



# COREFX<sup>®</sup>

2018 CATALOGUE



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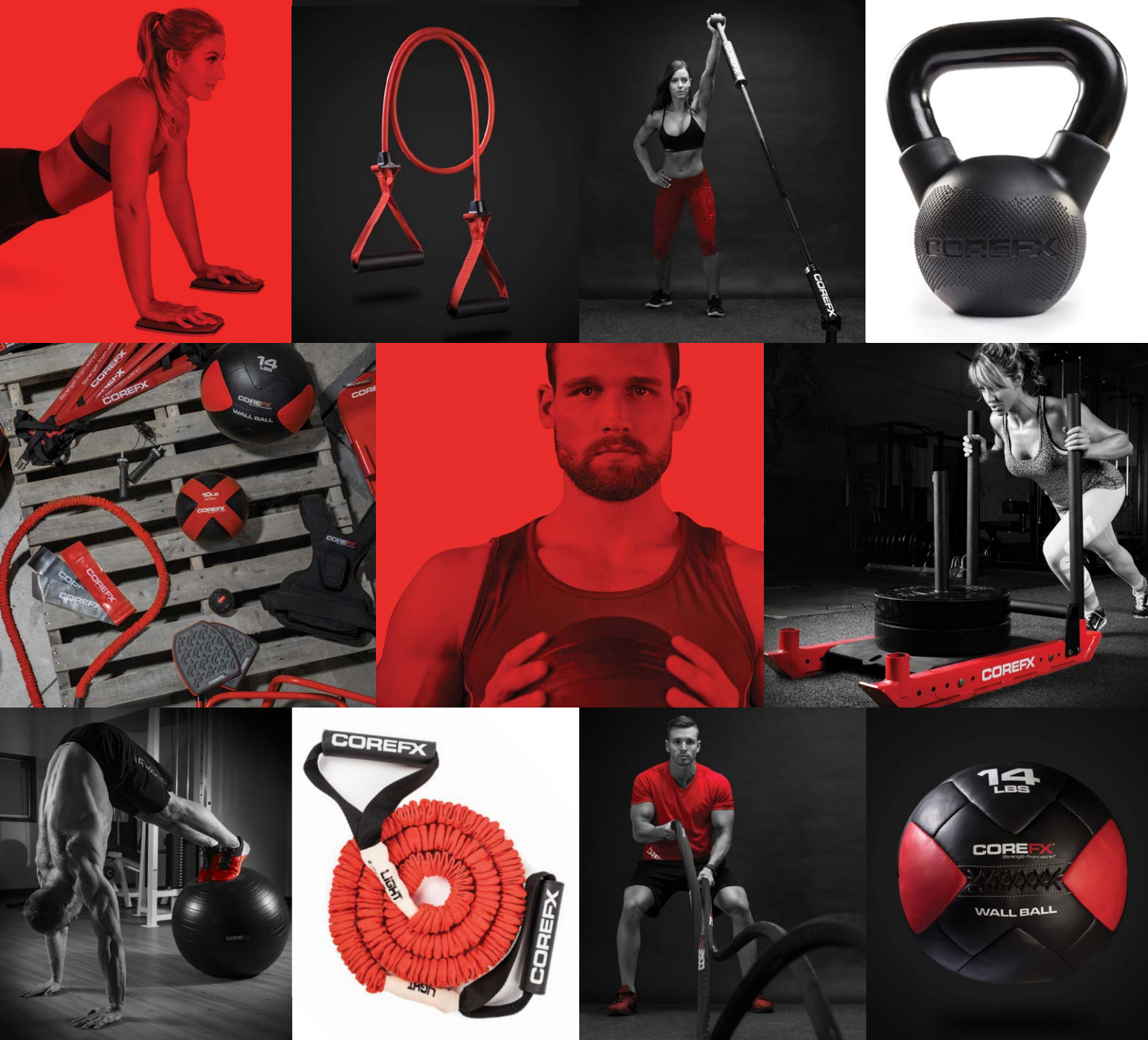
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## BRAND MISSION

