

**CT8**  
FITNESS TRAINING SYSTEM



**TUFFSTUFF**  
FITNESS

MADE IN USA  
**TUFFSTUFF**  
FITNESS



## CT-8000B Base Fitness Trainer



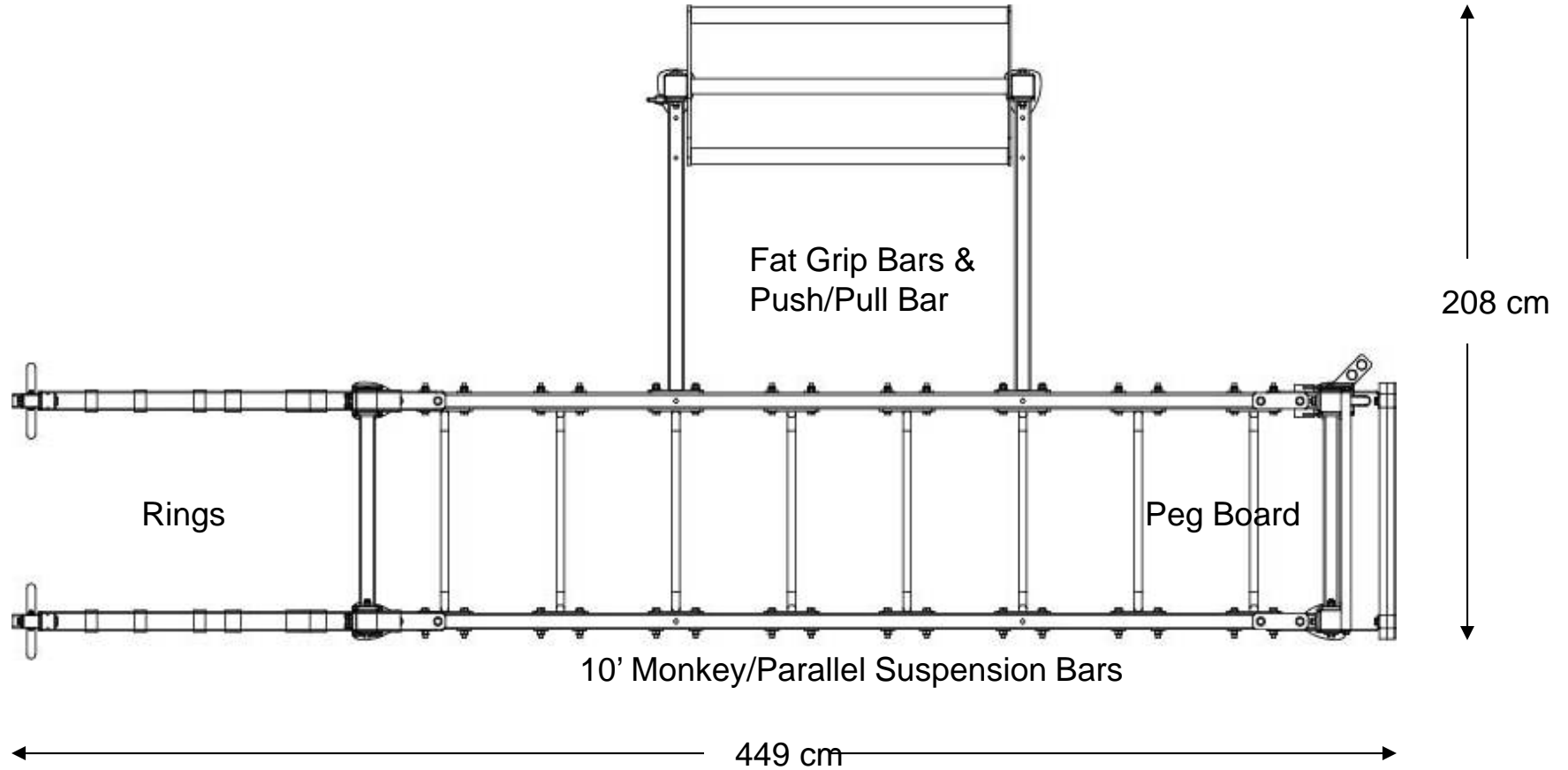
Shown with CT-8210 & CT-8220  
Training Modules and CrossCore180®  
Rotational Bodyweight Trainers™





