



# SUPLES TRAINING SYSTEMS<sup>®</sup>

CREATED FOR WORLD CLASS TRAINING



PHONE 2083624248 FAX 2083621368 EMAIL [INFO@SUPLES.COM](mailto:INFO@SUPLES.COM) ADDRESS 8534 W.ELISA ST. BOISE ID 83709, USA

[www.suples.com](http://www.suples.com)



## Dear Coaches, Athletes and Fitness Enthusiasts,

My Suples Team and I are both proud and happy to share all of our unique training methods and products with you! Our products will help you increase your strength, conditioning and overall performance. I have spent years training, competing and coaching, which has helped me develop ideas and products with one purpose in mind – to improve results! My ambition to stay fit and healthy continues to drive me to be creative with new training innovations, not only for world class Olympic wrestling preparation, but also for general health and fitness.

Whether you are an athlete, a coach, or a fitness enthusiast, I hope the information and demonstrations you find at [www.suples.com](http://www.suples.com) on The Bulgarian Bag, The Gladiator Wall, The H.I.R.T.S. Trainer, Suples Fit Ball, and all the Training and Throwing Dummies, along with their individual product elements, will benefit your training and help you achieve your goals!

We take our products and services seriously and therefore offer a hassle-free "No BS" policy with all our products.

I hope you choose Suples for all your training needs!

Sincerely,

**Ivan Ivanov**

President / Founder of Suples Ltd

*Ivan R. Ivanov*



# History of **Suples Ltd.** and **Suples Training Systems®**

Ivan Ivanov was brought from his home country of Bulgaria to the U.S. Olympic Training Center in Colorado Springs, CO to work for USA Wrestling National Greco Roman Wrestling Program. After Ivan Ivanov coached at the U.S. Olympic Training Center for 2 years, he moved to Salt Lake City, Utah to accept a full time coaching position at the Tree House Athletic Club. Coach Ivanov's responsibility was to develop the youth wrestling program and to make them top competitors at the national level. Tree House Athletic Club was the biggest health and fitness club in the Salt Lake City area, but the equipment Coach Ivanov needed to have in the wrestling room was lacking and not adequate to finish the goals and objectives of taking the team to the national level. This prompted Coach Ivanov to get creative and develop the proper training equipment for the development of wrestling-specific strength and conditioning.



**Coach Ivan's young tigers from TAC Wrestling**

Two years later in 2001, Coach Ivan Ivanov again returned to coach Greco Roman Wrestling at the world level, taking over the head coaching position at the United States Olympic Training and Education Center in Marquette, Michigan. Ivan Ivanov served as a head Greco Roman Wrestling Coach from 2002 until 2009 and was able to develop multiple World and Olympic medalists.



**Coach Ivan Ivanov on the right side with his team from the United States Olympic Training and Education Center.**

Coach Ivanov's motivation was to develop equipment that fostered faster gains of high-level results, not only for strength and endurance, but specific technique skills. Wrestling dummies were the first equipment that Coach Ivanov developed specifically for his wrestlers. Coach Ivanov's original idea was to have the equipment available right in the wrestling room, to be used on the mats without causing damage.



**USA Greco Roman Wrestling Won the World Team Title in 2007 for the first time in U.S. History. Coach Ivan Ivanov contributed to the team title with 2 athletes from the Olympic Training Center in Marquette, MI. Justin Lester won bronze medal and Joe Betterman took 8th place.**

**Photo: Coach Ivan Ivanov (on the right) with the U.S.A National Coaching Staff.**

Coach Ivan Ivanov continued to develop equipment for athletes in training, and eventually created the Five Training Systems: Suples Wrestling Dummies, Gladiator Wall, H.I.R.T.S. (High Intensity Rope Training System), the Bulgarian Bag and the Bone Dummy.

Pretty soon, Coach Ivanov was being asked to build his equipment for other coaches and teams, and not just for wrestling. Coach Ivanov's equipment became so widely respected that his wrestling dummies were selected by the Olympic Committee to be used by athletes in the 2012 London Games.



**Coach Ivan Ivanov with his first line of complete Suples Wrestling Dummy's in 2005.**

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## The **Bulgarian Bag** is the **Next Era** of **Functional Training!**

Personal Trainers and athletes alike are always searching for new and effective fitness tools. Ideally, trainers search for equipment that is versatile, functional, effective and durable. The Bulgarian Bag is capable of all of these things and more.

### **For our Bulgarian Bags we offer 3 different types of material:**

- Genuine Leather
- Synthetic Leather
- Canvas

### **We also offer 4 different Bulgarian Bag models:**

- Original Model
- Suples Strong Model
- Suples Fit Model
- Suples Strong Fit Model

It is the Suples stuffing method that will guarantee you a good quality and well balanced bag. The Original Bulgarian Bag model comes in 6 sizes (X-Small, Small, Medium, Large, X-Large and XX-Large). From these sizes we have created the following ranges:

- Range X-Small includes- 6lbs & 11lbs bags
- Range Small includes-13lbs & 17lbs bags
- Range Medium includes- 22lbs, 26lbs & 30lbs bags
- Range Large includes- 33lbs, 37lbs & 42lbs bags
- Range X-Large includes- 44lbs, 50lbs & 58lbs bags
- Range XX-Large includes- 66lbs, 75lbs & 84lbs bags

The bag's shape allows for both upper and lower body training while emphasizing grip strength. The three different types of handles allow athletes to execute a variety of exercises by using different grips. According to Bulgarian Bag personal fitness expert Steve Nave, "The Bulgarian Bag is a fitness tool of the next generation." Being a movement based piece of equipment, Nave states, "It incorporates all primal movement patterns that mimic natural movements. What makes the bag unique is that it's one of only a few exercise tools that cover all planes of movement under load. It's a functional training tool that creates power and neurological integration." The Bulgarian Bag will have been around for 10 years in August 2015, and has already been validated by Olympic caliber athletes.





## OUR BAG. YOUR BODY. SUPER U.

### Choose your Bulgarian Bag - Original Model

Bulgarian Bags are available in X-Small to XX-Large, manufactured with pride in Bulgaria, and built with the toughness and durability to handle everything you can throw at them. Most, if not all of the exercises that can be performed with kettlebells, dumbbells, medicine balls, weight vests, and/or barbells can be performed with the Bulgarian Bag. The Bulgarian Bag, also offers movements that cannot be duplicated with any other tool that can allow an athlete to move in all three planes of motion during a single movement! Athletes of every sport can benefit from the unique training techniques.



