



CrossCore

Patent No. 8,102,958 and other patents pending.
Designed in Irvine, California and Made in Taiwan.
CrossCore.com

 **CrossCore**[®]
Rotational Bodyweight Training[™]





THE CROSSCORE® SYSTEM

The CrossCore® story begins where traditional suspension-oriented training ends—by adding the new dimension of rotational movement. CrossCore gives you everything that traditional systems offer, but when you Pull the Pin™, you open the door to the next level of bodyweight training. Combined with our comprehensive educational programs, CrossCore delivers a whole new world of training possibilities.



CROSSCORE® RBT™

Rotational Bodyweight Training™ (RBT™) is the evolution of suspended bodyweight training. RBT takes all the benefits of traditional bodyweight training exercises and adds instability, rotation and dynamic tension to challenge the user's balance and core in ways never seen before. The anchored pulley system demands heightened body awareness, requiring quick but subtle reflexes to stabilize joint movement while also enhancing motor skills. These are qualities that have been shown to improve function and overall general fitness more than any other system.





CrossCore

Patent No. 6,152,704 and other patents pending
Designed in Venice, California and Made in Taiwan
CrossCore.com

THE CROSSCORE® UNIT

DESIGN

- Patented and patents-pending Rotational Bodyweight Training™ system
- Engineered for commercial use
- Lightweight aluminum alloy
- Increased main rope diameter
- Custom integrated carabiners

PIN ENGAGEMENT SYSTEM™

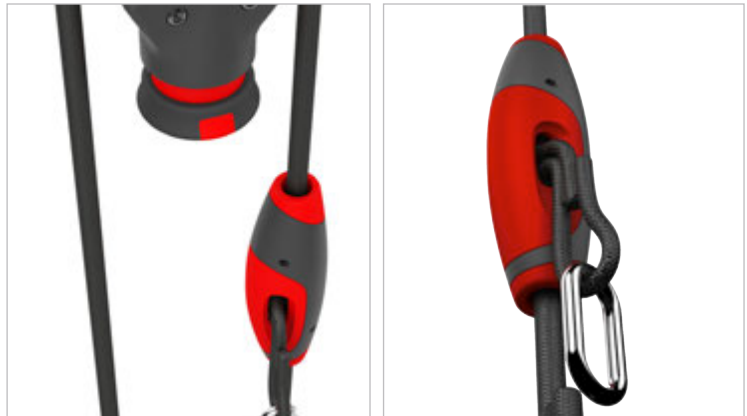
- Allows easy locking and unlocking of pulley wheel
- Colored markings show status of Locked-N-Loaded™ and open modes
- Audible sounds verify locking motion in progress and pin engagement

QUICK ADJUSTMENT

- Custom designed, durable and ergonomically shaped adjuster housing
- Allows easy adjustments of rope length and handle heights

MOUNTING

- Easy to install and take down
- More intuitive to use
- Easy to adjust pulley height
- Locking and unlocking carabiner for permanent or temporary mounting
- Accessories provide a variety of anchoring options



CROSSCORE® BENEFITS



CROSSCORE® BENEFITS

One-of-a-kind patented and patent-pending locking and unlocking pulley system offering truly rotational exercises and exercise progressions

Offers multiple anchor solutions including adjustable anchor straps, locking and unlocking club straps (part of Pro Kit) and door strap (part of Home Kit)

Rope Adjuster Device allows for easy rope height adjustments on only one side of system

Handles are interchangeable with other attachments like gymnastic rings, kettlebells, sandbags and more

Handles/foot and arm cradles adjust to fit any user's hands, feet, and arms

Handles are detachable to allow for worn handles/foot and arm cradles to be replaced without replacing entire unit

Accepts attachment to counterweights to be incorporated as a fully functional weighted pulley system

Handles easily clip onto pulley system to allow for easy access for pull ups and core exercises like leg lifts and knee raises

Commercial-grade design with aluminum alloy construction, heavy duty rock climbing grade rope and carabiners

