



CAP®

OVER
25 YEARS
OF EXCELLENCE

Welcome,

Thank you for choosing **CAP** Barbell. We are pleased that we can be a partner in your retail business as well as a partner in your client's physical health.

For over 25 years **CAP** has been a leading distributor and provider of fitness equipment. **CAP** Barbell at its inception only produced free weights and benches, but now carry over 600 products in over 10 different categories.

CAP has taken great strides to provide quality products at competitive prices, giving us and our customer a significant advantage in this ever changing market.

With our strategically located distribution centers and our ongoing product analysis, we make purchasing simple and cost effective.

Whether you are a **CAP** product user or simply carry our products in your stores, we thank you for your business.

— Your friends at **CAP** Barbell

Our Brands

CAP[®]



Tone!
Fitness

FUEL
PURE PERFORMANCE

VELOCITY
EXERCISE[®]

SELF[®]

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United States Distribution Centers

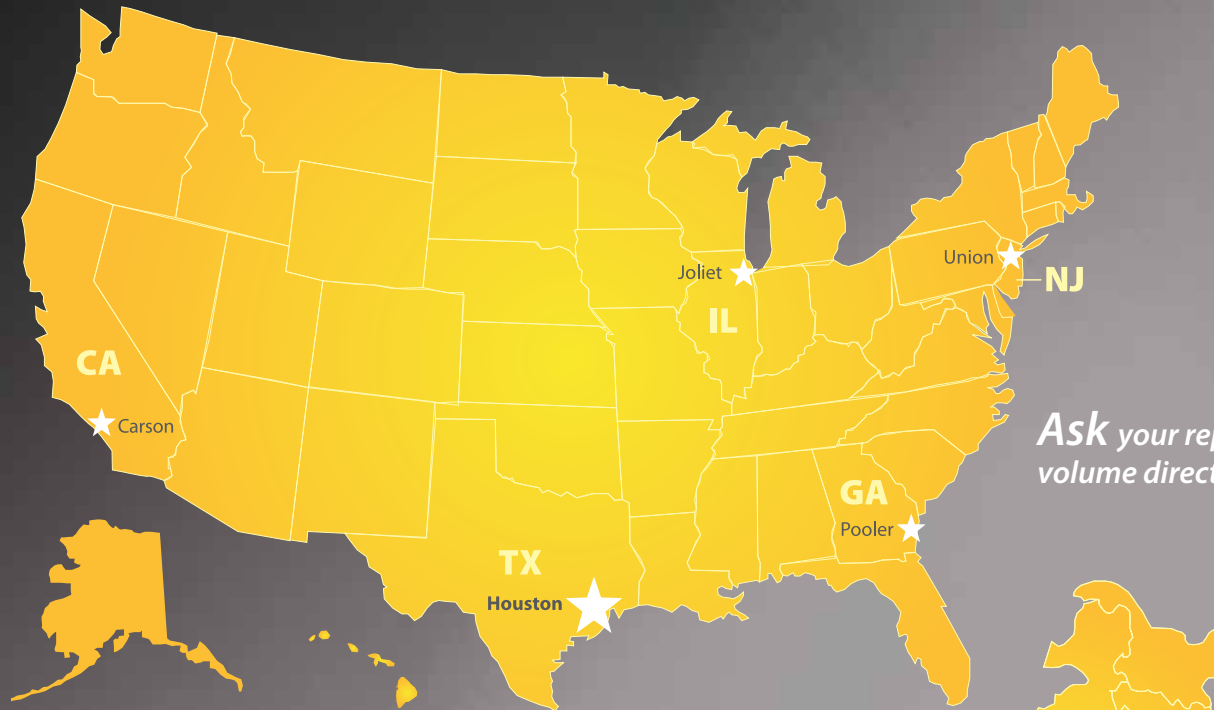
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1) All measurements are provided for convenience. Actual product specs may vary slightly. 2) CAP reserves the right to change styles, color or specs without prior notice. 3) Images are for reference. Actual products may vary from images shown. * The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.

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CAP[®] 1" PLATES

CAP's 1" regular plate selection offers a range of products and styles for all tastes and uses.

Iron Plates



RP

H C

1" BLACK PLATES

Machined center hole regular plates w/ baked enamel finish-black.

Weight (lbs)	Diameter (in)	Thickness (in)
1.25	3 7/8	1/2
2.50	4 7/8	9/16
5.00	6 3/8	11/16
7.50	7 3/8	11/16
10.00	8 1/8	13/16
12.50	8 7/8	13/16
20.00	9 13/16	1 1/8
25.00	11 3/16	1
50.00	14 14/16	1 1/2
100.00	17 11/16	2 1/16

RPG#2

H

1" GRAY PLATES

Machined center hole regular plates w/ baked enamel finish-gray.

Weight (lbs)	Diameter (in)	Thickness (in)
1.25	3 7/8	1/2
2.50	4 7/8	9/16
5.00	6 3/8	11/16
7.50	7 3/8	11/16
10.00	8 1/8	13/16
12.50	8 7/8	13/16
20.00	9 13/16	1 1/8
25.00	11 3/16	1
50.00	14 14/16	1 1/2

CAP[®] 1" PLATES



RPRR

H

1" SOLID RUBBER COATED PLATES

Machined center hole regular plates w/ rubber coating.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	5	1
5.00	6 5/8	1
7.50	7 3/4	1 1/8
10.00	9 1/4	1 1/8
25.00	14 3/8	1 1/8



RWP

H

1" 3 HOLE GRIP PLATES

Machined center hole grip plates w/ baked enamel finish.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	5 1/8	5/8
5.00	6 1/2	3/4
10.00	8 1/2	1
25.00	11 1/4	1 1/4

CAP 1" plate racks

RK-G19A 1" PLATE & BAR RACK



RK-1B 1" PLATE RACK



CAP[®] 2" PLATES

CAP's 2" plates are a standard part of any advanced training regimen. We offer a number of styles to choose from. All of CAP's 2" plates are machined for accuracy.



OP

H I C



2" BLACK PLATES

Machined 2" plates with baked enamel finish-black.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	6 1/4	1/2
5.00	8	3/4
10.00	9	7/8
25.00	10 3/4	1 1/2
35.00	14	1 1/4
45.00	17 3/4	1 1/4
100.00	17 3/4	2 1/2

OPG#2

H



2" GRAY PLATES

Basic 2" plate with baked enamel finish.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	6 1/4	1/2
5.00	8	3/4
10.00	9	7/8
25.00	10 3/4	1 1/2
35.00	14	1 1/4
45.00	17 3/4	1 1/4

CAP[®] 2" PLATES



OPHW H



2" GRIP PLATES

2" Grip plate with oversized grip areas and baked enamel finish.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	5 7/8	5/8
5.00	7 13/16	3/4
10.00	9 5/8	7/8
25.00	11 5/8	1 3/8
35.00	14 13/16	1 7/16
45.00	17 3/16	1 3/8

OPHR I C



2" RUBBER COMMERCIAL GRIP PLATES

Virgin rubber encased grip plate reduces noise and damage to floors & equipment.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	6 5/8	7/8
5.00	9	1
10.00	11 7/16	1 1/8
25.00	13 3/4	1 1/2
35.00	15	1 3/4
45.00	17 11/16	2

OPHG H



2" GRIP PLATES

2" Grip plate with oversized grip areas and baked enamel finish.

Weight (lbs)	Diameter (in)	Thickness (in)
2.50	5 7/8	5/8
5.00	7 13/16	3/4
10.00	9 5/8	7/8
25.00	11 5/8	1 3/8
35.00	14 13/16	1 7/16
45.00	17 3/16	1 3/8



CAP® 1" BARS

RB H

REGULAR BARS

1" Solid chromed bars with smooth ends.



RB-60 5 ft(1524 mm) Wt. Cap.*: 200 lbs Lt. b/w Col: 36 in(914 mm) Dia: 1"(25.6 mm)



RB-72 6 ft(1829 mm) Wt. Cap.*: 250 lbs Lt. b/w Col: 42 in(1067 mm) Dia: 1"(25.6 mm)



RB-84 7 ft(2134 mm) Wt. Cap.*: 250 lbs Lt. b/w Col: 52 in(1321 mm) Dia: 1"(25.6 mm)

RB-T H

REGULAR BARS - THREADED

1" Solid chromed bars with threaded ends.
Collars included.



RB-60T 5 ft(1524 mm) Wt. Cap.*: 200 lbs Lt. b/w Col: 36 in(914 mm) Dia: 1"(25.6 mm)



RB-72T 6 ft(1829 mm) Wt. Cap.*: 250 lbs Lt. b/w Col: 42 in(1067 mm) Dia: 1"(25.6 mm)



SDAB

BOXED PAIR OF 14" DUMBBELL HANDLES

2pcs/1 pair of handle. Available in threaded and smooth ends.