### What is Bulgarian Bag Range?

Ivan Ivanov wanted to take the Bulgarian Bags to the next level, so he came up with the Ranges. The Ranges will allow the athletes to have more size and weight options. This is the next step for making sure the Bulgarian Bag is personalized to you and your workouts. Ranges will also give you better transition weights as you get stronger. For example: Instead of going from a 17lbs bag to a 26lbs bag you will now have a 22lbs bag option in between. Ivan originally created the Bulgarian Bag for muscular endurance training and for exercises that are similar to some of the wrestling throws and techniques. Now, with the xx-large range bags, we are able to train for maximal strength and power workouts as well.





## Genuine Leather all ranges

### X Small Range

**6lbs or 3kg/11lbs or 5kg**

These bags are recommended for beginner or de-conditioned fitness enthusiast. They would also be appropriate for children incorporating movement-based activities to their playtime and exercise activities. Athletes can also benefit from the x-small bags; they can be used for high rep speed training. Its yellow straps identify this bag size.

\* 2 Year Warranty for all Genuine leather products



Genuine Leather Bag XS  
**(6 lbs)**



Genuine Leather Bag XS  
**(11 lbs)**



Pink Bag XS  
**(11 lbs)**

### Small Range

**13lbs or 6kg/17lbs or 8kg**

The small bags are recommended for women with an average level of strength and conditioning or who have no experience with the Bulgarian Bag training. These bags will be too light for most men unless their age, health and/or other factors need to be considered. Even if you are a strong or capable athlete, it may be best to start with a small bag to learn the movements first, then eventually move up to the medium bag. Its green straps identify this bag size.

\* 2 Year Warranty for all Genuine leather products



Genuine Leather Bag S  
**(13 lbs)**



Genuine Leather Bag S  
**(17 lbs)**



Pink Bag S  
**(17 lbs)**

### Medium Range

**22lbs or 10kg/26lbs or 12kg/30lbs or 14kg**

The medium bags are recommended for an athlete who has average anaerobic capacity and conditioning. These bags are great for most men who are just starting to learn the Bulgarian Bag signature movements. They will challenge the user in all energy systems more predominately in anaerobic capacity, muscle endurance, grip strength and endurance. This bag will be functional for many years and will always be appropriate for training. Its red straps identify this bag size.

\* 2 Year Warranty for all Genuine leather products



Genuine Leather Bag M  
**(22 lbs)**



Genuine Leather Bag M  
**(26 lbs)**



Genuine Leather Bag M  
**(30 lbs)**





**Accept the challenge**

Get better





# Bulgarian Bag® - Original Model



## Large Range

**33lbs or 15kg/37lbs or 17kg/42lbs or 19kg**

The large bags are recommended for the athlete with superior anaerobic capacity and conditioning. It would be extremely difficult to use these bags for a full standard workout without prior bag training or conditioning. This bag places great demands on grip strength and endurance. The casual user will have difficulty using these bags. Its silver straps identify this bag size.

\* 2 Year Warranty for all Genuine leather products



Genuine Leather Bag L  
**(33 lbs)**



Genuine Leather Bag L  
**(37 lbs)**



Genuine Leather Bag L  
**(42 lbs)**

## X Large Range

**44lbs or 20kg/50lbs or 22kg/58lbs or 26kg**

Recommended for physically well-prepared athletes with outstanding strength and anaerobic conditioning. These bags are not meant for the casual user. They are demanding on all levels and should only be used by the experienced athlete. Its brown straps identify this bag size.

\* 2 Year Warranty for all Genuine leather products



Genuine Leather Bag XL  
**(44 lbs)**



Genuine Leather Bag XL  
**(50 lbs)**



Genuine Leather Bag XL  
**(58 lbs)**

## XX Large Range

**66lbs or 30kg/75lbs or 34kg/84lbs or 38kg**

Recommended for physically well-prepared athletes with outstanding strength and anaerobic conditioning. These bags are not meant for the casual user. They are demanding on all levels and should only be used by the experienced athlete. Its brown straps identify this bag size.

\* 2 Year Warranty for all Genuine leather products



Genuine Leather Bag XXL  
**(66 lbs)**



Genuine Leather Bag XXL  
**(75 lbs)**



Genuine Leather Bag XXL  
**(84 lbs)**



**The Bulgarian Bag® comes with an instructional DVD to get you started. Each DVD has demonstrations of proper use and demos of intense training right from the creator, Ivan Ivanov.**

"Don't underestimate the weight of the Bulgarian Bag. Until you work with the bag and follow the Suples System, you will not understand what the Bulgarian Bag is all about. Bulgarian Bags are not just a form of dumbbells or free weights. We recommend that you measure your progress by how well you have mastered the Suples signature movements." – **Suples Master Ivan Ivanov**





## Syntetic leather all sizes



Synthetic Bag L  
(37 lbs)



Synthetic Bag M  
(26 lbs)



Synthetic Bag S  
(17 lbs)



Synthetic Bag XS  
(11 lbs)

\* 1 Year Warranty for all non leather products

## Canvas all sizes



Synthetic Bag L  
(37 lbs)



Synthetic Bag M  
(26 lbs)



Synthetic Bag S  
(17 lbs)



Synthetic Bag XS  
(11 lbs)

\* 1 Year Warranty for all non leather products

## Gi Vest

The Gi Vest is a great accessory for your Bulgarian Bag. It is a must have if you are into Judo or Jiu Jitsu. The Gi Vest is made with high quality gi material that is attached to the vest, this allows you to have two extra handles on your Bulgarian Bag and changes the side handles to side Gi handles. This accessory comes in two size options: 1st size can fit the x-small and small size Bulgarian Bags, 2nd size can fit the medium and large size Bulgarian Bags. The main focus of the Gi Vest is the grip training for your hands and fingers. You will not find effective grip training like this with any other tool out there!

\*1 Year Warranty for all non leather products



GI Vest for XS, S, M, L bags



## Bulgarian Bag Head Harness

This Head Harness is specifically designed to work with the Bulgarian Bag Original, Suples Strong and Suples Fit models. If you already have the Bulgarian Bag and you wish to increase the strength of your neck muscles, you will love the Suples Head Harness. The pain is not going to be on your head and ears, but on your neck muscles. This tool is a must have for all combat athletes. With the Bulgarian Bag and the Suples Head Harness, forget about the "cherry stem neck."



