

**2023**

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**RAE CROWTHER CO.**

**ATHLETIC TRAINING EQUIPMENT**

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**Classic Two-Man Pan Sled with New Bloxx Pads**

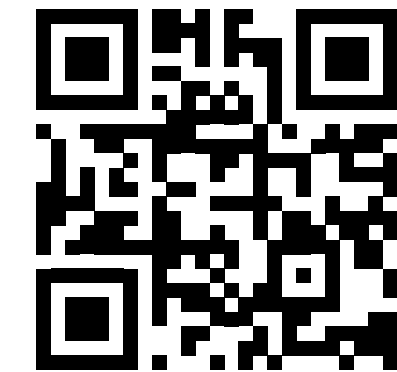


# Welcome to our Catalog, we hope to hear from you soon!

For pricing, please scan the QR Codes in the catalog. Each item in the catalog has a QR code next to the model number (or close to the model number, as space allows). The QR code takes you direct to the product page on our web site.

If you have any problem scanning the QR code, please see help instructions below. Obviously, you are always welcome to call or email us for a price, quote, or to place an order. The large QR code below this text will take you to the front door on our web site should the smaller QR codes cause any problems.

Help instructions: How do I use a QR code? Okay, it's simple. Please open your phone and go to your camera, as if you're about to take a photo. Center the QR code close to your phone's camera and increase the distance until brackets appear around it. Your phone's screen will display a link that you can click on to go to the item and price.





**New Bloxx Pad**  
Page 51



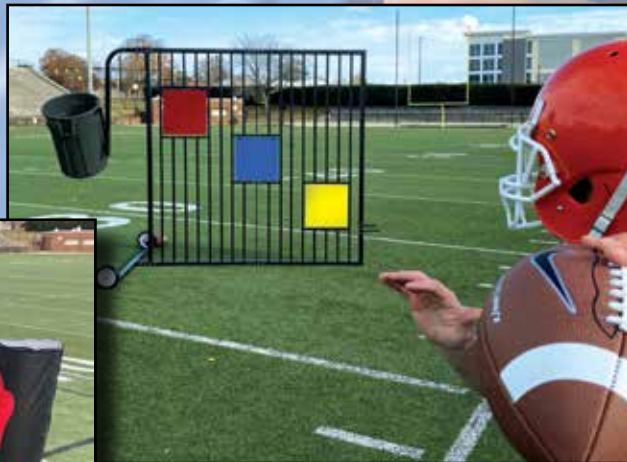
**New Motion Tackler V5**  
Page 12



**New Gruncher V3**  
Page 22



**New Escape Sled**  
Page 16



**New King QB's Metal Net**  
Page 39



**New Pop-Ups**  
Page 46



**New Mini Shield**  
Page 49



**New Varsity Patriot Racks**  
Page 61

**New Blast Shield**  
Page 48

**What's new?  
We've been  
working on new  
tools for you!**

# The Classic Two-Man Pan Sled

## The king of teaching blow delivery



### THE SLED OF THE PROS

The Classic Two Man Sled (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.



*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."**



### BLOXX PAD:

Introducing the new Bloxx Pad. This pad has two pair of handles per pad for multiple drills and pad heights. Each handle is 8" wide promoting tight hands and tight elbows. The pad to get for hip-driven power.

### ENDURO



### Z1



### Z2



### BLOXX



- Model:** MC2R Classic Pan Sled with Enduro Pads
- Model:** MC2Z1 Classic Pan Sled with Z1 Pads
- Model:** MC2Z2 Classic Pan Sled with Z2 Pads
- Model:** MC2B Classic Pan Sled with Bloxx Pads
- Model:** SB85 Optional 85 lb. Sand Bag
- Model:** MC2-AP Optional Partial Assembly of Sled
- Model:** MC2-AF Optional Full Assembly of Sled

Enduro Pad Colors    Black    Navy    Royal    Purple    Maroon    Red    Orange    Green

Z1, Z2 & Bloxx Pad Colors    Black    Navy    Royal    Red    Green

To see pad options go to page 50-51





**Train against low and long linemen with the Climb Sled**

Get underneath and inside leverage and climb...



New S2 Pad with Chest Plate



**CLIMB SLED**

"The sled" for the Mechanics of Hip Driven Power. Maximize teaching of base blocks. A great sled for everyone but maybe the best tool for helping undersized linemen. Get a maximum return on your sled practice time. The Climb sled was designed to allow offensive and defensive linemen a realistic game like target to combat linemen who play "low and long", leaving little surface area to strike the opponent. The concept comes from longtime professional Coach Bill Callahan. With DL's offering little surface area to strike, the offensive lineman must learn the new "Climb" technique; by striking underneath the shoulder plate with an upper cut strike, while finding "handles" on the breast plate of the defender. The new S2 pad has built into the surface of the pad a breast plate with enough "give" to allow the offensive player to gain a "handle." The new S2 pad also includes arms (stubby short arms) that mirror the difficulty of hand placement in a dynamic combative environment. The pad is then leveraged, or "Climbed" into a taller position while being driven. The angle of the S-Pad is adjustable, allowing the coach to create more angle or less. Pro/Collegiate and High School models available. Metal parts are powder coated black. Warranty on metal is 5 years; warranty on padding is 2 years.

- Model:** CS-HS High School Climb Sled with S2 Pad
- Model:** CS-PRO Pro / Collegiate Climb Sled with S2 Pad
- Model:** CS-AP Optional Partial Assembly of Sled
- Model:** CS-AF Optional Full Assembly of Sled



**Coil to Fit!**



**Close & Climb!**



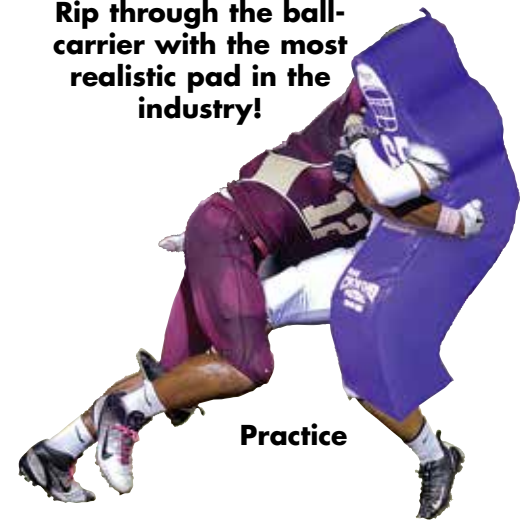
**Hip-Driven Power!**

**CLIMB SLED DRILLS:**

- Fit to Uncoil** - This drill teaches players how to fit up in either an offensive or defensive fit on the pad and how to use the hips to create power to move the sled. Emphasis on short steps to maintain connection with the sled.
- Coil to Fit** - This drill teaches players how to engage the sled from a 2-point coiled stance. While this progression is beneficial for linemen, this drill has lots of benefits for skill players involved in contact as well.
- Stance to Fit** - This takes the progression down to a 3-point stance for linemen. Variations based on alignment.
- Close and Climb** - This drill helps offensive players finish blocks with their hips and feet. Most players want to extend their arms too soon which causes the defender to escape. This drill develops better sustaining of blocks.
- Escape Drill** - This drill helps defensive linemen develop escaping from a blocker. Players start from their defensive fit, uncoil their hips and utilize their backside arm in a specific way to escape and create separation from the blocker/sled.
- Variations** - We have other applications that the Climb Sled can be used for OL and DL development (down blocks, second level blocks, etc.)

# S Pads Imitate the Angles of Players

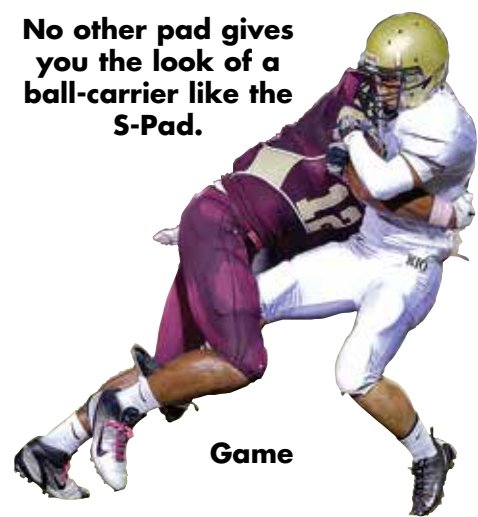
Rip through the ball-carrier with the most realistic pad in the industry!



Practice



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



Game



# Classic S Tackling Sleds



S-Tackler With S1 Pad



S-Tackler With S2 Pad



## CLASSIC S-TACKLER

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.

- Model:** 1SJ Classic Junior S Tackling Sled with Junior S-Pad (for approximate 80 - 120 pound players)
- Model:** 1SV-S1 Classic Varsity S Tackling Sled with S1 Pad
- Model:** 1SV-S2 Classic Varsity S Tackling Sled with S2 Pad
- Model:** 1SV-S3 Classic Varsity S Tackling Sled with S3 Pad

S1 Pad Colors	Black	Navy	Royal	Purple	Maroon	Red	Orange	Green
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S2 & S3 Pad Colors	Black	Navy	Royal	Red	Green
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Classic S-Tackler



Junior S Sled



Junior S Sled

To see pad options go to page 50-51



# S Pop-Up Tackler



## S POP UP TACKLER

Now you can get the best of both worlds, the patented S Pad shape with a Pop Up sled base. The Pop Up frame allows more reps in practice, as the player or coach does not need to upright the sled. The sled pops up fast! Simply tackle to the ground and let the sled return upright in seconds, ready for the next rep. 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. The S-Pad has a protective two-part cover that is removable for storage. Overlooked is the fact that the S Pop Up Tackler is a great strength and conditioning sled. Every muscle is strained while in a dynamic hitting or blocking position. The sled incorporates a strength and aerobic element while also enhancing mental and physical toughness. The sled weighs 215 lbs. Powder coated in black. Metal frame is fully welded for durability with a 5 year warranty. S Padding has a 2 year warranty.

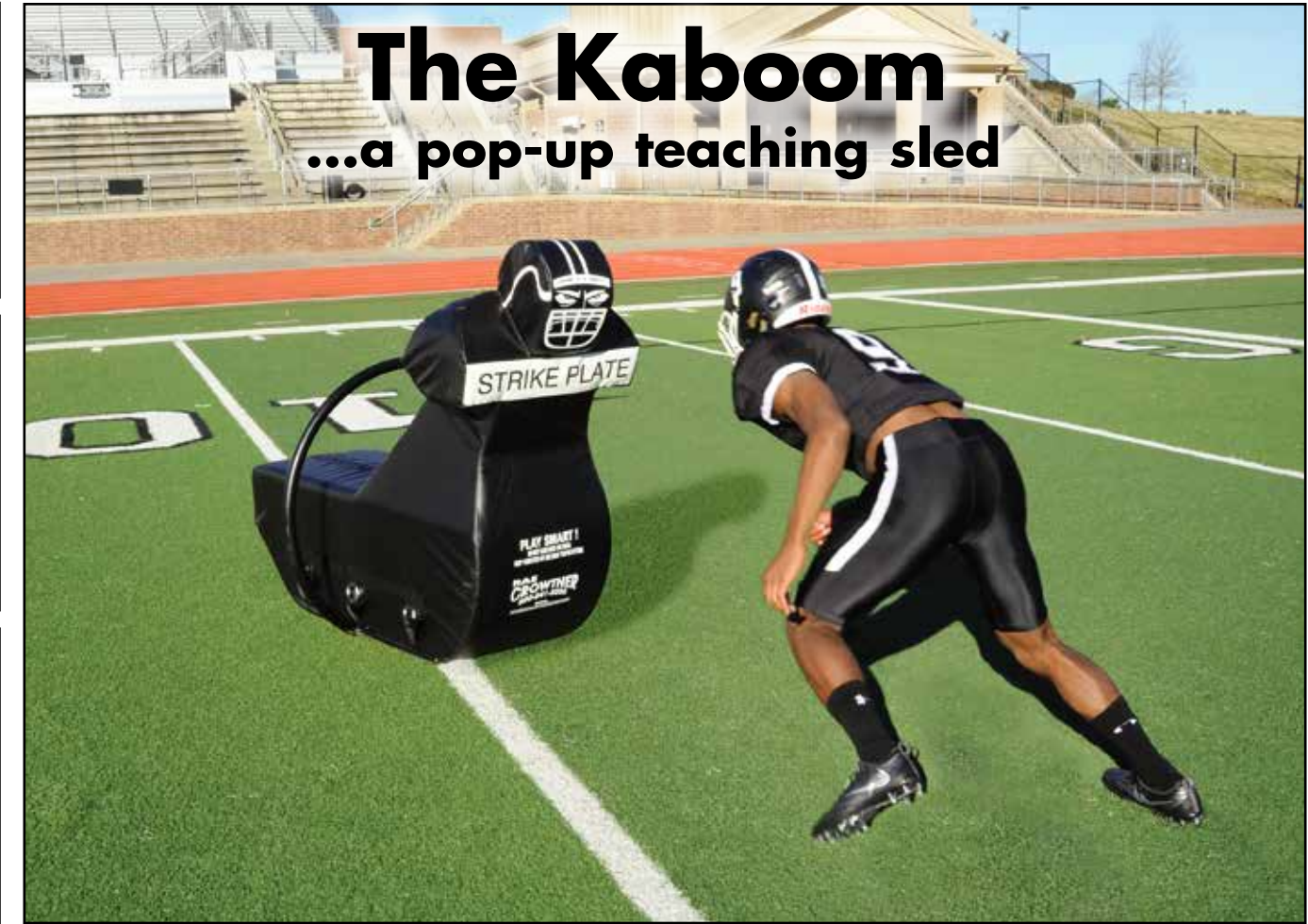
- Model:** SPUT-S1 S Pop Up Tackler with S1 Pad
- Model:** SPUT-S2 S Pop Up Tackler with S2 Pad
- Model:** SPUT-S3 S Pop Up Tackler with S3 Pad



S1 Pad Colors	Black	Navy	Royal	Purple	Maroon	Red	Orange	Green
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S2 & S3 Pad Colors	Black	Navy	Royal	Red	Green
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To see pad options go to page 50-51



# The Kaboom

...a pop-up teaching sled

## POP UP KABOOM SAFETY TACKLER SLED / PRE GAME SLED

The Kaboom Pop Up Safety Tackler Sled was created to help prevent avoidable concussions and all other helmet related injuries during practice. The "Kaboom" is truly a teaching tool. The goal is to keep the helmet, and particular the crown of the helmet, out of collisions. On the front of the pad is the text STRIKE PLATE (sewn from shoulder tip to shoulder tip). This is where the tackler is to make contact. The player dips (we suggest you purchase the Bump Stick, see page 34, and use it as a portable limbo stick) and rips through the pad and tackles the sled. Head Up and Chest Up (these words are printed on the front of the pad). Thus, with each tackle players are reminded where and how they are to make contact. When the sled is tackled to the ground it uprights quickly, without any help, and is ready for the next tackler. The Pop Up Kaboom Safety Tackler Sled is ideal for all levels, but especially for JV and middle school players. The sled has no metal spring inside and is built to be lighter than a standard tackling sled (sled weighs 70 lbs.) to take the fear out of tackling, and to stress technique. It is also a great Pre Game Sled, both home and away. Because it's light it can travel fairly easy, and it's a great sled to get loose on, to warm up with. The Kaboom has other uses, such as with Running Backs and Wide Outs to enhance ball security during contact, stiff arm techniques, and for younger O and D linemen from stance, to fit, contact, drive, and shed. Teach your players to play with their minds and not their heads. The entire pad is removable for storage. Dimensions: 53" Tall x 69" Long x 28" Wide x shipping weight is 150 lbs. Warranty on metal is 5 years, on padding 2 years. Ships via motor freight. Metal frame is painted black. Pad color is Black only.

**Model:** KPUT-B Pop Up Kaboom Safety Tackler Sled



## Video!

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



# Motion Tackler V5

...bridges the gap between static and live tackling



...as the tackler approaches,  
the coach can angle the S-Pad down

## MOTION TACKLER V5

The New Motion Tackler V5 is certainly a tackling sled, except this tackling sled has one large difference from other sleds, it can MOVE! The coach holds onto the "coaching bar" and pushes the sled at the player, thus creating movement. As the player tackles the sled the coach can continue to hold onto the coaching bar and provide resistance or simply let go. One of the new features is the coach can now angle the S Pad at will. For instance, as the tackler approaches the coach can angle the S Pad down, simulating the ball carriers going lower before contact. And the new sled is now easier to tackle to the ground and upright, and also lighter to move. When a player hits the sled and lifts the pad 2", it engages the brake. The brake stops the sled from rolling back at the coach and allows the player to take the sled to the ground. Call it the "Gretzky" because it's not where the ball carrier is, it's where he's going! The Motion Tackler bridges the gap between static tackling and live tackling without the risk of injuring another player. The Motion Tackler takes the wear and tear off beating each other up. Tackling and blocking 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 are calling for less contact during practice. The Motion Tackler is a great answer to the dilemma of skill acquisition while reducing injuries. Powder coated black. Warranty 3 years. U.S. Patent #6,988,965 B2 & Patent #6,942,585 B1. Sole Source item.