SDAB-14

SDAB-14T



SDA-14 H

14" DUMBBELL HANDLE

Made of solid chromed steel w/ smooth ends.

Weight (lbs)	Capacity* (lbs)	Lgth b/w Col (in)
3.3	100	4 1/2



SDA-14T H

14" DUMBBELL HANDLE

Made of solid chromed steel w/ smooth ends.

Weight (lbs)	Capacity* (lbs)	Lgth b/w Col (in)
4.4	100	4 1/2

CAP® 1" BARS

RB-48 H

1" SOLID CHROMED 48" SUPER CURL BAR

Made of solid chromed steel w/ smooth ends.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
12	200	32 1/2	25.6

RB-48

RB-48T

RB-48T H

1" SOLID CHROMED 48" SUPER CURL BAR

Made of solid chromed steel w/ threaded ends. Collars included.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
13	200	32 1/2	25.6

RB-47 H

1" SOLID CHROMED 47" EZ CURL BAR

Made of solid chromed steel w/ smooth ends.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
11	200	31 1/4	25.6

RB-47T H

1" SOLID CHROMED 47" EZ CURL BAR

Made of solid chromed steel w/ threaded ends. Collars included.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
11.6	200	31 1/4	25.6

RB-47

RB-47T



RB-34T H

1" SOLID CHROMED 34" TRICEP BAR

Made of solid chromed steel w/ threaded ends. Collars incl.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
16.6	200	19 1/4	25.6



RB-34S H

1" SOLID CHROMED 34" TRICEP BAR

Made of solid chromed steel w/ smooth ends.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)	Dia (mm)
16	200	10 1/4	25.6

* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.

CAP® 2" BARS

OB **H**

OLYMPIC BARS

2" Solid bars



OB-34S **H**

2" SOLID CHROMED 34" TRICEP BAR

Made of solid chromed steel.
Collars included.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)
23	200	19 1/4



OB-20 **H**

2" SOLID 20" DUMBBELL HANDLE

Made of solid chromed steel.
Comes with 2 collars.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)
13	150	4 3/4



OB-60 5 ft (1524 mm) Wt. Cap.*: 500 lbs Length b/w Col: 36.5 in (1321 mm) Bar Dia: 1.2" (30.2 mm)



OB-72 6 ft (1829 mm) Wt. Cap.*: 500 lbs Length b/w Col: 46.5 in (1181 mm) Bar Dia: 1.2" (30.2 mm)



OB-85 7 ft (2134 mm) Wt. Cap.*: 500 lbs Length b/w Col: 51.5 in (1308 mm) Bar Dia: 1.2" (30.2 mm)



OB-85B 7 ft (2134 mm) Wt. Cap.*: 500 lbs Length b/w Col: 51.5 in (1308 mm) Bar Dia: 1.2" (30.2 mm)



OB-47 **H**

2" SOLID CHROMED 47" EZ CURL BAR

Made of solid chromed steel. Comes w/ 2 collars.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)
20	200	31 1/4



OB-48 **H**

2" SOLID CHROMED 48" SUPER CURL BAR

Made of solid chromed steel. Comes w/ 2 collars.

Wt. (lbs)	Cap.* (lbs)	Lgth b/w Col (in)
20	200	32 1/2

CAP[®] 2" POWER BARS



OB-86B	C I	OB-86PB	C I	OB-86PBCK	C I	OB-86PBCK2000	C I	OB-86PBSZ	C I	OB-73UL	C I	OB-73AL	C I
2" SOLID BLACK BAR W/ SILVER ZINC SLEEVES		2" SOLID BLACK POWER BAR		2" SOLID POWER SQUAT BAR		2" HEAVY DUTY 2000LBS POWER BAR		2" SILVER ZINC POWER BAR		2" ULTRA-LITE BAR		2" ALUMA-LITE BAR	
Weight	44 lbs	Weight	44 lbs	Weight	44 lbs	Weight	44 lbs	Weight	44 lbs	Length	6 ft (1829 mm)	Length	6 ft (1829 mm)
Length	7 ft (2135 mm)	Length	7 ft (2135 mm)	Length	7 ft (2135 mm)	Length	7 ft (2135 mm)	Length	7 ft (2135 mm)	Inside Lt.	51.5" (1308 mm)	Inside Lt.	51.5" (1308 mm)
Inside Lt.	51.5" (1308 mm)	Inside Lt.	51.5" (1308 mm)	Inside Lt.	51.5" (1308 mm)	Inside Lt.	51.5" (1308 mm)	Inside Lt.	51.5" (1308 mm)	Bar Wt	30 lbs	Bar Wt	15 lbs
Bar Dia	28.5 mm	Bar Dia	28.5 mm	Bar Dia	28.5 mm	Bar Dia	30 mm	Bar Dia	28.5 mm	Capacity*	250 lbs	Capacity*	150 lbs
Bar Wt	45 lbs	Bar Wt	45 lbs	Bar Wt	44 lbs	Bar Wt	48 lbs	Bar Wt	45 lbs				
Capacity*	1200 lbs	Capacity*	1500 lbs	Capacity*	1500 lbs	Capacity*	2000 lbs	Capacity*	1500 lbs				
Yield	120,000 psi	Yield	110,000 psi	Yield	110,000 psi	Yield	165,000 psi	Yield	110,000 psi				
Tensile	130,000 psi	Tensile	150,000 psi	Tensile	150,000 psi	Tensile	190,000 psi	Tensile	150,000 psi				
				Features	Central Knurling	Features	Central Knurling						

*The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.

CAP[®] 2" SPECIALTY BARS

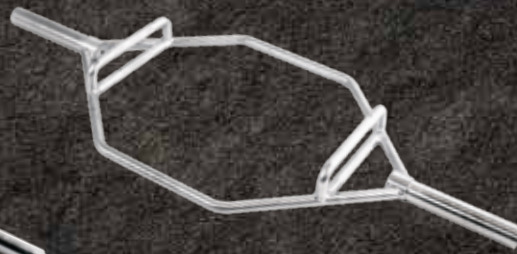


OB-88HZ **CI**

2" ZINC PLATED HIGH HEX BAR

Hex bar with 1" hand grip.

Weight (lbs)	49.5
Capacity (lbs)	500.0
Inside Lt (in)	24.5
Inside Width (in)	23.5
Length (in)	56.0

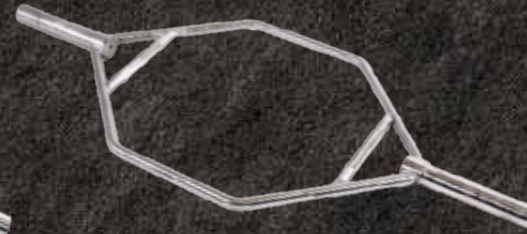


OB-89HZ **CI**

2" ZINC PLATED COMBO HEX BAR

Hex bar with 1" hand grip.

Weight (lbs)	66.0
Capacity (lbs)	750.0
Inside Lt (in)	24.5
Inside Width (in)	23.5
Length (in)	56.0



OB-90HZ **CI**

2" ZINC PLATED HEX BAR

Hex bar with 1" hand grip.

Weight (lbs)	57.2
Capacity (lbs)	1000.0
Inside Lt (in)	24.5
Inside Width (in)	23.5
Length (in)	56.0



OB-91HZ **CI**

2" ZINC PLATED MEGA HEX BAR

Hex bar with 1.25" hand grip.

Weight (lbs)	88.0
Capacity (lbs)	1000.0
Inside Lt (in)	24.5
Inside Width (in)	23.5
Length (in)	56.0

OB **CI**

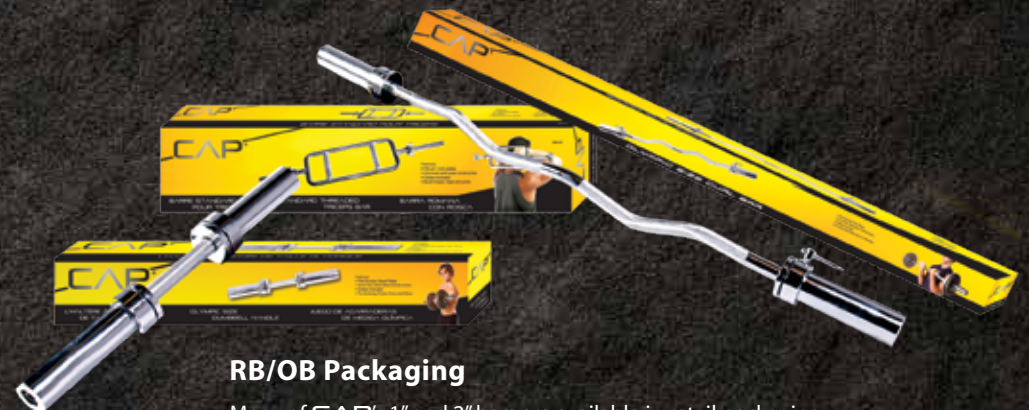
DELUXE BLACK BARS



OB-57B Wt. Cap.: 800 lbs Length b/w Col: 36 in(914 mm) Dia: 30 mm



OB-60B Wt. Cap.: 800 lbs Length b/w Col: 40 in(1016 mm) Dia: 30 mm



RB/OB Packaging

Many of CAP's 1" and 2" bars are available in retail packaging. Please ask your account executive for details.



