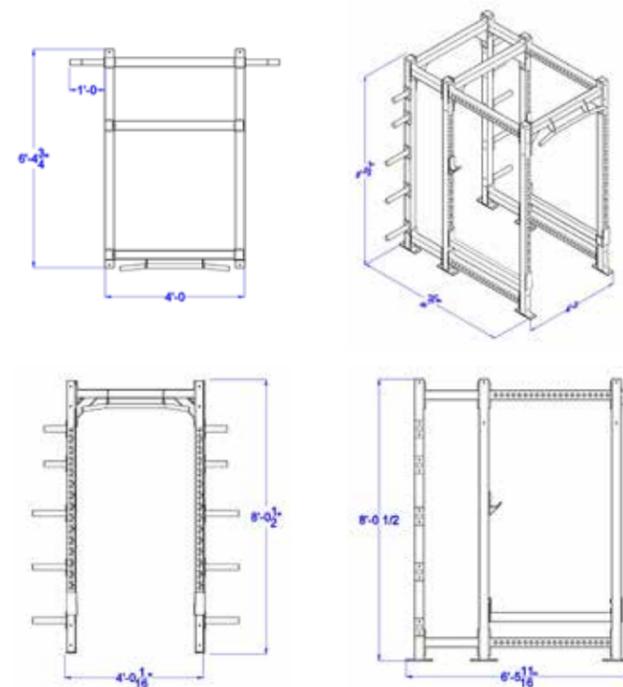
Bar Holder  
**Model:** PRO26  
**Price:** \$85

Landmine  
**Model:** PRO24  
**Price:** \$125

Storage Hook  
**Model:** PRO20  
**Price:** \$48

Utility Pin  
**Model:** PRO23  
**Price:** \$32

Dip Attachment  
**Model:** PRO19  
**Price:** \$295



### PATRIOT HALF RACK

**Model:** PAT2  
**Price:** \$1895

Order:  
2-4 Racks and save 15% (\$1610)  
5-9 Racks and save 20% (\$1516)  
10+ Racks and save 25% (\$1421)



### PATRIOT POWER RACK

**Model:** PAT4  
**Price:** \$2595

Order:  
2-4 Racks and save 15% (\$2205)  
5-9 Racks and save 20% (\$2076)  
10+ Racks and save 25% (\$1946)



### PATRIOT DOUBLE HALF RACK

**Model:** PAT3  
**Price:** \$2999

Order:  
2-4 Racks and save 15% (\$2549)  
5-9 Racks and save 20% (\$2399)  
10+ Racks and save 25% (\$2249)



### PRO GOLD SPORT TRAINING RACK

The Pro Gold Sport Training Rack is the best of the best and the leader in functionality and space savings. With no ground runners extending into the lifting area, these racks create a flush-to-the-floor design (with 3/8" rubber flooring). Pro Gold Racks include 7 Gauge 3" structural steel tubing. The Uprights are lasered with a Tear Drop & Hole design. The Pro Gold Series utilizes a multi-use upright. The tear drop design is lasered on the outside & inside of the uprights. These Laser cut tear drops allow micro 1 1/2" on center bar adjustments. On the front & backside of the uprights are 1 1/8" holes that are spaced 2" on centers. The dual design allows the lifter many options and many accessories. The uprights are pre-drilled to accept our Landmine Attachment. Each upright has 16" x 6" x 3/8" welded base plates. All base plates have welded gussets for strength. Each base plate has 4 holes for mounting into the floor. Choose among 14 Standard colors for the uprights: Gloss Black, Matte Crinkle Black, Light Gray, Silver, White, Red, Maroon, Purple, Orange, Yellow, Navy Blue, Royal Blue, Dark Green, Kelly Green.

### PRO GOLD MONKEY CHIN BAR

Pro Gold Racks come standard with the Monkey Chin Bar(s) with Extended Porch (72 lbs.). The Monkey Chin Bar provides the ultimate body weight experience. The design incorporates 2 chin bars of different sizes and 4 parallel grip areas. The front & back chin bars are of different diameters. The front bar is 1 3/8" diameter; the back bar, or 'fat bar' is 2" diameter. The bar is 42" wide. The parallel grips are spaced 10" & 24" apart. The extended porch area allows the Monkey Bar to be attached in front of the rack, as opposed to the interior of the rack, this allows more interior room & exercise combinations. The Porch also has pre-drilled holes for utility pin attachments. The top of the Monkey Bar is 96" from the floor. The Monkey Bar can be mounted 'upside down'. In this case the floor to chin bar height is 86". The Monkey is painted matte crinkle black for grip & durability. The connectors on the rack are heavily gusseted with 3" square tubing and 1/2" thick endplates. These heavy gussets with large oversized endplates are what make the rack very-very rigid.

### PRO GOLD BAR CATCHES

Pro Gold racks come standard with Deluxe Bar Catches with Roller Tappets (14 lbs. each). The Deluxe Bar Catch features a dual plate hook for safety & a roller tappet that makes centering a heavily loaded bar easier (the bar rolls on the tappets instead of grinding on metal). The Deluxe Catch also has hard plastic protection on the strike plate to keep the bar from grinding on any metal surfaces. The plastic is secured with counter sunk screws and is not glued. The drop-in latch utilizes a dual pin design for security and ease of movement. Each pin is machined for a perfect "fit" to the upright. The bar catches are reversible & can be used on the left or right side of the uprights, or inside or outside of the rack. This design element provides the user with many training options. The maximum height of the bar catch adjustment is 72" from the ground. Plastic protection is also used inside of the latch to protect the uprights. Painted matte crinkle black.

### PRO GOLD WEIGHT HORNS

Standard are ten (10) zinc plated weight horns that bolt to the back uprights. Bumper plates will fit on the lower 3 weight horn pins. The Bottom 3 weight horn pins are 12" long and the top 2 pins are 6" long.

### PRO GOLD SAFETY BARS

Each rack includes deluxe 29" safety bars. Each safety has hard plastic protection on the top & sides. The plastic is screwed to the metal & not glued. Each safety is made from 3" structural steel tubing and is welded and gusseted for strength. The drop-in design is the same as the Bar Catch. Minimum height of safety from ground is 14". Weight 17 lbs. per safety.

### OPTIONS:

In-Ground Platform  
**Model:** PRO1B  
**Price:** \$425  
 (Platform includes custom Logo)



Awesome Adjustable Bench  
**Model:** 1080  
**Price:** \$795



Double-Sided Med-Ball Rack  
**Model:** MBR3  
**Price:** \$295



Dip Attachment  
**Model:** PRO19  
**Price:** \$295



Order 24/7 at [www.raecrowther.com](http://www.raecrowther.com)



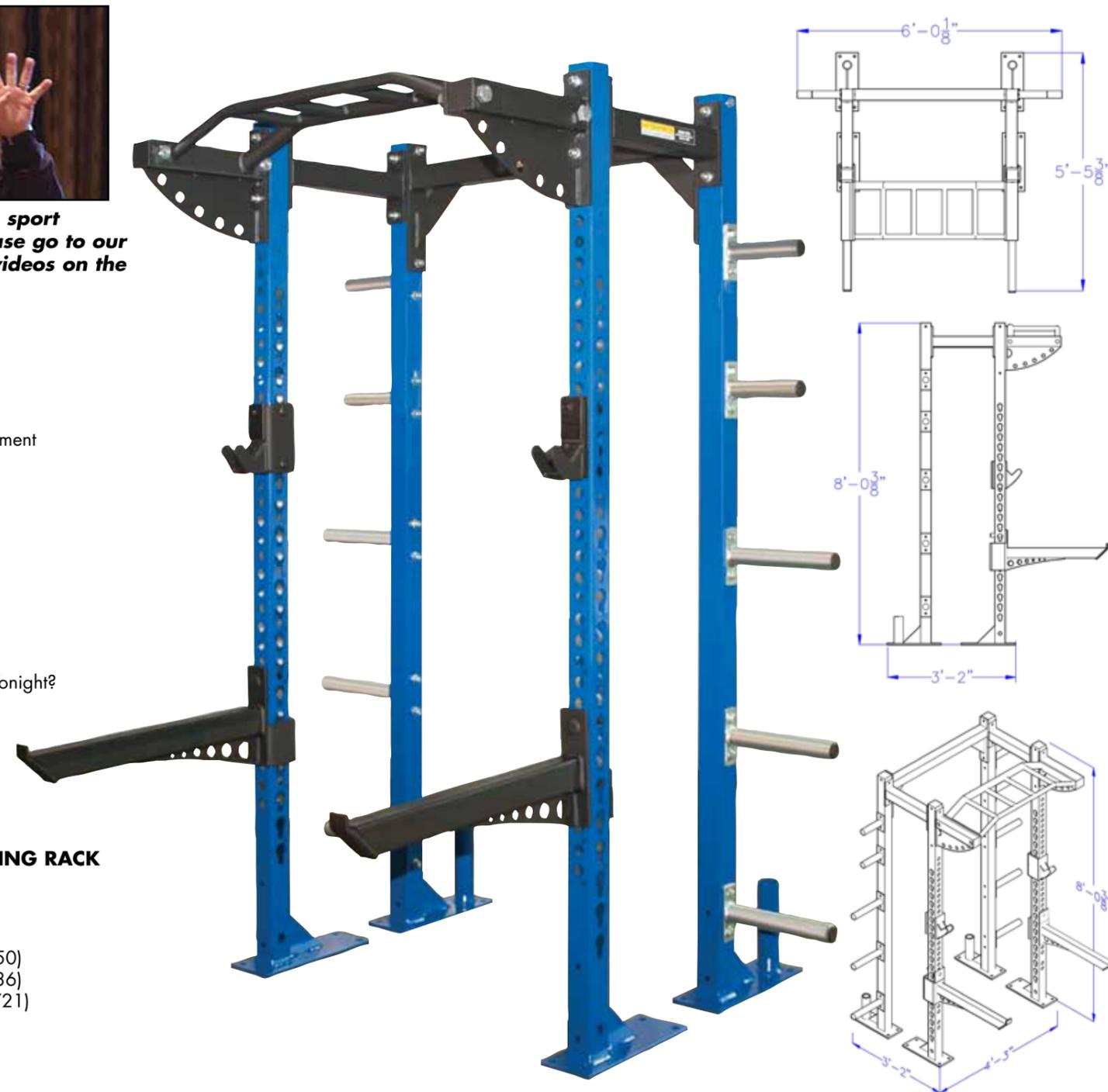
**For more information on sport training philosophy, please go to our website and watch the videos on the following topics:**

- The Training Element
- Essence of the Program
- Dynamic Warmup
- Train to Play
- Weight Rooms without Equipment
- Speed Windows
- Rest Relief
- Technical Speed
- Injury Prevention
- One Coach 50 Kids
- 6 Key Exercises
- Lift and Run
- What if they have a Game Tonight?