- Model:** MTV5-S1 Motion Tackler V5 with S1 Pad
- Model:** MTV5-S2 Motion Tackler V5 with S2 Pad
- Model:** MTV5-S3 Motion Tackler V5 with S3 Pad



S1 Pad Colors	Black	Navy	Royal	Purple	Maroon	Red	Orange	Green
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S2 & S3 Pad Colors	Black	Navy	Royal	Red	Green
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To see pad options go to page 50-51

**SHOCKWAVE LEG CHARGER SLED™**

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.



**“With the Shockwave in our weight room, it doesn’t matter if there is 2 feet of snow or it’s 105° outside; we get better at football year round”**



**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.



**ENDURO      Z1      Z2      BLOXX PAD**



Enduro Pad Colors	Black	Navy	Royal	Purple	Maroon	Red	Orange	Green
Z1, Z2, & Bloxx Pad Colors	Black	Navy	Royal	Red	Green			

Shown above, the Shockwave translates to successful game-day technique, combining strength and skill.

**BLOXX PAD:**  
Introducing the new Bloxx Pad. This pad has two pair of handles per pad for multiple drills and pad heights. Each handle is 8" wide promoting tight hands and tight elbows. The pad to get for hip-driven power.

- Model:** SWV7-E Shockwave with Enduro Pad
- Model:** SWV7-Z1 Shockwave with Z1 Pad
- Model:** SWV7-Z2 Shockwave with Z2 Pad
- Model:** SWV7-B Shockwave with Bloxx Pad



To see pad options go to page 50-51

# Escape Sled

The coach can push the pads forward at the players, simulating the movement of the offensive linemen at the snap



# Escape Pads Hold Players



## ESCAPE SLED

The Escape Sled offers distinct training advantages for Defensive players. The pads move. How does the sled work? The coach stands on the sled platform and has a Reaction Bar in front of him. The pads won't move until the coach pushes or pulls on the Reaction Bar. The coach can push the pads forwards (or backwards) at the players, simulating the movement of the offensive linemen at the snap (the pad is not spring loaded, they simply move at the speed they are pushed). Players then "react" to the movement of the Escape pads. Obviously, the coaching point is for the players not to get fooled by cadence and head movement, but to be fast reacting to movement, with proper hand placement (inside the pad), and then work "Escape" to the ball. Each pad, when triggered, will travel approx. 12 inches. The players can leverage or drive the sled. To drive the sled players must overcome the weight of the sled plus the weight of the coach.

## Escape Pads "Hold Players"

The Escape Pads are the first pads that emulate an offensive player "holding" their opponents. The Escape pads force the defensive players to strike with "inside hands" as the pads encapsulate their arms. Because of the large wing pads players are forced to strike inside and then they are trapped or hemmed in, and then they must fight to "escape" (i.e., held). There is a "Chest Plate" built into the pads for the players to grab handles and gain control. Sold as a 2-man sled only. 3-year warranty.

**Model:** ESC Escape Sled



FAX: 803-366-3633

Call Toll-Free: 800-841-5050



**Z LEVERAGE SLED**

The Z Leverage Sled has 3-dimensional movement that helps practice game-like leverage skills. The new pad mechanism now adds more realism when punching and it allows the pad to twist right or left. The new optional Z2 Pad has a shoulder breast plate built into it, allowing the attacker to grab "handles" in a realistic fashion. Each Leverage arm travels independently side to side and up and down for realistic 3 dimensional movement. Each arm travels approx. 10 to 12 degrees from center (limited in travel so they can't crash into each other). Each arm requires approx. 132 lbs. of strength to leverage. Each arm can also be locked down so that the leverage height is more controlled. The player must control their pad in space with upper and lower body technique and strength. Modular construction allows the coach to expand or contract the size of the sled. Wide pad spacing allows realistic lateral movement. Center to center of each pad is 53". The wide spacing allows players to take an offset alignment. The Pontoons are smooth ground with no bolts sticking through the bottom. Warranty on metal is 5 years; warranty on padding is 2 years. Powder coated black.



**The Z Leverage Sled is the best leverage sled because of how it helps train hand placement, hip drive, and extension.**

**Z1 Pad**



**Z2 Pad**



**Z LEVERAGE PAD CHOICES**

Choose between the Z1 Pad (shown in blue) which has a concave shape and realistic arm pits or the new Z2 pad (shown in red) which has the same basic shape but has a built in Chest Plate; or the new Bloxx Pad (shown below). The Bloxx Pad has two sets of tight targets.

**Bloxx Pad**



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

Pad Choice	1 Man	2 Man	3 Man	4 Man	5 Man	6 Man	7 Man
Z Leverage Sled with Z1 Pads	Model: ZL1-Z1	Model: ZL2-Z1	Model: ZL3-Z1	Model: ZL4-Z1	Model: ZL5-Z1	Model: ZL6-Z1	Model: ZL7-Z1
Z Leverage Sled with Z2 Pads	Model: ZL1-Z2	Model: ZL2-Z2	Model: ZL3-Z2	Model: ZL4-Z2	Model: ZL5-Z2	Model: ZL6-Z2	Model: ZL7-Z2
Z Leverage Sled with Bloxx Pads	Model: ZL1-B	Model: ZL2-B	Model: ZL3-B	Model: ZL4-B	Model: ZL5-B	Model: ZL6-B	Model: ZL7-B

Z1, Z2, & Bloxx Pad Colors: Black, Navy, Royal, Red, Green

To see pad options go to page 50-51



**S-ADVANTAGE SLEDS**

Control the trenches and impose your team's will. Play with leverage. The S-Advantage Sleds are built and designed for virtually every position. S-Pads accurately represent the contact 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.



**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.

**S1 Pad**



**S2 Pad**



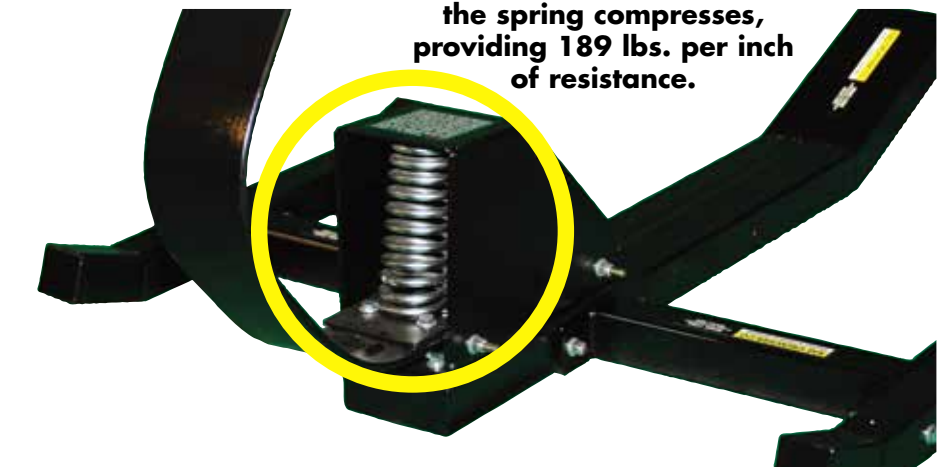
**NEW S2 PAD:**

The new S2 pad has built into the surface of the pad a breast plate with enough "give" to allow the offensive player to gain a "handle." The new S2 pad also includes arms (stubby short arms) that mirror the difficulty of hand placement in an actual game.

**HIT-TECH LEVERAGE MECHANISM:**

The Hit-Tech (the yellow-circled breadbox-looking mechanism shown below) 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. 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.

**When the pad is hit, the spring compresses, providing 189 lbs. per inch of resistance.**



Pad Choice	1 Man	2 Man	3 Man	4 Man	5 Man	6 Man	7 Man
Varsity S-Sled with S1 Pads	See Climb-Sled Page 1	Model: 2ADVH-S1	Model: 3ADVH-S1	Model: 4ADVH-S1	Model: 5ADVH-S1	Model: 6ADVH-S1	Model: 7ADVH-S1
Varsity S-Sled with S2 Pads	See Climb-Sled Page 1	Model: 2ADVH-S2	Model: 3ADVH-S2	Model: 4ADVH-S2	Model: 5ADVH-S2	Model: 6ADVH-S2	Model: 7ADVH-S2
JV S-Sled with S1 Pads*	See Climb-Sled Page 1	Model: 2ADVJV-S1	Model: 3ADVJV-S1	Model: 4ADVJV-S1	Model: 5ADVJV-S1	Model: 6ADVJV-S1	Model: 7ADVJV-S1
JV S-Sled with S2 Pads*	See Climb-Sled Page 1	Model: 2ADVJV-S2	Model: 3ADVJV-S2	Model: 4ADVJV-S2	Model: 5ADVJV-S2	Model: 6ADVJV-S2	Model: 7ADVJV-S2

S1 Pad Colors	Black	Navy	Royal	Purple	Maroon	Red	Orange	Green
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S2 & S3 Pad Colors	Black	Navy	Royal	Red	Green
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\* JV Sleds do not use the Hit-Tech Mechanism



# The Cruncher V3 Sled

## Enhance and Improve Pass Protection Skills

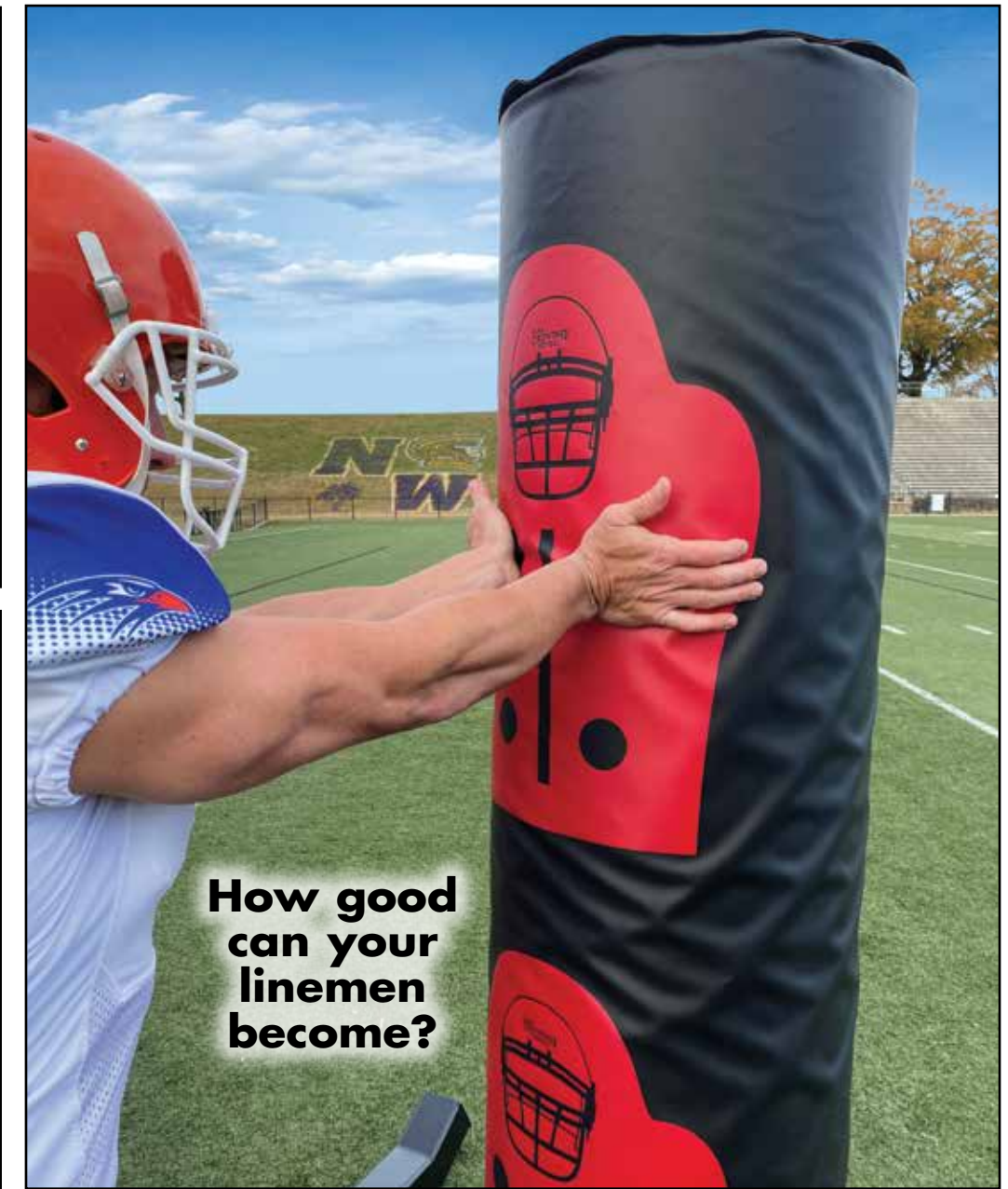


### CRUNCHER V3 SLED

The Cruncher is primarily a device for improving offensive pass protection skills. It allows a coach to maximize a player's repetitions. Mega rep it. Players have the opportunity to enhance footwork, body position, and punch with or without a coach present. The Cruncher allows the coach to concentrate on the linemen and not the shield holder. The 5 pads are set in the arc, and the arc approximates the angles and levels the linemen will face in a game. This is their battleground. O line and O line coaches are in the business of protecting the franchise or stud quarterback, and any machine like the Cruncher that can help accomplish that goal is a must have piece of equipment.

### DAILY IMPROVEMENTS

Get a daily feel for rushers by working on faster hands, jamming, disrupting moves, and making defenders restart. Improve 3, 5, and 7 step drop back protections skills. From one or two alignments you can work a variety of movements that would be exhaustive if done with hand held shields. You can work 1 player on all their sets, 2 players together on their sets, or 5 players together working high, low, and opposite punches. How good can your linemen become?



**How good  
can your  
linemen  
become?**

### STANDARD OR CUSTOM PADS

Each pad is approx. 6' tall with 2 pairs of player icons per pad (a high and a low target, low target for D line work or run work). However, the pads are customizable. The icons can be customized to a specific coach's desire. Standard each pad has 4 focus dots and a center line. Powder coated black. Weight: Approx. 1125 lbs. Warranty: Metal 5 years. Padding 3-years.

**Model:** CRV5-S 5-Man Cruncher Sled with Standard Pads

**Model:** CRV5-C 5-Man Cruncher Sled with Custom Pads\*

\*for custom pads please email or call us with the desired design





**The Defensive Reaction Machine**



**Adjustable Height**



**Helmet Movement**



**Pads Fire Fast!**

**DEFENSIVE REACTION MACHINE (DFR)**

Fast Violent Hands! The only reaction machine with helmet movement and adjustable height pads that fire fast. The Crowther DFR 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. The Crowther DFR 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. Adjusts from approx. 39" to 58" tall. Durable construction. Work reaction, pad level skills, tight hands, angles of departure, and combine all the drills with second level skills (ball recovery etc...) Powder coated black. Weight 465 lb. Warranty 3 years. We highly recommend the Optional Complete Assembly of the DFR Machine.

DFR Pad Colors	Black	Navy	Royal	Red	Green
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**Model:** DFRR Defensive Reaction Machine  
**Model:** DFRR-AF Optional Full Factory Assembly



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



**Fight'n Trainer:  
Arms that bend  
with resistance and  
return to position**



**FIGHT'N TRAINER PASS RUSH SLED**

Control your opponents and practice full speed drills effectively with the Fight'n Trainer. The shape of the pad and the bendable arms provide realistic target points. The Fight'n Arms are unlike any other type of arms in the industry. They are ideal for teaching quick hand placement, contact control, and escape.

**Arms Bend And Return To Position**

The arms are made from steel spring wire so they bend with resistance and return to position for the next repetition. Each arm is covered in heavy padding. They are also long and mirror the length and diameter of a player's arms. Secondly, they are shaped in a V position. A more natural combat position than extended straight arms. Third, the Fight'n Arms allow the players to go harder without the worry of hitting their hands on metal springs hidden under the padding. Pad color is black only. Warranty 3 years.

**Model:** FTPTU Fight'n Trainer



Email: [rcinfo@raecrowther.com](mailto:rcinfo@raecrowther.com)

Call Toll-Free: 800-841-5050

# Increase Your Rushing Yards!



Photos shows optional G Force Bag, S Pads, and Wheel Kit



Tackle-Breaker shown with all options



New G Force Power Bag

## TACKLE-BREAKER SLED

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 5 1/2" 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.

Option #1; The Power Bag can be used for stiff arm, forearm, collision, and evasion drills. The moving bag makes running through the TBS harder and more realistic. Use with OL's and DL's for punching. Hangs from heavy webbing and chain and is supported by a large metal beam for strength. Heavy duty Industrial clasp connects the bag and beam. Option #2; The S Pad Option with Hit-Tech Hit turns your TBS into a 2 man sled. The Hit Tech allows each player to leverage his pad from a starting position to an upright position. Option #3; Use the wheel kit to move your sled around the field when the grass is worn out or mowing. Includes 2 foam filled "Never Flat" wheels. Weight: 75 lbs.

