

TURF

Green



White



Black



Silver



Brown



Sideview



**5mm Underlayment Padding
Reduces Impact**

BENEFITS AND TIPS TO MAKE THE MOST OF YOUR WORKOUT

Did you know that training or working out on a turf surface in a functional training area is ideal for developing endurance, speed, agility, strength, power, and coordination through a multitude of exercises? It's perfect for sled drags, tire flips, broad jumps, medicine ball slams, prowlers, box jumps, and much more.

BENEFITS OF THE FUNCTIONAL TURF AREA

The 3 biggest benefits of working out on the turf area are Durability, Performance Enhancement & Safety.

1. **Durability:** Artificial turf is specifically designed for heavy-duty use, providing extreme durability. The strong, synthetic fibers allow the surface to endure heavy workout equipment. The shorter blades and padding create an ideal surface for repeated, high-intensity activity.
2. **Performance Enhancement:** Artificial turf provides athletes with the ideal surface type that can accommodate the weight and sudden movements of many types of exercise. The slightly padded surface assists athletes in maintaining their positioning during precision movements like pivots and planting their feet for lifts, as well as stretching. It also allows them to maintain their rhythm and balance while focusing more on technique and strength.
3. **Safety:** The stable surface of the turf area will also decrease the risk of slips and falls. The cushioning absorbs the shock of heavy weights and lessens the pressure on athletes' joints. It prevents wear and tear on the knees and ankles and therefore, reduces soreness and the risk of injury, including shin splints.

FUNCTIONAL TRAINING

A Variety of Equipment To Maximize Your Experience The functional turf area has an assortment of equipment to help you both work out and recover. Here you'll find kettlebells, medicine balls, mats, foam rollers, stability balls, Bosu balance trainers, sandbags, TRX Suspension Trainers, battle ropes, and dumbbells. Whether you want to focus on mobility, strength, power, or endurance, these tools will help you get in a great workout in a small space, so you don't have to travel across the gym for each new movement. Warm up, set up circuits or exercise pairings, and cool down all in one area.

Now that you're familiar with the space and equipment in the functional turf area, let's go into some exercises you can do on the turf.

- **Kettlebell Thrust:** Hold your kettlebell with both hands between your legs, squat down and then swing the kettlebell up and straighten your legs in synchronicity. Be sure to control the kettlebell as it comes down, both for further strengthening and safety.
- **Conditioning:** This is a great workout to build endurance and get your heart rate up. There are a lot of options for conditioning drills, Try high-speed sprints in between your exercises.
- **Battle Ropes:** Make sure your ropes are securely fastened before backing up so that they are slightly still on the ground when you are bending into a deep squat. You can use them for an entire workout if you keep moving them in different ways.
- **Cone Workouts:** These help increase agility and your ability to change direction quickly. Set up cones a few yards apart and run back and forth quickly changing direction.
- **Strength Conditioning with a Sled:** Ready for an explosive workout? Sled pushes will help build your lower and upper body strength quickly and effectively. You can push the sled across the turf or use a harness to pull behind you to strengthen and tone your legs.
- **Box Jumps:** This exercise is exactly what it sounds like. Make use of the boxes sitting on the turf by squatting down and jumping right onto them. Start with the lowest box and work your way up to the higher level over time.