

FUNCTIONAL FITNESS
EQUIPMENT

BEAVERFIT



www.beaverfit.com

CATALOGUE



BEAVERFIT

BeaverFit is a British institution of strength and conditioning equipment. We design, manufacture and distribute training equipment specific for strength and endurance development in all athletes. We are supplying equipment to CrossFit gyms worldwide, the military, educational sector, rugby clubs, athletics clubs, rehabilitation centres and much much more.

We design and build all BeaverFit equipment ourselves and have a reputation for innovation, we are often asked to create bespoke training equipment to meet very specific needs. We may have to design around an odd shaped building or difficult access that does not cater for conventional gym equipment, or you may have an idea that takes gym



equipment to another level. If you need specialist advice, contact our experienced staff who can help bring you ideas to life.



Founder Tom Beaver is a dedicated athlete who's run over 30 marathons, 10 ultra marathons and completed the world's toughest triathlon – Enduroman's Arch to Arc. Before his endurance days, Tom played rugby to a competitive level. Now as head designer and Managing Director, Tom leads the team using his vast experience to create the best functional fitness equipment and training for the tactical athlete.

PATENT PENDING



TGB
Functional training for up to 10 men in a box

TACTICAL GYM BOX

The BeaverFit Tactical Gym Box (TGB) has been specifically developed for the armed forces. It is a fully functional and unique mobile gym designed to meet the needs of the British military. Each TGB comes complete with everything you need to develop functional fitness.

Proven by the British Royal Navy to help increase strength, stamina, power and endurance.

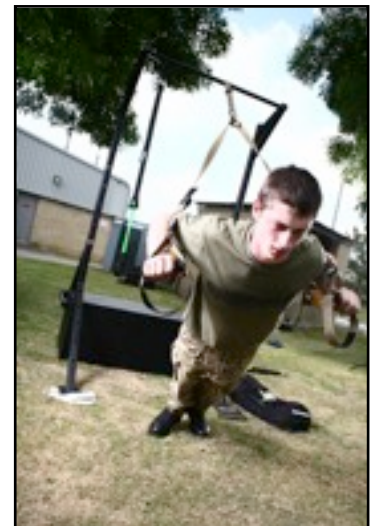


Tactical Gym Box	Lite	Full
Functional Training Rig	1	1
Training Box	1	1
Sandbag (Small)	1	1
Sandbag (Large)	1	1
TRX® Force:Kit Tactical	2	2
TRX® Rip Trainer	1	1
Kettlebell 12kg	1	1
Kettlebell 16kg	1	1
Skipping Rope		1
Sparring Gloves		1
Thai Pad		1

Royal Navy's Trial of TGB

“To reinforce and optimise the implementation of the enhanced RNFT (Royal Naval Functional Training) and the way in which RN personnel conduct physical training afloat it is considered essential that seagoing platforms are supported with TGBs and desirable that those likely to deploy temporarily to land based locations be supported by FOB (Forward Operating Base) Lockers.”

Wayne Okell MBE, WOPT, RN



PATENT PENDING



FOB Locker
A mobile functional training gym

FORWARD OPERATING BASE LOCKER

Designed to meet the needs of the British Military, the BeaverFit Forward Operating Base (FOB) Locker is a fully functional mobile gym. Once deployed this secure and lockable container transforms into a complete gym, packed with enough strength and conditioning equipment to ensure a complete and balanced workout can be achieved “out of the box”.

A FOB Locker delivers everything you need as a unit to develop and increase your strength, stamina, power and endurance. The FOB Locker is fully compliant with road, rail and air transport regulations as well as being secure and resilient on all terrains. What's more it can be set up and ready for use within 60 minutes of arrival.

