

ROTATIONAL BODYWEIGHT TRAINING™

GET YOUR TRANSVERSE PLANE IN GEAR

Tri-Planar movement allows our bodies to move in everyday life. CrossCore® Rotational Bodyweight Training™ was invented to include the Transverse Plane which allows the body to rotate as nature intended. This third plane is neglected by most all bodyweight training straps.



WHAT IS LIFE WITHOUT ROTATION?

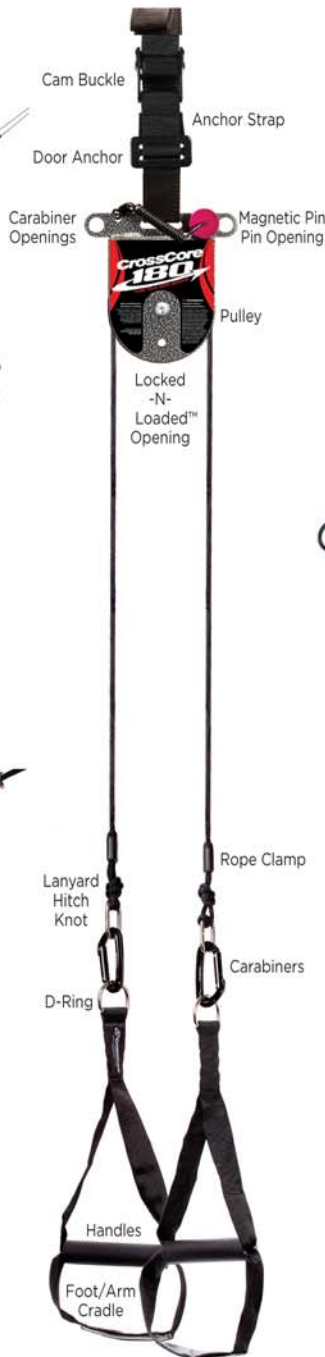
Without rotation, life as we know it stops. So does movement. CrossCore® adds rotational movement to all your favorite bodyweight training exercises which adds instability and improves balance and mind/body connection. Increase core inclusion, strength, agility and performance by including rotation.



EDUCATION IS KEY!



CrossCore® is the only product of its kind to offer rotational training education. CrossCore® Rotational Bodyweight Training™, or RBT™, is accredited through premier education providers such as NASM and ISSA. Whether you are educating on a one-on-one basis as a personal trainer or on a group level as a Host Facility, CrossCore® RBT™ drives sales and increases your revenue. Apply today to become a CrossCore® Host Facility.



SHARPEST TOOL IN THE SHED

Simple, fun and inviting...but built like a tank! CrossCore® Rotational Bodyweight Training™ gear was originally invented for the US military to allow training consistency no matter the place or terrain. Each unit is made with quality components that hold up to the most rigorous workouts. Remove a handle and add a kettlebell, sandbag or resistance band for added versatility. Gymnastics rings can be added for cross-training exercises such as rotational dips and muscle-ups. The adjustable anchor strap can attach to any safe anchor point, such as pull-up bars, racks and wood beams, from 7' to 11' high.



A RACK BY ANY OTHER NAME IS JUST A RACK

CrossCore® Functional Training Racks offer unmatched versatility and functionality at a price point that allows everyone to get on board. Circuit training with so many exercises in one small footprint has never been possible until now. Optional attachments include Dip Stations, J-Hooks, Landmines, Human Flag Handles, Step-Up Platforms, and Heavy Bag Attachments.



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