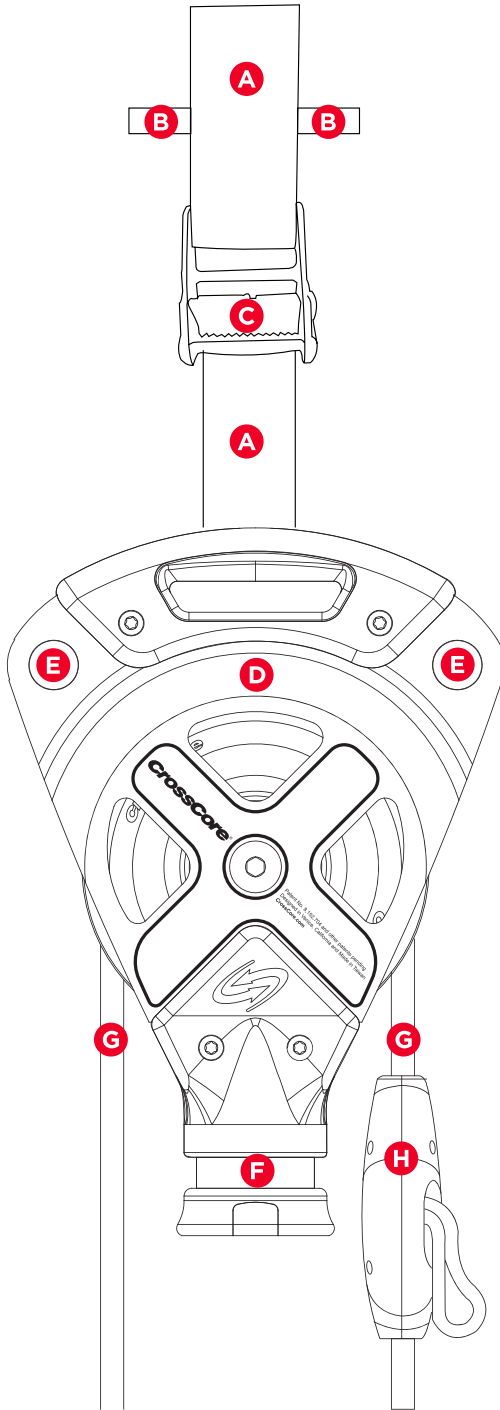
375 lbs/70 kg weight capacity

Comes with a 2-year warranty for the pulley system and a 1-year warranty for all straps, ropes, buckles, clamps, handles, carabiners and carry bags

Available with online education and live training courses, enabling users who have other types of suspension-oriented training qualifications or certifications to potentially accelerate their learning and earn CrossCore certifications

Bridge program allows users who have other types of suspension-oriented training qualifications or certifications to potentially accelerate their CrossCore® certifications with specialized online or live training courses

Offers competitive pricing for its CrossCore products, accessories and education programs