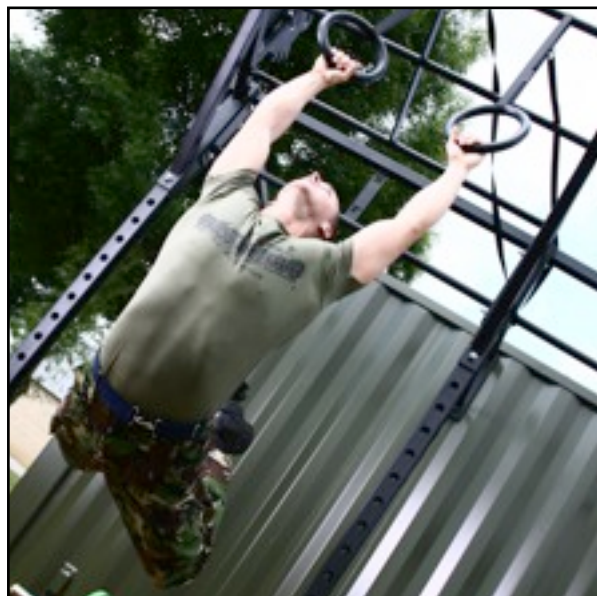
- HIGHLIGHTS**
- ★ COMPLETE GYM IN A BOX
 - ★ Build time = 1 hour
 - ★ World class functional training
 - ★ Train anytime / anywhere
 - ★ Keep fitness mission ready
 - ★ Use by up to 180 troops at the same time
 - ★ Includes TRX® Force:Kit Tactical
 - ★ Easy to transport, Secure & Lockable
 - ★ 12 Week Training Programme



LONDON 2012 OLYMPICS

FOBLITE	10 foot shipping container	30 people training capacity
FOB10	10 foot shipping container	60 people training capacity
FOB20	20 foot shipping container	120 people training capacity
FOB40	40 foot shipping container	180 people training capacity

Contents	L	10	20	40
Introduction Training Module	1	1	1	1
External Pull-Up Stations	12	12	24	48
External 3m Climb Wings	2	2	4	8
Free standing Commander FTR	-	-	1	-
Free standing Destroyer FTR	-	-	-	1
Tactical Gym Box	-	-	2	2
Dip Bar attachment	1	2	3	6
Jump Platform attachment	1	1	2	4
Grappler attachment	1	1	1	2
Wall Ball attachment	1	1	1	2
Safety Squat Arm attachments	1	1	2	4
Sandbags (Small)	2	5	8	20
Sandbags (Large)	2	5	8	20
TRX® Force:Kit Tactical	2	8	12	20
TRX® Rip Trainers	2	8	8	12
Sprint resistance bungee	1	1	2	4
Battle Rope	1	1	2	4
Resistance Bands	1	1	2	4
10kg Medicine Ball	1	1	2	4
Set of Olympic Rings	1	1	4	4
Kettlebells 12kg	2	2	4	10
Kettlebells 16kg	2	2	4	10
Kettlebells 20kg	2	2	4	10
Kettlebells 24kg	2	2	4	10
Bumper Plates 5kg	6	8	16	32
Bumper Plates 10kg	6	8	16	32
Bumper Plates 15kg	6	8	16	32
Bumper Plates 20kg	4	6	8	24
Bumper Plates 25kg	4	4	8	16
Collar Sets	2	4	8	20
Olympic Bar (7 foot)	1	4	8	20
Adjustable Bench	-	1	2	4
Hybrid Sled	-	-	-	2



LONDON 2012 OLYMPICS

A FOB10 was deployed at the London 2012 Olympics Hainault Forrest Armed Forces Camp where 3,500 personnel were stationed for 3 months.

“The feedback from the troops was all favorable, and there was a genuine desire for this type of equipment to be available not only ops but also in the units.”

