



**FOUNDATIONAL
FITNESS** Inc.

Educate. Inspire. *Transform.*

foundationalfitness.com



MOVEMENT STRENGTH WITH THE JUNGLE GYM & TRAIN STATION

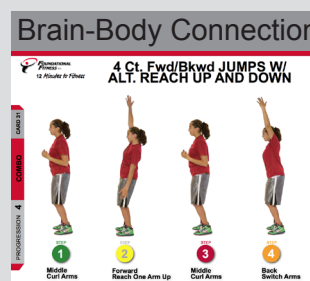
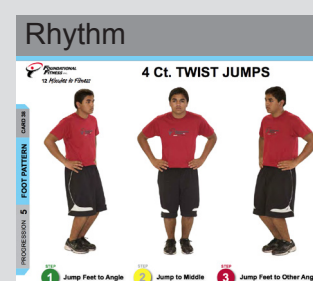
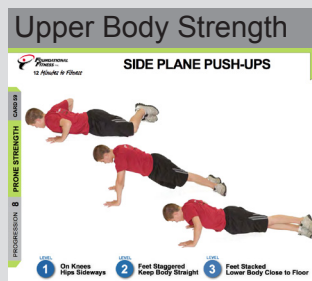


TURN ANY SPACE INTO A FITNESS CENTER

MAXIMIZE POTENTIAL WITH
MOVEMENT LITERACY AND MOVEMENT STRENGTH

DEVELOPING MOVEMENT LITERACY

Movement Progressions for P.E. students, athletes and staff



PRICING

MOVEMENT PROGRESSIONS

MP-PKG-1	Movement Progression #1 Circuit Cards (89) & DVDs	169.00
MP-PKG-2	Movement Progression #2 Circuit Cards (89) & DVDs	169.00
MP-PKG-Combo	Movement Progressions #1 & #2 Circuit Cards (178) & DVDs	299.00

Movement Progressions

Build better movers! Balance, mobility, core strength, upper body and lower body strength, rhythm, agility, body-brain connections and locomotor movements are all part of this language we call *Movement Literacy*. With our movement progression exercises, we've developed a system of 178 exercises that are loaded with benefits for your classroom warm-ups, cool-downs and circuits, as well as staff & community fitness programs. Not only are you *building better movers*, but you can work with large groups of people because no equipment is needed.

MOVEMENT PROGRESSION PACKAGE

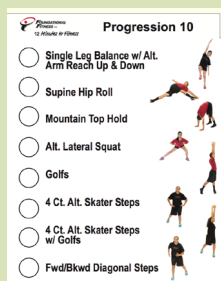


Movement Progression Package #1

Includes 89 total circuit cards which make up Progressions 1-9. Each of those 9 progressions contain 8 different no-equipment movements that build on the skills listed above. (72 individual movement cards, 9 teacher summary cards, and 8 movement theme cards).

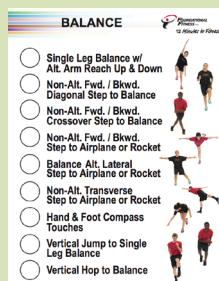
Movement Progression Package #2

Also includes 89 total circuit cards, based on the same format as MP-#1. Progressions 10-18 build on what is taught in Movement Progression Package #1.



9 Teacher Summary Cards

One for each of the 9 progressions listing the moves in that particular progression.



8 Movement Theme Cards

Which contain all of the movements in that particular category.



2 DVDs

Utilize for on-screen following along.

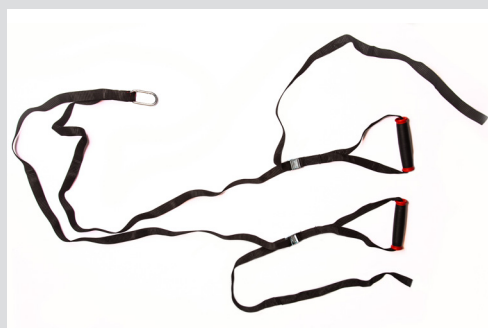
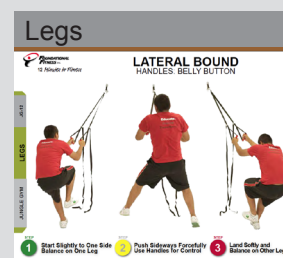
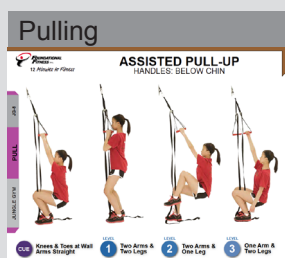
TAKE IT TO THE NEXT LEVEL WITH MOVEMENT STRENGTH