VIDEO







**FULL**  
body training







## New design

The new and innovated Bulgarian Bag model called Suples Strong is designed to take your Bulgarian Bag training to a whole new level. The new handle design will help you practice movements which are difficult to perform on the original model.

The new strap handles will also help your grip to last longer when practicing your dynamic exercises.



## Adjustable weight

This new Bulgarian Bag model is designed to offer you different grip options, changeable weights and a greater variety of exercises. Being able to quickly adjust the weight of each bag gives you the option to fit two bag sizes in one Bulgarian Bag.

For example: X-Small 11lbs-Small 17lbs, Small 17lbs-Medium 26lbs, & Medium 26lbs-Large 37lbs.



## Free Carry bag

Bulgarian Bag Suples Strong comes with its own Carry bag to help you transport and store your Bulgarian Bag Suples Strong Model.







## Suples Strong bag all sizes

### High quality material

Made out of high quality genuine leather, these bags are super strong and durable. Now is the time to test yourself and see if you are Suples Strong!

\* 2 Year Warranty for all Genuine leather products

Suples Strong Model Introduction video



Suples Strong Bag  
X-small - Small  
**(11-17 lbs)**



Suples Strong Bag  
Small - Medium  
**(17-26 lbs)**



Suples Strong Bag  
Medium - Large  
**(26-37 lbs)**

## Bulgarian Bag Suples Strong Fit



Suples Strong Fit - XS  
**(11 - 20 lbs)**



Suples Strong Fit - S  
**(17 - 26 lbs)**



Suples Strong Fit - M  
**(26 - 35 lbs)**



Suples Strong Fit - L  
**(37 - 45 lbs)**

### Bulgarian Bag Fitness Training

The new and innovated Bulgarian Bag model, Suples Strong Fit, is designed to give you more training options. Besides the adjustable weights and grip options, the Suples Strong Fit model now offers the elastic bands, which is a great way to break the monotony of the traditional Bulgarian Bag workout. Also, if color coding is important to you or your training program, then consider this model.

"Never treat your athletes like robots, but continue to bring new training routines to them." – Suples Master Ivan Ivanov





# The perfect FITNESS COMPANION



Train Hard, **Have Fun** and Be **Suples Fit!**







## Suples Fit bag all sizes



Suples Fit Bag XS  
(11 lbs)



Suples Fit Bag S  
(17 lbs)



Suples Fit Bag M  
(26 lbs)



Suples Fit Bag L  
(37 lbs)

\* 1 Year Warranty for all non leather products



The Bulgarian Bag® comes with an instructional DVD to get you started. Each DVD has demonstrations of proper use and demos of intense training right from the creator, Ivan Ivanov.

Suples Fit Bag  
Introduction Video



### Carry Bag

The Carry Bag is a great accessory for your Bulgarian Bag. The Carry Bag is a must have, especially for individuals who travel or train at multiple locations. This accessory will keep your bag clean and is a perfect way to store your Bulgarian Bag.

**The Carry Bag will hold 6lbs bags - 50lbs bags.**





## It will bring the **BEAST** out of **YOU**

The Suples Fit Ball is a unique idea that came after the original Bulgarian Bag. After we implemented the Suples Strong model, I found that there were certain movements that I was inspired to implement into my workouts that I couldn't quite perform on the Bulgarian Bag Original or the Suples Strong models. For example: the under arm swing, a variety of different slams and some other dynamic movements. When we implemented the strap handles on the Suples Strong model, I found that more movements were made possible.



Those dynamic exercises made me realize that I also needed to make something smaller that would help me increase speed without killing my grip, the way the main handles do on the Bulgarian Bag Original and the Suples Strong models.

With that in mind, the Suples Fit Ball was created. The Suples Fit Ball gives you new movements and exercises that increase your strength while giving you an intense cardio workout. There movable handles also allow you to use the Suples Fit Ball as a traditional medicine ball.







## Suples Fit® Ball all sizes



Suples Fit® Yellow Ball  
**(9 lbs)**

Suples Fit® Green Ball  
**(13 lbs)**

Suples Fit® Red Ball  
**(18 lbs)**

Suples Fit® Black Ball  
**(22 lbs)**

\* 1 Year Warranty for all non leather products



The Suples Fit Ball comes with an instructional DVD to get you started. This DVD will help you with your techniques and teach you how to properly move the Suples Fit Ball so you get an effective Suples workout.  
**Spin Fast, Swing Hard & Slam Loud!**

Suples Fit® Ball  
Introduction Video



### Cardio Training

From all of the Suples tools that we have in our Suples store, the Suples Fit Ball is the cardio tool I will recommend. "THIS TOOL WILL MELT YOUR FAT LIKE A SNOWBALL IN THE OVEN", It will get your heart rate up more than any of our other tools, it will give you a lot of different variety of dynamic movements – Slams, Jumps, Swings, Spins and all the intensity that you need and mainly will make you sweat.

### Slams

The ability to do slams on our Suples Fit Ball gives us a great core and leg muscular endurance work out. Once you mix the dynamic movements on the Suples Fit Ball with the slams, the cardio effect is unbelievable! These powerful slams will have you breathing hard in only 5-10 reps! It could be a challenge to be able to continue moving the bag around after performing these slams (which only weighs 9lbs) but the conditioning effect is guaranteed.

## Target Slam Mat

The Target Slam Mat is a must have if you own a Suples Fit Ball. It is designed to be used on most surfaces to help you slam loud wherever you may be, as well as protect your Suples Fit Ball. It will give you one less excuse to miss a workout.

Also the target on the Target Slam Mat is there to help everyone learn to deliver the ball to the mat correctly, so you have effective slams that continue at an intense pace. The Target Slam Mat is made with top of the line material that absorbs the strongest of slams and won't break down. So spin fast, swing hard, and slam loud anywhere you want!





## Cross training on and off the mat

The Suples Combat bag is designed to be used for different types of cross training on and off the mat. Filled with sand, the Suples Combat bag is made Suples Strong so you can use it safely in almost any environment.

This is a great tool that is used a lot in circuit training, individual training, and is perfect for a group of three athlete wrestlers who are partner and combat training (example: two are wrestling while the third is working on the combat bag while waiting his turn to wrestle).





