



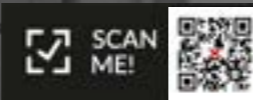
TRAINING  
WITHOUT  
WALLS

THE GYM MADE FOR ALL  
WEATHERS & ENVIRONMENTS



# MFLU

From EXF FITNESS



Contact us to find out more on 01473 735 115,  
email us at [sales@exf-fitness.com](mailto:sales@exf-fitness.com) or visit our website:



TRAINING  
WITHOUT  
LIMITS

OUTDOOR FITNESS  
SOLUTIONS

SOLUTIONS FOR THE GREAT OUTDOORS

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SOLUTIONS FOR ALL FITNESS FACILITIES



**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.

- 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.

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**Specifications & Details:**

All the MFU units are equipped with the following features:

2 x Retractable Swing-out/Squat Rack with Adjustable Feet

2 x Cross-member Pull-up Bars

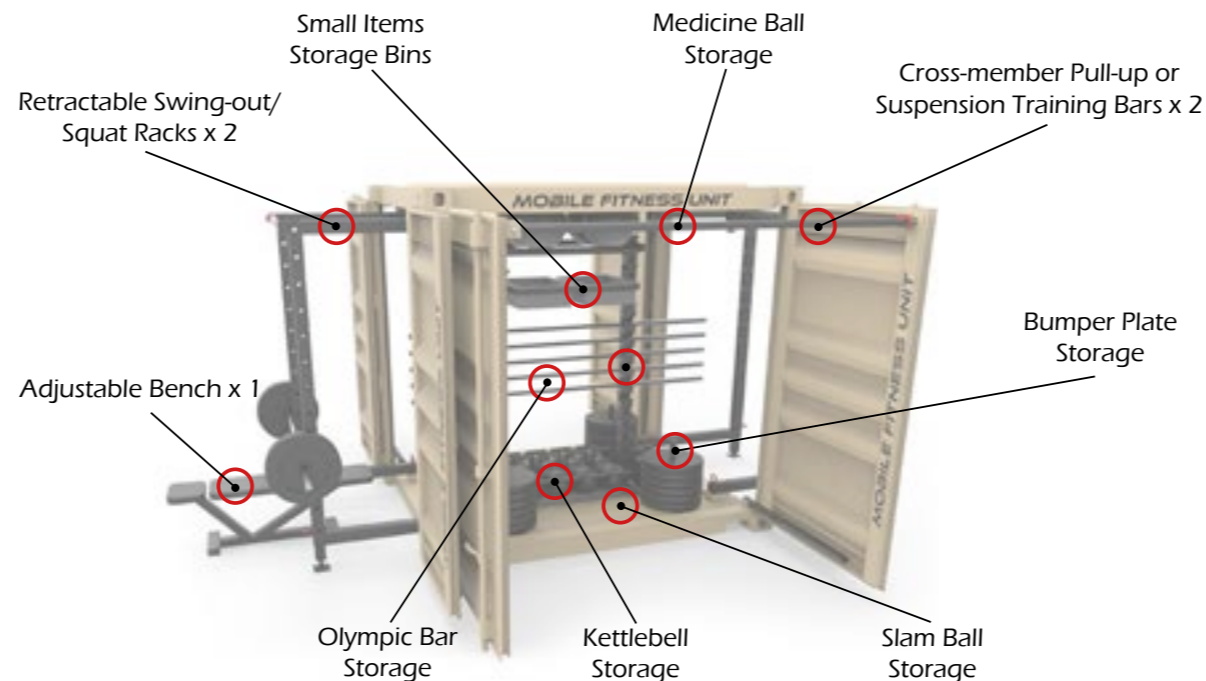
1 x Multi-Storage Solutions Console, including:

- Olympic Plate Storage
- Weightlifting Bar Storage
- Storage Bins
- Kettlebell Storage
- Medicine Ball Storage.

Customisation of your MFU is available, both inside and out, enquire with our team to discuss your requirements.

# THE MOBILE FITNESS SOLUTION

## Minimal Set Up for Maximum Results

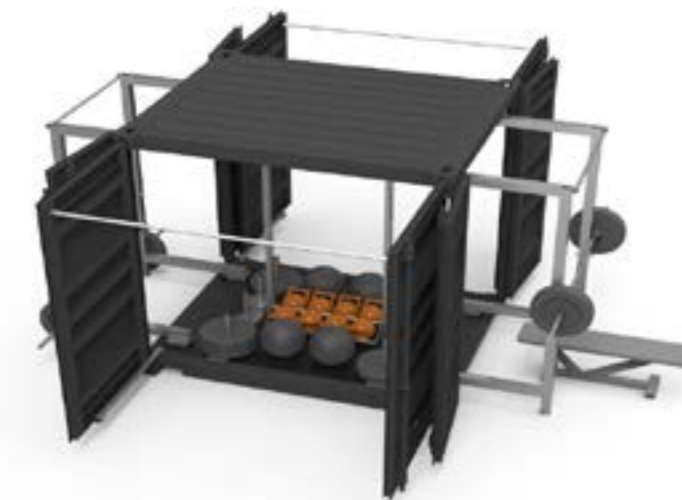


**Container Features:**

- Dual and full width cargo doors on all 4 sides
- ISO tested and CSC approved by Lloyd's Register
- All CORTEN steel monocoque construction
- 16 secure cam-action door-locks and vents, 2 per door.

Single MFU Dimensions	Size
Boxed External Length	2438mm
Boxed External Width	1968mm
Boxed External Height	2438mm

Single MFU Weights	KG
Box Tare Weight	1134
Payload Weight	5626



**The Equipped Package:**

- 4 x Olympic Barbells
- 4 x Pairs of Lock Jaw Collars
- 12 x Bumper Plates; 3 pairs of 10kg & 20kg
- 12 x Rubber Plates; 3 pairs of 2.5kg & 5kg
- 6 x Medicine Balls; 2 each of 5kg, 7kg & 10kg
- 6 x Kettlebells; 2 each of 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 (with door fixings for storage).



**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.

Additional attachments are available for the MFU to increase its functionality these include, but not limited to, the following:

- Core Trainer Attachment
- Step-Up Attachment
- Resistance Trainer Attachment
- Dip Station
- Hip Flexor/Leg Raise Station
- Med & Slam Ball Rebounder/Target
- Battle Rope Attachments

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