OC

COLLARS FOR 2" BARS

- A. OC-01 Spin collar.
- B. OC-06 2" Chromed spring clip collar. Also available in 1 pair pack (OC-06A).
- C. OC-11 Muscle clamp; 1 pair pack.

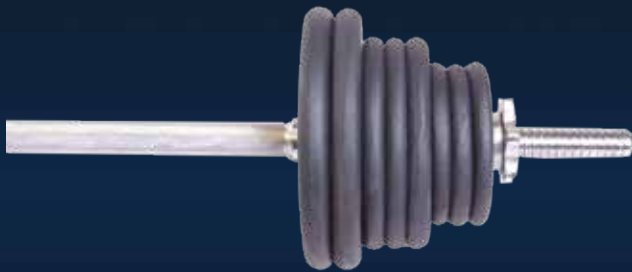


RC

COLLARS FOR 1" BARS

- 1. RC-03 Regular 0.55 lbs. black collar.
- 2. RC-07 Chromed collar with T screw.
- 3. RC-06 Chromed spring clip collar. Also available in 1 pair pack (RC-06A).

CAP[®] 1" WEIGHT SETS



RS-100T H

REGULAR BLACK 100 LBS.
WEIGHT SET

Contents:

Bars	1 x RB-57T
Dumbbell Handles	N/A
Plates	6 x RP-002.5 6 x RP-005 4 x RP-010
Collars	2 x RC-10



RSG-110T H

REGULAR GRAY 110 LBS.
WEIGHT SET

Contents:

Bars	1 x RB-57T
Dumbbell Handles	2 x Dumbbell Handles
Plates	6 x RPG-002.5#2 6 x RPG-005#2 4 x RPG-010#2
Collars	4 x RC-10



RSG-160T H

1" GRAY 160 LBS SET WITH
THREADED ENDS

Contents:

Bars	1 x RB-72T
Dumbbell Handles	2 x Dumbbell Handles
Plates	6 x RPG-002.5#2 6 x RPG-005#2 4 x RPG-010#2 2 x RPG-025#2
Collars	4 x RC-10

Many weight set configurations are possible.
Ask you CAP Account Executive for details.

CAP[®] 2" WEIGHT SETS



OS-300#2 H C

**BLACK ENAMEL 2"
300 LBS. WEIGHT SET**

Contents:

Bars	OB-85E
Plates	2 x OP-002.5 4 x OP-005 2 x OP-010 2 x OP-025 2 x OP-035 2 x OP-045
Collars	2 x OC-O6B



OSG-300#2 H C

**HAMMERTONE 2"
300 LBS WEIGHT SET**

Contents:

Bars	OB-85E
Plates	2 x OPG-002.5 4 x OPG-005 2 x OPG-010 2 x OPG-025 2 x OPG-035 2 x OPG-045
Collars	2 x OC-O6B



OSHW-300 H

**CAP 2" 300 LBS BLACK
GRIP PLATE SET**

Contents:

Bars	OB-85E
Plates	2 x OPHW-002.5 4 x OPHW-005 2 x OPHW-010 2 x OPHW-025 2 x OPHW-035 2 x OPHW-045
Collars	2 x OC-O6B

*Also available OSHW-210



OSHR-300 I C

**CAP 2" 300 LBS BLACK
RUBBER GRIP PLATE SET**

Contents:

Bars	OB-85
Plates	2 x OPHR-002.5 4 x OPHR-005 2 x OPHR-010 2 x OPHR-025 2 x OPHR-035 2 x OPHR-045
Collars	2 x OC-O6B

OS-300#2 & OSG-300#2: Economy version also available. Please ask for details.

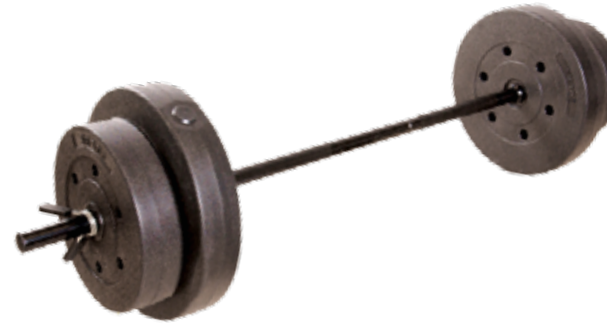


RSWB-40TP H

40 LBS DUMBBELL SET WITH PLASTIC CASE

Contents:

- Handles 2 x Dumbbell Handles
- Plates 4 x RPWB-002.5
4 x RPWB-005
- Collars 4 x Collars



RSV-105 H

100 LBS VINYL BARBELL SET

Contents:

- 2 x RPV-025
- 2 x RPV-015
- 2 x RPV-010
- 1 x 2pc Bar
- 2 x Spring Clip Collars



SDNHS-TN020 H

HOURGLASS DUMBBELL SET WITH PLASTIC RACK

Contents:

- 2 x SDNH-TN002
- 2 x SDNH-TN003
- 2 x SDNH-TN005
- 1 x Plastic Rack



SDKCS-TN030 H

VINYL KETTLEBELL SET

Contents:

- 1 x SDKC-TN005
- 1 x SDKC-TN010
- 1 x SDKC-TN015
- 1 x Instructional DVD
- 1 x Exercise Chart



SDKCBS-CB030 H

30 LBS KETTLEBELL SET

Contents:

- 1 x SDKCB-CB005
- 1 x SDKCB-CB010
- 1 x SDKCB-CB015
- 1 x Exercise Chart

COMMERCIAL GRADE /
CHROME DUMBBELLS



SDCG

H C

**CHROMED SOLID
DUMBBELLS WITH
CONTOURED HANDLES**

High polish heads w/ contour handles.

3 lbs, 5 lbs, 8 lbs, 10 lbs, 12 lbs, 15 lbs,
20 lbs – 50 lbs in increments of 5.



SDC

H C

**CHROMED SOLID
DUMBBELLS**

High polished chromed dumbbells w/
straight handles.

3 lbs, 5 lbs, 8 lbs, 10 lbs, 12 lbs, 15 lbs,
20 lbs – 50 lbs in increments of 5.



SDRC

C

**RUBBER ENCASED
COMMERCIAL DUMBBELLS**

Commercial dumbbells, bolted and
welded for exceptional durability.

5 lbs, 10 lbs, 15 lbs, 20 lbs to 120 lbs in
increments of 5.

CAP[®] DUMBBELLS



*Image for reference only. Colors subject to change.

SDV H C VINYL DUMBBELLS

Coated with durable, thick, easy to clean vinyl. Excellent for group classes or gym use.

Weight (lbs)	Weight (kg)
1.00	0.45
2.00	0.90
3.00	1.30
4.00	1.80
5.00	2.20
6.00	2.70
7.00	3.10
8.00	3.60
9.00	4.00
10.00	4.50

Availability and colors subject to change.



SDN3 H C NEOPRENE DUMBBELLS

Coated with durable, thick, easy to clean neoprene. Multi colors perfect for gyms and home use.

Weight (lbs)	Weight (kg)	Color
1.00	0.45	Pink
2.00	0.90	Plum
3.00	1.30	Bright Green
4.00	1.80	Blue
5.00	2.20	Royal Blue
6.00	2.70	Lemongrass
7.00	3.10	Purple
8.00	3.60	Red
9.00	4.00	Black
10.00	4.50	Gray



SDNH H HOURLASS DUMBBELLS

Coated with durable, thick, easy to clean neoprene.

Weight (lbs)	Weight (kg)	Color
2.00	0.90	Magenta
3.00	1.40	Green
5.00	2.30	Purple



SDG H HEXAGON SOLID GRAY DUMBBELLS

5 lbs – 120 lbs in increments of 5.
1 lb, 2 lbs, 3 lbs, 8 lbs and 12 lbs also available.



SDP H I C COATED DUMBBELL WITH CHROMED ERGONOMIC HANDLES

5 lbs, 8 lbs, 10 lbs, 12 lbs, 15 lbs,
20 lbs – 50 lbs in increments of 5.