Adding a variety of resistances to movements helps develop structural integrity, strength, and power in all three planes of motion:

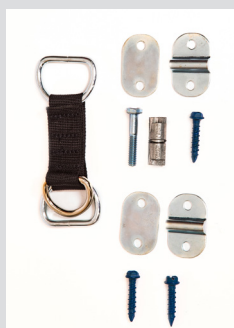
Sagittal (forward/backward) Frontal (side to side) Transverse (rotational)

The Jungle Gym

Build movement strength starting with the Jungle Gym. It's a simple, safe, and durable suspension trainer that builds total body strength – especially PULLING strength. Everyone finds success with this self-spotting piece of equipment! Simply adjust the handles or the distance from the wall to find the right amount of body weight resistance.



Jungle Gym



Jungle Gym Wall Mount



Portable Caddy
Ht.=75", Base=31" X 27"

PRICING

JUNGLE GYM & ACCESSORIES

JG	Jungle Gym Suspension Trainer	59.00	JG-PKG	Jungle Gym Circuit Cards (25) & DVD	69.00
JG-WM	Jungle Gym Wall Mount	19.00	FF-PCC	Foundational Fitness Portable Cable Caddy	199.00
JG-Combo	Jungle Gym Plus Wall Mount	69.00		(Holds 48 Jungle Gyms)	



JUNGLE GYM PULLING STRENGTH



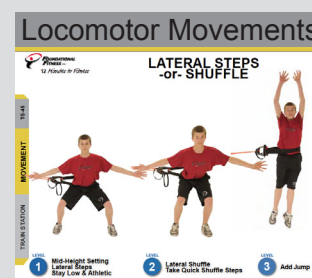
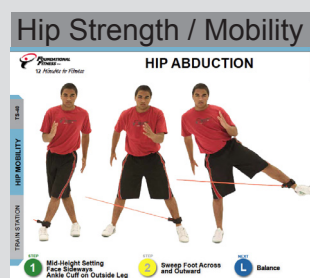
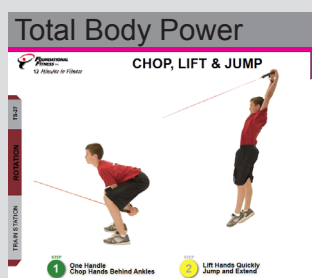
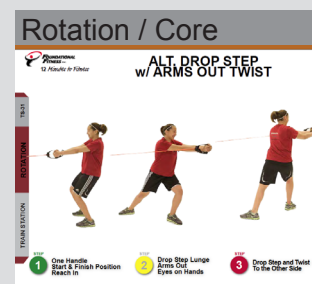
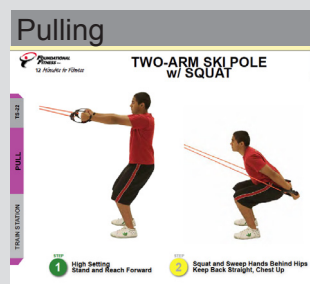
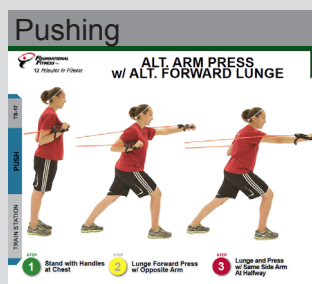
JUNGLE GYM PUSHING STRENGTH

KEY BENEFITS OF MOVEMENT STRENGTH TRAINING WITH THIS EQUIPMENT

- ▶ Involves multiple strength systems (integrated, not isolated) at the same time, like real life and athletic movements
- ▶ Helps build ALL 5 components of health-related fitness
- ▶ Integrated training increases metabolism and gives you a better return on your time investment
- ▶ Self-spotting, self-regulated, and less intimidating
- ▶ Everyone succeeds AND is challenged
- ▶ Since the equipment doesn't take up floor space, it allows you to add strength circuits to every lesson
- ▶ Train outdoors, or whatever space you have
- ▶ Since it focuses on movement, the exercise combinations are virtually limitless
- ▶ Helps EVERYONE who uses it reach whatever fitness and strength goals they have – ALWAYS RELEVANT
- ▶ Helps reduce injuries by building balanced strength

The Train Station

The Train Station – an incredibly effective and versatile piece of resistance training equipment! Changing the angle by sliding the attachment to different heights allows you to train an endless variety of functional exercises, including horizontal vectors. It is self-spotting, quick to use during circuits, and with the addition of the ankle cuff and movement belt you can challenge your students to develop total body movement strength.