### PRO GOLD SPORT TRAINING RACK

**Model:** PRO1  
**Price:** \$2295

Order:  
 2-4 Racks and save 15% (\$1950)  
 5-9 Racks and save 20% (\$1836)  
 10+ Racks and save 25% (\$1721)



FAX: 803-366-3633

Call Toll-Free: 800-841-5050

## PRO GOLD RACKS

Pro Gold Racks include 7 Gauge 3" structural steel tubing, lasered with a Tear Drop & Hole design. The Pro Gold Series utilizes a multi-use tear drop upright, lasered on the outside & inside. These laser cut tear drops allow micro 1/2" on center bar adjustments. On the front & backside of the uprights are 1/8" holes that are spaced 2" on centers. The dual design allows the lifter many options and many accessories. The uprights are pre-drilled to accept our Landmine Attachment. Choose among 14 Standard colors for the uprights: Gloss Black, Matte Crinkle Black, Light Gray, Silver, White, Red, Maroon, Purple, Orange, Yellow, Navy Blue, Royal Blue, Dark Green, Kelly Green.

### PRO GOLD MONKEY CHIN BAR

Pro Gold Racks come standard with the Monkey Chin Bar(s) with Extended Porch (72 lbs.). The Monkey Chin Bar provides the ultimate body weight experience. The design incorporates 2 chin bars of different sizes and 4 parallel grip areas. The front & back chin bars are of different diameters. The front bar is 1 3/8" diameter; the back bar, or 'fat bar' is 2" diameter. The bar is 42" wide. The parallel grips are spaced 10" & 24" apart. The extended porch area allows the Monkey Bar to be attached in front of the rack, as opposed to the interior of the rack, this allows more interior room & exercise combinations. The Porch also has pre-drilled holes for utility pin attachments. The Monkey Bar is painted matte crinkle black for grip & durability.

### PRO GOLD BAR CATCHES

Pro Gold racks come standard with Deluxe Bar Catches with Roller Tappets (14 lbs. each). They feature a dual plate hook for safety & a roller tappet that makes centering a heavily loaded bar easier (the bar rolls on the tappets instead of grinding on metal). The Deluxe Catch also has hard plastic protection on the strike plate to keep the bar from grinding on metal. The plastic is secured with counter sunk screws and is not glued. The drop-in latch has a dual pin design for security and ease of movement. Each pin is machined for a perfect "fit" to the upright. The bar catches are reversible & can be used on the left or right side of the uprights, or inside or outside of the rack. This design element provides the user with many training options. Plastic protection is also used inside of the latch to protect the uprights. Painted matte crinkle black.

### PRO GOLD WEIGHT HORNS

Standard are ten (10) zinc plated weight horns that bolt to the back uprights. Bumper plates will fit on the lower 3 weight horn pins. The Bottom 3 weight horn pins are 12" long and the top 2 pins are 6" long.

### PRO GOLD SAFETY BARS

Each rack includes deluxe 29" safety bars. Each safety has hard plastic protection on the top & sides. The plastic is screwed to the metal & not glued. Each safety is made from 3" structural steel tubing and is welded and gusseted for strength. The drop-in design is the same as the Bar Catch. Minimum height of safety from ground is 14". Weight 17 lbs. per safety.

### PRO GOLD SUMO BASE AND CONNECTORS

Each rack comes standard with a Sumo base. The Half and Double Sided rack has the sumo attached to the front side of each rack and is predrilled with three holes (1 1/8" dia.) on 2" centers to accept band pegs or utility pins. The connectors on the rack are heavily gusseted with 3" square tubing and 1/2" thick endplates. These heavy gussets with large oversized endplates are what make the rack very-very rigid.

#### OPTIONS:

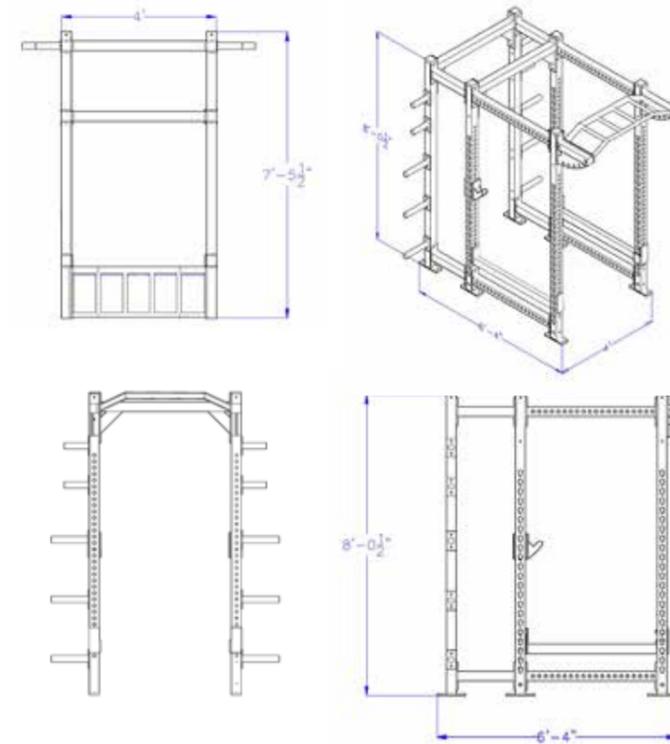
Bar Holder  
**Model:** PRO26  
**Price:** \$85

Landmine  
**Model:** PRO24  
**Price:** \$125

Storage Hook  
**Model:** PRO20  
**Price:** \$48

Utility Pin  
**Model:** PRO23  
**Price:** \$32

Dip Attachment  
**Model:** PRO19  
**Price:** \$295



### PRO GOLD HALF RACK

**Model:** PRO2  
**Price:** \$2495

Order:  
2-4 Racks and save 15% (\$2120)  
5-9 Racks and save 20% (\$1996)  
10+ Racks and save 25% (\$1871)



### PRO GOLD POWER RACK

**Model:** PRO4  
**Price:** \$3295

Order:  
2-4 Racks and save 15% (\$2800)  
5-9 Racks and save 20% (\$2636)  
10+ Racks and save 25% (\$2471)



### PRO GOLD DOUBLE HALF RACK

**Model:** PRO3  
**Price:** \$3995

Order:  
2-4 Racks and save 15% (\$3395)  
5-9 Racks and save 20% (\$3196)  
10+ Racks and save 25% (\$2996)



### PRO GOLD ADJUSTABLE BENCH (4-WAY BENCH)

The Awesome Utility Bench is a pleasure to train with and a reliable partner in the weight room. Comfortable, functional, heavy duty, easy to adjust, and easy to move. The bench seats are divided into two pads with minimal pad gap. The back pad is 10" wide x 38" length and the wedge shaped butt seat is 13" long and tapers 10" wide x 6". Both seats adjust via a laser cut arc that is welded to the seat frames. Both pads adjust independently via a series of slots in 10-degree increments. There are 9 angles of adjustment for the back pad and 6 angles of adjustment for the butt seat (1 of the positions is the decline adjustment). The standard decline angle is 45 degrees. Both seats use a chromed maintenance pop pin to actuate the movement. The front seat goes to minus 20 degrees to positive 40 degrees, thus with the optional Utility Foot Pad allows the bench to be used as a 4 way or decline bench. The rear pad adjusts from 0-85 degree, a more natural upright position. The backrest has a rubber bumper mounted to the bottom for support in the flat position and to keep the backrest from hitting the base. For movement of the bench, two hard rubber bearing wheels are mounted to steel welded mounts. The wheels engage the floor when the bench is raised to 10 degrees or greater. The bench padding is made from 2" thick rebond foam and is covered in 32 ounce sulfide stain resistant naugahyde. Dimensions: L 52" x W 24" x H 18" Weight 125 lb. Shipping weight 213 lbs. Warranty: Limited lifetime warranty against any defects. Warranty on Padding: 6 months on all vinyl covers. Standard pad color: Black. Standard frame color: Matte Crinkle Black. Warranty: Lifetime on frame. Plastic and rubber warranty is 1 year.

**Model:** 1080 Pro Gold Adjustable Bench **Price:** \$795  
**Model:** 1085 Pro Gold Adjustable Bench with Foot Utility **Price:** \$1095

Shown with  
Foot Utility



### YORK FLAT TO INCLINE BENCH

Ladder style bench that is easy to use and solid. The Bench is highly adjustable to six positions. Handle and wheels on the base to allow for easy movement. Rubber is on bottom of feet for flooring protection. Butt and Back pad adjust independently. High density foam padding. Length 57 1/4" x Width 22 1/4" x Height 19". Color of padding is black. Choice of frame color is white or silver. Ships unassembled. Assembly is relatively easy.

**Model:** 54027 **Price:** \$395



### VARSITY FLAT UTILITY BENCH

This is a fixed position bench, constructed of 11 gauge x 2" square tubing. The bench has firm vinyl covered foam padding on 3/4" plywood. Color: black-on-black. 18" H x 16" W x 48" L x 45 lb.

