









### **Slanted Ninja Steps**

If you've got kiddos looking for high action movement, Tumbl Trak's Slanted Ninja Steps are up for the challenge! Our Ninja Steps are highly configurable, letting you design exciting obstacle courses at your home or martial arts studio. Their slanted shape allows them to work on both side angles when secured to the floor with super stabilizing velcro. You can easily change their configuration into sturdy ninja cubes, speed bumps, or hurdles. Important Note: These Slanted Ninja Steps are secured down by attaching the Velcro Flaps to Carpet Bonded Foam.

**SPECIFICATIONS:** At the top of the triangle, the Ninja Slants are 17" high with a 33" by 24" base. They are made with a layer of firm crosslink foam under the durable, easy to clean vinyl.

ID#	DESCRIPTION	PRICE
NINJASLANT-PURP	Purple & Green Ninja Slant (pack of 2)	\$339.00
NINJASLANT-RED	Red & Black Ninja Slant (pack of 2)	\$339.00



### **Tumbl Trak Steps**

The Tumbl Trak Steps are designed to help young athletes get to the next level... literally! Place the Tumbl Trak Steps in front of your Tumbl Trak for easy access to the top of the Trak. The highest step is 21" tall, (conveniently the same height as an above ground Tumbl Trak), with three gradual firm foam steps to make getting onto the Tumbl Trak easy-peasy.

**SPECIFICATIONS:** The Steps are 24" wide x 21" tall. Each individual step is 11" long x 7" tall.

ID#	DESCRIPTION	PRICE
TT-STEPS	Tumbl Trak Steps	\$235.00



### **Transition Tumbl Trak**

Say hello to the newest member of the Tumbl Trak family - the Transition Tumbl Trak Bed! At Tumbl Trak, we never stop innovating; even when we created a product as unique and useful as the Original Tumbl Trak, we are always trying to think of ways to improve training for coaches and athletes. The new Transition Tumbl Trak is the perfect pairing of our traditional tramp bed material with a soft, closed loop top surface. Imagine the possibilities of securing all sorts of velcro teaching aids and skill builders right where you want them on the Tumbl Trak! We call it the Transition Tumbl Trak because it has the feel of a carpet foam surface which makes transitioning to the floor easier for any athlete!

SPECIFICATIONS: Frame is 7ft wide x 21in high. Bed is 60in wide black polypropylene bed.

ID#	DESCRIPTION	PRICE
TRANS21-10	10' Transition Tumbl Trak	\$1545.00
TRANS21-20	20' Transition Tumbl Trak	\$3010.00
TRANS21-30	30' Transition Tumbl Trak	\$4455.00
TRANS21-40	40' Transition Tumbl Trak	\$5860.00
TRANS21-50	50' Transition Tumbl Trak	\$7225.00
TRANS21-60	60' Transition Tumbl Trak	\$8550.00



### **FEATURED PRODUCTS**

### **Al Fong Blocks**

The Al Fong Spotting Block System is a group of lightweight, compatible, versatile blocks that are useful in all levels of training. These blocks have been a staple in Al's program for years, and are soon to be indispensable in yours! Al first developed the blocks to create a "channel bar" station - above the ground. Athletes can safely do skill progressions early on for handstands, giants and release moves. Coaches love to use them as Spotting Blocks for bar skills. Tumbl Trak uses a special firm foam on the bottom to create a more stable environment which coaches REALLY appreciate for safety reasons. And, bars is just the beginning! Each block has a 4" white line on the top for training beam skills, including mounts and dismounts. The rigid sides make for the ideal conditioning, plyometric or flexibility stations. Turn them on their edges, or on end to create dynamic obstacle courses for a great cardio workout!

**SPECIFICATIONS:** Each AI Fong Spotting Block Stack includes the following (1) 3' X 3'x 8' Block (1) 3' X 1' x 8' Plank (2) 3' X 1' x 4' Planks. Save thousands by opting to buy the easy-to-assemble system. See online for more information and instructions on how to assemble after delivery.

ID#	DESCRIPTION
Easy To Assemble  AFSB-SYSTEM  AFSB-STACK  Pre-Assembled	Al Fong Spotting Block Two Stack System (8 pieces) Al Fong Spotting Block One Stack System (4 pieces)
AFSB-ASSMBL-SYSTEM AFSB-ASSMBL-STACK AFSB558	Al Fong Spotting Block Two Stack System (8 pieces) Al Fong Spotting Block One Stack System (4 pieces) Optional Throw Mat 5' x 5' x 8" (pre-assembled)



### **Adjustable Height Parallette Bars**

Tumbl Trak's Adjustable Height Parallette Bars are the only parallette bars on the market which feature height adjustments. Each bar can be raised or lowered to three different heights using an easy pull knob system. These bars are made to last and feature a steel base with a solid Beech wood bar. They're great for training a variety of different gymnastic skills.

**SPECIFICATIONS:** Solid Beech Wood Bar - 1.5" Diameter, 24" long. Each Bar has 3 height adjustments: 6" high, 7.25" high, 8.5" high

 ID#
 DESCRIPTION
 PRICE

 PBARS-ADJ
 Adjustable Height Parallette20' Transition Tumbl Trak
 \$149.00



### **Portable Parallette Bars**

The Tumbl Trak Portable Parallettes will keep you training-on the GO! These are light enough to pack in your gym bag, and assemble in seconds to keep up with your handstand, press handstand and general strength training anywhere you go! We know that athletes spend many hours travelling to competitions, training camps, or vacations. The Portable Parallettes are an ideal tool for keeping up with your training, even when you are not in the gym! The clever design allows them to be deconstructed quickly and easily. These are ideal Parallettes for the TOPS program as the athletes can work on their press handstands and handstand holds while traveling. Patent Pending

**SPECIFICATIONS:** 1.5'' diameter rails are 12''' long. Base pieces are 2''' tall and have a layer of non-slip rubber on the bottom. Weighs 4 lbs.

ID#DESCRIPTIONPRICEPBARS-PORT12Portable Parallettes\$49.95



PORTABLE PARALLETTE BARS

\$ 375.00







### **TUMBL TRAKS**

The **TUMBL TRAK**<sup>™</sup> product line is designed to allow for increased repetition of tumbling and gymnastic skills as well as decrease stress on body parts. The original Tumbl Trak<sup>™</sup> has become a "must have" piece of equipment for gym clubs and cheerleading programs. Used by beginner to elite levels, it allows the athlete to learn and perfect new skills and progressions.

#### KFY BENFFITS.

- Special 6" springs provide a tight bounce for easy transition to a spring floor.
- The 21" height is the lowest and safest on the market.
- Tumbl Trak<sup>™</sup> is the original and has been around since 1988.

VIDEOS, TRAINING TIPS & EQUIPMENT IDEAS www.tumbltrak.com/training



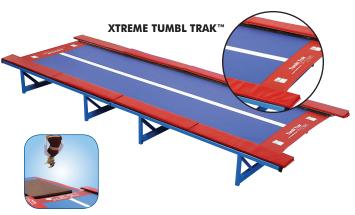
### **Tumbl Trak**™

Nothing is better than the original. Price includes frame, bed, springs, pads, spring tool and training video. Tumbl Trak™ offers a wide variety of accessories that include Inclines to raise one end of the Tumbl Trak™ 14″ off the floor, creating a downhill tumbling station or bar station. Side pads are also highly recommended because they may help prevent injury. (All models ship via Motor Freight.)
See page 4 for a complete list on Accessories.

**SPECIFICATIONS:** Frame—21" high x 83" wide (53 cm x 211 cm), Bed—60" wide (152 cm), Springs—6" long (15 cm)

ID#	LENGTH	WEIGHT	PRICE
21-10	10′ T-21 Tumbl Trak™ (3M)	375 lbs. (170 kg)	\$1295.00
21-20	20′ T-21 Tumbl Trak™ (6M)	630 lbs. (286 kg)	\$2510.00
21-30	30′ T-21 Tumbl Trak™ (9M)	860 lbs. (390 kg)	\$3705.00
21-40	40′ T-21 Tumbl Trak™ (12M)	1141 lbs. (518 kg)	\$4860.00
21-50	50′ T-21 Tumbl Trak™ (15M)	1365 lbs. (619 kg)	\$5975.00
21-60	60′ T-21 Tumbl Trak™ (18M)	1720 lbs. (780 kg)	\$7050.00
INCL	Tumbl Trak™ Inclines		\$ 249.00
	Bed only		\$25.00/lin. ft.





### XTREME Tumbl Trak™

For "extreme" use, a layer of vinyl\* is sewn to the top of the black tramp bed, adding durability. Clean, soft sole, indoor shoes can be used on this bed, appealing to cheer gyms. The Xtreme Tumbl Trak™ bed also features a 4-inch wide white line down the middle for visual coordination. Standard color is royal blue and red. Ask your sales representative about custom colors (additional cost). (All models ship via Motor Freight.)

X21-10	10′ T-21 Xtreme Tumbl Trak™ (3M)	385 lbs. (175 kg)	\$1445.00
X21-20	20′ T-21 Xtreme Tumbl Trak™ (6M)	796 lbs. (361 kg)	\$2810.00
X21-30	30′ T-21 Xtreme Tumbl Trak™ (9M)	880 lbs. (399 kg)	\$4155.00
X21-40	40′ T-21 Xtreme Tumbl Trak™ (12M)	1161 lbs. (526 kg)	\$5460.00
X21-50	50′ T-21 Xtreme Tumbl Trak™ (15M)	1385 lbs. (628 kg)	\$6725.00
X21-60	60′ T-21 Xtreme Tumbl Trak™ (18M)	1800 lbs. (817 kg)	\$7950.00
INCL	Tumbl Trak™ Inclines		\$ 249.00
	Bed only		\$40.00/lin. ft.

<sup>\*</sup> The additional layer of vinyl creates a noisier experience for the user.



### **Recreation Tumbl Trak™**

This bouncier version of the Tumbl Trak $^{\text{\tiny M}}$  has SOFT springs designed specifically for gymnasts under 110 lbs. Great for practicing skills like seat and back drops and for recreational and preschool classes. (All models ship via Motor Freight.)

**SPECIFICATIONS:** Frame—21" high x 83" wide (53 cm x 211 cm), Bed—56" wide (142 cm), Springs—6" (15 cm) Mini Tramp.

ID#	DESCRIPTION	WEIGHT	PRICE
21-10PK	10' T-21 Recreation edition (3M)	375 lbs. (171 kg)	\$1395.00
21-15PK	15' T-21 Recreation edition (4.6M)	490 lbs. (220 kg)	\$2042.50
21-20PK	20' T-21 Recreation edition (6M)	630 lbs. (286 kg)	\$2610.00
21-25PK	25' T-21 Recreation edition (7.6M)	855 lbs. (388 kg)	\$3212.50
21-30PK	30' T-21 Recreation edition (9M)	860 lbs. (390 kg)	\$3805.00
21-40PK	40' T-21 Recreation edition (12M)	1141 lbs. (518 kg)	\$4960.00



### Inground Tumbl Trak™

For increased safety, many gyms prefer to have the Tumbl Trak™ flush with the floor. Inground Tumbl Traks™ require a poured cement pit in the floor of your gym. The pit should be 78″ wide and 24″ deep (192 cm x 60 cm). WE CAN QUOTE SPECIAL SIZES. 3.5″ bolts, hardware and complete assembly instructions are provided with purchase. Options include a Closed End (frame, springs, pads) or End Block. The End Block, placed under the dismount end of the Tumbl Trak,™ keeps foam blocks from getting under the Tumbl Trak.™ (All models ship via Motor Freight.)

IN-10	10' Inground Tumbl Trak™ (3M)	275 lbs. (125 kg)	\$1095.00
IN-20	20' Inground Tumbl Trak™ (6M)	430 lbs. (195 kg)	\$2110.00
IN-30	30' Inground Tumbl Trak™ (9M)	585 lbs. (265 kg)	\$3105.00
IN-40	40' Inground Tumbl Trak™ (12M)	740 lbs. (336 kg)	\$4060.00
IN-50	50' Inground Tumbl Trak™ (15M)	895 lbs. (406 kg)	\$4975.00
IN-60	60' Inground Tumbl Trak™ (18M)	1050 lbs. (476 kg)	\$5850.00
CE	Closed End	n/a	\$ 299.00
EB	End Block (78" x 22" x 20")	n/a	\$ 399.00
	(192 cm x 51 cm x 56 cm)		



INGROUND TUMBL TRAK™

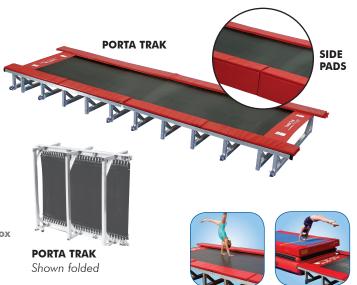
### **Porta Trak**

The Porta Trak offers the same high quality and versatility as the original Tumbl Trak.  $^{\text{TM}}$  In addition, the Porta Trak is designed for easy mobility. The frame is made of aluminum and weighs about half as much as the Tumbl Trak.  $^{\text{TM}}$  It can be folded and wheeled away! It is useful for gyms that must put away their equipment every night. (All models ship via Motor Freight.)

