



A Closer Look at the **Crossfire Conquest**

The total conditioning answer for functional performance

For many schools and military and service organizations such as police and fire departments, there are two major problems

that must be addressed when selecting fitness equipment. First is the issue of space, as often these facilities were originally built without a space

designed for fitness. Storage areas or classrooms may have been converted into workout facilities, and these usually have a small square footage. This

means the space might fit only a bench press, a dumbbell rack and perhaps a treadmill or a stationary bike. Which

brings us to the second problem.

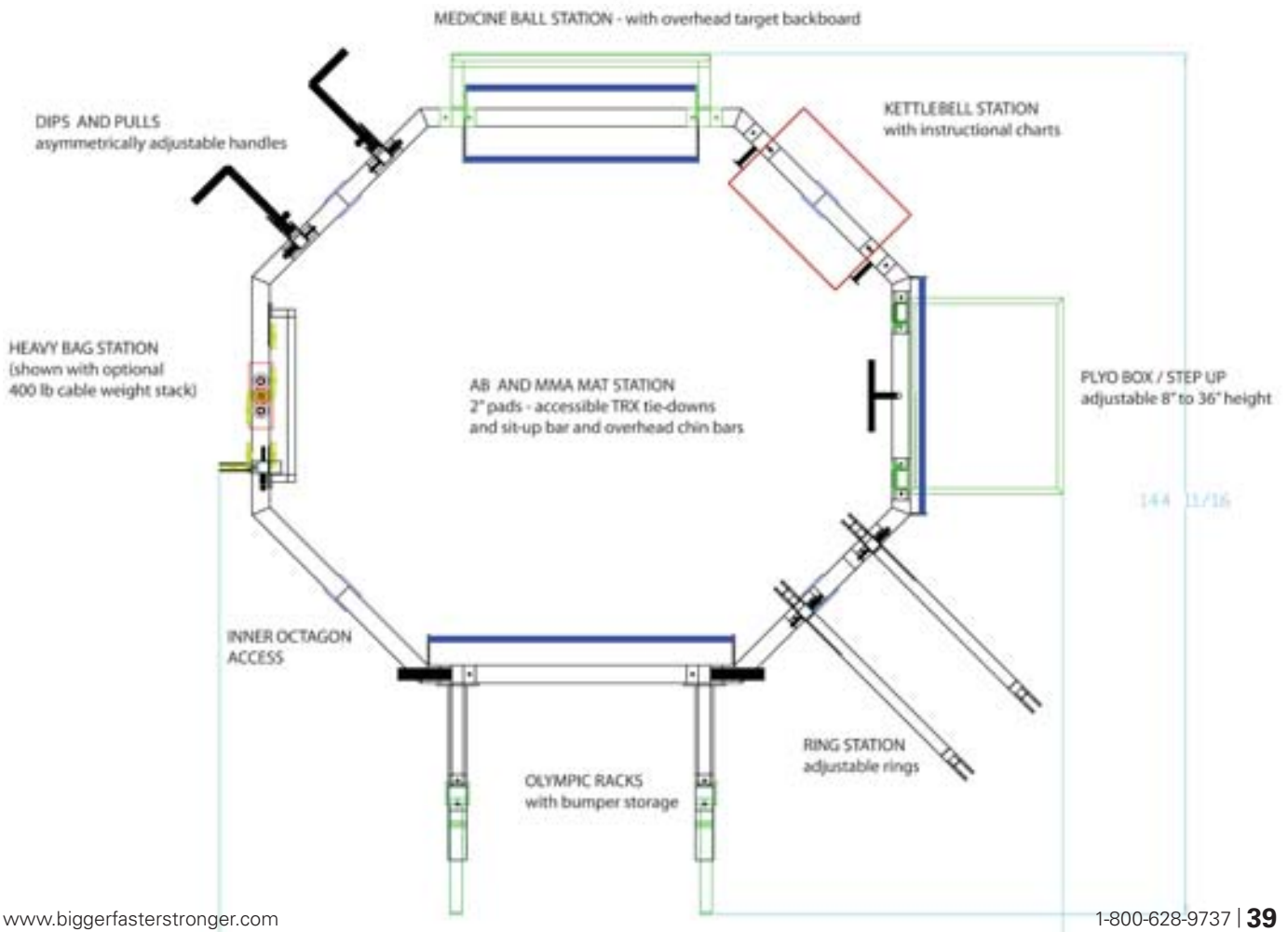
The bench press is a great upper body strength exercise, and riding a

stationary bike or running on a treadmill is good for cardio conditioning, but these activities do little to help a firefighter deal with the demands of working with heavy equipment while climbing ladders and chopping down doors and walls and performing other tasks. Besides, these particular fitness activities provide insufficient variety of training needed for physical education classes and sports training. They are, to use the popular expression, *nonfunctional*.

In contrast, functional exercises are those that prepare people for physical work requirements, such as squats, pull-ups, dips, push-ups and plyometric jumps. As for physical education



Taking up just 20 square feet of floor space, the unique design of the Crossfire Conquest allows for a large variety of exercises.



classes, especially at the middle school level, there should be an emphasis on fun activities that develop basic motor learning skills, such as medicine ball throws and plyometrics. And for martial artists, boxers and MMA fighters, a

heavy bag is a must, as is a heavy-duty mat for floor work and stretching. That's a lot of requirements, so what you need is a hybrid unit that provides the means to do all these activities – and then some. And now there is a unit

to do the job: the Crossfire Conquest.