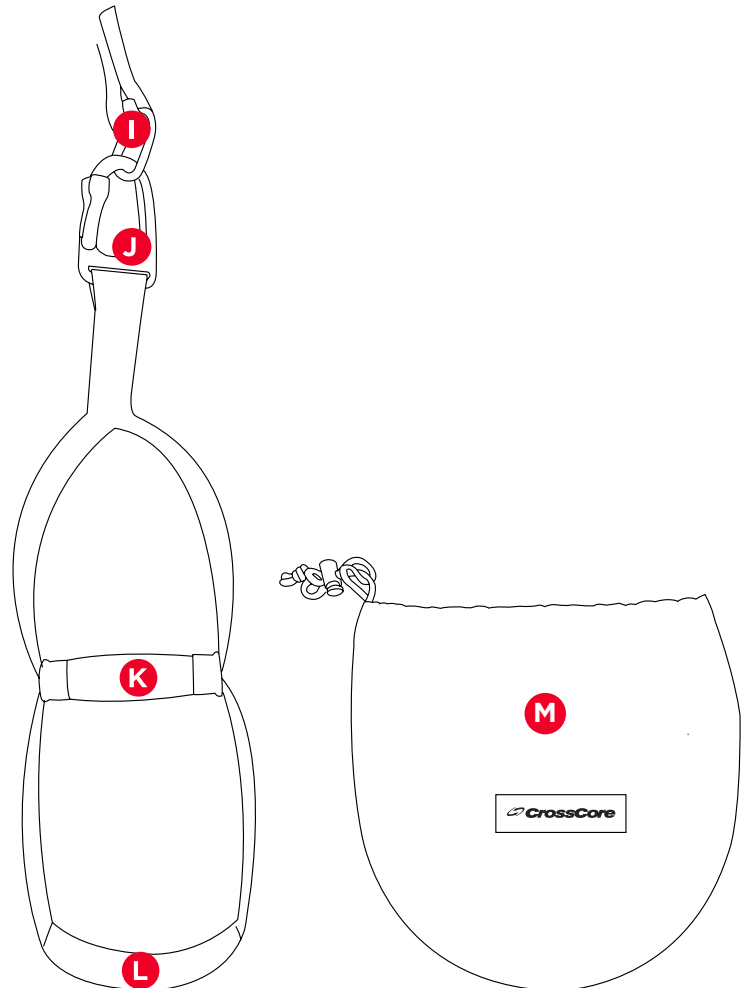
- A. Anchor Strap
- B. Velcro Tabs
- C. Cam Buckle
- D. Pulley
- E. Carabiner Openings
- F. Pin Engagement System™
- G. Main Rope
- H. Rope Adjuster Device™
- I. Oval Ring
- J. Carabiner
- K. Ergonomic Handle Grip
- L. Adjustable Foot and Arm Cradles
- M. Carry Bag

CrossCore® Specifications

WEIGHT: **Approximately 4 lb (1.8 kg)**

ROPE LENGTH: **9 ft (2.7 m)**

ANCHOR STRAP LENGTH: **7 ft (2.1 m)**





CROSSCORE® ACCESSORIES

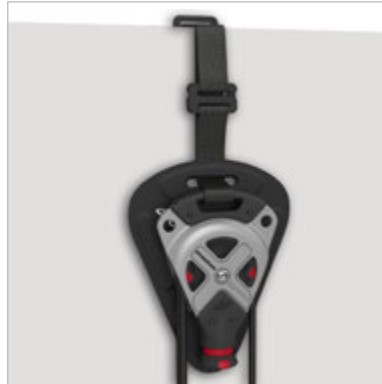
CROSSCORE® PRO KIT

- Kit Includes:
 - 2 club straps with anti-theft lockable carabiner
 - 1 independent steel D-ring (for use with anchor strap)
 - 1 Allen wrench



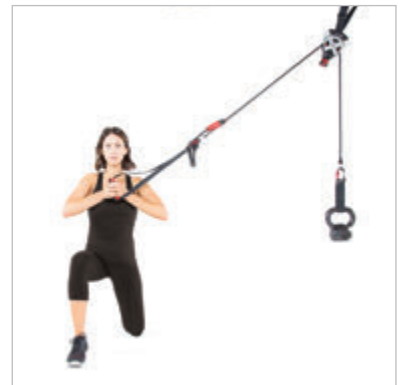
CROSSCORE® HOME KIT

- Kit Includes:
 - 1 door strap with 1 door clip with E-rings
 - 1 door pad



CROSSCORE® ACCESSORY STRAPS

- Includes:
 - 2 accessory straps with carabiner to attach kettlebells, dumbbells, sandbags and other counterweights
- Accessories are sold separately



CROSSCORE® RINGS & STRAPS COMBO

- Includes:
 - 2 accessory straps
 - 2 Olympic-style gymnastics rings
- Attach gymnastics rings for even more bodyweight exercise versatility



CROSSCORE® RACKS & MOUNTING SOLUTIONS

All CrossCore® racks and mounting solutions are built using heavy duty commercial materials and can be placed in any location including residential, commercial, military and rehabilitation centers. For more information on racks and mounting solutions, visit CrossCore.com.

