# 

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

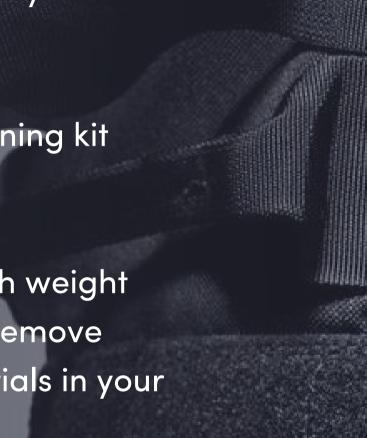
## **ABOUT THE55**

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 6 kg (6 x 4 = 24 KG)
- Military grade hook and loop fastening straps giving security for the most extreme workout
- Inserts (ballast pouches) 6–24kg

\*bespoke colours availbale on large orders

### **Technical Document**

### The 55

A multi functional fitness product allowing users infinite exercise possibilities.

- · Portable and convenient to store flat o 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

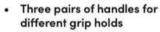
Velcro straps: 36cm by 5cm





www.The55.fitness





Filled 6kg inserts - 60cm x 16cm

 X2 longer handles for complex movements and partner training

55





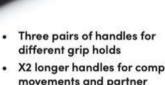


**Robust zips** 



Stitched to hold in spoil



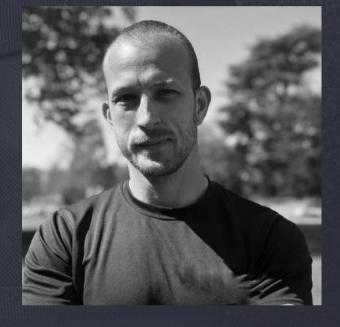




### THE55 TEAM







### **CHRIS LEARE**

Inventor (veteran)

### JON REYNOLDS

**Commercial Director** (veteran)

**GARETH GOFFIN** 

(veteran)



**Non-Exec Director** 

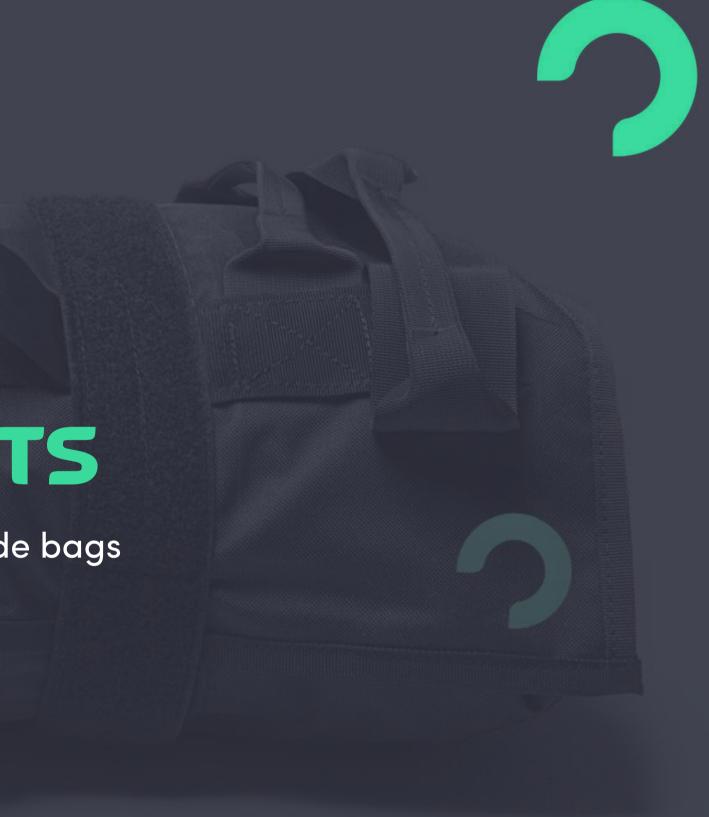
### ASH KHAN

**Business Development Director** (Middle East & Africa)

## THE PRODUCTS

### The55 – RMT6 & RMT7 military grade bags

Certified by the UK Armed Forces



## 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 Deployable, plus;
- 4 pre-filled and sealed inserts
- 6kg per insert

## **THE55 FULLY LOADED**

• 7, 13, 19 and 25kg variants available

### CONTACT DETAILS ASH KHAN

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