Designed by Ron Rhodes, who has over 20 years in the industry, the Crossfire Conquest enables up to 10 users to train simultaneously on a variety of training stations. The frame is



Olympic Half Rack Station

The Half Rack is perfect for all your heavy barbell needs, featuring adjustable bar catches, safety catches and convenient plate storage.



Ring Tower Station

The easily adjustable ring tower station offers quick and accurate adjustments.



Plyo/Step-Up Station

The plyometric step-up station adjusts in two-inch increments, from eight inches to 32 inches, and features a safety lockdown mechanism.



Kettlebell Station

The kettlebell workout station holds 8-10 pairs of kettlebells and features two kettlebell posters outlining 24 exercises.

primarily constructed of 2" x 3" rectangular 11-gauge steel tubing with 1-inch solid steel chrome guide rods; pulleys, cables and straps are all of the highest-quality materials. The center of the unit is covered with a high-quality,

8.5' x7.5' x 2"-thick mixed martial arts mat for floor exercise. There are also storage pegs for heavy bag gloves and jump ropes. Shown are several of the countless exercises that can be performed on these stations.

The Crossfire Conquest is exactly the type of compact, multipurpose exercise unit needed by schools and any program interested in functional training. It's a definite problem solver! **BFS**



Medicine Ball Station

The medicine ball and slam ball station features four adjustable rails and a wall ball backboard.

Push-Up/Pull-Up/Dip Station

The push-up/pull-up/dip station features handles that adjust easily in height and angle.



Heavy Bag or Adjustable Cable Column Station

The Crossfire heavy bag training station also doubles as a removable grappling dummy. Another option at this station is the adjustable cable combo that features a 400-pound weight stack and an 18-foot range of motion.

MMA Mat Area

A thick, MMA-style mat for floor exercises. When you enter the Crossfire Conquest, you see that the floor is covered with a 2-inch-thick, commercial grade MMA mat measuring 8.5 feet by 7.5 feet.

CROSSFIRE CONQUEST

EIGHT DIFFERENT STATIONS - ONE LIMITLESS GYM



Standard



Optional

ALL NEW INNOVATION

BFS is proud to bring out the **Crossfire Conquest**

8 amazing stations in one phenomenal product. Starting with an Olympic style Half Rack the Conquest includes stations for Medicine Ball, Kettle Bell, Variable Push Pull Dip, Adjustable Plyo Step Up, Ring Tower, Inner Conquest Mat for floor and ab work and a Heavy Bag Station on the standard version.

Optional version replaces the Heavy Bag with a 400lb Cable Column Station with 18ft throw.

ACCESSORY PACKAGES AVAILABLE

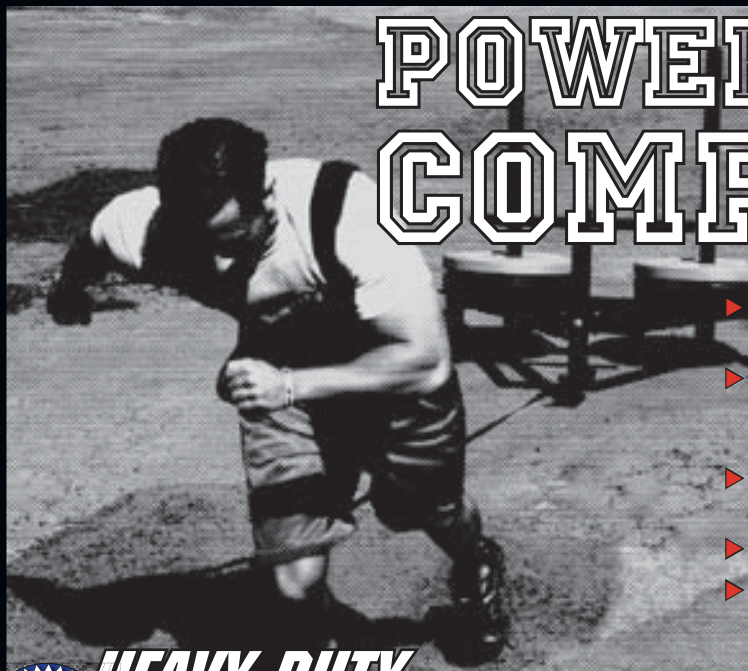
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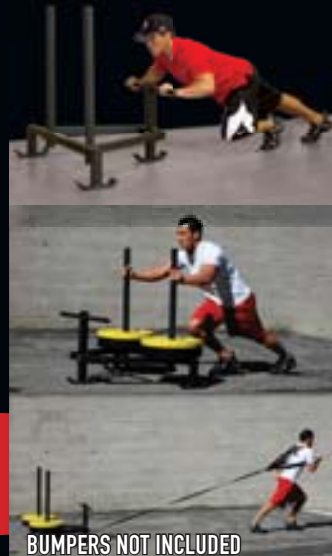
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