CEILING/WALL MOUNT

If attaching your CrossCore unit to a bar, door, beam or other anchor point is not an option, the Ceiling and Wall Mount is a great solution for home or club. The Ceiling and Wall Mount is ideal for bolting to wood studs in ceilings or walls for a commercial-strength anchoring.

- Mount includes:
 - 2.375 in x 3 in (6 cm x 8 cm) wood lag screws
 - 2 washers



WALL MOUNTED RACK

Accommodates one CrossCore user and can hold a heavy bag. Extender kits can be connected together to line an entire wall.

- Total dimensions of rack:
 - 48 in wide x 36 in from wall x 22 in high
 - (1.2m wide x 0.9 m from wall x 56 cm)



CROSSCORE® WALL MOUNTED EXTENDER KIT

Use the CrossCore Wall Mounted Extender kit to extend the Wall Mount Rack and line an entire wall.

- Kit includes:
 - 1 dowel
 - 1 48 in (1.2 m) tube
 - 1 wall mounted bracket with eye bolt



MULTI-PURPOSE HALF RACK

Accommodates up to three CrossCore® users and functions as an Olympic weightlifting station.

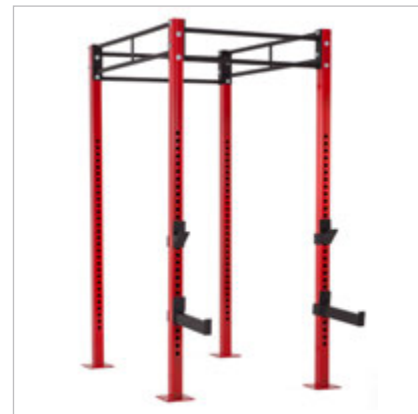
- Rack includes:
 - 2 posts
 - 3 double connector beams
- Total dimensions of rack:
 - 4 ft wide x 8 ft high x 3.75 ft from wall
 - (1.2 m wide x 2.4 m high x 1.4 m from wall)



4 PERSON MULTI-PURPOSE RACK

Accommodates up to four CrossCore users, and functions as an Olympic weightlifting station and multiple pull-up stations.

- Rack includes:
 - 4 posts
 - 4 double connector beams
- Total dimensions of rack:
 - 5.5 ft wide x 4 ft long x 8 ft tall
 - (1.7 m x 1.2 m x 2.4 m)