- Model:** TBSV100 Tackle-Breaker with 6 power arms (Regular model): (Pad colors Black, Royal, Red, Green)
- Model:** TBS1 Option 1: G Force Power Bag (Swinging Dummy) 75 lbs. with Metal Beam
- Model:** TBS2 Option 2: S Pads with Hit-Tech Leverage System (2 per sled)
- Model:** TBS3 Option 3: Wheel Kit (2 per sled)
- Model:** TBS-AP Option 4: Preassembly of Chassis (highly recommended)





**Lev Cuffs: Putting Players in Optimal Position to Generate Maximum Force Through the Hands**

**LEVERAGE CUFF® (LEV CUFF)**

Lev Cuffs help teach players to properly use their upper extremities to apply and resist force on their opponents without their arms collapsing (which results in head to head collisions). The Lev Cuffs were invented by Scott Peters, former NFL player and coaching professional, and martial artist. Scott is the founder of the training principals known as 'Tip of the Spear'. Taking the "head out" of contact by using the hands is not easy. The Lev Cuff is designed to improve performance because it helps players learn the Tip of the Spear techniques, putting players in optimal position to generate maximum force through the hands. Why the Lev Cuff is Essential? Just knowing the Tip of the Spear techniques doesn't ensure successful execution. Even players who understand the techniques often struggle to consistently find the optimal posture. The Lev Cuff ensures perfect application of technique, so players can find their "sweet spot" without having to think about it. The Lev Cuff is quickly becoming one of the most sought after products in the football industry. The Lev-Cuff® has countless applications. Warranty 1 year.



Model: LECU-L



**The Rae Hammer**



**Get Football Strong**



**Better than a Tire...**



**With Inside Hands**

**THE RAE HAMMER**

Mental and physical toughness! A heavy steel cube that can improve ground based strength and also provides a platform for many auxiliary exercises. Push the Rae Hammer like a sled to improve leg drive and core strength. Leverage the Rae Hammer to improve hand placement, upper body strength, and hip explosion. The interior bars of the sled are set 10" apart for tight hand placement. The inside bars are made from 2" diameter steel tubing, and the exterior bars are made from 3" diameter steel tubing. Flip the Rae Hammer like a tractor tire to improve entire body strength from hand grip to ankle flexion. Use with 2 players simultaneously to work double team blocks or simply team drive challenges. Have players face each other and drive the other off the ball in a competition. Attach bands or stretch cords to the frame and work multiple resistance movements, using the sled as a heavy anchor point. Attach sling balls and work tackling from every direction. Use with Battling Ropes as an anchor or pulling point. And that is only a few of the drills and exercises available. Powder coated matte crinkle black. Warranty 5 years.



Model: TRH1 The Rae Hammer



27' x 6' Jam Tent



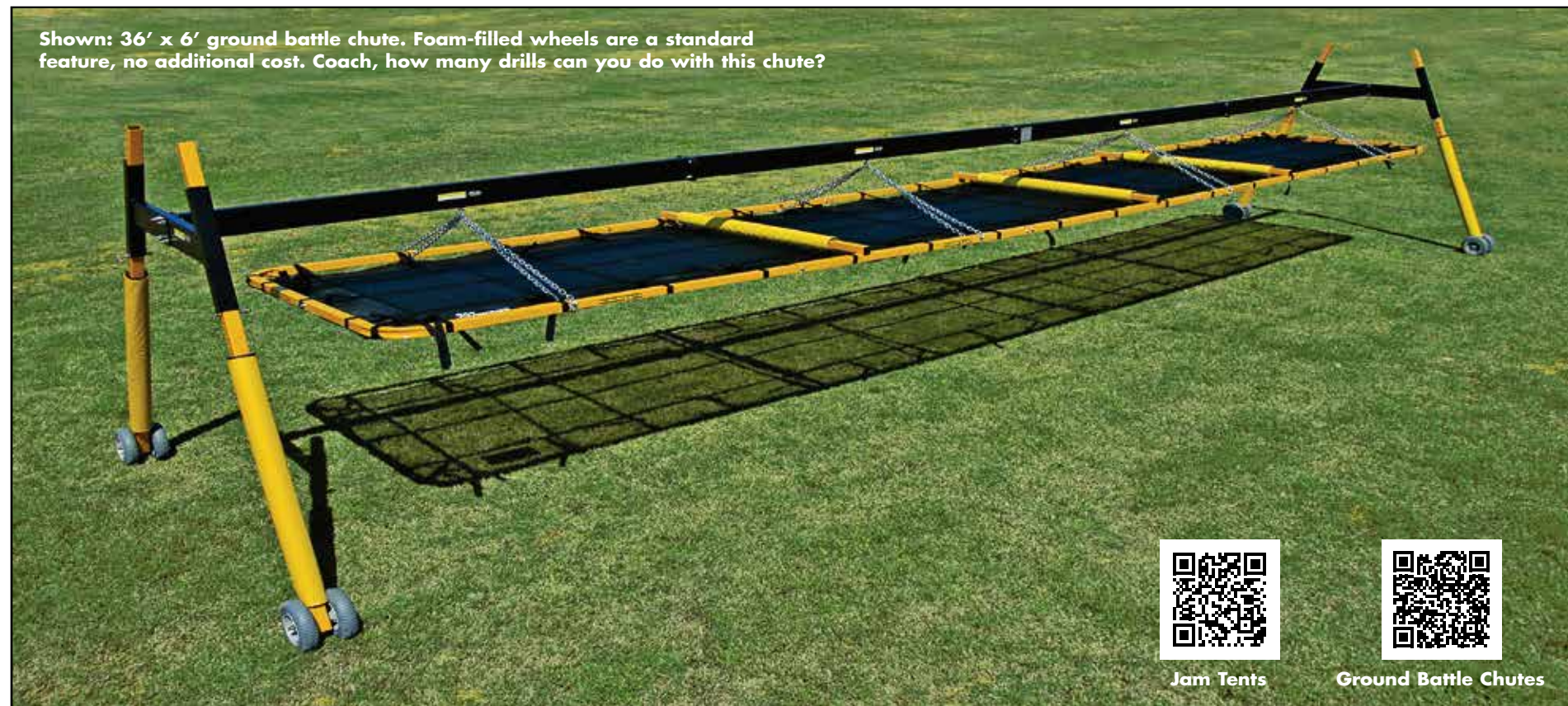
Each chute has heavy-duty legs  
Shown: 18' x 12' Jam Tent



Shown: 27' x 12' Ground Battle Chute



Low Man Wins... 27' x 6" Chute



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?



Jam Tents



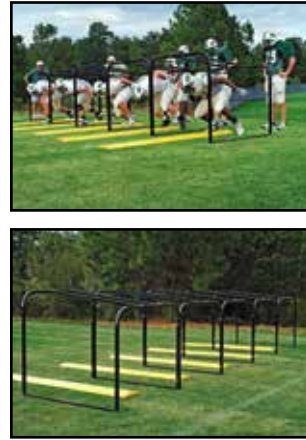
Ground Battle Chutes

### JAM TENTS AND GROUND BATTLE CHUTES

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. 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. More Of Your Drills In Less Time. Each Ground Battle Chute has a combination of metal square tubing and mesh netting for its frame. The obvious benefits of the net 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. Wheels are a 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.

Description	12' x 12' Jam Tent	18' x 6' Jam Tent	27' x 6' 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>	12JAM	18JAM	27JAM	27GBC	27XGBC	36GBC	GBCLP	GBCCW
<b>Warranty</b>	3 Years	3 Years	3 Years	3 Years	3 Years	3 Years	3 Years	3 Years
<b>Weight</b>	312 lbs.	477 lbs.	585 lbs.	695 lbs.	918 lbs.	998 lbs.	20 lbs.	20 lbs.

### CHUTE STALLS



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



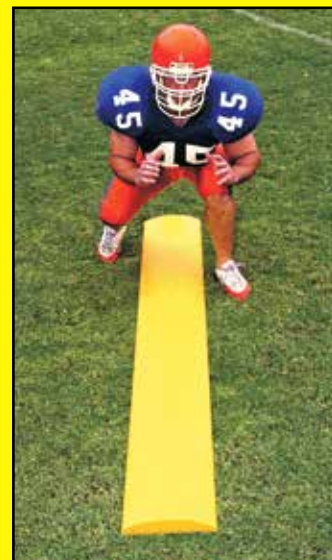
#### FIRE OUT:

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

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

### CHUTE BOARDS



#### CHUTE BOARDS

The most indestructible boards in the industry! 8' long x 12" wide x 2" height, these hard plastic boards are molded in a half moon shape with a beveled edge. These boards won't crack like traditional rubber boards. Heavy, 50 lb weight per board keeps the board in place during your drill work. With the longest warranty in the market, 5 years, the Crowther Board is an easy decision. Rain, snow, or water, even the lawn mower can't destroy these boards. The boards are molded in yellow.

**Model:** CGLX



#### 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. 25'6" foot hole size. 19 foot length.

**Model:** MRR1 Monster Running Rope

**Model:** MRR2 Replacement Running Rope Netting



**NEW**  
adjustable height  
Running Back Arch

#### 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. New for this year: each Running Back Arch is adjustable in height. Height adjustment is simple and fast. Made from square tubing. Portable. Stable. Powder coated in black. 55" tall x 37" wide x 43 lbs.

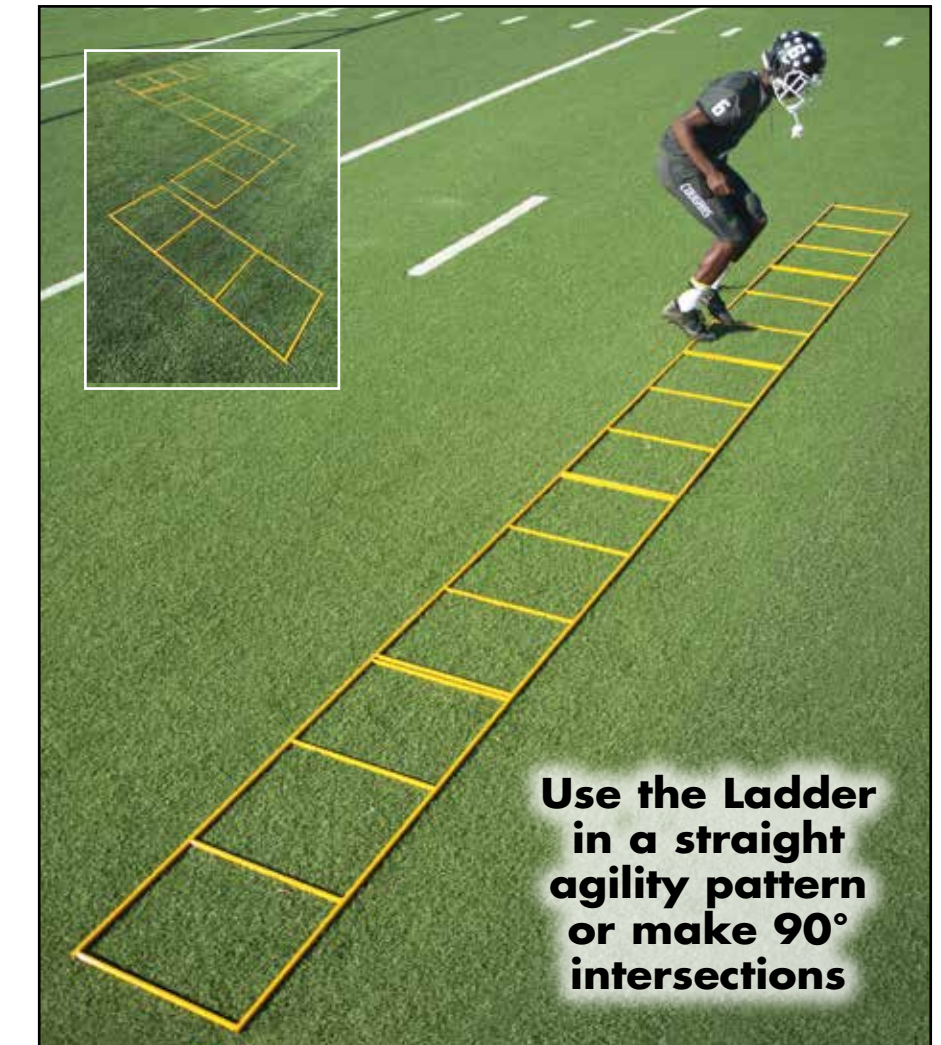
**Model:** RBA1



### METAL AGILITY LADDER

Foot fire! The Metal Agility Ladder is similar to the traditional foot ladder but is made from metal so that it will not kick out of place. The Metal Agility ladder is light enough to transport but heavy enough to stay in place. The Ladder measures 19' long (you can add to that length if you desire with individual sections). Comes in 4 sections that slide together for easy shipping, travel, and set up. The metal squares are ½" tall, so it can be used with sneakers or cleats. Use the ladder in a straight agility pattern or make 90-degree intersections. For large groups or individual drills use the 4 sections of the ladder separately. Can be used for lower and upper and body training (such as pushups). Use with slam balls and other implements to raise the challenge. Keep the ladder inside or outside. Each section is 4.75 feet long. Each foot hole is 19" x 19". Powder coated yellow. Weight: 24 lbs. per ladder.

**Model:** GPR1



**Use the Ladder in a straight agility pattern or make 90° intersections**

**ARC RUNNER**

The Arc Runner is made from tough PVC tubing. It has an approximate 12' diameter, and will keep its shape when set up. Improve explosion, footwork, and body angles of your players.

**Model:** ARC1



**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. The degree of difficulty in knocking the ball loose from the holster is adjustable.

**Model:** GNSL



**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.

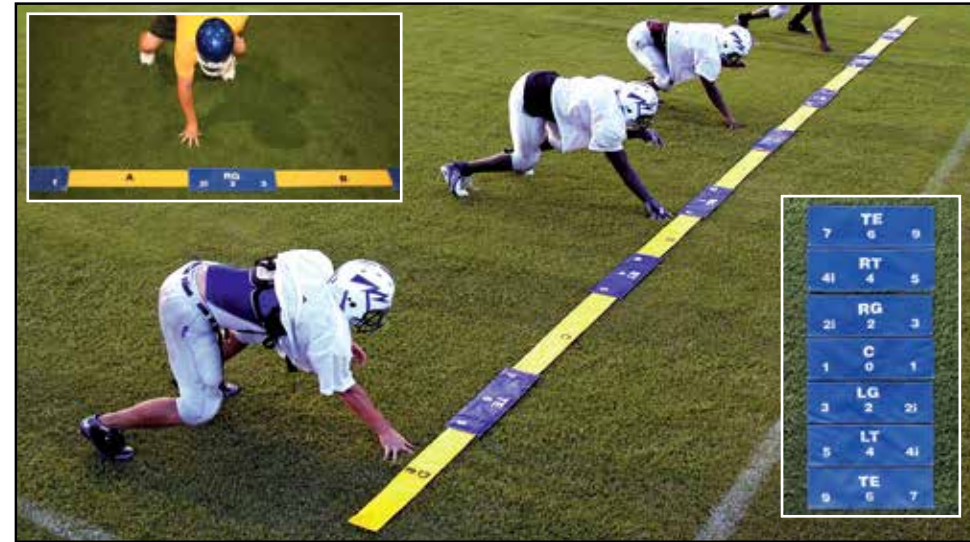
**Model:** SNA1



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

Simplifies placement of defensive front. 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 trainer helps teach universal defensive alignment. 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 on a slider and can be moved to suit individual splits. On the opposite side of the sliders is traditional defensive positions (NT, DE, DT...) Each end is sand weighted: 20 lbs. Warranty 3 years.

**Model:** LUTA



**CROWTHER SPACER PADS**

The Spacer Pad(s) represent players. The Spacer 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. Warranty 3 years. Black only.

**Model:** SPAC-B



**FUMBLER STRAP**

The Fumbler Strap is designed to enhance ball awareness and security. The Fumbler Strap holds a football on one end, secured in an elastic webbing, and the Coach has a strap with a handle on the other end.

**Model:** PST1



**REGULAR LINE-UP TRAINER**

35' long. One side is marked for offensive positions, and the opposite side is marked for defensive. Each position is marked on a slider and can be moved. Each end is sand weighted. Warranty 3 years.