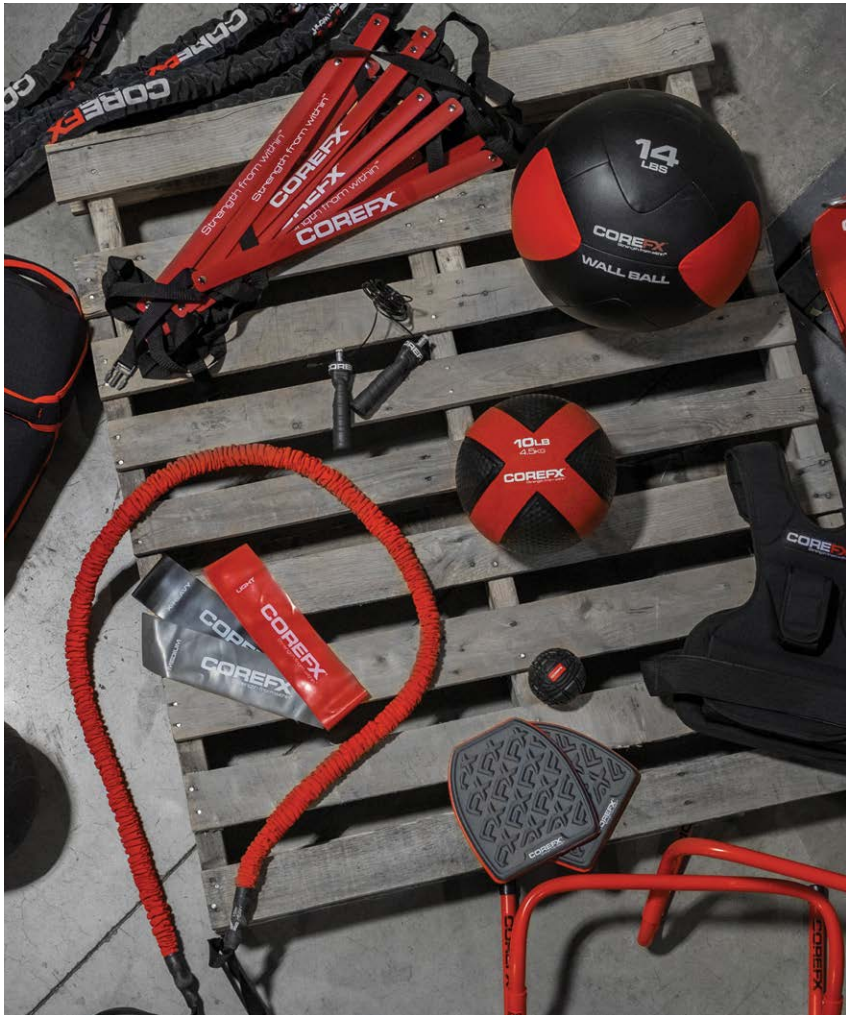
COREFX is more than fitness and training equipment. It is a statement. It is a commitment to be the best. It is the ultimate solution that athletes are looking for to unleash their maximum potential and push to greatness. With cutting-edge product innovations and real-world field testing, the entire line of COREFX high-performance products are strategically designed to redefine peak performance and deliver the most complete line of strength and conditioning equipment.

In order to bridge the gap between relentless training and pure athletic development, COREFX has developed new and advanced training methodologies to allow athletes to harness the full potential of the entire product line. To match athlete's unbridled dedication to training COREFX has forged this synergistic relationship between equipment and education. This is the true secret to fully realize your Strength From Within.



GEAR

Whether you're looking for a simple training solution or a complex versatile tool, the COREFX line can be custom suited to your overall training needs.



WALL BALL

Each 14" COREFX Wall Ball is designed to stand up to the most hardcore wall ball workouts.

You can use the Wall Ball for an infinite number of exercises and workouts. It can be used for ordinary medicine ball drills, strength and conditioning drills, velocity drills, wall ball shots and more!

