



Press, jump, flip, lift and pull your way to the ultimate functional workout.

The TIYR maintains the rawness of flipping strongman tyres and delivers all the original fitness challenges with far more functionality than a scrap tyre. The TIYR is soft but strong, simple but innovative and super tough, just like the 'real' thing.



TECHNICAL INFORMATION.

Warranty:

1 year.

Weights:

- LEVEL 01:** 40kg.
- LEVEL 02:** 60kg.
- LEVEL 03:** 80kg.
- LEVEL 04:** 100kg.

Materials:

PVC cover with Clearguard lacquer finish and screen printed graphics over a reconstituted foam core. Reinforced Cordura handles.

Country of origin: UK.



LEVEL 01.

Outer Diameter (OD): 87cm/35"
Inner Diameter (ID): 40cm/16"
Height (H): 26.5cm/10"
Weight (W): 40kg/90lbs



LEVEL 02.

OD: 103cm/40"
ID: 50cm/20"
H: 31.4cm/12"
W: 60kg/130lbs



LEVEL 03.

OD: 120cm/45"
ID: 60cm/24"
H: 37cm/14"
W: 80kg/175lbs



LEVEL 04.

OD: 120cm/45"
ID: 60cm/24"
H: 37cm/14"
W: 100kg/220lbs

CLUB BENEFITS.

- Great looking product that's a guaranteed attraction for all members.
- Innovative and unique training tool.
- No damage or scuffing to your flooring.

PT BENEFITS.

- Not intimidating, unlike scrap tyres.
- Easily progress and regress exercises.
- Vibrant colours encourage clients to get involved.

USER BENEFITS.

- Four different weights and colours available.
- Great for partner work or in a Group X class.
- Exciting training tool offering a variety of possible exercises.



Unique design and construction is unlike anything else on the market.



Reduced diameter but increased mass means that not only is it challenging to lift but it will also land flat when pushed over for added safety.



Reinforced base material means it can be used in the studio, on the gym floor and even outside.



Ergonomically designed handles let you lift, carry and flip while also creating anchor points for attachments like ropes, speed resistors and power bands.



Space saving storage solution as they can be stacked safely.

SO WHAT EXACTLY IS THE POINT OF FLIPPING TYRES?

It creates whole body strength and power. But with scrap tyres it's just hard for the sake of being hard, especially if the tyre is of a large diameter and the user is short (because when they have it at chest height it still isn't close to passing its tipping point). With the TIYR all the mass is spread evenly so being shorter isn't a disadvantage. Fantastic total body workout, feel every muscle engage through your legs, core and upper body.

"When we received the TIYR it was an instant hit. Before long it was being flipped, dragged, jumped on and carried by all of our clients, regardless of their goals. It is particularly useful when devising metabolic workouts and circuits but can be utilised for far more than this by a clever trainer. This, combined with its fantastic build quality and innovative design, has made it an iconic addition to our equipment offering."

James Conci-Mitchell, SIX3NINE, London