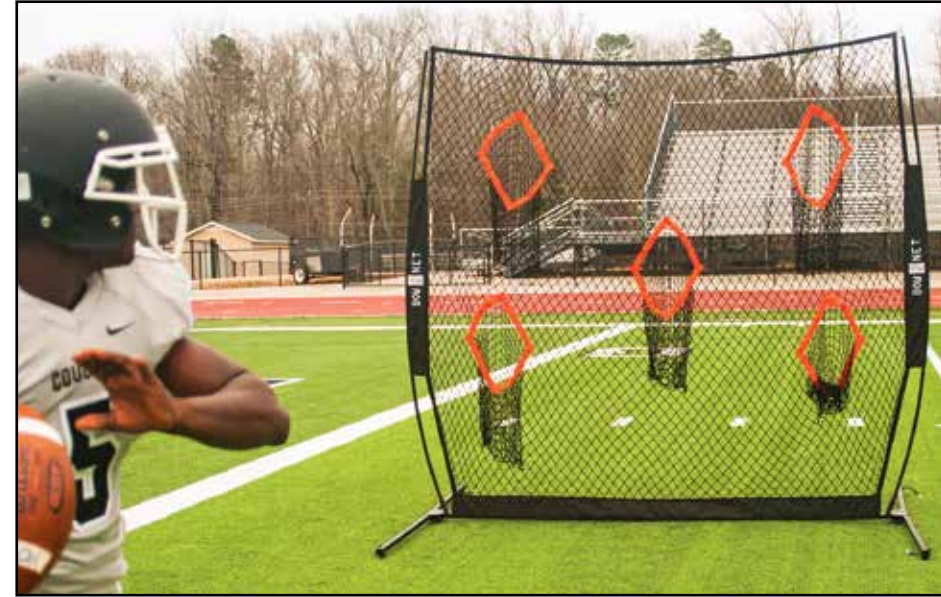
**Model:** LUTR



### 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



### 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. Warranty 3 years.

Model: QBBS



**Improve  
Player's Grip  
and Punch**

### HERCULES PUNCH BAGS - 15 LBS. OR 25 LBS.

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. Hercules Punch Bags allow a range of motion and movement while stressing the weakest link – the player's grip.

#### No Handles

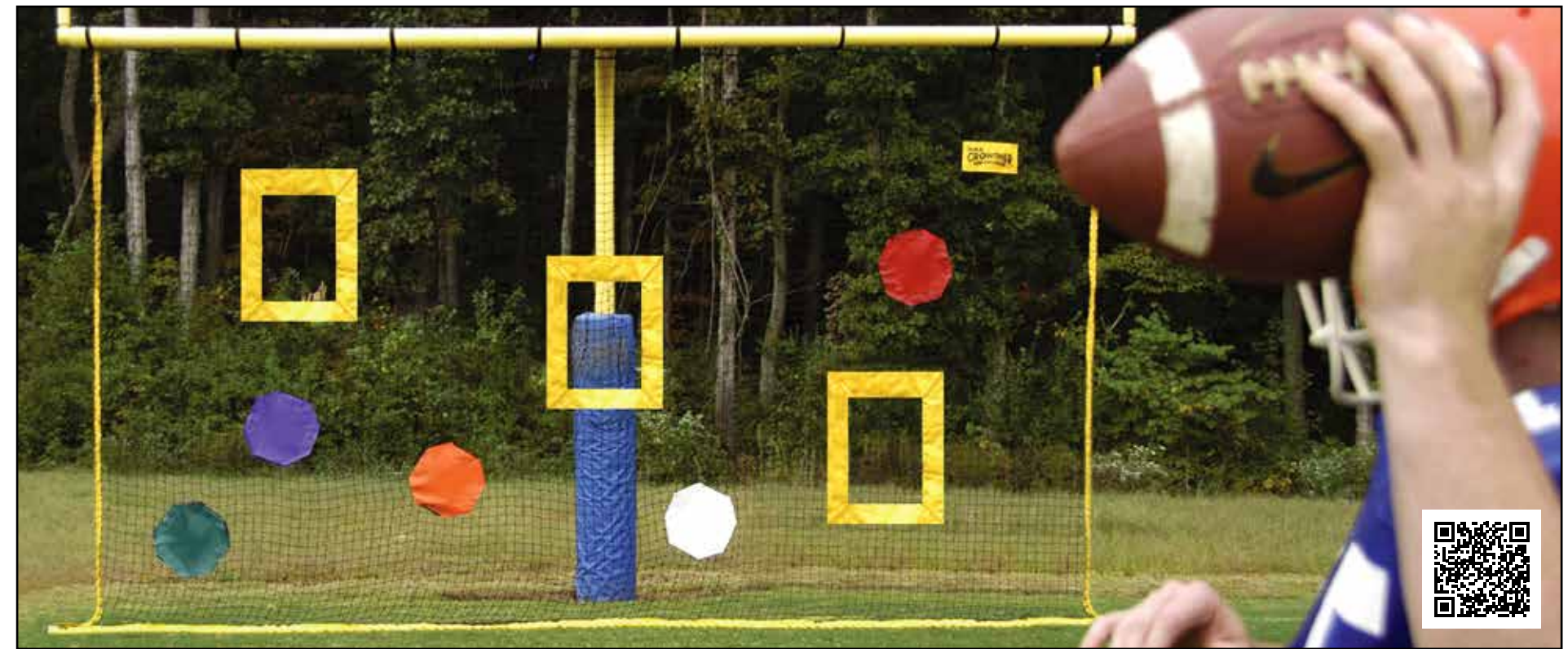
We do not sew handles into the bags because that destroys the open handed nature of the punch bag. All bags come in black with large screen-printing of the weight on the bag.

#### No Sand

We do not use sand inside any of the Hercules Punch Bags. Sand leaks. We use a certain crumb rubber that is durable and does not leak. If you want the best and most hassle free bag, you have it here! Two year warranty.

Model: HPC15

Model: HPC25



### HANGING QB NET

The Hanging QB Net has more features than any other net of its kind. Use the Net so that your QBs don't miss throws; so they don't miss open receivers. Use this net to work on throwing mechanics and vision. Each net has three sewn-in pockets to capture the football. All three of these pockets are sewn at different heights, simulating different routes and catches. All of the pockets have heavy yellow borders sewn into the netting. Also included with the net are five adjustable targets which are all different colors and can be placed anywhere on the net. The netting is coated to protect it from the sun and rain. To keep the net in place we sew chain into the bottom hem. This gives the net weight and keeps footballs from skidding away from the net and helps during windy conditions. Size is 18'6" wide x 12' high x 60 lbs. See special deals below when purchasing with other QB items. Warranty 2 years.

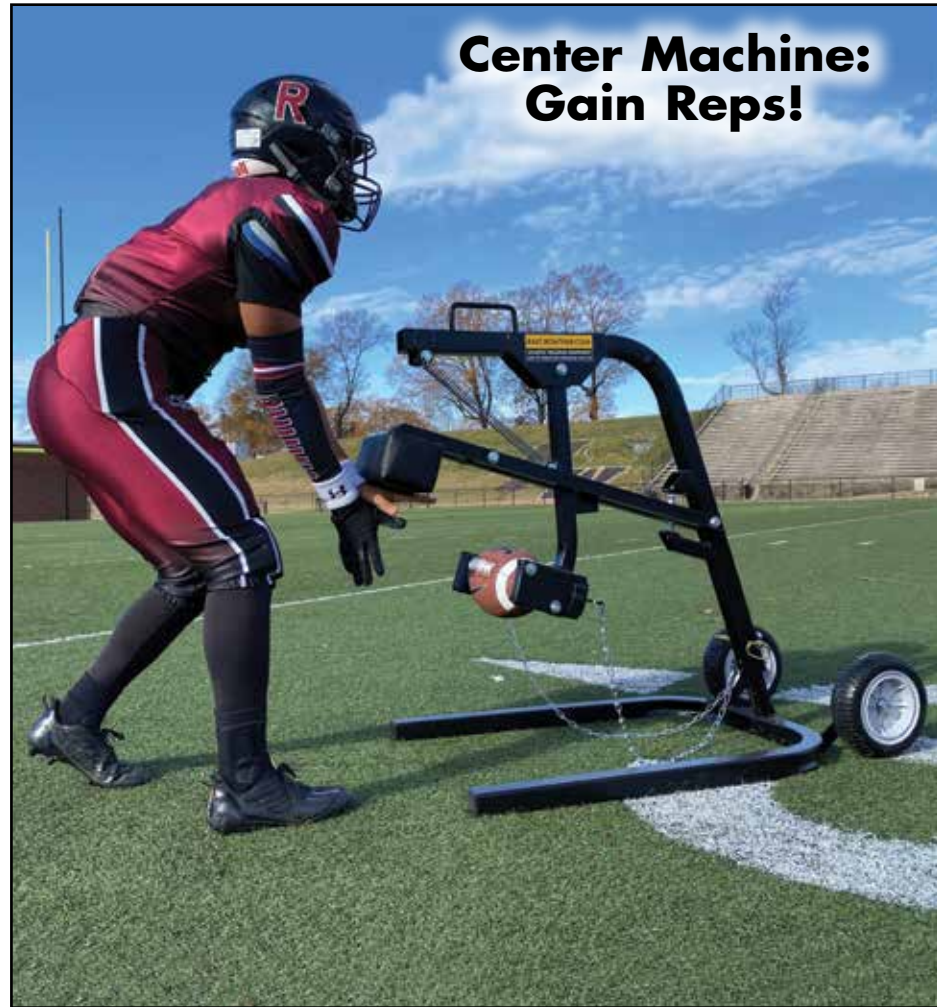
Model: QBN1 Hanging QB Net

### QB TRIPLE PLAY PLAYHOLDER

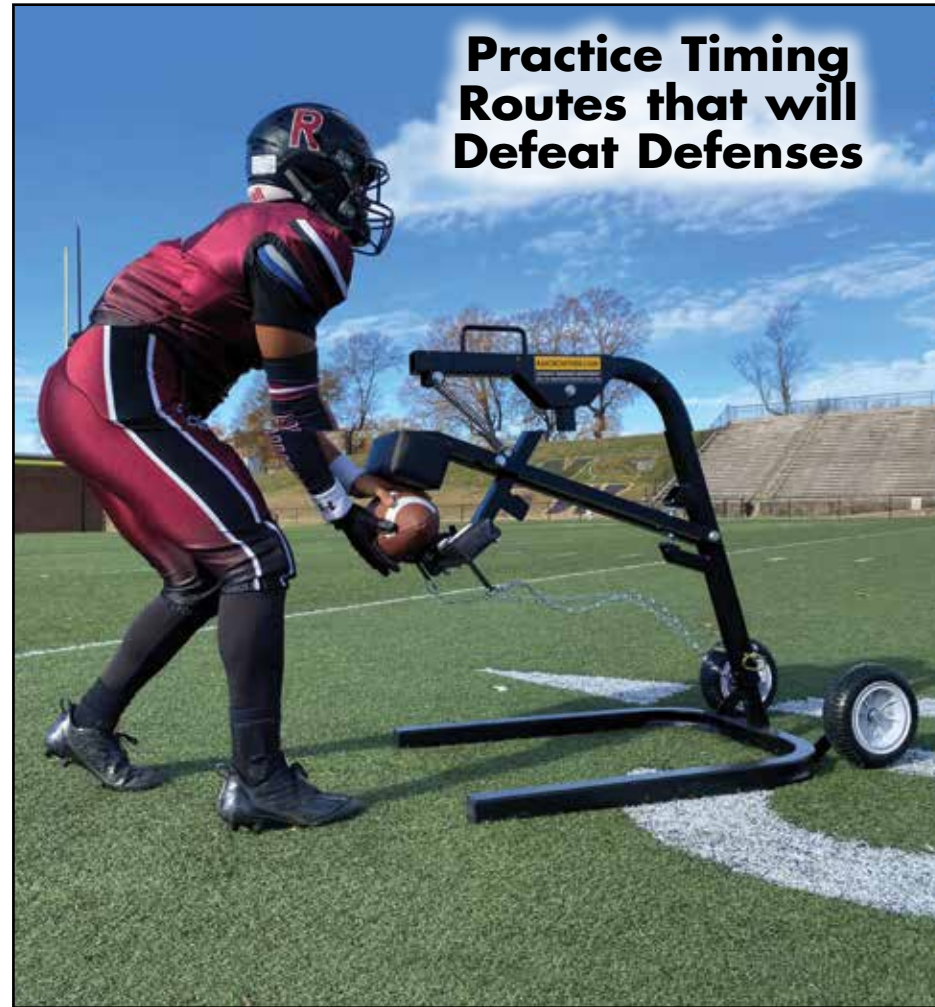
Soft wrist band made from stretch terry cloth like material with clear plastic holders. Window size is approx. 4 3/4 x 2 3/4. Velcro closure on front. Black only.

Model: APH3-B





**Center Machine:  
Gain Reps!**



**Practice Timing  
Routes that will  
Defeat Defenses**

**CENTER MACHINE**

How It Works: 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 must grab the football and take 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 process takes about 2-3 seconds.

**Timing Routes**

With the Center Machine you can practice timing routes that will defeat defenses. Receivers can't rely on the QB's cadence, they must depend on ball movement. Use the machine during off-season QB and WR workouts, summer camps, passing leagues, and during the season with routes, 1 on 1, and 7 on 7. Use also with option-oriented offenses.

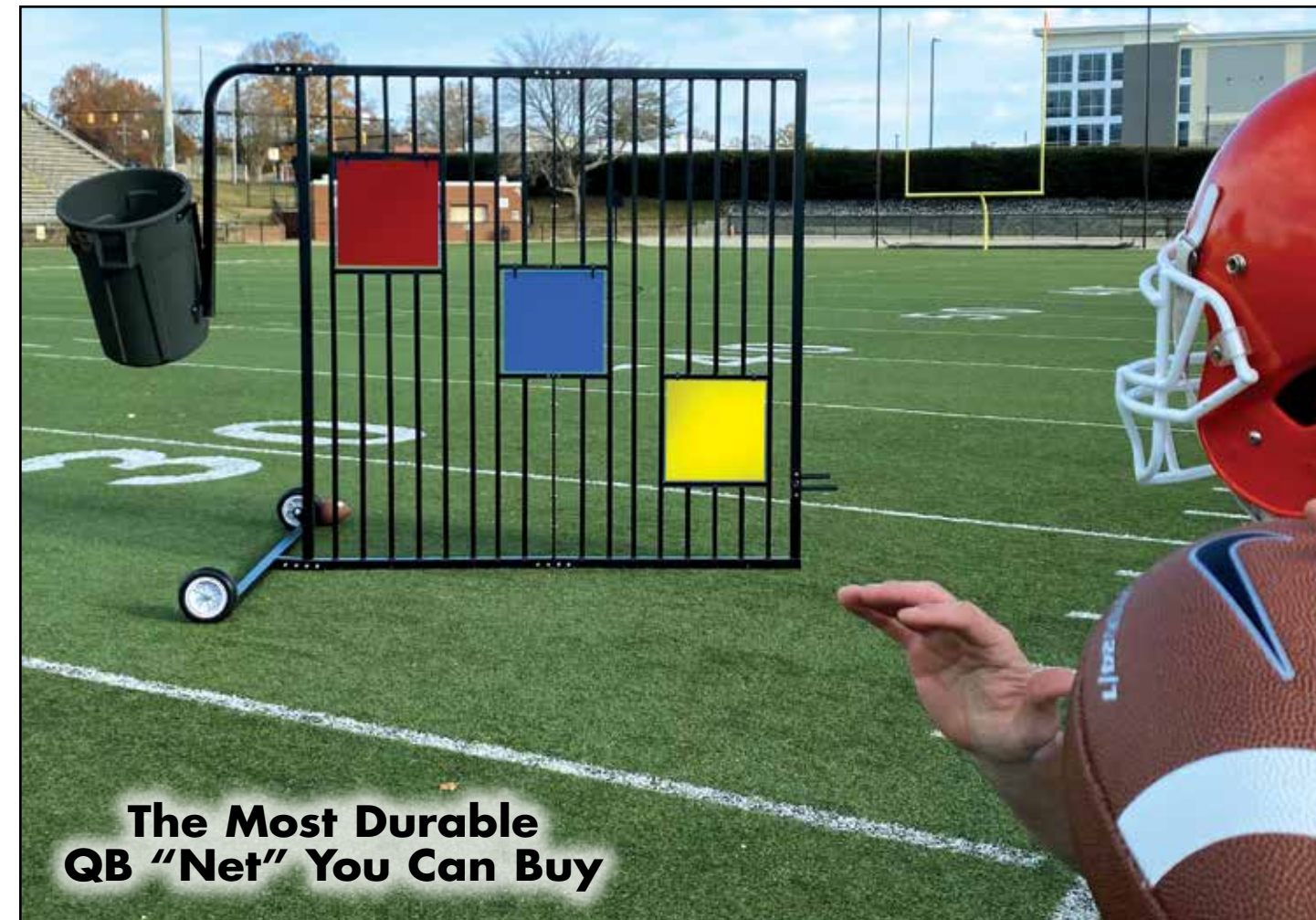
**Gain Reps**

Allows your centers to continue working on their specific skills and allow your 2nd and 3rd string QBs to gain repetitions. Designed for right-handed or left-handed QBs.