## Suples Combat Bag all sizes



Suples Combat Bag XS  
**(12 lbs)**



Suples Combat Bag S  
**(27 lbs)**



Suples Combat Bag M  
**(40 lbs)**



Suples Combat Bag L  
**(55 lbs)**



Suples Combat Bag XL  
**(70 lbs)**



Suples Combat Bag XS  
**(12 lbs)**



Suples Combat Bag S  
**(27 lbs)**



Suples Combat Bag M  
**(40 lbs)**



Suples Combat Bag L  
**(55 lbs)**



Suples Combat Bag XL  
**(70 lbs)**

\* 1 Year Warranty for all non leather products





## What is **H.I.R.T.S.**?

The idea for the **High Intensity Rope Training System (H.I.R.T.S.)** came to Ivan Ivanov when he was working with young wrestlers in Salt Lake City, Utah in 1999. He created and improved the H.I.R.T.S. while working as a wrestling coach at the Olympic Training and Education Center in Marquette, Michigan.

Based on his knowledge and results by training with elastic resistance bands, Ivanov created the H.I.R.T.S. trainer mostly for pulling and pushing exercises for lower and upper body. Since 1999, Ivanov has been using the H.I.R.T.S. trainer for different types of strength and conditioning workouts from youth to world class wrestling and also for anyone who loves to exercise and stay fit. Since the first model of the H.I.R.T.S. trainer to the current model, Ivan has continued to modify the H.I.R.T.S. trainer with more elements for the sole purpose of making the most effective and productive training tool possible and he has the results to prove it.

The horizontal rope pulling/climbing, along with interval training for the legs such as sprints, jumps and body attacks corresponding with wrestling moves were the signature exercises on the original H.I.R.T.S. Trainer. Over time, Suples Ltd., led by Ivan Ivanov, was able to develop the H.I.R.T.S. trainer into one of the best training tools on the market.





# H.I.R.T.S.® - Suples Strong (6-in-1)



Stretchable bands (or tubing) resistant training has always been one of my favorite ways to build functional strength. My idea about creating the H.I.R.T.S.® trainer came mostly because I wanted to experience rope-climbing training methods, even when a traditional rope climb was not possible. The H.I.R.T.S. can effectively train the same upper body muscles involved during hanging rope climbing and even more when using additional attachments. A great tool for total body workouts, the H.I.R.T.S. trainer can be adjusted to deliver multiple levels of training resistance. The H.I.R.T.S. trainer can be set to train athletes of all levels. Easily adjustable resistance, great for muscle target exercises and for dynamic exercises. Created for training Olympians.

One of the most important functions of the H.I.R.T.S. - Suples Strong which I value as a coach is: from one single unit you can set up to 4 workout stations and train up to 4 athletes at the same time by having them all do different exercises.

With its portability the H.I.R.T.S. - Suples Strong is excellent equipment for indoor and outdoor training.

## H.I.R.T.S. - Training Pack info and differences between the H.I.R.T.S. Heavy and H.I.R.T.S. Light

The H.I.R.T.S. - Suples Strong model with **heavy resistance weighs 21 lbs. and the bands are color coded in red** along with its own back pack.

The H.I.R.T.S. - Suples Strong model with **light resistance weighs 18 lbs. and is color coded in yellow** along with its own back pack.

## The trainer includes

- H.I.R.T.S.® Suples Strong
- H.I.R.T.S.® W Attachment
- H.I.R.T.S.® Crossbow
- H.I.R.T.S.® Climber
- H.I.R.T.S.® Battler
- H.I.R.T.S.® Speed
- H.I.R.T.S.® Fighter



**Free instructional DVD included**



H.I.R.T.S. Suples Strong (6-in-1)  
**Light (Yellow)**



H.I.R.T.S. Suples Strong (6-in-1)  
**Heavy (Red)**

## The H.I.R.T.S.® Suples Strong trainer comes with its own bag along with all the elements

- Anchor Belt (x1)
- Resistance Bands (x6)
- Climbing rope (x1)
- Handles (x2)
- Metal Bar (x1)
- Metal Bar Case (x1)
- Waist Belt (x1)
- Ankle Belts (x2)
- Small Carabineer (x2)
- Backpack (x1)





# H.I.R.T.S.® - Crossbow (5-in-1)



The H.I.R.T.S. Crossbow is ideal for fitness enthusiasts and athletes who want to target and train certain muscle groups.



H.I.R.T.S. Crossbow (5-in-1)

## The trainer includes

- H.I.R.T.S.® Crossbow
- H.I.R.T.S.® W Attachment
- H.I.R.T.S.® Battler
- H.I.R.T.S.® Speed
- H.I.R.T.S.® Fighter



Free instructional  
DVD included

## The H.I.R.T.S.® Crossbow trainer comes with its own carry bag and:

- Anchor Belt (x1)
- Resistance Bands (x3)
- Handles (x2)
- Metal Bar (x1)
- Metal Bar Case (x1)
- Waist Belt (x1)



H.I.R.T.S. Crossbow  
Set Up Video



# H.I.R.T.S.® - Climber (4-in-1)



H.I.R.T.S. Climber is the first element of the original H.I.R.T.S. unit. The main function of the Climber is to simulate climbing an actual rope but from a position where it's not mandatory to have a high ceiling or special facility. By knowing the effect of the elastic bands resistance, Coach Ivan Ivanov created the H.I.R.T.S. Climber to be effective for training athletes with different strengths and physical abilities. Climbing from a standing position also engages the legs and the lower back muscles, which is difficult to accomplish with the traditional climbing rope.

## The trainer includes

- H.I.R.T.S.® Climber
- H.I.R.T.S.® Battler (4-bands model only)
- H.I.R.T.S.® Speed
- H.I.R.T.S.® Fighter



**Free instructional DVD included**

## The H.I.R.T.S.® trainer comes with its own bag along with all the elements:

- Anchor Belt (x1)
- Resistance Bands (x2 / x4)
- Climbing rope (x1)
- Waist Belt (x1)
- Small Carabineer (x1)
- Backpack (x1)



H.I.R.T.S. Climber (4-in-1)  
**2 bands**



H.I.R.T.S. Climber (4-in-1)  
**4 bands**

## Gi Rope

The Gi Rope is a great accessory that goes with the H.I.R.T.S. Suples Strong model and the H.I.R.T.S. Climber. The Gi Rope comes with 2 H.I.R.T.S. resistance bands and an anchor belt. This tool was created to be used mostly as a climber. The grip training you will do with the Gi Rope is ideal for Jiu Jitsu and Judo martial arts. This is because the focus of the training will be on the hands and fingers. The Gi Rope is made with quality gi material that mimics a gi perfectly. Also, with this rope, you will get great upper body training that will help you achieve the results you are looking for and take your training to the next level.

