



**CrossCore**<sup>®</sup>  
Rotational Bodyweight Training

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<b>Quick Comparison Sheet</b>	<b>CrossCore</b>		<b>Other</b>	
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>
Does the entire system fit into a small bag?	<b>X</b>		<b>X</b>	
Does the unit include a training manual?	<b>X</b>		<b>X</b>	
Does the unit include a training DVD?	<b>X</b>		<b>X</b>	
Does the system have a built-in door anchor?	<b>X</b>			<b>X</b>
Is there an optional ceiling/wall anchor available?	<b>X</b>		<b>X</b>	
Are the handles interchangeable with other attachments such as gymnastics rings, ropes, D-handles, etc.?	<b>X</b>			<b>X</b>
Can worn handles be replaced without having to replace the entire unit?	<b>X</b>			<b>X</b>
Does the system allow exercises to be performed with rotational movement so as to mimic the natural movement of the body?	<b>X</b>			<b>X</b>
Can the system attach to an anchor point as low as 7' and as high as 11' without any additional extension kit?	<b>X</b>			<b>X</b>
Will this unit allow exercises such as pull-ups and knee raises to be performed from a normal anchor point height?	<b>X</b>			<b>X</b>
Will this unit allow for a full body workout to be performed almost anywhere in the field?	<b>X</b>		<b>X</b>	
Will the unit accept counter weights to be incorporated such as Kettlebells, weight plates, etc.?	<b>X</b>			<b>X</b>
Will the unit accept resistance bands to be incorporated?	<b>X</b>			<b>X</b>
Does the unit include "self leveling" handles so the user will not have to re-adjust the lengths during use?	<b>X</b>			<b>X</b>
Do the foot and arm cradles adjust to custom fit any size user?	<b>X</b>			<b>X</b>

Does the units rope/straps have endless length adjusting capability?	<b>X</b>			<b>X</b>
Does the system utilize a single anchor point to allow for more anchoring versatility?	<b>X</b>		<b>X</b>	
Are group training racks available for ceiling, wall and floor?	<b>X</b>		<b>X</b>	
Are continued education credits and training courses available?	<b>X</b>		<b>X</b>	
Does the system boast a 1,000 lb. total weight capacity?	<b>X</b>			<b>X</b>
Does the system come with a warranty greater than one year?	<b>X</b>			<b>X</b>
Is the system Made In The USA?	<b>X</b>			<b>X</b>

\*Comparison info is compiled from multiple competing products.

### Other important info:

- Locking Pin – The locking pin is meant to lock the pulley wheel, not the rope. With the pin engaged, exercises are greatly stabilized and rotation is removed. Because the rope is not completely locked in place, the user cannot favor their dominant side like traditional straps. If the user does try to favor their dominant side they will quickly realized this as the rope will begin to slide. This greatly helps increase body/mind awareness and also helps keep the core engaged even more.
- Rope – The CrossCore rope is not meant to slide back and forth when the pin is engaged. This will only shorten the life of the rope. If the rope slides while the pin is engaged this is a warning to the user that they are favoring their dominant side and that their form needs to be corrected. Another benefit of using climbing rope over straps is that rope will not cut into the arms, neck or shoulders.
- Price – The CrossCore Rotational Bodyweight Training products are Made In The USA and are of premium quality. They are made from the strongest components available for military and elite athlete use. CrossCore products are by no means the cheapest on the market nor is it our goal to compete with these products. The CrossCore vision is to supply products made by American men and women that last and perform like nothing else in the industry.

[www.crosscore-usa.com](http://www.crosscore-usa.com)