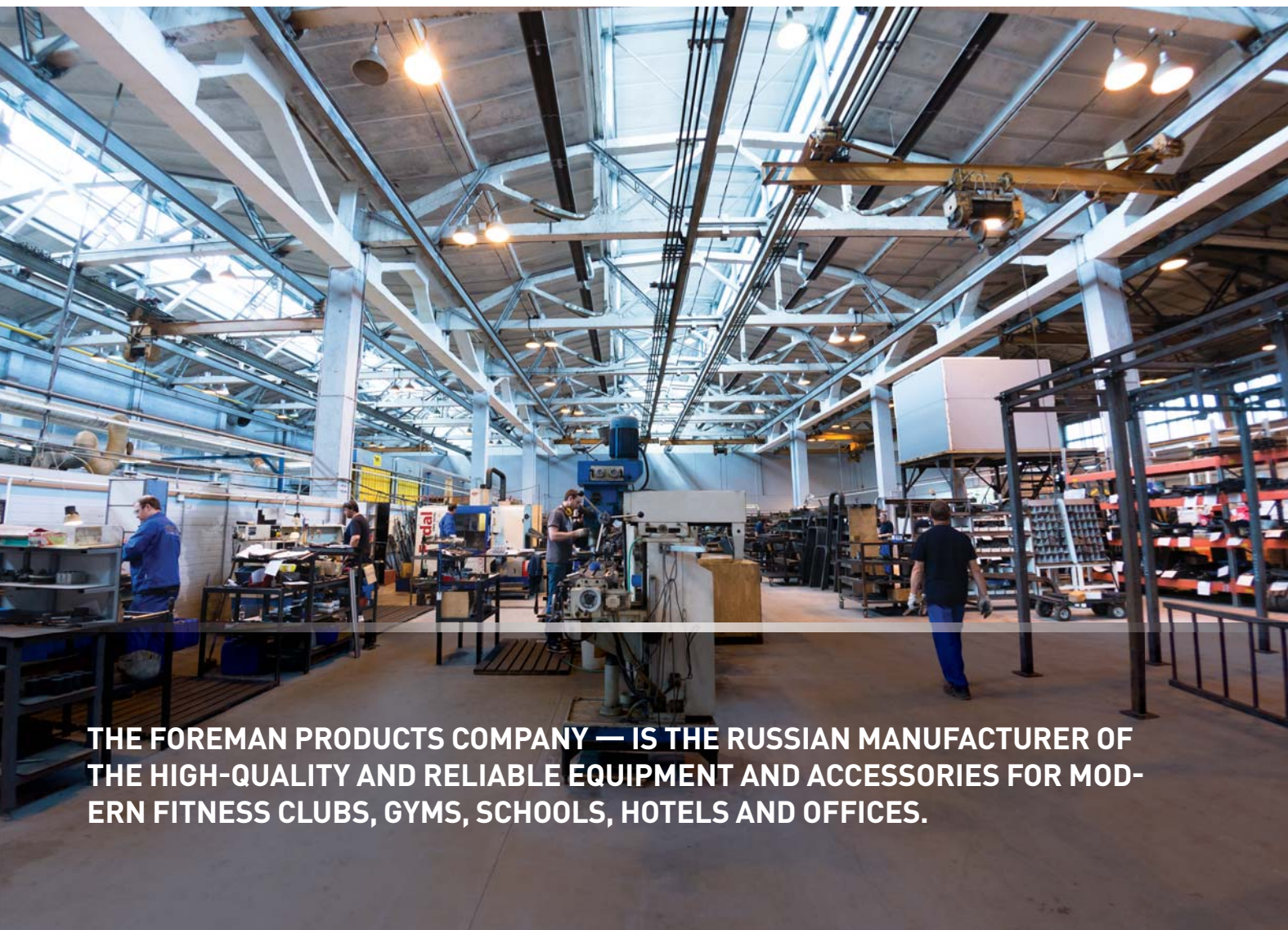




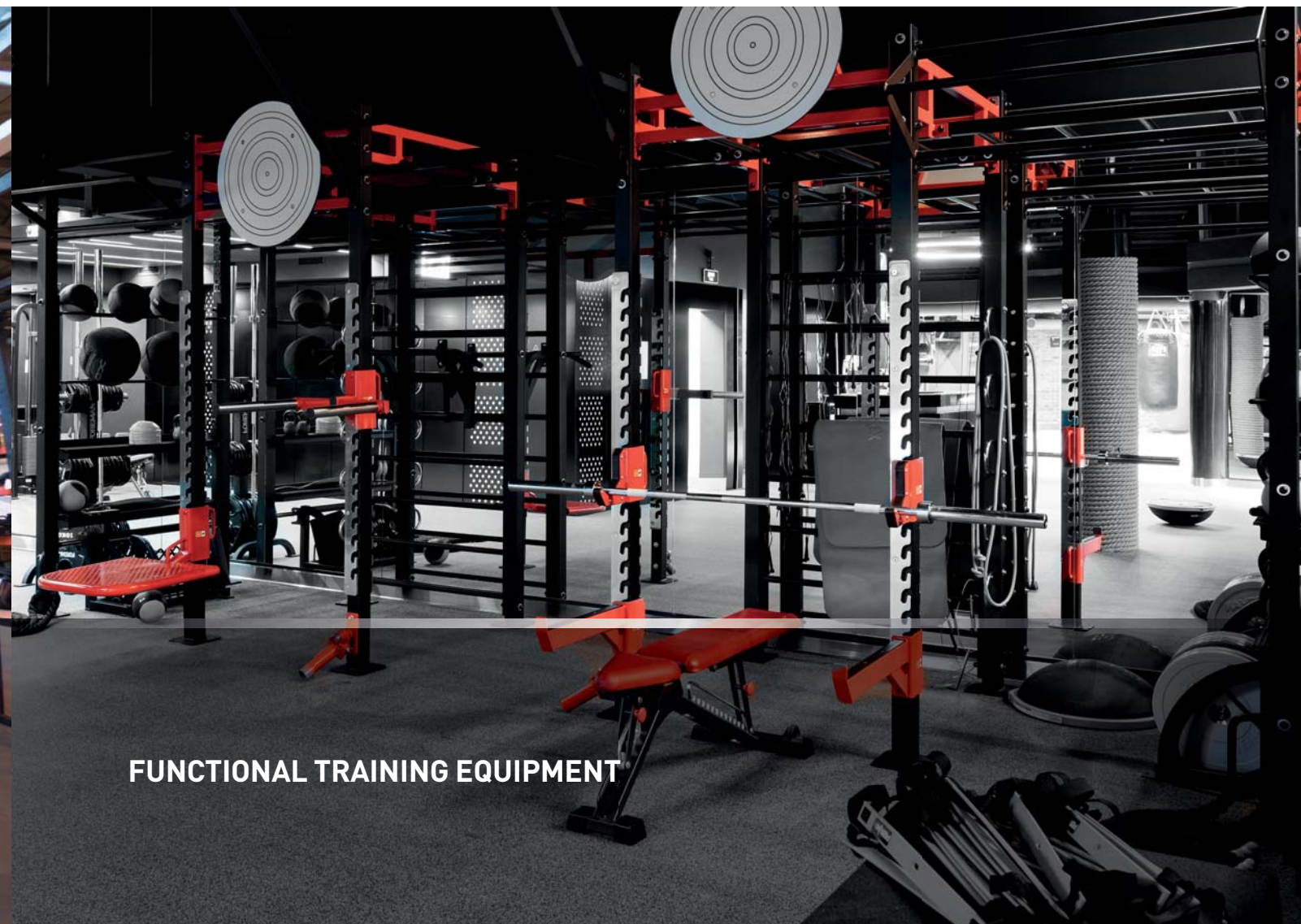
FUNCTIONAL TRAINING
AND ELITE PERFORMANCE

FOREMAN[®]
fitness products

DEDICATED TO DETAIL



THE FOREMAN PRODUCTS COMPANY — IS THE RUSSIAN MANUFACTURER OF THE HIGH-QUALITY AND RELIABLE EQUIPMENT AND ACCESSORIES FOR MOD-ERN FITNESS CLUBS, GYMS, SCHOOLS, HOTELS AND OFFICES.