**No Metal Prongs**

The football is held from its tips (end to end); thus, there is nothing to catch your QB's hands on. The football snaps at a realistic angle. Compare these features with other machines. Adjustable throw length. Adjustable ball angle. Transportable. Wheels are standard. Built tough and durable. Professionally engineered. Powder-Coated black. Weighs 75lbs. 3-year warranty. Full assembly – highly recommended

**Model:** CNT Center Machine  
**Model:** CNT-AF Optional Full Assembly of Center Machine



**The Most Durable  
QB "Net" You Can Buy**

**KING OF QB'S METAL NET**

Introducing the King of QB'S Metal Net. A metal QB net? We would estimate that at any given time, if you were to take an overview of all the QB nets on practice fields throughout the county, that nearly half of them would be ripped or torn. Either the net has holes or the Velcro holding the net is old and not binding. It is just inevitable that leaving netting in the weather, plus the force of footballs – all of this wears the netting down. We have solved this problem for you

**You Will Never Have To Buy Another Replacement Net**

With our new "Net" you will never have to buy a replacement net again. The metal does not hurt the footballs because there are no sharp edges. The frame size is 8' wide x 8' tall. The net has three targets at three different heights. Each target is 20" square and has a thick plastic panel. Each Target is a different color.

**Fade Bucket**

An optional "Fade Bucket" is available. The Fade Bucket is securely fastened to the net. The bucket has a hole at the bottom so it doesn't collect water or trash. Standard are 2 wheels and a handle for moving the net. And because the frame sits on the ground, it will not blow around in normal windy conditions, thus no worry about locking or unlocking wheels. Leave the King of QB'S Metal Net outside all year long and have no worries. Powder coated black. Weight 215 lbs. Warranty 5 years.

**Model:** QBK King of QB's Metal Net  
**Model:** QBK-F Optional Fade Bucket

Email: rcinfo@raecrowther.com

Call Toll-Free: 800-841-5050



### SOLO KICKER PRO

Twice as big as the Solo Kicker at 11'6" tall x 8' wide. The largest net of its kind and the only net designed specifically for Kickoff practice. Built with the height and strength necessary for kickers that need a running start to drive the ball higher and harder and designed to allow the kicker to continue running past the kick. Reliability, portability and strength make the SoloKicker the resonated training net among Division One University Football Teams such as USC, UCLA, Notre Dame. Sets up in 180 seconds without the use of tools. Easy portability and storage. One year limited manufacturer warranty. Weight 42 lbs., Roller Case Size - 48" x 10" x 8".



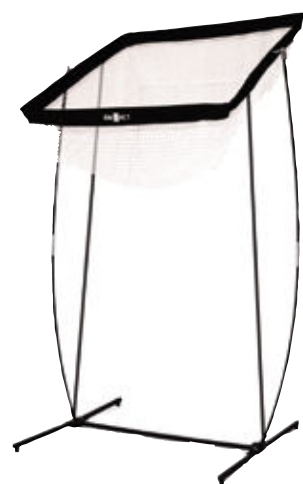
Model: BOW-P



### 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. Optional 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: BOW-S Solo Kicker  
Model: BOW-ST Snapping Targets



### 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



### KICK STIX

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



### MACHINE CART

(Throwing Machine sold separately)

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 1½" ball hitch.

Model: JG1 Machine Cart



### JUGS FOOTBALL MACHINE (shown right)

This is the football machine that started it all - The Jugs Football Machine. Throw perfect passes, punts, and kickoffs to any precise spot on your field. Catch more footballs. Work with LBs and DBs on their pass interception skills. Practice kick, punt and passes from 5 - 80 yards. 7.5 second hang time on punts. Adjustable 360° swivel; will throw spiral or end-over-end tosses. Requires 110-volts or 1,000 watt generator to operate. Weighs 127 lbs. Warranty 5 years. Recommended for high school to professional.



Model: M1700 Jugs Football Machine

### FIELD GENERAL MACHINE (not shown in photo)

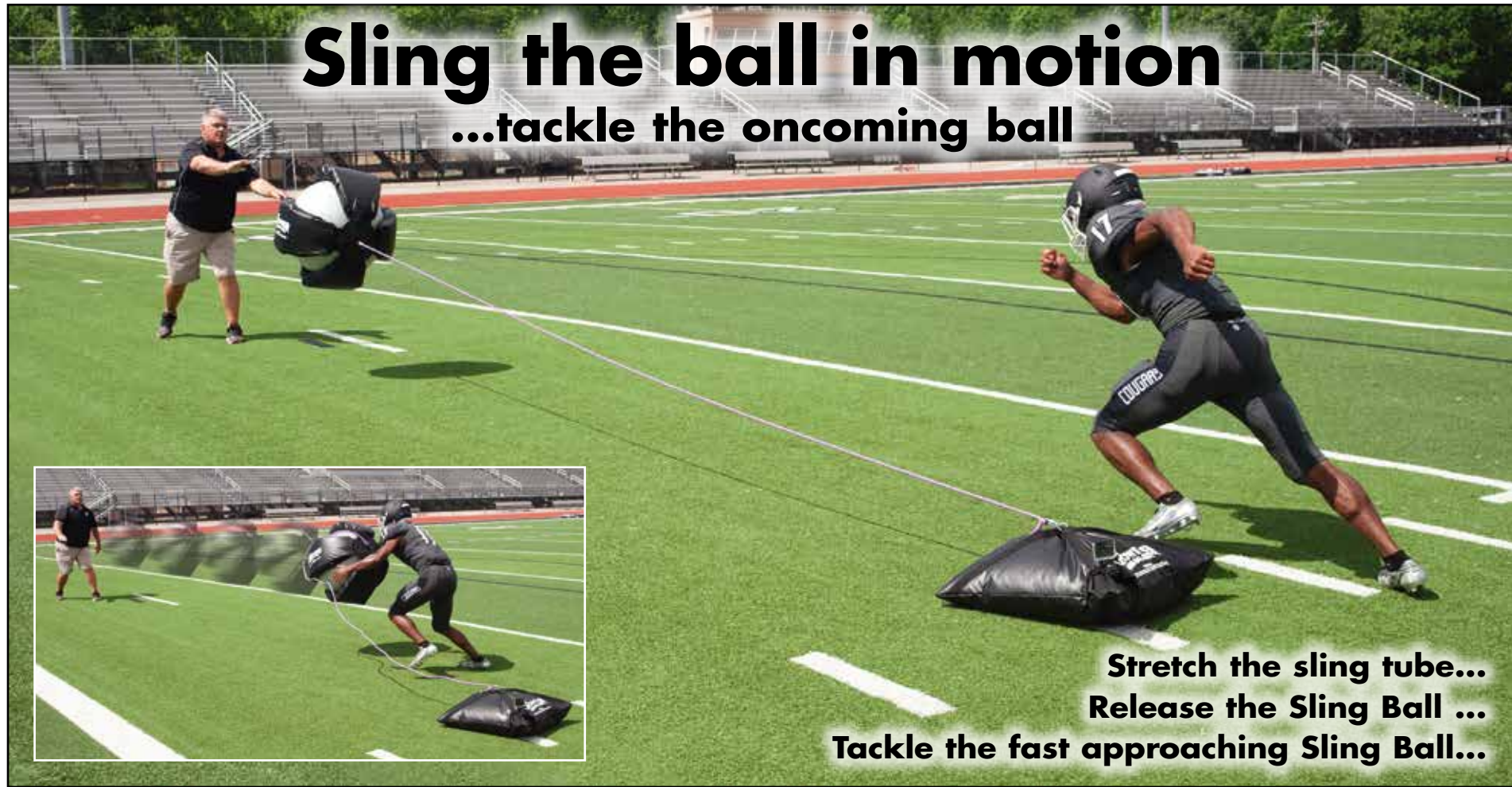
The Field General Machine is a slightly scaled down version of the regular machine. Throws accurately up to 50 yards. Punts with a hang time over 5 seconds. 360° swivel for full field coverage. Lightweight and portable. Weighs less than 95 pounds. Comes with its own transport wheel. Requires 110-volts or 1,000 watt generator to operate. Warranty 5 years. Recommended for youth to high school.

Model: FG1000 Jugs Field General Machine



Photo above shows Machine Cart with optional Jugs Machine, Generator, and Footballs.





**SLING-BALL**

The Sling-Ball (Patent 62723550) is an affordable new tackling tool that promotes "Rip Tackling." The Sling-Ball is a large 36" diameter round ball. The Sling-Ball weighs 10 lbs. The Sling-Ball attaches to a high density stretch tube (the Sling-Tube). The tube is attached to a small but heavy base (the Sling-Base weighs 50 lbs.; there is no metal in the base so it won't hurt players if they land on it). When using the Sling-Base the coach holds the Sling-Ball and walks away from the base, stretching the elastic Sling-Tube. The player can be situated in front, behind, or to the side (angle tackle) of the base. When the coach lets go of the ball it acts like a slingshot, zipping the ball back in the direction of the base. You can use the Sling-Ball outside on the grass/turf but also, very importantly, inside in the gym. The Sling-Ball is a year-round training device. How fast do you want the Sling-Ball to travel? The velocity of the ball is determined by how far the coach stretches the Sling-Tube. It can be slow (2-4 mph) or really fast (10-15 mph), and the travel of the Sling-Ball can be short or long. The Sling-Tube's resting length is 10'. At maximum length the Sling-Tube stretches 25'. The coaches can hold the ball high when they release it, creating bounce, or close to the ground. The low height of the ball and its round shape promotes knee and ankle flexion, the "Dip and Rip" technique of tackling. The Sling-Ball can also be used without the Sling-Tube. A coach can simply roll the ball at a player and use it in the open field. We suggest a progressive use of the Sling-Ball by first tackling the ball stationary, then stationary at an angle, and only then proceeding to "Slingshot" the ball at a player. Warranty 1 year.

**Model:** SLB1 Sling-Ball (includes Sling-Ball, Sling-Tube, Sling-Base)  
**Model:** SLB-P 14" Hand Pump for inflating Physio Ball



**Get The Best Rings!**  
**Wide, dense, durable foam...**

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. 4 Ring sizes to choose from; see size and pricing below. Ships motor freight. 2 year warranty.



**JR. TACKLING RINGS**

**Model:** TKDJR - BLACK  
 Size: 32" D x 12" W x 12 lbs.



**VARSITY TACKLING RINGS**

**Model:** TKDV - BLACK/RED/ROYAL  
 Size: 43" D x 13" W x 20 lbs.



**HOOLIGAN TACKLING RINGS**

**Model:** TKD48 - BLACK  
 Size: 47" D x 10" W x 16 lbs.



**XL TACKLING RINGS**

**Model:** TKDXL - BLACK  
 Size: 54" D x 17" W x 33 lbs.





## Punch and Move! The reps player's need to win in the trenches

(Shown: 18' tunch punch ladder with player icons)



9' Tunch Punch Ladder with Player Icons

### TUNCH PUNCH LADDERS™ (US Patent #D510,399)

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.

- Model:** 9TPL-BK 9' Tunch Punch Pad (3 player icons) with black vinyl background and white player icons
- Model:** 9TPL-RY 9' Tunch Punch Pad (3 player icons) with royal vinyl background and black player icons
- Model:** 9TPL-RE 9' Tunch Punch Pad (3 player icons) with red vinyl background and black player icons
- Model:** 9TPL-C 9' Tunch Punch Pad (3 player icons) with custom colors and player icons
- Model:** 18TPL-C 18' Tunch Punch Pad (3 player icons) with custom colors and player icons
- Model:** TPL-AK Hardware kit to mount 9' or 18' Tunch Punch Ladder to a wall



### 8" TRAPEZOID STEP-OVERS

Rae Crowther Trapezoid Dummy in Black. Includes: 8" tall, 48" long, 16" wide, 18 oz. vinyl coated nylon. Handles: 1 handle on end. Weight: 9 lbs. Warranty: 2 year factory warranty.

**Model:** TR8



### 5" MINI STEPS

5" Tall half round shape x 30"½ Length x 10" Width.

**Model:** HR5



Black



### 8" HALF ROUND STEP-OVERS

Teach players to work their feet quickly and maintain a good football position. Shuffle over bags, mirror drills. Two handles are stitched on back. Weighs 7 lbs. Size: 48" L x 18" W x 8" tall.

**Model:** HR8





**6' TALL POP UP**

**5' MEDIUM POP UP**

**4' SMALL POP UP**

**POP UP DUMMIES**

Pop Up dummies free players and coaches from holding bags upright. Choose between three sizes; the Small 4' Pop Up, the 5' Medium Pop Up, and the 6' Tall Pop Up. All Pop Ups have no sand, no zippers, and nothing to inflate. Warranty 2 years.

- Model:** POP4 4' Small Pop Up
- Model:** POP5 5' Medium Pop Up
- Model:** POP6 6' Tall Pop Up



**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



**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



**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



**FOLDABLE LANDING MAT / CRASH 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 85 lbs. Size: 10' L x 6' W x 12" H.



**Model:** LAN1



**70 LB. ROUND DUMMY**

70 lb. Heavy Round Dummy. 16" dia. X 48" tall, 18 oz. vinyl coated nylon, 2 handles on back, 2 on bottom, warranty 2 year.



**Model:** 70HRD-B



**40 LB. SQUARE DUMMY**

Rae Crowther 40 lb. Square Dummy. 48" x 14" X 18 oz. vinyl coated nylon. Handles: 2 handles. Warranty: 2 year factory warranty.



**Model:** SQD-B



### BLAST SHIELD

The BLAST Shield is a universal tool designed to shape, sharpen, and polish all contact skills. The unique proprietary shape of the BLAST Shield instills optimal postures needed to dominate on game day. The shield is designed to work vertically and horizontally. The shield protects the holder and the player with its unique dual layer foam technology. Multiple handles on sides and a strap on back. Size: 24" Length x 16" Width (Center Width: 8") x 4" Thick x 5 lbs. Color is Black. Warranty: 2 years.

Model: BLAS-B



### PUSHBACK SHIELD

The Pushback Shield provides a curved hitting area. Use for quick mobility drills; hold the shield away from the body or against the chest for punching. 24" L x 17" W x 4" Thick. Weighs 4 lbs.



Model: PSH



### 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. 36" L x 22" W x 5" Thick. Weighs 6 lbs.



Model: CBS



### MINI SHIELD

The Mini Shield is a small 8" x 10" x 4" thick shield with 2 handles on sides. The Mini Shield Helps players target their punch. The concentrated hitting area increases focus and skill. Color is Black only. Warranty: 2 years.

Model: MNS-B



### BULLET ARM

Cylinder shaped pad allows the coach to slide his hand and forearm inside the pad and grip a handle on 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. 22" L x 9" Diameter. Color is Black only. Warranty: 2 years. Sold individually.

Model: BULL-B



### CHEST PAD

The Chest Pad frees the scout team player from holding a pad. The Chest Pad is worn around the neck and back with adjustable straps. The player has full movement of arms and hands. 22" L x 13 1/2" W x 3" Thick. Color is Black only. Warranty: 2 years.

Model: CHP-B



**S1-PAD COVER**  
Model: ADV100



**S2-PAD COVER**  
Model: ADV105S2



**S3 PAD COVER**  
Model: ADV107



**S INTERIOR PAD SET**  
Model: ADV108



**FIGHTN' PAD**  
Model: FTPU-PAD



**LEVERAGE SLED PAD COVER**  
Model: RP300



**BLOXX PAD**  
Model: BLX



**Z1 PAD**  
Model: ZL-PAD



**Z2 PAD**  
Model: ZL-PAD2



**ENDURO PAD**  
Model: C100



**CLASSIC T-PAD - BLACK**  
Model: C125



**6" FLAT SPRING PAD - BLACK**  
Model: RP100



**BOD OR TACKLING PAD - BLACK**  
Model: RP105  
Model: RP106



Pad Colors (Call for availability)

Black

Navy

Royal

Purple

Maroon

Red

Orange

Green

Pad Colors (Call for availability)

Black

Navy

Royal

Purple

Maroon

Red

Orange

Green

**PORTABLE GOAL POSTS**

H style portable goal post. Two wheels per goal. Zinc-plated carbon steel. 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  
**Model:** PORC Collegiate; 18' 6" Width



**WINDSTREAMERS**

**Model:** WS201  
**Size:** 4' x 2"



**FOOTBALL BAG**

Holds 12 footballs in 32" L x 24" W x 12" H bag. Uniquely constructed of 18 oz. water resistant 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



**SPECIAL TEAMS MATS - STANDARD & CUSTOM**

Avoid costly timeouts and ensure the right players are on the field. Choose between our Standard or Custom Mat. The Standard Mat, comes in black vinyl with 11 white dots. Size is 12' x 6'. Or, choose our Custom Special Teams Mat. This mat is made to your specific school colors, text, and logo. On custom mats please allow 4 weeks.

