1st Fitness
Fitness First is your one stop shop for all things related to fitness. It doesn't matter if you own a gym or if you are just a fitness enthusiast. Fitness 1st has it all!

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**F1 POWER RACK**

**F1RACK1**
- 72" L x 59" W x 97" H
- Solid 11-Gauge Steel Frame

**F1 HALF POWER RACK**

**F1RACK2**
- 72" L x 59" W x 97" H
- Solid 11-Gauge Steel Frame

**F1 RACK DIP STATION**

**F1RACKDP**

**F1 RACK STEP UPS**

**F1RACKPJ**

**F1 RACK LANDMINE**

**F1RACKLM**
**EQUIPMENT**

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**F1 INCLINE BENCH**

F1IB

- Adjustable 0-85° Incline
- Solid 11-Gauge Steel Frame
- Wheels at base for transportation

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**F1 FLAT BENCH**

F1FB

- Solid 11-Gauge Steel Frame
- Wheels at base for transportation

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**F1 UPRIGHT BENCH**

F1UB

- Fixed Upright Back Position
- Solid 11-Gauge Steel Frame

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**F1 OLYMPIC INCLINE BENCH**

F1OIB

- 86½” L x 75” W x 64” H
- Solid 11-Gauge Steel Frame
**F1 OLYMPIC BENCH**

F1OB

- 2 Position Bar Safety Catch
- Solid 11-Gauge Steel Frame

**F1 SMITH MACHINE**

F1SM

- 60” L x 90” W x 88” H
- 11-Gauge Tubular Steel Frame

**F1 OLYMPIC DECLINE BENCH**

F1ODB

- 75” L x 68” W x 53” H
- Solid 11-Gauge Steel Frame

**F1 SQUAT RACK**

F1SR

- 4 Position Bar Safety Catch
- Solid 11-Gauge Steel Frame
EQUIPMENT

**F1 FREE MOTION**
F1FM
- 112” L x 55” W x 97” H
- Solid 11-Gauge Steel Frame
- 2x 200lb Weight Stacks

**F1 PREACHER CURL**
F1PRCS
- Adjustable Seat
- 11-Gauge Tubular Steel Frame

**F1 INCLINE LEVER ROW**
F1IR
- 81” L x 39” W x 47” H
- 11-Gauge Tubular Steel Frame

**F1 SEATED CALF MACHINE**
F1SCM
- 49” L x 27” W x 39½” H
- 11-Gauge Tubular Steel Frame
F1 45 HYPER EXTENSION ADJUSTABLE
F145HEA
» Adjustable To 5 Angles
» Solid 11-Gauge Steel Frame

F1 GLUTE HAM DEVELOPER
F1GHD
» 63” L x 40” W x 45” H
» 11-Gauge Tubular Steel Frame
» Adjustable Foot Pads

F1 POWER DOG SLED
F1PDS
» 40” L x 24” W x 40” H
» Solid Steel Frame

F1 SOFT PLYO BOX SET
F1SPLB3 SET
» 30” x 36” Landing Surface
» Set of 4 Includes: 6”, 12”, 18”, 24”
» Can Be Purchased Individually
**EQUIPMENT**

**F1 3 in 1 PLYO BOX**
- F1SPLB1
- Rotate Sides For 20”, 24”, 30” Heights
- Durable Vinyl Covering

**F1 GYM TRAINING TIRES**
- F1GTT
- 88 lbs (40kg), 132 lbs (60kg), and 176 lbs (80kg)
- Durable PVC Covered Tires
**F1 10 BALL RACK**

F10BR

» 14” L x 24” W x 58½” H
» Holds 10 Medicine Balls

**F1 10 PAIR DUMBBELL RACK**

F10DR

» 8” D x 18” W x 48” H
» 11-Gauge Sheet Metal

**F1 BARBELL RACK**

F1CBR1

» 48” L x 44” W x 60” H
» Holds 10 Pro Style Fixed, Straight or Curl Barbells

**F1 10 PAIR DUMBBELL RACK**

F1DR10

» 95” L x 32” W x 32” H
» 11-Gauge Steel Frame
**F1 15 PAIR DUMBBELL RACK**

F1DR15

» 95” L x 32” W x 49” H
» 11-Gauge Steel Frame

**F1 KETTLEBELL RACK**

F1KR

» 26” D x 56” W x 31” H
» Supports 1,100 lbs of Weight

**F1 3 TIER COMMERCIAL HORIZONTAL HEX DUMBBELL RACK**

F1DR2

» 54” L x 44” W x 29” D
» 14-Gauge Steel Frame

**F1 MAT RACK**

F1MR

» 22” L x 31” W x 81½” H
STORAGE

F1 MEDICINE BALL REBOUNDER
F1MBR
» 37” L x 14½” W x 26” H

F1 WALL BALL STAND
F1WBS
» 22” L x 13” W x 66” H
» Durable Powder Coated Black Steel

