



From EXF FITNESS

## The Mobile Fitness Solution Minimal Set Up for Maximum Results



1 x PERSON



1 x BOX



10 x MINUTES



12 x TRAINING STATIONS

The Mobile Fitness Unit (MFU) is designed and manufactured to weather the extremes, be utilised in austere outdoor environments, and withstand the abuse of highly trained operators, athletes, and professionals.

Hot-dip galvanized, powder-coated, 4 and 6mm box steel is used to ensure the strength and resilience of our squat racks, pull-up bars and storage solutions.

Like no other portable fitness equipment of its kind, the weatherproof MFU meets ISO and industrial strength standards, defining a new standard and category of extreme outdoor gym equipment.



### BAREBONES MFU 100T The Home for What You Already Own

The Barebones MFU 100T is for those who already own all the equipment and accessories they need, but are now looking for a mobile or outdoor unit that will create a flexible training structure with suitable storage.

The Barebones offers you all the structure and storage of the other MFU options, just without the kit or customisation.

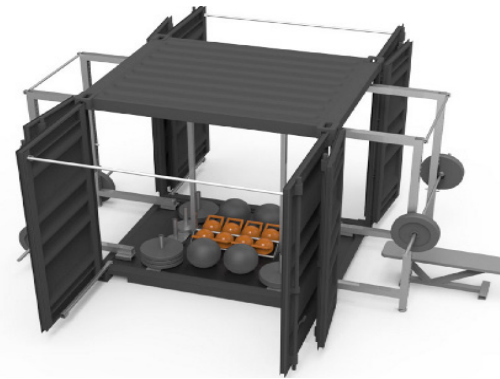
This has all the same standard features and designs:

- 2 x Retractable Swing-out/Squat Rack
- 2 x Cross-member Pull-up Bars
- 1 x Multi-Storage Solutions Console.

- Do you want a functional workout space but no room inside?
- Want outside facilities for training?
- Run a boot camp or need to expand your training space?

If the answer is yes, then the answer is the Barebones MFU 100T. Offering excellent flexibility in a financially fiscal package, it really is not a decision, it is the solution.

Email us for more information at:  
[sales@exf-fitness.com](mailto:sales@exf-fitness.com)



### EQUIPPED MFU 200T The All-in-One Portable Package

The Equipped MFU 200T is an all-in-one package. For those looking to hit the ground training on day 1 this is for you. The Equipped MFU 200T comes with all the essential training equipment and accessories you'll need to train up to 12 athletes including:

- 4 x Olympic Barbells
- 4 x Pairs of Lock Jaw Collars
- 12 x Bumper Plates; 6ea. x 10kg, 20kg
- 12 x Rubber Plates; 6ea. x 2.5kg, 5kg
- 6 x Medicine Balls; 2ea. x 5kg, 7kg, 10kg
- 6 x Kettlebells; 2ea. x 10kg, 14kg, 16kg
- 2 x Core Trainer Attachments
- 2 x Dip Bar Attachments
- 2 x Pair J-Hook Attachments
- 2 x Battle Ropes
- 1 x Adjustable Bench

The standard configuration utilises;

- 2 x Retractable Swing-out/Squat Racks
- 2 x Cross-member Pull-up Bars
- 1 x Multi-Storage Solutions Console.

Call us to discuss your needs on:  
**01473 735 115**



### CUSTOM MFU PLUS The Ultimate Fitness Creation

The Custom MFU Plus is built to suit your needs and desires. You can work with our designers to build your own bespoke fitness box. You can specify\* your own requirements including:

- rack and pull-up bar configuration
- specify your equipment type and quantity
- additional storage options
- special add-on and features such as bespoke LED lighting and/or blue-tooth speaker installations
- personalised branding including items such as custom colours and graphics
- internal rubber matting.

We can help you create your ideal fitness package, inside and out. As a one off project or part of a fleet of mobile fitness solutions, we will work with you to make your ideas a reality.

Prices upon application based on your specified requirements and needs.

\*Specifications parameters apply, but any reasonable request will be considered and investigated.





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## Ultimate User Flexibility