## Gi Rope includes:

- Anchor Belt (x1)
- Resistance Bands (x2)
- Gi-rope (x1)





# H.I.R.T.S.® - W-Attachment (3-in-1)



The H.I.R.T.S. W-attachment is the perfect tool to fit with our Gladiator Wall, Dip Bar and Bulgarian Bag.

## The H.I.R.T.S.® W-Attachment trainer comes with the following elements:

- Resistance Bands (x4)
- Metal Bar (x1)
- Anchor Belt (x1)
- Packaging (x1)

## The trainer includes

- H.I.R.T.S.® W Attachment
- H.I.R.T.S.® Battler
- H.I.R.T.S.® Fighter



Free instructional DVD included

H.I.R.T.S.  
W-Attachment  
Set Up Video



# H.I.R.T.S.® - Battler (3-in-1)



If you like the battling ropes, you will enjoy the H.I.R.T.S. Battler. The advantage that you will get while using the H.I.R.T.S. Battler is that you will be fighting not only against the weight of the elastic rope, but also with its resistance. Battling while keeping the elbows bent in 90 degree angle is the signature of the H.I.R.T.S. Battler. The ability to train with a partner makes this tool very useful and fun. In our Suples training, we mostly use the H.I.R.T.S. Battler for our intense interval work outs. By using the strap handles at the end of each band, you can do muscle target training for upper and lower body.

**The H.I.R.T.S.® Battler trainer comes with its own bag along with all the elements:**

- Anchor Belt (x1)
- Resistance Bands (x4)
- Small Carabineer (x2)

## The trainer includes

- H.I.R.T.S.® Battler
- H.I.R.T.S.® Speed
- H.I.R.T.S.® Fighter



**Free instructional DVD included**



H.I.R.T.S. Battler (3-in-1)



H.I.R.T.S. Battler (3-in-1) **Heavy**

**H.I.R.T.S.  
Battler (3-in-1)  
Video**





# H.I.R.T.S.® - Speed (2-in-1)



H.I.R.T.S. Speed is a very important element of the entire H.I.R.T.S. trainer. The training focus is mostly on the legs. Sprinting, jumping, squatting, lunging and some other lower body exercises are the signature of this element. Designed mostly for lower body workouts, the H.I.R.T.S. Speed element is also very useful with upper body exercise when using the strap handles. H.I.R.T.S. Speed is your cardio training tool with the H.I.R.T.S. trainer.

## The trainer includes

H.I.R.T.S.® Speed  
H.I.R.T.S.® Fighter



**Free instructional  
DVD included**

**The H.I.R.T.S.® Speed trainer comes with its own bag along with all the elements:**

Anchor Belt (x1)  
Resistance Bands (x2)  
Waist Belt (x1)



H.I.R.T.S. Speed (2-in-1)



# H.I.R.T.S.® - Fighter (1-in-1)



**The H.I.R.T.S.® Fighter comes with its own bag along with all the elements:**

- Anchor Belt (x1)
- Resistance Bands (x2)
- Storage Carry bag (x1)

**The trainer includes**

**H.I.R.T.S.® Fighter**



The HIRTS Fighter comes with a free instructional DVD. It contains an Introduction, Exercises, Intense Workout and a Training Routine.



H.I.R.T.S. Fighter **Light**



H.I.R.T.S. Fighter **Heavy**

**H.I.R.T.S. Fighter  
Introduction Video**







The H.I.R.T.S. Suples Fit is great for at home training that you can also take outside. You will never have to miss a workout with this Suples Training System. You can choose from our light or heavy resistance-bands. Each system comes with handles, a rope, and waist and ankle straps. With these attachments, you will be able to switch up your workouts very easily from muscular endurance training to cardio as well as core and total body exercises. If you are always on the run, this is the system for you.



The H.I.R.T.S.® Suples Fit comes with an instructional DVD to get you started. Each DVD has demonstrations of proper use and demos of intense training right from the creator, Ivan Ivanov.



H.I.R.T.S. Suples Fit  
**Light**



H.I.R.T.S. Suples Fit  
**Heavy**

## The H.I.R.T.S.® Suples Fit trainer comes with its own bag along with all the elements:

- Backpack (x1 for Heavy / 1x Light )
- Anchor Belt (x1)
- Resistance Bands (x4 for Heavy / x3 for Light )
- Climbing rope (x1)
- Waist Belt (x1 for Heavy / 1x for Light )
- Handles (x2 for Heavy / x2 for Light )
- Small Carbineer (x6)

H.I.R.T.S. Suples Fit  
Introduction Video





## Throw or Be **Thrown!** - Team Suples

Don't be intimidated when it comes to training with our Suples Throwing Dummies. They are becoming very popular as a self-defense and fitness training tool. Once you and/or your clients learn the proper throwing techniques (which you will find on our instructional DVDs) you will be able to integrate this training into any workout. The Suples Throwing Dummy will not only build confidence, but we guarantee that it will get results in strength, endurance, speed, flexibility and coordination. Remember, wrestling builds more motor skills than most sports. Wrestling not only increases physical agility and strength, it teaches how to properly and effectively train the mind and body. That is why wrestling is the foundation of Suples Ltd.

Suples Ltd. is well experienced in different models of training dummies that are beneficial for wrestling, MMA, self-defense, and general fitness. Based on the type of training you need for your individual goals, we have a Dummy for you. We are proud to say that our wrestling throwing dummies were purchased for supplying all the combat sports during the 2012 London Olympic Games. When it comes to throwing dummy training, remember nobody knows more than Suples.





## Why train with Throwing Dummies?

We are very proud of our wrestling background because it gave us the knowledge for creating functional training programs, for not only professional wrestlers, but for anyone who loves functional fitness.

If you are already following our Suples Training and have basic knowledge of using the Bulgarian Bag, H.I.R.T.S., the Gladiator Wall and Suples Fit Ball, you can use the dummies! You will see how all the Suples components carry over and build the fundamentals you need to become confident and motivated to accept the challenge to integrate the Suples Throwing Dummies into your daily workouts.

