



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*



**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:**  
<http://foundationalfitness.com/grad-credits/>

**CREATE BETTER MOVERS**



C-BAND CORE TRAINING WHILE WAITING THEIR TURN



EVERY STUDENT SUCCEEDS



EQUIPMENT THAT IS "SELF-SPOTTING"



LIFELINE JUNGLE GYM AND TRAIN STATION

**Starter Packages**  
*-Tailored to meet your budget-*

**Starter Package I \$649**

- Movement Progression Task Cards and DVD
- 3 Jungle Gyms
- 3 Jungle Gym Wall Mounts
- 3 Medicine Balls
- 1 30' ABC Agility Ladder
- Instructional DVDs and Circuit Cards

**Starter Package II \$949**

- Movement Progression Task Cards and DVD
- 6 Jungle Gyms
- 6 Jungle Gym Wall Mounts
- 6 Medicine Balls
- 1 30' ABC Agility Ladder
- Instructional DVDs and Circuit Cards

**Starter Package III \$1,899**

- Movement Progression Task Cards and DVD
- 6 Jungle Gyms
- 6 Jungle Gym Wall Mounts
- 6 Medicine Balls
- 1 30' ABC Agility Ladder
- 6 Snap On Wall Mount Train Stations
- 6 Train Station Extra Cable Sets
- 6 Extra Pairs of Train Station Cables
- Instructional DVDs and Circuit Cards

All packages include shipping.

foundationalfitness.com  
 product information - videos - photos



ABC AGILITY LADDER



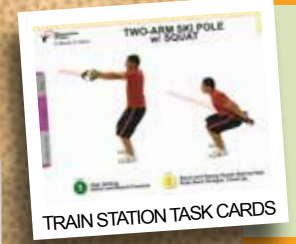
JUNGLE GYM



JUNGLE GYM / ABC LADDER INTERVAL TRAINING



TRAIN STATION EXTRA CABLE SET



TRAIN STATION TASK CARDS



JUNGLE GYM TASK CARDS



JUNGLE GYM WALL MOUNT



MOVEMENT PROGRESSION TASK CARDS



MED BALL CORE TRAINING

**Product Price List**  
 Fall 2013



Sales Support (888) 957-8880  
[sales@foundationalfitness.com](mailto:sales@foundationalfitness.com)

**STEP 1 Focus On Movement**

**MOVEMENT PROGRESSIONS**

MP-CTCD-1	Movement Progression 1 Circuit Cards (89)	134.00
MP-DVD-1	Movement Progression 1 DVD	59.00
MP-PKG-1	Movement Progression 1 Package Includes Circuit Cards plus DVD	159.00
MP-CTCD-2	Movement Progression 2 Circuit Cards (89)	134.00
MP-DVD-2	Movement Progression 2 DVD	59.00
MP-PKG-2	Movement Progression 2 Package Includes Circuit Cards plus DVD	159.00
MP-PKG-COMBO	Movement Progressions 1 & 2 Circuit Cards (178) and DVDs	279.00

**SIMPLE EQUIPMENT CON'T**

**SANDBELLS**

Unfilled		
UFSB-2	Unfilled Sandbell 2 lb.	8.00
UFSB-4	Unfilled Sandbell 4 lb.	9.00
UFSB-6	Unfilled Sandbell 6 lb.	10.00
UFSB-8	Unfilled Sandbell 8 lb.	12.00
UFSB-10	Unfilled Sandbell 10 lb.	17.00
UFSB-12	Unfilled Sandbell 12 lb.	22.00
UFSB-15	Unfilled Sandbell 15 lb.	29.00
UFSB-20	Unfilled Sandbell 20 lb.	40.00
UFSB-25	Unfilled Sandbell 25 lb.	50.00
UFSB-30	Unfilled Sandbell 30 lb.	60.00
UFSB-40	Unfilled Sandbell 40 lb.	75.00
UFSB-50	Unfilled Sandbell 50 lb.	86.00
Filled		
FSB-2	Filled Sandbell 2 lb.	10.00
FSB-4	Filled Sandbell 4 lb.	12.00
FSB-6	Filled Sandbell 6 lb.	14.00
FSB-8	Filled Sandbell 8 lb.	16.00
FSB-10	Filled Sandbell 10 lb.	22.00
FSB-12	Filled Sandbell 12 lb.	29.00
FSB-15	Filled Sandbell 15 lb.	36.00
FSB-20	Filled Sandbell 20 lb.	45.00
FSB-25	Filled Sandbell 25 lb.	63.00
FSB-30	Filled Sandbell 30 lb.	75.00
FSB-40	Filled Sandbell 40 lb.	87.00
FSB-50	Filled Sandbell 50 lb.	99.00
FSR-1	Sandrope	179.00