SDR H I C RUBBER COATED DUMBBELL WITH CHROMED ERGONOMIC HANDLES

3 lbs, 5 lbs, 8 lbs, 10 lbs, 12 lbs, 15 lbs,
20 lbs – 120 lbs in increments of 5.



SDKCB H

BLACK KETTLEBELLS

Coated with durable, thick, easy to clean vinyl.

Weight (lbs)	Weight (kg)	Color
5.00	2.30	Black
10.00	4.50	Black
15.00	6.80	Black
20.00	9.00	Black



SDK2 H I C

KETTLEBELLS

Polished black finish. Also available in 10 lbs – 50 lbs, in increments of 5. 60 lbs, 70 lbs and 80 lbs also available.



SDKC H

VINYL KETTLEBELLS

Coated with durable, thick, easy to clean vinyl.

Weight (lbs)	Weight (kg)	Color
5.00	2.30	Pink
7.50	3.40	Green
10.00	4.50	Blue
15.00	6.80	Purple



SDKBG H

SOFT KETTLEBELL

Patented. Soft kettlebell design. Perform kettlebell exercises safely with CAP's new soft kettlebell. Available in 5, 10, 15, 20 lbs. Solid handle provides firm grip.



SDKBG-N H C

NYLON WEIGHT BAG

Patented. Part dumbbell part kettlebell. CAP's new weighted bag offers a twist on iron. Soft design will not damage floors or users. Available in 5, 10, 15, 20 lbs.

CAP® RACKS



4 SIDED VERTICAL DUMBBELL RACK H I C

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-17	5 lbs-30 lbs SDG, SDCG, SDR	79.0	23.6	23.6	37.4	750

RK-17

2 SIDED VERTICAL DUMBBELL RACK H I C

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-18	5 lbs-30 lbs SDG, SDCG, SDR	64.0	23.6	11.0	37.4	500



RK-G19A



RK-G19B



RK-18

PLATE AND BAR STORAGE RACK H

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-G19A	1" series & RB	20.0	29.5	20.6	30.5	300
RK-G19B	2" series & OB	18.0	22.4	12.0	25.2	500



RK-G3D



RK-G2B



RK-G1B

PLATE RACK WITH OVAL TUBING H

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-G1B	1" Plates	12.0	22.5	12.0	25.2	300
RK-G2B	2" Plates	15.0	19.7	12.0	29.7	300
RK-G3D	SDG, SDR, SDC, SDGF, SDCG	20.3	24.8	16.1	22.8	500



RK-1



RK-2A



RK-2B



RK-1B

PLATE TREE H

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-1	1" Plates	24.0	22.5	18.0	37.0	500
RK-2A	2" Plates	29.0	22.0	18.0	37.0	500
RK-1B	1" Plates	11.0	19.5	12.0	25.0	300
RK-2B	2" Plates	15.0	20.0	12.0	30.0	300



RK-12B



RK-12



'A' FRAME DUMBBELL RACK H C

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-12	5lbs - 30lbs SDG, SDCG, SDGF, SDC, SDR, SDN2	31.0	20.5	16.0	33.0	300
RK-12B	5lbs - 25lbs SDG, SDC, SDCG, SDR, SDP, SDPU, SDN2	9.0	15.0	13.0	26.0	200



RK-3D



RK-3E



RK-3

TIER DUMBBELL RACK H

	Tiers	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity (lbs)
RK-3	2 (50")	SDG, SDR, SDCG, SDPU	58.0	54.0	18.5	26.0	1000
RK-3E	3 (48")	SDG, SDR, SDCG, SDPU	73.0	53.0	24.0	32.5	2000
RK-3D	2 (20")	SDG, SDR, SDCG, SDPU	20.3	24.8	16.1	22.8	500

A GREAT ADDITION TO ANY WEIGHT SHIPMENT!

CAP[®] MATS



RUBBER MATS

H C

Item #	Dimensions (in)	Coverage	Pallet Qty	Weight/Ea	Weight/Mstr
MT-8264	72 x 48 x 3/8	24 sq ft	40 pcs/pallet	59 lbs	2400 lbs



TREADMILL/EQUIPMENT MATS

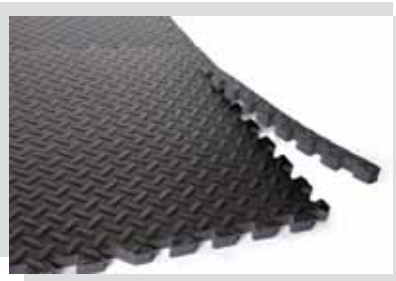
H

High quality PVC mats perfect for treadmills, ellipticals, as well as racks and dumbbells.

Item #	Dimensions (in)	Coverage	Carton Qty	Weight/Ea	Weight/Mstr
MT-9563	36 x 78 x 1/4	19 sqft	6 pcs/Upright PDQ	9 lbs	36 lbs
MT-9543	36 x 48 x 1/4	12 sqft	6 pcs/Upright PDQ	6 lbs	24 lbs
MT-9463A	36 x 72 x 1/4	18 sqft	6 pcs/Upright PDQ	9 lbs	36 lbs



Treadmill/Equipment Mat PDQ



PUZZLE MATS

H

Item #	Dimensions (in)	Pieces	Coverage	Carton Qty	Weight/Ea	Weight/Mstr	Edges
MT-1112AM	12 x 12 x 1/2	12 pcs	12 sq ft	12 sets/carton	3 lbs	36 lbs	No
MT-1206AM	24 x 24 x 1/2	6 pcs	24 sq ft	4 sets/carton	6 lbs	24 lbs	Yes
MT-2206AM	24 x 24 x 3/4	6 pcs	24 sq ft	4 sets/carton	10 lbs	44 lbs	Yes
MT-2112AM	12 x 12 x 3/4	12 pcs	12 sq ft	12 sets/carton	4 lbs	54 lbs	Yes



DELUXE FOLDING FOAM EXERCISE MAT

H

Item #	Dimensions (in)	Carton Qty	Weight/Ea	Weight/Mstr
MT-9362 ★	72 x 24 x 1 1/2	5 pcs/Carton	10 lbs	53 lbs
MT-9205	120 x 60 x 1 1/2	2 pcs/Carton	16 lbs	44 lbs
MT-9262	72 x 24 x 1 1/2	4 pcs/Carton	4 lbs	24 lbs
MT-9363 ★	72 x 36 x 1 1/2	4 pcs/Carton	13 lbs	63 lbs
MT-9284	96 x 45 x 1 1/2	2 pcs/Carton	14 lbs	28 lbs

★ = Premium



Our series of cable attachments are high polished and precisely knurled from quality cold rolled steel for years of use. Rubber ends and handles help prevent damage to users and equipment.



CHROMED STRAIGHT BARS H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MB-020R	20" Economy solid bar with revolving hanger	20.0 (Length)	5.1



CHROMED V-SHAPE TRICEP PRESS DOWN BAR H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MB-320	20" Bar	2.0 (Length)	6.0



CHROMED CURL BARS H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MB-228R	28" Solid curl bar with revolving hanger economy	28.0 (Length)	7.0



CHROMED LAT BARS H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MB-148R	48" Solid bar with revolving hanger	48.0 (Length)	11.9



MB-501



MB-502

CHROMED CABLE ATTACHMENTS H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MB-501	Economy solid single D handle	5.75 x 6.0	1.8
MB-502	Economy solid double D handle	7.0 x 5.25 x 5.0	3.9



MBT-428R



MB-434R



MB-424R

CHROMED LAT BARS H I C

Item #	Description	Dimensions (in)	Weight (lbs)
MBT-428R	28" Solid Cambered Bar w/ Revolving Hanger	28.0	9.7
MB-434R	34" Straight Bar w/ Revolving Hanger	34.0	10.2
MB-424R	24" Straight Bar w/ Revolving Hanger	24.0	8.0



MBB-504



MBB-501

A selection of our MB bars are packaged ready for retail shelves.