**Remember Suples Throws are So Much Fun!**

**Throw or Be Thrown!**



**Full Body** Movement



Train Like a **Professional**



It's not important how **little** you are, but how **big your dream** is.

## Dimensions and Sizing Recommendations

**Extra Small:** Weight 33-35 lbs.; Height 52 inches; For athletes 60-90 lbs.

**Small:** Weight 50-55 lbs.; Height 58 inches; For athletes 90-140 lbs.

**Medium:** Weight 60-65 lbs.; Height 63 inches; For athletes 140-190 lbs.

**Large:** Weight 80-85 lbs.; Height 68 inches; For athletes 190-250lbs





## Freestyle Dummy – Genuine Leather all sizes



Freestyle Dummy  
Genuine Leather - L  
**(78-85 lbs)**



Freestyle Dummy  
Genuine Leather - M  
**(60-65 lbs)**



Freestyle Dummy  
Genuine Leather - S  
**(50-55 lbs)**



Freestyle Dummy  
Genuine Leather - XS  
**(30-35 lbs)**

\* 2 Year Warranty for all Genuine leather products

## Freestyle Dummy – Synthetic Leather all sizes



Freestyle Dummy  
Synthetic Leather - L  
**(78-85 lbs)**



Freestyle Dummy  
Synthetic Leather - M  
**(60-65 lbs)**



Freestyle Dummy  
Synthetic Leather - S  
**(50-55 lbs)**



Freestyle Dummy  
Synthetic Leather - XS  
**(30-35 lbs)**



Freestyle Dummy  
Synthetic Leather - XXS  
**(22 lbs)**

\* 1 Year Warranty for all non leather products

# Suples® Greco-Roman Dummy



With the **Suples Dummies**, Leave it all at the Gym!



Suples Throws are **Fun !**

## Dimensions and Sizing Recommendations

**Extra Small:** Weight 33-35 lbs.; Height 52 inches; For athletes 60-90 lbs.

**Small:** Weight 50-55 lbs.; Height 58 inches; For athletes 90-140 lbs.

**Medium:** Weight 60-65 lbs.; Height 63 inches; For athletes 140-190 lbs.

**Large:** Weight 80-85 lbs.; Height 68 inches; For athletes 190-250lbs





## Greco - Roman Dummy - Genuine Leather all sizes

**L**  
78-85 lbs  
68 in



for athletes **190-250 lbs**

**M**  
60-65 lbs  
63 in



for athletes **140-190 lbs**

**S**  
50-55 lbs  
58 in



for athletes **90-140 lbs**

**XS**  
30-35 lbs  
52 in



for athletes **60-90 lbs**

Greco - Roman Dummy  
Genuine Leather - L  
**(78-85 lbs, 68 in)**

Greco - Roman Dummy  
Genuine Leather - M  
**(60-65 lbs, 63 in)**

Greco - Roman Dummy  
Genuine Leather - S  
**(50-55 lbs, 58 in)**

Greco - Roman Dummy  
Genuine Leather - XS  
**(30-35 lbs, 52 in)**

\* 2 Year Warranty for all Genuine leather products

## Greco - Roman Dummy - Synthetic Leather all sizes

**L**  
78-85 lbs  
68 in



for athletes **190-250 lbs**

**M**  
60-65 lbs  
63 in



for athletes **140-190 lbs**

**S**  
50-55 lbs  
58 in



for athletes **90-140 lbs**

**XS**  
30-35 lbs  
52 in



for athletes **60-90 lbs**

Greco - Roman Dummy  
Synthetic Leather - L  
**(78-85 lbs, 68 in)**

Greco - Roman Dummy  
Synthetic Leather - M  
**(60-65 lbs, 63 in)**

Greco - Roman Dummy  
Synthetic Leather - S  
**(50-55 lbs, 58 in)**

Greco - Roman Dummy  
Synthetic Leather - XS  
**(30-35 lbs, 52 in)**

\* 1 Year Warranty for all non leather products



Throw with **amplitude!**

## Why the **Speed Dummy®** ?

Here are few of the reasons why I have decided to build the Suples Speed Dummy.

- The Speed Dummy is designed to be almost half the weight of the regular throwing dummy. That makes the speed dummy a lot more functional while practicing throws, techniques and combat fitness movements.
- The difference of the stuffing materials makes the speed dummy much more flexible and a lot easier to practice than the traditional throwing dummy that we use for building explosive power and technique.
- The arm dimensions are designed with extra length to allow a more convenient hold and grip.
- The Speed Dummy is designed to bounce off the mat while throwing. That helps the athlete to quickly reset for the next throw without lifting it every time.
- The Speed Dummy is designed to develop speed and intensity while executing throws.

**Throw or Be Thrown - Coach Ivan Ivanov**





## Speed Dummy® Suples Fit® all sizes

**L**

48 lbs  
68in

for athletes **190-250 lbs**



**M**

35 lbs  
63in

for athletes **140-190 lbs**



**S**

28 lbs  
58in

for athletes **90-140 lbs**



Speed Dummy® Suples Fit® L  
**(48lbs, 68in)**

Speed Dummy® Suples Fit® M  
**(35lbs, 63in)**





Speed Dummy® Suples Fit® S  
**(28lbs, 58in)**

\* 1 Year Warranty for all non leather products









## Speed Dummy® Greco - Roman- all sizes

<p><b>L</b> 46 lbs 68in</p> <p>for athletes <b>190-250 lbs</b></p>  <p>Speed Dummy® Greco - Roman - L <b>(45lbs)</b></p>	<p><b>M</b> 38 lbs 62in</p> <p>for athletes <b>140-190 lbs</b></p>  <p>Speed Dummy® Greco - Roman - M <b>(35lbs)</b></p>	<p><b>S</b> 32 lbs 58in</p> <p>for athletes <b>90-140 lbs</b></p>  <p>Speed Dummy® Greco - Roman - S <b>(28lbs)</b></p>	<p><b>XS</b> 24 lbs 52in</p> <p>for athletes <b>60-90 lbs</b></p>  <p>Speed Dummy® Greco - Roman - XS <b>(20lbs)</b></p>
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\* 1 Year Warranty for all non leather products

## Speed Dummy® Freestyle all sizes

<p><b>L</b> 50 lbs 68in</p> <p>for athletes <b>190-250 lbs</b></p>  <p>Speed Dummy® Freestyle - L <b>(50 lbs, 68 in)</b></p>	<p><b>M</b> 46 lbs 63in</p> <p>for athletes <b>140-190 lbs</b></p>  <p>Speed Dummy® Freestyle - M <b>(46 lbs, 63 in)</b></p>	<p><b>S</b> 35 lbs 58in</p> <p>for athletes <b>90-140 lbs</b></p>  <p>Speed Dummy® Freestyle - S <b>(35 lbs, 58 in)</b></p>	<p><b>XS</b> 27 lbs 52in</p> <p>for athletes <b>60-90 lbs</b></p>  <p>Speed Dummy® Freestyle - XS <b>(27 lbs, 52 in)</b></p>
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\* 1 Year Warranty for all non leather products





Wrestle for the **Bone!**



With the **Suples Bone Dummy**, now you can bring your log and tire training in to the gym.



