



*ACCESSORIES NOT INCLUDED

THROWDOWN ABR™

Designed for a class-focused environment with the goal to increase speed, endurance, and explosiveness in impact fitness specifically, the Throwdown Alpha Bag Racks blend the best of impact sports and functional training that helps members meet their goals.



THE ULTIMATE STAND FOR ANY HEAVY BAG

Whether you're using Upper Cut Bags, Wrecking Balls, Heavy Bags or Tear Drop bags our ABR creates the ideal space that will meet the demands of your facility.



EXPLOSIVE GROUP TRAINING

No matter what size Alpha Bag Rack fits best in your space, you can guarantee that you've created max capacity for group training!

9x18 ABR 8-Bag 9-ABR-1808-60



LENGTH	226" (574 CM)
WIDTH	118" (300 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	19' x 28' (5.8 x 8.5 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	8
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating

9x18 ABR 12-Bag 9-ABR-1812-60



LENGTH	267" (680 CM)
WIDTH	118" (300 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	19' x 32' (5.8 x 9.8 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	12
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating

9x18 ABR 16-Bag 9-ABR-1816-60



LENGTH	267" (680 CM)
WIDTH	152" (386 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	22' x 32' (6.7 x 9.8 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	16
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating

9x18 ABR 20-Bag 9-ABR-1820-60



LENGTH	267" (680 CM)
WIDTH	152" (386 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	22' x 32' (6.7 x 9.8 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	20
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating

9x36 ABR 16-Bag 9-ABR-3616-60



LENGTH	441" (1122 CM)
WIDTH	118" (300 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	19' x 46' (5.8 x 14 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	16
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating

9x36 ABR 20-Bag 9-ABR-3620-60



LENGTH	484" (1228 CM)
WIDTH	118" (300 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	19' x 50' (5.8 x 15.2 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	20
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating

9x36 ABR 24-Bag 9-ABR-3624-60



LENGTH	484" (1228 CM)
WIDTH	152" (386 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	22' x 50' (6.7 x 15.2 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	24
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating

9x36 ABR 28-Bag 9-ABR-3628-60



LENGTH	484" (1228 CM)
WIDTH	152" (386 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	22' x 50' (6.7 x 15.2 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	28
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating

9x36 ABR 36-Bag 9-ABR-3636-60



LENGTH	484" (1228 CM)
WIDTH	152" (386 CM)
HEIGHT	107" (271 CM)
RECOMMENDED FLOOR SPACE	22' x 50' (6.7 x 15.2 M)
BAG SPACING	4.5' (137 CM)
BAG POSITIONS	36
CONSTRUCTION	7-gauge steel, 4"x 4" (10cm x 10cm) tubing
FINISH	Electrostatic Powder Coating

COLOR CUSTOMIZATION

We know what it takes to build an authentic, meaningful brand experience. Our customization program is the perfect way to leverage your personal brand and make a strong first impression. Get Throwdown Alpha Bag Racks in a variety of custom color options.



BLACK -60



SILVER - 29



KARMINROT -30



ULTRAMARINE BLUE -73

ADD-ONS

The GlideBoxx turns your punching bag into an active opponent by allowing the bag to react to your strikes and coming back at you forcing you to train footwork and angles in a realistic way. Great for Boxing, Muay Thai, MMA, and Kickboxing.



GLIDEBOXX 9-TD-GBX3-XX

WIDTH	74 IN (188 CM)
DEPTH	56 IN (142 CM)
HEIGHT	14 IN (37 CM)
FRAME CONSTRUCTION	HEAVY-GAUGE WELDED STEEL
COLOR SCHEME	MATTE BLACK
FINISH	ELECTROSTATIC POWDER COATING FOR LONG LASTING DURABILITY
MACHINE WEIGHT	153 LBS (69 KG)

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.