**SPECIFICATIONS:** Frame is made of aluminum and is 16'' high x 70'' wide (40 cm x 178 cm). Bed is 53'' wide (135 cm). Springs are 4'' long (10 cm).

TT-15WS	15' T-16 Porta Trak (4.6M)	350 lbs. (159 kg)	\$3495.00
TT-20WS	20' T-16 Porta Trak (6M)	470 lbs. (213 kg)	\$4495.00
TT-30WS	30' T-16 Porta Trak (9M)	566 lbs. (257 kg)	\$6495.00
61212	6' x 12' x 12" Landing Mat	150 lbs. (68 kg)	\$1295.00
TT-SKIRT16	10' x 16" Vinyl Skirts for Porta Trak	3 lbs. (1 kg)	\$39.00/ea.
SP-16	5' Side Pads for Porta Trak (Box of 4	) 18 lbs. (8 kg)	\$220.000/box

Three payment plans and other financing options are available. Call us for details.



### **TUMBL TRAKS**



### Mini Trak

The Mini Trak and Ramp create a versatile vault and tumbling station that is light and portable. More spring holes allow you to adjust the tension of the bed. The 4' ramp is easily attached for round-off entry skills. The Mini Trak and Ramp have multiple uses, require little storage space and are portable for use in stations around your gym.

**SPECIFICATIONS:** 38" wide x 45" long (97 cm x 114 cm), Inclines from 8-12" (20-30 cm), aluminum frame. Ramp is 18" wide x 4' long (60 cm x 1.2M).

ID#	DESCRIPTION	WEIGHT	SHIPS	PRICE
MT-ADJ	Mini Trak	41 lbs. (19 kg)	UPS	\$697.00
FMR	Folding Mini Ramp	11 lbs. (5 kg)	UPS	\$139.00
MT-COMBO	Mini Trak w/ Ramp	52 lbs. (24 kg)	UPS	\$794.20

### JMBL TRAK™ ACCESSORIES

Many **ACCESSORIES** are available to increase the functionality of your Tumbl Trak,™ Xtreme Tumbl Trak,™ Inground Tumbl Trak,™ Recreation Tumbl Trak™ or Porta Trak.

#### **KEY PRODUCTS:**

- Foam PADDED SKIRTS are available and highly recommended because they may help prevent injury.
- VINYL SKIRTS offer a clean appearance and can be customized through your local silkscreener.
- CROSS SUPPORTS offer structural support to the Vault Table Top Blocks when used with a Tumbl Trak.™
- Tumbl Trak™ INCLINES raise one end 14" off the floor, creating a downhill tumbling station or bar station.
- QUICK FLEX BAR is a padded, bouncier version of the Frame Bar—great for handstands or releases. (SEE PAGE 16)
- The FRAME BAR allows athletes to practice a variety of bar skills and is easy to attach. (SEE PAGE 16)

SP-21

**INCL** 

TT-TB

**QFB-12** 

**IN-GFB** 

FR-6217

FR-6221

TT-SKIRT21

X-SUPPORT

RUN UP RAMPS give athletes more running space to increase tumbling surface.

#### VIDEOS, TRAINING TIPS & EQUIPMENT IDEAS www.tumbltrak.com/training

5' long x 21" high Padded Skirt (1.5M x 53 cm)

Tumbl Trak™ Inclines 14" (36 cm)—Set of 4

10' x 21" Vinyl Skirt (3M x 53 cm)

Cross Supports

Frame Bar



**PADDED SKIRTS** 

**CROSS SUPPORTS** 



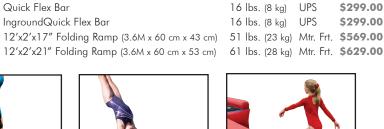
VINYL SKIRTS







**QUICK FLEX BAR** 





**FRAME BAR** 



24 lbs. (11 kg) UPS \$75.00/ea.

4 lbs. (2 kg) UPS \$39.00/ea.

\$265.00

\$249.00

\$249.00

\$299.00

\$299.00

50 lbs. (23 kg) UPS

27 lbs. (12 kg) UPS

14 lbs. (6 kg) UPS

**RUN UP RAMP** 



### CYLINDER TECHNOLOGY

The **CYLINDER TECHNOLOGY** utilizes the strength of a basic shape—the cylinder. For inflatable pieces there are fewer seams, reducing the chance of air leakage.

#### **KEY BENEFITS:**

- Less expensive technology
- Structurally sound
- Portable



**BOTTOM SIDE OF AIR PIT** 

VIDEOS, TRAINING TIPS & EQUIPMENT IDEAS www.tumbltrak.com/training

### **Fitness Wheel**

**MAKE FITNESS FUN!** The Fitness Wheel is possibly the most versatile piece of equipment in your gym! Each ring on the 5' and 8' Fitness Wheel can be inflated independently, making it perfect for all ages and skill levels to practice hundreds of skills and drills.

Designed to be used with either the open or closed side facing up, the outside edge can easily accommodate up to 13 learners at a time! Use it as a mat stack, wall station, balance station or vault table—the bright colors are instant fun!

The wheel is also stable enough to use upright as a wall station or fun station. D-rings on the exterior make it simple to use webbing to secure it to a set of bars. Price includes an electric pump.

**SPECIFICATIONS:** 5' Wheel—12" high (30 cm) with 1 ring, 24" high (61 cm) with 2 rings inflated 8' Wheel—16" high (41 cm) with 1 ring, 32" high (81 cm) with 2 rings inflated

ID#	DESCRIPTION	WEIGHT	PRICE
FW-5D	5' Fitness Wheel (1.5M)	45 lbs. (20 kg)	\$1499.00
FW-8D	8' Fitness Wheel (2.4M)	77 lbs. (35 kg)	\$1899.00









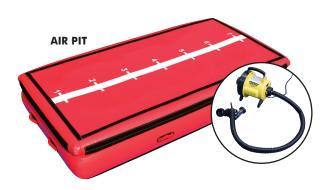
### **Air Pit**

The Air Pit is the solution to a problem encountered by coaches for years—the stack of mats that have become necessary for teaching vaulting, tumbling, bars, and even beam. It can be used alone, or the mat can be the base mat for a higher mat-stack. Then, add 12", 8", or 4" mats in any combination to make a tower of mats as high as needed.

The Air Pit is much lighter to move, and thus much more portable than a foam mat or a stack of foam mats! Features include a 4" wide line down the top, and numbers for measuring distance. If you flip it over, there are depressions about a foot in diameter (see photo above). These can be used to play in, or as obstacles to jump over! **RECOMMENDATION:** Use a mat on top of the Air Pit for vaulting drills! Allowed for use up to new Level 3 competition. Price includes an electric pump.

**SPECIFICATIONS:** 5' wide x 10' long x 2' high (1.5M x 3M x 60 cm)

AP-5102	Air Pit	88 lbs. (40 kg)	\$1995.00
PM-5108	5' x 10' x 8" Practice Mat	77 lbs. (35 kg)	\$ 725.00
AP-PKG1	Air Pit and PM-5108	165 lbs. (75 kg)	\$2559.30











### **Air Barrel**

#### Now available in new colors and sizes!

The Air Barrel is a very simple, yet extremely versatile, multi-purpose training device. While it may look like a foam octagon or barrel, it is filled with air and is BOUNCY, helping with drills that cannot be done with traditional foam shapes. The Air Barrel can be used for tumbling, vaulting, and bar skills and teaches body awareness and control. The Cradles are used to stabilize the Air Barrel for a variety of drills, and make great pre-school shapes when used by themselves. Set them up in obstacle courses or do cartwheels over them. *Price includes hand pump*. (All units ship via UPS.)

**SEE PURCHASING DETAILS ON PAGE 30** 

### DOUBLE WALL TECHNOLOGY

**DOUBLE WALL** technology offers a rebound like you have never experienced before. Millions of threads are sewn from top to bottom, creating a special air pocket that produces a rebound you have to feel to believe! A small refill may be needed a few times per week.



#### **KEY BENEFITS:**

- Portable, quick and easy to inflate.
- Units are semi-sealed. No loud blower noise.
- Covers utilize our Smart Mat Technology with non-skid on bottom and ability to be connected.

VIDEOS, TRAINING TIPS & EQUIPMENT IDEAS www.tumbltrak.com/training



### **Air Floor PRO**

The Air Floor PRO is a bouncier version of the current Air Floor and is not required to be placed on a padded surface. It can be used as a substitute for a Rod Floor or as an all around training aid. The Air Floor PRO offers versatility in a gym, or as a portable station for mobile programs or exhibitions. Each unit includes an electric pump, pressure gage, a carrying bag and a Velcro™ flap to connect two or more units end-to-end to create longer tumbling strips. The Air Floor PRO has a center line which can be used as a visual aid for tumbling. 3M units include D-rings to easily attach this unit between uneven bars, along with a numbered center line. Tumbl Trak's™ Mini Ramp works well for entry up onto the 8-inch surface. Booster Blocks can be used for spotting off

**SPECIFICATIONS:** 2M wide x 20 cm high (approximately 6' wide x 8" high)

AFP-3BLUE	3M Air Floor PRO	67 lbs. (30 kg)	UPS	\$1395.00
AFP-6BLUE	6M Air Floor PRO	110 lbs. (50 kg)	UPS	\$2095.00
AF-9BLUE	9M Air Floor PRO	155 lbs. (71 kg)	UPS.	\$2995.00
FMR	Folding Mini Ramp	11 lbs. (5 kg)	UPS	\$ 139.00
AFpfiller	Filler piece (set of 2) (If connecting 2 units)	3 lbs. (1 kg)	UPS	\$ 75.00
Booster Blocks	s, (See Color options, Page :	29) 19 lbs. (9 kg)	UPS	\$ 175.00

### **Power Launch**

The Power Launch is the smallest size 8" thick Air Floor we offer and includes a denim cover with a center line. This combination of size and cover offers many applications, such as those for vaulting, tumbling, beam and bar training. The cover offers handles, D-rings, Velcro™ and non-skid material, part of Tumbl Trak's Smart Mat Technology. Each unit includes a pressure gage and an electric pump.

**SPECIFICATIONS:**  $4' \times 6' \times 8''$  (1.2M x 1.8M x 20 cm), includes denim cover

ID#	DESCRIPTION	WEIGHT	SHIPS	PRICE
PL-BLUE	Power Launch	33 lbs. (15 kg)	UPS	\$899.00









### Launch Pad

Remember those old jogger tramps for drills? Here's a newer, better product that's lighter and easier to use! The Launch Pad is a thicker, bouncier and more powerful version of the Sweet Spot. With its 5" high base, and 3' x 4' size, the Launch Pad is a great portable training device for young tumblers or vaulters. It is useful in a wide variety of drills and progressions, and can help with round-offs, handsprings, back tucks, standing fulls, front saltos and vaulting forward and backwards. It features a strong denim cover with a target design and non-skid material on the bottom. Each unit includes a pressure gage and an electric pump.

**SPECIFICATIONS:** 3' wide x 4' long x 5" high (91 cm x  $1.2M \times 13$  cm)

LP-BLUE	Launch Pad 3ft x 4ft, Blue	15 lbs. (7 kg)	UPS	\$575.00
LP-PURP	Launch Pad 3ft x 4ft, Purple	15 lbs. (7 kg)	UPS	\$575.00
MR-345	Micro Ramp (See page 29)	15 lbs. (7 kg)	UPS	\$179.00
LP-PKG	Launch Pad Package	30 lbs. (14 kg)	UPS	\$740.00
	Package includes Launch Pad v	with one Micro Ro	nmn	







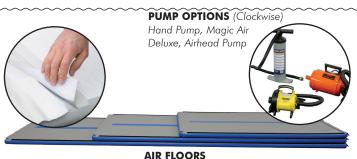
### **Air Floor**

Designed to be used on a spring floor, tumbling strip, carpet foam or panel mats, the Air Floor offers a bouncier rebound than a rod floor. Units are sold with or without  $Velco^{\mathsf{TM}}$  for connectivity. All units ship via UPS and are warrantied for one year. Each unit includes a hand pump. An electric pump is recommended for faster inflation and can be purchased separately. (Not intended for use on hard surfaces.) Now includes pressure gauge with purchase.