Maj (Retd) AJ Chapple
HQ London District, British Army





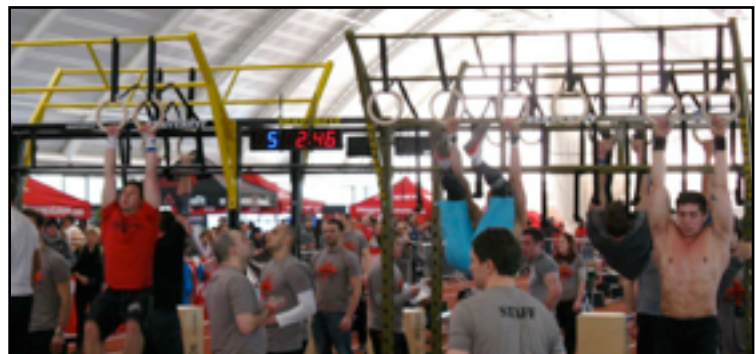
FTRs

Designed for functional strength and conditioning

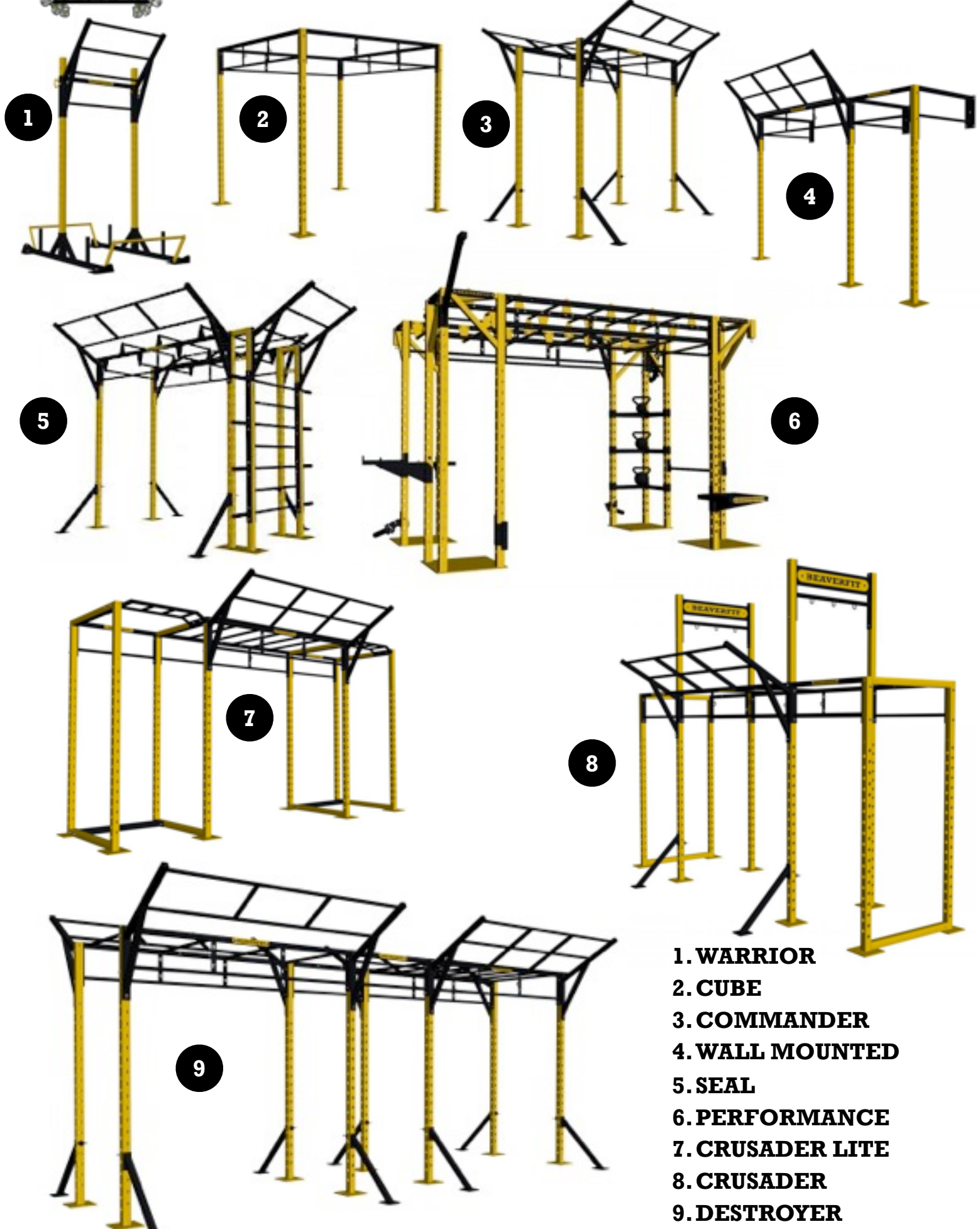
FUNCTIONAL TRAINING RIGS

BeaverFit Functional Training Rigs (FTRs) are developed and manufactured in the UK. They combine popular total-body, dynamic exercises with a fun and unlimited variety of ways to exercise. They are durable, robust and can be used for group training, strengthening and weight loss programs, boot camps and sport-specific training.