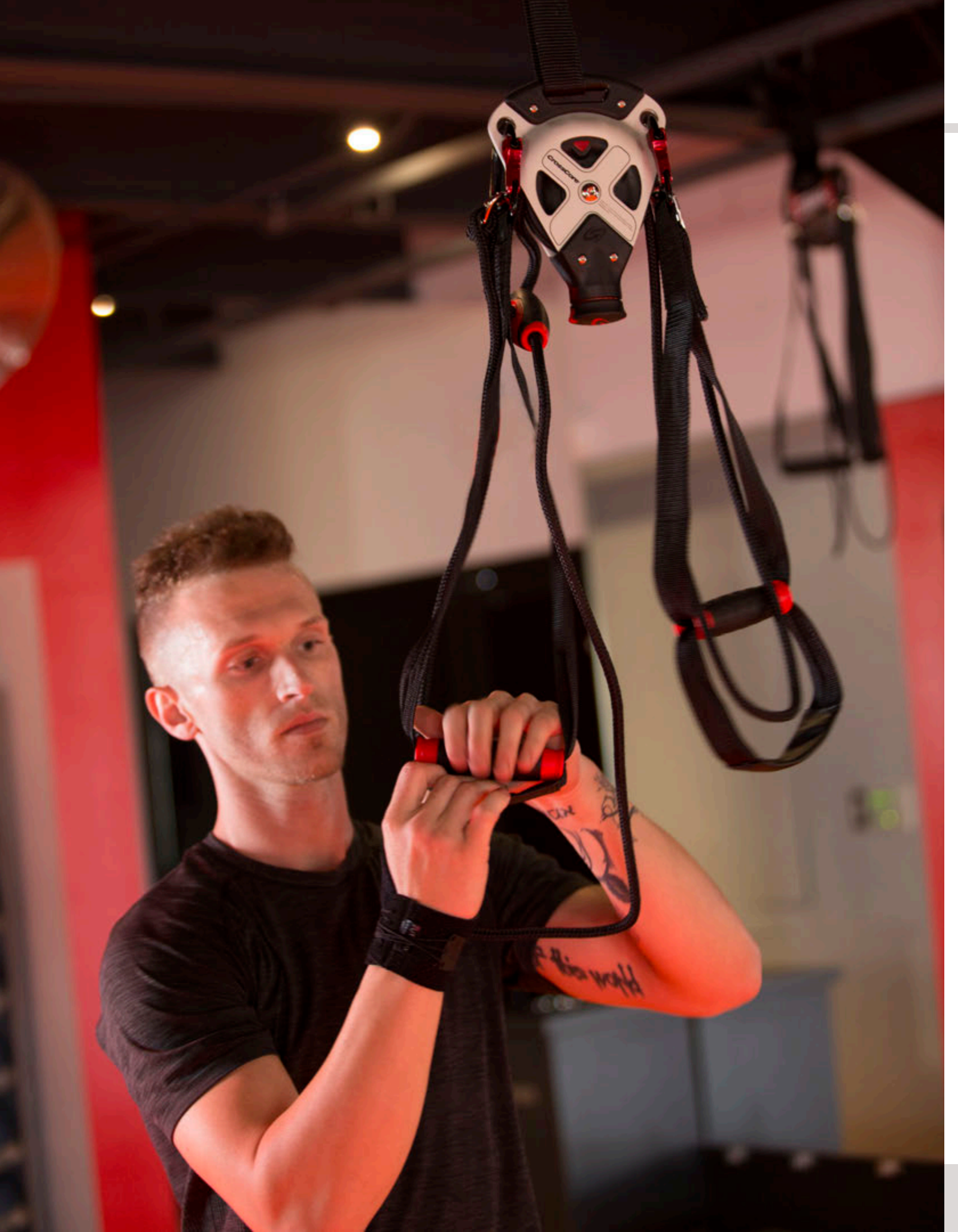


8-10 PERSON MULTI-PURPOSE RACK

Accommodates 8-10 CrossCore users and offers functional attachments for circuit training as well as a heavy bag, landmine and dip station. A simulated cable crossover can be created by using two CrossCore units and two counterweights such as kettlebells.

- Rack includes:
 - 4 posts
 - 4 double connector beams
- Total dimensions of rack:
 - 7.5 ft wide x 7.5 ft long x 8 ft tall
 - (2.3 m x 2.3 m x 2.4 m)





CROSSCORE® LEARNING TOOLS

ONLINE USER GUIDE AND USER VIDEOS

Each CrossCore® system is available with an online User Guide and User Videos that are mobile-friendly and accessible from anywhere. The topics covered in the User Guide and User Videos include:

- Safety guidelines
- Equipment overview
- Setup
- Body positioning
- Stances
- RBT™ exercises
- Cool-down and storage

CROSSCORE® AWARE

CrossCore Aware is the first step in understanding CrossCore and RBT. It is designed as a product demonstration designed to provide those new to CrossCore and RBT with the following information:

- Safe and correct setup and initial use of the CrossCore system
- What differentiates RBT from other suspension training devices
- The basic CrossCore RBT exercises and the benefits and targeted muscles of those exercises
- Gain introductory knowledge of RBT and how it can be beneficial to your current bodyweight training offerings

CrossCore Aware is offered in two formats:

- 1.5-hour online course for quick and efficient digital demonstration
- 1-hour live class for larger clients preferring hands-on training

CrossCore Aware is not a certification course or education program. For professionals seeking to teach CrossCore at a certified instructor level, we offer the CrossCore Foundations and CrossCore Bridge programs, which are explained on the next page.