# CT-8000B Base Fitness Trainer

## Standard Features



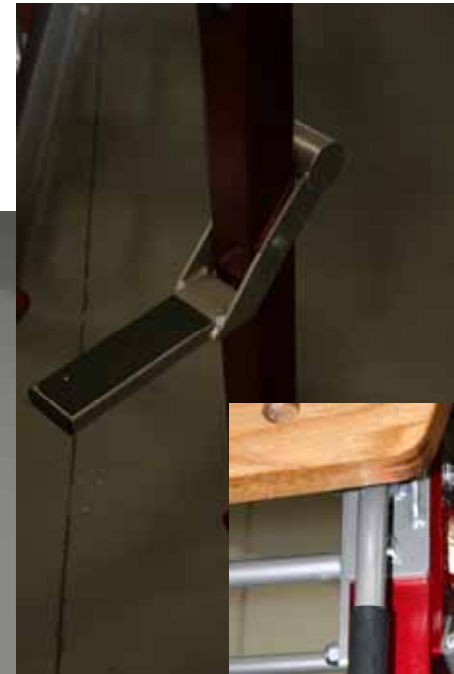
Please Note: footprint will be larger with certain modules and/or additional training stations



## **CT-8000B Base Fitness Trainer** **Standard Features**



### **Peg Board/High Medicine Ball Rebounder**





**CT-8000B Base Fitness Trainer  
Standard Features – cont'd**



**Tri-Level Fat Grip Chin Bars**



**Adjustable Horizontal  
Push/Pull Bar System**



## **CT-8000B Base Fitness Trainer Standard Features – cont'd**



- **10' Monkey Bar Station**
- **10' Parallel Suspension Bar Station**



**This is the ideal station for utilizing multiple CrossCore 180 Rotational Bodyweight Trainers**



## CT-8000B Base Fitness Trainer Standard Features – cont'd



### Adjustable Height Ring Station





## CT-8100E Elite Fitness Trainer



På bilden med Modulerna:  
8210, 8220, 8240 8250  
samt Optional Stations  
8310 och 8320