FUNCTIONAL TRAINING EQUIPMENT

The manufacture develops few main activity areas:

- Strength equipment design and manufacturing;
- Creation and manufacture of multi-stations and suspensions, equipment for martial arts and progressive fitness areas: antigravity yoga, crossfit, workout and others;
- Development and manufacture of sports equipment for street sports grounds, campuses and gazebos, equipment can be installed in the courtyards of residential buildings, schools, educational institutions, sports acilities;
- Design and production of unique furniture of the new generation of patented vandal-proof construction made of eco-friendly layered plastic HPL;
- Organization of access control to the premises using the radio electronic system Gantner;
- Manufacturing and assembly fixed dumbbells, barbells and other free weights;
- Sale of fitness accessories.
- Comprehensive fitting out of gyms;

FOREMAN® products company offers a complete line of multi-functional frames, jungle gyms, suspension systems and accessories for modern fitness modalities (e.g. functional training, crossfit, antigravity yoga).

Frame design integrates handlebars, which can be used for both pull-ups and equipment attachment (i.e. functional straps, rings, ropes, resistance bands, etc.), as well as bar and barbell holders used for free weight exercises.

You can choose from a set of standard frame designs or order a customized design tailored to your room layout, including existing walls, supporting columns, etc. Our customized designs will fix any architectural disadvantage of your gym.

Outdoor sports facilities

Complexes are intended for operation in the open air. Multi- functional frames are established on sports grounds of complexes, in the yards of high-rise building and schools.

The surface of metal is covered with an anticorrosive layer, and structural elements are made of damp-proof HPL plastic.

// FUNCTIONAL TRAINING



FFT-3100 (FFT-4550, FFT-6000)

FRAME FOR FUNCTIONAL TRAINING
3,7 M; 5,15M; 6,6M

Dimensions*:
Length: 370 cm
Width: 255 cm
Height: 250 cm



FY-624

MULTIFUNCTIONAL POWER CAGE
WITH PLATFORM

Dimensions*:
Length: 390 cm
Width: 250 cm
Height: 240 cm



FY-624.2

MULTIFUNCTIONAL POWER CAGE
WITH PLATFORM

Dimensions*:
Length: 200 cm
Width: 150 cm
Height: 240 cm



FY-625.5

MULTIFUNCTIONAL FRAME

Dimensions*:
Length: 485 cm
Width: 286 cm
Height: 265 cm

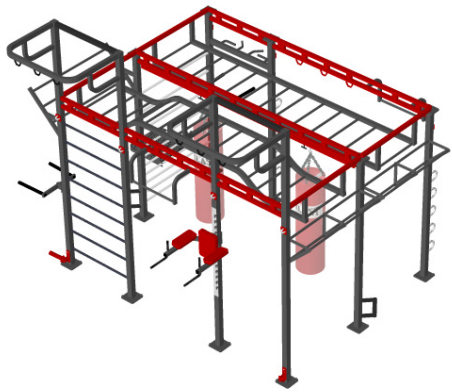


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*All dimensions require a design specification

// FUNCTIONAL TRAINING



FY-767.2

MULTIFUNCTIONAL FRAME

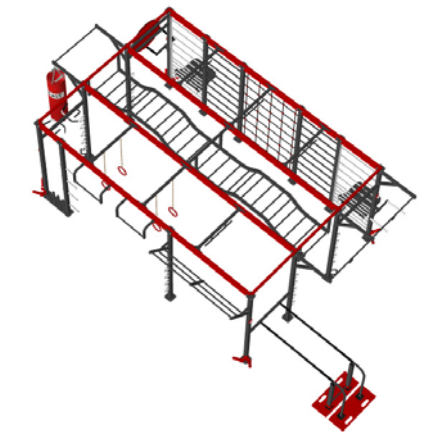
Dimensions*:
Length: 300 cm
Width: 404 cm
Height: 270 cm