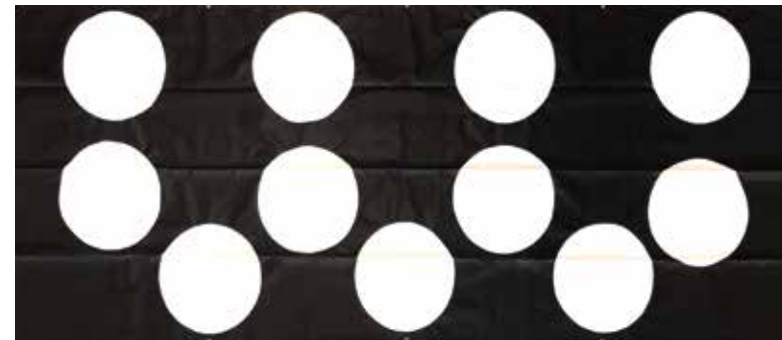
**Model:** SSTM-B Standard Special Teams Mat

**Model:** SSTM-C Custom Special Teams Mat

Standard Mat



Custom Mat



**TRACK PROTECTORS**

Track Protectors provide a new level of durability in protecting your track from foot traffic. The Track Protectors are portable. Choose from many custom colors and combinations. You can add your custom logo. Many sizes available, 12' x 30' is the most common standard size.

**Model:** G1230



**GOAL POST PADS**

You will not find better looking quality Custom Goal Post Pads. 18 oz. vinyl coated nylon with Velcro enclosures. Foam is encased from the goal post and elements (other types of Goal Post pads just protect the exterior of the foam). Almost any custom text and logo is possible. Size: 6' tall x 18" O.D. x 7" I.D. A large selection of colors is available.

**Model:** GPP18

**Model:** GPP18 - LETTERING

(Per letter - includes an outline color and a letter color)



**CUSTOM WALL PADDING**



4



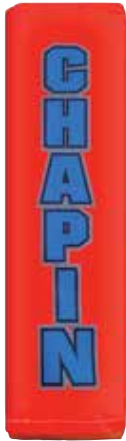
**PADDED FLIP DOWN**  
Model: PDBO



**7" CHAIN SET**  
Model: SCSO



**SIDELINE MARKERS**  
Model: 1241WX-O



**CUSTOM PYLONS**  
Model: 251WEP-C  
(Minimum Order: 8)



**SCRIMMAGE CAPS**

Fits modern, large helmets. Material is knit fabric.

Red Model: SCP2-R    Blue Model: SCP2-B    Gold Model: SCP2-Y



**SCRIMMAGE VESTS**

Adjustable scrimmage vests, material is durable mesh, one size fits all.

Gold Model: SV-R    Blue Model: SV-B    Orange Model: SV-Y



**PYLON SET (4)**  
Model: 251WEP



**12" RUBBER CONE**  
Model: C12



**6" RUBBER CONE**  
Model: C6



**CLEAT CLEANER**

Made from durable synthetic material to withstand intense cleanings. Built-in handle and extended side panel allow easy transportation to practice or games.

Model: CCL



**7" DIA. DISK CONE**  
Model: CD7



**9" SPOT MARKER**  
Model: SM12

**LX7520 PRACTICE SEGMENT TIMER (4' X 3' X 40 LBS.)**

The LX7520 Practice Timer is an extraordinarily useful and robust timer that will maximize every second of your practice. Few things are more important to the success of a football team than the time spent on field practicing. The LX7520 helps you organize every second of practice and keeps the team on time for each segment of practice. The timer measures 4' x 3' x 40 lbs. The timer is light weight, and with an all-aluminum construction is rust free. Automotive grade baked on enamel based paint is applied to all sides of the cabinet. You have your choice of 18 standard paint colors, as well as your choice of amber or red LED displays. The LED display circuit is coated for outdoor use. The horn is internally mounted and can be heard over 200 yards. To program the unit a wired remote is standard with 37-key controls and an LCD display. There are fifty programmable brightness levels. The timer is easy to program. For added flexibility, the display can double as a Play Clock during actual games. You can create up to 45 Practice Schedules. Each Schedule may include up to 90 Periods. Each Period may range from 1 to 99 Minutes. You may also program an interval between periods from 0 to 9:59. The timer includes auto and manual horn options. All digits are 11 inches tall and can be seen on bright days and from a distance. Digits are formed from matrices of super-bright, long-lasting, energy-efficient LEDs (Light Emitting Diodes). Choose either amber or red LEDs. Our LED displays are protected by aluminum masks that allow the hard epoxy shells of the LEDs to be exposed for maximum viewing angles. The timer has a five-year limited warranty. Toll free technical support via phone and online for the life of the product.

Model: LX7520    Practice Segment Timer  
Model: LX7520T    Optional T Cart  
Model: LX7520LOGO    Optional Logo



LX7520 shown with optional T-Cart

**LX7620 PRACTICE SEGMENT TIMER WITH T CART (5' X 3.5' X 45 LBS.)**

An extraordinarily versatile system that takes full advantage of the Practice Segment Timing software with a built in Play Clock. Create up to 45 Practice Schedules. Each Schedule may include up to 90 Periods. Each Period may range 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.

Model: LX7620    Practice Segment Timer



LX7620 comes standard with T Cart and play clock.

**LX7640 PRACTICE SEGMENT TIMER**

The LX7640 segment timer will give you a new level of control over your practices. 7 ft. x 5 ft. Weight: 80 lbs. Electrical: 120 VAC, 1.5 amps. 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. Shown with optional trailer.

Practice Segment Timer  
Model: LX7640

Optional Logo  
Model: LX7640LOGO

Optional Wireless Remote  
Model: LX7640WIRE

Optional Trailer  
Model: LX7640TRA



Trailer sold separately

**MAKE THE MOST OF EVERY MINUTE**

**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



**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



**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:** CRAK



**SHOULDER PAD HANGER RACK**

Allows pads to keep their shape and air dry. Holds up to 28 Shoulder Pads. Fits through standard door. 4" Heavy duty caster wheels. 1/2" Black powdered coated steel tubing.

**Model:** PRAK



**RC SWEATSHIRT**

**Model:** RC-S  
Sizes: LG, XL, 2XL, 3XL



**RC LONG-SLEEVE T**

**Model:** RC-LT  
Sizes: MD, LG, XL, 2XL, 3XL



**RC BEANIE**

**Model:** RC-B  
Sizes: 1 SIZE FITS ALL



**RC HAT**

**Model:** RC-H  
Sizes: 1 SIZE FITS ALL



**RC T-SHIRT**

**Model:** RC-T  
Sizes: MD, LG, XL, 2XL, 3XL



**RC MUSCLE T**

**Model:** RC-MT  
Sizes: MD, LG, XL, 2XL, 3XL



**RC SHORTS**

**Model:** RC-SH  
Sizes: MD, LG, XL, 2XL, 3XL



**RC VISOR**

**Model:** RC-V  
Sizes: 1 SIZE FITS ALL



# For Your Toughest Days



**A DRINKING STATION WITH FILTER** Model: 1453185

Galvanized steel tubing frame with removable legs for easy transport and storage. Drinking tube is made of non-corrosive PVC. In-line filter for cleaner fresher water. Includes 8 drinking stations with shut-off nozzles. Connects to a standard water hose (not included). Dimensions: 43"H x 53"L - 25 lbs. Warranty 1 Year

**B POWERED TANKER WITH CART** Model: 1378677

New Cart design with translucent blue tank. Constructed of steel tube frame with aluminum bottom deck and top utility shelf (water bottles not included). Drinking tube constructed of non-corrosive PVC. Rides and steers smoothly on four heavy duty wheels with 10" pneumatic tires. Front wheels swivel for easy maneuverability. Equipped with optional use towing attachment. Includes 8 coiled drinking hoses, sanitizing tables, a 35 gallon FDA, NSF approved tank. Rechargeable 12V / 12amp Power Pack provides 8 hours of use. Dimensions: 43"L x 20"W x 54"H - 140 lbs. (empty). Warranty 1 Year

**C POWERED TEAM DRINKER** Model: 1240412

20-gallon tank that has an extra-wide threaded top to enable easy refilling. No-flat tires allow rapid transportation across a range of surfaces, so the water tank can move up and down the field or court as play advances and back to the equipment room at the end of the game. Powdercoated steel cart withstands rain, snow and sunshine for all-weather use. Six retractable-coil drinking hoses with quick shut-off nozzles promote efficient hydration. Included trickle charger and sanitizing tablets deliver clean water and lasting performance. Color: White, Black, Yellow. Dimensions: 50"H x 21"W x 25"D - 135 lbs. (empty). Warranty 1 Year

**D PORTABLE WATER CHILLER** Model: 1240429

Powdercoated steel cart resists wear and tear and easily supports the full cooler. Six retractable drinking hoses let multiple players drink at one time to efficiently hydrate the whole team. Quick shut-off nozzles keep water from spilling or leaking when a player finishes drinking. 10-gallon cooler holds ice to chill water as it passes through a copper coil. No-flat tires easily roll across a variety of field, turf and court surfaces. Color: Yellow, Black, Red. Weight: 46 lbs. Warranty 1 Year



**BIG SQUIRT**



**NO CONTACT**



**TEAM TRAINER 35**



**TEAM MANAGER 50**

**BIG SQUIRT 20 GALLON**

Model: WWBQT

6 drinking nozzles on 5 ft coiled hoses. Hoses are blue to help prevent mold/algae. Fittings, tank, pump and hoses are food grade. 20 gallon tank with 8" opening for easy filling and cleaning. 3.0 GPM 12 volt pump with 9 amp rechargeable battery and waterproof charger. Inline strainer helps protect pumps. Heavy duty, aluminum, wide stance frame with No Flat tires. Warranty: 1 year.

**NO CONTACT 50 COOLER**

Model: WNC50C

The world of sports hydration was changed dramatically in 2020 so you now have a whole new set of rules and regulations. You will need to have the proper tools and systems available to you to offer ample hydration but in a safer, no contact application. Our Patent Pending Wheelin' Water "NO CONTACT" Manager Hydration System with 50-gallon cooler, is just what you need. The Manager has a 7-day cooler that is easy to fill and clean. The "NO CONTACT" system has 8 adjustable water dispensers that swing out for use and in for transport. There are no foot pedals, no water bottles, messy cups to dispose of or spray nozzles to wipe off and disinfect. Athletes simply place their hand under the sensor and water is dispensed until hand is moved away. YOU NEVER TOUCH ANY SURFACE THAT CAN PASS ON DANGEROUS DISEASES! Patent-Pending "NO CONTACT" hydration system with (8) sensor stations powered by a 12volt 20AMP rechargeable battery. All aluminum welded frame- Fits thru a 33" doorway. Warranty: 1 year.

**TEAM TRAINER 35 GALLON**

Model: WTMTR35

The all new TEAM TRAINER gives you 35 gallons of fresh water with 8 hoses. The 4" deep- 20" x 34" upper mesh tray is perfect for water bottles, coolers or any trainers supplies. Tank is secured to an open aluminum frame to allow for air to circulate around tank. The stainless steering assembly gives great turning ability and handle allows for pulling or towing. You get all this and it still fits thru a 33" doorway. Two additional hoses can be added. Cart ships fully assembled, sanitized, ready to use. Shipping weight is 225 lbs. Warranty: 1 year.

**TEAM MANAGER 50 GALLONS**

Model: WTM50

The ultimate hydration tool when space and handling are an issue, but you demand a large quantity of clean, fresh water and an abundance of drinking nozzles. It comes standard with 16 nozzles that wrap around 3 sides of cart that gives you ample room between outlets for athletes. The all new TEAM MANAGER will fit thru a 33" door and has the turning ability of a play wagon in it's all stainless steering assembly. The low to the ground 50 gallon tank allows you to maneuver easier and use the top basket for all your training supplies, allowing athletes to get their own needed items and saving trainers time running for supplies and extra water. Arrives to you assembled and ready to use. Shipping weight 260 lbs. Warranty: 1 year.



**VARSITY PATRIOT HALF RACK  
(8'3" TALL X 5'3" LENGTH)**

The Varsity Patriot Racks combines great performance, durability, and pricing. We believe the Varsity Patriot line will be the right choice for many programs, plus we offer many options and are always working on new options. And another advantage is we usually have the racks in stock for fast delivery, thus no need to wait 12 weeks or more for your equipment. The Patriot Racks have fully welded frames made from structural 3"x 3" steel 11-gauge tubing. The fully welded frames make assembly easy and keep the racks super tight. Each upright has 33 lasered holes that allow 2" bar catch adjustments. The numbers are laser cut on both sides of the uprights. Bar Catches are oversized for safety and are sandwich style. These are the nicest Bar Catches at this price point in the industry. Each has 1" wide plastic to protect your hands and the bar when racking. Each has plastic protection on the inside to protect the upright from metal-to-metal contact. Each rack comes standard with the Monkey Chin Bar that combines an array of functional use. Each Monkey Bar has a 1 3/8" front bar, a 2" fat bar, and 4 parallel chinning areas. For plate storage each rack has ten zinc plated weight horns. They are bolted to the upright, so no fear of a broken weld. Bumper plates will fit on the lower three weight horn pins. The Bottom three weigh horn pins are 12" long and the top 2 pins are 6" long. Standard are heavy duty safety bars that are 29" in length. The safeties, like the bar catch and chin bar, are painted matte crinkle black for grip and durability. Each safety has hard plastic protection on the top and side of the metal. Each safety is made from structural steel tubing and gusseted for extra strength. The Height of each rack is 8'3". Each rack has a 5 Year warranty. Standard colors. Black, Silver, Grey, Royal, Navy, Red, Orange, Purple, Green, White.

- Model:** VPAT2 Varsity Patriot Half Rack
- Model:** VPAT-BC Varsity Patriot Adjustable Bench
- Model:** VPAT19 Optional Dip Attachment
- Model:** VPAT27 Optional Hanging Bar Holder
- Model:** VPAT20 Optional Storage Hook
- Model:** VPAT23 Optional Band Pegs (Set of 6)
- Model:** VPAT25 Optional 6' Bridge Connector
- Model:** VPAT70 Optional Additional Bar Catches (1 Pair)
- Model:** VPAT24 Optional Land Mine Attachment
- Model:** VPAT28 Optional Med Ball Target



**VARSITY PATRIOT DOUBLE RACK  
(8'3" TALL X 5'3" LENGTH)**

The Varsity Patriot Racks combines great performance, durability, and pricing. We believe the Varsity Patriot line will be the right choice for many programs, plus we offer many options and are always working on new options. And another advantage is we usually have the racks in stock for fast delivery, thus no need to wait 12 weeks or more for your equipment. The Patriot Racks have fully welded frames made from structural 3"x 3" steel 11-gauge tubing. The fully welded frames make assembly easy and keep the racks super tight. Each upright has 33 lasered holes that allow 2" bar catch adjustments. The numbers are laser cut on both sides of the uprights. Bar Catches are oversized for safety and are sandwich style. These are the nicest Bar Catches at this price point in the industry. Each has 1" wide plastic to protect your hands and the bar when racking. Each has plastic protection on the inside to protect the upright from metal-to-metal contact. Each rack comes standard with the Monkey Chin Bar that combines an array of functional use. Each Monkey Bar has a 1 3/8" front bar, a 2" fat bar, and 4 parallel chinning areas. For plate storage each rack has ten zinc plated weight horns. They are bolted to the upright, so no fear of a broken weld. Bumper plates will fit on the lower three weight horn pins. The Bottom three weigh horn pins are 12" long and the top 2 pins are 6" long. Standard are heavy duty safety bars that are 29" in length. The safeties, like the bar catch and chin bar, are painted matte crinkle black for grip and durability. Each safety has hard plastic protection on the top and side of the metal. Each safety is made from structural steel tubing and gusseted for extra strength. The Height of each rack is 8'3". Each rack has a 5 Year warranty. Standard colors. Black, Silver, Grey, Royal, Navy, Red, Orange, Purple, Green, White.

- Model:** VPAT3 Varsity Patriot Double Rack
- Model:** VPAT-BC Varsity Patriot Adjustable Bench
- Model:** VPAT19 Optional Dip Attachment
- Model:** VPAT27 Optional Hanging Bar Holder
- Model:** VPAT20 Optional Storage Hook
- Model:** VPAT23 Optional Band Pegs (Set of 6)
- Model:** VPAT25 Optional 6' Bridge Connector
- Model:** VPAT70 Optional Additional Bar Catches (1 Pair)
- Model:** VPAT24 Optional Land Mine Attachment
- Model:** VPAT28 Optional Med Ball Target





### ALL PURPOSE POWER BAR - MADE IN USA

1800# rated bar. This bar is high strength stress proof alloy steel that is black oxide with zinc sleeves. It's equipped with double rings and medium knurling. It has 165,000 PSI which is great for on the platform or in the rack. Bar Weight 45 lbs. Diameter: 28.5mm. Knurl: Medium. Shaft Coating: Black Zinc. Sleeve Coating: Chrome. Bushing/Bearing: Bronze bushing. Tensile Strength: 165,000. Warranty: Lifetime on Manufacturer defect. Made in the USA.