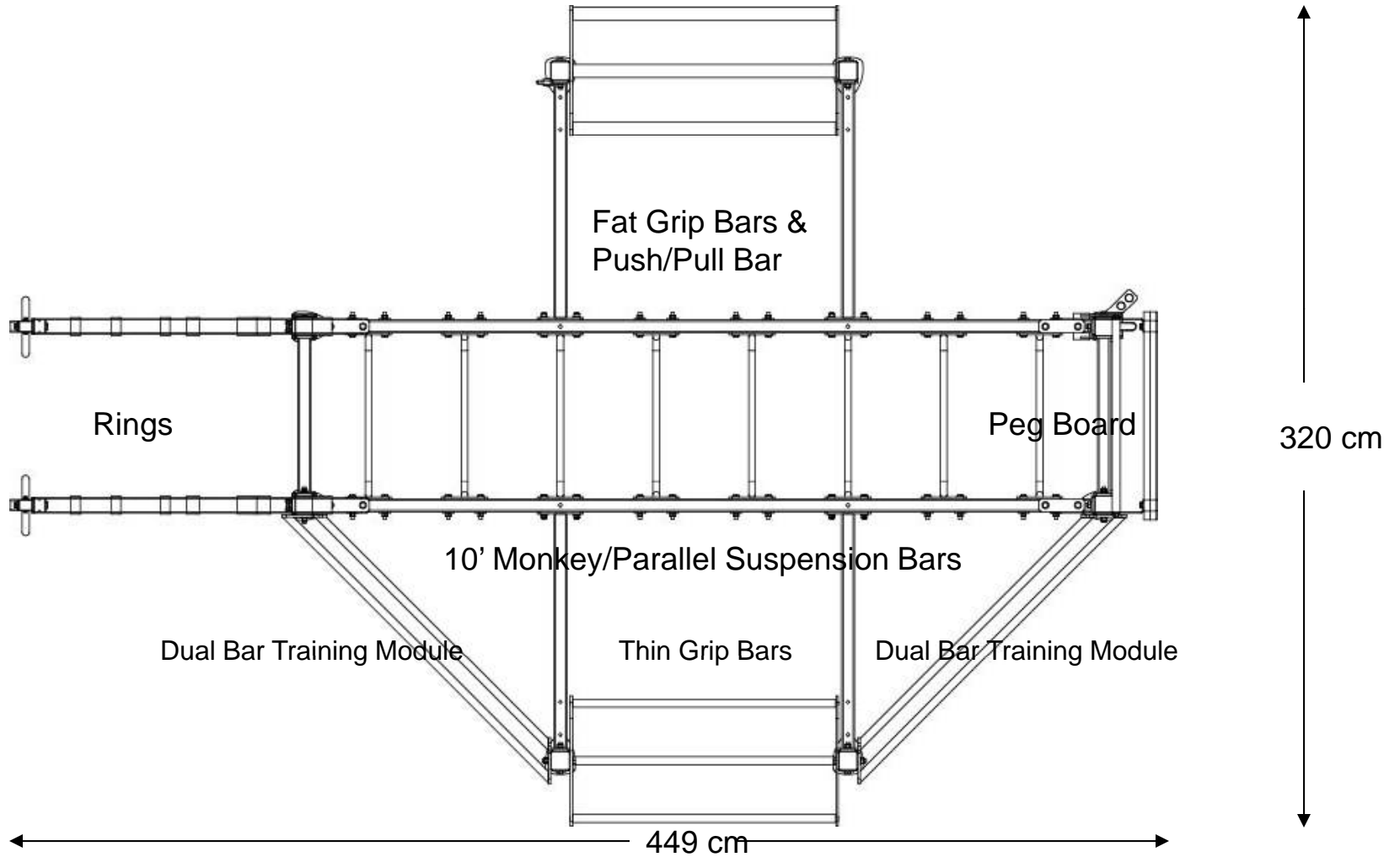




# CT-8100E Elite Fitness Trainer



## Standard Features



Please Note: footprint will be larger with certain modules and/or additional training stations



## CT-8100E Elite Fitness Trainer Standard Features



Includes all Standard Features seen on CT-8000B Base Trainer



Adjustable Height Ring Station, 10' Monkey Bar and Parallel Suspension Bars. Peg Board/High Medicine Ball Rebounder, Tri-Level Fat Grip Chin Bars and Adjustable Horizontal Push/Pull Bar Station...**PLUS**



**CT-8100E Elite Fitness Trainer**  
**Standard Features cont'd**



**Plus...**

**2ea Dual Bar Training Modules**

**and**

**A set of Thin Grip Chin Bars**





## ***CT-8200 Series Training Modules***

- **CT-8210 Medicine Ball Rebounder Training Module**
  
- **CT-8220 Adjustable Step-up Platform/Stretch Training Module**
  
- **CT-8230 Battle Rope Training Module**
  
- **CT-8240 Kettle Bell Training Module**
  
- **CT-8250 Heavy Bag Training Module**



## CT-8210 Medicine Ball Rebounder Training Module



The adjustable angled rebounder is the perfect training partner for incorporating a multitude of medicine ball exercises. The medicine ball storage rack also acts as a safety backdrop for those wild or errant tosses.

TuffStuff Fitness recommends locating the CT-8210 Medicine Ball Training Module in spaces M2 or M3, which are closest to the Peg Board/High Medicine Ball Rebounder. In addition to medicine ball exercises that utilize the high and low rebounders, there are numerous exercises that can be performed with the ball itself.

TuffStuff does not recommend using medicine balls over 10lbs on this station. This rebounder is not for stepping exercises.



## CT-8220 Adjustable Step-up Platform/



## Stretch Training Module



The CT-8220 is the most versatile training modules to be incorporated on the CT8. The step-up platform is ideal for users of any age or ability, as the ladder can be used for added support or balance. Otherwise, the user can rely strictly on core strength and balance without support from the ladder.

On the stretch ladder, use the various rungs for support during stretching exercises or as anchors for a multitude of resistance band and lateral training accessories from companies like Stroops and SPRI.

Again, this station is a trainers best friend, as they can increase the endless number of exercises with their knowledge and experience.



## CT-8230 Battle Rope Training Module



The CT-8230 Battle Rope Training Module utilizes 2 adjustable height rope barrels, not only to set the height of the start or finish position, but to also increase the resistance above the actual weight of the training ropes by simply wrapping over 1 or both of the barrels.

