

FREE WEIGHTS & DUMBBELLS

BUYER'S GUIDE

WHAT TO KNOW BEFORE YOU BUY.

Free weights are the foundation of every serious training program. The right dumbbells and plates deliver durability, safety, and performance that keep your facility strong for years to come.



WHY FREE WEIGHTS MATTER		KEY CONSIDERATIONS WHEN CHOOSING FREE WEIGHTS				
	BUILD REAL STRENGTH Engages more muscle groups and improves functional strength.	MATERIAL & CONSTRUCTION 	WEIGHT RANGE & INCREMENTS 	GRIP & COMFORT 	DURABILITY & COMMERCIAL USE 	STORAGE & ORGANIZATION
	VERSATILITY Perfect for all fitness levels and training styles, from beginners to elite athletes.	- Urethane, rubber, or cast iron encasement - Solid steel handles and hubs - Welded or one-piece construction for maximum strength	- Dumbbells: 5–100+ lb in 5 lb increments - Plates: 2.5–45 lb standard options - Offer a full range for all users and lifts	- Knurled handles for secure grip - Ergonomic design reduces hand fatigue - Handle diameter matters for user comfort	- Built for high-traffic facilities - Scratch, chip, and impact resistant - Backed by commercial-grade warranties	- Proper racks protect equipment and floors - Easy access keeps areas safe and organized - Plan for current and future inventory
	LONG-TERM VALUE Durable, simple, and built to withstand heavy use for years.					
	MEMBER APPEAL A well-equipped free weight area is a top priority for members.					
	SCALABLE SOLUTION Start with the essentials and expand as your facility grows.					

TYPES OF FREE WEIGHTS		
DUMBBELLS 	WEIGHT PLATES 	SPECIALTY OPTIONS
- Hex or round options - Urethane, rubber, or raw iron - Fixed weight - Ideal for all training levels	- Standard, Olympic, or Bumper plates - Urethane, rubber, or iron - Wide range of weights - Essential for versatility	- Kettlebells - Medicine balls - Barbells & bars - Add variety and keep workouts engaging

BEFORE YOU BUY

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Define your facility type and member needs

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Determine your budget and growth plan☐☐☐☐☐☐

FREE WEIGHT BEST PRACTICES				
FLOORING MATTERS Use rubber flooring or lifting platforms to protect equipment and reduce noise.	KEEP IT ORGANIZED Return equipment to its place to keep areas safe and welcoming.	MAINTENANCE Regularly inspect for loose handles, wear, or damage.	CLEAN REGULARLY Wipe down equipment to maintain hygiene and extend lifespan.	TRAIN SAFELY Provide clear signage and encourage good lifting practices.

FEATURED EQUIPMENT

TAG URETHANE DUMBBELLS
Commercial-grade urethane encasement for durability and a premium look.

YORK HEX DUMBBELLS
Classic hex design prevents rolling and makes storage easy.

YORK URETHANE PLATES
Durable urethane coating protects floors and stands up to heavy use.

PMX PROMAXIMA PLATES
High-quality rubber bumper plates designed for performance and durability.

TAG KETTLEBELLS
Durable cast iron with a wide chrome handle for comfort and grip.

THE DEPOT RULE
QUALITY EQUIPMENT. STRONGER FACILITIES.
Invest in free weights that stand up to heavy use, protect your facility, and deliver results your members expect.
BUILD SMART. BUILD STRONG.
BUILD ON THE RIGHT FOUNDATION.

NEED HELP SPEC'ING YOUR SPACE?
Send us your room dimensions, user population and goals. We'll help you create a free weight solution that fits your facility and budget.
WE'RE HERE TO HELP YOU BUILD IT RIGHT.