F1 BOSU RACK
F1BR
» 23” D x 30” W x 66” H

F1 PLATE STORAGE
F1PS1
» 46” L x 18” W x 12” H
» 14 Slot Plate Holders
**STORAGE**

**F1 WEIGHT PLATE RACK**

F1PS2

- 33" L x 25" W x 48" H
- Holds 2.5 - 45 lb Weights

**F1 WEIGHT PLATE TREE**

F1PS3

- 47" L x 27" W x 49" H
- 7 Plate Holders and 1 Bar Holder

**F1 BALANCE BALL METAL STORAGE RACK**

BSR

- 6-Ball - 18½” D x 61” W x 43” H
- 9-Ball - 18½” D x 61” W x 64” H
- 12-Ball - 18½” D x 61” W x 90” H
- 18-Ball - 12-Ball + 6-Ball Rack
- 24-Ball - 12-Ball + 12-Ball Rack
**F1 URETHANE ENCASED DUMBBELLS**

- Available as pairs in 5 - 150 lbs in 5 lb increments
- Sets available: 5 - 50 lbs, 55 - 80 lbs, 5 - 100 lbs

**F1 RUBBER HEX DUMBBELLS**

- Available as pairs in 5 - 100 lbs in 5 lb increments
- Sets available: 5 - 50 lbs, 55 - 100 lbs, 5 - 100 lbs

**F1 NEOPRENE DIPPED DUMBBELLS**

- Available as pairs in 1 - 12, 15 lbs
F1 MEN’S HYBRID OLYMPIC TRAINING BAR - BLACK ZINC

F10WB3

» 86” length-20kg weight-28mm diameter shaft
» Hybrid brass bushings and needle bearings
» 200,000 PSI tensile strength
» 1500lb max load
» No center knurling- dual knurl marks

F1 MEN’S HYBRID OLYMPIC TRAINING BAR

F10WB4

» 86” length-20kg weight-28mm diameter shaft
» Hybrid brass bushings & needle bearings
» 200,000 PSI tensile strength
» 1500lb max load
» No center knurling- dual knurl marks

F1 WOMEN’S OLYMPIC TRAINING BAR

F10WB5

» 79” length-15kg weight-25mm diameter shaft
» Hybrid brass bushings & needle bearings
» 200,000 PSI Tensile Strength
» 1000lb max load
» No center knurling- dual knurl marks
**F1 POWER BAR**

F10WB1

- Overall Length: 86"
- 45 lbs
- 1500 lb rated
- Needle bearings

**F1 EZ CURL BAR**

F10CB1

- Overall Length: 48"
- 20 lbs

**F1 HEAVY DUTY OLYMPIC BAR**

F10WB2

- Overall Length: 86"
- 45 lbs
- 1000 lb rated
- Brass bushings

**F1 HEXAGON BAR**

F10HB1

- Overall Length End to End: 70.5"
- Inside Length Handle to Handle: 30"
- Inside Width Front to Back: 23"
- Loadable Sleeves Length: 10.5"
- 65 lbs
**BARS**

**F1 10-SIDED FIXED URETHANE ENCASED EZ CURL BARBELL**

F1CB1

» Available in 25 - 115 lbs in 10 lb increments

**F1 10-SIDED FIXED URETHANE ENCASED STRAIGHT BARBELL**

F1SB1

» Available in 20 - 120 lbs in 10 lb increments

**F1 AEROBIC TRAINING BAR**

F1ATB

» Available in 4, 5, 8, 10, 12, 15, 18 lbs
» Overall Length: 47”

**F1 LOCK COLLAR - PAIR**

F1WBC1

» Single-action quick-locking and release cam latch
» Rubber compression pads to protect bar sleeves
» Fits 2” Olympic bars
» Injection molded ABS material
» Comes in blue, black, or red color
WEIGHT PLATES