**SPECIFICATIONS:** Approx. lengths: 3M=10', 4.5M=15', 6M=20' x 3" (8 cm) thick x 5' (1.5M) wide.

*AF-3	3M Air Floor with Velcro™	35 lbs. (16 kg)	\$ 895.00
*AF-45	4.5M Air Floor with Velcro™	49 lbs. (22 kg)	\$1195.00
*AF-6	6M Air Floor with Velcro™	63 lbs. (39 kg)	\$1395.00
AHP-1205	Airhead Pump	5 lbs. (2 kg)	\$ 79.99
DIDA-2	Magic Air Deluxe	10 lbs. (5 kg)	\$ 259.50

<sup>\*</sup>Please add color code to end of ID# when ordering: PURP= Purple BLUE=Blue









Visa, Mastercard, Discover and American Express are all accepted.

### **AIR GYM**

#### **SWEET SPOTS**



**Sweet Spots**Hit the mark with the Sweet Spot! This training aid improves rebound off your hands and feet and offers a bouncier substitute than traditional sting mats. Its small size makes it easy to use around the gym, enhancing existing stations. The Sweet Spot features a denim or suede top, a non-skid bottom and loops with straps to attach to other equipment like your vault table. Each unit includes a hand pump and pressure gauge.

(Not intended for use on hard surfaces.)

**SPECIFICATIONS:** 36" wide x 48" long x 3" thick (91 cm x 122 cm x 8 cm);

SS3644-C	Denim Sweet Spot	18 lbs. (8 kg)	UPS	\$ 399.00
SCS3644-C	Suede Sweet Spot	17 lbs. (8 kg)	UPS	\$ 399.00

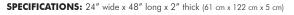






### **Jr. Sweet Spot**

The Jr. Sweet Spot is a smaller version of the Sweet Spot, that is 2" thick rather than 3" thick. Just like the popular Sweet Spot, the Jr. Sweet Spot is designed to enhance take-offs for hands or feet, and to put less stress on wrists and ankles. It can be used alone or on top of a vault board. For training purposes, it can be used as a hand mat for Yurchenko vaults. Each unit includes a hand pump and pressure gauge. (Not intended for use on hard surfaces.)



**\$\$24-C** Jr. Sweet Spot 12 lbs. (5 kg) **UPS** \$ 375.00

> Three payment plans and other financing options are available. Call us for details.









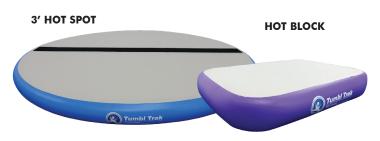
**Hot Spots** 

Your gym can't have enough of these versatile, compact, air-filled Hot Spots. Experts will tell you how important it is to keep kids busy in the gym. Hot Spots and the smaller Hot Blocks can help create multiple stations to accomplish this task. They make great punch drill stations, blocking stations, strength and conditioning stations and much more. Notice the valve is on the side, so there is no worry about jumping on the valve. The Hot Spot features a loop Velcro™ line for attachment of a variety of manipulatives. The 5′ Hot Spot makes a secure throw-and-go station on its own. When used on the floor inside the 8′ Fitness Wheel, it is a perfect bouncy insert for safe rebounding and landing. A foot pump is included with purchase.

**SPECIFICATIONS:** Hot Spot: 3' diameter x 4" thick (91 cm x 10 cm); 5' diameter x 4" thick (1.5M x 10 cm); Hot Block: 24" x 18" x 4" (61 cm x 46 cm x 10 cm)

ID#	DESCRIPTION	WEIGHT	SHIPS VIA	PRICE
*HS-3	3' Hot Spot	5 lbs. (2 kg)	UPS	\$235.00
*HS-5	5' Hot Spot	18 lbs. (8 kg)	UPS	\$489.00
*HB	Hot Block	2 lbs. (.5 kg)	UPS	\$175.00

<sup>\*</sup>Please add color code to end of ID# when ordering:
PURP= Purple
BLUE=Blue









#### CONSTANT FLOW TECHNOLOGY

The **CONSTANT FLOW** series of the Air Gym runs from a high-output, constant flow blower and takes less than a minute to inflate. All of the Tumbl Trak™ constant flow products have been on the market for over 15 years and have a proven track record for lasting durability.

### **KEY BENEFITS:**

- Extremely portable and versatile for use from beginner to elite.
- Requires very little storage space when not in use.
- Very safe and forgiving surface.

VIDEOS, TRAINING TIPS & EQUIPMENT IDEAS www.tumbltrak.com/training

### **Air Trak**

The Air Trak is an inflated tumbling strip designed for use in gymnastics, cheerleading and general fitness. Each unit has two air tubes, one to connect to the blower and the other to adjust the tension of the bounce. Two or more units can be connected end-to-end to create longer lengths. It is available in red and blue or black. Order a custom banner with your logo, phone number and website. This is a great way to advertise your program when you're doing demos or outside events. The constant-flow blower is included in the price.

**SPECIFICATIONS:** 9' wide x 22" high (2.7M x 63 cm); raised edges 24" (61 cm) high; has 18 oz. vinyl on top and heavy duty 22 oz. vinyl on bottom. **COLORS AVAILABLE:** Red & Blue or Black

20-AT	20' Air Trak (6M)	132 lbs. (60 kg)	UPS	\$1995.00
25-AT	25' Air Trak (7.5M)	150 lbs. (68 kg)	UPS	\$2545.00
30-AT	30' Air Trak (9M)	187 lbs. (85 kg)	Motor Freight	\$2895.00
BP-2	Replacement Blower	47 lbs. (21 kg)	UPS	\$ 399.00
AT-BANNER	Custom Banner	11 lbs. (5 kg)	UPS	\$ 175.00









### CONSTANT FLOW TECHNOLOGY (CONTINUED)



### **Catcher**

Attached to the end of an Air Trak, Tumbl Trak™ or used by itself, the Catcher offers a forgiving landing area that can be adjusted in height by adding foam mats to its 14″ high base. The inflated sides create a very safe landing surface for tumbling skills, as well as a PORTABLE landing area. Each unit runs from a high-output, constant flow blower (not included—see Air Trak on page 9).

SPECIFICATIONS: 9' wide x 14' long x 14" high (2.7M x 4M x 36 cm), raised sides are 30" (76 cm) high.

ID#	DESCRIPTION	WEIGHT	SHIPS VIA	PRICE
CTCH-914	Catcher	108 lbs. (50 kg)	UPS	\$1795.00



### Mini Mountain

The Mini Mountain was designed with the "Four Fun Groups" in mind: bouncing, climbing, sliding and tunneling. Each unit includes a built-in tunnel, a cargo net and climbing rope. It attaches to the end of an Air Trak and can provide a safe backstop or useful handstand training station. Each unit runs from a high-output, constant flow blower (not included—see Air Trak listing on page 9).

**SPECIFICATIONS:** 9' wide x 6' long x 6' high (2.7M x 1.8M x 1.8M) (height does not include raised edges).

AVAILABLE COLORS: Red & Blue, Black.

ID#	DESCRIPTION	WEIGHT	SHIPS VIA	PRI	CE
MM	Mini Mountain (RED/BLUE)	115 lbs. (52 kg)	UPS	\$18	895.00
MM-BLA	Mini Mountain (BLACK)	115 lbs. (52 kg)	UPS	\$18	895.00
CN-24	Cargo Net (5' x 6'6")	11 lbs. (5 kg)	UPS	\$	80.00
CR-7	Climbing Rope (7')	3 lbs. (1 kg)	UPS	\$	9.95

## M® BILE MOVEMENT

### PACK UP AND GO PLAY!

EVERY DAY, KIDS AND THEIR FAMILIES file into your gym, eager to play, learn and have fun. We enjoy watching them thrive, work hard and achieve. Consider though, that for every student enrolled in your gym, there are many who are not. Families who are financially burdened or have crammed schedules just can't get to the gym. Perhaps they don't even know what the gym has to offer.

Childhood obesity rates have tripled in the past three decades. Schools today are losing the battle of educating kids about health and fitness as PE and Health Education programs get slashed from the budget. Eight to 18 year olds spend an average of 7.5 hours a day using entertainment media. These sedentary activities, combined with diets laden with sugar or fat in oversized portions are cause for alarm.

That's why Tumbl Trak™ is so interested in Mobile Movement. Packing up the van, mini-van or Prius (you should see how much we can get in a small space!), and travelling to a school, church, outdoor field and setting up a mobile play space is a great way to reach more kids in your community. There are many models of how a mobile program can work including partial mobile programs with equipment stored at the facility, and full-mobile programs with all equipment brought in, used and then taken away. If your program is not already mobile—try it! You'll be surprised at how easy and rewarding it is.



Visit www.tumbltrak.com for Mobile Program package pricing.





Tumbl Trak's <sup>™</sup> **VAULTING** products are changing the sport of gymnastics one event at a time. Our innovative products help athletes train smarter with softer surfaces to minimize injuries.

### **KEY BENEFITS:**

- Safe and effective.
- Innovative design.
- Versatility. Many of our vault products can also be used for other drills.

VIDEOS, TRAINING TIPS & EQUIPMENT IDEAS www.tumbltrak.com/training

### **Vault Blocks**

Tumbl Trak's<sup>™</sup> Vault Blocks are progressional trainers to help your gymnasts learn new vaulting skills. They are made with high density foam with a vinyl and suede cover. (All units ship via Motor Freight.)

SPECIFICATIONS: 36" wide x 48" long (91 cm x 1.2M)

ID#	DESCRIPTION	WEIGHT	PRICE	
TTOP-3648A	Table Top	42 lbs. (19 kg)	\$ 599.00	
TBASE-364815	15" high Base Block	43 lbs. (19 kg)	\$ 435.00	
TBASE-3648FR	15" Folding Base Block	43 lbs. (19 kg)	\$ 495.00	
TBASE8	8" (20 cm) High Base Block	25 lbs. (11 kg)	\$ 299.00	
TTOP-PKG1	Econo Package - 45" high (114 cm)	126 lbs. (57 kg)	\$1395.55	
Econo package includes Table Top and 2 Non-folding Base Blocks.				

**TTOP-PKG2** Deluxe Package - 45" high (114 cm) **\$1452.55** 

Deluxe package includes Table Top, Folding Base Block and Non-folding Base Block.

**TTOP-MENS** Men's Package - 53" high (135 cm) **\$1679.60** 

Package includes Table Top, two Base Blocks and one 8" Base Block.









**Cross Supports** 

Turn your Tumbl Trak <sup>™</sup> into a vaulting station by using the Cross Supports along with the Table Top Vault Blocks. These two metal bars are placed across the Tumbl Trak <sup>™</sup> and are adjustable to also fit other tumbling tracks. Price includes Safety Padding (shown at right). Also works on the Inground Tumbl Trak.<sup>™</sup>

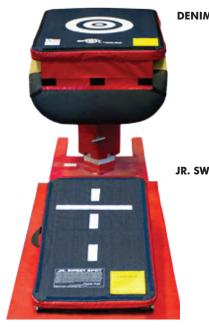
**X-SUPPORTS** Cross Supports 50 lbs. (23 kg) UPS **\$ 265.00 TTOP-PKG3** Tramp Vault Package 116 lbs. (53 kg) Mtr. Frt. **\$1234.05**Package includes Table Top, Base Block and Cross Supports.

Pre-paid orders are eligible to receive a 5% discount (some exclusions apply).



CROSS SUPPORTS
Shown as Tramp
Vault Package

### **VAULTING**



**DENIM SWEET SPOT** 

JR. SWEET SPOT

### Sweet Spot, Jr. Sweet Spot

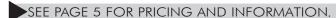
Great air technology products are now available for a complete Yurchenko Vault setup. The Sweet Spot straps to a vault table while the Jr. Sweet Spot attaches to the vault board.

(Not intended for use on hard surfaces.)

**SPECIFICATIONS**: SWEET SPOT—3' x 4' x 3" (91 cm x 1.2M x 8 cm), JR, SWEET SPOT—2' x 4' x 2" (61 cm x 1.2M x 5 cm);

ID#	DESCRIPTION	WEIGHT	SHIPS	PRICE
SS3644-C	Denim Sweet Spot	18 lbs. (8 kg)	UPS	\$ 399.00
SCS3644-C	Suede Sweet Spot	17 lbs. (8 kg)	UPS	\$ 425.00
SS24-C	Jr. Sweet Spot	12 lbs. (5 kg	UPS	\$ 375.00

### Air Pit



The Air Pit is much lighter to move, and thus much more portable than a foam mat or a stack of foam mats! Features include a 4" wide line down the middle, and numbers for measuring distance.



### **T-Trainer**

#### SEE PAGE 26 FOR PRICING AND INFORMATION.

The NEW T-Trainer can help train skills for vault, tumbling AND bars. Shaped like a Vault Top, springy like a Mini Tramp and useful as a vault board, the T-Trainer will quickly become your favorite training aid.



### Mini Trak

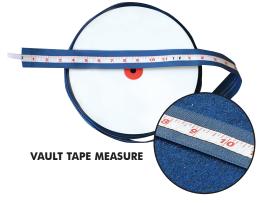
#### SEE PAGE 4 FOR PRICING AND INFORMATION.