(CFXWB4) 4 LB // (CFXWB6) 6 LB // (CFXWB8) 8 LB //  
(CFXWB10) 10 LB // (CFXWB12) 12 LB // (CFXWB14)  
14 LB // (CFXWB16) 16 LB // (CFXWB18) 18 LB //  
(CFXWB20) 20 LB



SLAM BALL

The COREFX Slam Balls are great for working the entire body or releasing some aggression, and constantly prove to be some of the most durable slam balls on the market.

Battle-tested to absorb the worst abuse, these rubberized dead-bounce Slam Balls can benefit athletes of any size and skill level.

(CFXSLB5) 5 LB // (CFXSLB8) 8 LB // (CFXSLB10) 10 LB //  
(CFXSLB15) 15 LB // (CFXSLB20) 20 LB //  
(CFXSLB25) 25 LB // (CFXSLB30) 30 LB //  
(CFXSLB35) 35 LB



MEDICINE BALL

The COREFX Medicine Balls will add dynamic strength training and core work into your everyday fitness routine. The natural rubber Medicine Ball has a unique dual texture surface for improved grip and maximum control.

(CFXRMB6) 6 LB // (CFXRMB8) 8 LB // (CFXRMB10)  
10 LB // (CFXRMB12) 12 LB // (CFXRMB15) 15 LB //  
(CFXRMB20) 20 LB



## KETTLEBELL

The COREFX Kettlebells feature a premium rubber coating helping to prevent scuffs and chips that come with daily use in high-traffic training spaces. The rubber coating has a unique dual texture pattern for added grip during various kettlebell exercises.

(CFXKB10) 10 LB // (CFXKB15) 15 LB // (CFXKB20) 20 LB // (CFXKB25) 25 LB // (CFXKB30) 30 LB // (CFXKB35) 35 LB // (CFXKB40) 40 LB // (CFXKB50) 50 LBS.



## SANDBAG

The COREFX Sandbag features a rugged design with upgraded stitching, military-inspired materials and six industrial handles. Throw it, slam it, pound it into the ground; this sandbag is designed to surpass all of your highest expectations.

Each sandbag comes with 4 inner bags that can hold up to 10 lbs each. \*Sand not included.

(CFXS8)



## WEIGHTED VESTS

The COREFX Weighed Vests have the ability to quickly adjust the weight through individual 2.2 lb metal weight packs that quickly slip in or out of their secure pockets. Athletes can spread out the weight evenly or unevenly.

Each vest has a unique military-style design, fitting all body types, for maximum performance and comfort.

(PWV40) UP TO 40LB // (CFXPWV20) UP TO 20LB



## BATTLE ROPE

The COREFX Battle Rope is made from 100% pure nylon. It's 1.5" in diameter, 50' in length, weighs 23 lbs. and has a heat-sealed plastic boot cover for each handle.

Using the battle rope will help to dramatically increase strength, explosiveness, endurance, cardio and conditioning, fast!

(BROPE)



## COVERED BATTLE ROPE

With a commercial grade nylon cover designed to withstand vigorous use, you can count on this rope having a superior lifespan. The COREFX Covered Battle Rope is 1.5" in diameter, 50' in length, weighs 28 lbs. The heat-sealed plastic boot cover for each handle provides superior grip.

(CFXC8BROPE)

## ACCESSORIES

1. WALL MOUNT HANGER  
(BROPEWMH)

2. WALL MOUNT BRACKET  
(BROPEDRING)







## LANDMINE HANDLE

The COREFX Landmine handle can be used in conjunction with the COREFX Landmine Post and works with almost any Olympic bar.

The contoured 3.25" diameter ball end is great for grip-strength style training and allows for various single and double hand grips.

(CFXMLMH)



## LANDMINE POST

The COREFX Landmine Post features a 7-gauge steel, 11" bar insert sleeve that will fit standard Olympic barbells. This sleeve is designed to pivot 360° in a fluid motion.

The post requires stacked bumpers or plates for mounting. It can also be placed within the post hole of the COREFX Sleds!

(CFXLMP)



## DRAG SLED

Unlike many traditional dragging sleds that can only be used on non-abrasive surfaces, the COREFX Drag Sled has an angled lip which allows this sled to be used almost anywhere with virtually zero limitations. Move your speed sled training indoors or outdoors on grass, field turf, track, concrete, or asphalt.

