

**FitneX**

## APE PERFORMANCE EQUIPMENT

The APE line of products is designed in mind for those who consider themselves true athletes, for those who want to take their game to the next level. The APE line gives you the tools needed to improve overall speed and agility.

### LM1 - APE Portable Land Mine Trainer

A rotational training device that works your entire body. Perform movements and other rotational exercises simply by inserting any Olympic-size bar (not included) into the pivoting sleeve. Portable for use in or out of the weight room.



- ★ Mainframe: 11 heavy gauge steel, built to last.
- ★ Finish: All black powder coat finish.
- ★ Product Weight (G.W. / N.W): 2/1 kg
- ★ Packing: 0.3 Cubic Feet
- ★ Footprint: Barbell tube is 10" long (top) Lower tube for weights is 5".
- ★ Dimensions(L×W×H): 30 × 13 × 21cm / 12" × 5" × 8"

### BT1+BR1 APE Ball Holder Stand

Ball holder is 1/2" solid bar, 1/4" steel, ball holders 6" with two 1/2" holes to mount at user's choice on stable surface. Holder has clearance from stand or wall to hold large 14.5" balls to smaller medicine balls. Ball holders can be bolted to both sides of rack for increased storage.



- ★ Mainframe: STAND INCLUDES 5 BALL HOLDERS  
2"×3" 11 gauge square steel frame 61" tall with stable H frame design.
- ★ Finish: All black powder coat finish.
- ★ BT1+BR1: Ball Tower with 5 Holders
- ★ BT1 Product Weight (G.W. / N.W): 15/11.5 kg
- ★ BR1 Product Weight (G.W. / N.W): 7/5 kg
- ★ Packing: 1.4 Cubic Feet(BT1) / 0.4 Cubic Feet(BR1)
- ★ Dimensions(L×W×H): 55 × 40 × 156 cm /  
22" × 16" × 61"

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