Rigs can be customised, co-branded or galvanised for outdoor use. We have a range of attachments which allow you to design the right training program for you. All of our attachments are inter-changeable between FTRs. BeaverFit offer supporting courses and programmes which can help you to get the most out of your rig.



FUNCTIONAL TRAINING RIGS



- 1. WARRIOR**
- 2. CUBE**
- 3. COMMANDER**
- 4. WALL MOUNTED**
- 5. SEAL**
- 6. PERFORMANCE**
- 7. CRUSADER LITE**
- 8. CRUSADER**
- 9. DESTROYER**

Please note colour used to demonstrate configuration only.



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CHOOSE THE RIGHT RIG

RIG	DESCRIPTION	SPECIFICATION
WARRIOR 1	The Warrior is a flexible rig which can be used as a drag sled, yoke, pull up wing, squat stand and suspension training support. Ideal for home gyms, small group or restricted space environments.	H: 2126mm W: 1390mm D: 3105mm Weight: 250kg
CUBE 2	The Cube is an easy to assemble and cost effective rig. It is lighter than our other rigs meaning it can be moved within the gym. It has proved popular with CrossFit clubs and home fitness enthusiasts.	H: 2510mm W: 2500mm D: 2500mm Weight: 150kg
COMMANDER 3	The Commander is our best selling FTR and has proved very popular with everyone from individual fitness enthusiasts to the British military. It is quick and easy to build, dismantle, store and transport and will fit into the back of a transit van.	H: 2880mm W: 2880mm D: 2500mm Weight: 270kg
WALL MOUNTED 4	With an aggressive wing, squat stands and the ability to use attachments, this is the strongest, most space economical and cost effective rig ideal for any gym or garage needs. This rig can be joined together to enable 20 plus people to train simultaneously.	H: 3040mm W: 3710mm D: 1760mm Weight: 260kg
SEAL 5	The Seal has been designed with the military in mind and can be found at many top training establishments. It is ideal for use in group training sessions and can train up to 10 people at any one time.	H: 2880mm W: 2500mm D: 3640mm Weight: 600kg
PERFORMANCE 6	The Performance has been built with the health and fitness club market in mind. It is ideal for use in group training sessions as it has 10 unique work out stations. It can accommodate all types of fitness enthusiasts from beginner to professionals.	H: 2800mm W: 3610mm D: 3065mm Weight: 400kg
CRUSADER 7	The Crusader includes two 3m towers ideal for rope climb and olympic ring work. This rig brings together all the usual functional training exercise stations plus towers for creating advanced strength and conditioning workouts.	H: 3760mm W: 4940mm D: 2070mm Weight: 410kg
CRUSADER LITE 8	The Crusader Lite has two integrated power racks for safe and controlled squat lifting plus a full size climbing wing. This rig is ideal as the centre piece of a weights area looking for functional training diversity.	H: 2880mm W: 4940mm D: 1380mm Weight: 390kg
DESTROYER 9	The Destroyer is one of our most popular rigs. It is widely used by the British armed forces. It can be found at military bases all over the UK and Ireland and is currently being used by the students at the sports science centre of excellence Loughborough University.	H: 2880mm W: 6240mm D: 2500mm Weight: 900kg

Visit www.beaverfit.com for more detailed specifications, photos and videos.


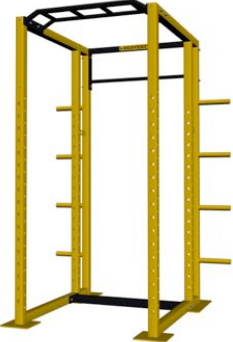





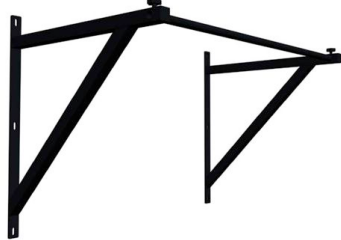
To discuss your functional training requirements, call the office and speak to the team.