In addition, on this and all training modules, TuffStuff has included 2 Anchor Loops on the lower cross supports for additional rope positions and resistance band exercises. This is the ideal functional training station for your clients.



## CT-8240 Kettle Bell Training Module



No circuit would be complete without including the multitude of exercises one is able to get with Kettle Bell, as well as, other accessories you wish to store on the racks. Although the CT-8240 Kettle Bell Training Module is more of a storage rack, it eliminates the risk of someone tripping over the bells and having them all over your facilities floor. Users on other stations also have access to the kettle bells.

In addition, the positioning of this station on the corner angle gives the user plenty of room within the circuit without wasting valuable space. Again, our goal is maximum exercises per square foot.





## CT-8250 Heavy Bag Training Module



What circuit is complete without including a heavy bag for those who like to train for boxing, MMA or simply to have a tool to take their frustrations out on while exercising. The CT-8250 will accept any heavy bag from the traditional punching bag to the more elaborate bags used in Muay Thai and other martial art studios or gyms.

If your facility caters to either of these categories or you simply want to expand the number of bags, the unique design of the CT8 allows you to incorporate up to 4 heavy bags on the Elite Fitness Trainer.



## ***CT-8300 Series***



### ***Optional Stations & Accessories***

- **CT-8310 Squat/Press Rack Training Station**
  
- **CT-8320 Multi-Strap Training Boom**
  
- **CT-8330 Olympic Bar Landmine**
  
- **CT-8340 Dip Handles**



## CT-8310 Press/Squat Rack & CT-8320 Multi-Strap Suspension Training Stations

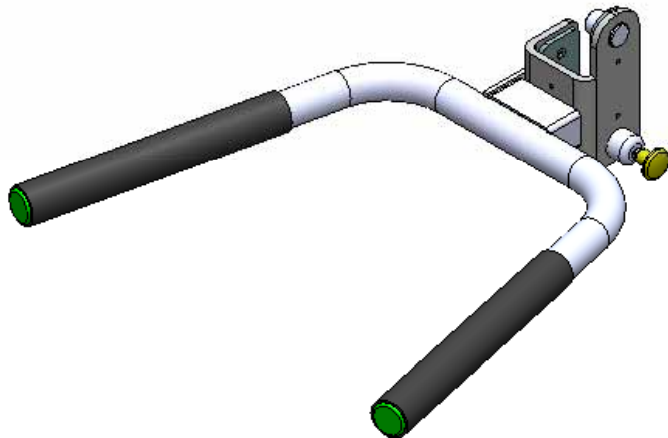


CT-8310 Squat/Press Station includes “Gun Rack” bar rack, anchor loops, bar holder and plate trays.

CT-8320 is ideal station for 2 suspension systems, such as the CrossCore180® Rotational Bodyweight Trainers™



