



# THESS

...the ultimate, go-anywhere  
military grade, multifunction training bag!

# ABOUT THE55

Born on the battlefield, out of personal experience, its robust innovative design gives you the ability to train efficiently and effectively in any environment and terrain.

Push it to its limit, The55 is the only piece of military physical training kit you can take anywhere.

The55's unique multi-pocket design means you decide how much weight you use. Its rugged, high quality zippers make it easy to add or remove weight whatever the terrain is. Simply fill the pockets with materials in your environment - use sand, gravel, stone, or even water bottles.

An entire gym in your hands, anywhere.

# OVER COMING CHALLENGES



"As a member of the UK Armed Forces I'm committed to fulfilling my role in line with the wishes of my commander in chief, The King. Part of my duty is to deploy on training course, manoeuvres and operational tours, anywhere in the world.

As a senior member of the Royal Army Physical Training Corps I have to be a shining example of fitness and health to His Majesty's Armed Forces. Being away from my home base, I needed a way to maintain my physical capacity in the field.

Whilst on operational tour in Afghanistan 2010, I came up with The55, a weighted bag you can take to war, that helped me overcome this challenge."

CHRIS LEARE - INVENTOR



# KEY FEATURES

- Made from military grade material
- 7 multi use handles
- Weight 1kg (empty)
- Four moulded zip secured chambers to secure 6kg (6 x 4 = 24KG)
- Military grade hook and loop fastening straps giving security for the most extreme workout
- Inserts (ballast pouches) 6–24kg

\*bespoke colours available on large orders

## Technical Document

THE 55<sup>2</sup>

### The 55

A multi functional fitness product allowing users infinite exercise possibilities.

- Portable and convenient to store flat or rolled up.
- Large pockets for pre-filled weighted inserts or be filled by the user.
- Made from lightweight, durable and flexible cordura-600D.
- Multi grip handles for individual workouts or partner based exercises.
- Machine washable.



### Dimensions

**Full Bag:**  
Length: 61 cm  
Width: 20 cm  
Depth: 20 cm

**Empty Bag:**  
Length: 61 cm  
Width: 10 cm  
Depth: 10 cm

**Unrolled flat:**  
81cm by 61cm

**Velcro straps:**  
36cm by 5cm



- Three pairs of handles for different grip holds
- X2 longer handles for complex movements and partner training



Stored flat or rolled up



Max load 24kg



Filled 6kg inserts - 60cm x 16cm



Durable double stitching



Robust zips



Stitched to hold in spoil

[www.The55.fitness](http://www.The55.fitness)

[MEA.THE55.FITNESS](http://MEA.THE55.FITNESS)



# THE55 TEAM



**CHRIS LEARE**

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(veteran)



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Non-Exec Director  
(veteran)



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Business Development Director  
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# THE PRODUCTS

The55 - RMT6 & RMT7 military grade bags

Certified by the UK Armed Forces

THE  
55<sup>2</sup>



# THE BRITISH ARMED FORCES



RMT6 & RMT7 bag are supplied in support of the Physical Employment Standards (PES) Test to;

- Royal Military Academy Sandhurst
- Royal School of Physical Training
- Army college Harrogate
- 35 Engineer Regt
- 1 Brigade
- 1 Mercian
- 3 Rifles
- 77 Bridgade
- Sierra Leone Army
- Jordanian Defence Force





# THE55 REPEAT CARRY (RMT6)

RMT 6 is a repeated lift and carry. It aims to simulate lifting and carrying of equipment in situations such as replenishment of stores, loading a vehicle or building defensive positions.

- Designed, tested and approved for British Military fitness tests
- Simulate lifting and carrying of equipment
- Easily interchangeable between 15-20kg





# THE55 RMT7 (35KG)

- Designed, tested and approved for British Military deadlift tests
- Easily interchangeable between 30- 35kg by user for combat and non-combat





# THE55 DEPLOYABLE

- The55 branded military grade material
- 7 multi-use handles
- Supplied empty at 1kg
- Equipped with 4 fillable inserts to be filled by user (sand, gravel etc)





# THE55 FULLY LOADED

- The55 Deployable, plus;
- 4 pre-filled and sealed inserts
- 6kg per insert
- 7, 13, 19 and 25kg variants available



# CONTACT DETAILS

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