(CFXP999)



## PUSH SLED

Increase your explosive power, cardio, strength and conditioning or add intense intervals to any workout!

The COREFX Push Sled is designed to withstand the most strenuous personal training, with 11-gauge welded steel that is finished with a powder coating to reduce chipping.

(CFXP356)



## POWER SYSTEM

There are endless training possibilities with the COREFX Power System, as you can customize your workout with the option to use the padded harness or soft-grip handles. Pair this with a sled to maximize your workout.

Set includes adjustable harness with padded shoulder straps, an 8.3' dual sled strap with heavy duty carabineers, and two d-ring soft-grip pull handles.

(CFXHPS)

# NEW Bands BY COREFX



Strengthen, Tone & Stretch



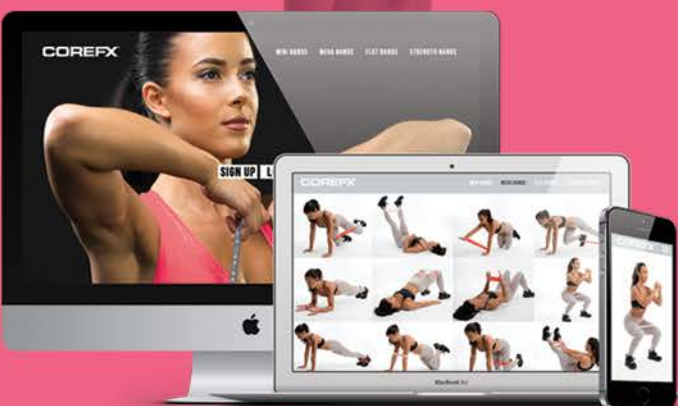
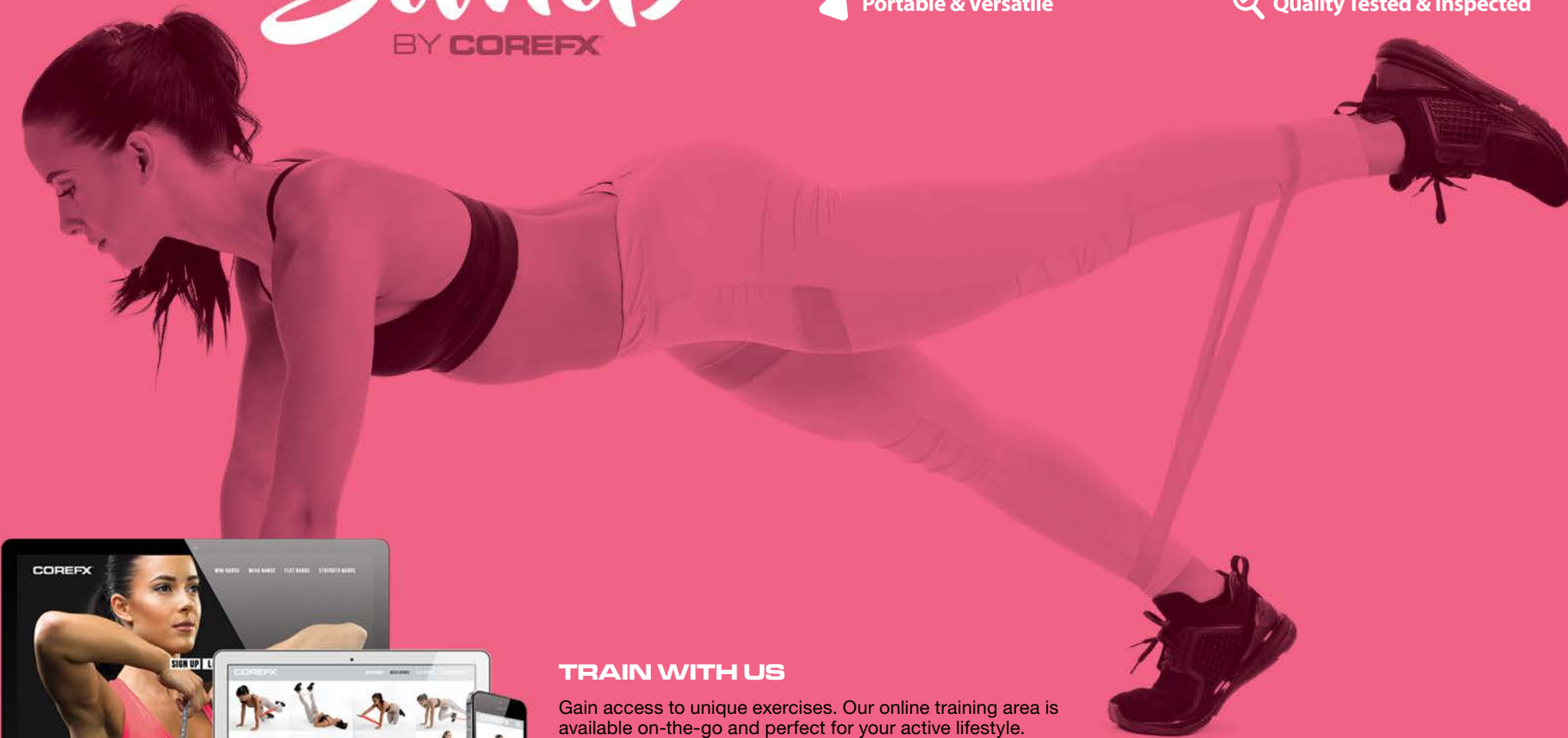
Portable & Versatile