DELUXE CABLE ATTACHMENTS				H
Item #	Description	Dimensions (in)	Weight (lbs)	
A	MBR-148R	48" Lat bar with Rubber Handgrips & Revolving Hanger	48.0 L	12.1
B	MBR-136R	36" Lat bar with Rubber Handgrips & Revolving Hanger	36.0 L	9.7
C	MBR-228R	28" Curl bar with Rubber Handgrips & Revolving Hanger	28.0 L	8.0
D	MBR-438R	38" Cambered Pro-Style Bar	38.0 L	13.0
E	MBR-424R	24" Straight Pro-Style Bar	24.0 L	10.0
F	MBR-020R	20" Straight Bar with Rubber Handgrips & Revolving Hanger	20.0 L	5.5
G	MBR-503R	Multi-Exerciser with Rubber Handgrips & Revolving Hanger	17.0 x 8.0 x 8.0	8.6
H	MBR-502	Double D Handle with Rubber Handgrips	7.0 x 6.0 x 5.0	4.4
I	MBR-506	Deluxe Single D Handle with Rubber Handgrips	8.0 x 7.0 x 2.0	2.8
J	MBR-501	Single D Handle with Rubber Handgrips	7.0 x 5.5 x 2.0	1.7
K	MBR-320	Tricep Press Down Bar with Rubber Handgrips	23.0 L	7.0
L	MBR-322R	Revolving V-Bar with Rubber Handgrips	17.0 x 9.0 x 2.0	5.9
M	MBR-504	Tricep Press Down Bar with Rubber Hand Grips	13.0 x 7.0 x 3.0	5.0

CHROMED CABLE ATTACHMENTS			H	I	C
Item #	Description	Dimensions (in)	Weight (lbs)		
MB-503R	Economy Multi-exerciser Bar	13.0 x 6.5 x 7.8	6.3		
MBT-505	Solid Double Stirrup Handle	11.5 x 5.5 x 7.0	3.7		
MB-504	Triceps Press Bar	11.0 x 2.5 x 7.0	3.9		
MB-ROPE	Deluxe Tricep Rope	28.0	2.0		



HHWV-CB020A

20 LBS ADJUSTABLE
CONDITIONING VEST



HHA-CB005A1

5 LBS ADJUSTABLE
ANKLE WEIGHT



HHA-CB010A1

10 LBS ADJUSTABLE
ANKLE WEIGHT



HHA-CB020A1

20 LBS ADJUSTABLE
ANKLE WEIGHT



HHG-CB001

HAND GRIPS
4.5 mm Med. Tension



HHKS-42
Shown

HHKC-RK6

MEDICINE BALL
SPINAL RACK

Medicine Balls not included.



HHE-002A

DOORWAY GYM

2pc Bar



HHC-CB4

AB EXERCISER



HHS-001

SOLAR SUIT

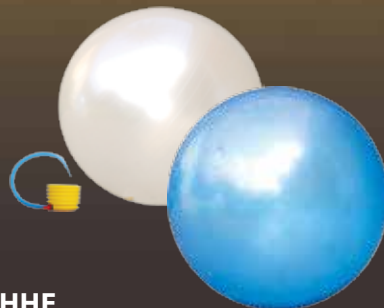
One size fits most.



HHY-004A

YOGA MAT SET 3/16"
20 PCS/CARTON

Gross Weight: 59 lbs
Dimensions: 58 x 46 x 30 cm
Contents: 10 x Blue & 10 x Green



HHE

BODY BALL WITH PUMP

Item #	Diameter (cm)	Color
HHE-S55P	55	Pearl
HHE-S65B	65	Blue



HHDB

WORKOUT BAR

item #	Weight (lbs)	Color
HHDB-005	5.0	Canary
HHDB-008	8.0	Green
HHDB-010	10.0	Red
HHDB-012	12.0	Blue
HHDB-015	15.0	Purple
HHDB-020	20.0	Black

HHKC

RUBBER MEDICINE BALL

item #	Weight (lbs)	Color
HHKC-002	2.0	Green
HHKC-004	4.0	Purple
HHKC-006	6.0	Blue
HHKC-008	8.0	Yellow
HHKC-010	10.0	Red
HHKC-012	12.0	Grey

Lifting accessories are a must for targeted muscle group exercises. CAP's quality lifting accessories are suited for lifters of any and all degrees.

CAP[®]

**LIFTING
ACCESSORIES**

MA-307

LEATHER HEAD HARNESS

Weight: 2 lbs
Capacity*: 75 lbs
in Carton: 25 pcs
Dimensions: N/A



MATB-403

NYLON CRUNCH STRAP

Weight: 2 lbs
Capacity*: 150 lbs
in Carton: 25 pcs
Dimensions: N/A
1 pc. Boxed



MATB-CB409

WRIST EXERCISER

Weight: 2 lbs
Capacity*: 100 lbs
in Carton: 20 pcs
Dimensions: N/A
1 pc. Boxed



HHD-FS001

AB SLING

Weight: 0.5 lbs
Capacity*: 300 lbs
in Carton: 100 pcs
Dimensions: N/A
1 pair in polybag



MA-308

LEATHER ANKLE STRAP

Weight: 0.5 lbs
Capacity*: 250 lbs
in Carton: 100 pcs
Dimensions: N/A



MATB-404

NYLON ANKLE STRAP

Weight: 0.5 lbs
Capacity*: 250 lbs
in Carton: 100 pcs
Dimensions: N/A
1 pc. Boxed



MAB-101

ARM BLASTER

Weight: 1.23 lbs
Capacity*: N/A
in Carton: 1 pc
Dimensions: 4"x23"x4"
1 pc. Boxed



HHSA-CB010

WRIST WRAP

Weight: 1 lb
in Carton: 50 pcs
Dimensions: N/A
1 pc. Boxed



MA-325

LEATHER TRICEP STRAP

Weight: 1 lb
Capacity*: 150 lbs
in Carton: 50 pcs
Dimensions: N/A



MATB-405

NYLON LAT VHOOKS

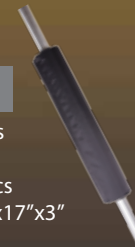
Weight: 1 lb
Capacity*: 350 lbs
in Carton: 50 pcs
Dimensions: N/A
1 pc. Boxed



MAB-105

BAR PAD

Weight: 0.44 lbs
Capacity*: N/A
in Carton: 1 pc
Dimensions: 3"x17"x3"
1 pc. Boxed



MA-330

LEATHER DIP BELT

Weight: 1 lb
Capacity*: 75 lbs
in Carton: 25 pcs
Dimensions: N/A



MATB-407

NYLON TRICEP HANDLE

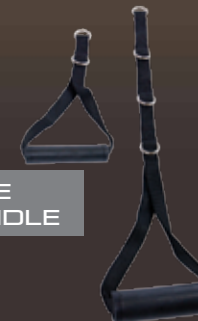
Weight: 2 lbs
Capacity*: 150 lbs
in Carton: 25 pcs
Dimensions: N/A
1 pc. Boxed



MA-381 / MA-382

COMMERCIAL GRADE NYLON SINGLE HANDLE

Weight: 1 lb / 1 lb
Capacity*: 300 lbs / 300 lbs
in Carton: 100 pcs
Dimensions: 12 in / 28 in
1 pc. Bagged / 1 pc Bagged



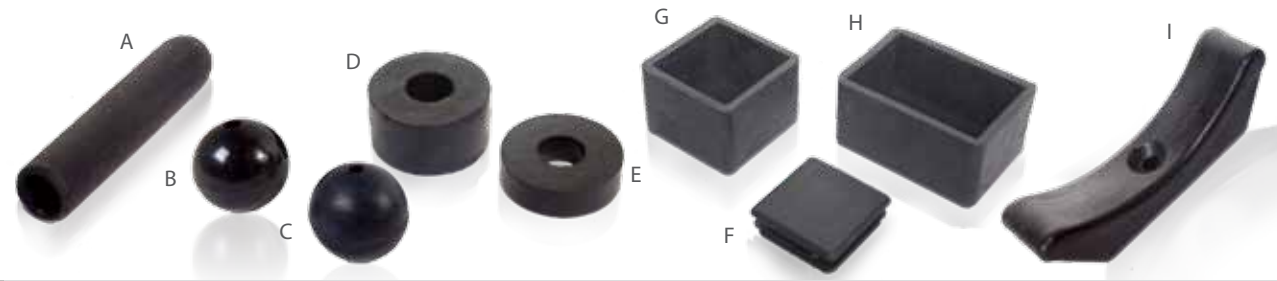
HHSA-CB020

KNEE WRAP

Weight: 1 lb
in Carton: 50 pcs
Dimensions: N/A
1 pc. Boxed



* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.