The Mini Trak and Ramp create a versatile vault and tumbling station that is light and portable. More spring holes allow you to adjust the tension of the bed. The 4' ramp is easily attached for round-off entry skills.



No more tripping on loose runway tape. This Vault Tape Measure indicates the exact position on the runway. It attaches and detaches to carpeted gymnastics vault runways with Velcro $^{\text{TM}}$  backing, which keeps the tape in place. The distance is indicated in inch and foot gradations and is now available in metric measurements. 82' 6" long (25M).

VTM-84	Vault Tape Measure	2 lb. (1 kg)	UPS	\$35.00
MET-VTM	Metric Vault Tape Measure	2 lb. (1 kg)	UPS	\$35.00





Tumbl Trak™ offers a variety of training aids designed specifically for **BAR** skills and progressions.

### **KEY BENEFITS:**

- Portable and great for gym and home use.
- Innovatively designed for easy assembly.
- Sturdy and safe.

All of the Tumbl Trak™ Jr. Bars use a unique spring detent knob which makes adjusting the bar height quick and easy.



**SPRING DETENT KNOB** 

#### VIDEOS, TRAINING TIPS & EQUIPMENT IDEAS www.tumbltrak.com/training

5-IN-1 BAR SYSTEM

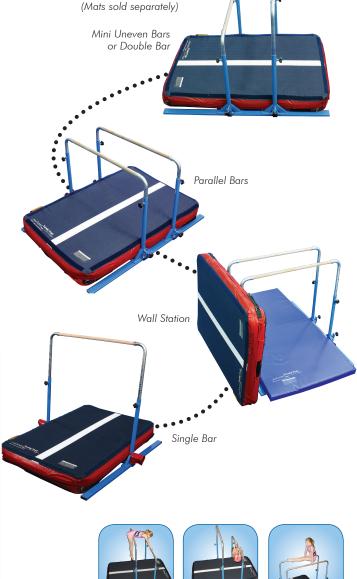
**5-in-1 Bar System**Single Bar, Double Bar, Mini Unevens, P-bars, or Wall Station, the 5-in-1 Bar System is big in ideas and uses for its small footprint. Each bar is adjustable from 38" to 58" and is stable enough for various swinging, hanging and strength skills. The base of the 5-in-1 Bar System is 6' long, and the bars slide independently and can be set at various distances from each other. Quick release knobs and spin knob/foot release base adjusters make for fast changes in set ups. Weight limit is 125 lbs.

The 5-in-1 Bar System is action packed as several learners can be engaged at one time. Supportive enough to strap a wall system, (add a Power Launch and Floor Bar), for a full circuit workout!

**SPECIFICATIONS:** 4' wide x 6' long, bar adjusts from 38'' to 58'' high (1.2M x 1.8M, adjusts from 97 cm to 1.5M)

ID#	DESCRIPTION	WEIGHT	SHIPS VIA	PRICE
DBSC	5-in-1 Bar System	141 lbs. (64 kg)	UPS	\$859.00











### Jr. Kip Bar

Featuring a 1-1/2" diameter solid maple bar, the new and improved Jr. Kip Bar offers more stability for higher level skills and older gymnasts. With two additional cross supports, skills like kips and back hip circles can easily be performed. For athletes weighing between 70 and 125 lbs., the base can be stabilized with a  $4' \times 8'$  piece of plywood for more advanced skills. The 48" space between the base permits a standard 4 ft. wide mat to be used underneath.

**SPECIFICATIONS:** 48" x 54" (122 cm x 137 cm), bar adjusts from 38" (97 cm) high to 56" (1.5M) high. **AVAILABLE COLORS:** Red or Purple

ID#	DESCRIPTION	WEIGHT	SHIPS VIA	PRICE
TT-JKB	Jr. Kip Bar (Red)	60 lbs. (27 kg)	UPS	\$335.00
TT-JKBX	Jr. Kip Bar Extensions (Red)	21 lbs. (10 kg)	UPS	\$ 75.00
TT-PJKB	Jr. Kip Bar (Purple)	60 lbs. (27 kg)	UPS	\$335.00
TT-PJKBX	Jr. Kip Bar Extensions (Purple)	21 lbs. (10 kg)	UPS	\$ 75.00
JKB-GREEN	Jr. Kip Bar (Green)	60 lbs. (27 kg)	UPS	\$335.00
JKB-EXTGREEN	Jr. Kip Bar Extensions (Green)	21 lbs. (10 kg)	UPS	\$ 75.00
BP-95	Bar Trainer Pad	1 lb. (.5 kg)	UPS	\$ 20.00
BP-95p	Purple Bar Pad	1 lb. (.5 kg)	UPS	\$ 20.00

See package pricing on our website!



### Jr. Bar Pro

If you like our Jr. Kip Bar, you will love our Jr. Bar Pro. This bar provides a much easier set up (and take-down) and has a stronger, more durable frame. This bar features special knobs that allow for quick adjustment. No plywood is needed to further stabilize the unit (as we recommend for the Jr. Kip Bar), and it only takes a  $4' \times 6'$  stamp on the floor. Weight limit of 125 lbs.

**SPECIFICATIONS:**  $48'' \times 72$ ," (122 cm x 183 cm) bar adjusts from 38'' (97 cm) high to 58.5" (1.5M) high. **AVAILABLE COLORS:** Tumbl Trak<sup>TM</sup> Blue or Pink

JBP-1	Jr. Bar Pro Blue	81 lbs. (37 kg)	UPS	\$479.00
JBP-1PINK	Jr. Bar Pro Pink	81 lbs. (37 kg)	UPS	\$479.00
BP-95	Red Bar Pad	1 lb. (.5 kg)	UPS	\$ 20.00
BP-95p	Purple Bar Pad	1 lb. (.5 kg)	UPS	\$ 20.00

The following is a list of mats we recommend for use with the Jr. Kip Bar and the Jr. Bar Pro. These mats were chosen for their safety and size.

PM-466	4' x 6' x 6" Practice Mat (see p. 23)	25 lbs. (25 kg)	\$425.00
PM-466P	4' x 6' x 6" Practice Mat (see p. 23)	25 lbs. (25 kg)	\$425.00
PM-488	4' x 8' x 8" Practice Mat (see p. 23)	39 lbs. (18 kg)	\$525.00
GF-862	Jr. Practice Mat (see p. 24)	22 lbs. (10 kg)	\$189.00
G-824	4' x 8' x 1-3/8 Tumbling Mat (see p. 21)	19 lbs. (9 kg)	\$152.00
G-824-2	4' x 8' x 2" Tumbling Mat (see p. 21)	22 lbs. (10 kg)	\$189.00









PM-466P

PM-488

GF-862

G-824





### **Cast Trainer**

The Cast Trainer is a device that offers developing gymnasts a progressive approach to casting to a handstand. The Cast Trainer bracket attaches to the frame of Tumbl Trak's™ Jr. Kip Bar, Jr. Bar Pro and 5-in-1 Bar. It features an adjustable bar (1.5" diameter) that gymnasts can easily move from basic to more challenging settings, as they are ready. The Cast Trainer is an extremely useful tool for teaching bar casts. This is a great space saver for your gym, because it's an add on to existing equipment.

ID#	DESCRIPTION	WEIGHT	SHIPS	PRICE
CT-ST	Cast Trainer	19 lbs. (9 kg)	UPS	\$325.00







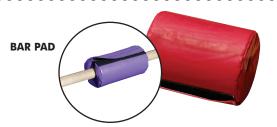


### **Bar Pad**

The Bar Pad is 9.5'' long (24 cm) and wraps around a 1.5'' (4 cm) diameter bar to offer padding for a gymnast learning new skills. Features easy open Velcro<sup>TM</sup> closure system.

 BP-95
 Red Bar Pad
 1 lb. (.5 kg)
 UPS
 \$20.00

 BP-95P
 Purple Bar Pad
 1 lb. (.5 kg)
 UPS
 \$20.00

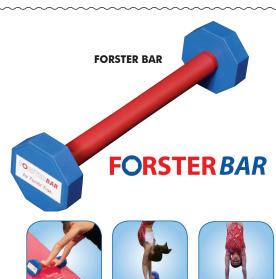


### **Forster Bar**

The Forster Bar is a training aid intended to help perfect shifting for the bar skills such as clear hips. The octagonal ends allow gymnasts to practice skills, such as a straight-arm backward roll. Developed by coach Tom Forster, the Forster Bar is an inexpensive, useful training aid. A rubber coating covers the bar, and gives a good grip, making the bar a safer training device. It should be in every gym that trains bar skills!

**SPECIFICATIONS:** 17" wide, octagonal ends are 5" high (43 cm x 13 cm)

**FOB5** Forster Bar 2 lbs. UPS **\$ 69.95** 







"The deduction for bent arms is a point of emphasis for the back rolls on floor and for the clear hip circle on bars. This is a significant deduction up to .3. The Forster Bar could make an impact to reduce that deduction."

—Jan Urfer, Level 10 Judge

### **BARS**







The Floor Bar can be used in many creative ways with other Tumbl Trak products where "bounce to HS" drills can be practiced. The Floor Bar is very sturdy featuring a nice feeling wood allowing for a secure grip. The Velcro stays secure after pressing down onto carpet foam and athletes can do giant, clear hip tap lifting drills without the bars moving, also in-bar and late drops without the bars popping up. Also great for handstands and pirouettes . . . a bar that won't slip and slide. Gaining handstand control is a very important skill, for beginners, up through advanced gymnasts. To practice control of the handstand, which is probably the most essential skill in gymnastics, using the floor bar is less stressful on athletes wrists.

ID#	DESCRIPTION	WEIGHT	SHIPS	PRICE
FB-48	48" Floor Bar (1.2M)	13 lbs. (6 kg)	UPS	\$169.00

### Frame Bar

The Frame Bar allows gymnasts to practice a variety of bar skills including handstand skills, uprises and several release moves. It has become a "must have" accessory to any Tumbl Trak. The new and improved design makes it easier than ever to attach to the Tumbl Trak, Inground Tumbl Trak, Xtreme Tumbl Trak, Preschool Tumbl Trak and Porta Trak. No hardware required and you no longer need to remove a spring to attach the bar to your frame.

TT-TB Frame Bar 14 lbs. (6 kg) UPS \$249.00



### **Quick Flex Bar**

Tumbl Trak's™ Quick Flex Bar is a great alternative to the Tumbl Trak™ Frame Bar. Its foam-covered strap is soft and very friendly for accidental landings. The Quick Flex Bar allows for lots of repetitions when learning to hit a handstand with open shoulders. Bouncing off the stomach helps develop cast handstands, back uprise handstands, and front giants. When practicing Tkatchevs, a common occurrence is hitting heels on the bar; this bar is SOFT—much friendlier for those heels!

 QFB-12
 Quick Flex Bar
 16 lbs. (8 kg)
 UPS
 \$299.00

 IN-GFB
 IngroundQuick Flex Bar
 16 lbs. (8 kg)
 UPS
 \$299.00

"We love the Quick Flex Bar. It has become an integral part of how we train giants, clear hips, toe shoots, Tkachev's and blind changes.

Kids are more confident and aren't afraid to be aggressive with new skills because they aren't afraid to get hurt."

—Tom Forster, USAG National Staff Member



Repetition, repetition, repetition. Our **BEAMS** provide the sturdiness, versatility and safety to perfect beam skills.

#### **KEY BENEFITS:**

- Portable and great for gym and home use.
- No tools necessary for assembly (exception: Laser Beam Pro requires some assembly).
- All beams ship via UPS for savings on shipping.

#### **Laser Beam**

The new Laser Beam by Tumbl Trak™ is a visual-aid, floor training beam developed by Master Coach Leonard Isaacs. But it isn't just a piece of equipment—it's a training concept. The clearly marked lines and numbers teach athletes how to shift their balance of movement during different phases of various skills. Visualizing the numbers and lines is a strong corrective action toward staying on the beam. The Laser Beam also improves an athlete's ability to have "Laser FOCUS" on proper positioning of feet and hands while on the beam. See your athlete's confidence soar as they learn new skills quickly, successfully, and safely on the new Laser Beam.

#### **LASER BEAM PRO:**

FIG length, (16' 4  $\frac{3}{4}$ " long), 7" wide and 2" high (4.9M x 18 cm x 5 cm) Easily moved and very stable. Wood center, padded with firm foam.

Some assembly required.

#### **LASER BEAM LITE:**

8' long x 7" wide x 2" high (2.4M x 18 cm x 5 cm) Easily moved and very stable. Velcro™connectors to connect two units. Wood center, padded with firm foam.

wood cen	ner, padaea wiin iim
ID#	DESCRIPTION
DPC-16	Laser Beam PRO
DPC-8	Laser Beam Lite

To know how the Laser Beam works, requires a deeper understanding about the concept of BALANCING. We've provided a basic lesson in the technique of teaching the Laser Beam.

FOR MORE LASER BEAM LESSONS, VISIT OUR WEBSITE.





From the end of the beam, notice how this athlete is centered over and looking at the blue line (number 3).