SNAP ON WALL MOUNT TRAIN STATION & ACCESSORIES

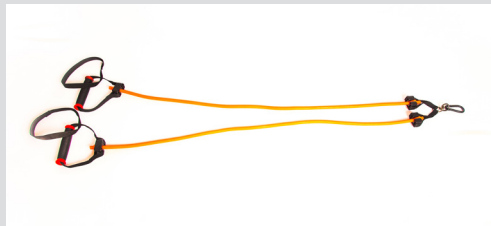
TSSC	Snap On Wall Mount Train Station	99.00	TS-HPR	Pair of Train Station Handles w/ Safety Strap	19.00
TS-ECS	Train Station Extra Cable Set	39.00	TS-PKG	Train Station Circuit Cards (69) & DVD	129.00
TS-DECS	Train Station Double Extra Cable Set	49.00	FF-PCC	Foundational Fitness Portable Cable Caddy (Holds 48 Train Station Cable Sets)	199.00
TS-TECS	Train Station Triple Extra Cable Set	59.00			
TS-EPR	Train Station Extra Pair of Cables only	19.00			

Each Snap On Wall Mount Train Station includes...

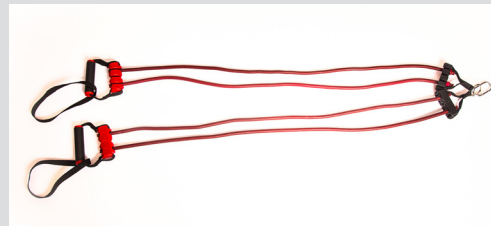
- ▶ Two mounting brackets (top and bottom) with concrete fasteners
- ▶ One vertical strap with adjustable buckle and O-ring
- ▶ Two handles with safety straps, two cables, single cable pocket with carabineer
- ▶ Movement belt, and ankle cuff



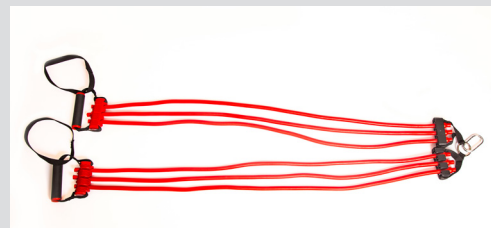
We will guide you to select the correct resistance levels for various grade levels and strength levels. Below are several options.



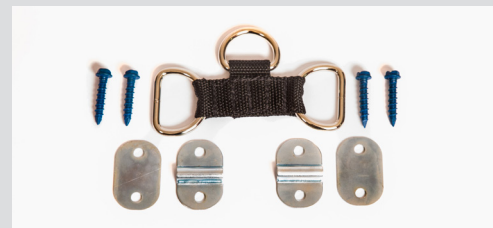
Train Station
Extra Cable Set



Train Station
Double Extra Cable Set



Train Station
Triple Extra Cable Set



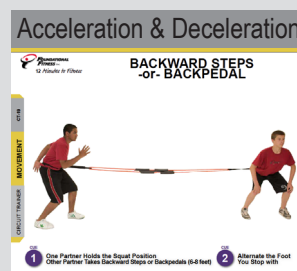
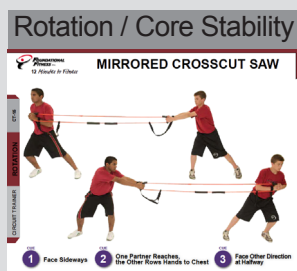
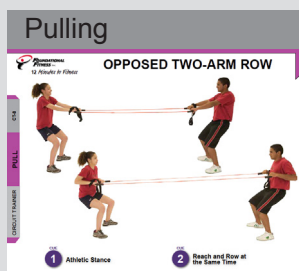
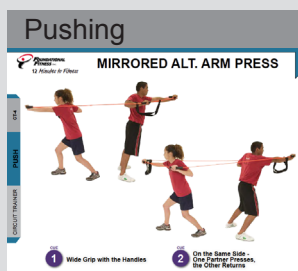
Train Station Horizontal Bottom Bracket
For below wall mats or attaching
to baseboard

CABLE TENSION GUIDE

R3 *Pink* Light R4 *Maroon* Medium R5 *Orange* Medium Heavy R6 *Red* Heavy

Circuit Trainer Band

The “train anywhere” Circuit Trainer Band can be used individually, with a partner, or in a group setting. It can be used to build the four major movement systems of pushing, pulling, rotation, and “legs”, and is excellent for improving acceleration and deceleration.