Beginner to Advanced



Quality Tested & Inspected



## TRAIN WITH US

Gain access to unique exercises. Our online training area is available on-the-go and perfect for your active lifestyle.

Browse [COREFX.CA/TRAINING](http://COREFX.CA/TRAINING) to learn new, unique workouts that target the specific areas that you want to tone, strengthen and stretch.

Online access code included with each Bands Set.



### ULTRA-WIDE BANDS SET

3 Ultra-Wide Bands (Light, Medium, Strong resistances), carry bag and online training.

(CFXWBSET)



### STRENGTH BANDS SET

2 Strength Bands (Light, Strong resistances), door anchor, carry bag and online training.

(CFXSBSSET)



### MINI BANDS SET

3 Mini Bands (Light, Medium, Strong resistances), carry bag and online training.

(CFXMBSET)



### FLAT BANDS SET

3 Flat Bands (Light, Medium, Strong resistances), door anchor, carry bag and online training

(CFXFBSET)



## STRENGTH BANDS

Every COREFX Strength Band can be used to add resistance to stretching, lifting and body weight training exercises.

Each COREFX Strength Band is precisely manufactured to be 41" in length and 3/16" thick. The width of each Strength Band will vary based on the resistance.

(STBA1) RED, 5-35 LBS. // (STBA2) BLACK, 10-60 LBS. //  
(STBA3) PURPLE, 25-80 LBS. //  
(STBA4) ORANGE, 35-100 LBS. //  
(STBA5) GREEN, 35-120 LBS. //  
(STBA6) BLUE, 60-150 LBS.



## PRO LOOPS

With four resistances available, The COREFX Pro Loops are great for beginner to more advanced athletes. Each loop is made from medical grade latex and has been quality tested and inspected. Available individually or as a set of four.

(CFXP1) RED, LIGHT // (CFXP2) GREY, MEDIUM //  
(CFXP3) BLUE, HEAVY // (CFXP4) BLACK, X-HEAVY //  
(CFXP4SET) 4-PACK



## PRO LOOPS ULTRA-WIDE

Bring resistance training wherever you go with the COREFX Pro Loops Ultra-Wide. The ultra-wide thickness is perfect for preventing rolling. Available in four different resistances, individually or in a pack.

(CFXPML1) RED, LIGHT // (CFXPML2) GREY, MEDIUM //  
(CFXPML3) BLUE, HEAVY // (CFXPML4) BLACK, X-HEAVY //  
(CFXPMLS) 4-PACK



## POWER TUBES

The COREFX Power Tubes add resistance to any training routine and help to shape, tone and enhance muscle definition. They have been tested to stand up to extended use and make for a great choice for at home use.