When she lifts her right leg sideways, her head shifts to her left to counter, thus maintaining her balance.



LASER BEAM PRO

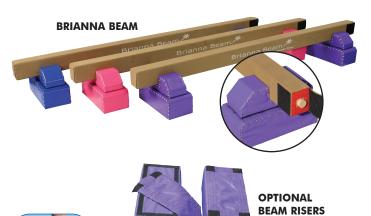
LASER BEAM LITE

We've added a "laser" line to show just how far she shifts. Her nose, or line of sight has moved over the number 2.



In a scale, the gymnast balances on one leg, like in many skills. If she tried to keep her balance over the center, she would likely fall to her right.

### **BEAMS**



#### **Brianna Beam**

Girls love the Brianna Beam and coaches, gym owners and parents will love the simple design. Slide the beam down into the risers for a sturdy and safe base. Two can be connected together to create one 16′ long beam. Order the optional Beam Risers to increase the height of the beam another 6″. No tools needed—the risers Velcro™ together. Available in Purple, Royal Blue or Pink.

**SPECIFICATIONS:** 8' long x 10 cm x 7" high (2.4M x 10 cm x 15 cm)

ID#	DESCRIPTION	WEIGHT	SHIPS	PRICE
LB-8	Brianna Beam, Purple	43 lbs. (20 kg)	UPS	\$250.00
LBB-8A	Optional Beam Risers, Purple	16 lbs. (7 kg)	UPS	\$105.00
LBRB-8	Brianna Beam, Royal Blue	43 lbs. (20 kg)	UPS	\$250.00
LBRB-8A	Optional Beam Risers, R. Blue	16 lbs. (7 kg)	UPS	\$105.00
LBPNK-8	Brianna Beam, Pink	43 lbs. (20 kg)	UPS	\$250.00
LBPNK-8A	Brianna Beam Risers, Pink	16 lbs. (7 kg)	UPS	\$105.00



### **Addie Beam**

The NEW Addie Beam by Tumbl Trak is a practical and safe home gymnastics training beam that will help your athlete train and perfect beam skills. It's 8ft long and competition width (10cm) – the perfect size for practicing leaps, turns, handstands and many more gymnastics skills. The Addie Beam is a perfect gymnastics beam for home or gym use.

**SPECIFICATIONS:** 8ft long x 10cm wide x 5.25 in high, Hollow wood core, Synthetic suede cover similar to competition beam

**ABEAM** Addie Beam 40 lbs. (18 kg) \$ 179.00





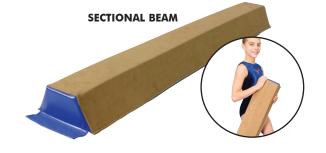


### **Sectional Beam**

Excellent for gym or home use, the Sectional Beam connects together easily with the Velcro $^{\text{TM}}$  flap. The 4'' top and suede surface are the same width and texture as a beam used during competition.

**SPECIFICATIONS:**  $4' \log x \ 4'' \ high \ (1.2M \ x \ 10 \ cm)$  with  $4'' \ (10 \ cm)$  top that tapers down to  $8'' \ (20 \ cm)$  wide base

SB-100	Sectional Beam	2 lbs. (1 kg)	\$ 65.00
SB-100PKG	Pack of two Sectional Beams	4 lbs. (2 ka)	\$130.00













Our extensive line of **FLOOR SYSTEMS** feature only high-quality materials and workmanship and carry the industries best warranties.

#### **KEY BENEFITS:**

- Made with high-quality, durable materials.
- Quick shipping times.
- Installation options are available.

VIDEOS, TRAINING TIPS & EQUIPMENT IDEAS www.tumbltrak.com/training

### **Cheer Floors/Carpet Bonded Foam**

The carpet bonded Trocellen rolls that we sell are the finest, portable matting available and have been used with great results for over 15 years. Our manufacturer is only one, of very few, that laminate the carpet to the foam. A standard competition floor is 42′ x 42′ and takes (7) rolls that are 6′ x 42′ each. However, many competitions are now using 54′ x 42′ floors which require 9 rolls. A roll of 4″ hook Velcro™ (for connecting the rolls together) is included with your purchase of two or more rolls. If your space or budget doesn't allow for an entire floor, you can also purchase single rolls providing a safer practice area. Safety should be everyone's highest priority and must be given serious consideration. Our carpet ships in 3-5 days.

FLEXI-ROLL® Floor Mat Systems are also available—made with the same quality materials as the standard roll floors. The unique way that the Flexi-Roll® floor rolls up makes this system revolutionary. One person can easily roll-up or roll-out a Flexi-Roll® section or entire floor. The rolls are not flipped before or after rolling. They practically unroll themselves! (All units ship via Motor Freight.)



Red

#### **INCLUDES A 5-YEAR WARRANTY!**

Carpet Bonded Trocellen

ID#	DESCRIPTION
138R	$42' \times 6' \times 1-3/8''$ Carpet Bonded Trocellen Foam Roll (12.8M x 1.8M x 4 cm)
139R	42' x 6' x 2" Carpet Bonded Trocellen Foam Roll (12.8M x 1.8M x 5 cm)

Flexi-Rolls®

**138RFLEXI** 6' x 42' x 1-3/8" Flexi-Roll® (1.8M x 12.8M x 4 cm) **139RFLEXI** 6' x 42' x 2" Flexi-Roll® (1.8M x 12.8M x 5 cm)

Flexi Home Mats

**46125FLEX** 4' x 6' x 1.25" Flexi Home Mat (1.2M x 1.8M x 3 cm) **462FLEX** 4' x 6' x 2" Flexi Home Mat (1.2M x 1.8M x 5 cm) **510125FLEX** 5' x 10' x 1.25" Flexi Home Mat (1.5M x 3M x 3 cm)

**4994** 4" X 42' Velcro Strip (10 cm x 12.8M)

Please add color code to each of the ID numbers when ordering:

RB = Royal Blue RD = Red BK = Black G = Gray P = Purple GN = Green

WEIGHT	PRICE
110 lbs. (50 kg)	\$ 754.00
135 lbs. (61 kg)	\$ 965.00
110 lbs. (50 kg)	\$ 754.00
135 lbs. (61 kg)	\$ 965.00
12 lbs. (5 kg)	\$ 86.00
15 lbs. (7 kg)	\$ 115.00
25 lbs. (11 ka)	\$ 186.00

Blue

Gray

Black

PK = Pink T = Teal

3 lbs. (1 kg)



**FLEXI-ROLLS®** 

\$ 35.00

### **FLOOR SYSTEMS**





**SPRING FLOOR** 

### **Spring Floor Kits**

The new American Power Spring™ (with the blue coil) features a durable, hard drawn high carbon steel, 2″ x 4″ coil with newly-designed plastic retainer caps. Hardware is included. The advantages of these springs are that the caps are more robust, the coil paint does not flake, top and bottom caps are interchangeable, and they usually ship within one week. Spring Floor Kits DO NOT include plywood.

ID#	DESCRIPTION	SHIPS VIA	PRICE
PS-1	Spring Cap and hardware	UPS	\$ 1.40/ea.
PS-42	1935 Spring Kit for 42' x 42' Floor (12.8M x 12.8M)	Mtr. Freight	\$ 2709.00
PS-42C2	42' x 42' Spring Floor Kit w/ 2" Carpet Bonded Foam (12.8M x 12.8M)	Mtr. Freight	\$ 9747.00
PS-54	2460 Spring Kit for 54' x 42' Floor (16.4M x 12.8M)	Mtr. Freight	\$ 3444.00
PS-54C2	54' x 42' Spring Floor Kit w/ 2" Carpet Bonded Foam (16.4M x 12.8M)	Mtr. Freight	\$10,482.00

### **Assembled Spring Floors**

If you do not want the hassle of putting together the Spring Floor Kit, the fully Assembled Spring Floor is the gymnastics or cheer floor for you. Features American Power Springs and Russian Baltic Birch wood panels for their strength and durability. Red foam carpet border (as shown) is available. Call for details.

TT-4242F	42' x 42' Assembled Spring Floor (12.8M x 12.8M)	\$10,500.00
TT-5442F	54' x 42' Assembled Spring Floor (16.4M x 12.8M)	\$13,500.00
TT-642F	6' x 42' Assembled Tumble Strip (1.8M x 12.8M)	\$ 1595.00
TT-1242F	12' x 42' Assembled Tumble Strip (3.7M x 12.8M)	\$ 3350.00

### **TUMBL TRAK MATS**

The **TUMBL TRAK MATS** are the highest quality mats available on the market.

Most styles and sizes are in stock and ready for immediate shipment.

#### **KEY BENEFITS:**

- Fresh new colors and designs.
- Ideal for use in the gym as well as for home use.
- All Tumbl Trak™ Mats have been tested and approved under the Consumer Product Safety Improvement Act.

VIDEOS, TRAINING TIPS & EQUIPMENT IDEAS www.tumbltrak.com/training



### **Dismount Mats**

Designed specifically for use with the Tumbl Trak<sup>™</sup> or Porta Trak, this mat attaches securely to the end of either unit with nylon webbing straps. A multi-density filler is covered on the top, sides and bottom with 18 oz. coated vinyl. Nylon mesh breather fabric is located along each side. Assembly is required. (Both units ship via Motor Freight.)

#### TUMBL TRAK™ MAT:

**71418** 7' x 14' x 18" Mat (2.1M x 4.3M x 46 cm) 286 lbs. (130 kg) **\$2095.00** 

**PORTA TRAK MAT:** 

**61212** 6' x 12' x 12" Mat (1.8M x 3.6M x 30 cm) 153 lbs. (69 kg) **\$1295.00** 







### **Tumbling Mats**

Tumbl Trak™ Tumbling Mats are constructed of 70 ILD crosslink foam. Competitively priced, our mats will ship from our warehouse within 2-3 business days. Fresh, new colors are now available and include Velcro™ on two ends. (All units ship via UPS.)

AVAILABLE COLORS: Bright Pastel Rainbow, Blueberry Primary Rainbow, Royal Blue, Purple, and Black.

ID#	DESCRIPTION	WEIGHT	PRICE
G-823	4' x 6' x 1-3/8" (1.2M x 1.8M x 4 cm)	17 lbs. (8 kg)	\$128.00
G-824	4' x 8' x 1-3/8" (1.2M x 2.4M x 4 cm)	19 lbs. (9 kg)	\$152.00
G-825	5' x 10' x 1-3/8" (1.5M x 3M x 4 cm)	28 lbs. (12 kg)	\$229.00
G-823-2	4' x 6' x 2" (1.2M x 1.8M x 5 cm)	17 lbs. (8 kg)	\$149.00
G-824-2	4' x 8' x 2" (1.2M x 2.4M x 5 cm)	22 lbs. (10 kg)	\$189.00
G-825-2	$5' \times 10' \times 2''$ (1.5M x 3M x 5 cm)	34 lbs. (15 kg)	\$282.00

Please add color code to end of ID# when ordering:
P= Purple
RB=Royal Blue
BP=Bright Pastel Rainbow
PR=Primary Rainbow

BB=Blueberry BLA=Black









### **Designer Tumbling Mats**

We have added three new Designer Mats to our tumbling mat collection. These new "must have" mats are made with the highest quality materials and craftsmanship you have come to expect from Tumbl Trak™. (All units ship via UPS.)

NOTE: The Black Mat features 4-side Velcro™; Flower Power and Stars and Stripes features 2-side Velcro.™

PAT-824	4'x8'x1-3/8" Stars and Stripes Mat	18 lbs. (8 kg)	\$166.00
PAT-825	5'x10'x1-3/8" Stars and Stripes Mat	27 lbs. (12 kg)	\$249.00
MA-824	4'x8'x1-3/8" Black Mat	18 lbs. (8 kg)	\$166.00
MA-825	5'x10'x1-3/8" Black Mat	27 lbs. (12 kg)	\$249.00
FLOWER-824	4'x8'x1-3/8" Flower Power Mat	18 lbs. (8 kg)	\$166.00
FLOWER-825	5'x10'x1-3/8" Flower Power Mat	27 lbs. (12 kg)	\$249.00



### Jack & Jill Mats

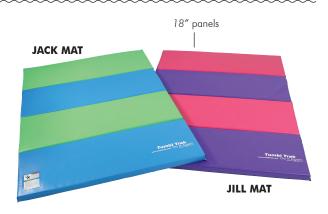
The Jack & Jill Mats are ideal for young children learning new skills. When folded, it is 6" narrower than the above Tumbling Mats, making it easier to perform skills over the mat. It's also easier for the youngsters to carry! The combination of firm foam (top layer) and soft foam (bottom layer) provides a safe and forgiving area for forward and backward rolls, bridges, cartwheels and much more! The non-skid material on the bottom prevents it from sliding or moving.