## Bone Dummy all sizes



Bone Dummy L  
(78-85 lbs)



Bone Dummy M  
(60-65 lbs)



Bone Dummy S  
(50-55 lbs)



Bone Dummy XS  
(30-35 lbs)

\* 1 Year Warranty for all non leather products





# Suples® - Choke Dummy



The Suples Choke Dummy was the unique idea of A. J. Bayne, who in collaboration with the Suples creator, Olympic coach and world class wrestler Ivan Ivanov, developed the dynamic Suples Choke Dummy.

The Suples Choke Dummy is the ideal combat training equipment for improving "sports specific strength & conditioning," for women and men, boys & girls of all levels, while simultaneously perfecting their techniques.

The functional purpose of the Choke Dummy was to give each combat athlete a perfectly repetitive experience in executing full pressure chokes, submission techniques, & improvement in other areas of preparation for MMA & Wrestling. With the Suples Choke Dummy you always have a partner to complete your power workouts anytime and anywhere, even if you're alone.

## Train To Win! Be Suples Strong!

Sincerely:  
A.J. Bayne & Ivan Ivanov



## Who is A J Bayne?

A. J. Bayne is a trial attorney by profession, but is also an inventor, with patents issued and pending around the world. At an early age, A.J. began studying the martial arts as a life long avocation and developed purpose and skills in Tang Soo Do, Kung Fu San Soo, Wing Chun, Jeet Kun Do, and is currently studying Krav Maga at 360 Combat Club in Signal Hill, California.

**Choke Dummy  
Introduction Video**





## Choke Dummy all sizes



Choke Dummy **L**



Choke Dummy **M**



Choke Dummy **S**



Choke Dummy **XS**

\* 1 Year Warranty for all non leather products







**Strength and conditioning** training

**Variety** of exercises

**Easy** setup

Variety of **additional accessories**

The Gladiator Wall® is designed for indoor strength and conditioning training. Easily installed in your wrestling or training room on any empty wall. The Gladiator Wall allows a variety of strength, conditioning, and isometric training as well as explosive power exercises. Additional accessories that connect to the wall allow total body training.



**Gladiator Wall®**  
**Hight Lights Video**



# Gladiator Wall® - Belts



If you already have the Gladiator Wall in your facility, the Gladiator Wall Belt is a must have training tool for you. This training tool is specifically designed for the Gladiator Wall and gives you many ideas for different pulling and pushing exercises. Along with those, the Gladiator Belts will help you train your abs but will not damage your wooden pull-up bar as some other belts will do.

For those who enjoy regular pull-ups and chin ups, but are having a hard time due to lack of strength, the Gladiator Wall Belts will help you gradually build your strength. For those who are looking for challenging variations of pull-ups, the Gladiator Belts can do that as well.

\* 1 Year Warranty for all non leather products

**Gladiator Wall®  
Belts Video**





# Gladiator Wall® - Dip Bar



The Dip Bar is designed to be mounted to the Gladiator Wall. The training allows you to do regular dips and dips with your feet still on the floor. The Dip Bar provides great chest, shoulder and abs training. The Dip Bar is made to fit athletes with different shoulder width. Each athlete can easily set the dip bar to the most convenient shoulder or chest width. Holds up to 350 lbs. weight. Easy to remove from the Gladiator Wall.

Our new and improved Dip Bar comes with two stabilizers connecting the two parts of the Dip Bar. This option gives you more stability during exercise. The space in between the two parts of the Dip Bar can be adjusted by using the knob behind the connecting stabilizers.

\* 1 Year Warranty for all non leather products

**Gladiator Wall®  
Dip Bar Video**



# Gladiator Wall® - Drum Pulley



This unique training device is designed to be an essential accessory for the Gladiator Wall. With easy installation, great durability and low cost, this product is a perfect fit for the Gladiator Wall.

Based on friction resistance with endless rope, the workouts for upper body and interval training are very effective. The ability to weave the rope and change the resistance makes this training tool very user friendly. The Suples Fit Pulley is beneficial to all athletes of any age or fitness level.

\* 1 Year Warranty for all non leather products

**Gladiator Wall®  
Drum Pulley Video**





# Gladiator Wall® - Wall Rope



The Gladiator Wall Rope is a valuable accessory and will make your Gladiator Wall training much more fun and effective.

This tool is particularly useful if you don't have a high ceiling but wish to incorporate rope climbing into your workout. With a pair of Gladiator Wall Ropes, you can do interval battling and not worry about running out of space.

Our rope is flexible, durable and will last you for a long time. Climb fast and battle intense!

\* 1 Year Warranty for all non leather products

**Gladiator Wall®  
Wall Rope Video**



# Gladiator Wall® - Wall Bench



The Gladiator Wall Bench is designed to be attached to the Gladiator Wall. It is a great tool to take your core training to the next level. The Gladiator Wall Bench can easily adjust to different levels of inclines so you can switch up your exercises quickly and safely. If you have a Gladiator Wall, you will definitely want to add this accessory to allow you to add new routines and switch up your workouts. You will be able to do core exercises in every plane of motion, with or without weights. With your Gladiator Wall Bench you will get results!

\* 1 Year Warranty for all non leather products

**Gladiator Wall®  
Wall Bench Video**





# Gladiator Wall® - Suples Fit® Bar



The Suples Fit Bar is a must have accessory for the Gladiator Wall and is a great tool to complete your Suples gym. There are many elements that come with the Basic Package to get you started, such as the numbered straps attachment, pull up bar, two carabeners and two strap handles. Once you purchase your Basic Package you can then purchase the right Suples Fit Bar or Bars for your training needs.