The Power Tubes are made from top-grade latex and feature a handle that won't absorb sweat.

(CFXRB1) LIGHT // (CFXRB2) MEDIUM //  
(CFXRB3) HEAVY // (CFXRB4) VERY HEAVY //  
(CFXRB5) ULTRA HEAVY



## ADVANCED TONER

The COREFX Advanced Toner features a polypropylene cover for extreme protection. The covering helps to not only protect the rubber core but also to prolong the life of the resistance tubing by preventing athletes from over-stretching the tubing. A great addition to any commercial fitness facility!

4' (CFXAT1) LIGHT // (CFXAT2) MEDIUM //  
(CFXAT3) HEAVY // (CFXAT4) VERY HEAVY //  
(CFXAT5) ULTRA HEAVY

6' (CFXAT6) MEDIUM // (CFXAT7) HEAVY // (CFXAT8) VERY HEAVY, // (CFXAT9) ULTRA HEAVY







### DOUBLE UNDER SPEED ROPE

(DUSR)

- 11' length, adjustable for a custom fit
- Vinyl covered, ultra-thin cable design
- Bushing design for fast and smooth rotation
- Lightweight handles with ergonomic grip



### THIN GRIP SPEED ROPE

(CFXTGSR)

- 10' length, adjustable for a custom fit
- Vinyl covered, ultra-thin cable design
- Bushing design for fast and smooth rotation
- Aluminum handle with neoprene grip



### SPEED ROPE

(CFXSR)

- Removable handle caps used to adjust rope length up to 9'
- PVC non-twist rope design
- TPR web non-slip grip handles



### SOFT GRIP SPEED ROPE

(CFXROPE1)

- 10' length, adjustable for a custom fit
- Vinyl covered, ultra-thin cable design
- Bushing design for fast and smooth rotation
- Lightweight handles with ergonomic grip



### SKILL SLIDE

Not just for dryland skating or hockey training, the COREFX Skill Slide can be used as a training tool in various types of conditioning and strength training applications.

The board can be adjusted up to 8 feet, challenging lateral training.

(CFXSLIDE)



### 2-IN-1 QUICK HURDLE 5 PACK

With a quick setup time, the COREFX 2-in-1 Quick Hurdles come with a set of 5 hurdles adjustable in heights of 8" or 12" to suit various levels of difficulty.

We've solved typical storage issue with the ability to adjust the hurdles to lay flat. You can store them away in the carry bag or hang on your studio wall.

(CFXH5)



### SPEED LADDER

Develop explosive power, speed, and better footwork with the The COREFX Speed Ladder.

This 30ft ladder comes in 2, 15ft sections that can be clipped together.

(CFXLAD1)



### TRAINING CONE SET

Ideal for agility training drills. The Training Cone Set can be placed in various configurations

This set includes 10 red and 10 grey flexible cones that will not break when stepped on. Includes a carry rack to keep things organized and gives you the ability to carry them around to your next bootcamp.

(CFXSCSET)



### REACTION BALL

This 6-sided COREFX Reaction Ball is made from silicone and provides the ultimate bounce.

The perfect tool for improving speed, agility and hand-eye coordination.

(CFXRB)



## DUAL SURFACE GLIDERS

COREFX Gliders have layered felt for gliding on hard surfaces and detachable ABS plastic bases for gliding on Carpet. Work on your core strength with the gliders on your hands, knees or feet while performing a variety of exercises from push-ups to mountain-climbers.

(CFXGLIDE)



+ Unique EVA foam grip with a polyester cover

+ EVA Foam Layer for added cushioning and support

+ Detachable ABS plastic base for gliding on carpet

+ Layered felt for gliding on hard surfaces







## ANTI-BURST BALL

With an anti-burst rating of 1250 lbs, this stability ball is built to last while you carve out a strong core.

The COREFX Anti-Burst Ball is great for a wide variety of stability exercises and workouts.

These stability balls come in 55cm and 65cm diameter and are 100% latex free.

(CFXABS55) 55" DIAMETER  
(CFXABS65) 65" DIAMETER



## RESISTANCE PARACHUTE

With its 54" diameter chute, the COREFX Resistance Parachute quickly catches wind and will add resistance to your sprint training.