Item #	Description
A	MA-140 6" Rubber Grips
B	MAT-514BR 1 3/4" Black Rubber Cable Stopper; fits all cables
C	MAT-515B 1 3/4" Black Plastic Cable Stopper; fits all cables
D	MA-109 1 1/2" Rubber Cushion
E	MA-109A 3/4" Rubber Cushion
F	MA-601 2" Plastic Inner End Cap
G	MAT-604R 2" Rubber Outer End Cap
H	MAT-605R 2" x 3" Rubber Outer End Cap
I	MAT-103A Plastic Dumbbell Saddle



Item #	Description
1	MAT-503 3" Spring Cushion
2	MAT-520 3/8" Diamond Knurled Pop Pin
3	MAT-502 1/2" Stem/Cable Connector
4	MAT-505 3/16" Triple Screw Cable Retainer
5	MAT-506 1/4" Triple Screw Cable Retainer
6	MAT-501 1/2" Stem/Cable Connector
7	MAT-543 Turn Knob (3/8" x 3/4")
8	MAT-546 8 mm Snap Link



Item #	Description	Dimensions
i	MAT-706 Foam Roller	16" x 4 1/4" x 7/8"
ii	MAT-703 Foam Roller	7" x 4" x 7/8"
iii	MAT-701 Foam Roller	8" x 4" x 7/8"
iv	MAT-709PU PU Roller	8" x 4" x 7/8"
v	MAT-710PU PU Roller	7" x 4 1/2" x 7/8"

MSR2-14 14 Hole Stem Wt.: 2.5 lbs

MSR2-19 19 Hole Stem Wt.: 3.0 lbs

MSR2-24 24 Hole Stem Wt.: 4.0 lbs

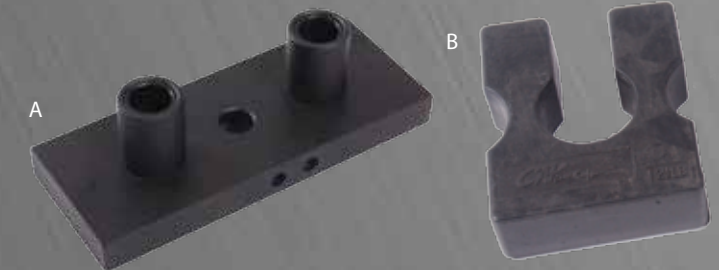
MSCR-29 29 Hole Stem Wt.: 5.0 lbs

MA-150S 1" x 84" Solid Guide Rod

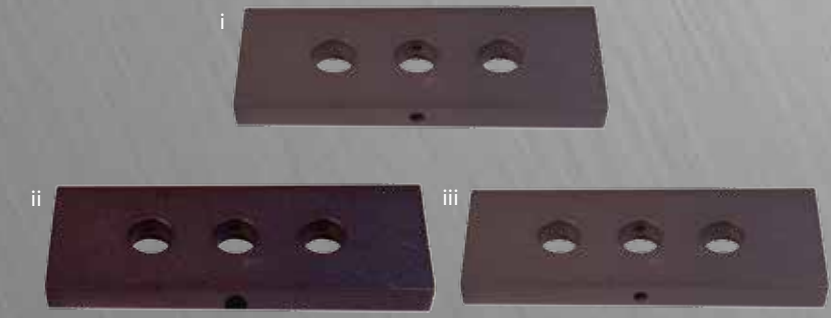
MA-151S 3/4" x 84" Solid Guide Rod



Item #	Description
1	MK-2D/ MK-4D Round Top Selector Key. Avai. in 4"L/6"L
2	MK-2MY Heavy Duty Magnetic Selector Pin; 4"L: Yellow
3	MK-2MR Heavy Duty Magnetic Selector Pin; 4"L: Red
4	MK-2MB Heavy Duty Magnetic Selector Pin; 4"L: Black
/	MK-4MY Heavy Duty Magnetic Selector Pin; 6"L: Yellow (not pictured)
/	MK-4MR Heavy Duty Magnetic Selector Pin; 6"L: Red (not pictured)
/	MK-4MB Heavy Duty Magnetic Selector Pin; 6"L: Black (not pictured)



Item #	Description	Wt. (lbs)
A	MASP-T10B Black Top Plate for MASP-10	10.8
B	MP-02.5A Rubber Coated 2.5 lbs Add-on Plate (available in 5 lbs (MP-05A))	2.5
/	MASP-T05B 1" GR Not Shown	
/	MASP-T05A 3/4" GR Not Shown	
/	MASP-T10A 3/4" GR Not Shown	



Item #	Description	Dimensions
--------	-------------	------------

i	MSP2 15% Steel Machine Plate Series*	5 lbs, 10 lbs, 15 lbs, 20 lbs
ii	MASP Steel Machine Plate Series w/ Cushion	5 lbs, 10 lbs, 15 lbs, 20 lbs
iii	MMP Cast Iron Machine Plate	5 lbs, 10 lbs, 20 lbs

*Also available 5 lbs(MSP2A-5) and 10 lbs(MSP2A-10) with 3/4" Bushing

Item #	Description	Available Wt.
MSP2 SET	Weight Stack Sets available in cast, composite or all steel. Please ask your CAP account executive for details.	100 lbs, 200 lbs & 300 lbs sets 75 lbs, 150 lbs & 400 lbs sets



HIC

2" SOLID BUMPER PLATES

Item #	Wt. (lbs)	Dia (in)
OPR2-010	10.0	18.0
OPR2-025	25.0	18.0
OPR2-035	35.0	18.0
OPR2-045	45.0	18.0



RK-31

HIC

52" THREE TIER STADIUM RACK

Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity* (lbs)
SDG, SDR, SDPU	134.0	52.0	24.0	43.0	2000.0



RK-30

HIC

95" TWO-TIER DUMBBELL RACK WITH SADDLES

Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity* (lbs)
5-50 lbs 10 pairs of SDRC or SDU	130.0	96.0	26.0	32.0	2000.0

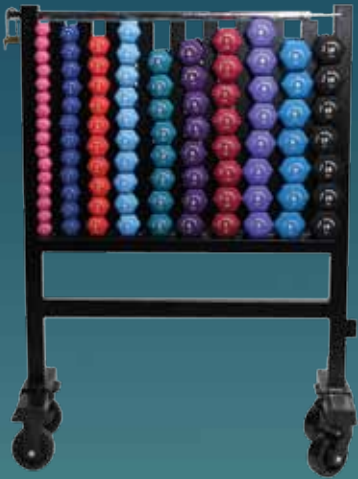


RK-32

HIC

44" THREE TIER BEAUTY BELL RACK

Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity* (lbs)
3, 5, 8, 10, 12, 15-35lbs (increments of 5) 12 pairs of SDC & SDCG	86.0	42.0	24.0	31.0	1000.0



LOCKING NEOPRENE DUMBBELL RACK

Item #: RK-10 (Rack Only)

Item #: RK-10W (4 x Wheels)

* SDNS2-456W Shown
Also available without RK-10W wheel option



PRO-STYLE DUMBBELL HANDLES

Item #	Plate Cap.	Plate Type	Wght (lbs)
SDH-001	1 Plate	RPG, RPG#2, RP	2.0
SDH-002	2 Plates	RPG, RPG#2, RP	2.5
SDH-003	3 Plates	RPG, RPG#2, RP	3.0
SDH-004	4 Plates	RPG, RPG#2, RP	3.0
SDH-005	5 Plates	RPG, RPG#2, RP	4.0



SDU

COMMERCIAL URETHANE DUMBBELLS

5 lbs, 10 lbs, 15 lbs, 20 lbs to 120 lbs in increments of 5.



RK-34



RK-34A

2" VERTICAL BAR RACK/VERTICAL 2" PLATE & BAR RACK

	Holds	Wt. (lbs)	Length (in)	Width (in)	Height (in)	Capacity* (lbs)
RK-34	9x 2" Style Bars	26.0	33.0	13.0	7.0	N/A
RK-34A	4 x 2" Style Bars 2" Plates: OPHW, OP, OPG, OPG#2	23.0	42.7	20.0	27.0	1500 .0

*The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.

CAP continually designs and sells new and innovative strength pieces. Please ask your Account Executive for updated information frequently.



FM-H1007A125

HOME GYM WITH 125 LBS WEIGHT STAND

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300 (recommended)	198.3	46 x 33 x 84



FM-H1007B

DELUXE HOME GYM WITH 80 LBS WEIGHT STAND

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	219.3	46 x 33 x 84

FM-7230

DELUXE STANDARD WEIGHT BENCH

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300 (recommended)	35.2	66 x 32 x 47



FM-7105

OLYMPIC BENCH

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
500	93.0	74.4 x 46.5 x 52



FM-7006

DELUXE VKR WITH CONVERTIBLE ADJUSTMENT

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300 (recommended)	68.3	41 x 31 x 79

* Total Capacity = weight of user + weight being used

* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.