CROSSCORE® PROGRAMS & EDUCATION

CrossCore® provides two easy and direct pathway to becoming CrossCore Instructor certified.

CROSSCORE® FOUNDATIONS

Enhance your training and instructor skills with the cutting-edge programming and design with CrossCore. This course provides an introduction to Rotational Bodyweight Training™ and includes an explanation of the planes of motion, the importance of neuromuscular control and the difference between open and closed kinetic chain movements. This course provides the most direct pathway to become certified in CrossCore RBT™.

- 7-hour live hands on course offering ACE, NASM and NSCA CECs
- Available in private, semi-private, reserved or open formats
- Understand and demonstrate safe, correct setup and use of the CrossCore® system
- Learn exercise progressions for all levels
- Learn uses of CrossCore as a fully functional pulley system for external weight resistance exercise
- Final 50-question assessment exam available online

CROSSCORE® BRIDGE

For those who have already received suspension-oriented training certifications or qualifications with other organizations, the CrossCore Bridge course offers a direct pathway to CrossCore instructor certification. This is a 4-hour course and covers the essentials needed to become certified.

The Bridge program is available in both live and online formats:

- Live – participant led group class at the end of the training course
- Online – 50-question assessment plus video submission
- Designed for commercial settings and fitness professionals
- Covers RBT and product specifics
- 4-hour course
- CECs pending

Note: Those already certified in suspended bodyweight training must provide proof of certification within the past two years before enrolling in the Bridge program.



Provider No. 04121FA
Credits 6.0



Provider No. L1335
Credits 0.6



Provider No. 909
Credits 0.6



Provider No. 405
Credits 0.6



Provider No. CEP67155
Credits 0.6

CrossCore Foundations is approved by the sanctioning bodies above, and certificates of completion may be redeemed for CECs with these bodies.

CROSSCORE® PARTNERS PROGRAM

CrossCore® Partners are facilities that want to receive added benefits from their relationship with CrossCore and Mad Dogg Athletics, Inc.

PARTNER FACILITY BENEFITS

- New revenue streams from CrossCore-oriented classes and potential sales of CrossCore products
- Receive a specified number of no charge spots in CrossCore Foundations Instructor Certifications
- Right to use CrossCore branding and trademarks in promotional materials and online
- Access to CrossCore Master Instructors to lead instructor certifications
- Marketing and online support
- Space planning/layout support

PARTNER FACILITY CRITERIA

- Must purchase a minimum of 6 CrossCore units to be able to host CrossCore Foundations Instructor Certifications and CrossCore classes. Facility retains all revenue generated from CrossCore classes.
- Have securing/anchor points for those same units. CrossCore also provides mounting solutions.
- Must host a minimum of 1 CrossCore Foundations Instructor Certification within a 12-month period.
- Work to promote in advance courses to assist in filling course registrations. Facility will receive more no-charge spots depending on total number of registrations sold.
- Choose between private certification (for their own instructors only for a fee), a semi-private certification (open to public/facility received 8 spots in course for a fee), or an open certification (open to public/facility receives 2 spots in course at no charge).
- Meet the general ratio of no more than two people to one CrossCore unit in every training. A ratio of one person to one CrossCore unit is recommended.
- Meet the general spacing requirements for a CrossCore unit placement: 5 ft (1.5 m) wide (width of a person standing with the arms straight out from their sides) and 8 ft (2.4 m) long (point from hanging rope outward).



MKT 7910

MAD DOGG ATHLETICS, INC.

2111 Narcissus Court
Venice, CA 90291
Toll-free: **1.800.847.7746**
Dialing outside U.S.:
1.310.823.7008
Fax: **1.310.823.7408**
info@spinning.com

MAD DOGG ATHLETICS EUROPE

Industrieweg 20A
3144 CH Maassluis
The Netherlands
Phone: **+31.10.590.4508**
Fax: **+31.10.590.0054**
infoeurope@spinning.com

CrossCore.com