**STEP 2 Add Simple Equipment**

**JUNGLE GYM & ACCESSORIES**

4-JG	Jungle Gym	50.00
4-JG-WM	Jungle Gym Wall Mount	15.00
JG-Combo	Jungle Gym w/ Wall Mount and Carabineer	59.00
JG-CB	Jungle Gym Carabineer	3.00
JG-SLV	Jungle Gym Plastic Sleeve	3.00
JG-CTCD	Jungle Gym Circuit Cards (25)	39.00
JG-DVD	Jungle Gym Educational DVD/CD	30.00
JG-CTCD	Jungle Gym Package (Circuit Cards plus DVD)	59.00

**MEDICINE BALLS**

8-MB-1	1K Medicine Ball	25.00
8-MB-2	2K Medicine Ball	30.00
8-MB-3	3K Medicine Ball	35.00
8-MB-4	4K Medicine Ball	40.00
8-MB-5	5K Medicine Ball	50.00
MB-CTCD	Medicine Ball Circuit Cards (16)	24.00
8-MBH-12	Medicine Ball Holder (12 ball capacity)	249.00
8-MBH-18	Medicine Ball Holder (20 ball capacity)	299.00
8-MBH-28	Medicine Ball Holder (28 ball capacity)	349.00

**POWER WHEEL II**

4-PW-2C	Power Wheel II	60.00
PWH-CTCD	Power Wheel Circuit Cards (8)	12.00

**JUMP ROPES**

7-PJR	Power Jump Rope	12.00
-------	-----------------	-------

"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

"I realize this equipment and training is unfamiliar to a lot of PE teachers, and that can be intimidating. I felt the same way, at first. However, looking back at our transformational process, I can say without a doubt that this is the best investment of time and money we made with our district funds."

-Mike Meeteer, Middle School P.E. Teacher and Founder of Foundational Fitness, Inc.

# Product Price List Fall 2013



## Sales Support

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

### STEP 3 Add Tubing

#### TRAIN STATION

SNAP ON TRAIN STATIONS*		
1-TSSC-2	R2 Purple Snap-On Wall Mount Train Station	97.00
1-TSSC-3	R3 Pink Snap-On Wall Mount Train Station	97.00
1-TSSC-4	R4 Maroon Snap-On Wall Mount Train Station	97.00
1-TSSC-5	R5 Orange Snap-On Wall Mount Train Station	98.00
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	61.00
1-TSD-6	R6 Red Door Mount Train Station	62.00

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

#### CABLE SETS / CABLE ACCESSORIES

1-TS-2E	Pair of R2 Purple Train Station cables	15.00
1-TS-3E	Pair of R3 Pink Train Station cables	15.00
1-TS-4E	Pair of R4 Maroon Train Station cables	15.00
1-TS-5E	Pair of R5 Orange Train Station cables	16.00
1-TS-6E	Pair of R6 Red Train Station cables	17.00

TS-ECS-2	R2 Purple Train Station Extra Cable Set <i>(two handles w/ safety straps, two triple cable pockets w/ carabineer, two cables)</i>	35.00
TS-ECS-3	R3 Pink Train Station Extra Cable Set	35.00
TS-ECS-4	R4 Maroon Train Station Extra Cable Set	35.00
TS-ECS-5	R5 Orange Train Station Extra Cable Set	36.00
TS-ECS-6	R6 Red Train Station Extra Cable Set	37.00