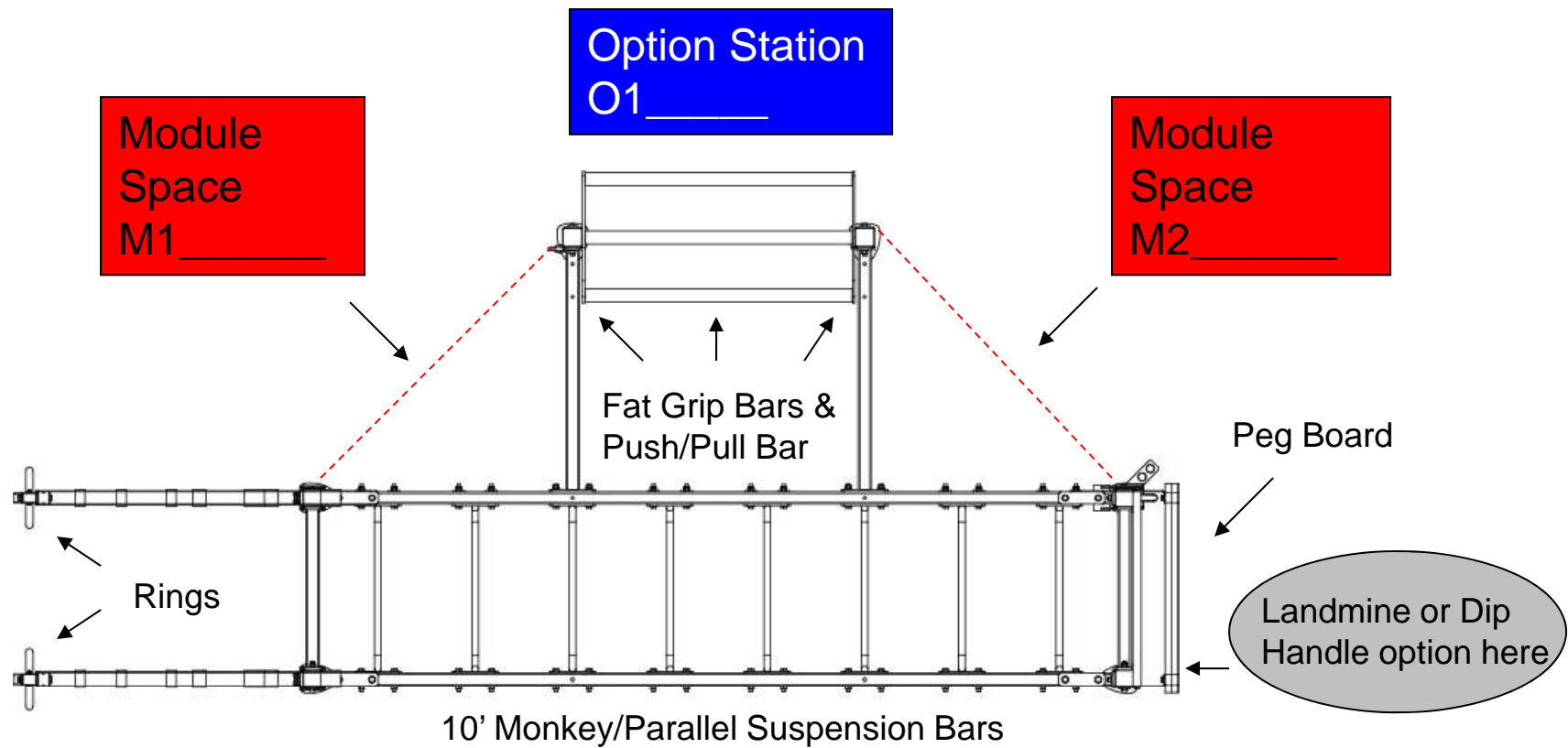
## CT-8330 Olympic Bar Landmine and CT-8340 Dip Handle Optional Accessories



**CT-8330 Dip Handle mounting is limited to the Upright Post to the left of the Peg Board. CT-8340 can be mounted to the same post, but not in addition to the Dip Handles. The CT-8340 may also be mounted to the additional uprights, but may impede on that stations primary use.**