**Model:** WE100 **Price:** \$195



### PRO GOLD LEG PRESSES



### PRO GOLD LEG PRESS

These are 35 degree leg-presses. Choose between the unilateral or bilateral footplate. Many athletes and coaches consider these leg presses to be the finest in the world. Make this piece the core of your "hardcore" leg line and you will never be disappointed. Commonly seen on YouTube with the world's strongest men pushing 35 plates and more for reps. The main frame is constructed from 7 gauge 4" x 2" structural tubing. The seat is built with a 20 degree lower lumbar back support and adjustable seat angle. The adjustment tube uses a safety lock device and is activated via a pop pin. Multiple stainless steel weight horns are mounted on the rear of the frame for plate storage. 1 1/4" Class-L shafting is mounted under the 4" x 2" main rail to track (4) 660 lb. linear bearings. The bearings are held by snap rings for easy maintenance. The bearing carriage construction is solid welded to eliminate flex in the weight sled. The sled footplate size is 40" x 22", with two angles bent at 20 degrees. The optional bilateral sled is constructed of 2 independent foot plates. The footplate is covered with 3/16" tread plate. The regular footplate includes a 5" round calf block at the base of the deck (not included in bilateral machine). The sled weight is 182 lb. Stop handles are mounted to the main frame with a spring mount to absorb the sled's impact. The sled has two weight tubes, a short upper tube welded behind the foot deck and a bolt on lower tube giving a plate load of approximately 40 plates. Quick adjust safety stops are spring loaded and non-removable. W 64" x L 98" x H 48" Weight 708 lb. Standard pad color: Black. Standard frame colors: Matte Crinkle Black.

**Model:** 6000  
**Model:** 6001

Pro Gold Leg Press  
Pro Gold Bilateral Leg Press

**Price:** \$4495  
**Price:** \$5495

FAX: 803-366-3633

### PRO GOLD VERTICAL LEG PRESS



### GET STRONGER - GET A LOT STRONGER

This Vertical Leg Press makes you stronger, A LOT STRONGER. The word monomaniacal means someone or something that is fanatical about a cause or an idea. Do you want the best vertical leg press in the world? Here it is; this is a 90 degree dual linear bearing, free weight loaded, vertical leg press. It's a beast that will set your entire lower body chain on fire. Don't park your car too far away after going a few sets on the Vertical Leg Press. The 36" x 18" foot plate is constructed with 3/16" tread plate and is gusseted with a laser cut 3/16" plate. Large footplate allows multiple foot angles. The main frame is constructed from 7 gauge 4" x 2" structural tubing. The machine has a plate load of approximately fourteen 45's. Each weight horn measures 14.38 inches of usable length. Oversized safety stops are non removable and easy to adjust. The lumbar support seat padding is made from 2" thick rebond foam and is covered in 32 ounce sulfide stain resistant naugahyde. Stainless steel plate storage is standard on both sides of the chassis. W 63" x L 66" x H 78". The machine is 47" wide without weight horns. Weight 701 lb. The carriage weight unloaded is 182 pounds. Standard pad color: Black. Standard frame colors: Matte Crinkle Black.

**Model:** 6005

Pro Gold Vertical Leg Press

**Price:** \$3995

Call Toll-Free: 800-841-5050

**VARSITY GLUTE HAM:**

Innovative design is a breakthrough in simplicity, durability, and functionality. A Glute Ham is a combination exercise; it is a back extension with a leg curl. The intent is for the Glute Ham raise to be similar to the posterior chain recruitment in sprinting. Our table top design is very stable. Oversized high-density foam thigh and knee pad is constructed without any wood or staples and can be easily removed for floor exercises. Extremely comfortable and stable design allows aggressive exercise. Split pad for male comfort. Pad also includes Velcro insert that can be installed back into the split part of the pad for core work. Standard features include med ball holder (fits Dynamax ball), band attachment, 9" diameter never-go-flat wheels for easy movement, and oversized rubber feet. The band attachment doubles as a handle for moving the machine. For video, go to raecrowther.com.

**NO POP PINS OR DIFFICULT SLIDING MECHANISMS.**

Adjustable foot plate pivots forward and backward to accommodate different size athletes (will fit athletes from 4'5" to 6'8" in height). The pivoting arm is protected in plastic; thus no metal-to-metal contact. Powder coated in a scuff resistant formula. Standard color: Matte Crinkle Black. Standard pad color is black. 3 year warranty. Ships fully assembled. Weighs 202 lb. 60" L x 38" W x 46" H.

**Model:** GLH **Price:** \$795



Use as a reverse hyper, hand-grips are built into foot-pads.



Use as a glute-ham, hyper-extensions, good mornings with open-frame design.



Removable center pad.



Use for all core exercises including med ball work.



**202 lb**  
**MACHINE**  
**WEIGHT**

**VARSITY LEG EXT LEG CURL**

This is a dual function machine. Use as a leg extension or as a leg curl. Fixed backrest allows a very quick transition between exercises. 2 handles with rubber grips for lock-in during heavy leg extensions. Can load up to six 45" plates. Plate holder is UHMW protected. Molded rubber feet at all four corners. 59" long x 30" wide. Made primarily from 3" structural square tubing. Standard frame color: Matte Crinkle Black.

**Model:** LELC **Price:** \$895



**151 lb**  
**MACHINE**  
**WEIGHT**



**VARSITY 4-WAY NECK MACHINE**

Waste no time getting situated with our 4 angle Neck Machine. To change the angle of attack (anterior flexion, posterior flexion and lateral contraction) the athlete simply turns 45 degrees on the seat. Simple and easy with no complicated adjustments. Rotates on a sealed ball bearing. Holds up to 135 lb. 4

hand grips for each angle. Dual design padded headrest is easy and comfortable. Seat height is adjustable and spring loaded. Two UHMW protected plate holders. Molded rubber feet at all four corners. 60" tall x 43" length x 25" width. Made primarily from 3" structural square tubing. Standard pad color is black. Standard frame color: Matte Crinkle Black.

**Model:** NKM **Price:** \$895



**391 lb**  
**MACHINE**  
**WEIGHT**





**FREE STANDING CABLE CROSSOVER**

Includes polished chrome adjustable cable column for maximum exercise variety and smooth pulley adjustment. Pulleys swivel. Pronated grip position chin-up bar. 4200 lb. tensile strength aircraft quality cable. Two (2) Cable Crossovers with 200 lb. stacks. 36" Depth x 136" W x 92" H. 1010 lbs. Pad Color: Black. Frame Color: White or Silver. Call for custom color.

**Model:** 54016 with 200 lb. Stacks **Price:** \$2995



**LAT PULL DOWN**

Adjustable locking leg hold-down secures the lifter in place. Straight bar with angled ends ensures correct arm and wrist position. 4200 lb. tensile strength aircraft quality cable. Choose between 250 or 300 lb. weight stacks. Dimensions: 53" L x 47 1/2" W x 90" H. 537 lbs. Pad Color: Black. Frame Color: White or Silver. Call for custom color.

**Model:** 54020 with 250 lb. Stack **Price:** \$1695  
**Model:** 54021 with 300 lb. Stack **Price:** \$1795



**LOW ROW**

Excellent for mid to upper back exercises. Step-through design for easy access. 4200 pound tensile strength aircraft quality cable. Large diamond-plate footplate ensures foot stability. Rubber covered machine attachment rest improves bar accessibility and protects equipment finish. Choose between 250 or 300 lb. weight stacks. Dimensions: 72" L x 30 1/4" W x 90" H. 590 lbs. Pad Color: Black. Frame Color: White or Silver. Call for custom color.

**Model:** 54018 with 250 lb. Stack **Price:** \$1895  
**Model:** 54019 with 300 lb. Stack **Price:** \$1995

**VARSITY LIFTING PLATFORM**

This is a very economical and durable Olympic and dead-lift platform. All rubber construction with 2" square tube frame. 463 lb. Standard color: Matte Crinkle Black. Warranty: 3 Years on frame. Plastic and rubber warranty is 1 year.

**Model:** CLP2 **Price:** \$595



**PATRIOT LIFTING PLATFORMS**

This is a very economical and durable Olympic and dead-lift platform. Rubber and plywood construction with 2" square tube frame. 463 lb. Standard color: Matte Crinkle Black. Warranty: 3 Years on frame. Plastic and rubber warranty is 1 year.

**Model:** VARP68 **Price:** \$1245



**TRICEP ROPE W/SOLID RUBBER ENDS**  
**Model:** ATR36 **Price:** \$35



**TRICEP PRESS DOWN BAR W/SWIVEL**  
**Model:** TTVB-S **Price:** \$40



**TRICEP PRESS DOWN BAR**  
**Model:** GTVB **Price:** \$24



**MULTI EXERCISE BAR**  
**Model:** TXB **Price:** \$40



**CHIN TRIANGLE DOUBLE LOW ROW WITH ERGO HANDLE**  
**Model:** GCT **Price:** \$29



**DOUBLE STIRRUP HANDLE**  
**Model:** TDSH (6 lbs) **Price:** \$45



**HEAVY DUTY SINGLE CABLE HANDLE**  
**Model:** TCCH-D (2.7 lbs) **Price:** \$36



**SINGLE CABLE GRIP ERGO HANDLE**  
**Model:** GCCH **Price:** \$20



**REVOLVING STIRRUP HANDLE**  
**Model:** TOCH-S (2 lbs) **Price:** \$30



**REVOLVING STIRRUP HANDLE W/ RUBBER GRIP**  
**Model:** TCCH-R (2 lbs) **Price:** \$36



**48" HIGH QUALITY LAT BAR WITH SWIVEL**  
**Model:** TLB-48S (9.5 lbs) **Price:** \$49

**48" LAT BAR WITH SWIVEL AND RUBBER GRIPS**  
**Model:** GLB-48SR (9.5 lbs) **Price:** \$50



**20" MULTI PURPOSE STRAIGHT BAR**  
**Model:** GSB-20S (5.28 lbs) **Price:** \$35

**20" MULTI PURPOSE STRAIGHT BAR WITH RUBBER GRIPS**  
**Model:** GSB-20SR (5.28 lbs) **Price:** \$36



**28" MULTI PURPOSE CURL BAR**  
**Model:** GCB-28S (8.03 lbs) **Price:** \$38

**28" MULTI PURPOSE CURL BAR WITH RUBBER GRIPS**  
**Model:** GCB-28SR (8.03 lbs) **Price:** \$40



**34" PRO STYLE LAT BAR WITH FORGED SWIVEL**  
**Model:** TPLB-34S (10 lbs) **Price:** \$69



**24" LAT BAR WITH FORGED SWIVEL**  
**Model:** TPLB-24S (9 lbs) **Price:** \$59



**23" SUPRA CABLE CURL BAR**

The 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 the biceps without the stress of tendons and joints. Weight: 15.5 lbs

**Model:** SBCB-23 **Price:** \$115

### VTX MEN'S TRAINING BAR

This is a great bar for multipurpose training. If you are looking for a mid-priced bar that does well for all lifts, this is a good choice. 7' Bar Length (inside collar to collar length: 51.75 in). Medium knurling (no center knurling). The sleeves are attached via double snap rings. The shaft diameter is 28.5 mm, the shaft finish is oxidized, and the Sleeve finish is hard chrome. This bar has Dual markings (Olympic and power lifting). This is a bushing bar with double bushings that are self-lubricating.