FY-767.2

MULTIFUNCTIONAL FRAME

Dimensions*:
Length: 300 cm
Width: 404 cm
Height: 270 cm



FY-805.4

MULTIFUNCTIONAL FRAME

Dimensions*:
Length: 756 cm
Width: 400 cm
Height: 300 cm



FY-838.2

MULTIFUNCTIONAL FRAME

Dimensions*:
Length: 940 cm
Width: 120 cm
Height: 350 cm

FY-838.8

MULTIFUNCTIONAL FRAME

Dimensions*:
Length: 866 cm
Width: 200 cm
Height: 320cm

FY-838.9

MULTIFUNCTIONAL FRAME «STAIRWAY TO HEAVEN»

WITHOUT MONKEY BARS

Dimensions*:
Length: 866 cm
Width: 200 cm
Height: 320cm

FY-843

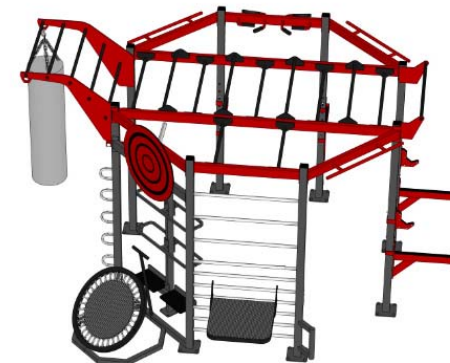
MULTIFUNCTIONAL FRAME

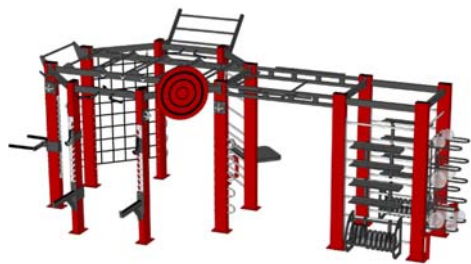
Dimensions*:
Length: 300 cm
Width: 230 cm
Height: 240 cm

