

FUNCTIONAL TRAINING EQUIPMENT BUYER'S GUIDE

WHAT TO KNOW BEFORE YOU BUY.

Functional training builds real-world strength, improves athletic performance, and supports every fitness level. The right tools help you create a dynamic training zone that keeps members engaged and coming back.



TRX SUSPENSION TRAINER
Leverage bodyweight for strength, balance, mobility, and core training.



TRX STRENGTH BANDS
Add variable resistance to build strength, improve mobility, and support rehab.



SMART FITNESS STRENGTH BANDS
Versatile and durable bands for assistance, resistance, mobility, and stretching.



SMART FITNESS EXERCISE BALLS
Improve core stability, balance, flexibility, and total-body strength.



SMART MAT
Comfortable, non-slip surface for core work, stretching, and floor based training.



TAG YOGA BLOCK
Support proper alignment, improve flexibility, and enhance balance in every workout.

WHY FUNCTIONAL TRAINING MATTERS



FULL-BODY BENEFITS
Engages multiple muscle groups and improves coordination and balance.



SPORTS PERFORMANCE
Enhances power, speed, agility, and overall athletic performance.



MEMBER ENGAGEMENT
Variety and challenge keep workouts fresh and motivation high.



SCALABLE FOR ALL LEVELS
Easily modified for beginners to elite athletes.



SPACE EFFICIENCY
Versatile equipment creates a high-impact zone without taking up excessive space.

KEY CONSIDERATIONS WHEN BUILDING YOUR FUNCTIONAL TRAINING ZONE

EQUIPMENT SELECTION	SPACE & LAYOUT	DURABILITY & QUALITY	STORAGE & ORGANIZATION	FLOORING & SAFETY	SCALABILITY & FLEXIBILITY
- Choose versatile tools that support multiple exercises - Mix strength, power, stability, and mobility equipment - Consider your target audience and goals	- Allow adequate room for movement and safety - Plan open training areas with clear traffic flow - Group equipment by function	- Built for commercial use and heavy traffic - High-quality materials that withstand abuse - Warranties that protect your investment	- Keep equipment organized, accessible, and off the floor - Use racks, shelves, and wall systems - Consider vertical storage to maximize floor space	- Use appropriate flooring for impact absorption - Ensure non-slip surfaces - Provide clear zones for safe training	- Start with the essentials and expand over time - Choose equipment that adapts to new training trends and needs

FUNCTIONAL EQUIPMENT & BEST USES

EQUIPMENT	BEST FOR	KEY BENEFITS	EXAMPLE EXERCISES
 TRX SUSPENSION TRAINER	Strength, stability, mobility, core	Bodyweight training, scalable intensity, improves balance and functional strength	Rows, Push-Ups, Squats, Planks, Lunges, Pike, Y-Fly, Mountain Climbers
 TRX STRENGTH BANDS	Strength training, rehab, mobility	Variable resistance, portable, joint-friendly, progressive overload	Banded Squats, Rows, Presses, Pull-Aparts, Lateral Walks, Assisted Pull-Ups
 SMART FITNESS STRENGTH BANDS	Power, endurance, mobility, rehab	Builds strength and flexibility, supports assistance and resistance training	Assisted Pull-Ups, Chest Press, Bicep Curls, Lateral Raises, Glute Activation
 SMART FITNESS EXERCISE BALLS	Core, balance, flexibility, rehab	Improves stability, posture, and total-body coordination	Stability Ball Rollouts, Wall Squats, Planks, Hamstring Curls, Chest Press
 SMART MAT	Floor exercises, mobility, stretching, core training	Comfortable, non-slip, durable surface for all floor workouts	Planks, Crunches, Stretching, Yoga, Core Circuits, Bodyweight Workouts
 TAG YOGA BLOCK	Yoga, stretching, balance, mobility	Supports proper alignment, increases range of motion, improves stability	Yoga Poses, Stretching Support, Balance Work, Mobility Drills

BEFORE YOU BUY

- ☐ Define your training goals and user demographics
- ☐ Measure and assess your available training space
- ☐ Choose versatile, multi-use equipment
- ☐ Ensure durability and commercial-grade quality
- ☐ Verify storage and organization solutions
- ☐ Plan for safe traffic flow and clear workout zones
- ☐ Confirm compatibility with existing equipment
- ☐ Review warranty coverage and support
- ☐ Compare total cost of ownership



START SMALL. TRAIN BIG.

Build a functional training zone that grows with your facility and keeps members motivated.



VERSATILE EQUIPMENT



ENDLESS POSSIBILITIES



STRONGER MEMBERS



BETTER RESULTS



Fitness Centers & Health Clubs



Athletic Performance Centers



Corporate Wellness & Training Rooms



Schools, Universities & Rec Centers



Physical Therapy & Rehab Clinics



THE DEPOT RULE

QUALITY EQUIPMENT. STRONGER FACILITIES.

Invest in functional training tools that are built to perform, built to last, and built for your members. Stronger facilities start with smarter choices.

BUILD SMART. BUILD STRONG.

BUILD ON THE RIGHT FOUNDATION.



NEED HELP SPEC'ING YOUR SPACE?

Tell us your equipment and goals. We'll help you choose the right tools for your space and budget. Let's build a training zone that performs.

WE'RE HERE TO HELP YOU BUILD IT RIGHT.