



XPT TRAINING SYSTEM
TUFFSTUFF FITNESS INTERNATIONAL

**“The XPT Training System is
the ultimate training partner!”**



Training on the XPT is the best way to build explosive muscle speed and strength, and develop competitive power, to effectively bridge the gap between the weight room and the field of competition.”

Brady Poppinga, 2010 Super Bowl Champion
and NFL Veteran Linebacker.

Designed and developed in collaboration by Brady Poppinga and TuffStuff Fitness International.



XPT Combines Benefits And Safety Into One System

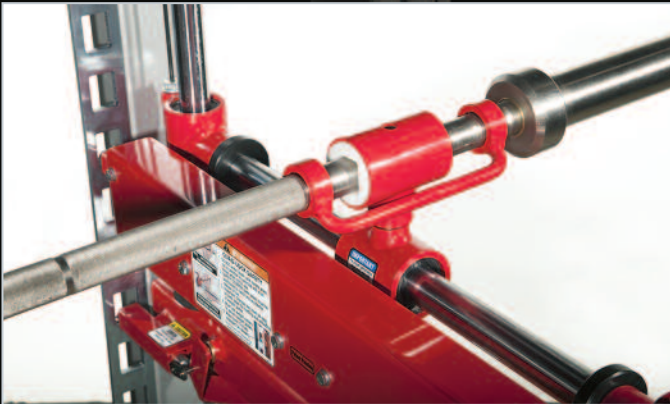
The XPT effectively combines the desired benefits of free-weights with the safety of machine weights.



Perform conventional lifts, Olympic lifts and explosive/competitive movements.



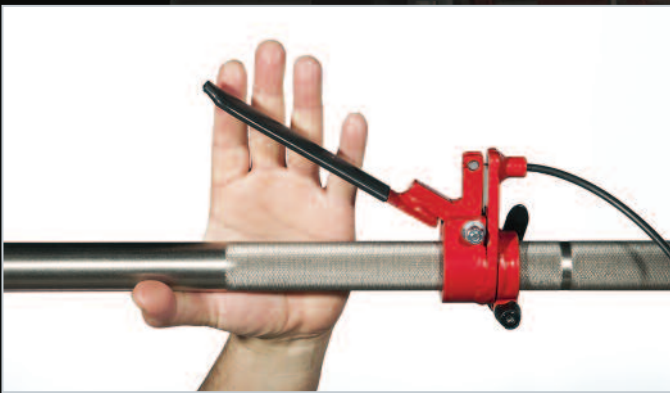
Unique Linear Guided Barbell System



- Allows vertical, horizontal, diagonal, lateral, and rotational bar motion to effectively engage all primary muscle groups and secondary stabilizer groups, while forcing the central nervous system to control all bar motion, optimizing muscle strength and development.
- Unlimited barbell motion and 270° of bar rotation allows the performance of all traditional barbell, Olympic and athletic lifts within the safe confines of the rack and without the need for space consuming platforms and expensive bumper plates.
- Custom 96" Olympic bar has a 51" effective inside grip dimension for performance of all wide grip barbell exercises and overhead lifts.
- Conveniently counter balanced to provide a traditional 45 lb. empty Olympic bar starting weight.

"Developing top end speed, power and explosiveness is the number one priority behind any athletic training program. You must train in the weight room the same way you compete." — Brady Poppinga

Patented Quad Lock Braking System



- Fully adjustable, mechanically actuated lever brake system, shaped to conform to Olympic bar for a natural fit and feel in the hand.
- Simply opening the hand automatically releases the lever and engages four solid steel locking pins, immediately catching and stopping the bar in any position in case of a missed lift or emergency situation.
- Makes racking and un-racking the bar or changing the bars starting height, safe and easy from any position. No need to twist your wrist, move your arms, or step forward and backward with a loaded bar to find a bar catch.
- Hand levers are easily adjustable from narrow to wide with a simple flip of the release clips.
- Allows the performance of concentric only explosive movements without the corresponding need for eccentric loading or deceleration of the bar.

Exclusive features designed specifically for the XPT system.

Built-in counter-balanced system allows starting weight at 45 lbs.

Adjustable handles to accommodate various grip positions. Can also be rotated up or down.

Self-spotting patented Quad Lock Braking System allows safe free weight training.

Optional adjustable multi-purpose bench PXL5-7901.

Provides 31 bar positions to accommodate any start height.

Linear Guide Barbell System allowing vertical, horizontal, diagonal, lateral and rotational bar movement.

Maximum weight load capacity 600 lbs.

Cross-beam safety stopper with ratchet-style catches allows easy up-and-down adjustments.

USA MADE

Perform explosive, competitive movements to develop the highest level of speed & power.



Features, specifications & warranty:

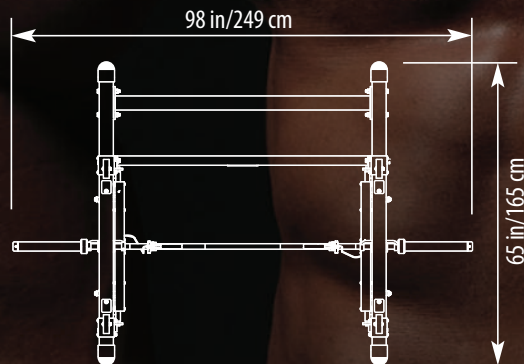
- 3"x3" 7-gauge and 2"x3" 11-gauge tubular steel construction.
- Proprietary 8-step electrostatically applied powder coat finish, oven baked to insure durability.
- Deep penetrating electrically welded high strength frames.
- 3/4 -inch solid steel 1045 (tgp) highly polished hard chrome finish.
- USA-Made/Certified 3/16" EXERFLEX PRO® high performance fitness cables used on the counter-balanced system.
- 3/8" and 1/2" grade 5 & 8 frame bolts used for optimum strength and durability.
- Heavy-duty molded rubber base feet insure stability, prevent equipment movement, and may be bolted to the floor.
- Custom two tone finish offers choice of seven primary colors: Matte Black, Platinum Sparkle, Red Baron, Sky White, Twilight Blue, Charcoal Texture and Wrinkle Black. Custom color available, please inquire with your sales representative.



SAFETY: Cross-beam safety stoppers are an added safety measure to catch any accidental release of the press bar or user's fatigue.



SAFETY: Weight collars (pair) are provided to secure the weight plates. Must be used at all times.



HT: 103 in/262 cm
WT: 725 lb/329 kg

NOTICE: TuffStuff continually engages in research related to product improvement. As a result, the product received by the customer may differ slightly from its published description. Improvements in materials, production techniques and design refinements may at any time be introduced into our products. TuffStuff reserves the right to make changes in its product without notice.

COMMERCIAL WARRANTY for XPT:

TEN (10) YEARS: Structural frame (coating excluded) and welds.

ONE (1) YEAR: Safety Lock components & locking pins and Quad Lock brakes components (excluding cables). All other parts not mentioned, one (1) year from the date of purchase to the original purchaser (applies only to defects from manufacturer).

6 MONTHS: Locking-pin cables, release handle cables and counter-balanced cables. Finish (applies only to defects from manufacturer).



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USA MADE