**SPECIFICATIONS:** 4' x 6' x 2" (1.2M x 1.8M x 5 cm) with Velcro<sup>™</sup> on ends

 PE-462P Jill Mat—Pink and Purple
 17 lbs. (8 kg)
 UPS
 \$165.00

 PE-462L Jack Mat—Lime Green & Light Blue
 17 lbs. (8 kg)
 UPS
 \$165.00

Expedited shipping is available. Call us for a quote.











### **Rebound Mats**

For extra lift and rebound, we've added a layer of EVA foam on top of Crosslink foam. These mats are great for high-end tumbling. Connect two or more together side-by-side and end-to-end to create larger areas for cheer stunting. Rebound Mats feature Smart Mat Technology and have non-skid material on the bottom. Available in Tumbl Trak Red, Black, and Purple.

**SPECIFICATIONS:** 5' x 10' x 2-3/8" (1.5M x 3M x 6 cm).

ID#	DESCRIPTION	WEIGHT	SHIPS	PRICE
RE-5102R	Rebound Mat 2-sided Velcro™, Red	39 lbs. (18 kg)	UPS	\$375.00
RE-5102PURP	Rebound Mat 2-sided Velcro™, Purple	39 lbs. (18 kg)	UPS	\$375.00
RE-5102BLA	Rebound Mat 2-sided Velcro $^{\scriptscriptstyleTM}$ , Black	39 lbs. (18 kg)	UPS	\$375.00
REV4-5102R	Rebound Mat 4-sided Velcro™, Red	39 lbs. (18 kg)	UPS	\$400.00
REV4-5102PURP	Rebound Mat 4-sided Velcro™, Purple	39 lbs. (18 kg)	UPS	\$400.00
REV4-5102BLA	Rebound Mat 4-sided Velcro $^{\scriptscriptstyleTM}$ , Black	39 lbs. (18 kg)	UPS	\$400.00

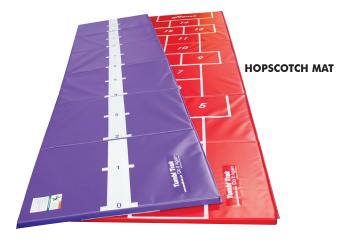


### **Cartwheel-Beam Mat**

Not your ordinary cartwheel mat! Our mat adds functionality by providing a white practice "beam stripe" on one side as well as hand/foot cartwheel guides on the other. Tumbl Trak's™ Cartwheel-Beam Mats feature different colors on each side. It is crafted to our demanding standards and boasts a rugged 18 oz. vinyl cover filled with 5/8" foam. (All units ship via UPS.)

**SPECIFICATIONS:**  $2' \times 6'$  (60 cm x 1.8M)

CM-100PLB	Pink and Light Blue Mat	6 lbs. (3 kg)	\$ 65.00
CM-100LGP	Purple and Lime Green Mat	6 lbs. (3 kg)	\$ 65.00
CM-100RBR	Red and Royal Blue Mat	6 lbs. (3 kg)	\$ 65.00
CM-100YO	Orange and Yellow Mat	6 lbs. (3 kg)	\$ 65.00
CM-400	All four Cartwheel-Beam Mats	24 lbs. (14 kg)	\$260.00



### **Hopscotch Mat**

Hello, Tec, preschool programs and parents. Tumbl Trak's ™ new Hopscotch Mat combines the fun of the game of Hopscotch with the usefulness of a long tumbling mat. Flip the mat over and you will see a white line down the center for practicing beam skills and long jump. Now available in Purple. (All units ship via UPS.)

**SPECIFICATIONS:**  $3' \times 12' \times 1-3/8''$  (91 cm x 3.6M x 4 cm)

HPM-312	Red Hopscotch Mat	20 lbs. (9 kg)	UPS	\$199.00
HPM-312P	Purple Hopscotch Mat	20 lbs. (9 kg)	UPS	\$199.00

We can quote a larger quantity of any of our products.









### 4" Mats

This versatile mat comes in two densities. The Practice Mat is more absorbent for landings, and the Soft Mat is more of a "mushy" mat feel for drills and beginning tumbling skills. Both are made with sturdy 18 oz. coated vinyl and reinforced handles. The 4" Mats can easily be folded into 4' x 4' x 8" practice blocks. (All units ship via UPS.)

**AVAILABLE COLORS:** Soft Mat: Tumbl Trak™Red; Practice Mat: Royal Blue

ID#	DESCRIPTION	WEIGHT	PRICE
PM-484	4' x 8' x 4" Practice Mat (1.2M x 2.4M x 10 cm)	37 lbs. (17 kg)	\$289.00
G-414F	4' x 8' x 4" Soft Mat (1.2M x 2.4M x 10 cm)	35 lbs. (16 kg)	\$285.00







### 6" Mat

The 4' x 6' x 6" Practice Mat is yet another Tumbl Trak  $^{\text{TM}}$  piece that, when folded, is a 3' x 4' size fitting well with other vault products. Made with sturdy 18 oz. coated vinyl, reinforced handles and strong breather mesh on sides. This mat, as well as the PM-488 Mat are recommended with the Jr. Kip Bar, Jr. Bar Pro or 5-in-1 Bar. (All units ship via Motor Freight.)

**SPECIFICATIONS:** 4' x 6' x 6" (1.2M x 1.8M x 15 cm)

**AVAILABLE COLORS:** Red with Royal Blue mesh; Purple with Lime Green mesh.

PM-466	4' x 6' x 6" Practice Mat Red	25 lbs. (11 kg)	\$425.00
PM-466P	4' x 6' x 6" Practice Mat Purple	25 lbs. (11 ka)	\$425.00



### 8" Mats

Our 8" Mats also come in two densities. The Practice Mat is more absorbent for landings, and the Soft Mat is more of a "mushy" mat feel for drills and soft tumbling skills. Both are made with sturdy 18 oz. coated vinyl, reinforced handles, and strong breather mesh on sides. The 8" Mats can easily be folded into practice blocks. The PM-5108 Mat includes Velcro™ so that it can be attached to the top of the Air Pit. It also includes a yellow vault marking line. (All units ship via Motor Freight.)

**AVAILABLE COLORS:** Black, Royal Blue, or Red on top and bottom and Royal Blue mesh on sides.

PM-488	4' x 8' x 8" Practice Mat (1.2M x 2.4M x 20 cm)	39	lbs. (18 kg)	\$525.00
PMBL-488	$4' \times 8' \times 8''$ Black Practice Mat (1.2M x 2.4M x 20 cm)	39	lbs. (18 kg)	\$525.00
PM-5108	5' x 10' x 8" Practice Mat (1.5M x 3M x 20 cm)	77	lbs. (35 kg)	\$725.00
PM-5108RB	5' x 10' x 8" Royal Blue Practice Mat (1.5M x 3M x 20 cm)	77	lbs. (35 kg)	\$725.00
PMBL-5108	5' x 10' x 8" Black Practice Mat (1.5M x 3M x 20 cm)	77	lbs. (35 kg)	\$699.00
G-905S	5' x 10' x 8" Soft Mat (1.5M x 3M x 20 cm)	70	lbs. (32 kg)	\$675.00











### **Jr. Practice Mat**

Designed to be used with the Jr. Kip Bar or Jr. Bar Pro, the Jr. Practice Mat can also be used by itself for tumbling drills and progressions. The softness of the Jr. Practice Mat makes it a great landing surface. It features non-skid material on the bottom and multiple mats can be connected together for a longer tumbling area. This unit is perfect for both gym and home use.

SPECIFICATIONS: 3' x 6' x 4" (91 cm x 1.8M x 10 cm)
AVAILABLE COLORS: Royal Blue, Purple

ID#	DESCRIPTION	WEIGHT	SHIPS	PRICE
GF-862RB	Royal Blue Jr. Practice Mat	22 lbs. (10 kg)	UPS	\$189.00
GF-862P	Purple Jr. Practice Mat	22 lbs. (10 kg)	UPS	\$189.00

We can quote a larger quantity of any of our products.



### **Teddy Bear Mat**

We call this a "Teddy Bear" Mat because its cover is so soft and brown—and a very friendly surface to land on! The cover is a washable, waffle-weave, dark brown blanket material. It can be draped over a vault, beam or bar. The Teddy Bear Mat goes at the top of any stack of mats, so plopping and falling can be fun and not so scary. Using it along with other mats helps the athlete feel safer and more confident. Not intended for use on hard surfaces. (All units ship via UPS.)

TB-3644	Baby Bear Mat (36" x 48" x 3") (91 cm x 1.2M x 8 cm)	9 lbs. (4 kg)	\$ 99.00
TB-4872	Mama Bear Mat (48" x 72" x 3") (1.2M x 1.8M x 8 cm)	16 lbs. (7 kg)	\$199.00
TB-PKGP	Package Deal (One of each size)	25 lbs. (11 kg)	\$284.00















### **Pit Pillow**

This extra soft mat has a denim cover and very low density foam. It is designed to be used as a topping mat in a loose foam pit and should be placed on another foam or air-filled mat when used outside a pit. (It is not intended for use alone on hard surfaces.) The Pit Pillow may also be used as a "throw mat" for a trampoline. It is great in a loose foam pit to prepare a gymnast for a slightly firmer landing. The Pit Pillow features Smart Mat Technology and has Velcro $^{\text{TM}}$  on all sides, so

that several can be connected end-to-end, side-by-side or stacked vertically. The Velcro™ also allows the Pit Pillow to connect to our other mats, such as the Mama Bear or the Air Floor with cover. Convenient handles are located on the side and ends of the mat. NOW APPROVED FOR J.O. USE! (All units ship via UPS)

PP-36488V	3' x 4' x 8" high (91 cm x 1.2M x 20 cm)	UPS	15 lbs. (7 kg)	\$249.00
PP-4872V	4' x 6' x 8" high (1.2M x 1.8M x 20 cm)	UPS	29 lbs. (13 kg)	\$360.00
PP-6072V	5' x 6' x 6" high (1.5M x 1.8M x 15 cm)	Mtr. Frt.	28 lbs. (12 kg)	\$425.00
PP-7296V	6' x 8' x 12" high (1.8M x 2.4M x 30 cm)	UPS	68 lbs. (31 kg)	\$775.00



### Handstand Homework Mat

The Handstand Homework Mat is a multi-functional mat developed with Kyle Thalman in conjunction with Tom Forster, USA Gymnastics National Team Staff Coach. From beginner to advanced levels, handstand control is an absolute necessity in all facets of the sport of gymnastics. Use of the mat encourages practice at home; and when used under the direction and guidance of the workbook, which is included with purchase, the athlete has the opportunity to improve their handstands greatly. This will thereby improve performance in all their gymnastic routines including tumbling, bars, vault and beam.

The Handstand Homework Mat is reversible. One side is a Cartwheel Mat (available in 4 colors) and the other side is carpeted and features a 6 ft. long (1.8M), 4 in. wide (10 cm) white "beam" stripe. The mat is designed to easily attach to doors that are 1-3/8" thick with slide-on clips and Velcro™ straps, but can also be used on the floor. All units ship via UPS.

ID#	DESCRIPTION	WEIGHT	PRICE
HH-PINK	Pink Handstand Homework	10 lbs. (5 kg)	\$162.00
HH-LG	Lime Green Handstand Homework	10 lbs. (5 kg)	\$162.00
HH-PURP	Purple Handstand Homework	10 lbs. (5 kg)	\$162.00
HH-RED	Red Handstand Homework	10 lbs. (5 kg)	\$162.00











### Handstand Homework Book

The 60 page Handstand Homework book (included with purchase of Handstand Homework Mat) demonstrates the shapes necessary to achieve the perfect handstand. It is filled with pictures of correct shapes, as well as pointing out some common misshapes. The workbook also includes some fun "quizzes" about handstands, a "word find" and many other items a young gymnast will surely enjoy while learning at the same time!

Books ship via USPS. Also available for purchase on iTunes.

HH-WORK Handstand Homework Book \$ 19.95 1 lb. (.5 kg)

"All in all, the Handstand Homework Book will help parents, coaches and gymnasts to understand the importance of the handstand. As a parent of a gymnast, I never thought of a handstand as being that integral to many other important skills in gymnastics. But after looking at the workbook and seeing the pictures (which are very helpful), it all makes sense."

**—KELLY ZALUSKY OF MIDLAND, MI** 



### **Smart Mat Sheets**

Sliding mats can be dangerous! Increase the safety of your gym and turn your current mats into "Smart Mats" by placing a Smart Mat Sheet under one mat or in between two mats. (All units ship via UPS.)

**SMS-3030** 30" x 30" Smart Mat Sheet (76 cm x 76 cm) \$35.00 3 lbs. (1 ka)

> Pre-paid orders are eligible to receive a 5% discount (some exclusions apply).



**DEVELOPMENTAL AIDS** are crucial for encouraging movement and physical awareness, especially in the early stages. They can be used creatively to increase success for all athletic activities.

