


BOULDER
TRAINING LAB

FEATURES & BENEFITS





BOULDER
TRAINING LAB

WELCOME HOME

The Boulder Training Lab is the most versatile & professional exercise facility in Boulder county. Available for private use to top-shelf fitness and rehabilitation professionals.

See all we have to offer.

Ross Meyer

LIST OF EQUIPMENT

KETTLEBELLS

4 - 40kg (Kettlebells USA)

WEIGHTLIFTING

Barbells, 15 & 20kg (Wonder bars, by Fringe Sports)

Squat rack, w/ landmine & custom spotter arms (Rogue)

Bumper plates (220#) & iron plates (60#)
(Need more? We have room to grow)

Landmine & assorted handles (Rogue)

CLUBS & MACES

Indian clubs & meels, 1-7#
(wood, new & vintage)

Heavy clubs & maces, adjustable 2.5 - 30#
(steel, Adex Developmental)

CABLE MACHINE

Functional trainer cable machine (Freemotion, dual-stack), & a variety of accessories, including FMS cable bars (Perform Better)



RESISTANCE

Stretch bands, FMS tubing, superbands,
minibands, so many bands...

Heavy wands (10-31#, custom)

Weight vests

BALANCE & STABILITY

Stability balls, of various sizes

Half foam rolls

Airex pads

MYOFASCIAL & MASSAGE

Foam rolls, various

Massage balls & sticks, various

Theragun percussive massager

SO MANY WIDGETS

Adjustable jigsaw mats (3/4")

Yoga mats, & a variety of bolsters

Plyo boxes (Rep Fitness)

Dowels

Jump ropes (speed & weighted)

Mini trampoline

FMS & Y-Balance Test kits



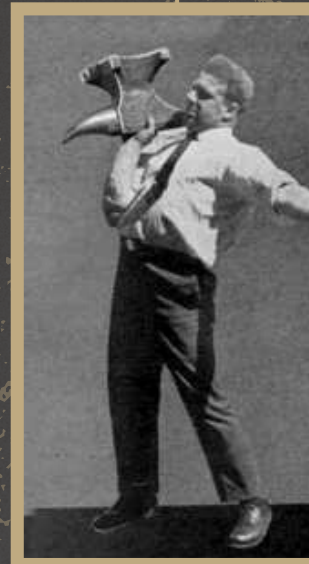
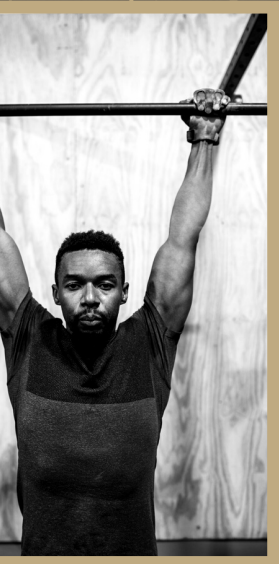
AND MORE

"Tank" sled (Torque Fitness)
Pullup rig, with parallel bar section
(custom)

Stall bars with adjustable pullup
accessory (Artimex Sport)

Rebound wall for throwing
Medicine balls & sports balls

Treatment table: Oakworks Nova
(the nice one, with the metal sliders for
the folding legs)



Need some gear we don't have yet?
We have space to grow!

MORE ABOUT THE FACILITY

Clean, streamlined, and professional
Sitting area for client consultation

Professional sports flooring
(Tarkett Omnisports 7.4mm padded
sports vinyl for main training floor,
premium rubber for weightlifting)

3 x HEPA air filters (Rabbit Air & Coway)

Drinking fountain with water bottle filler

The ubiquitous whiteboard

Acoustic treatment to minimize echo

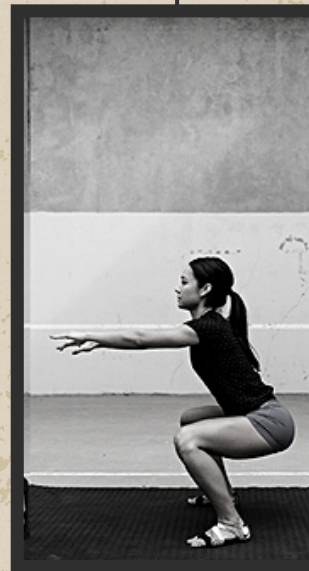
Fully ADA-accessible compliant

Parking is abundant and clean

Non-intimidating branding

New in 2022:

HIPAA-compliant file storage is available



BOULDER TRAINING LAB

READY TO RISE ABOVE
YOUR COMPETITION AND EARN
WHAT YOU DESERVE?

Contact me for more information
or to schedule a tour.

Ross@PersonalReTraining.com
720-588-8189

6395 Gunpark Dr, Unit A,
Boulder CO 80301