**Model:** GOB-1800 **Price:** \$229



### YORK 7' NORTH AMERICAN 28 MM CHROME BAR WITH SPLIT SLEEVES

York applied its vast knowledge in bar design and produced perhaps the highest quality, most functional and attractive Olympic Bar of today. York applied its signature "split sleeve" design to each bar, which replaces the outmoded bolt and sleeve assembly. This means the sleeve assembly will not loosen or detach. The needle bearings ensure smooth, consistent rotation of the sleeves. The steel used in both bars is produced in North America. The Men's Bar is 7' long. The Women's Bar is 6½" long.

**Model:** 32110 **Price:** \$329



### YORK 20 KG OR 15 KG OLYMPIC TRAINING BARS

York Bars are made from the highest grade steel with a minimum yield strength of 195,00 PSI. Bars are made from elevated temperature drawn high tensile steel for maximum strength and flexibility. Bar sleeves are machine finished with needle bearings for reduced friction. Bars are calibrated to be accurate to within +0.01% and -0.05%. Sleeves are machine finished to a precise 1.975" diameter, accommodating any 2" diameter Olympic plate.

**Model:** 32002 **Price:** \$499 (20 kg Bar) **Model:** 32003 **Price:** \$439 (15 kg Bar)



### YORK INTERNATIONAL 15 LB. ULTRA-LITE 6' ALUMINUM BAR

**Model:** 32032 **Price:** \$159



### TROY 7' BLACK OXIDE POWER BAR

Troy 7' Black zinc-coated Power Bar, 1,500 lb. statical test, 28 mm diameter, 4" center knurling, snap-ring design.

**Model:** AOB-1500B **Price:** \$239



### TROY 7' TEXAS POWER BAR

Troy original "Texas Power Bar" 7' polished steel bar, 1½" diameter, 4" center deep-diamond knurling, 1,500 lb. statical test.

**Model:** AOB-2000B **Price:** \$359



**50 LB. HEX BAR**  
**Model:** AOT-56 **Price:** \$189



**18 LB EZ CURL BAR**  
**Model:** TOZ-47B **Price:** \$110



**25 LB 47" SUPRA CURL BAR**  
**Model:** ISBCB-47 **Price:** \$159



**YORK EXTREME FAT BAR**  
7' York Extreme 2" Grip Olympic Bar "Fat Bar" 55 lbs.  
**Model:** 2988 **Price:** \$295



### MULTI GRIP BAR

This weight-lifting bar has 3 different hand positions for complete muscular development of the shoulders and chest. Ergonomic placement of hands helps reduce stress on shoulders and wrists during pressing exercises. Heat-treated alloy with knurled handgrips. Fixed sleeves. Black. Length: 84". Sleeve: 15¼". 58 lb.

**Model:** 50080 **Price:** \$309



### LANDMINE

A ground-based rotational training device that works the entire body. Perform explosive 1- and 2-arm movements and other rotational exercises simply by inserting any Olympic-size bar (not included) into the 12" pivoting sleeve at the unit's base. Combine with the Wide Handle for work that targets the shoulders, core, and hips.

**Model:** LND1 Landmine (47 lbs) **Price:** \$239  
**Model:** LND2 Wide handle **Price:** \$42

### LONG & SHORT FAT BARS

Thick grip targets hands, wrists, and forearms for greater strength development. Made of 3" tubular steel with knurled grips and fixed sleeves. Short Fat Bar: 47". Sleeve: 7½". 13 lb. Long Fat Bar: 86". Sleeve: 15½". 24 lbs.

**Model:** (Long Fat Bar) 50065-LG **Price:** \$199  
**Model:** (Short Fat Bar) 50065-SH **Price:** \$139



### CAMBERED SQUAT BAR

This bar allows squats to be done in a more vertical posture, producing intensified quadriceps involvement. Cambered end design relieves much of the lower back stress normally associated with a back squat. All steel design with padded shoulder harness.

**Model:** WT129 **Price:** \$379



### SPRING COLLARS

**Model:** OC-O6  
**Price:** \$10 per pair



### MUSCLE CLAMPS

**Model:** AOMC  
**Price:** \$45 per pair



### LOCK-JAW OLYMPIC COLLARS

The Original Lock-Jaw, the Olympic model, is a favorite among coaches, universities, and gyms around the world due to their fast and simple operation. Solid nylon injection molded frame. Fast one-hand installation and removal. Recommended for steel, urethane, or rubber coated plates. 2" Olympic Barbell Collar, Weight: 13 ounces per set.

**Model:** WT135  
**Price:** \$55



### 9 BAR HOLDER

**Model:** 9BH  
**Price:** \$189



### LIFTING CHAIN AND COLLARS

Lifting chains provide a great workout. Each link offers additional resistance as you move through your full range of motion. Sold in pairs, 30 lb. chain is 1/2" links x 5' length; 52 lb. chain is 3/4" links x 5' length. Chain Collars sold separately. Chain Collar fits on 2" Olympic bars. Tightening knob holds collar in place. Collar is 3" in length. Powder coated matte crinkle black. Large 5" zinc plated carabiner included with each collar. Sold in pairs.

**Model:** CHAIN-1/2 (Pair) **Price:** \$119  
**Model:** CHAIN-3/4 (Pair) **Price:** \$150  
**Model:** CHAIN-COL (Pair) **Price:** \$49



### HEAD HARNESS

Leather. Capacity: 75 lb. Weight: 2 lb.

**Model:** MA307  
**Price:** \$50



### COTTON LIFTING STRAPS

Strong 1 1/2" cotton webbing, double-stitched for durability. White. 1 lb.

**Model:** WE316  
**Price:** \$11/pair



### LEATHER LIFTING BELTS

Top quality 1/4" thick cowhide Lifting Belts. Double-prong seamless roller buckle. 4" width.

**Model:** WE320S 24"-30" **Price:** \$54  
**Model:** WE320M 31"-37" **Price:** \$54  
**Model:** WE320L 38"-44" **Price:** \$54  
**Model:** WE320XL 45"-51" **Price:** \$54



### CHALK

100 percent pure magnesium carbonate to keep hands dry for a secure grip. 1 lb. box contains 8 - 2 oz. blocks.

**Model:** WE3057  
**Price:** \$15



### WOOD JERK BLOCK SET

The Wooden Jerk Blocks feature a stackable interlocking design based on your workout needs. These blocks are handmade, glued and screwed with rounded and sanded edges as well as reinforced top layers and double braced support construction for heavy drops. The blocks set includes the following pieces: 4 x 12" Blocks, 2-6" layers, and 2-2.25" toppers to allow you to customize your workout and adjust on the fly.

**Model:** CF85 **Price:** \$1299

**New**



### PRO CHALK CONTAINER

This large 23" diameter bowl is 5" deep. Rubber encased rim provides safety and helps keep chalk in bowl. Mounted on strong tubular steel stand with 4 swivel casters for easy movement. Black.

24" L x 24" W x 44" H.

**Model:** 68130  
**Price:** \$169



### DIP BELT

Leather dip belt helps increase body weight for dips, chins, lunges and 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.

**Model:** ALD5 **Price:** \$49



### ELITE BUMPERS WITH CUSTOM LOGOS

These Elite Bumpers are manufactured from high quality virgin rubber and a zinc-coated stainless-steel center plate. The plate Diameter is 17.72 inches (IWF Standard), Collar Diameter is 50.4mm/1.98 inches, rubber durometer range is 88-92. The 50.4 mm collar opening is able to fit any standard Olympic barbell. These plates are thin-cut to enable a higher loading capacity and are best suited for Olympic lifting and will have a consistent dead blow with minimal bounce. The 10 lb. plate is a special "Phantom" plate that works like a technique training bumper. It will not crack like a typical 10 lb. bumper and can be used alone on the bar. What makes them even more amazing is we can add your custom school logo at a fraction of traditional logo pricing, and we typically can deliver the bumpers within 4 weeks. Any custom logo job requires a minimal order of 8 plates (same poundage). There is a \$150 set up charge per plate group (45, 35, 25 etc.) and only a cost of \$6 per plate to print. Warranty is 3 years on the plates, 10 lb. Phantom plate has 2 year warranty, logo warranty is 90 days. Warranties only apply to manufacturing defects and not to normal wear and tear. Customer must provide camera ready artwork. Artwork that needs work or massaging by our graphic artist in order to bring up to printing resolution is charged at \$90 per hour.

Sold in pairs (see text above to calculate logo price or call us)

**Model:** EBP10 10 lb "Phantom" **Price:** \$133 per pair  
**Model:** EBP25 25 lb Elite **Price:** \$237 per pair  
**Model:** EBP35 35 lb Elite **Price:** \$297 per pair  
**Model:** EBP45 45 lb Elite **Price:** \$372 per pair  
**Model:** EBP55 55 lb Elite **Price:** \$399 per pair



### PRO BUMPER PLATE RACK (HANDLE AND WHEELS)

This is a horizontal bumper plate rack. The spacing of the slots is as follows: Two slots spaced 6" apart, two slots spaced 4 1/2" apart, two slots spaced 2 1/2" apart. Additionally the rack includes a small weight horn welded to the frame for 2.5 lb. plates. Standard color is matte crinkle black.