# CT-8000B Base Fitness Trainer "Product Configuration Diagram"



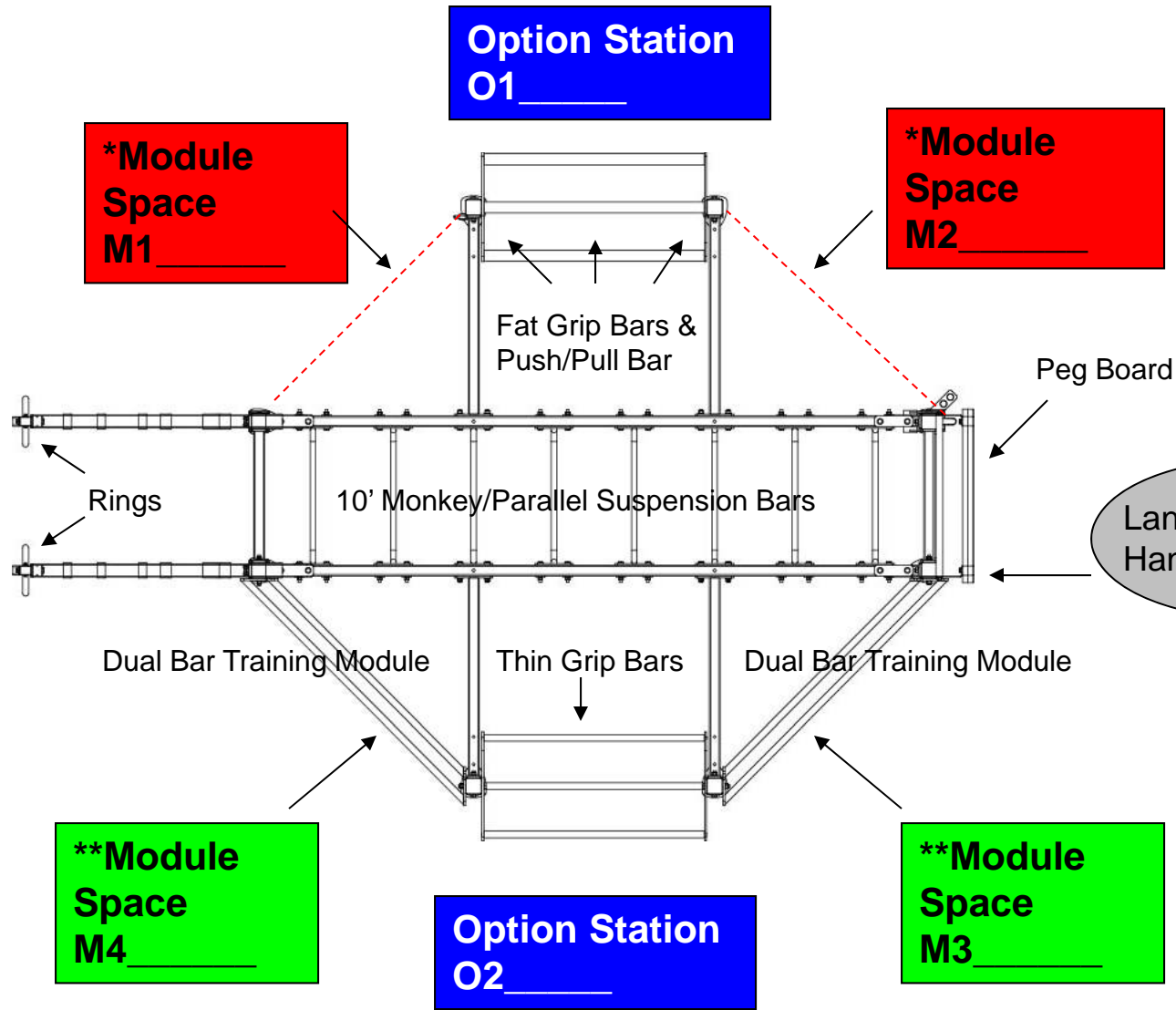
\*Must add "Two" CT-8200 Series Training Modules to Modular Spaces M1 and M2 to complete CT-8 Base Fitness Trainer

Customer may add a CT-8310 or CT-8320 Optional Station to location "O1"



# CT-8100E Elite Fitness Trainer "Product Configuration Diagram"

**\*Must add "Two" CT-8200 Series Training Modules to Modular Spaces M1 and M2**



**Customer may add a CT-8310 or CT-8320 Optional Station to location "O1" and/or "O2"**

Landmine or Dip Handle option here

**\*\*Dual Bar Training Modules may be replaced by any CT-8200 Series Training Modules (additional costs apply)**



## ***CT8 Fitness Training System***



### ***“Specifications”***

- 3” x 3” x .120 (11 gauge) Upright Posts and 2” x 3” x .120 (11 gauge) Top/Bottom/Cross supports utilized for all structural frame assembly to maintain maximum integrity
- 1”, 1 ¼” and 2” .120 (11 gauge) HG round tubing for added structural support and various grip applications
- All mounting plate connectors are 3/8” (.360) thick 1018 cold rolled steel
- Floor mount anchor plates made of ¼” (.24) HRPO 1018 grade steel
- Grade 5 blue zinc frame bolts used for optimal strength and durability
- ¼” 3003 aluminum tread bright step platform for strength and no slip training
- Pegboard made of 1 ¾” solid oak hardwood with a varnish finish
- Preassembly and testing performed on all CT8 Trainers prior to shipping. Units shipped broken down in sub-assembled pieces for faster assembly in your facility. Each individual unit shipped on 2 pallets total.