



AXLE

Inspired by ATHLETES  
Created for ALL



## OUR PHILOSOPHY

The Axle is a total body training program that elevates the group fitness experience through a unique class that yields major results. Our workout empowers individuals to tap into their inner athlete, harnessing one's core and muscle strength via multi-planar movement patterns that burn calories and build muscle fast. Using our specialized Axle Barbell, the program combines functional exercises with choreographed, modern tempo training to create a fast-paced, upbeat, cardio-meets-core workout unlike any other fitness movement out there.



## OUR STORY

Axle CEO and co-founder Andrew Page originally conceived the idea for The Axle based on his work as a strength coach for NBA players in New York City. By pairing Olympic Lifts with unique rolling exercises performed with the same barbell, Andrew recorded dramatic strength and metabolic gains across his clientele. Realizing that there was no existing solution for this type of movement pattern and exercise, he approached his friend and healthcare investor Anuj Patel (COO/co-founder) to help design and manufacture an ultralight yet strong barbell that was designed for all populations to lift and roll. The Axle was born.



From NBA  
to EVERYDAY



## OUR COMMUNITY

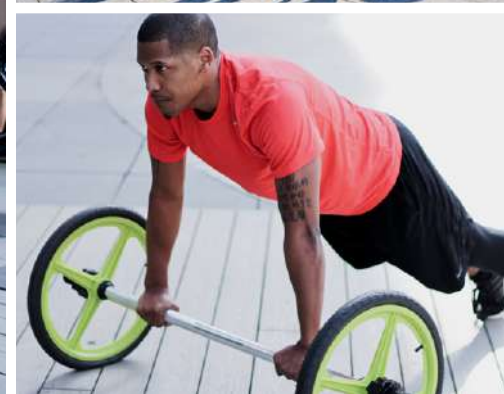
Values **UNIQUE EXPERIENCES** over any routine.

Is **INCLUSIVE** and knows the power of working **TOGETHER** to achieve our goals.

Understands that every fitness **JOURNEY** should incorporate a little **FUN** along the way.

Is **COMMITTED** to a healthy **BODY, MIND & SPIRIT**.

Pursues activities that **ENRICH & EMPOWER** our lives.



## OUR BAR

Say goodbye to the days of heavy, bulky fitness equipment. The Axle is an ultra-light (11 lb.) barbell that is fully collapsible for easy storage in any training facility or home, suitable for indoor or outdoor use and ultra portable for workouts on-the-go. This unique piece of equipment can function as a barbell, core roller, planking tool or an anchor for feet, and is also capable of holding any Olympic plate for added resistance during training. The Axle Barbell's ease of use and functionality provides anyone with the opportunity to master hundreds of exercises in a wide range of vertical & horizontal planes.

### SPECIFICATIONS

- 55" collapsible barbell featuring anodized aluminum & ACS (plastic) ends that accommodate any Olympic plate
- 1.5" bar thickness allows for easy planking/rolling
- 5 lb. starting weight (unloaded)/ 11.2 lbs. with wheels & clips
- 7" of sleeve length for loading
- Custom 20" knurl marks
- X branded center piece and end caps
- Bright zinc finish
- Max user weight of 350 lbs.

#### PRODUCT WEIGHT

- Fully Assembled: 11.2 lbs.
- Unloaded Bar: 5 lbs.

#### PRODUCT SIZE

- Wheelbase: 40.5"
- End to End: 55"
- Bar Thickness: 1.5"