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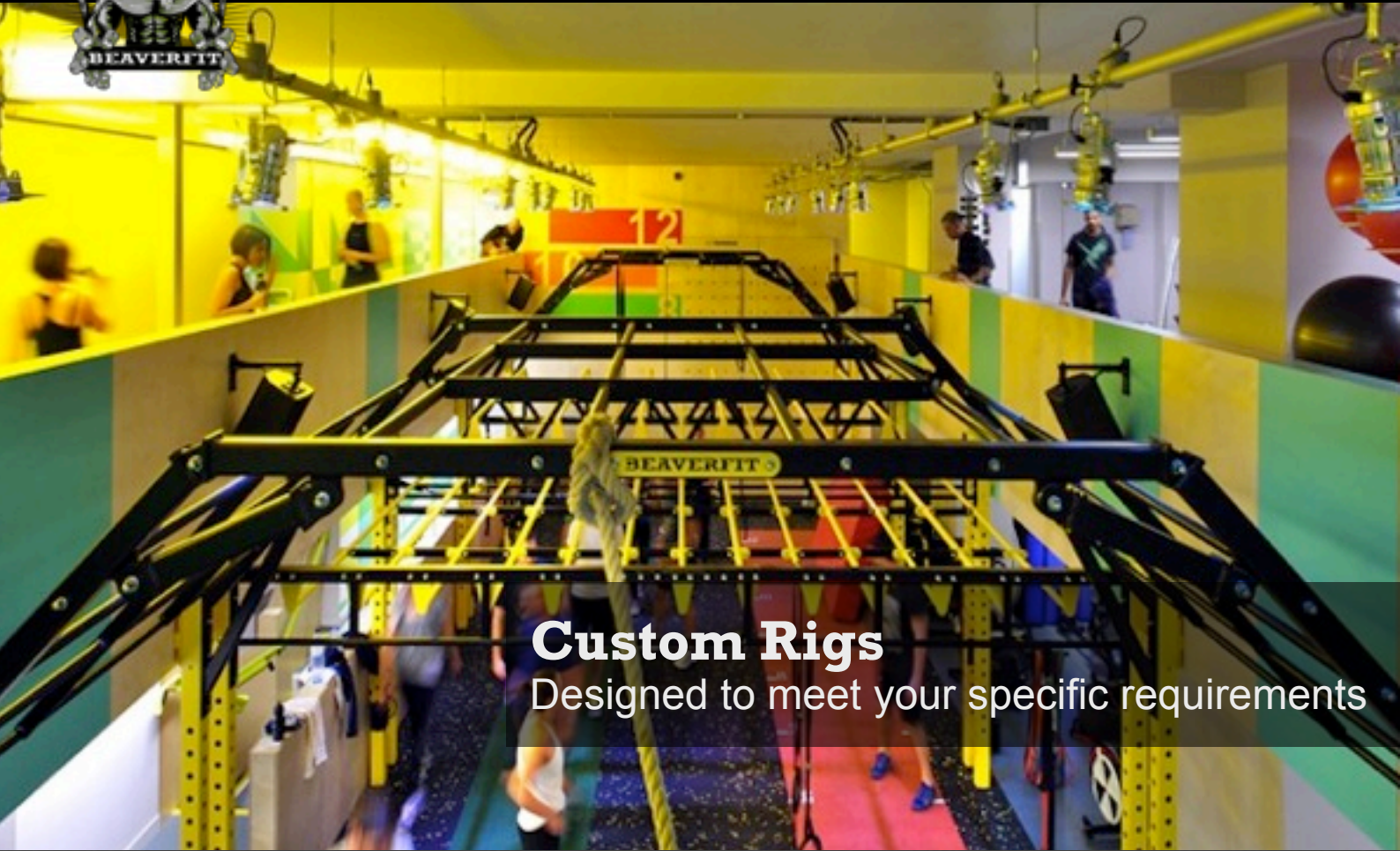
EMAIL: SALES@BEAVERFIT.COM

POWER RACKS, STRONG MAN & ATTACHMENTS

HALF RACK	POWER RACK	BEAST RACK	GLUTE HAM DEVELOPER (GHD)
			