**F1 URETHANE GRIP WEIGHT PLATE**

F1RGWP

» Available in 2.5, 5, 10, 25, 35, 45 lbs

**F1 COMPREHENSIVE CRUMB BUMPER PLATES**

F1CCBP

» Available in 10 - 45 lbs in 10 lb increments

**F1 PREMIUM RUBBER BUMPER PLATES**

F1RBWP

» High grade virgin rubber outer mold, solid cast iron core
» Steel chrome hubs
» 10, 15, 25, 35, 45lbs available
» 88 Shore A Durometer Rating
F1 CAST IRON KETTLEBELLS
F1KB
» Available in 2, 4, 6, 8, 10, 12, 14, 16, 20, 24, 28, 32, 36, 40, 44, 48 KG

F1 PREMIUM POWDER COATED KETTLEBELLS
F1KB1
» Solid cast iron construction
» Powder coat outer layer for grip and anti-corrosion
» Color-coded handle per weight
» Weights in kilograms and pounds
» Available in 4, 6, 8, 10, 12, 14, 16 KG
MEDICINE BALLS

F1 SLAM BALL
F1SBL
» Available in 6, 8, 10, 12, 15, 20, 25, 30, 40, 50 lbs

F1 WALL BALL
WBALL
» Available in 5, 10, 15, 20, 25 lbs
» 22” in Diameter
**F1 BODY BANDS**

F1TB

» Super Light - Orange, 1/4”
» Very Light - Red, 1/2”
» Light - Black, 1/2”
» Light/Medium - Purple, 1.125”
» Medium - Green, 1.75”
» Heavy - Blue, 2.5”
» Super Heavy - Black, 2.5”

**F1 RESISTANCE BAND TUBES**

F1RF

» 4’ Long
» Very Light - Yellow, 4.5 lbs
» Light - Green, 10 lbs
» Medium - Red, 14 lbs
» Heavy - Blue, 16 lbs
» Extra Heavy - Black, 20 lbs

**F1 DELUXE RESISTANCE BAND TUBES**

F1R

» 4’ Long
» Very Light - Yellow, 4.5 lbs
» Light - Green, 10 lbs
» Medium - Red, 14 lbs
» Heavy - Blue, 16 lbs
» Extra Heavy - Black, 20 lbs
CABLE ATTACHMENTS

**F1 TRIANGLE**
F1CTA1
» High Quality Steel
» Rubber Handles

**F1 20” SOLID LAT BAR**
F1TCA1
» High Quality Steel
» Rubber Handles

**F1 28” SOLID LAT BAR**
F1TCA2
» High Quality Steel
» Rubber Handles

**F1 TRICEP BAR**
F1TCA3
» High Quality Steel
» Rubber Handles

**F1 ROPE TRICEP EXTENSION**
F1TCA4
» Durable Braided Nylon and Rubber
**F1 YOGA MAT**

F1YM1

- 1/8” thick x 24” W x 68” L
- Textured Non-Slip Surface

**F1 EXERCISE MAT**

F1YM2

- 1/2” thick x 24” W x 71” L
- Textured Non-Slip Surface

**F1 PREMIUM EXERCISE MAT**

F1YM3

- 1/2” thick x 24” W x 48” L
- Textured Non-Slip Surface

**F1 HIGH INTENSITY VIBRATING FOAM ROLLER**

F1YVFR

- 13” x 6”
- 3 Vibration Speed Levels

**F1 LATEX ELASTIC LOOPS**

F1LEL

- Set of 5 Loops includes Light, Medium, Medium-Heavy, Heavy, and Extra Heavy

**F1 ANTI BURST GYM BALANCE BALL**

F1ABGB

- 21” Diameter
F1 AGILITY RINGS
F1AR
- Lightweight and portable
- Rings connect for stability

F1 PREMIUM CORE SLIDER
F1PCS
- Glides smoothly on both carpet and hard floors
- Lightweight and portable

F1 WOODEN BALANCE BOARD
F1WBB
- 15.5” Diameter

F1 SUSPENSION MOUNT
F1SSP
- Includes 2 wood beam anchor screws
- Supports boxing heavy bags, suspension straps, resistance bands, yoga swings and more

F1 BALANCE PAD
F1BP
- 15.5” L x 8” W x 2.5” H
- Tear-resistant foam for long time use

F1 STRETCH OUT STRAP
F1STST
- Useful for stretching, massaging muscles and physical therapy treatments
F1 RUBBER FLOORING 1/2” THICK
F1FLOOR1.2
- 1/2” thick speckled rubber flooring
- Available in Black
- Easily installed using carpet tape or flooring glue for seamless look

F1 RUBBER FLOORING 3/8” THICK
F1FLOOR3.8
- 3/8” thick speckled rubber flooring
- Available in Black, Blue, Gray and Red
- Easily installed using carpet tape or flooring glue for seamless look