

STRIVEFIT®

3 Position Plate Loaded System



cover all the angles

Live Like. Be Strong!

...cover all the angles with the
3 position plate loaded system!



47"W x 47"L

ARM CURL



77"W x 75"L

CHEST PRESS



63"W x 61"L

SHOULDER PRESS



64"W x 78"L

EXTREME ROW



48"W x 57"L

LEG EXTENSION



46"W x 72"L

PRONE LEG CURL

Accessories



30"W x 85"L

DUMBBELL RACK

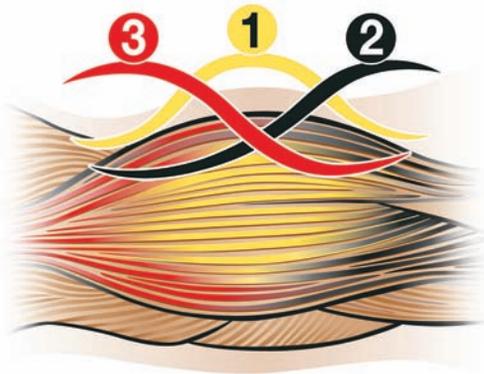


22"W x 25"L

PLATE RACK

Strive is a world-class manufacturer of both adult and youth fitness equipment, featuring our patented Strive tStrength Technology. Strive's innovative technologies and programs obsolete traditional strength equipment. The preferred choice of fitness facilities, YMCA's, the US Military, sports performance centers and anyone who wants the best results in the least amount of time.

Training a muscle at different angles is the only way to recruit maximum motor units in each muscle. **Strive's 3 Position Plate Loaded System** provides the variety necessary to optimize any fitness program, by delivering maximum intensity without over training.



Proudly
Manufactured
in the USA



<p>ZONE 1</p>	<p>EXERCISE MOTION</p> <p>100% RESISTANCE</p> <p>67%</p>		<p>ZONE 1 places peak resistance at the middle of the exercise motion similar to traditional plate loaded equipment, recruiting only a portion of the muscle.</p>
<p>ZONE 2</p>	<p>EXERCISE MOTION</p> <p>100% RESISTANCE</p> <p>80%</p> <p>50%</p>		<p>ZONE 2 places peak resistance at the end of the exercise motion, recruiting additional muscle fibers.</p>
<p>ZONE 3</p>	<p>EXERCISE MOTION</p> <p>100% RESISTANCE</p> <p>88%</p> <p>65%</p>		<p>ZONE 3 places peak resistance at the beginning of the exercise motion, recruiting even more muscle fibers not activated in previous sets.</p>

just a few of our advocates...

“The versatility of the equipment allows for developing both muscle strength and endurance. Unlike single resistance pattern equipment, Strive recruits maximal muscle fibers in a varied pattern, developing the muscle to its fullest potential.”

Barry Rubin, Former Strength and Conditioning Coach, Green Bay Packers

“Strive is simply the best way to train. I feel motivated by every workout and the results are tremendous!”

Brett Favre, Future Hall of Fame Quarterback

“Strive’s Target Loading system works the muscle efficiently and effectively through the entire range of motion giving the muscle a more complete workout for better results. When I write a strength training program for my Kung Fu students, it always includes Strive Training.”

Michael Martin, 5th Degree Black Sash, Martial Arts Training Specialist, American Family Fitness, Richmond, VA

“I trained with Strive before my recent deployment to Iraq. In the field you begin your day by putting on your body armor, loading on your rucksack and carrying your weapons. Strength and lean mass are of utmost importance to our troops in the field. Strive enables all troops to optimize their strength and fitness in training times that match busy schedules.”

United States Military Officer

“Our football team had a winning season for the first time in 10 years and Strive played a significant roll in this turn-around. Our kids are stronger and significantly quicker. Athletes that had been lifting free weights in a serious program over a year prior to starting the Strive program found that they increased their overall strength an average of 58% after 4 weeks and 104% after 8 weeks. We have also had a dramatic decrease in joint injuries.”

Pennsbury High School, Philadelphia PA

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