Model: SBF11



### STANDARD OLYMPIC BAR - MADE IN USA

1200# rated bar. This bar is a great general-purpose bar. Comes with a black zinc shaft with polished steel sleeves. Bar Type: Multi. Bar Weight: 45 lbs. Diameter: 28.5 mm. Knurl: Medium. Shaft Coating: Black Zinc. Sleeve Coating: Polished Steel. Bushing/Bearing: Bushing. Tensile Strength: 120,000. Warranty: Lifetime on Manufacturer defect. Made in the USA

Model: SBF8



### YORK 7' NORTH AMERICAN 28 MM CHROME BAR - a great all-purpose training bar

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



### YORK 20 KG PRO OLYMPIC BAR - an excellent bar for serious Olympic lifting

York Bars are made from the highest grade steel with a minimum yield strength of 195,000 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



### YORK INTERNATIONAL 15 LB. ULTRA-LITE 6' ALUMINUM BAR - a great youth bar

Model: 32032



### HEX COMBO SHRUG BAR

Manufactured by the original designers of the Hex Bar. This hex bar is silver zinc with raised handles on the side for lifting or flat handles on the other side for low stress. This bar is indestructible and the #1 shrug bar sold.

Model: SBF16



### MARRS BAR

A versatile bar that lets you do squats, good mornings, lunges - hands free. Reduces axial load on your neck and back. Weight: 65lbs. Dimensions: 89" x 24". Dia: 1.5" solid steel zinc coated bar & harness. Machined Olympic black oxidized sleeves. Fully welded design: Max load 1,200 lbs. Custom molded harness padding.

Model: MARR



### MULTI-GRIP OLYMPIC BAR

Two pair of oblique (angled) and one pair of straight neutral grip 28mm handles combine to reduce stress on wrists and shoulders during close, medium or wider grip pressing movements. The bar is long enough (83 in) to be compatible with most power racks and can even be racked at the top for chin-ups, or the bottom for push-ups. Solid and fully welded, it features knurled handle grips, uniquely centered spacers for hand placement and a quality bright zinc finish that will not scratch or flake. Weight: 47lbs.

Model: 50080-Y



### FARMERS WALK HANDLES

Farmers Walk Handles (sold in pairs) are great for developing powerful legs and hips, strengthening the core, creating a strong and stable back, as well as monster grip strength. 60" overall length. 12" collar length. 6" handles that are 1¼" diameter. 22 lbs. per handle. Powder coated black. Warranty 3 years.

Model: STR-FCH-DB



### BAR PAD

16" wide coverage, high-density 1" thick memory foam padding. Velcro closure.

Model: BPAD



### HEAVY DUTY CURL BAR

Model: SBF20



### VERTICAL BAR HOLDER

Model: 6916



### SPRING COLLARS

Model: OC-06



### MUSCLE CLAMPS

Model: AOMC



### 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 Varsity Lifting Platform



### NYLON DIP BELT

High quality dense memory foam core increases comfort. Develops upper body strength. Wide 6" padded back support for added comfort. Fully adjustable chrome metal chain and speed clip for quick removal. Increases the effectiveness of dips, chins and lunges by adding resistance beyond your own body weight. One Size Fits Most. (photo shows plate attached to Dip Belt, plates sold separately)

**Model:** DBT



### LIFTING BELTS

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

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



### BLACK BUMPER PLATES

These bumper plates are an excellent choice for the strength program that is looking for a quality bumper with great performance at an economical price. These bumpers have a solid rubber construction and a reinforced 2-inch center steel sleeve. They come with a full 1 year warranty. The color is black. Sold in pairs only.

**Model:** 29067 - 10 lb.  
**Model:** 29069 - 25 lb.  
**Model:** 29070 - 35 lb.  
**Model:** 29071 - 45 lb.



### CAST IRON PLATES

Standard Olympic Plates are the meat & potatoes of the iron game. These simple sturdy cast iron plates are economical and well built. Color is black. Sold in pairs only.

**Model:** 7350 - 2.5 lb.  
**Model:** 7351 - 5 lb.  
**Model:** 7352 - 10 lb.  
**Model:** 7353 - 25 lb.  
**Model:** 7354 - 35 lb.  
**Model:** 7355 - 45 lb.



### CHALK

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

**Model:** WE3057



### COTTON LIFTING STRAPS

For grip support. Double stitched cotton straps with merrowed end tabs for durability. 20 1/2" length and 1 1/2" width for traction and grip.

**Model:** WE316



### HEAD HARNESS

**Model:** HHAR



### ISOCAST STEEL GRIP PLATES

"ISO-Grip" Plates are clearly the most maneuverable, safest plate in the industry today. The ISO-Grip Plate is the industry's answer to a 360-degree easy-pick-up plate cleverly achieved by casting the hub thicker than the rim. The patent-pending, radical benefit of a thicker hub and a streamlined rim is the anti-pinch nature of using the plates. Sold in pairs only.

**Model:** ISO 2.5 lb.  
**Model:** ISO 5 lb.  
**Model:** ISO 10 lb.  
**Model:** ISO 25 lb.  
**Model:** ISO 35 lb.  
**Model:** ISO 45 lb.



## RUBBER HEX DUMBBELLS

These dumbbells feature contoured, knurled chrome handles and durable rubber-covered heads, which are permanently affixed to a 35 mm solid steel shaft for strength. Smaller handles graduate up from 25 mm grip to 35 mm grip for increments 20 lbs through 125 lbs. The rubber coating increases durability, protects flooring and equipment, enhances appearance, diminishes noise and is easy to clean. 1 Year warranty.

- Model:** SD1Y 5-50 Set (in 5 lb. increments - 10 pairs)
- Model:** SD2Y 55-100 Set (in 5 lb. increments - 10 pairs)
- Model:** SD3Y 5-75 Set (in 5 lb. increments - 15 pairs)
- Model:** SD4Y 105-125 Set (in 5 lb. increments - 5 pairs)



### 2 TIER HEX DUMBBELL RACK

Among the most versatile of dumbbell storage racks, the 2-tier Tray Dumbbell Racks can accommodate a number of different styles of dumbbells. The 16" deep formed steel trays are rubber lined and ergonomically angled for ease of use. Dimensions: 97.5" L x 32" H x 17.5" D. Powder coated black. Dumbbells sold separately.

**Model:** 69128Y



### 3 TIER HEX DUMBBELL RACK

Among the most versatile of dumbbell storage racks, the 3-tier Tray Dumbbell Rack can accommodate a number of different styles of dumbbells. The 16" deep formed steel trays are rubber lined and ergonomically angled for ease of use. Dimensions: 97.5" L x 48.5" H x 23" D. Powder coated black. Dumbbells sold separately.

**Model:** 69129Y



## KETTLEBELLS

Kettlebells will appeal to experts and beginners alike. The product sports a rugged matte black finish and has a uniquely positioned handle for a smooth, ergonomic motion. These kettlebells are perfect for a variety of Crossfit movements including the Russian Swing, One-Armed Clean, and the Two-Armed Push Press, as well as acting as a weight aid for squats and lunges. Warranty 1 year.



- Model:** KB5Y
- Model:** KB10Y
- Model:** KB15Y
- Model:** KB20Y
- Model:** KB25Y
- Model:** KB30Y
- Model:** KB35Y
- Model:** KB40Y
- Model:** KB45Y
- Model:** KB50Y
- Model:** KB60Y
- Model:** KB70Y
- Model:** KB80Y



## THREE TIER KETTLEBELL STAND

This stand can hold a 5-80 kettlebell set. The shelves are rubber lined, and constructed from 2" x 2" x 11 gauge steel tubing. Powder coated in a metallic silver finish. 45" w x 24" depth x 33" x weight 77 lbs.

**Model:** 15100



## 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.

- Model:** GMB6 6 lb.
- Model:** GMB8 8 lb.
- Model:** GMB10 10 lb.
- Model:** GMB12 12 lb.
- Model:** GMB14 14 lb.
- Model:** GMB16 16 lb.
- Model:** GMB20 20 lb.



## WALL BALLS

Wall Balls are large diameter foam medicine balls. Each 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. 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 Wall Ball will void the warranty.



- Model:** PWB4 4 lb.
- Model:** PWB6 6 lb.
- Model:** PWB8 8 lb.
- Model:** PWB10 10 lb.
- Model:** PWB12 12 lb.
- Model:** PWB14 14 lb.
- Model:** PWB16 16 lb.
- Model:** PWB18 18 lb.
- Model:** PWB20 20 lb.



## 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.

- Model:** VUL5 5 lb.
- Model:** VUL10 10 lb.
- Model:** VUL15 15 lb.
- Model:** VUL20 20 lb.
- Model:** VUL25 25 lb.
- Model:** VUL30 30 lb.
- Model:** VUL35 35 lb.
- Model:** VUL40 40 lb.
- Model:** VUL50 50 lb.



## STABILITY BALL

Stability Balls are excellent for balance, core work and stretching. Size of ball is 65 cm. Ships deflated.

**Model:** TA1806



## MED BALL RACKS

Sturdy and durable storage for your medicine balls. Painted Black.



**Model:** 65101 (Vertical)



**Model:** 65100 (Horizontal)



### TRAINING ROPE

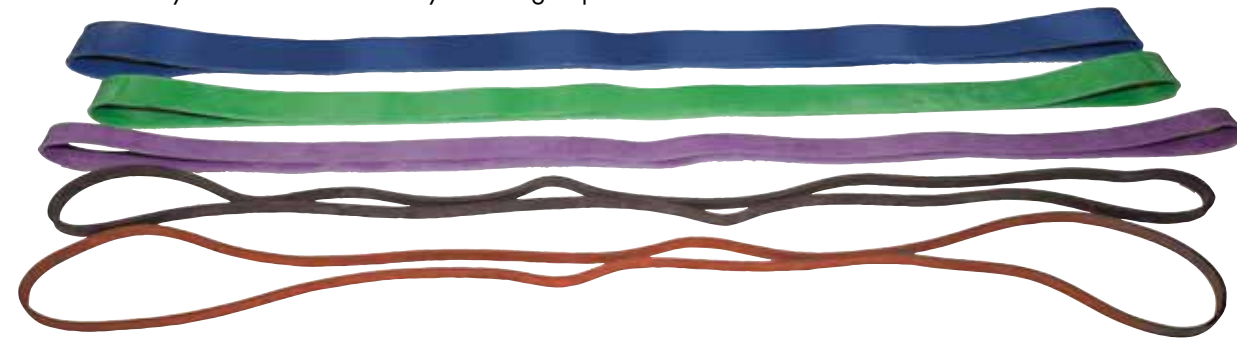
50' length x 1 1/2" diameter x 24 lbs. Training Ropes are a great choice indoor or out. A braided Training Rope does not shed and is non-abrasive. Ropes offer you a complete, full-body workout. The braided ropes are 80% danline and 20% polyester – they are more durable and have a greater life span than manila ropes and feature a plastic boot on each end to prevent fraying. You will quickly notice how training will transfer into your sport or activity. You will not only have a lot of fun with your training, but you will also find yourself more motivated in general. This is due to the increased physical and mental discipline you will gain.

Model: B515



### STRENGTH BANDS

Strength Bands are a cost-effective exercise tool. Available in 5 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: J1	#1 Mini	5-35 lb.	Red	13 mm wide
Model: J2	#2 Super Mini	10-50 lb.	Black	14 mm wide
Model: J3	#3 Small	25-80 lb.	Purple	29 mm wide
Model: J4	#4 Medium	50-120 lb.	Green	45 mm wide
Model: J5	#5 Large	60-150 lb.	Royal	64 mm wide



### HERCULES PUNCH BAG

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. 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! Two year warranty.

Model: HPC15 15 lb.  
Model: HPC25 25 lb.



### 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: GLH-F



### 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

Advanced Set:  
(12", 18", 24", 30", 36", 42")  
Model: TA300



### VINYL SPEED ROPES

These vinyl speed ropes with plastic handles are the ideal rope for most athletic programs. They are very economical and durable. Choose from 8' to 10' in length. Colors vary by size.

Model: SPR8 8'  
Model: SPR9 9'  
Model: SPR10 10'



### JUMP SMART PLYOS

Use our Jump Smarts to raise explosive power, increase ground reaction force, and enhance muscle stiffness (tension). The Rae Crowther Jump Smart Plyos are the best value in the industry. Quality construction, durability, and functional design. As one of the leaders in the industry we started making the foam jump box over 15 years ago! Jump Smart Plyos are high-density foam 32" diameter plyometric discs. The heaviest Foam Plyos in the industry. High density foam with inserted rubber encased in heavy nylon vinyl with zippers and handles. Each individual disc (3", 6", 12", 18", 24", or 30") velcros to each other. An improvement in safety over traditional steel boxes. Color: Black.



**Height: 3"**  
**Diameter: 32"**  
**Weight: 25 lb.**  
**Model: JSP3**



**Height: 6"**  
**Diameter: 32"**  
**Weight: 36 lb.**  
**Model: JSP6**



**Height: 12"**  
**Diameter: 32"**  
**Weight: 65 lb.**  
**Model: JSP12**



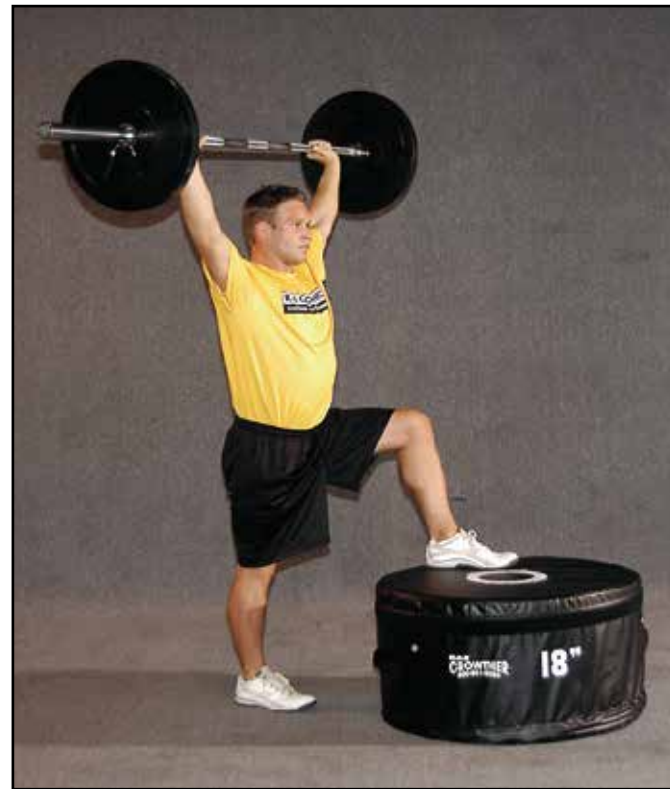
**Height: 18"**  
**Diameter: 32"**  
**Weight: 91 lb.**  
**Model: JSP18**



**Height: 24"**  
**Diameter: 32"**  
**Weight: 115 lb.**  
**Model: JSP24**



**Height: 30"**  
**Diameter: 32"**  
**Weight: 145 lb.**  
**Model: JSP30**



### METAL AGILITY LADDER

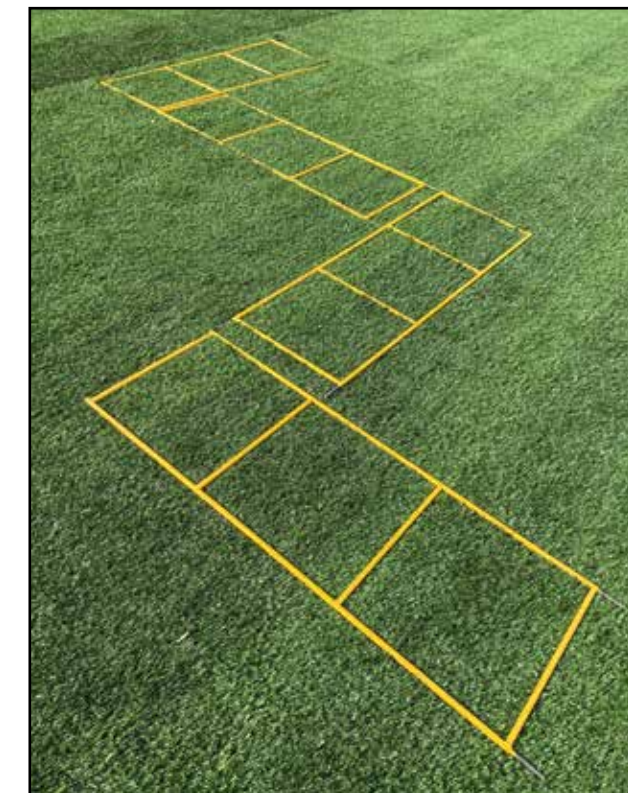
Foot fire! The Metal Agility Ladder is similar to the traditional foot ladder but is made from metal so that it will not kick out of place. The Metal Agility ladder is light enough to transport but heavy enough to stay in place. The Ladder measures 19' long (you can add to that length if you desire with individual sections). Comes in 4 sections that slide together for easy shipping, travel, and set up. The metal squares are 1/2" tall, so it can be used with sneakers or cleats. Use the ladder in a straight agility pattern or make 90-degree intersections. For large groups or individual drills use the 4 sections of the ladder separately. Can be used for lower and upper and body training (such as pushups). Use with slam balls and other implements to raise the challenge. Keep the ladder inside or outside. Each section is 4.75 feet long. Each foot hole is 19" x 19". Powder coated yellow. Weight: 24 lbs. per ladder.