FY-860.72

MULTIFUNCTIONAL FRAME

Dimensions*:
Length: 310 cm
Width: 310 cm
Height: 280 cm





FY-861.6

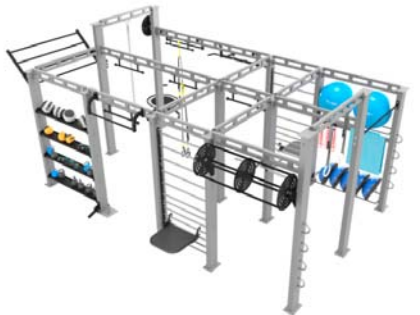
MULTIFUNCTIONAL FRAME

Dimensions*:
Lenght: 663 cm
Width: 336 cm
Height: 290 cm

FY-2040.6

MULTIFUNCTIONAL FRAME

Dimensions*:
Lenght: 630 cm
Width: 360 cm
Height: 330 cm



FY-885.2

MULTIFUNCTIONAL FRAME

Dimensions*:
Lenght: 336 cm
Width: 336 cm
Height: 290 cm

FY-2076

MULTIFUNCTIONAL FRAME

Dimensions*:
Lenght: 572cm
Width: 468 cm
Height: 275 cm



FY-2040.4

MULTIFUNCTIONAL FRAME

Dimensions*:
Lenght: 1000 cm
Width: 450 cm
Height: 350 cm

FY-2389

MULTIFUNCTIONAL FRAME 10-STATION CAGE

Dimensions*:
Lenght: 1300
Width: 118 cm
Height: 275 cm



FY-2040.5

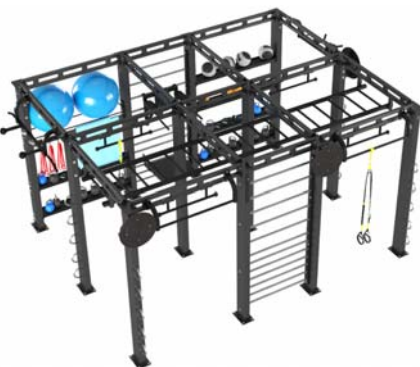
MULTIFUNCTIONAL FRAME

Dimensions*:
Lenght: 730 cm
Width: 450 cm
Height: 350 cm

FY-2450

MULTIFUNCTIONAL FRAME

Dimensions*:
Lenght: 456 cm
Width: 360 cm
Height: 260 cm



// FUNCTIONAL TRAINING FRAMES



FM-810

STRETCH CENTER

Dimensions*:
Length: 135 cm
Width: 152 cm
Height: 218 cm



FX-146

TRAINING WALL

Dimensions*:
Length: 165 cm
Width: 212 cm
Height: 300 cm



FY-551

PUSH / PULL POWER SLED

Dimensions*:
Length: 113 cm
Width: 81 cm
Height: 115 cm
Bec: 47 kr



FY-065

PLYO BOXES

Dimensions*:
Box №1: 41,3x41,3 cm (base); 36x36 cm (top), 31 cm (Height)
Box №2: 48,6x48,6 cm (base); 41x41 cm (top), 45,4 cm (Height)
Box №3: 56x56 cm (base); 45x45 cm (top), 61,2 cm (Height)
Box №4: 64,2x64,2 cm (base); 50,5x50,5 cm (top), 76 cm (Height)



*All dimensions require a design specification

// BOXING AND MARTIAL ARTS



FY- 650.5

MULTIFUNCTIONAL BOXING FRAME

Dimensions*:
Length: 700 cm
Width: 312 cm
Height: 270 cm



FY- 689

MULTIFUNCTIONAL BOXING FRAME

Dimensions*:
Length: 1200 cm
Width: 480 cm
Height: 270 cm



FY- 829.3

MULTIFUNCTIONAL BOXING FRAME

Dimensions*:
Length: 500 cm
Width: 290 cm
Height: 320 cm



FY-903.2

MULTIFUNCTIONAL BOXING FRAME

Dimensions*:
Length: 500 cm
Width: 300 cm
Height: 280 cm



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FY-978

MULTIFUNCTIONAL BOXING FRAME

Dimensions*:
Lenght: 600 cm
Width: 290 cm
Height: 250 cm

OR-55 (OR-66, OR-77)

BOXING RING

Dimensions*:
Lenght: 500 (600,700) cm
Width: 500 (600,700) cm
Height: 85 cm
Battle zone: 400x400 (500x500, 600x600) cm



FY-991.2

MULTIFUNCTIONAL BOXING FRAME

Dimensions*:
Lenght: 1050 cm
Width: 740 cm
Height: 275 cm

FY- 787

MMA FLOOR OCTAGON CAGE

Dimensions*:
Lenght: 658 cm
Width: 658 cm
Height: 192 cm
Battle zone: 600x600 cm



FY-1268

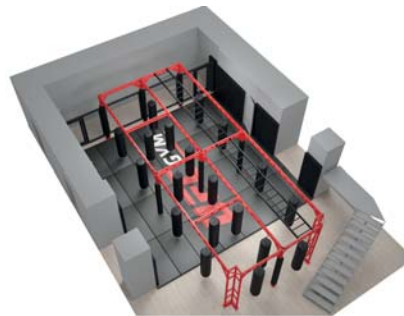
MULTIFUNCTIONAL BOXING FRAME

Dimensions*:
Lenght: 850 cm
Width: 550 cm
Height: 325 cm

FY- 813 (FY-1002,FY-1001)

MMA ELEVATED OCTAGON CAGE

Dimensions*:
Lenght: 658 (805, 1000) cm
Width: 658 (805, 1000) cm
Height: 268 cm
Height of podium: 84 cm
Battle zone: 600x600 (730x,730, 913x913) cm



FY-2129.2

MULTIFUNCTIONAL BOXING FRAME

Dimensions*:
Lenght: 1000 cm
Width: 400 cm
Height: 263 cm

FENCE MMA

Dimensions*:
Lenght: 233, 290, 365 cm
Width: 10 cm
Height: 181 cm



// ANTIGRAVITY YOGA SYSTEMS



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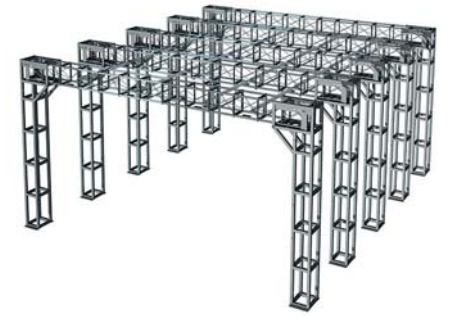
DEDICATED TO DETAIL