**Model:** 5155 **Price:** \$249



### VTX BUMPER RACK

The VTX horizontal bumper plate rack provides an organized and safe way to store your bumper plates. It is equipped with wheels and a guide handle for maneuvering weights throughout your workout facility with ease. This rack is a light institutional grade rack that is great for the athletic market. Paint color is black. Maximum Static Weight is 650 lbs, Maximum Portable Weight 350 lbs. L 50.71" x W 13.88" x H 22.84" / 31 lbs. Comes with a 1 year commercial warranty.

**Model:** GHBPR **Price:** \$185

### ROLLING BUMPER STAND

Rugged casters allow for easy transport. Stores up to ten 45 lb. bumper plates. Removable center post for easy load/unload.

**Model:** WE528  
**Price:** \$179



### STRIPED BUMPER PLATES

These affordable, durable style plates feature a layer of colored rubber in the center to denote weight. Coaches can easily calculate the weight their athletes are lifting from across the room. Plate Diameter: 450mm, Collar Opening: 50.4mm, Insert Type: Steel Ring, Durometer: 86.



<b>Model:</b> SBP10 lb.	Grey Stripe	<b>Price:</b> \$79 per pair
<b>Model:</b> SBP15 lb.	Orange Stripe	<b>Price:</b> \$99 per pair
<b>Model:</b> SBP25 lb.	Green Stripe	<b>Price:</b> \$119 per pair
<b>Model:</b> SBP35 lb.	Yellow Stripe	<b>Price:</b> \$165 per pair
<b>Model:</b> SBP45 lb.	Blue Stripe	<b>Price:</b> \$207 per pair
<b>Model:</b> SBP55 lb.	Red Stripe	<b>Price:</b> \$249 per pair



### TROY VTX COLORED BUMPER PLATES

The new VTX colored bumpers by Troy offer a solid rubber construction with a steel insert. They come with a full 1 year warranty. If you are shopping for economical colored bumpers, these are a very good value.

<b>Model:</b> VTX45	Red 45 lb.	<b>Price:</b> \$162 per pair
<b>Model:</b> VTX35	Blue 35 lb.	<b>Price:</b> \$138 per pair
<b>Model:</b> VTX25	Yellow 25 lb.	<b>Price:</b> \$98 per pair
<b>Model:</b> VTX10	Green 10 lb.	<b>Price:</b> \$66 per pair



### 5 LB. & 10 LB. TECHNIQUE PLATES

These are proper training plates made for teaching. Standard 10 lb. bumper plates are not made to be dropped and will crack. With these plates, you can pull from the floor at the proper height and with a light enough weight so that the athlete and coach can focus on technique without damage from being dropped. Size: 17.7" Diameter.

<b>Model:</b> HTP5 (5 lb.)	<b>Price:</b> \$120 per pair
<b>Model:</b> HTP1 (10 lb.)	<b>Price:</b> \$140 per pair



### TROY VTX BLACK BUMPER PLATES

Troy VTX Black Bumper Plates are engineered for quality, accuracy, and reliability. Made of solid rubber. Accurate to 99%. Odorless, heavy-duty, durable, with integrated 2" steel sleeve. Uniform 17.7" diameter. Prevents damage to equipment, walls and floors, and reduces noise. The best bumper at this price point.

<b>Model:</b> VTXB45	45 lb.	<b>Price:</b> \$65 per
<b>Model:</b> VTXB35	35 lb.	<b>Price:</b> \$50 per
<b>Model:</b> VTXB25	25 lb.	<b>Price:</b> \$37 per
<b>Model:</b> VTXB15	15 lb.	<b>Price:</b> \$28 per
<b>Model:</b> VTXB10	10 lb.	<b>Price:</b> \$24 per

### TROY USA CAST IRON PLATES:

<b>Model:</b> OP45	45 lb.	<b>Price:</b> \$47 per
<b>Model:</b> OP35	35 lb.	<b>Price:</b> \$37 per
<b>Model:</b> OP25	25 lb.	<b>Price:</b> \$27 per
<b>Model:</b> OP10	10 lb.	<b>Price:</b> \$11 per
<b>Model:</b> OP5	5 lb.	<b>Price:</b> \$6 per
<b>Model:</b> OP2.5	2.5 lb.	<b>Price:</b> \$4 per

### TROY PREMIUM CAST IRON PLATES:

<b>Model:</b> PO45	45 lb.	<b>Price:</b> \$59 per
<b>Model:</b> PO35	35 lb.	<b>Price:</b> \$49 per
<b>Model:</b> PO25	25 lb.	<b>Price:</b> \$35 per
<b>Model:</b> PO10	10 lb.	<b>Price:</b> \$15 per
<b>Model:</b> PO5	5 lb.	<b>Price:</b> \$8 per
<b>Model:</b> PO2.5	2.5 lb.	<b>Price:</b> \$4 per

### TROY CAST IRON GRIP PLATES:

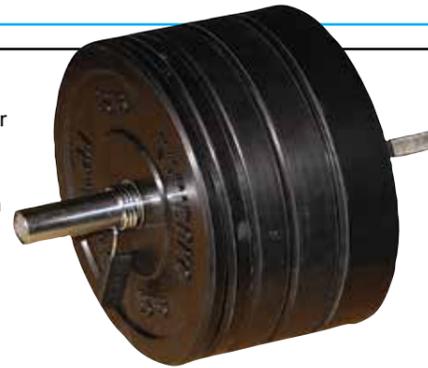
High-grade interlocking grip plates come in a baked gray cast finish.

<b>Model:</b> GO45	45 lb.	<b>Price:</b> \$59 per
<b>Model:</b> GO35	35 lb.	<b>Price:</b> \$49 per
<b>Model:</b> GO25	25 lb.	<b>Price:</b> \$35 per
<b>Model:</b> GO10	10 lb.	<b>Price:</b> \$15 per
<b>Model:</b> GO5	5 lb.	<b>Price:</b> \$7 per
<b>Model:</b> GO2.5	2.5 lb.	<b>Price:</b> \$4 per

### TROY RUBBER GRIP PLATES:

Protect floors and equipment, the interlocking feature allows the user to load more plates onto machines and bars to maximize workouts. These Olympic rubber grip plates also maintain a 2% accuracy level.

<b>Model:</b> GOVR45	45 lb.	<b>Price:</b> \$74 per
<b>Model:</b> GOVR35	35 lb.	<b>Price:</b> \$58 per
<b>Model:</b> GOVR25	25 lb.	<b>Price:</b> \$41 per
<b>Model:</b> GOVR10	10 lb.	<b>Price:</b> \$18 per
<b>Model:</b> GOVR5	5 lb.	<b>Price:</b> \$9 per
<b>Model:</b> GOVR2.5	2.5 lb.	<b>Price:</b> \$5 per



### KETTLEBELLS

We offer a high-quality, cast iron, budget-minded line of kettlebells. It has a bent steel handle welded to the base, a flat bottom, and coated in a grip texture.



<b>Model:</b> KB-010	10 lb.	<b>Price:</b> \$16
<b>Model:</b> KB-015	15 lb.	<b>Price:</b> \$22
<b>Model:</b> KB-020	20 lb.	<b>Price:</b> \$29
<b>Model:</b> KB-025	25 lb.	<b>Price:</b> \$36
<b>Model:</b> KB-030	30 lb.	<b>Price:</b> \$43
<b>Model:</b> KB-035	35 lb.	<b>Price:</b> \$50
<b>Model:</b> KB-040	40 lb.	<b>Price:</b> \$57
<b>Model:</b> KB-045	45 lb.	<b>Price:</b> \$64
<b>Model:</b> KB-050	50 lb.	<b>Price:</b> \$71
<b>Model:</b> KB-055	55 lb.	<b>Price:</b> \$77
<b>Model:</b> KB-060	60 lb.	<b>Price:</b> \$84
<b>Model:</b> KB-070	70 lb.	<b>Price:</b> \$98
<b>Model:</b> KB-080	80 lb.	<b>Price:</b> \$111
<b>Model:</b> KB-090	90 lb.	<b>Price:</b> \$126
<b>Model:</b> KB-100	100 lb.	<b>Price:</b> \$140



### KETTLEBELL RACK

Metal rack holds 15 multiple-sized kettlebells. Powder coated black. Rubber feet at 4 corners.

<b>Model:</b> KBR-1	<b>Price:</b> \$199
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### DUMBBELL RACKS:



Choose between our Hex or Pro Style Laser-Cut 1, 2 or 3-tier dumbbell racks. The Pro Style rack has hard plastic saddles that each dumbbell rests in. Each rack has contoured metal to prevent hands from being pinched. 1 tier rack holds 5 pairs of dumbbells, 2 tier holds 10 pairs, 3 tier holds 15 pairs. Standard frame color: Matte Crinkle Black.

<b>Model:</b> DR1H	1 Tier Hex-Style	<b>Price:</b> \$475
<b>Model:</b> DR1P	1 Tier Pro-Style	<b>Price:</b> \$575
<b>Model:</b> DR2H	2 Tier Hex-Style	<b>Price:</b> \$695
<b>Model:</b> DR2P	2 Tier Pro-Style	<b>Price:</b> \$835
<b>Model:</b> DR3H	3 Tier Hex-Style	<b>Price:</b> \$895
<b>Model:</b> DR3P	3 Tier Pro-Style	<b>Price:</b> \$1195

### HEX DUMBBELLS

Choose between cast iron and rubber coated. ASTM-grade 20, the highest quality gray iron casting available. These hex dumbbells are coated with a durable resin based paint and baked for one hour to ensure a finish that is chip, abrasion and corrosion resistant.