<p>H: 2880mm W: 1800mm D: 1340mm A solid reliable squat rack with a climbing wing and weight storage.</p>	<p>W: 1200mm H: 2560mm D: 1380mm A solid reliable full surround squat cage with a range of pull up options and weight</p>	<p>W: 1200mm H: 2560mm D: 1380mm A solid reliable full surround squat cage with climbing wing and weight storage.</p>	<p>The BeaverFit GHD is a durable competition standard piece of kit based on research gained within the CrossFit community.</p>
HYBRID SLED	PROWLER SLED	PARALLETTES	PULL UP BAR
			
<p>Fully featured sled plus it can be used to mimic an overloaded stretcher carry and by an individual using the central knurled handles.</p>	<p>Fully featured prowler can be pulled, pushed, or used with pulling ropes or towing harness. Used extensively by the british military and strength based sports in the UK.</p>	<p>Parallettes with a detachable joining bar to take you from basic through to bespoke body weight workouts. Used extensively by CrossFit gyms across the UK</p>	<p>Bar Length: 1500mm Good sized wall mounted pull up bar which can be used for both upper body strength exercises as well as being suitable for suspension strap training such as TRX® products.</p>

POP AND PUSH ATTACHMENTS COMPATIBLE WITH FOB, TGB, FTR AND POWER RACKS

J-PEGS	GRAPPLER	DIP-BARS	BUNGEE HOOK	JUMPING PLATFORM	SAFETY SQUAT ARMS
					



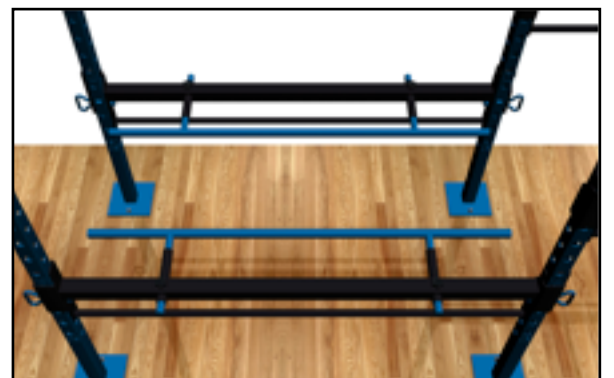
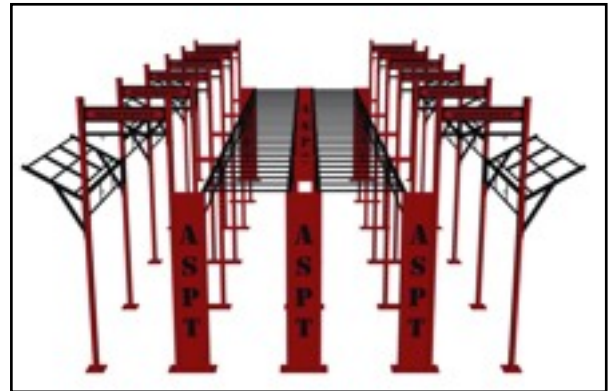
Custom Rigs

Designed to meet your specific requirements

SPECIALIST & CUSTOM RIGS

BeaverFit is a specialist supplier of functional training rigs. Backed by the Beaver Group and with over 60 years of experience in the fabrication of bespoke steel structures, BeaverFit has the experience and skills to design, build and deliver creative solutions to your requirements anywhere in the world at competitive prices.

BeaverFit have developed custom rigs for the training of large groups in the military and leisure sectors, competition rigs designed to encourage engagement and performance and to support the rehabilitation of wounded soldiers and civilians. If you have a specialist requirement, contact us as we love a challenge.





Training

On-site courses for instructors and athletes

BEAVERFIT EDUCATION

At BeaverFit we have a team of qualified fitness instructors who provide training, education and workout programmes based around our functional training rigs. We have developed a comprehensive collection of military inspired training techniques designed to help achieve maximum athletic performance, endurance and potential.

Founded on scientific research and best practice principles, we provide the tactical athlete with the skill set to "train to fight and win". Functional training can increase resilience to injury whilst enhancing the capacity to perform as an athlete. Our experienced instructors train individuals, groups or fellow instructors. If your looking to improve your performance on the battle field, playing field or as part of a stronger healthy lifestyle we can help.



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Terms & Conditions

All information is for guidance only and may be subject to change. All errors and omissions excepted.

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