Circuit Trainer Band & Center Ring

SUGGESTED RANGE OF RESISTANCE LEVELS:

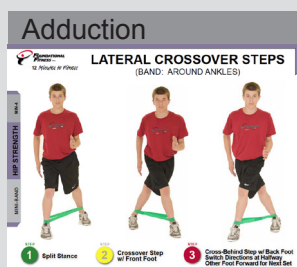
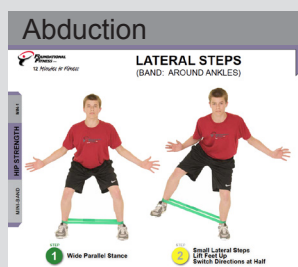
R4 (**Maroon** Light) 3rd – 5th grades
 Mix of R4 and R5 (**Orange** Medium) 6th – 7th grades
 Mix of R5 and R6 (**Red** Heavy) 8th – 9th grades
 Mix of R5, R6, and R7 (**Yellow** Extra Heavy) 10th grade & up

CIRCUIT TRAINER BAND & ACCESSORIES

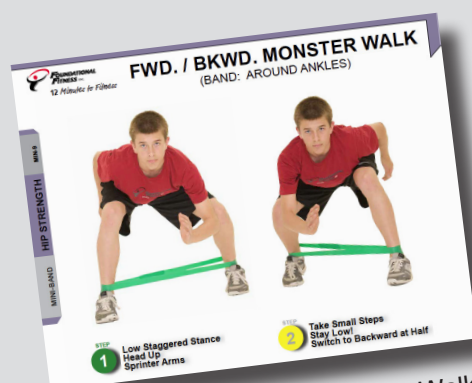
CT-4,5,6,7	Circuit Trainer Band	49.00
CT-CR	Circuit Trainer Center Ring (6" diameter)	20.00
CT-PKG	Circuit Trainer Circuit Cards & DVD	69.00
FF-PCC	Foundational Fitness Portable Cable Caddy (Holds 48 Circuit Trainer Bands)	199.00

Mini-Band

This lightweight training tool goes anywhere you go. Improve hip and shoulder strength and mobility with three resistance levels. Light yellow, medium green and heavy blue. Add into any fitness circuit, or whole group warm-up activity.



3 Resistance Levels



Forward / Backward Monster Walk



Shoulder Strength / Mobility

MINI-BANDS & ACCESSORIES

MIN-Y	Yellow (light) Mini-Band	3.00	MIN-G-PK	Pack of 10 Green Mini-Bands	29.00
MIN-Y-PK	Pack of 10 Yellow Mini-Bands	27.00	MIN-B	Blue (heavy) Mini-Band	3.50
MIN-G	Green (medium) Mini-Band	3.25	MIN-B-PK	Pack of 10 Blue Mini-Bands	31.00
			MIN-CTCD	Mini-Band Circuit Cards (10)	19.00



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

Foundational Fitness was formed by two P.E. 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

*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 P.E. 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

What Our Customers Say

“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 and District Coordinator, Farmington Hills, MI

“This equipment and training is changing the way our schools are teaching physical education!”

-Paul Herzog, High School P.E. Teacher Woodbury, MN

“We thoroughly enjoy using this equipment in my P.E. classes and for my Faculty Fit Camp! It was by far one of the best purchases I have made! Thanks for your outstanding customer service!”

-Lisa Kozlowski, Elementary P.E. Teacher Aliquippa, PA



CORE TRAINING WHILE WAITING THEIR TURN TO PLAY



TRAIN STATION PUSHING & PULLING



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

JOIN THE *REST-EAT-MOVE* REVOLUTION

It all starts with you!

Join R.E.M. and receive these tools to get started...

- ▶ Jungle Gym Suspension Trainer (\$59 value)
- ▶ Mini-Bands – 3 resistance levels (\$9.75 value)
- ▶ Access to the R.E.M. website with workouts using the
- ▶ Movement Progressions, Jungle Gym, and Mini-Band
- ▶ Tom Rath's book *Eat, Move, Sleep* filled with practical information to help you *be your best self!* (\$25 value)
- ▶ *Rest-Eat-Move* t-shirt (\$25 value)

Your investment is \$59, plus shipping and handling (\$15)

We can work together to learn how to bring these life-changing concepts to ourselves, and others in our school community!

Contact Mike to join today!
mike@foundationalfitness.com



Find the Balance. Be Your Best Self!

REST

Sleep
Stress Management
Recreation
Restoration

EAT

Real Food
In Moderation
Mostly Plants
A Variety of Colors

MOVE

Vigorous
Varied
Mindful



Product Guide

Sales Support

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foundationalfitness.com