### Solid Hex Style: In 5 lb. increments.

<b>Model:</b> IHD500	5-50 lb. set	<b>Price:</b> \$585
<b>Model:</b> IHD1000	55-100 lb. set	<b>Price:</b> \$1645
<b>Model:</b> IHD575	5-75 lb. set	<b>Price:</b> \$1255

### Rubber Coated Hex Style: In 5 lb. increments.

<b>Model:</b> SD1	5-50 lb. set	<b>Price:</b> \$879
<b>Model:</b> SD2	55-100 lb. set	<b>Price:</b> \$2459
<b>Model:</b> SD3	5-75 lb. set	<b>Price:</b> \$1995

### PRO STYLE DUMBBELLS WITH OPTIONAL CUSTOM LOGO

These Pro-Style customizable dumbbells are built by welding a precision machined straight handle into a machined weight. The heavy-duty construction and high quality materials are designed to not bend or break through years of heavy use. The chrome knurled grip and compact design is easier, more comfortable, and safer than bulky bolted dumbbells and they look great as well. At an incredibly low price our customizable logo option allows you to add a full-color logo to your dumbbell set. Priced at just \$195 per set (5-50 or 55-100) this is a great way to make your gym or school or business stand out. Usual turnaround time is just 4 weeks. 90 day warranty on logos. Warranties only apply to manufacturing defects and not to normal wear and tear. Customer must provide camera ready artwork. Artwork that needs work or massaging by our graphic artist in order to bring up to printing resolution is charged at \$90 per hour.

See text above for logo price

<b>Model:</b> PSLD5-50	<b>Price:</b> \$1295 (5-50 set in 5 lb increments)
<b>Model:</b> PSLD55-100	<b>Price:</b> \$3485 (55-100 set in 5 lb increments)



Add your logo to these dumbbells



### REGULAR MED BALLS

Perfectly balanced and durably constructed, our Med Balls are guaranteed to maintain their shape. Perform traditional medicine ball exercises or pass them to a partner or rebounder. The textured surface of these medicine balls ensures superior grip and handling. Incorporate them into any group fitness, sport-specific, or rehabilitation movement for added resistance. Hollow synthetic rubber construction allows medicine balls to bounce.

<b>Model:</b> GMB4	4 lb. Ball	<b>Price:</b> \$26
<b>Model:</b> GMB6	6 lb. Ball	<b>Price:</b> \$28
<b>Model:</b> GMB8	8 lb. Ball	<b>Price:</b> \$32
<b>Model:</b> GMB10	10 lb. Ball	<b>Price:</b> \$35
<b>Model:</b> GMB12	12 lb. Ball	<b>Price:</b> \$39
<b>Model:</b> GMB15	15 lb. Ball	<b>Price:</b> \$48

### VTX WALL BALLS

The VTX Wall Ball comes in multiple sizes and colors. Each VTX Wall Ball is 14" in 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 applications. 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.



<b>Model:</b> PWB-004	4 lb. VTX Wall Ball	<b>Price:</b> \$44
<b>Model:</b> PWB-006	6 lb. VTX Wall Ball	<b>Price:</b> \$47
<b>Model:</b> PWB-008	8 lb. VTX Wall Ball	<b>Price:</b> \$50
<b>Model:</b> PWB-010	10 lb. VTX Wall Ball	<b>Price:</b> \$53
<b>Model:</b> PWB-012	12 lb. VTX Wall Ball	<b>Price:</b> \$56
<b>Model:</b> PWB-014	14 lb. VTX Wall Ball	<b>Price:</b> \$59
<b>Model:</b> PWB-016	16 lb. VTX Wall Ball	<b>Price:</b> \$63
<b>Model:</b> PWB-018	18 lb. VTX Wall Ball	<b>Price:</b> \$68
<b>Model:</b> PWB-020	20 lb. VTX Wall Ball	<b>Price:</b> \$72



### SLAM BALLS

The 9" diameter Slam Ball is a rubber ball filled with iron shot that can be slammed to the ground violently from an overhead position. The slam ball is used for total body conditioning as well as building explosive strength in the torso and legs. These Slam balls do not use a cork stopper. Slam away! 90 day warranty.

<b>Model:</b> VUL10	10 lb. Slam Ball	<b>Price:</b> \$30
<b>Model:</b> VUL15	15 lb. Slam Ball	<b>Price:</b> \$42
<b>Model:</b> VUL20	20 lb. Slam Ball	<b>Price:</b> \$51
<b>Model:</b> VUL25	25 lb. Slam Ball	<b>Price:</b> \$62
<b>Model:</b> VUL30	30 lb. Slam Ball	<b>Price:</b> \$72
<b>Model:</b> VUL35	35 lb. Slam Ball	<b>Price:</b> \$82
<b>Model:</b> VUL40	40 lb. Slam Ball	<b>Price:</b> \$88
<b>Model:</b> VUL50	50 lb. Slam Ball	<b>Price:</b> \$99

### STABILITY BALLS

Excellent for balance, abdominal work and stretching. Each ball is fabricated from the finest vinyl designed to support 500 lbs. of weight. Ball size used according to athlete's height. Shipped deflated.

55cm (5'-5'8")	<b>Model:</b> TA1805	<b>Price:</b> \$26
65cm (5'8"-6'2")	<b>Model:</b> TA1806	<b>Price:</b> \$29
75cm (6'2"+)	<b>Model:</b> TA1807	<b>Price:</b> \$32



### MED BALL RACKS

Sturdy and durable vertical storage for your medicine balls. Painted Black. 1 Year Warranty.

<b>Model:</b> (Single) TA129	<b>Price:</b> \$115
<b>Model:</b> (Double) TA1292	<b>Price:</b> \$145

### MED BALL CAGE

48"L x 24"W x 36"H. Painted Black. 55 lbs. 1 Year Warranty.

<b>Model:</b> PM93930	<b>Price:</b> \$235
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### BATTLING ROPES

The Blue Economy Battling Ropes are a superior choice over traditional manila ropes. The economy ropes are made with 100% danline, which means they won't shed fibers, fade, or absorb water like manila. Being so durable these ropes are a great choice for most school applications.



### PROFESSIONAL TUBING

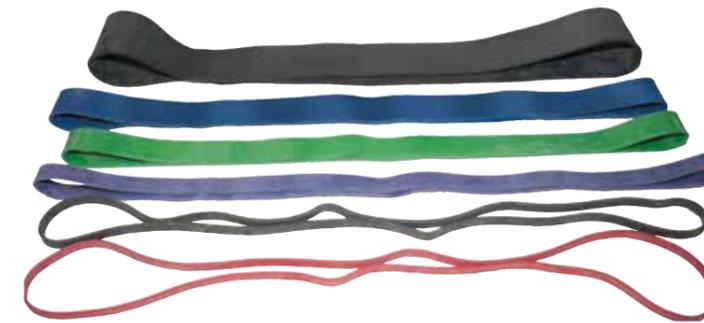
Versatile devices for a variety of strength and fitness exercises. Adjustable from a maximum of 4' down to desired length. Color coded tubing for desired resistance. Includes two rotator handles and door attachment.

<b>Model:</b> Xtra Light	TA1735	Light Blue	<b>Price:</b> \$10
<b>Model:</b> Light	TA1736	Magenta	<b>Price:</b> \$12
<b>Model:</b> Medium	TA1737	Orange	<b>Price:</b> \$12
<b>Model:</b> Heavy	TA1738	Red	<b>Price:</b> \$12
<b>Model:</b> Xtra Heavy	TA1739	Yellow	<b>Price:</b> \$17



### STRENGTH BANDS

Strength Bands are a cost-effective exercise tool. Available in 6 resistance levels. They are adaptable for multiple ages and fitness levels. A one stop shop in helping athletes. You can adjust the amount of resistance during exercise by adding pre-tension, standing closer or farther away, or combining bands together. Strength Bands can be used for any exercise and for every muscle group.



Model	Description	Resistance	Color	Size	\$ Price per band
J1	#1 Mini	5-35 lb.	Red	13 mm wide	\$12
J2	#2 Super Mini	10-50 lb.	Purple	20 mm wide	\$16
J3	#3 Small	25-80 lb.	Navy	29 mm wide	\$21
J4	#4 Medium	50-120 lb.	Green	45 mm wide	\$28
J5	#5 Large	60-150 lb.	Royal	64 mm wide	\$33
J6	#6 Monster	80-200 lb.	Black	100 mm wide	\$59
JSST	Sport Training Set	Includes 2 of the following: #3 Blue Small, #4 Green Medium, and #5 Brown Large			\$159
JTP	Team Training Package	Includes 12 of the following: #1 Red Mini, #3 Blue Small, #4 Green Medium			\$659

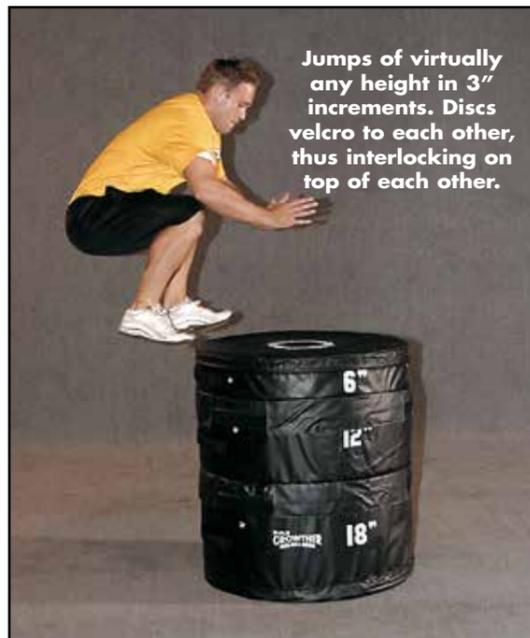
Model #	Description	Weight	Price
B515	Blue 50' x 1.5" Dia.	24 lb.	\$135
B502	Blue 50' x 2" Dia.	36 lb.	\$199



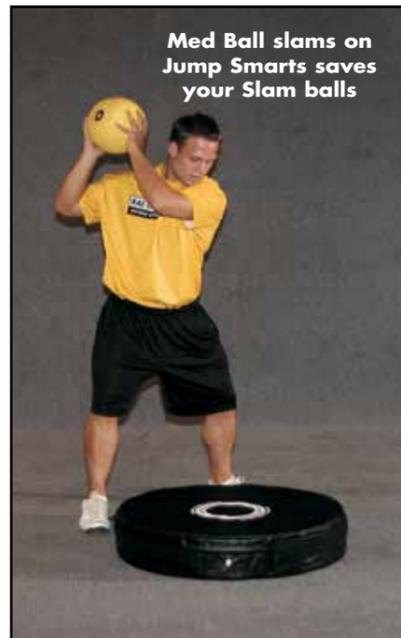
### JUMP SMART PLYO

Jump Smart Plyos are high-density foam 32" diameter plyometric discs. Each individual disc (3", 6", 12", 18", 24", or 30") velcros securely to each other. An improvement in safety over traditional steel boxes. Use our Jump Smarts to raise explosive power, increase ground reaction force, and enhance muscle stiffness (tension). Improve sprint performance by utilizing depth jumps in conjunction with a dynamic warm-up. Use Jump Smarts for clean pull progressions. Use for belt squats. Real non-skid base (not vinyl turned inside out). Please note these are the heaviest high-density foam plyo box discs on the market. No other competitor is even close on weight. Also, please note that discs interlock for stacking. "Jumps of all kinds are an important component of team sports. To maximize power production it is necessary to use as many joints as possible to produce force. This results in a summation of forces, which produces the highest ground reaction forces possible."