#### **KEY BENEFITS:**

- Products can be used in a variety of ways for many different activities.
- Using fun, colorful and interesting products engage athletes and helps them learn faster.
- Made with high quality, durable materials that meet CPSIA standards.

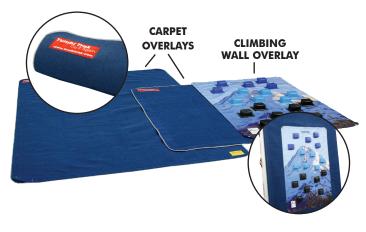


#### **T-Trainer**

The NEW T-Trainer can help train skills for vault, tumbling AND bars. Shaped like a Vault Top, springy like a Mini Tramp and useful as a vault board, the T-Trainer will quickly become your favorite training aid. The top surface is made with our Xtreme bed material and measures the same as a vault table, (3' x 4'). Your athletes will love this bouncy vault top for Yurchenko's, Tsuk's, Handsprings and more. Place the T-Trainer in front of the vault as a springboard or use it at a bar station to improve circling, handstand, or seat bouncing drills. *Patent Pending*.

The removable suede cover (sold separately), Velcros<sup>™</sup> to the top, making it look and feel more like a traditional vault top. Even with the Suede Cover, the surface is a lot softer for the wrists and shoulders, which helps to reduce overuse injuries.

ID#	DESCRIPTION	SHIPS	WEIGHT	PRICE
T-Trainer	T-Trainer	UPS	75 lbs. (34 kg)	\$899.00
T-Trainer-SCP	Suede Cover	UPS	11 lbs. (5 ka)	\$185.00



### **Climbing Wall and Carpet Overlays**

Kids are made to climb! This  $4' \times 6'$  overlay has firm foam blocks covered with vinyl that are sturdy enough to hold climbers of all ages. With a backdrop of Mount Hood, Oregon, the scenery will inspire many "summit" attempts in your gym! The overlay has a hook Velcro border on the backside that adheres to Tumbl Trak's Power Launch, Air Floor Pro or other closed loop surfaces, like carpet bonded foam.

Add an instant carpet wall in your gym with Tumbl Trak's<sup>™</sup> new Carpet Overlays. Available in two sizes: 4' x 6' and 78" x 118." The 4' x 6' size fits on Tumbl Trak's<sup>™</sup> Power Launch and the larger unit fits on the 3M Air Floor Pro. However, with a hook Velcro<sup>™</sup> border on the back, it can also connect to anything with a closed loop surface.

CWO-46	Climbing Wall Overlay	UPS	10 lbs. (4 kg)	\$189.00
CO-46	4' x 6' Carpet Overlay	UPS	4 lbs. (2 kg)	\$ 44.95
CO-3M	78" x 118" Carpet Overlay	/ UPS	8 lbs. (4 kg)	\$ 95.00



### Rings & Straps

Hang these rings on any bar for instant fun in strength training or play. What makes these rings different from any other on the market is the ease in which they are adjusted. The caribiner clips easily flip open and closed, and the straps are color coded to ensure each ring is set for the same height. The rings are made from a strong polycarbonate, and the surface has a non-slip texture. Not intended for competition.

 $\begin{array}{l} \textbf{SPECIFICATIONS:} \ \text{Rings are 1'' thick; straps adjust from 23'' (58 cm) to 33'' (84 cm) long.} \\ \text{Rec Rings: 7 } 1/2'' (19 cm) \ \text{diameter; Standard Rings 9 } 1/4'' \ \text{diameter (23 cm) which is FIG standard.} \\ \end{array}$ 

RINGS-REC	Recreational Rings (pair)	UPS	3 lbs. (1.5 kg)	\$ 65.00
RINGS-STD	Standard Rings (pair)	UPS	3 lbs. (1.5 kg)	\$ 79.00
STRAP-9	9" (2.7M) Strap w/ D-clip,	1 pair	2 lbs. (1 kg)	\$ 69.00

### **Fun Sticks**

Fun Sticks are a NEW fun product that have multiple uses. Velcro™ flaps on one end of each Fun Stick allow them to stand up on closed loop carpeted surfaces like our new Carpet overlays on page 26. Use a set for jumping over, marking stations, obstacle courses and more!

Fun Sticks are an essential element in creating a Forster Wall Handstand Trainer, which helps gymnasts learn to self correct handstand positioning at all skill levels. For early learners, have students kick up to handstand with their legs touching the Fun Stick. Move the Fun Stick down on the wall to wrist height and watch your more advanced gymnast's impressive handstand work.

All that is needed to create a Forster Wall Handstand Trainer are Fun Sticks, a wall with closed loop carpet, and a Floor Bar or Beam. (All units ship via UPS.)

ID#	DESCRIPTION	WEIGHT	PRICE
FS-1	1' Fun Stick (30 cm)	1 lbs. (.5 kg)	\$ 18.00
FS-2	2' Fun Stick (60 cm)	2 lbs. (1 kg)	\$ 23.00
FS-4	4' Fun Stick (1.2M)	4 lbs. (2 kg)	\$ 35.00
FS-1-6PK	1' Fun Stick (pack of 6)	6 lbs. (4 kg)	\$102.00
FS-2-6PK	2' Fun Stick (pack of 6)	8 lbs. (4 kg)	\$130.00
FS-4-6PK	4' Fun Stick (pack of 6)	16 lbs. (7 kg)	\$199.00









### **Half Rounds**

Tumbl Trak Half Rounds are an exciting new product for your gym or home. The Half Round is made of firm foam with a hook Velcro  $^{\mathsf{TM}}$  back that secures to closed loop carpet on the floor or a wall. On the floor, the Half Rounds can be used as a balance beam, station border, a floor bar or an obstacle. Use them on a wall to shape perfect handstands! In 2 ft. or 4 ft. lengths and several colors from which to choose, you'll find endless uses for this fun teaching tool!

SPECIFICATIONS: 8" wide x 4" high (22 cm x 10 cm)

HR-2PR	2 Ft. (61cm) Half Round, Primary Color	3 lbs. (1 kg)	\$39.65
HR-2BP	2 Ft. (61cm) Half Round, Bright Pastel	3 lbs. (1 kg)	\$39.65
HR-4PR	4 Ft. (122cm) Half Round, Primary Color	5 lbs. (3 kg)	\$65.00
HR-4BP	4 Ft. (122cm) Half Round, Bright Pastel	5 lbs. (3 kg)	\$65.00
HR-2Log	2 Ft. (61cm) Half Round, Log Graphics	3 lbs. (1 kg)	\$47.00
HR-4Log	4 Ft. (122cm) Half Round, Log Graphics	5 lbs. (3 kg)	\$79.00



### **Hands and Feet**

This manipulative is a must have for every teacher's toolbox. Soft denim fabric with hook Velcro™ backing have hands and feet screen printed in bright colors. Red for right and Lemon for left, use these to teach hand and foot placement in tons of skills! Throw in the washing machine to clean (lay flat to dry). The set of five includes 2 single hands (Red & Yellow), 2 single feet (Red & Yellow) and 1 double feet. (All units ship via UPS.)

**HF-B** Hands and Feet (Set of 5) UPS 1 lb. (.5 kg) **\$42.00** 











HANDS AND FEET (SET OF 5)















### **Open Shoulder Trainer**

The Open Shoulder Trainer is a light, padded device that fits around an athlete's shoulders and neck in order to maintain the open shoulders that are so often needed for skills that move through a handstand. How often do you repeat "KEEP YOUR SHOULDERS OPEN," every day in your gym? The Open Shoulder Trainer is easy to use and does not allow athletes to drop their shoulders on handstands, cartwheels, round offs, limber over, walkovers and other skills that require an open shoulder technique. You will want at least 5-10 Open Shoulder Trainers in your gym.

ID#	DESCRIPTION	WEIGHT	SHIPS	PRICE
OST-90	Open Shoulder Trainer	2 lbs. (1 kg)	UPS	\$ 25.00
OST-5PKG	Package of 5	10 lbs. (5 kg)	UPS	\$119.00
OST-10PKG	Package of 10	20 lbs. (10 kg)	UPS	\$238.00









### **Sliders**

Learn valuable flexibility, shaping and conditioning using Tumbl Trak's™ new Sliders. Sliders are similar to slippery furniture movers, which can be used on carpet. Also great for lunges, several core strengthening exercises, and tumbling drills like needle kicks and aerials. The increased surface of the Large Slider is ideal to use with two feet, two hands, your bottom, knees... even placed under your back! Think of the many ways you can use the Large Slider to expand your Slider workout!

The new FUNditioning video features John Smith of NASA Gymnastics demonstrating over 70 different Slider exercises that work the entire body.

SPECIFICATIONS: 9" long (23 cm) AVAILABLE COLORS: Royal Blue/Charcoal

SL-9	Sliders	1 lb. (.5 kg)	UPS	\$9.95/pair
SL-59	Pack of 5 pairs	5 lbs. (2.5 kg)	UPS	\$43.94/pk
SL-109	Pack of 10 pairs	10 lbs. (5 kg)	UPS	\$87.88/pk
L-LARGE	Large Slider	1 lb. (.5 kg)	UPS	\$9.95/ea
SL9-VID	FUNditioning Video	1 lb. (.5 kg)	USPS	\$19.95/ea

"Tumbl Trak's™ Sliders are more challenging for gymnasts to perform slider conditioning because they are made of a higher quality material which not only makes them last longer, but also requires more energy to make them move."

—JOHN SMITH, NASA GYMNASTICS

#### **INVERSION CUFFS**



### **Inversion Cuffs**

Using gravity and body weight, the Inversion Cuffs are an amazing conditioning tool best utilized by intermediate to advanced athletes. Try hooking them to a lower stall bar for a sit up station, or use a higher bar and incline for more challenging progressions. For the "all out" super-star athlete, hang fully suspended for a full body, power workout. Tumbl Trak has designed the Inversion Cuffs to include a good amount of padding, just where needed; and adjustable velcro straps provide a snug, but comfortable fit. Also, to prevent or minimize damage to the rail or bar, Inversion Cuffs include light padding at the point of hooking onto the bar.

Always use the inversion cuffs under the supervision of a trained professional and be mindful of proper safety practices with any inverted positions.

INCUF Inversion Cuffs 3 lbs. (1.36 kg) UPS \$ 75.00



### Folding Inclines (aka "Cheese Mats")

Inclines are great for downhill tumbling stations and feature 18 oz. vinyl-coated polyester fabric, sturdy nylon zippers and prime foam fillers. Heavy-duty 2'' wide webbing handles are attached to larger Inclines for your convenience. Tumbl Trak's  $^{\text{\tiny TM}}$  Inclines also feature a Velcro  $^{\text{\tiny TM}}$  flap to keep the incline fastened shut when folded closed.

AVAILABLE COLORS: Primary Rainbow, Bright Pastel Rainbow or Black

ID#	DESCRIPTION	WEIGHT	SHIPS	PRICE
GF-819SF	24" x 48" x 14" (60 cm x 1.2M x 36 cm)	17 lb. (8 kg)	UPS	\$165.00
GF-820SF	30" x 68" x 16" (90 cm x 1.8M x 41 cm)	33 lb. (15 kg	) UPS	\$295.00
<b>GF-822SF</b>	60" x 84" x 16" (1.5M x 2.1M x 41 cm)	74 lb. (74 kg	) Mtr. Frt	\$569.00

Please add color code to end of ID# when ordering: PR=Primary Rainbow BP=Bright Pastel Rainbow BLK=Black



### **Folding Mini Ramps**

Whether you use it as a block, a wedge, or a ramp, you will find the features on the Folding Mini Ramp make it super compatible with other mats to create friendly, fun stations! Keep it folded and use the colorful block as a stable place for kids to stand on, jump off or cartwheel over. Velcro™ on the base surface, as well as sides will help keep the mat firmly in place on closed loop carpet or matched up next to other mats. The Folding Mini Ramp features a convenient hook Velcro™ flap to secure it for uphill or downhill play. Use the same Velcro™ flap to hold the block securely folded to use it standing up on any side!

**SPECIFICATIONS:**  $48'' \log x 18''$  wide x 8'' high on high end of ramp  $(1.2M \times 45 \text{ cm} \times 20 \text{ cm})$ 

FMR-BP	Bright Pastel Folding Mini Ramp	11 lb. (5 kg)	UPS	\$139.00
FMR-PR	Primary Rainbow Folding Mini Ramp	11 lb. (5 kg)	UPS	\$139.00



### **Booster Blocks**

The Booster Blocks are another great example of Tumbl Trak's™ "Smart Mat Technology." The Booster Blocks have special Velcro™ placement along the edges that allow them to be connected side-by-side, end-to-end or on top of one another. Alone or together, they can be useful as spotting blocks and training stations for beam, tumbling and vaulting. The Booster Blocks make great plyometric stations and when used with the Orbiter, they help adjust for different heights of athletes. (All units ship via UPS.)