FM-CS6006

VKR STATION

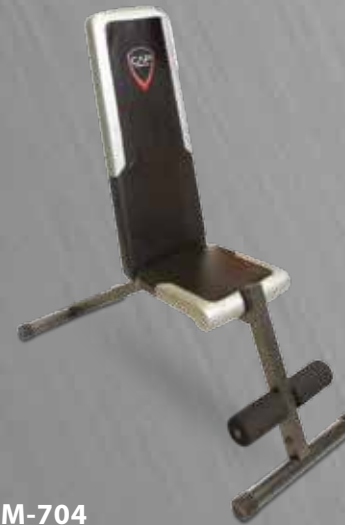
Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	85.0	42 x 45 x 84



FM-704

F.I.D. BENCH

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	23.1	46 x 15 x 37



FM-504

F.I.D. BENCH W/ DUMBBELL HOLDER

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	25.4	49.2 x 26 x 41.7



FM-CSH1006

HOME GYM W/ 150 LBS STACK

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	255.0	58 x 41 x 85



FM-CS7003

DELUXE FLAT BENCH

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	23.0	43 x 14 x 18



FM-CS704DX

UTILITY BENCH - DELUXE

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	26.4	57 x 18 x 15



FMS-CS100P

BEGINNERS STANDARD BENCH W/ 100 LBS VINYL WEIGHT SET

Total Capacity* (lbs)	Wt. (lbs)	Dimensions (in)
300	141.1	59 x 54 x 48

* Total Capacity = weight of user + weight being used

* The maximum weight capacity is not a claim by CAP Barbell or its affiliates, but is an estimation recommended to be the maximum weight the product can hold safely.



HHF-TN040 Pilates Band w/ Handle

Net Wt. (lbs)	Product Specs (in)	Color
0.5	29 x 6.8 x 0.5	Blue



HHFS-TN006 Pilates Band Set (Light, Medium, Heavy)

Net Wt. (lbs)	Product Specs (in)	Color
0.5	47 (length) 4.6 x 1.2 x 6.5 (box)	Multi-color



HHFS-TN002 Resistance Tubes

Net Wt. (lbs)	Product Specs (in)	Color
0.35	39.4 (length) 6.0 x 2.3 x 6.6 (box)	Green



1. **HHF-TN001LP** / 2. **HHF-TN001LG** / 3. **HHF-TN001LB** Long Resistance Tubes

	Net Wt. (lbs)	Product Specs (in)	Color
1	0.31	42.9	Magenta
2	0.31	42.9	Green
3	0.31	42.9	Blue



HHBA-TN002 Balance Board

Net Wt. (lbs)	Product Specs (in)	Color
1.9	15.6 x 15.6 x 3.2	Blue



HHWV-TN012 12 lbs Weighted Vest

Net Wt. (lbs)	Product Specs (in)	Color
12.0	13.5 x 2.5 x 13.5	Blue



MT-TN6523 Fitness Mats (Roll Up)

Net Wt. (lbs)	Product Specs (in)	Color
1.7	68.1 x 24 x 0.4	Blue



1. **HHR-TN004A** / 2. **HHR-TN005** / 3. **HHR-TN002** Jump Ropes

	Net Wt. (lbs)	Product Specs (in)	Color
1	0.9	72 (length)	Black with Weights
2	0.5	72 (length)	Magenta & White
3	0.3	72 (length)	White



1. **HHB-TN001** / 2. **HHB-TN001BK** / 3. **HHB-TN001G** (with Hot/Cold Gel Pack) Waist Slimmer Belts

	Net Wt. (lbs)	Product Specs (in)	Color
1	0.2	39.0 x 0.2 x 7.6	Grey
2	0.2	39.0 x 0.2 x 7.6	Black
3	0.7	39.0 x 0.2 x 7.6	Black



1. **HHWW-TN002** / 2. **HHWW-TN004** Soft Walking Weight Pairs

	Net Wt. (lbs)	Product Specs (in)	Color
1	2.0 (1.0 lb each)	5.3 x 1.5 x 1.8	Magenta
2	4.0 (2.0 lbs each)	6.5 x 2.0 x 2.0	Green

Visit www.Tone-Fitness.com for more products and information.



HHW-TN001 Ab Wheel

Net Wt. (lbs)	Product Specs (in)	Color
1.2	9.0 x 7.5 x 7.5	Magenta



HHBA-TN001 Adjustable Step

Net Wt. (lbs)	Product Specs (in)	Color
6.3	26.8 x 11.0 x 3.9	Blue



1. SDKC-TN005 / 2. SDKC-TN007.5 / 3. SDKC-TN010 / 4. SDKC-TN015 Cement Filled Kettlebells (Individual)

	Net Wt. (lbs)	Product Specs (in)	Color
1	5.0	6.3 x 5.0 x 7.2	Magenta
2	7.5	7.1 x 5.6 x 8.1	Green
3	10.0	7.8 x 6.2 x 8.8	Blue
4	15.0	8.7 x 6.7 x 9.8	Purple



1. HHH-TN002W / 2. HHH-TN003W / 3. HHA-TN005W Ankle/Wrist Weight Pairs

	Net Wt. (lbs)	Product Specs (in)	Color
1	2.0	9.5 x 1.0 x 4.3	Magenta
2	3.0	11.3 x 1.0 x 4.8	Blue
3	5.0	14.0 x 1.0 x 5.0	Green



1. HHE-TN055 (55cm) / 2. HHE-TN065 (65cm) Burst Resistant Gym Balls

*comes with hand pump and workout DVD

	Net Wt. (lbs)	Product Specs (in)	Color
1	2.2	21.7 x 21.7 x 21.7	Magenta
2	2.2	25.6 x 25.6 x 25.6	Blue



SDKCS-TN030 Cement Filled Kettlebell Set

1 x SDKC-TN005 Magenta, 1 x SDKC-TN010 Blue, 1 x SDKC-TN015 Purple, 1 x Workout DVD and 1 x Exercise Chart

Net Wt. (lbs)	Product Specs (in)
30.0	15.6 x 11.6 x 10.5 (box)



1. SDNHP-TN004 / 2. SDNHP-TN006 / 3. SDNHP-TN010 Hourglass Dumbbell Pairs

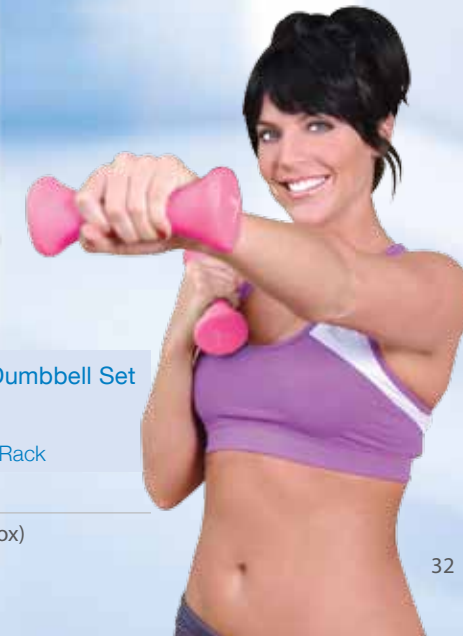
	Net Wt. (lbs)	Product Specs (in)	Color
1	4.0 (2.0 lbs each)	6.2 x 4.7 x 2.5	Magenta
2	6.0 (3.0 lbs each)	6.2 x 5.2 x 2.7	Green
3	10.0 (5.0 lbs each)	8.3 x 6.5 x 3.4	Purple



SDNHS-TN020 Hourglass Dumbbell Set

2 x SDNH-TN002 Magenta, 2 x SDNH-TN003 Green, 2 x SDNH-TN005 Purple and 1 x Rack

Net Wt. (lbs)	Product Specs (in)
20.0	14.2 x 10.9 x 5.4 (box)



Visit www.Velocity-Fitness.com
for more information.



Recumbent Bicycle

Item #: CHB-R2003
Resistance: Magnetic Control
Size of Article: 59" x 25" x 36"
Item Weight: 84 lbs
Carton Size: 34" x 17" x 25"
w/ Carton Weight: 91 lbs
User Capacity*: 250 lbs



Dual Motion Recumbent Bicycle

Item #: CHB-RGK862R
Resistance: Magnetic Control
Size of Article: 50" x 24" x 50"
Item Weight: 81 lbs
Carton Size: 45" x 10" x 33"
w/ Carton Weight: 90 lbs
User Capacity*: 250 lbs



Indoor Cycle

Item #: CHB-S0801
Resistance: Manual / Magnetic Control
Size of Article: 50" x 20" x 48"
Item Weight: 91 lbs
Carton Size: 39" x 12" x 36"
w/ Carton Weight: 108 lbs
User Capacity*: 250 lbs



Recumbent Bicycle

Item #: CHB-R2101
Resistance: Magnetic Control
Size of Article: 53" x 23" x 37"
Item Weight: 53 lbs
Carton Size: 36" x 11" x 22"
w/ Carton Weight: 62 lbs
User Capacity*: 250 lbs



Rower

Item #: CHR-2001
Resistance: Drum Magnetic Control
Tension Control: Electric
Size of Article: 80" x 20" x 25"
Item Weight: 75 lbs
Carton Size: 44" x 11" x 29"
w/ Carton Weight: 90 lbs
Includes wireless heart rate strap.
User Capacity*: 250 lbs



