



PHYSICAL EDUCATION TEACHERS AND FOUNDERS OF FOUNDATIONAL FITNESS, MIKE & JOHN

Foundational Fitness was formed by two PE teachers who got EDUCATED, INSPIRED, and TRANSFORMED by the implementation of this functional fitness program. We have witnessed the effects of what this training can do.

Our mission is to help other teachers and their students experience this same transformation.

OUR PROMISE IS TO HELP YOU BUILD AN EFFECTIVE AND SUSTAINABLE PROGRAM THAT MAKES A DIFFERENCE IN THE LIVES OF YOUR STUDENTS.

Founders, Mike Meeteer & John Ditter

Mike Meeteer John Ditter

WE CAN HELP YOU ACHIEVE YOUR GOALS



HERE IS HOW WE CAN HELP

Equipment packages tailored to each level and each building in your district.

Staff development in-services on how to implement the training and equipment.

Support materials such as instructional DVDs, workout charts and cards, and sample circuits.

ONLINE GRADUATE COURSES

Introducing PE teachers and coaches to hands-on, functional fitness training. Implement immediately to enhance movement, coordination, muscular strength and endurance.

Energize your classroom and athletic teams with dynamic training techniques. An integrated approach to training, focusing on proper selection of drills for small or large groups. Taught online, with DVD, text book, and course workbook support.

LEARN MORE ABOUT GRADUATE COURSES:
foundationalfitness.com/grad-credits



JUNGLE GYM AND TRAIN STATION

BUILD BETTER MOVERS

This is simple and affordable equipment, but it yields complex fitness results because it integrates all the systems of the body.

-Greg Thompson, Elementary P.E. Teacher & District Coordinator, Farmington Hills, MI

**12 Minutes to Fitness
Pricing Guide 2014**

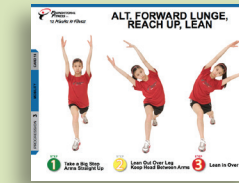


Sales Support (888) 957-8880
sales@foundationalfitness.com

STEP 1 Focus On Movement

MOVEMENT PROGRESSIONS

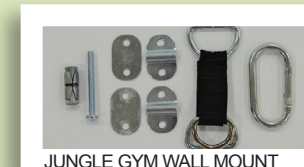
MP-CTCD-1	Movement Progression 1 Circuit Cards (89)	144.00
MP-DVD-1	Movement Progression 1 DVD	59.00
MP-PKG-1	Movement Progression 1 Package Includes Circuit Cards plus DVD	169.00
MP-CTCD-2	Movement Progression 2 Circuit Cards (89)	144.00
MP-DVD-2	Movement Progression 2 DVD	59.00
MP-PKG-2	Movement Progression 2 Package Includes Circuit Cards plus DVD	169.00
MP-PKG-COMBO	Movement Progressions 1 & 2 Circuit Cards (178) and DVDs	299.00



MOVEMENT PROGRESSION CIRCUIT CARDS



JUNGLE GYM CIRCUIT CARDS



JUNGLE GYM WALL MOUNT

STEP 2 Add Simple Equipment

JUNGLE GYM & ACCESSORIES

4-JG	Jungle Gym	59.00
4-JG-WM	Jungle Gym Wall Mount	15.00
JG-Combo	Jungle Gym w/ Wall Mount and Carabineer	69.00
JG-CB	Jungle Gym Carabineer	3.00
JG-CTCD	Jungle Gym Circuit Cards (25)	49.00
JG-DVD	Jungle Gym Educational DVD/CD	30.00
JG-PKG	Jungle Gym Package (Circuit Cards plus DVD)	69.00

MOVEMENT STICKS AND LADDERS

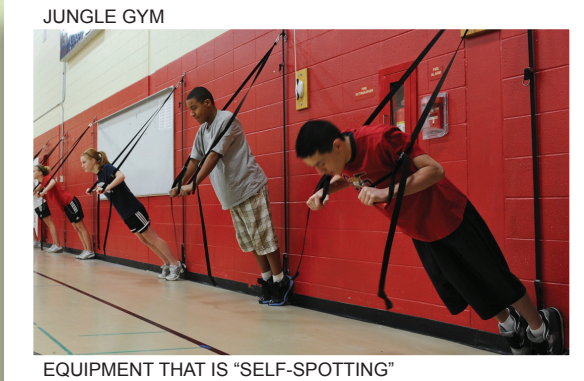
MV-STK	Movement Stick	14.00
MV-CTCD	Movement Stick Circuit Cards (21)	39.00
ABC-15	ABC Agility Ladder – two sections, 15'	49.00
ABC-30	ABC Agility Ladder – four sections, 30'	89.00
ABC-CTCD	ABC Agility Ladder Circuit Cards (11)	25.00

POWER WHEEL II

4-PW-2C	Power Wheel II	60.00
PWH-CTCD	Power Wheel Circuit Cards (8)	15.00

JUMP ROPES

7-PJR	Power Jump Rope	12.00
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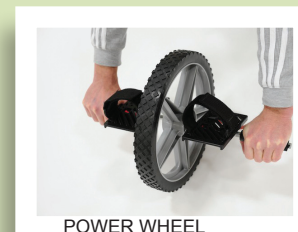
EQUIPMENT THAT IS "SELF-SPOTTING"



RESISTED PUSHING WITH THE MOVEMENT STICK



ABC AGILITY LADDER



POWER WHEEL



Sales Support

sales@foundationalfitness.com
toll free (888) 957-8880 • fax (773) 701-4077
foundationalfitness.com

