

MoveStrong Outdoor Elevate Trainer Station Functional Fitness

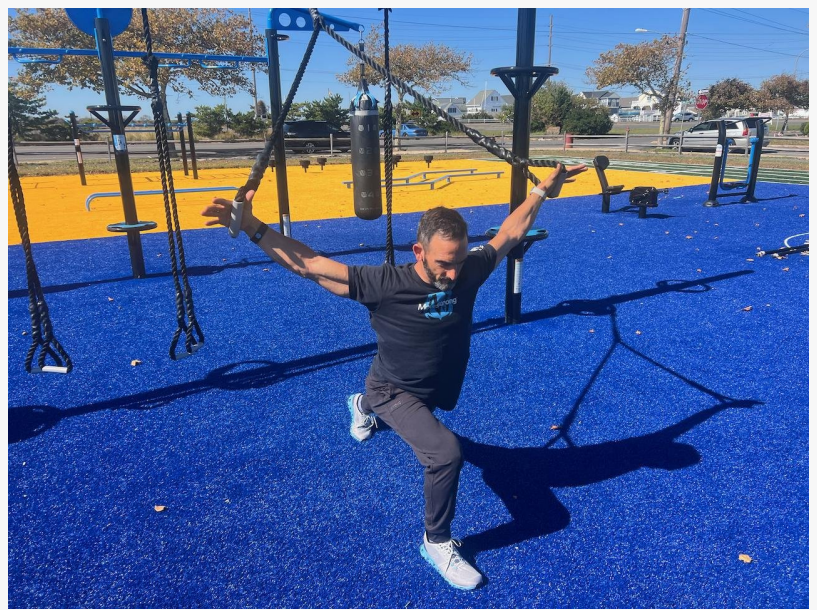
*The All-In-One Solution for Scalable
Bodyweight Workouts*

CHATTANOOGA, UNITES STATES,
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[Outdoor Functional Fitness](#) for
beginners and advanced athletes of all
ages: The MoveStrong [Elevate Trainer
Station](#) is one of the most versatile
outdoor fitness tools on the market.

Suspension Elevate Training allows full
body workouts with countless exercise
options that can be scaled to any user's
abilities. Plank and squat variations,
rows or several push and pull exercises
target the whole body with core
strength and stability.

In addition to the Outdoor Elevate
Trainers, various attachments allow to
incorporate a [battle rope station](#),
resistance bands, Omni Bar, a step
platform post, and the Elevate Trainer
handles to perform power, strength,
endurance, flexibility, core, and yoga
exercises – all with only one tool.

As part of MoveStrong's FitGround
outdoor line, the Elevate Trainer
Station is high quality and weather
resistant for year-round use to
leverage bodyweight exercise. It's an
ideal addition for parks and schools, or
any fitness areas in need for exercise



equipment that is diverse, efficient and fun.

About Company

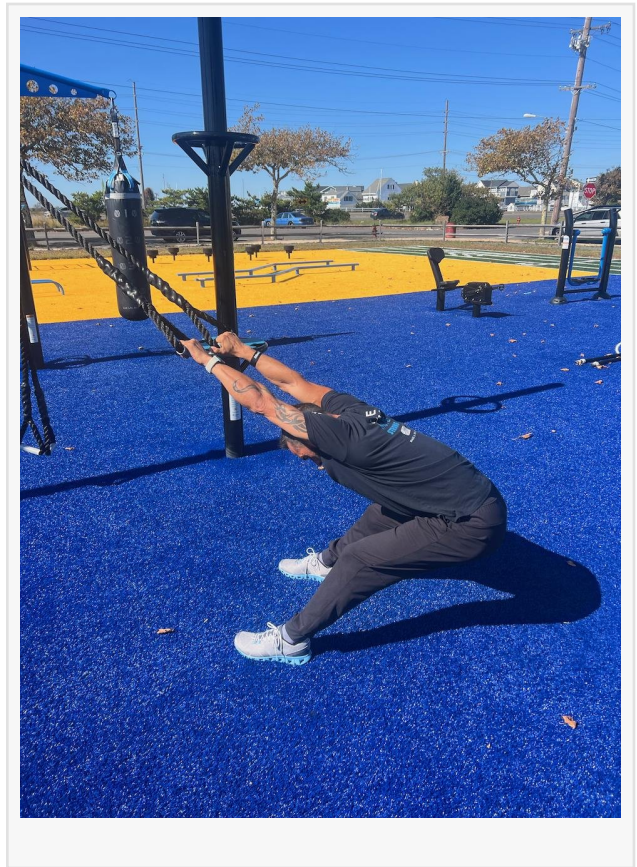
- MoveStrong offers customized gym equipment, outdoor fitness courses, training accessories, and apparel.
- We accompany all customers through the whole project with the support of budget, design, layout, construction, installation, equipment configuration, and education on the final fitness site for the most efficient use.
- Mainly industrial customers for outdoor fit ground and obstacle courses, including recreation centers, parks, health clubs, schools, military, fire and EMT, law enforcement, obstacle course races
- Made in USA

For further information and media inquiries visit www.movestrongfit.com or call toll free at 855-728-8700.

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