

TireFlip 180

£2,299.00

Product Images



Short Description

This is the new and improved TireFlip 180 from the Abs Company. By opening up the area where you need to stand to flip the half tyre, you can better position your body and your legs to flip it. This is a great multi-functional piece of gym equipment that allows you to perform tyre flips and other dynamic exercises in a small area.

Why Choose The TireFlip?

As well as the space saving design you can also increase the weight of the tyre thanks to the 2" weight horns. The weight range for this model is 45kg to 63kg (100lbs to 140lbs). The starting weight is 45kg and it allows

you to add an additional 18kg of weight. You can also use the tyre for plyo jumps, step ups, bands or rope work making it ideal for class/group sessions.

Multi Functional TireFlip 180

As well as providing a tyre flip exercise for the same space as a selectorised machine, there's more to the TireFlip than just its namesake exercise. With the anchor points allowing for ropes as well as resistance bands, whilst someone is flipping tyres, someone else can be using as a base station for a range of other exercises.

Using tyre flipping engages not only strength and power, but your cardio and agility abilities all in one workout. Dynamic and power based, the combination of upper and lower body muscles means you quickly require not only strength, but cardio fitness if you're performing 30 seconds or more of flipping.

Why Create A Tyre Flip Machine?

A stalwart feature of CrossFit gyms or large strength set ups, tyre training has been around for a while. A tractor tyre (in order to get a suitable weight) takes up a huge amount of room, is sometimes unsteady when being moved around and you rarely get more than one being used at a time. What's more you also require a long stretch of floor to allow more than 2 or 3 flips in a row.

So safety and space wise this is a winner. A simple machine that can replicate the exact tyre flip, without requiring more than the foot print you start with, means you can have 2 or 3 side by side and vary weight, have a circuit that 2 or 3 can do at the same time, or even hold timed racing.

As Well As Tyre Flipping

- Plyometric jumps
- Step-ups
- Push ups
- Core Hammer workouts
- Battle ropes
- Resistance Bands

Key Features

- Weight of tyre between 100 lbs and 140 lbs (add weight discs)
- 2 Battle Rope Anchor Points
- 4 Sound Reducing Bumpers
- 6 Floor Mounting Points
- Mobility wheels makes moving simple
- New Open Frame Design
- Extended Warranty

Additional Information

SKU	TF180
Weight	140.000000
Equipment Usage	Home & Commercial use
Warranty	3 Year Frame Warranty. 1 Year For Tire, Shocks & Bumpers
Made From	Half tractor tyre mounted on a 180-degree rotating pivot.
Length Dimensions	125cm
Width Dimensions	155cm
Height Dimensions	55cm