Recumbent Bike

Item #: CHB-R6
Resistance: Electric Tension Control
Size of Article: 59" x 25" x 36"
Item Weight: 84 lbs
Carton Size: 42" x 13" x 26"
w/ Carton Weight: 92 lbs
User Capacity*: 250 lbs





Indoor Cycle

Item #: CHB-S2002IS
Resistance: Manual
Size of Article: 51" x 20" x 41"
Item Weight: 92 lbs
Carton Size: 43" x 9" x 32"
w/ Carton Weight: 98 lbs
User Capacity*: 250 lbs



Indoor Cycle

Item #: CHB-S2002
Resistance: Manual
Size of Article: 51" x 20" x 41"
Item Weight: 90 lbs
Carton Size: 43" x 9" x 32"
w/ Carton Weight: 97 lbs
User Capacity*: 250 lbs



Indoor Cycle

Item #: CHB-S7X
Resistance: Manual
Size of Article: 43" x 20" x 44"
Item Weight: 111 lbs
Carton Size: 40" x 9" x 33"
w/ Carton Weight: 123 lbs
User Capacity*: 250 lbs



Upright Bicycle

Item #: CHB-UNITRO
Resistance: Electric Tension Control
Size of Article: 38" x 19" x 49"
Item Weight: 48 lbs
Carton Size: 30" x 10" x 23"
w/ Carton Weight: 54 lbs
User Capacity*: 250 lbs



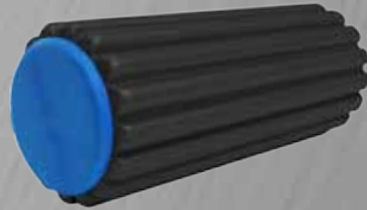
Indoor Cycle

Item #: CHB-SGK893
Resistance: Manual / Magnetic Control
Size of Article: 48" x 24" x 46"
Item Weight: 110 lbs
Carton Size: 38" x 10" x 36"
w/ Carton Weight: 117 lbs
User Capacity*: 250 lbs



Upright Bicycle

Item #: CHB-U2101
Resistance: Manual Control
Size of Article: 32" x 22" x 49"
Item Weight: 42 lbs
Carton Size: 25" x 11" x 21"
w/ Carton Weight: 51 lbs
User Capacity*: 250 lbs



HHFR-FL18C

EXTREME ROLLER

Net Wt. (lbs)	Product Specs (in)
1.3	7.0 x 7.0 x 18.0



HHFR-FL36

FOAM ROLLER

Net Wt. (lbs)	Product Specs (in)
1.3	36.0 x 5.9 x 5.9



RSWB-FL040T

40 LBS ADJUSTABLE DUMBBELL SET

Net Wt. (lbs)	Contents	Product Specs (in)
40.0	4 x 2 1/2 lbs Plates 4 x 6 lbs Plates 2 x Adjustable Dumbbell Handles 4 x Spin Collars	14.0 x 12.4 x 6.2



FM-FLDIPR

DIP STATION W/ RINGS

Net Wt. (lbs)	Product Specs (in)
26.5	24.8 x 29.9 x 38.6



FM-FLPRL

PARALLETTES

Net Wt. (lbs)	Product Specs (in)
9.9	26.8 x 15.0 x 11.8



FM-FLPLYO

ADJUSTABLE PLYOMETRIC BOX

Net Wt. (lbs)	Product Specs (in)
33.1	20.9 x 20.9 x 23.8 (max)



HHP-FL001B

PUSHUP HANDLES - PAIRS

Net Wt. (lbs)	Product Specs (in)
1.9	10.2 x 6.5 x 5.5



HHD-FL002

EXTREME DOORWAY GYM

Net Wt. (lbs)	Product Specs (in)
7.5	41.3 x 16.1 x 11.0



HHM-FLBAG80

SANDBAG SET

Net Wt. (lbs)	Contents	Product Specs (in)
3.3	1 x Deluxe Sandbag 1 x Standard Sandbag 1 x Filler Bag	27.6 x 9.9 x 9.9



HHE-FL065

EXERCISE BALL - 65CM

Net Wt. (lbs)	Contents	Product Specs (cm)
2.6	1 x 65cm Exercise Ball 1 x Hand Pump 1 x Exercise Chart 1 x Tape Measurement	65 x 65 x 65



HHKC-FL008

8 LBS RUBBER MEDICINE BALL

Net Wt. (lbs)	Product Specs (in)
8.0	8.9 x 8.9 x 8.9



HHKC2-FL020

20 LBS LEATHERETTE MEDICINE BALL

Net Wt. (lbs)	Product Specs (in)
20.0	10.6 x 10.6 x 10.6



SDKBG-FL

NYLON WEIGHT BAG

Item #	Net Wt. (lbs)	Product Specs (in)
1 SDKBG-FL005N	5.0	6.3 x 3.2 x 6.5
2 SDKBG-FL010N	10.0	6.3 x 3.2 x 6.5
3 SDKBG-FL015N	15.0	6.5 x 4.3 x 8.9
4 SDKBG-FL020N	20.0	6.5 x 4.3 x 8.9



HHWK-FL020A

WEIGHTED BODY KIT

Net Wt. (lbs)	Contents	Product Specs (in)
20.0	1 x Weighted Vest 2 x Ankle Weights 2 x Weighted Gloves 1 x Belt	14.8 x 2.0 x 17.7



HHM-FLROP40

TRAINING ROPE

Net Wt. (lbs)	Product Specs (in)
22.0	480 (40 feet) x 1.5 x 1.5



SELF[®]



HHWV-SF008A
8lbs Adjustable Weighted Vest

Net Wt. (lbs)	Product Specs (in)	Color
8.0	13.5 x 2.5 x 13.5	Black



HHY-SF004 6p Free Yoga Mat

Net Wt. (lbs)	Product Specs (in)	Color
2.3	68.0 x 24.0 x 0.2	Blue



HHY-SF006 Travel Yoga Mat

Net Wt. (lbs)	Product Specs (in)	Color
0.7	24.0 x 68.0 x 0.6	Blue/Gray



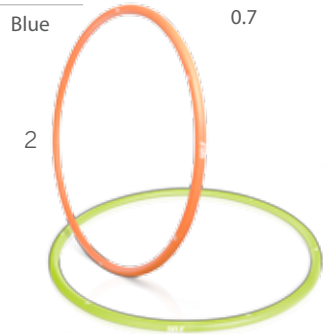
1. HHWW-SF002 / 2. HHWW-SF004
Walking Weight Pairs

	Net Wt. (lbs)	Product Specs (in)	Color
1	2.0 (1.0 lb each)	5.3 x 1.5 x 1.8	Green
2	4.0 (2.0 lbs each)	6.5 x 2.4 x 2.0	Blue



HHR-SF004A Weighted Rope

Net Wt. (lbs)	Product Specs (in)	Color
0.9	72.0 x 1.6 x 1.8	Blue/Gray



1. HHWC-SFHH2 / 2. HHWC-SFHH3
Weighted Fitness Hoop

	Net Wt. (lbs)	Product Specs (in)	Color
1	2.4 (1.1 kg)	39.6 x 39.6 x 39.6	Green
2	3.3 (1.5 kg)	39.6 x 39.6 x 39.6	Orange



SDKBG-SF Self Kettlebell

Item #	Net Wt. (lbs)	Product Specs (in)	Color
1	5.0	7.7 x 2.8 x 9.7	Green/Gray
2	8.0	7.7 x 2.8 x 9.7	Blue/Gray
3	10.0	7.7 x 2.8 x 9.7	Orange/Gray
4	15.0	7.9 x 3.2 x 11.4	Pink/Gray



HHKC-SF Self Medicine Ball

Item #	Net Wt. (lbs)	Product Specs (in)	Color
1	4.0	5.5 x 5.5 x 5.5	Green
2	6.0	6.1 x 6.1 x 6.1	Blue
3	8.0	6.7 x 6.7 x 6.7	Orange
4	10.0	7.1 x 7.1 x 7.1	Pink

PLANS FOR RETAIL SPACE

Our new packaging is clean and informative, allowing customers to easily identify features and functions of the enclosed product. All package designs will be sure to add color and draw attention to your fitness accessories' shelves!

CAP also has the ability to provide private label packaging. Ask your account executive for details.

CAP[®]

RETAIL PLANOGRAM

FIXTURES



RK-11
(Signage included)



RK-4
(Signage not included)



RK-78

PLANOGRAMS



CAP Planogram



Tone Fitness Planogram



Self Planogram



Fuel Planogram

Customized Storage Fixturing available! Ask your Account Executive for more information.



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