TS-DECS-4	R4 Maroon Train Station Double Extra Cable Set <i>(two handles w/ safety straps, two triple cable pockets w/ carabineer, four cables)</i>	45.00
TS-DECS-5	R5 Orange Train Station Double Extra Cable Set	47.00
TS-DECS-6	R6 Red Train Station Double Extra Cable Set	49.00

TS-TECS-5	R5 Orange Train Station Triple Extra Cable Set <i>(two handles w/ safety straps, two triple cable pockets w/ carabineer, six cables)</i>	59.00
TS-TECS-6	R6 Red Train Station Triple Extra Cable Set	63.00

#### MISC. TRAIN STATION HARDWARE / SOFTWARE

1-TSD-BDY	Train Station Door Mount Strap w/ O-ring only	30.00
1-TSSC-BDY	Snap-On TrainStation Wall Mounts (2), Strap, and O-ring only	55.00
8-AATS	Train Station Foot Cuff Only	10.00
1-TGHS	Train Station Triple Grip Handles w/ safety strap	15.00
1-TS-DCP	Train Station Detachable Cable Pockets w/carabineer	15.00
TS-MB	Train Station Movement Belt	10.00
TS-BC	Train Station Bleacher Clip	3.00
TS-DVD	Train Station Educational DVD	30.00
TS-CTCD	Train Station Circuit Cards (60)	89.00
TS-PKG	Train Station Package (Circuit Cards plus DVD)	109.00

#### CIRCUIT TRAINER BAND & ACCESSORIES

4-CBS-4	R4 (Maroon) Circuit Trainer Band	40.00
4-CBS-5	R5 (Orange) Circuit Trainer Band	41.00
4-CBS-6	R6 (Red) Circuit Trainer Band	42.00
4-CBS-7	R7 (Yellow) Circuit Trainer Band	43.00
CT-CR	Center Ring for Circuit Trainer	20.00
CT-DVD	Circuit Trainer Educational DVD	25.00
CT-CTCD	Circuit Trainer Circuit Cards (26)	39.00
CT-PKG	Circuit Trainer Circuit Cards Plus DVD	59.00

#### C-BAND W/ SAFETY STRAP

4-CBSS-2	R2 C-band w/ safety strap	30.00
4-CBSS-3	R3 C-band w/ safety strap	31.00
4-CBSS-4	R4 C-band w/ safety strap	32.00
CB-CTCD	C-band Circuit Cards (33)	49.00

#### 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)	45.00
PWK-DVD	PowR Walk Package (Circuit Cards plus DVD)	59.00

#### POWER PUSH-UP III

4-PPU3-2	Power Push-up III w/ R2 cables	40.00
4-PPU3-3	Power Push-up III w/ R3 cables	40.00
4-PPU3-4	Power Push-up III w/ R4 cables	40.00
PPU-CTCD	Power Push-up Circuit Cards (3)	6.00

#### MINI-BANDS

MB-Y	Light Yellow Mini-band Package of 10	3.00 27.00
MB-G	Medium Green Mini-band Package of 10	3.25 29.00
MB-B	Heavy Blue Mini-band Package of 10	3.50 31.00
MIN-CTCD	Mini-Band Circuit Cards (10)	15.00

#### 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

R2 Purple Extra Light R3 Pink Light R4 Maroon Medium R5 Orange Medium Heavy R6 Red Heavy R7 Yellow Extra Heavy



## CLASSROOM PACKAGES & PRICING

**FULL-CLASS PACKAGE** Functionally train 40 students at once with the same piece of equipment. Deliver the program in the most effective way and achieve your fitness and activity goals sooner. Multiple classes in one gym? No problem with this package. **\$19,995**