#### SHIPPING WEIGHT

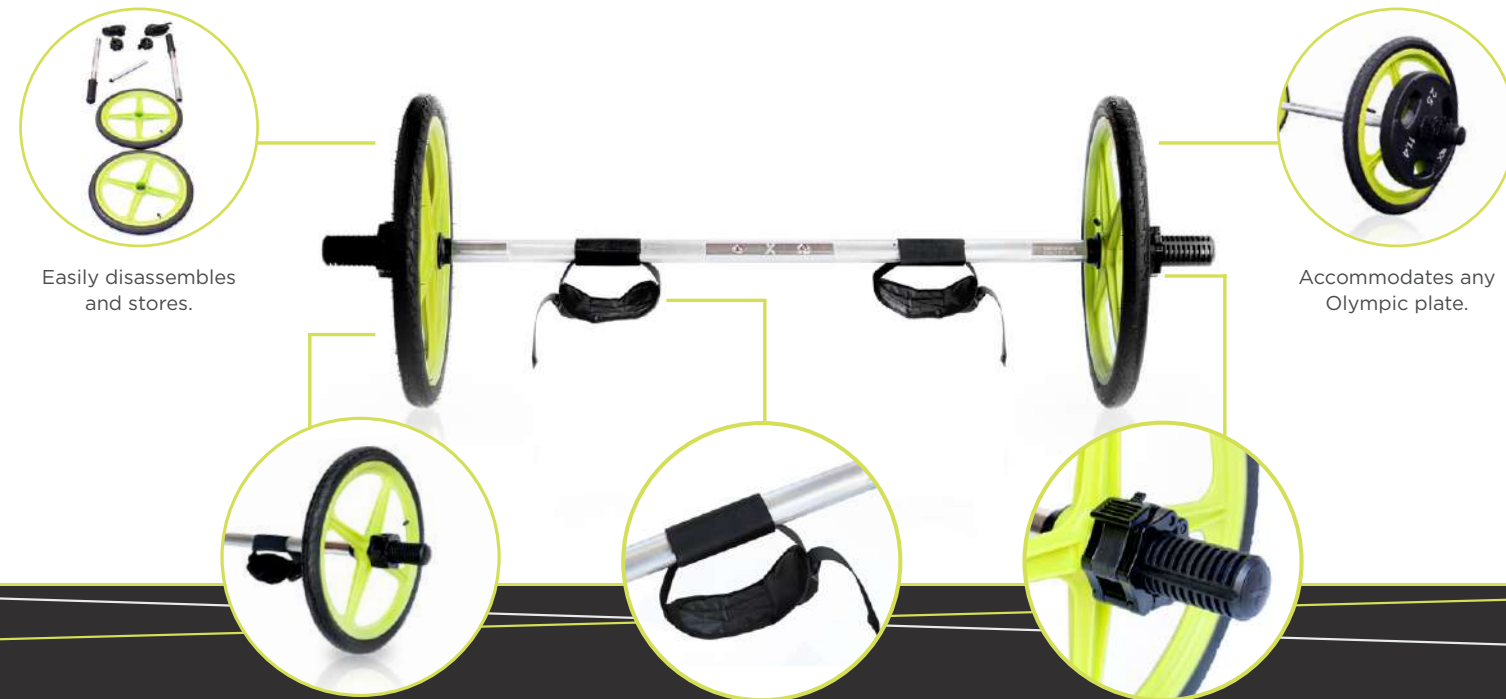
- 14 lbs.

#### DIMENSIONS

- 19" x 23" x 6"

#### WARRANTY

- The Axle Workout has a one-year, 100% money-back, satisfaction guarantee and a 1-year limited replacement warranty in the unlikely event of materials or manufacturing defects.



### THE WHEEL

- 19" wheels stand 1 cm taller than a bumper plate for easy loading.
- 40.5" from wheel-to-wheel, inflatable tire with inner tube
- Easy, grooved slide-on to the Axle Barbell
- Matte finish

### THE FOOT STRAPS

- Adjustable to any foot size.
- Mesh webbed straps allow for secure grips against shoes
- Soft padding ensures maximum foot comfort
- Adjustable bar positioning and removal

### THE LOCKING CLIPS

- Standard 2" LOCK clips secure wheels and weights.
- Fast-latch system to load/unload weights & wheels
- Allows for easy breakdown
- Adjustable bar positioning and removal



## ✕ ASSEMBLY

- 1) Insert the center bar inside one of the long bars.
- 2) Depress the pin, press the bar all the way inside and turn until the pin rises through the hole.
- 3) Repeat for other side, ensuring both pins are visible through the holes before proceeding.
- 4) Stand the bar upright and drop one wheel over the black sleeve.
- 5) Drop the locking clip down above the wheel and press until it clicks.
- 6) Repeat for the other side, ensuring both wheels are pressed down as snug as possible and both clips are locked securely.



## The Wheel: REINVENTED

## ✕ SAFETY TIPS

- 1) Get medical clearance before beginning any fitness training program.
- 2) Always be aware of your surroundings. The area must be clear of objects you might trip over or hit with the Axle. Make sure you have a safety radius around you so that no one is at risk of being hit should you throw or drop the Axle.
- 3) Make sure your bar is complete. Make sure the two dimples at the middle of the Axle are snapped into place and both clips are securely fastened at the end of the bar.
- 4) Never sacrifice form for more repetitions. Not everyone can do the same number of repetitions, especially in a group class.
- 5) Brace! Don't perform a movement if it requires forward spine flexion.
- 6) Build up the training load gradually. Listen to your body and always complete each set under control.
- 7) Instruction can't cover all contingencies. There is no substitute for good judgment.

## FRONT SQUAT

Align the body



## ROLLOUT

Brace the core



## SINGLE LEG RDL ROW

Hinge the hip & balance



We designed an exercise system based on the fundamental ways humans move.

Lengthen, strengthen and stabilize each of the body's main muscle systems with these foundational movements.



## OVERHEAD LUNGE

Power & core strength



## SINGLE ARM REACH

Cross-body brace



## TUCK

Develop midline abs



## CURL

Stabilize the knee

## OUR MOVES

**LIFT IT** (vertical/rotational lifting exercises)

**PLANK IT** (horizontal bracing exercises)

**PUSH IT** (horizontal pressing exercises)

**PULL IT** (foot anchored exercises)



## OUR CLASSES

The Axle Workout was developed as a group fitness program based in sport science that promotes range of motion, midline core stabilization and tempo training.

The workout features four different styles of group classes that utilize the Axle's versatility to empower users of all skill levels:

### AXLE FOUNDATIONS

To improve  
ROM

### AXLE CORE

To develop  
the core

### AXLE FULL BODY

To target the  
entire body

### AXLE HIIT

To focus on  
performance  
training

The Axle Workout features a nationally accredited certification (8 CEUs), and is fully patented and trademarked in major markets around the globe.