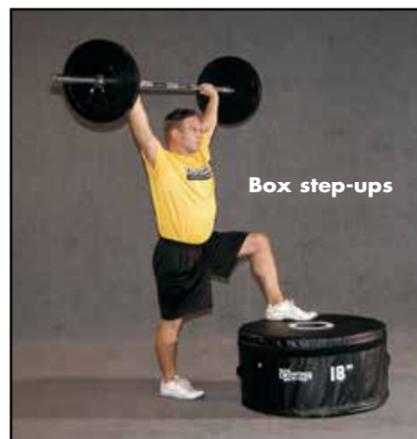
*"The guys love it! They are always aware of the edges on traditional Plyo Boxes, but with these, they have nothing to worry about. When the guys have a choice between the traditional Plyo box and the Rae Crowther Jump Smart foam plyo box, they choose the Jump Smart every time!"*



Jumps of virtually any height in 3" increments. Discs velcro to each other, thus interlocking on top of each other.



Med Ball slams on Jump Smarts saves your Slam balls



Box step-ups



No hard edges to hurt your athletes!

### Rock Gullickson Strength and Conditioning St. Louis Rams



Height	Diameter	Weight	Model	Price
3"	32"	25 lb.	JSP3	\$119
6"	32"	36 lb.	JSP6	\$139
12"	32"	65 lb.	JSP12	\$199
18"	32"	91 lb.	JSP18	\$259
24"	32"	115 lb.	JSP24	\$319
30"	32"	145 lb.	JSP30	\$379

### METAL PLYO BOXES



Jumping on and off boxes is one of the best plyometric exercises to improve leg power, speed, and strength. Each box is constructed of 1" square steel tubing. The top platform is covered with 10 mm thick rubber track surface. Anti-skid rubber is located at base corners to prevent slipping and to protect floors. Tapered design allows for much greater stability and easy stacking for storage.

**Starter Set:** (12", 18", 24", 30")

**Model:** TA301 **Price:** \$479

**Advanced Set:** (12", 18", 24", 30", 36", 42")

**Model:** TA300 **Price:** \$795

**Model:** TA306 6" Box **Price:** \$99

**Model:** TA312 12" Box **Price:** \$119

**Model:** TA318 18" Box **Price:** \$125

**Model:** TA324 24" Box **Price:** \$139

**Model:** TA330 30" Box **Price:** \$149

**Model:** TA360 36" Box **Price:** \$169

**Model:** TA342 42" Box **Price:** \$179

### 3 IN 1 WOOD PLYO BOX

The 3-in-1 Wooden Plyo Boxes feature three height options and an innovative design. These Plyo boxes are hand made, glued and screwed with rounded and sanded edges to prevent injury. The boxes are coated with a poly urethane finish to reduce wear and tear and to keep the box looking good. Uncoated boxes tend to get dirty and detract from the look of the weight room. Two Box sizes are available; W20 is 16", 18", 20" and W30 is 20", 24", 30" to allow you to customize your workout and adjust on the fly.

**Model:** PLYO-W20 (16", 18", 20")  
**Price:** \$159

**Model:** PLYO-W30 (20", 24", 30")  
**Price:** \$179



### SMART HURDLES

Any time you use a hurdle you're going to work a little harder against gravity. Work the groin, hip, and hamstring. A great progression from a flat agility ladder. Work stepping patterns (step over, step over with hands raised, lateral stepping), jumps, 1 legged hops, stretching, and with the bigger hurdle the athlete can step underneath and through for fantastic core and agility training. The bright yellow and black color combination makes these hurdles stand out in any training area. All Smart Hurdles have a three point base for superior stability on all surfaces, making drills safer. All Smart Hurdles are durable, lightweight and easy to carry. All hurdles sold individually unless otherwise noted.



#### 12" SMART HURDLE

(non-adjustable 12" high)

**Model:** TA18542 **Price:** \$169 (set of 6)

#### 18" ADJUSTABLE SMART HURDLE

(height adjustable from 12"-18" in 3" increments)

**Model:** TA18543 **Price:** \$79

#### 36" ADJUSTABLE SMART HURDLE

(height adjustable from 21"- 36" in 3" increments)

**Model:** TA18544 **Price:** \$95

#### 42" ADJUSTABLE SMART HURDLE

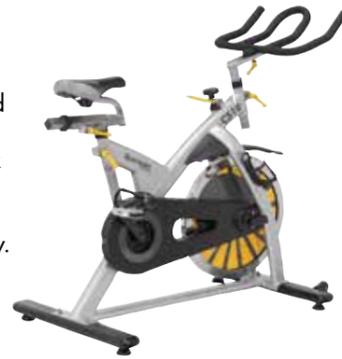
(height adjustable from 27"- 42" in 3" increments)

**Model:** TA18545 **Price:** \$115



### INDOOR CYCLING BIKE

Get ready for pedal hammering workouts. Simple adjustable ergonomic handlebars. Levers lock into place quickly. Multi-position resistance with easy control knob. Simply turn the knob to adjust. Emergency stop available by simply pressing down on the knob or handle. Fixed wheel drive system. Durable whisper quiet poly-V belt offers smooth, consistent motion. Fully enclosed drive-belt is protected from dust/debris and safer for users. Oversize and durable forged crank. Seat post can accommodate any standard bicycle seat. Seat adjustments are fore/aft and up/down. Handlebar adjustments are fore/aft and up/down. Clearly marked numeric adjustments for quick set-up. Front and side fenders protect vital components from sweat and corrosion, which equates to more workouts and less maintenance. Standard pedals are Toe Cage and Strap. Optional: oversized quick-strap pedal. 9/16ths Thread allows for after market pedals. Bike weight is 117 lb. Max user weight is 350 lb. The bike's steel frame dimensions are 41" L x 26" W x 48" H. Extra wide base for stability. Floor levelers are easy to adjust, the foot pads are under the foot tube for uneven floor surfaces. Low maintenance and easy assembly. Commercial warranty: Frame 5 years, Parts 2 years, Wear items 1 year, Labor 1 year.



**Model:** C510      SportsArt Indoor Cycling Bike      **Price:** Call for price or go to RaeCrowther.com

### SPORTSART CYCLES (UPRIGHT AND RECUMBENT)

Multi-position handrails provide a variety of grip options for all users. Low profile shroud allows easy on/off access. One-touch seat adjust allows quick and easy height adjustment. Padded oversized seat enhances comfort. Fore and aft seat adjustment for proper knee alignment while riding. Optional seat adaptor allows users to attach their own bicycle seats.

The C531u features a state-of-the-art tri-color dot matrix display with CardioAdvisor™ for accurate heart rate feedback. Multiple programs keep workouts fresh. Call for specific details on each model.



**Model:** C535u      SportsArt Performance Cycle Upright      **Price:** Call for price or go to RaeCrowther.com  
**Model:** C545u      SportsArt Institutional Cycle Upright      **Price:** Call for price or go to RaeCrowther.com

### SPORTSART TREADMILLS

SportsArt Treadmills deliver performance and durability. Hardworking 4.0 hp motor with FlowTec™ cooling and cleaning system. Heavy duty welded steel frame. Tri-color dot matrix display with multiple program options. MyFlex™ deck cushioning system delivers proportional cushioning effects regardless of user weight and is so durable it has a lifetime warranty. Large 22" x 62" belt provides ample running space and is constructed from carbon-weave, low friction material that is resistant to static buildup. FlowTec™ cooling and cleaning system protects drive motor and key electronics from dirt and heat buildup. Optional entertainment screen bracket. Call for specific details on each model.



**Model:** T615      SportsArt Precision Treadmill      **Price:** Call for price or go to RaeCrowther.com  
**Model:** T635      SportsArt Performance Treadmill      **Price:** Call for price or go to RaeCrowther.com  
**Model:** T645L      SportsArt Institutional Treadmill      **Price:** Call for price or go to RaeCrowther.com

### SPORTSART ELLIPTICALS

Commercial ellipticals with state-of-the-art features and premium construction. Industry leading electronically adjustable stride range between 17" - 29". MyFlex™ pedal cushioning system adjusts automatically based on user weight and never loses resiliency. Breakthrough programming such as Glute Trainer, Vari-Stride™, Heart Rate Zone Trainer and Personal CardioAdvisor™. Call for specific details on each model.



**Model:** E835      SportsArt Precision Elliptical      **Price:** Call for price or go to RaeCrowther.com  
**Model:** E840      SportsArt Performance Elliptical      **Price:** Call for price or go to RaeCrowther.com  
**Model:** E845S      SportsArt Institutional Elliptical      **Price:** Call for price or go to RaeCrowther.com

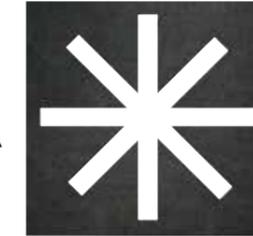


**New**

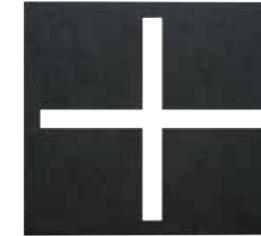
### SPORT TRAINING AGILITY STENCILS

Use these high quality stencils for creating Dot, Star, or Cross patterns on your floor. These high density thick plastic stencils are precisely water jetted out in the the pattern of a Star, Cross, or Dot pattern. Lay the stencil on the floor and paint inside the template with any kind of paint or spray paint. Use for setting up permanent patterns indoors or use for setting up quick patterns outside. The stencils can be reused as many times as you like. Buy the entire set or purchase any pattern individually.