**SPECIFICATIONS:** 48'' long x 18'' wide x 8'' high (1.2 M x 46 cm x 20 cm)

BB-34	Booster Block, Red	19 lbs. (8 kg)	\$ 175.00
BB-34PUR	Booster Block, Purple	19 lbs. (8 kg)	\$ 175.00
BB-34RB	Booster Block, Royal Blue	19 lbs. (8 kg)	\$ 175.00
BB-34BLA	Booster Block, Black	19 lbs. (8 kg)	\$ 175.00
BB-2PKG	Set of 2 Booster Blocks	38 lbs. (17 kg)	\$ 332.50
BB-4PKG	Set of 4 Booster Blocks	76 lbs. (34 kg)	\$ 665.00

#### **BOOSTER BLOCK**



### **Octagons**

Used for teaching tumbling skills or for recreation. Octagons help with teaching the beginning and finishing of backwards and forwards skills such as walkovers, front and back handsprings. It also helps teach leaps, tick-tocks and over splits. The largest size Octagon is 2 pieces that can be connected together or used individually. 70 ILD polyfoam. Random colors.

OCT-824	20" x 20" x 28" (51 cm x 51 cm x 71 cm)	14 lbs. (6 kg)	UPS	\$165.00
<b>OCT-825</b>	24" x 24" x 30" (60 cm x 60 cm x 76 cm)	23 lbs. (10 kg)	UPS	\$245.00
OCT-827	30" x 30" x 36" (76 cm x 76 cm x 90 cm)	36 lbs. (16 kg)	Mtr. Frt.	\$395.00
OCT-828	35" x 35" x 35" (90 cm x 90 cm x 90 cm)	41 lbs. (19 kg)	Mtr. Frt	\$555.00

**AVAILABLE COLORS:** Primary, Rainbow, Bright Pastel Rainbow

Please add color code to end of ID# when ordering: PR=Primary Rainbow BP=Bright Pastel Rainbow



(Shown in half)

# AIR BARREL













#### **Air Barrel**

Now available in new colors and sizes!

**SPECIFICATIONS:** 24"/30"/36" diameter, fully inflated *Price includes hand pump*.

ID#	DESCRIPTION	PRICE
AB-24RED	Air Barrel 24in, Red (includes hand pump)	\$209.00
AB-24PURP	Air Barrel 24in, Purple (includes hand pump)	\$209.00
AB-24BLUE	Air Barrel 24in, Blue (includes hand pump)	\$209.00
AB-30RED	Air Barrel 30in, Red (includes hand pump)	\$249.00
AB-30PURP	Air Barrel 30in, Purple (includes hand pump)	\$249.00
AB-30BLUE	Air Barrel 30in, Blue (includes hand pump)	\$249.00
AB-36RED	Air Barrel 36in, Red (includes hand pump)	\$279.00
AB-36PURP	Air Barrel 36in, Purple (includes hand pump)	\$279.00
AB-36BLUE	Air Barrel 36in, Blue (includes hand pump)	\$279.00
AB-C	Air Barrel Cradle for 24in Barrel	\$149.00
ABC-3036BLA	Air Barrel Cradle for 30in/36in Barrel, Black	\$169.00









### **Orbiter**

You couldn't ask for a more versatile, multi-functional piece of equipment. The Orbiter is a combination of the 42" (1M) long Air Barrel and a pair of firm foam rings. With the Booster Blocks, the Orbiter is "one size fits all." It can be used for back handsprings, front handsprings, round offs, back tucks and much more. When the foam rings are taken off, it becomes a rec. or pre-school coaches dream. Between the Air Barrel, Cradles and foam rings, a coach can have endless options and easily three or more stations for their athletes. If you already own an Air Barrel, purchase the Orbitor Rings separately. (All units ship via UPS.)

OBT-12	Orbiter	32 lbs. (15 kg)	\$ 706.80
MD-45	Orbiter Rings	26 lbs. (12 kg)	\$ 535.00
OBT-2PKG	Orbiter w/ 2 Booster Blocks	58 lbs. (26 kg)	\$1039.30
OBT-3PKG	Orbiter w/ Cradles	37 lbs. (17 kg)	\$ 848.35









### **Sticky Toes**

Sticky Toes will help athletes perfect new skills much easier. Sticky Toes are designed to help the athlete realize when their feet are apart or together. The straps are big enough to go around cheerleading shoes yet small enough to go around a young athlete's bare foot. The Velcro™ sticks together but also safely pulls apart, giving the athlete instant feedback when working skills where feet are required to stay together. The user can feel and hear the Velcro separate! Sticky Toes are hand washable and a must have for every athlete in your gym!

STK-TOE Sticky Toes, One Pair (one size fits all) 1 oz. USPS \$12.95

"The real value of Sticky Toes is the immediate feedback they provide an athlete, by hearing as well as feeling, when the Velcro™ separates. As a coach, I appreciate that I no longer have to constantly tell my gymnast their feet are apart."

—AL FONG, GAGE





### **Hurdle Helper**

The Hurdle Helper is an innovative system of soft blocks and sticks that can be Velcroed  $^{\text{TM}}$  together in multiple ways to teach progressions for a variety of skills. From preschool to pre-team, the Hurdle Helper will be every teachers "go-to" for FUN and creative tumbling, vault and beam stations. The system includes six soft, red sticks that can be arranged in different set ups to teach cartwheels, round offs, and hurdling techniques. Use the two longer, red sticks with Velcro  $^{\text{TM}}$  flaps, to create an upright obstacle. The system also comes with a soft red block that is  $15\text{''} \times 10\text{''}$  and is 4'' thick for reaching or jumping over. All the sticks and block have Velcro on the bottom, in order to connect them to the base mat.

**DIMENSIONS:** 3' x 4' x 5/8" thick (91 cm x 122 cm x 2 cm thick)

ID#	DESCRIPTION	WEIGHT	PRICE
HUR-HELP	Hurdle Helper, Red	18 lbs. (8 kg)	\$250.00
<b>HUR-HELPPURP</b>	Hurdle Helper, Purple	18 lbs. (8 kg)	\$250.00



### Tumbl Tape & Velcro™ Numbers

Simple, but oh so useful! The Tumbl Tape is colorful and made up of 4" wide hook Velcro™ on the back to secure it to any closed loop carpet. The front, or top, is 4" loop Velcro™ which makes it soft on the feet, but also useful to stick Velcro™ place markers. (See the numbers, sold separately). Designed to be 20' long with a new color every 2', athletes can start understanding the value of LONG tumbling early on. The markers and colors are also great for knowing hand placements when tumbling into the pit or uphill onto a resi mat. You won't have to measure your steps over and over!

**DIMENSIONS:** Tumbl Trak:  $20' \times 4''$  (6M x 10 cm). Velcro Numbers  $4'' \times 4''$  (10 cm x 10 cm).

Tumb-Tape	TumblTape	1	b. (.5 kg)	\$49.00
V-Number	Velcro Numbers	1	b. (.5 kg)	\$41.50



### Fly Right

If you want your cheerleader to be able to SAFELY practice on the most realistic piece of cheer stunting equipment, then look no further than the FLY RIGHT! Balance is the key to a strong, SAFE stunt! Cheerleaders and coaches love the realistic movement the flyer experiences as he or she trains on the patented design which uses springs. Many of our customers tell us they have tried other stands, but none of them give them the realistic feel of stunting like the FLY RIGHT! The patented spring design creates realistic movement.

**DIMENSIONS:** 12" - 18" adjustment (30 cm x 46 cm).

FLY RIGHT-BLK	Fly Right Black	21 lbs. (10 kg)	\$250.00
FLY RIGHT-PIN	Fly Right Pink	21 lbs. (10 kg)	\$250.00



### **Replacement Parts**

10 ft. T-21 Extension (Frame, Pads & Springs)
Beds (Tumbl Trak™ and Porta Trak)\$25.00/Linear Ft.
Xtreme Tumbl Trak™ Bed\$40.00/Linear Ft.
Transition Bed \$49.90/Linear Ft.
Pads (Tumbl Trak™ and Porta Trak)\$140.00/10′ Section (four 5′ pads)
Spring Tool
Velcro™ (2" Pressure Sensitive Loop)\$.75/Ft.
Endcaps\$12.95/set of four
4" Springs\$1.25/ea.
6" Tumbl Trak™ Springs\$1.50/ea.
6" Mini Tramp Springs\$1.50/ea.
Steel Knobs for Frame Bar\$15.00/ea.
Mini Trak Bed\$150.00
Mini Trak Pads\$175.00
Mini Trak Feet Bumpers\$21.50/set of four



### **MARNING**

- Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.
- All users of this equipment assume this risk of serious injury.
- Mats and pits cannot and do not eliminate hazards.

### **Safety Instructions**

#### **ALWAYS:**

- 1. Consult an instructor prior to use.
- 2. Use equipment ONLY under the supervision of trained and qualified instructors.
- 3. Use equipment with trained spotters and the proper spotting equipment.
- 4. Check equipment before use for proper positioning; equipment can move during use.
- 5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.
- Use equipment ONLY when all hard exposed surfaces are protected with proper mats.
- 7. Assure that all inflatable equipment has sufficient air pressure to avoid injury.

**DO NOT** use the apparatus with damaged, worn or missing parts. **DO NOT** allow more than one person at a time to use the equipment.

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### **Terms & Methods of Payment:**

For updated information please refer to our website at www.tumbltrak.com

- Prepay: Receive a 5% discount if you prepay your order at the time the order is placed. This discount cannot be used in conjunction with any other discount or special offer.
- 50% down, 25% due 30 days after invoice, 25% due 60 days after invoice. This plan requires that you fill out a credit application and an "Installment Plan Agreement" for credit card pre-authorization. A \$100 processing fee is due with the credit card application.
- 6 month, 0% interest is available through PayPal. You must have a PayPal Account and enroll in PayPal Credit.
- Leasing: Third party leasing options are available for extended periods of time. [Contact your sales rep for more details.]
- Purchase orders are accepted from school systems & other government agencies on a strictly net 30 day basis. Please fax PO's to Tumbl Trak, Attn: Sales Department, Fax: (989) 772-5121.
- Visa, MasterCard, Discover, American Express, checks, and money orders are all acceptable means of payment. (There is a \$20 returned check fee.)
- You can now make an electronic check payment through our website: www.tumbltrak.com. Go to the "How to Order" page, scroll down to item #6 and click on the link. The link will take you to the Quick and Easy payment screen where you can enter your information. The transaction fee is \$3.00.
- Tumbl Trak reserves the right to charge 1.5% monthly interest on all accounts that are more than 30 days overdue.
- All shipping charges are the responsibility of the customer. Shipping cost will be prepaid and added to the invoice.

**PRICES:** Prices are subject to change without notice. Bids and written quotations are guaranteed for 30 days. Sorry, verbal quotes cannot be guaranteed.

**DELIVERY:** All standard orders will normally ship from Tumbl Trak's facilities within 2-3 weeks after receipt of deposit or purchase order. Some exceptions apply. These are NOT guaranteed delivery times. Deliveries are contingent upon availability, as well as strikes, accidents, fires or other causes beyond our control. Please give full and plain directions for forwarding goods. Street addresses are necessary for all shipments.

**LOST OR DAMAGED SHIPMENTS:** V.T.L., Inc./Tumbl Trak is not responsible for damages, shortages or lost shipments occurring in transit. For your own protection, note any damage or discrepancy on delivery receipt before accepting freight shipments. Damage MUST BE NOTED on the bill of lading in order for a claim to be filed. We CANNOT help you if damage has NOT been noted on the bill of lading.

**CANCELLATIONS:** Orders are not subject to cancellation or deferment of shipment when ready, unless seller is indemnified against all losses resulting therefrom. The seller shall not be responsible for delays or non-performance caused by any circumstances beyond our control. A 15% Restocking Fee will be charged for all orders that have been cancelled after shipment. Return freight is the responsibility of the customer. A 15% fee will also be charged for cancellation of custom order products before and after shipment.

WARRANTY: Seller warrants all standard products to be free of defects in material and workmanship for a period of 2 years from the date of seller's invoice. (Exceptions: Any custom order or demo/used equipment, do not carry a warranty. Blowers carry a one year warranty. The warranty on Bar Trainers, Air Products, the polypropylene beds and vinyl pads on Tumbl Traks, Porta Traks, and Mini Traks, is void if equipment is used outside.) THIS WARRANTY IS IN LIEU OF ANY OTHER WARRANTY, EXPRESSED OR IMPLIED, AS TO MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE OR ANY OTHER MATTER. Seller's sole obligation under this warranty shall be to repair or replace, at its option and expense, defective part or parts. Buyer must receive seller's approval to return part or parts for inspection. Shipping expenses on defective part or parts will be borne by the buyer. Seller is not responsible to buyer for any indirect, consequential, special or other like damages. In no event shall seller's liability to buyer exceed the purchase price charged by seller to buyer for the goods which are the subject of any dispute between seller and buyer.

**Mailing Address** 

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www.tumbltrak.com







