

**“LET THE
WEIGHT BECOME
PART OF YOUR
BODY WITH
POWER CUFF”**



POWER CUFF WAS DEVELOPED IN COLLABORATION WITH THE MASTER TRAINER **GUIDO BRUSCIA**, FOUNDER AND TECHNICAL DIRECTOR OF FUNCTIONAL TRAINING SCHOOL.

THANKS TO HIS KNOWLEDGE AND EXPERTISE WE CREATED **POWER CUFF** THE INNOVATIVE AND VERSATILE EQUIPMENT, WHICH CAN BE DESCRIBED AS **"THE GYM IN A CIRCLE"**

POWER CUFF È STATO SVILUPPATO IN COLLABORAZIONE CON IL MASTER TRAINER **GUIDO BRUSCIA**, FONDATORE E DIRETTORE TECNICO DI FUNCTIONAL TRAINING SCHOOL IN ITALIA.

GRAZIE ALLA SUE CONOSCENZE E COMPETENZE ABBIAMO CREATO **POWER CUFF**, L'INNOVATIVO E VERSATILE ATTREZZO, CHE VIENE DESCRITTO COME **"LA PALESTRA IN UN CERCHIO"**

Power Cuff will change your training:

- > The inside handle gives a balanced distribution of the load
- > The weight becomes part of your body allowing a greater stability and movement control even with a high loads
- > Allows to safely perform a wide range of exercises such ballistic exercises and dynamic exercises
- > No high technical skills are required
- > Space-saving and no racks needed, thanks to power cuff' shape you can arrange them in a pile
- > **Available in 2 different versions:**
Power Cuff PRO
Power Cuff Élite
- > **Equipment officially approved by:**
FUNCTIONAL TRAINING SCHOOL
- > The specific design is registered by **Metem srl**



Con Power Cuff scoprirai una nuova dimensione di allenamento:

- > La presa interna consente una distribuzione equilibrata del carico
- > Il peso diventa parte del corpo conferendo una maggiore stabilità e controllo del movimento
- > Consente un utilizzo sicuro anche con carichi elevati
- > Non sono richieste competenze tecniche elevate
- > Salva spazio, la loro particolare forma permette di impilarli facilmente senza la necessità di porli sul rack.
- > **Disponibile in 2 versioni:**
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Power Cuff Élite
- > **Power Cuff è ufficialmente approvato da**
FUNCTIONAL TRAINING SCHOOL:
- > Il design specifico è stato registrato da **Metem srl**



POWER CUFF PRO

CODE	WEIGHT (kg)
LG00901	4
LG00902	6
LG00903	8
LG00904	10
LG00905	12
LG00906	14
LG00907	16
LG00908	18
LG00909	20



- > Powder coated
- > 31mm central pro-grip handle for a better control during the movement
- > 13,6cm width internal handle for a better stability

POWER CUFF ÉLITE

CODE	WEIGHT (kg)
LG00924	4
LG00926	6
LG00928	8
LG00930	10
LG00932	12



- > Vinyl coated
- > 31mm central pro-grip handle for a better control during the movement
- > 13,6cm width internal handle for a better stability