**Model:** SST-STAR  
**Price:** \$95



**Model:** SST-CROSS  
**Price:** \$95



**Model:** SST-DOT  
**Price:** \$95



### GRASS TURF

Polyethylene and Nylon Turf with a pile height of 2 3/32" (+/- 1/8"). Backing is 5mm foam with scrim. Color is field green. Can be used indoor or outdoor over concrete surface. Roll width is 12'. Price is per sq ft. To adhere to surface use any urethane compatible glue.

**Model:** AT755      **Price:** Call



### RUBBER MAT 4' X 6' X 3/4"

Rubber mats can be a convenient way to pad a particular workout area. Easy to install, practically indestructible.

**Model:** RM46      **Price:** \$45



### ROLLED RUBBER FLOORING

Rolled Rubber Flooring is a must have for your weight room, fitness, and workout areas. Save your cement, plates, bars, and most importantly protect your athletes. Specifically designed to be the best flooring in safety and performance. Designed for its load carrying capacity, flexibility and strength. It is not slick when dusty. Rubber flooring provides unmatched performance for personal training. Creates a professional look. Easy maintenance. Requires the services of a professional installer. Available in plain black or speckled colors. Choose between 1/2" or 3/8" thick rubber flooring.

**Model:** RB100-3/8      4 x 50' Roll of 9.5 mm (3/8") Flooring in Black      **Price:** \$475  
**Model:** RB100-1/2      4 x 50' Roll of 12.7 mm (1/2") Flooring in Black      **Price:** \$635  
**Model:** RB100-3/8      4 x 50' Roll of 9.5 mm (3/8") Flooring In 17% Speckled Color      **Price:** \$595  
**Model:** RB200-1/2      4 x 50' Roll of 12.7 mm (1/2") Flooring In 17% Speckled Color      **Price:** \$815

# RAE CROWTHER CO.

## ATHLETIC TRAINING EQUIPMENT

### ORDER FORM 2017

PO BOX 12157 • ROCK HILL, SC 29731  
 PHONE: 800-841-5050 • FAX: 803-366-3633

 Please print clearly. You are welcome to fax the order to 803-366-3633 or mail to the P.O. Box address above. Thank You!

**DATE:** \_\_\_\_\_ **YOUR SCHOOL / UNIVERSITY PURCHASE ORDER NUMBER:** \_\_\_\_\_

<b>BILLING ADDRESS:</b>	<b>SHIPPING ADDRESS:</b>	<b>PHONE / FAX / E-MAIL:</b>

**SHIPPING:** All items will ship via motor freight except those items that are UPS-able. Call for exact shipping amount.

**CREDIT CARDS:**  Please print your full name as it appears on the card. Please include your full billing address with expiration date and security code (security code is 3-digit number found on back of card.)

QTY:	MODEL #:	DESCRIPTION:	UNIT \$:	TOTAL \$:

**Mission Statement:** Our Mission at Rae Crowther is to create great looking equipment (big time wow factor!) that reduces or eliminates practice injuries while also increasing the skill or strength level of athletes. Rae Crowther equipment is designed and sold to players, coaches, equipment managers, and athletic directors with the ultimate goal of developing oneself to the maximum extent possible, always striving for perfection, so that we can contribute something of value to the world. If you lose your dreams, you lose your mind.

**How to Order:** Order online 24/7, or phone, fax, mail, or e-mail your order. Use whatever method is most convenient for you. Our ordering numbers are on the back of the catalog and on the bottom of most pages.

**Payments:** We accept checks, Visa, Mastercard, American Express, Discover Card, and signed Purchase Orders from school districts. We also accept wire transfers on international orders.

**Pricing, Discounts, & Standard Terms:** Our lowest price is printed in the catalog. Shipping charges are not included in the price of the equipment. Shipping charges range depending on the equipment ordered. There is no minimum order.

**Quotes:** We are glad to provide a guaranteed quote on any product in the catalog. Just call the factory and ask for a guaranteed quote. Quotes are good for 30 days. Freight rates are only guaranteed when the delivery address is the exact same as quoted.

**Changes & Updates:** Items delivered may vary from photographs. Rae Crowther Co. reserves the right to update items or make changes to items at any time. It is always our goal to deliver to your field the very best product with the latest features.

**Shipping & Delivery:** Sleds normally ship within 3 to 5 weeks. Unfortunately, sometimes the shipping dock does become backlogged and/or backordered. Call for availability. The weights listed in the catalog are not shipping weights. All equipment is shipped F.O.B. Rock Hill, South Carolina. Free shipping only applies to the lower 48 states. Rae Crowther reserves the right to restrict free shipping. Free shipping not available to dealers.

**Lost or Damaged Freight:** Rae Crowther products leave the factory in perfect condition. When your equipment is shipped, you are sent important shipping instructions. We try to use the fastest and most reliable freight carriers. Once the equipment leaves our factory, the shipment is out of our control. If equipment is delivered short or damaged, it is the responsibility of the delivering carrier to pay any claims. It's very important that the person signing for the delivery writes the words 'Short' or 'Damaged' directly on the delivering carrier's ticket. Make a copy of the ticket immediately. We will help you file any claims that are necessary against the freight company. When damages or shortages occur, we are at the mercy and speed of the freight company. Usually the process takes 90 days or more to be reimbursed by a freight carrier.

**Concealed Damage:** If a product is found to be damaged after being removed from its box, please notify Rae Crowther Co. and the delivering carrier immediately. Ask the carrier to fill out a concealed damage report. Usually this must be done within a week of the delivery.

**Non-Warranty Return Policy:** Before returning any equipment, call the factory first and describe the problem. We will be glad to try to help or make appropriate amends to solve the problem. We do not ship equipment for loan or a trial basis. If there is an early cancellation date for your order, we need to know that before accepting the order.

**Warranty Return Policy:** Please call to make sure the equipment in question is under warranty, and, if so, you will be given a return authorization number. If the piece of equipment is under warranty, you must ship the product pre-paid. Rae Crowther Co. will inspect the product upon arrival. If the product is defective, Rae Crowther Co. will fix or replace the item and ship it back to the customer at no charge.

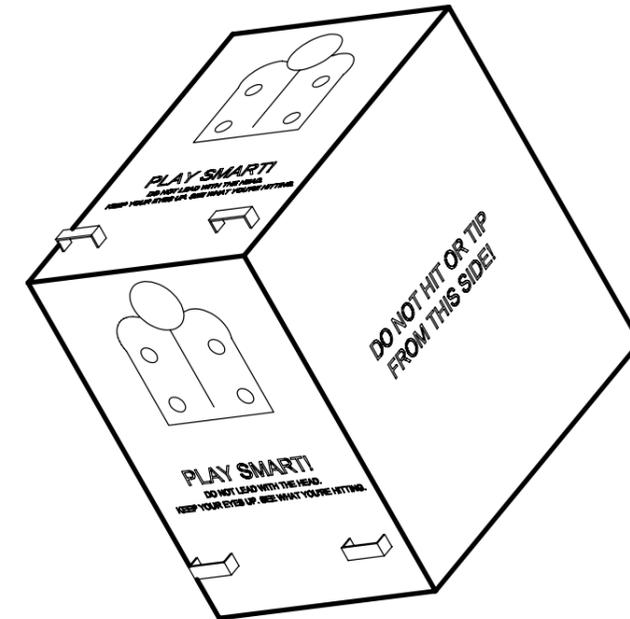
**Refusal of Shipment:** Refused shipments will be charged a 15% restocking fee and the total shipping costs. If you are purchasing equipment through a booster club with non-school funds, please notify the school to accept the freight on behalf of your team.

**Limited Warranty:** Rae Crowther Co.'s sole obligation and the buyer's sole remedy is to repair or replace, at our option, any part that is found to be defective during the warranty period. Repair or replacement must be made only by Rae Crowther Co. Any product thought to be defective must be returned to Rae Crowther Co. for inspection at the buyer's sole expense. A Return Authorization Number must be obtained from Rae Crowther Co. before returning a product under a warranty claim. This warranty does not cover products damaged in shipment or any product damaged as a result of misuse, negligence, accident, improper assembly, ordinary wear and tear, vandalism, or by repairs, alterations, or use of replacement parts not manufactured or installed by Rae Crowther Co.

**Disclaimers Of Warranties:** Rae Crowther Co. makes no warranties, representations, or promises, either express or implied, as to the quality or performance of its products other than those set forth above, and Rae Crowther Co. expressly disclaims all implied warranties, including but not limited to the warranty of merchantability and warranty of fitness for a particular purpose. Rae Crowther neither assumes responsibility for nor authorizes any other person to assume for it any liability in connection with the sale of its products. In no event shall Rae Crowther Co. be liable for consequential damages, personal injury, or property damage.

**General Warning:** Rae Crowther Co. equipment is designed to protect the safety of the players. However, by the very nature of the sport, methods of practice and conditioning to play the sport, and equipment designed for the sport and such practice, it is possible that serious bodily injury, death, or property loss and damage could result. The User knowingly and voluntarily assumes all risk of serious injury, death, and property damage related to the use of Rae Crowther Co. products, including those that may result from the negligence of Rae Crowther Co., its employees and agents, the User or any other person or cause. Use of Rae Crowther Co. products shall constitute a release by the User of Rae Crowther Co. and its shareholders, officers, employees, and agents and their respective successors and assigns from all liability from injury, death, and property loss or damage that is in any way related to the use of Rae Crowther products, including any and all liability that may result from the negligence of Rae Crowther Co., including its employees and agents, the User or any other person or cause. Rae Crowther Co. assumes no liability for improper use, negligent assembly, unauthorized alteration or modification, lack of supervision, the physical condition or health of any User, or other condition affecting the User and use of any Rae Crowther Co. product. The sole responsibility of Rae Crowther Co. is governed by its limited warranty. Consult all written materials accompanying Rae Crowther Co. products prior to any use or assembly.

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