40 PowR Walks	10 Train Station Extra Triple Cable Sets
1 Cable Caddy: PowR Walk	10 Train Station Extra Cable Sets
30 C-bands	40 Movement Sticks
30 Circuit Trainer Bands	80 Sandbells
2 Center Rings for Circuit Trainer	80 Mini-bands
1 Cable Caddy: C-band and Circuit Trainer	1 Cable Caddy: Train Station
8 Medicine Balls	8 Power Push-up III
2 Caddy: Medicine Ball	6 Power Wheel II
40 Jungle Gyms	6 ABC Agility Ladders
1 Caddy: Jungle Gym	40 Power Jump Ropes
40 Snap On Wall Mount Train Stations	1 Cable Caddy: Jump Ropes, Power Push-ups
10 Train Station Extra Double Cable Sets	Movement Progression Task Cards and DVD

**HALF-CLASS PACKAGE** Rotate large groups through two stations. For example, divide the class in half. Group one uses the Wall Mount Train Station, while group two uses medicine balls. Then the groups switch stations. **\$11,495**

20 PowR Walks	5 Train Station Extra Triple Cable Sets
18 C-bands	20 Movement Sticks
18 Circuit Trainer Bands	40 Sandbells
2 Center Rings	40 Mini-bands
1 Cable Caddy: PowR Walks, C-bands, Circuit Trainer Bands	1 Cable Caddy: Jungle Gym, Train Station
28 Medicine Balls	8 Power Push-up III
1 Caddy: Medicine Ball	6 Power Wheel
20 Jungle Gyms	3 ABC Agility Ladder
20 Snap On Wall Mount Train Stations	20 Power Jump Ropes
5 Train Station Extra Double Cable Sets	1 Cable Caddy: Jump Ropes, Power Push-ups
5 Train Station Extra Cable Sets	Movement Progression Task Cards and DVD
	1 Set of Circuit Cards

**CIRCUIT PACKAGE** Rotate small groups through numerous stations. For example, divide a large number of students into groups of 6 students. Each group does a different activity and then rotates. All for the price of one treadmill! **\$4,995**

8 PowR Walks	6 Train Station Double Extra Cable Set
8 C-bands	6 Movement Sticks
8 Circuit Trainer Bands	12 Sandbells
1 Center Ring for Circuit Trainer	12 Mini-bands
12 Medicine Balls	6 Power Push-up III
1 Medicine Ball Caddy	6 Power Wheels
6 Jungle Gyms	1 ABC Agility Ladder
6 Jungle Gym Wall Mounts	6 Power Jump Ropes
6 Snap On Wall Mount Train Stations	1 Cable Caddy
6 Train Station Extra Cable Sets	Movement Progression Task Cards and DVD

All packages include shipping and instructional support materials.

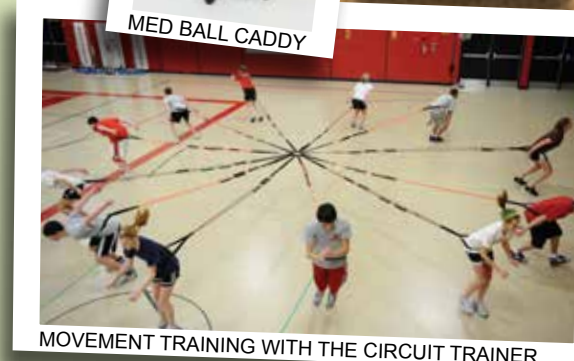
### CUSTOMIZE YOUR PACKAGE:

foundationalfitness.com

sales@foundationalfitness.com

(888) 957-8880

foundationalfitness.com  
product information - videos - photos



FUNCTIONAL TRAINING IDEAS  
- CREATE BETTER MOVERS -

**FOUNDATIONAL FITNESS inc.**  
Educate. Inspire. Transform.  
foundationalfitness.com



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.**

"Our district chose the FULL-CLASS PACKAGE for each of our middle and high schools. This allows us to implement functional training and teach large groups of students at the same time. All students have the same equipment at the same time. Each day offers a variety of fitness activities. Since the equipment is very durable and affordable, our program continues to grow strong."

Julie Grundstrom, Middle School PE Teacher  
South Washington County School District, Cottage Grove, MN