**Model: GPR1**



### METAL AGILITY LADDER DRILLS:

- 1 "Ickey" Shuffle: This is a lateral "2 feet in, 1 foot out" pattern, sticking the outside foot as quickly as possible outside the ladder as you advance.
- 2 Lateral "stick" drill: Moving down the ladder with a good base, "stick" the interior foot in and out of each box using short, choppy steps with both feet to advance down the ladder.
- 3 Lateral moving plank: This drill is done in a push up position using a "hand out, foot out" pattern to advance down the ladder. Focus should be on maintaining length in the arms, minimal elbow bend, and keeping the core braced (ankles, knees, hips, and shoulders should be level in the same plane throughout the drill)
- 4 2 in, 2 out, lateral shuffle: For this drill lead with the front foot, bringing both feet in and out of each box as you advance down the ladder. When the end of the ladder is reached, shuffle laterally to the beginning and repeat for reps. Maintain a "nose over toes" athletic position throughout the drill.
- 5 Lateral shuffle + 2 in, 2 out plank: This drill combines quick, lateral movement, with a "2 in, 2 out" moving plank variation. Perform desired reps of lateral shuffles followed by traveling down the ladder and back in the plank variation before finishing with a 5-yard burst out of the drill
- 6 Band resisted cone drill: Place a cone in each box of the ladder and provide a lateral force vector using a band. Have the player shuffle to the nearest cone and place it at the front of the ladder, repeating the pattern until every cone is retrieved.



**Use the Ladder in a straight agility pattern or make 90° intersections**



**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



**STEP-HURDLES**

- Model:** TA1675 6"
- Model:** TA1665 12"
- Model:** TA16618 18"
- Model:** TA16624 24"



**THE TUG**

The TUG is an exciting way to condition athletes and foster team unity. It's old school tough. The TUG was invented by former All American and NFL player Steve Zabel. The TUG is like a huge water bottle with two sets of handles on opposite sides.

**Tug of War**

It can be used as in a tug of war, as a weighted sled, flipped like a big tractor tire, curled, rowed upright, pressed, and in general used to evaluate the competitive nature of your team. You can adjust the weight of the TUG by adding water.

**Full of Water**

When the TUG is full of water it weighs 185 lbs. It's a great alternative conditioning tool. Dimensions: 36" x 30" x 9". Empty Weight: 20 lbs. Colors: Black, Royal, Green, Red.

**Model:** TUG1



**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.

**Agility Course**

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.

**Thumbs Up Grip**

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.

**Indoor Use**

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.

Shown on right is the Indoor Carpet Runner, allowing the sled to be used indoors on a hardwood floor.

- Model:** DRS1 Dragon Slayer Sled
- Model:** TA15401 Waist Harness
- Model:** DRS6 Indoor Carpet Runner



**SPRINT SLED**

Includes sled, 11' leads, 3" wide hook & loop enclosure adjustable waist-belt. 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 Sprint Sled for systematic training.

**Lower Body Resistance**

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.

- Model:** TA154 Sled, Waist Belt, & Leads
- Model:** TA154W Additional Waist Belt
- Model:** TA154L Additional Lead



### TRITON PUSH SLED

Heavy-duty sled will help build upper and lower body strength. Polished chrome coating gives this sled a high-profile look. Multiple bars allow for both high and low pushing options. Made of a heavy-duty, 11-gauge chrome steel. Front loop allows for pulling or dragging the sled. Measures 30"L x 32"W x 39"H x 45 lbs.

**Model:** DRST Triton Push Sled  
**Model:** DRSTW Triton Push Sled with Torque Wheel & Adaptor



### TORQUE WHEEL®

A missing link between the weight room and practice. Made to help advance offensive line skills. This offensive line specific tool is designed to train an athlete's core through simulating rotational and anti-rotational pressures felt during run block and pass pro scenarios. Utilize the Torque Wheel in the weight room or on the practice field to break bad habits. Train all year long. Eliminate elbow flare and bad hand placement. Engrain correct movement and strength required on the field of play.

**Model:** LINE-T Torque Wheel  
**Model:** LINE-P Pressure Handle  
**Model:** LINE-TS Sled Adapter for Torque Wheel

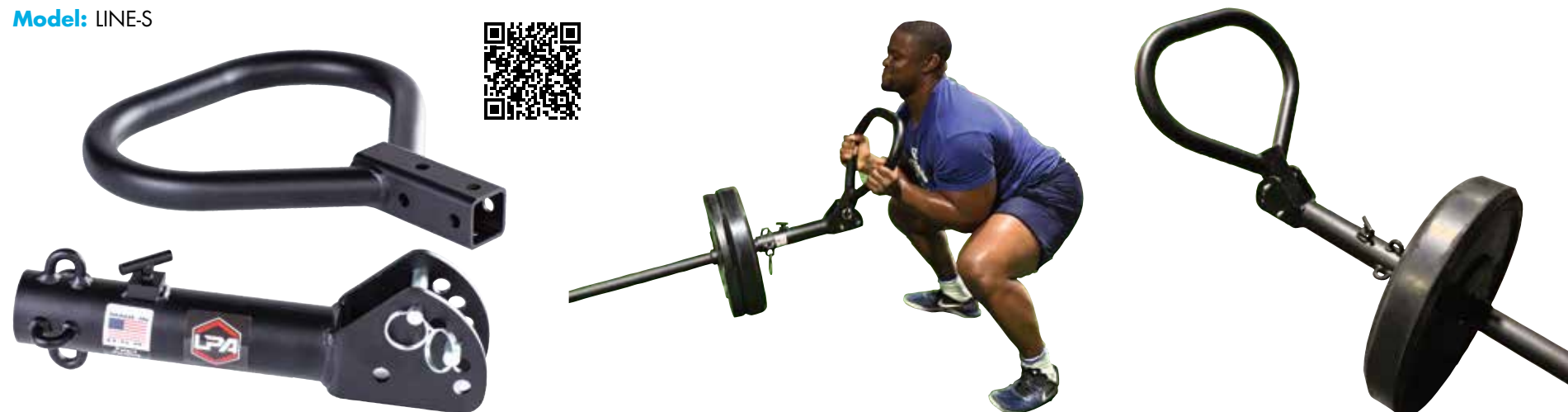


Torque Wheel shown above  
 Pressure Handle with Torque Wheel on right

### THE SOUPBONE®

The SoupBone® positions the athletes' hands and shoulder joints into the correct biomechanical positions. The positions mimic the explosive movements that translate to success on the playing field. Helps create naturally perfect reps with little to no instruction. The Soupbone is effective for training large groups of athletes when presented with limited time. Utilize mobile landmines for efficient indoor/outdoor station workouts with a small overall footprint.

**Model:** LINE-S



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

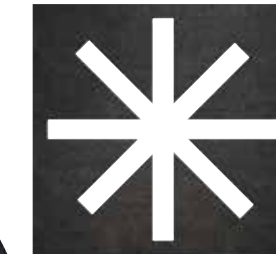
### SPORT TRAINING AGILITY STENCILS

Use these high quality stencils for creating Ladder, Dot, Star, or Cross patterns on your floor. These high density thick plastic stencils are precisely water jetted in the pattern of a Ladder, Star, Cross, or Dot. 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. Please see video at [RaeCrowther.com](http://RaeCrowther.com).

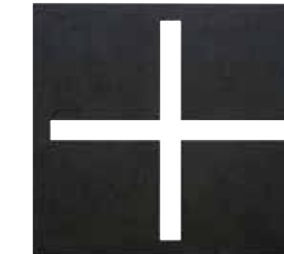
**Model:** SST-LAD



**Model:** SST-STAR



**Model:** SST-CROSS



**Model:** SST-DOT



### 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. Available in plain black or speckled colors.

**Model:** RB100-B 4 x 50' Roll of 9.5 mm (3/8") Flooring in Black  
**Model:** RB100-S 4 x 50' Roll of 9.5 mm (3/8") 10% Speckled Color



Email: [rcinfo@raecrowther.com](mailto:rcinfo@raecrowther.com)

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

Economical and durable rubber mats can take the toughest weight room pounding. The easiest way to set up a home gym or protect a floor is with these rubber mats. Color is Black. Weight per Mat is Approx. 100 lbs. Each Mat is approx. 24 sqf. Some Mats may have a slight color difference.

**Model:** RM46



Call Toll-Free: 800-841-5050

## THE SYSTEM BOOK - THE 100 BEST EXERCISES

A comprehensive strength and conditioning manual for high school athletes. The system is a stepwise, sequential, progressive program for high school physical education and athletics designed to optimize athletic performance. The System trains movements and not muscles. The System trains through the season, not just to the season. The System gives the coach "a lot of tools in the coaching toolbox." The essence of the system is variation by design. Variation, intensity, technique. Although the units of training are sequenced following sound physiological principles, the exercise selection varies from day to day. The manual contains the following information:

**Rubrics** - Used by the coach, the rubric is the basis of evaluation from a performance and an academic standpoint. The rubrics for the "Big 100" exercises form the foundation of the system.

**Metrics** - How much, how many, how fast, how far: The system incorporates multiple measurements to create accountability and responsibility in students and athletes in their daily training.

**Testing** - The system uses The Physical Performance Profile to create baseline values of physical performance. Performed in the first week of the fall and spring cycle, these tests give the coach, student and athlete the present level of performance for upper body explosivity (seated medball throw), lower body static explosivity (vertical jump), lower body dynamic explosivity (standing broad jump), lateral speed and agility (pro agility) and speed (40 yard dash).

**Exercises And Video** - There are ten exercises per unit of training. Known collectively as the "The Big 100," think of these exercises as if they were the menu in a restaurant: A finite number of exercises that would be regularly if not randomly "selected" by the "customer." Virtually all of the exercises are accompanied by video that shows the exercises in real time and slow motion, and multiple angles. These videos are accessed on line with a pass code that is included with the purchase of The System.

**Macrocycle** - The system consists of a year round training program with weeks of active rest. There is a Fall Cycle that lasts from August 20th until December 20th, a Spring Cycle that lasts from January 10th to June 1st and a Summer cycle that starts on June 15th and ends on August 1st.

**Microcycle** - There are five sessions per week in one Microcycle. Monday, Wednesday and Friday sessions are primarily weightroom based. Tuesday and Thursday sessions are typically designed for the indoor gym, field or track.

**Sessions** - There are ninety sessions in a Mesocycle. The first five sessions of the fall and spring mesocycle include the Physical Performance Profile (PPP). The summer mesocycle does not include a PPP. It is a compilation of the "best of the best" 40 sessions.

**Model:** SST-BK



**We have been using elements of the SST system at Cedar Grove for three years. We are a small school and a lot of our athletes play multiple sports. In the last two years, we have won two state track championships and been to the Quarterfinals and Semifinals in basketball. This year, we won the first state championship in football in school history. I can't say enough great things about the SST principles we've used to improve athletic performance and to keep our athletes relatively injury-free. Huge thanks to Coach Kenyon! Go Saints!**



### Overhead Squat \*

5	feet are shoulders width; toes slightly wider than the heels; bar is locked out above head. Exercise begins with flexion at the hip, knee and ankle; eyes remain level. Squat position is well below parallel; notch of hip is below top of the knee. Exercise ends with full extension of hip, knee and ankle. Back angle remains flat during exercise; bar remains stable during exercise.
	feet are shoulders width; toes slightly wider than the heels; bar is held high on shoulder. Exercise begins with flexion at the hip, knee and ankle; eyes remain level. Squat position is below parallel. Exercise ends with full extension of hip, knee and ankle. Back angle remains flat during exercise; bar remains stable during exercise.
4	feet are shoulders width; toes slightly wider than the heels; bar is held high on shoulder. Exercise begins with flexion at the hip, knee and ankle; eyes may not be level. Squat position is parallel. Exercise ends with full extension of hip, knee and ankle. Back angle remains flat during exercise; bar remains stable during exercise.
3	feet are shoulders width; toes slightly wider than the heels; bar is held high on shoulder. Exercise begins with flexion at the hip, knee and ankle; eyes may not be level. Squat position is parallel. Exercise ends with full extension of hip, knee and ankle. Back angle remains flat during exercise; bar remains stable during exercise.
I	One or more of the components are not evident.

Optimizing Athletic Performance 223

### the system™ session #90

unit	exercise	sets	x	reps
DWU	Walking lunge	2	x	10 yards
	Slow cariocca	2	x	10 yards
	High kick	2	x	10 yards
TEC	Push press	5	x	5
e <sup>1</sup>	Clean  (Challenge #6)	2	x	3
		3	x	2
		5	x	1
Last three sets at 90%, 95% and 100% of 1 RM				
STAB	Stick hop	5	x	5
CORE	Turkish get-up	3	x	10
DROM	Across and out	1	x	10
	Front swing	1	x	10
	Side swing	1	x	10

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**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 by phone, or e-mail. 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 on the website. 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:** You can generate a quote from the website or we are glad to provide a guaranteed quote on any product. Just call or e-mail 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 2 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.

**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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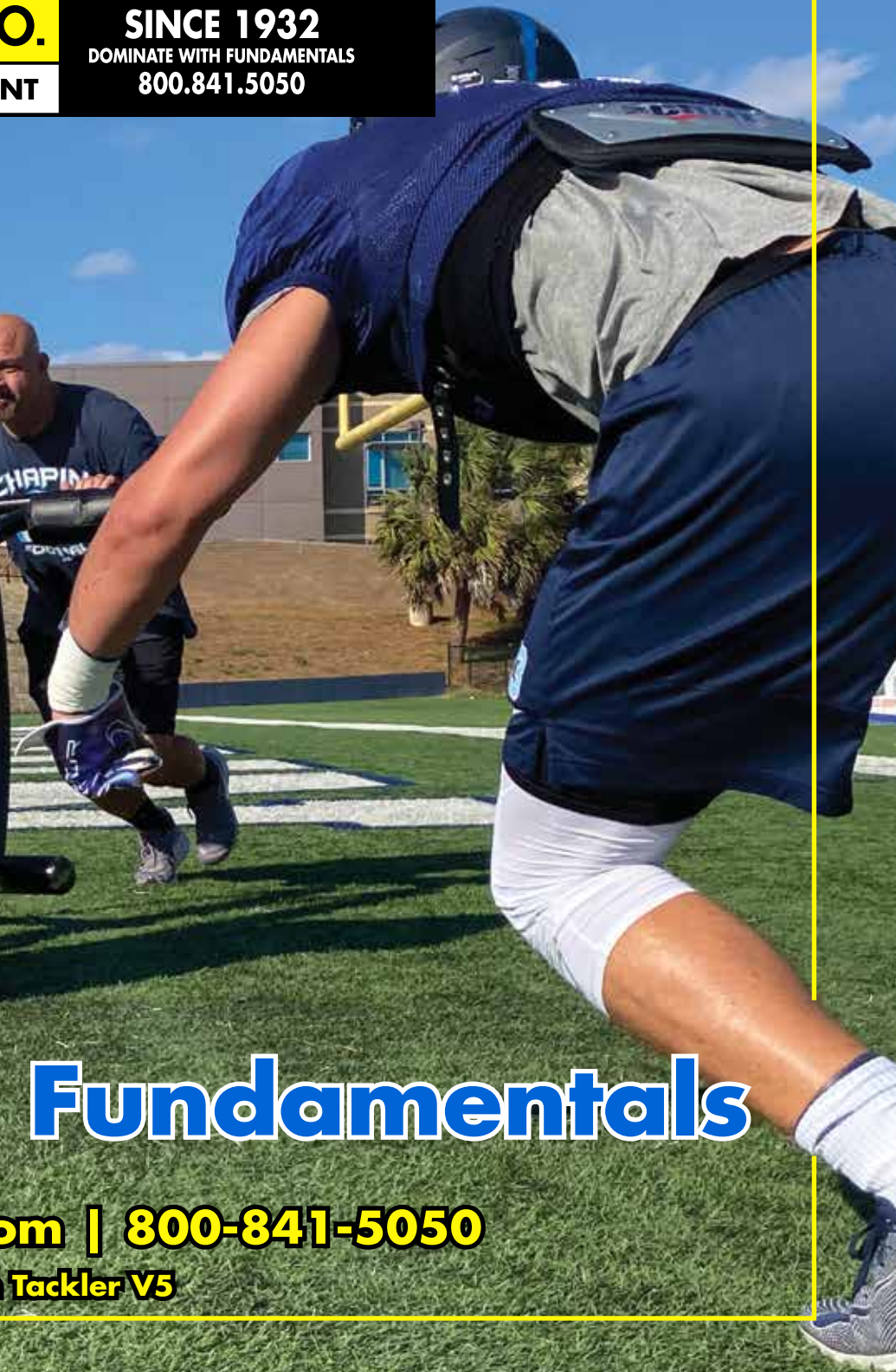




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