STEP 3 Add Tubing

TRAIN STATION - Wall Mounted Tubing Station

SNAP ON TRAIN STATIONS*

1-TSSC-3	R3 Pink Snap-On Wall Mount Train Station	99.00
1-TSSC-4	R4 Maroon Snap-On Wall Mount Train Station	99.00
1-TSSC-5	R5 Orange Snap-On Wall Mount Train Station	99.00
1-TSSC-6	R6 Red Snap-On Wall Mount Train Station	99.00

DOOR MOUNT TRAIN STATIONS*

1-TSD-4	R4 Maroon Door Mount Train Station	60.00
1-TSD-5	R5 Orange Door Mount Train Station	60.00
1-TSD-6	R6 Red Door Mount Train Station	60.00

*Includes Mounting Hardware, straps, cables, handles, cardio belt, foot cuff

CABLE SETS / CABLE ACCESSORIES

1-TS-3E	Pair of R3 Pink Train Station cables	16.00
1-TS-4E	Pair of R4 Maroon Train Station cables	16.00
1-TS-5E	Pair of R5 Orange Train Station cables	16.00
1-TS-6E	Pair of R6 Red Train Station cables	16.00

TS-ECS-3	R3 Pink Train Station Extra Cable Set (two handles w/ safety straps, two triple cable pockets w/ carabineer, two cables)	36.00
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TS-ECS-4	R4 Maroon Train Station Extra Cable Set	36.00
TS-ECS-5	R5 Orange Train Station Extra Cable Set	36.00
TS-ECS-6	R6 Red Train Station Extra Cable Set	36.00

TS-DECS-4	R4 Maroon Train Station Double Extra Cable Set (two handles w/ safety straps, two triple cable pockets w/ carabineer, four cables)	46.00
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TS-DECS-5	R5 Orange Train Station Double Extra Cable Set	46.00
TS-DECS-6	R6 Red Train Station Double Extra Cable Set	46.00

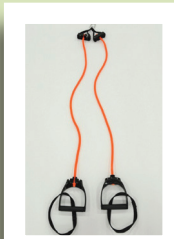
TS-TECS-5	R5 Orange Train Station Triple Extra Cable Set (two handles w/ safety straps, two triple cable pockets w/ carabineer, six cables)	56.00
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TS-TECS-6	R6 Red Train Station Triple Extra Cable Set	56.00
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TS-DVD	Train Station Educational DVD	30.00
TS-CTCD	Train Station Circuit Cards (60)	119.00
TS-PKG	Train Station Package (Circuit Cards plus DVD)	129.00



TRAIN STATION
CIRCUIT CARDS



TRAIN STATION
EXTRA CABLE SET

CABLE TENSION GUIDE

R3 Pink Light R4 Maroon Medium R5 Orange Medium Heavy R6 Red Heavy R7 Yellow Extra Heavy



MOVEMENT TRAINING WITH THE CIRCUIT TRAINER

CIRCUIT TRAINER BAND & ACCESSORIES

4-CBS-4	R4 Maroon Circuit Trainer Band	45.00
4-CBS-5	R5 Orange Circuit Trainer Band	45.00
4-CBS-6	R6 Red Circuit Trainer Band	45.00
4-CBS-7	R7 Yellow Circuit Trainer Band	45.00
CT-CR	Center Ring for Circuit Trainer	20.00
CT-DVD	Circuit Trainer Educational DVD	25.00
CT-CTCD	Circuit Trainer Circuit Cards (26)	49.00
CT-PKG	Circuit Trainer Circuit Cards Plus DVD	69.00

POWR WALK & ACCESSORIES

1-SKW-G	PowR Walk w/ gold and silver cables	29.00
1-SKW-SE	Pair of Silver PowR Walk cables	5.00
1-SKW-GE	Pair of Gold PowR Walk cables	7.00
PWK-DVD	PowR Walk Workout DVD	25.00
PWK-CTCD	PowR Walk Circuit Cards (29)	55.00
PWK-PKG	PowR Walk Package (Circuit Cards plus DVD)	69.00

POWER PUSH-UP PLUS

PPU-PL-3	Power Push-up Plus w/ R3 cables	40.00
PPU-CTCD	Power Push-up Circuit Cards (3)	6.00
PPU-PEC	Power Push-up Extra Cables	9.00

MINI-BANDS

MB-Y	Light Yellow Mini-band	3.00
	Package of 10	27.00
MB-G	Medium Green Mini-band	3.25
	Package of 10	29.00
MB-B	Heavy Blue Mini-band	3.50
	Package of 10	31.00
MIN-CTCD	Mini-Band Circuit Cards (10)	19.00

ASSISTED PULL-UPS

4-PUR	Pull-up Revolution	49.00
4-PUR-I	Pull-up Revolution Pro	79.00

PORTABLE CABLE CADDIES

8-CC-4	Cable Caddy w/ 4 rings	160.00
8-CC-6	Cable Caddy w/ 6 rings	175.00
8-CC-8	Cable Caddy w/ 8 rings	190.00



Educate. Inspire. Transform.

foundationalfitness.com

FUNCTIONAL TRAINING IDEAS
- BUILD BETTER MOVERS -



A CLASSROOM CIRCUIT CREATES BETTER MOVERS



JUNGLE GYM / TRAIN STATION COMBO

TURN YOUR SPACE INTO A FITNESS CENTER WITH FUNCTIONAL TRAINING EQUIPMENT THAT IS EFFECTIVE, AFFORDABLE, AND PORTABLE. ELIMINATE DOWN TIME AND BUILD "BETTER MOVERS!"

THIS IS RESISTANCE AND MOVEMENT TRAINING THAT ENHANCES THE BRAIN-BODY CONNECTION.