The Resistance Parachute includes an adjustable belt, ultra-strong parachute with nylon webbing connections and a carry bag for easy storage. Push your speed performance to the max!

(SCP54)



## 3-IN-1 PLYOBOX

The 3-in-1 COREFX Plyobox gives you 20", 24" and 30" heights!

The plyobox is solid on all six sides and is designed with an internal reinforcing component that makes this just as sturdy as regular metal plyoboxes.

Rounded and sanded down edges allow for safe jumping and side handles allow for easy transport! \*Ships unassembled.

(CFXPLYO)



## 3-IN-1 FOAM PLYOBOX

The COREFX 3-in-1 Foam Plyobox gives you 20", 24" and 30" heights all with a simple turn of the box!

Gain confidence when practicing box jumps on the new COREFX 3-in 1 foam plyobox. High density foam is covered with anti-slip material.

(CFX3PLYOFOAM)





## HIGH DENSITY ROLLER

The COREFX High Density Roller is made from Eco-friendly EPP. The materials firmness is designed for moderate to heavy use. This roller will hold its shape overtime, delivering deep tissue therapy where you need it most. 36" Length x 6" Diameter.

(CFXEPFPR36)



## SHAKER CUP

Stay hydrated with The COREFX Shaker Cup!

The COREFX 20oz shaker cup comes with a stainless steel blender ball allowing for easy blending of all of your sports shake powders. Blender ball technology assures you a smooth shake every single time. BPA Free.

(CFXSHAKER)



## MUSCLE ACTIVATOR

The super dense 3" COREFX Muscle Activator is effective for isolating problem areas of the body and targeting those hard to reach trigger points. With its unique pattered grooves the COREFX Muscle Activator will help increase mobility and flexibility of muscle knots.

(CFXMSB)



## RECOVERY BALL

The 2.25" COREFX Recovery Ball gets at tough muscle knots and hard-to reach places. Use it to loosen up a muscle before or after a workout and knead out knots allowing the muscle to recover faster.

(CFXMSG)





CURRENTLY  
**500**  
WORKSHOP  
ATTENDEES  
TO DATE

## WORKSHOPS

COREFX Workshops are designed to build off the fundamental skills developed in the trainer certification. Use various training styles to understand how equipment and methodology work together to accomplish training progressions and regressions. Learn performance driven exercise techniques and drill sequences to optimize results with cutting edge products from COREFX.

“ IF WE  
SELL IT **WE USE IT**  
WHAT WE TEACH  
REPRESENTS  
**HOW WE COACH**  
SIMPLY, OUR GOAL IS  
TO PROVIDE THE BEST  
IN **EDUCATION** ”

*Douglas Brooks*  
Ms, Exercise Physiologist



CURRENTLY  
**177**  
CERTIFIED  
TRAINERS

## CERTIFICATIONS

Athleticism requires movement that is based on a foundation of stabilization, rotation, balance and integrated whole body coordination. Learn drills and skills that transfer to sport, and movement progressions that scale from professional athlete to fitness enthusiast. Create the right mix of individual training, small group training and partner challenge experiences to round out program design that is fun, engaging and complete.

## BECOME A COREFX MASTER TRAINER

COREFX is on the lookout for fitness professionals that are passionate about our programs. If you are interested in sharing your passion with others, becoming a COREFX Master Trainer may be your next step!

We are currently reviewing applications for individuals seeking to deliver education supporting COREFX. Trainers are expected to have the ability to deliver continuing education credits to potential attendees and have experience with functional training and sport conditioning.





## PACKAGING

All packaging is retail-ready to attract consumers. COREFX uses a clean black, red and white packaging design to stand out on the shelves and drive interest.

With English and French descriptions, working UPC bar codes and a clean unified look, all COREFX products are ready to sell on store shelves today!



## RETAIL

It is important to strategically place the COREFX products in a unified manner. Following the suggested planograms and examples will help ensure that all products obtain maximum sell-through.