// ANTIGRAVITY YOGA SYSTEMS

FA-191

ANTIGRAVITI YOGA FRAME

Dimensions*:
Length: 752cm
Width: 654 cm
Height: 314 cm



FY-1602.2

ANTIGRAVITI YOGA FRAME

Dimensions*:
Length: 640 cm
Width: 767 cm
Height: 275 cm



FY-2023

ANTIGRAVITI YOGA FRAME

Dimensions*:
Length: 840 cm
Width: 168 cm
Height: 300 cm



FY-2381

ANTIGRAVITI YOGA FRAME

Dimensions*:
Length: 700 cm
Width: 550 cm
Height: 300 cm



*All dimensions require a design specification

// CROSSFIT STATIONS



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FY-434

CROSSFIT FRAME

Dimensions*:
Length: 675 cm
Width: 363 cm
Height: 316 cm

FY-514

CROSSFIT FRAME

Dimensions*:
Length: 463 cm
Width: 248 cm
Height: 250 cm

FY-526

РАМА ДЛЯ КРОССФИТА /
CROSSFIT FRAME

Dimensions*:
Length: 475 cm
Width: 170 cm
Height: 273 cm

FY-475.3

CROSSFIT FRAME

Dimensions*:
Length: 420 cm
Width: 248 cm
Height: 275 cm

// CROSSFIT STATIONS // ADDITIONAL EQUIPMENT



*All dimensions require a design specification



FY-177

CROSSFIT FRAME

Dimensions*:
Length: 272 cm
Width: 231 cm
Height: 316 cm



FY-935

CROSSFIT FRAME

Dimensions*:
Length: 672 cm
Width: 336 cm
Height: 400 cm



FY-1066.2

MULTIFUNCTIONAL FRAME

Dimensions*:
Length: 1113 cm
Width: 340 cm
Height: 310 cm



FX-021

STATION «BASIC»

Dimensions*:
Length: 260 cm
Width: 115 cm
Height: 235 cm

FY-867

DEADLIFT BAR

Dimensions*:
Length: 1780 cm
Width: 865 cm
Height: 430 cm
Weight without plates: 29 кг
Diameter for plates: 5 cm



FW-115

GLUTE BENCH

Dimensions*:
Length: 89 cm
Width: 68 cm
Height: 61 cm



FM-841

HANGING BENCH

Dimensions*:
Length: 124 cm
Width: 51 cm
Height: 45 cm
Installed on the wall mount ladder



FM-849

KNEE RAISE / DIP

Dimensions*:
Length: 89 cm
Width: 68 cm
Height: 61 cm
Installed on the wall mount ladder





FM-835

WALL MOUNT LADDER

Dimensions*:
Width: 84 cm
Глубина: 21 cm
Height: 231 cm



FM-839

WALL MOUNT LADDER WITH CHIN-UP BAR

Dimensions*:
Width: 121 cm
Глубина: 53 cm
Height: 225 cm



FM-832

WALL MOUNT CHIN-UP BAR

Dimensions*:
Length: 131 cm
Width: 36 cm
Height: 67 cm



FM-833

CHIN-UP BAR

Dimensions*:
Length: 121 cm
Width: 73 cm
Height: 51 cm

FX-147

WALL MOUNT MULTIPURPOSE BARS

Dimensions*:
Length: 213 cm
Width: 61 cm
Height: 78 cm



FX-192

WALL MOUNT CHIN

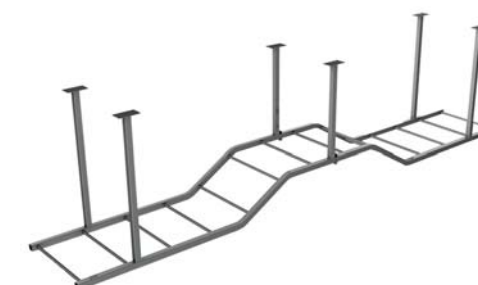
Dimensions*:
Length: 130 cm
Width: 40 cm
Height: 50 cm



