

**POWER STREAM**

# FUNCTIONAL TRAINING

Fitness Bags | Slam Balls | Kettlebells



## Products for every type of workout.

Whether combined with one of our Rack Systems or on their own, our functional training line of equipment is just what your facility needs to round out your customers' fitness routines. Kettlebells, slam balls, and bags for every type of workout, we offer a complete line of products that will make your facility a home for amateurs and pros alike.



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## Cast Iron Kettlebells



Our Cast Iron Kettlebells are designed for high-performance strength training, offering exceptional durability, balance, and a smooth finish for a comfortable grip. Made from a single solid cast iron piece, these kettlebells ensure long-lasting use and are built to withstand intense workouts.

### SPECIFICATIONS

**Weights / Sizes (inch):**  
9 lb 6.68" 13 lb 7.52"  
18 lb 8.06" 22 lb 8.61"  
26 lb 9.05" 31 lb 9.38"  
40 lb 9.77" 44 lb 9.92"  
48 lb 10.57" 53 lb 10.57"  
62 lb 11.10" 70 lb 11.39"  
80 lb 11.75" 88 lb 12.08"  
97 lb 12.40" 106 lb 12.68"

## Bulgarian Bags



Our Bulgarian Training Bag accommodates a host of exercises and is a comprehensive fitness solution to users at all levels. This product features enhanced cushioning and easy grip handles for added versatility and extra comfort.

### SPECIFICATIONS

**Color :**Black  
**Size:** 18.5 x 27.5 inches  
**Weights:** 10lb, 20lb, 25lb, 30lb, 35lb, 40lb, 45lb, 50lb, 60lb, 70lb  
**Material:** PVC Tarpaulin

## WaveForce Bag



The Power Stream WaveForce Bag redefines resistance training through the dynamic force of moving water. Designed to challenge your stability, coordination, and strength all at once, this transparent "horn-style" aqua bag delivers a unique, full-body workout experience that no static weight can match.

### SPECIFICATIONS

**Inflated Dimensions:**  
**Length:** 33.1 in (84 cm)  
**Width:** 7.9 in (20 cm)  
**Height/Thickness:** 7.5 in (19 cm)  
**Capacity:** Adjustable (fill to desired resistance level)  
**Surface:** Weight markings printed directly on the transparent shell  
**Material:** Double-layer 180-micron PVC (ultra-durable and impact-resistant)

## Fitness Sandbags



With a special focus on your comfort, our sandbag features generously padded, extra-thick handles, ensuring a secure and comfortable grip for all your exercises. Elevate your cardio workouts by incorporating the Fitness Sandbag.

- Multiple Handles add versatility to all training routine.
- Extra-Thick Padded Handles with added cushioning for a secure grip and minimal hand fatigue.

### SPECIFICATIONS

**Color** :Black  
**Size**: 9 x 24 inches  
**Weights**: 10lb, 20lb, 25lb, 30lb, 35lb, 40lb, 45lb, 50lb, 60lb, 70lb  
**Material**: PVC Tarpaulin

## Slam Balls



The Slam Ball is the go-to choose for explosive strength development. Whether slams, throws, or squats, this versatile tool builds power and agility, making it ideal for athletes and fitness enthusiasts.

- Robust design can withstand high impact throws and slams.
- Seven weight options ranging from 10 to 45 pounds.
- Textured surface provides a secure grip.
- Made with rubber composite that offers solid and predictable bounces.

### SPECIFICATIONS

**Color** :Black  
**Size**: 5~20 LB = 9.06 in    25~60 LB = 11.02 in  
**Weights**:  
5 lb, 10 lb, 12 lb, 15 lb, 20 lb, 25 lb, 30 lb, 35 lb, 40 lb, 45 lb, 50 lb, 55 lb, 60 lb  
**Material**: Rubber

## Soft Medicine Balls



The Soft Medicine Ball is designed for functional fitness, strength training, and conditioning. Built with tight, thick double stitching, this medicine ball offers exceptional durability and a secure, contained design, preventing leaks or deformation.

### SPECIFICATIONS

**Outer Layer**: Durable PVC mesh fabric  
**Inner Filling**: PP cotton + rubber granules + gravel  
**Load Capacity**: 440 lbs without deformation  
**Diameter**: 13.7 inches  
**Weights**:  
2 lb, 4 lb, 6 lb, 8 lb, 10 lb, 12 lb, 14 lb, 16 lb, 18 lb, 20 lb, 25 lb, 30 lb

## Thunder Sled



The Thunder Sled is a heavy-duty training device for strength, speed, and endurance workouts. This sled is made of 6-gauge steel and has an outdoor-rated matte black powder finish. It can survive intensive training sessions in any condition. It has two 3-foot removable push poles for flexible training options, and the 2-inch middle post can take up to 330 pounds of Olympic weight plates for progressive resistance. The 4-inch wide skids provide a smooth and stable slide on a variety of surfaces, making them ideal for sled pushes, pulls, and drags.

### SPECIFICATIONS

**Material**: Heavy-duty 6-gauge steel with matte black powder coating  
**Unloaded Weight**: 45 lbs  
**Load Capacity**: Holds up to 330 lbs on a 2" diameter center post  
**Dimensions**: 41" (L) x 22" (W)  
**Skid Width**: 4"  
**Push Poles**: Two removable 3-ft tall push poles