



TuffStuff Fitness International

KDS-SPT Series Youth Fitness Functional Trainers

KDS-SPT 6X Compact Bench Trainer

Youth Functional Trainer Basic Exercises: Seated Position



Chest Press



Incline Press



Unilateral Incline Press



Pectoral Fly



Shoulder Press



Leg Curl or Leg Ext.

*Approx. Dimensions: LWH 48" x 32" x 80" *Approx. Ship Weight: 500# * Color Coded Safety Stacks with Noise Reduction Kit Standard
*Standard Weight Stack 150lbs Resting Weight *Resistance Configuration 1:2 Ratio 75# Resistance in 5# Increments * Upgrade Weight Kits Available

KDS-SPT 6P Compact Platform Trainer

Youth Functional Trainer Basic Exercises: Standing Position



Flys and X Crossovers



Torso Rotation



Mixed Curls and Upright Row



Tricep Push-Down



Wood Cutters



Suomo Squats

*Approx. Dimensions: LWH 62" x 32" x 80" *Approx. Ship Weight: 500# * Color Coded Safety Stacks with Noise Reduction Kit Standard
*Standard Weight Stack 150lbs Resting Weight *Resistance Configuration 1:2 Ratio 75# Resistance in 5# Increments * Upgrade Weight Kits Available

TFI/TuffStuff Fitness International is pleased to now offer new additions to our KDS Youth Fitness Circuit Series. Now Available the KDS-SPT Series "Kids Stuff" Functional Trainer Youth Circuit. Offering incredible versatility (with over 60 exercise variations per unit). The KDS-SPT Youth Circuit is safe and simple to use, very compact, and designed to help children & youth ages 9 and up in Physical Education Programs, Sports Programs, Weight Loss Programs & Health Club Youth Fitness Programs to get stronger, healthier, build better endurance and flexibility, lose weight, aid in injury prevention and help fight childhood obesity. Also usable by most adults for circuit training, strengthening and conditioning programs.

TUFFSTUFF FITNESS INTERNATIONAL, INC.

13971 Norton Ave. Chino CA 91710 PH: 909-629-1600 FX: 909-629-4967 www.tuffstufffitness.com Email: dpayne@tuffstuff.net



TuffStuff Fitness International

KDS-SPT Series Youth Fitness Functional Trainers

KDS-SPT 7 Extended Bench Trainer

Youth Functional Trainer Basic Exercises: Seated Position Extended



Bicep Curl



Unilateral Lat Pull



High Pulley Row



Lat Pull



Seated Mid Row



Offer Ups

*Approx. Dimensions: LWH 72" x 32" x 80" *Approx. Ship Weight: 500# *Color Coded Safety Stacks with Noise Reduction Kit Standard
*Standard Weight Stack 150lbs Resting Weight *Resistance Configuration 1:2 Ratio 75# Resistance in 5# Increments *Upgrade Weight Kits Available

KDS Youth Circuit Additional Station Options

Body Weight, Cardio, Leg Press Stations



KDS-71LP Kids Leg Press & Calf Raise Combo Trainer



CCD-347 Five Way Multi Trainer for Push Ups, Pull Ups, Vertical Knee Raise, Calf Raise, Dips



CFB-305 Flat Bench For Hip Flexion, Air Bicycle, Mountain Climbers



Upright Bike Programmable W/HR



Elliptical Trainer



CMA-320 Mini Ab For Half Crunch Fixed Position



CAB-335 Adjustable AB And Hip Flexion



Since 2009 Tuff Stuff Fitness has been the exclusive Youth Fitness Equipment supplier to the prestigious National Foundation of Governor's Fitness Council Awards Program and for the California Governor's Challenge Programs. Our KDS Youth Fitness Circuit is uniquely designed and modified to work with users who are typically 4'6" through 6'0" height. KDS weight stack units come standard with Color Coded Safety Stacks, and blended lighter weight stack increments to allow younger and deconditioned youth to work comfortably but also accommodate stronger and bigger youth athletes as well. Also a noise reduction kit using rubber spacers is included standard with all KDS Weight Stack Units minimizing noise issues to nearby classrooms, work areas or other noise sensitive areas. Optional Upgrade Heavier Weight Stack Kits are also available.

TuffStuff's KDS Circuit is an ideal line for traditional timed circuit training programs, "Pod" or Body Part training, sport specific training and many other applications. Depending on room size and supervision levels, and trainers or coaches preference...units can be set up as single unit alternating stations, pairs, triplets or larger groupings to customize program needs.

TUFFSTUFF FITNESS INTERNATIONAL, INC.

13971 Norton Ave. Chino CA 91710 PH: 909-629-1600 FX: 909-629-4967 www.tuffstufffitness.com Email: dpayne@tuffstuff.net