Adapts to All Needs and Terrains

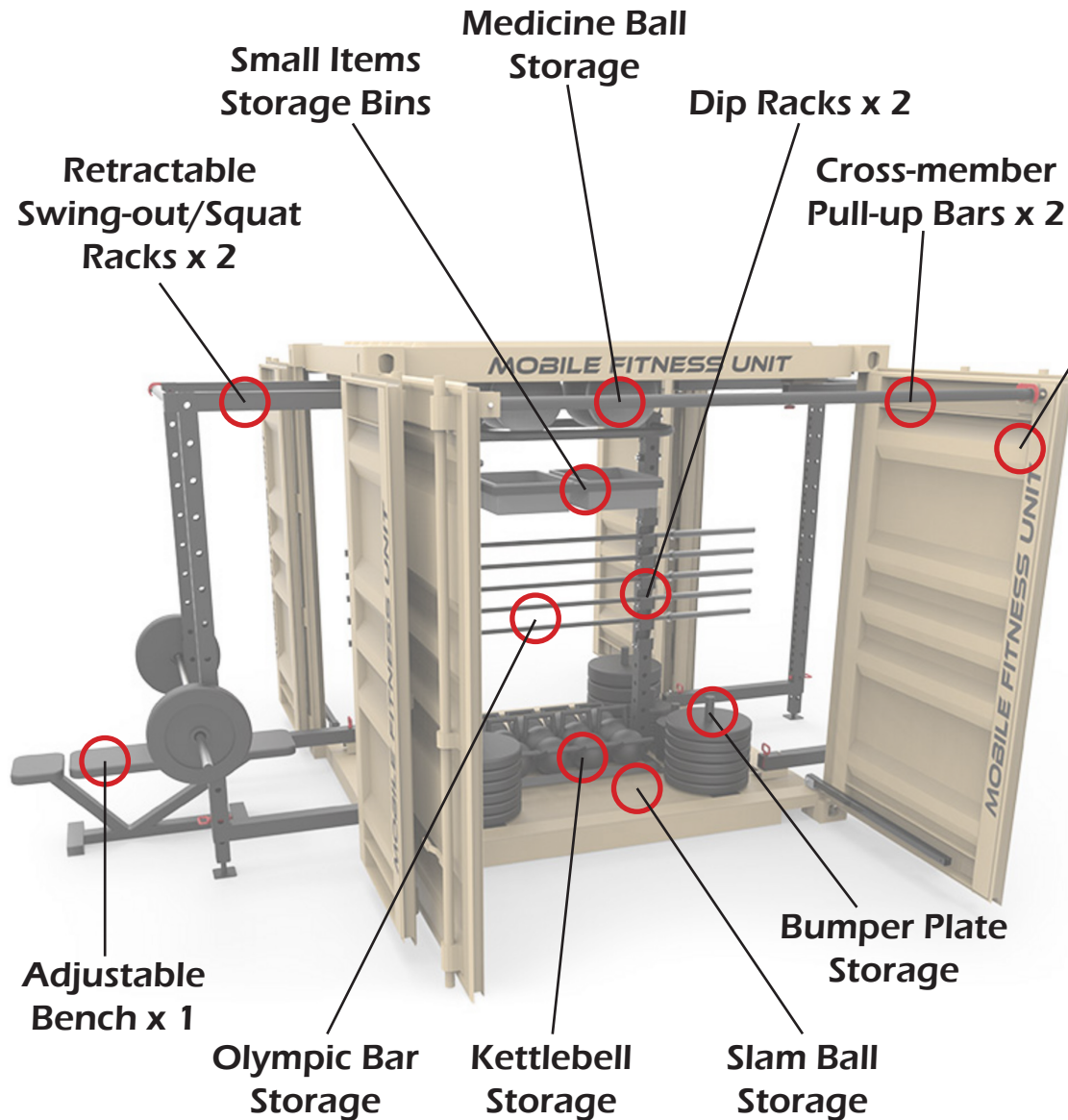
The inter-modal concept and Tricon formats utilised by the MFU allows the user to set-up multiple MFUs in any outdoor situation. The MFU provides the perfect adaptable training unit. It is ideal for military and uniformed services, schools, colleges, universities, sports association, fitness centres and many other fitness organisations and events.

*"Its portability allows the MFU to be used in urban and city centres as well as in fields and open spaces. The MFU offers ultimate flexibility."*

With the use and set-up of multiple MFUs, groups can run or hike from one unit to the next, varying the training and use as they go. With the popularity of outdoor obstacle courses and boot camps, the MFUs offer truly versatile and robust outside training solutions, and can be adapted to suit your needs.

For military personnel and athletes training outdoors also exposes them to environments matching what they may experience during live action, utilising the principle of specificity and enhancing the training adaptations acquired by these demands.

Single MFU Dimensions	Size
Boxed External Length	2438mm
Boxed External Width	1968mm
Boxed External Height	2438mm
Box Tare Weight	1134kg
Payload Weight	5625kg



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## Container Features:

- The MFU outside container unit is an ISO standardised shipping container with dual cargo doors on all 4 sides. It is ISO tested and CSC approved by Lloyd's Register
- Exterior Material - continuously welded steel with horizontal corrugations and heavy duty steel floor
- All CORTEN steel monocoque construction with 2-way forklift pockets
- Full-width access doors on all sides of the container
- 16 secure cam-action door-locks and vents, 2 per cargo door
- EPDM rubber, weather-proofing cargo door gaskets
- Tricon IV option available. This is 3 individual MFU units joined together to form one 20ft ISO container module for easy storage and transportation. Prices are available upon request.



Tricon IV Configuration

# The Mobile Fitness Solution

## Minimal Set Up for Maximum Results