This tool is great for muscle target and resistance training. You can also get a great core workout with the Suples Fit Bar. Not only is this functional tool safe, it is easy to use and transition from one exercise to the next. With your Suples Fit Bar take your Suples resistance training to the next level.

\* 1 Year Warranty for all non leather products

## Basic Package

Suples Fit Bar Basic Package comes with:

- Numbered Straps attachment **x 2 pc.**
- Pull Up Bar **x 1 pc.**
- Carbines **x 2 pc.**
- Strap Handles **x 2 pc.**

**Gladiator Wall®  
Suples Fit® Bar  
Video**





## Suples **Leather Bell**®

Produced with high-quality workmanship, the Foeldeak Leather Bell made by Suples leaves nothing to be desired.

Once you've handled a Leather Bell and performed the first exercises, you are immediately aware of the amazing exercise device you're holding. No flashy electronics, no high-tech gadgets – it's simplicity at its finest.

The new extraordinary Foeldeak Leather Bell made by Suples can be used everywhere! The traditional kettlebell is a crude iron ball with a handle attached to it. Falling with a weight of 35 or 52 pounds to the floor – or worse, onto your foot during exercise will not happen with the Leather Bell. Made with five mm thick leather, highly tear-resistant fabric, metal fragments and Kevlar, guarantee absolute safety with similar flight and throw qualities of a traditional kettle bell. At home on the third floor, in a hotel room, or even barefoot on the beach the Leather Bell is always with you.

**Quiet, safe, and highly effective.**

\* 2 Year Warranty for all Genuine leather products







## Suples Fit® Bell

Suples Fit Bells are an amazing tool that can be used anywhere. They are made with the highest quality and craftsmanship.

What sets our Suples Fit Bell apart from other kettle type bells, is the swivel handle that allows you to have a greater range of motion with your hand, wrist, and arm movements. The Suples Fit Bell is great for endurance training, muscle target, power training, and to do Ivan's famous bell exercise called pummeling. The soft bell makes it so that you can do exercises without having to worry about bruising your body or dropping your bell and damaging the floor. If you own a gym, or if you are adding to your home gym, the Suples Fit Bell is a must-have that will make it complete.

\* 1 Year Warranty for all non leather products



## Suples Leather Bell<sup>®</sup> all sizes



Leather Bell  
**8 lbs**



Leather Bell  
**18 lbs**



Leather Bell  
**26 lbs**



Leather Bell  
**30 lbs**

2 Year Warranty for all Genuine leather products

## Suples Fit<sup>®</sup> Bell all sizes



Fit Bell  
**8 lbs**



Fit Bell  
**18 lbs**



Fit Bell  
**26 lbs**



Fit Bell  
**30 lbs**

\* 1 Year Warranty for all non leather products







## Why is a strong core needed?

For athletes, core is an absolute necessity. For starters, it's a huge factor in generating power. All explosive movements incorporate your core muscles, and many originate directly from your core and move outward to your limbs. If you haven't developed these muscles, you're missing out on an extreme amount of power and explosiveness. Just as importantly, core muscles are responsible for balance and stability. Athletes with a good sense of balance, are well, better athletes. Think of a gymnast that can perfectly control his/her body, a skier that can adjust and compensate instantly while traversing moguls and uneven terrain, or a wrestler that can scramble and fight from any position without feeling out of control.

All due to balance and balance stems from...core!

So what about regular folks? Why do you need to focus on core? Good question. Not only is core instrumental for athletics, but it helps for overall health and wellness for every person, young and old.

Any bending, lifting, twisting, or carrying that you might do engages and utilizes core muscles. Even tasks like vacuuming or mopping the floor. Any of these things done with a weak core can lead to injuries and discomfort. Back pain, something that very many people suffer from, is most often a derivative of weak core muscles. Weak core is also extremely bad for posture and can contribute to 'slouching.' Bad posture promotes wear and tear on the spine and even prevents you from breathing to your full capacity.

So remember to not skimp on core training. Whether you are a pro-athlete or just trying to live a healthier lifestyle, the benefits of core training are proven to have huge benefits on your overall health and physical abilities.



## Benefits of Core Strength

Your core strength affects everything you do, literally. It is involved in almost every movement of the human body. Whether it be a tennis player swinging a racquet, a golfer swinging a club, or just bending over to pick up a package. It is the stable link that connects your lower and upper body; all movements either stem from, or pass through, your core.

So what exactly, is your 'core'? Abs comes to mind for most people, but this is only partially correct. Core is much more than that- encompassing abs, obliques, pelvic and hip muscles, lower and mid back muscles, and 'deep muscles' that support your spine and posture.





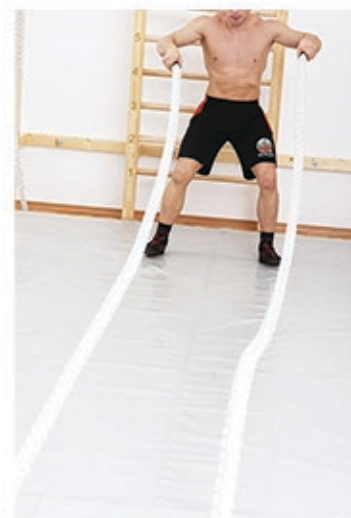


# Suples® - Snake Trainer



The Snake Trainer is a rope that is made with the best braided knots and quality material. It is a great tool to use for endurance and cardio training. The exercises engage not just your arms and shoulders, but your whole body. Common movements include waves, slams, throws, spirals, and whips. All involve swinging your arms up and down (or side to side) in some manner while engaging your core for timed intervals.

To maximize your efforts, focus on maintaining the intensity of the motion from start to finish. You definitely don't want to leave the Snake Trainer out of your conditioning program.



Suples® Snake  
Trainer 1.5" 45 feet

Suples® Snake  
Trainer 2" 45 feet

Suples®  
Snaker Trainer  
Video



\* 1 Year Warranty for all non leather products





**Train to win!**



PHONE 2083624248 FAX 2083621368 EMAIL [INFO@SUPLES.COM](mailto:INFO@SUPLES.COM) ADDRESS 8534 W.ELISA ST. BOISE ID 83709, USA

[www.suples.com](http://www.suples.com)