DISPLAYS AVAILABLE UPON REQUEST



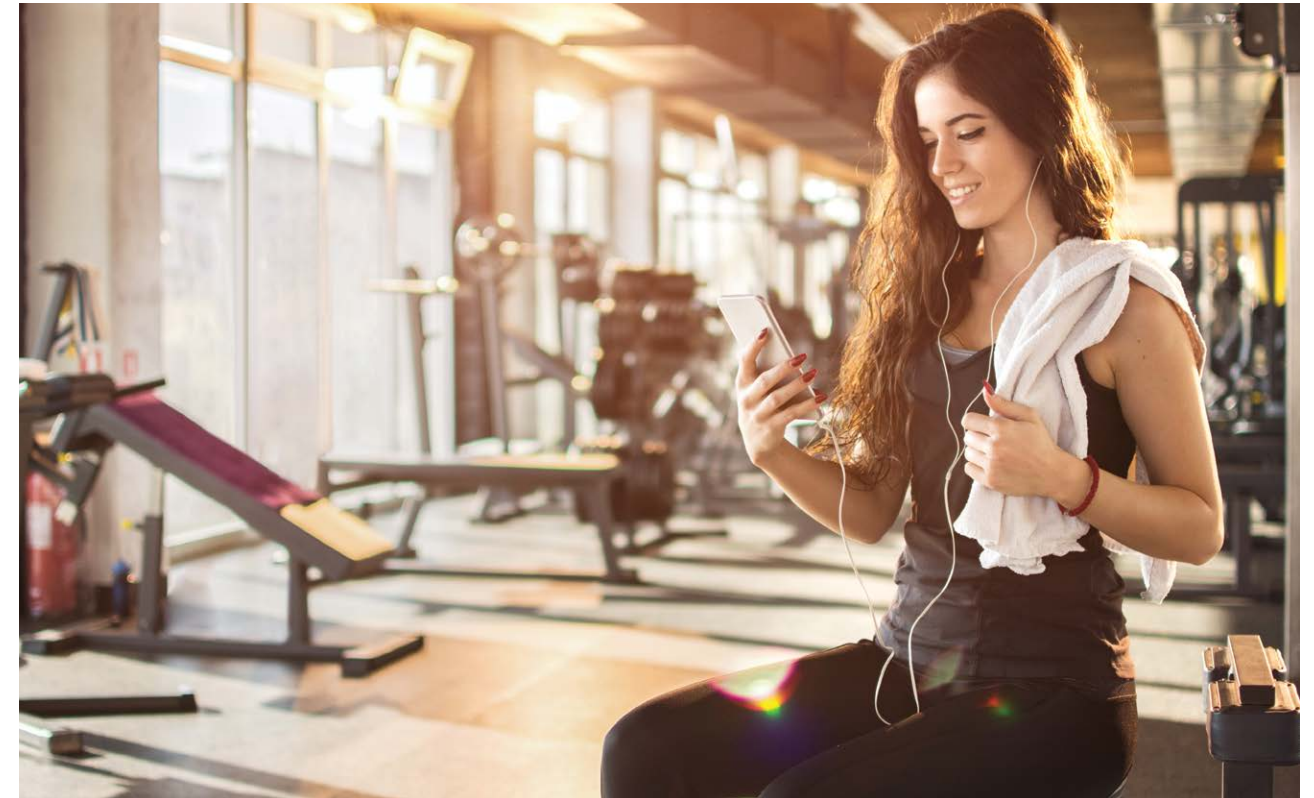
Products should generally be arranged by type of equipment. For example, all resistance tubing, loops and bands should be close together. All heavy products should be placed near the bottom of the display.





## GOODLIFE CONNECTION

COREFX is proud to be the exclusive supplier of functional training equipment to Goodlife Fitness. With over 300 locations across the country using COREFX, you can depend on this great brand of products.



## CONNECT WITH US

For more information about our products please feel free to connect with us over social media, phone or email.

Toll Free: 1.888.360.4625

Email: [info@corefx.ca](mailto:info@corefx.ca)

## #StrengthFromWithin



\*COREFX was named 2018 Favourite Home Fitness Equipment Brand by OptiMYz Magazine.

Strength from within™