FM-834

HANGING LADDER BARS

Dimensions*:
Length: 502 cm
Width: 80 cm
Height: 120,6 cm



FY-1055.15

BENCH FOR 8 PAIR

Dimensions*:
Length: 124 cm
Width: 43 cm
Height: 57 cm
Weight: 69 kg





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www.foremanfitness.com

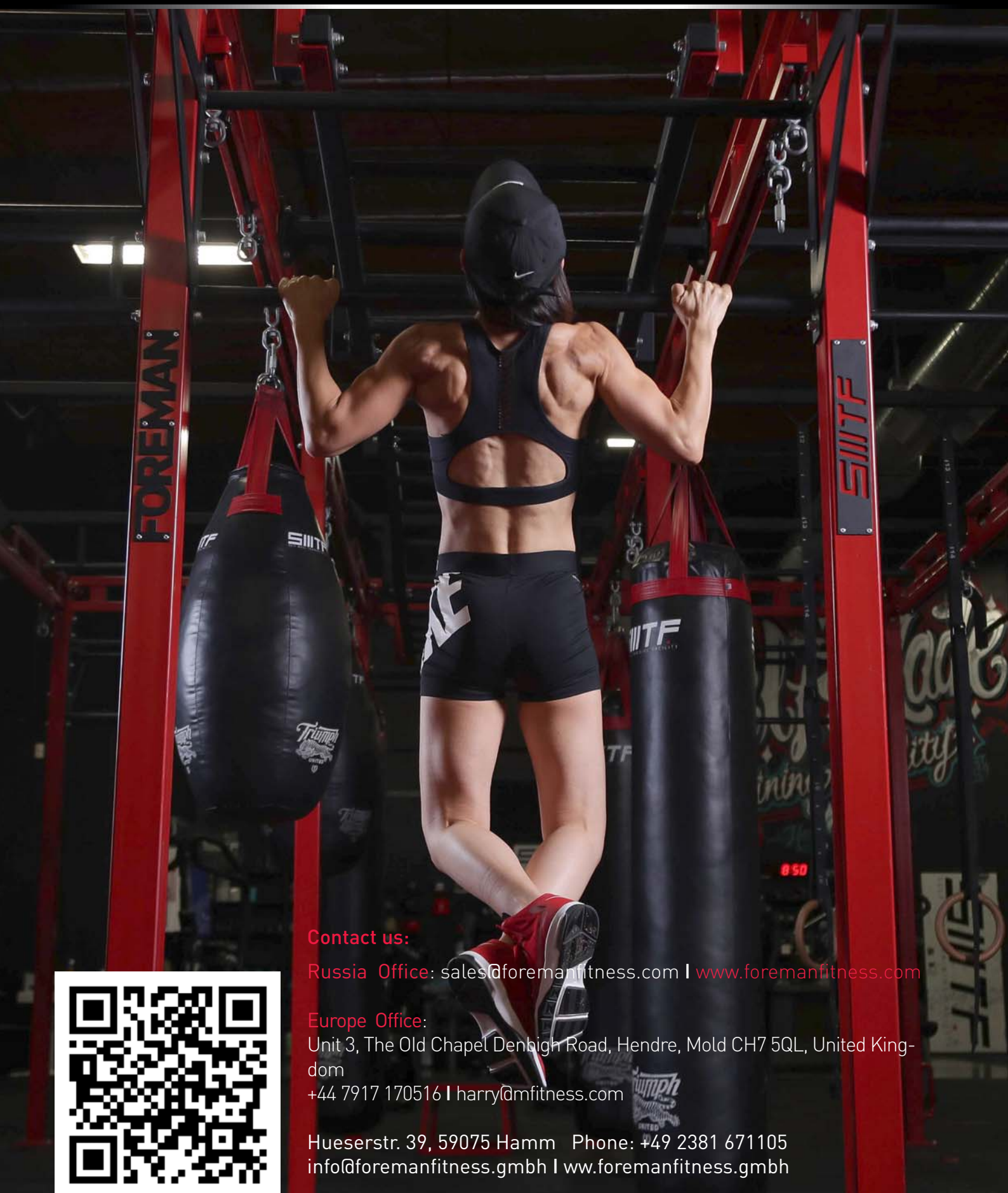


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// FUNCTIONAL TRAINING FRAMES



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