

**DEPLOYABLE AND
CONTAINER BASED
TRAINING SOLUTIONS**

RAZE
NO. MORE. EXCUSES.

DEPLOYABLE AND CONTAINER BASED TRAINING SOLUTIONS

Manufactured in Britain by Indigo Fitness, the RAZE Deployable and Container Based Training Solutions are designed to take training outdoors, whatever the environment. Years of working alongside the armed forces and performance coaches has enabled us to develop a range of solutions to meet any training requirement, whether that be a small group system that needs storing away after every session or a fixed facility to cater for over 100 athletes. Benefiting from a range of unique features and using only the highest quality materials, our deployable training solutions will deliver for you, time and again.

Widely used by the British and U.S. Military, our deployable training solutions have also benefited a wide range of users such as schools, functional training gyms and sports clubs. Wherever you have under-utilised outdoor space, there is an opportunity to take one of our solutions and offer something extra to your members, pupils or athletes. If you like the idea of an outdoor solution, but don't find something that exactly meets your needs within this brochure, come and talk to us - we are designers and manufacturers and can turn your ideas into reality!

You can contact us on:

01455 890 100
info@indigofitness.com

**MADE IN
BRITAIN**





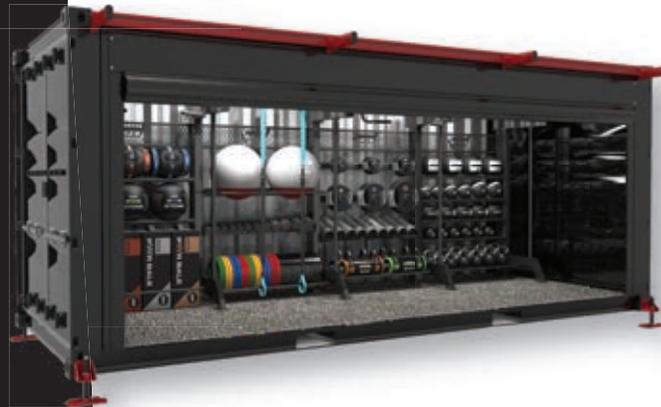
DEPLOYABLE TRAINING PODS

A truly mobile training system developed to support the British Army's Physical Training System. The RAZE Deployable Training Pod (DTP) is the ideal solution where space and transport logistics present challenges.



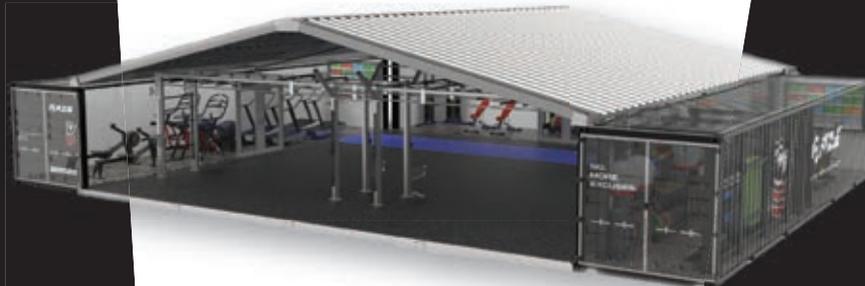
TRAINING BOXES

The RAZE Training Box range covers a variety of solutions based around the use of a single container, from simple 10' storage solutions (Kit Boxes) through to our fully deployable team training solution (Tactical Boxes) that can accommodate upto 120 athletes at any one time.



TRAINING FACILITIES

Take outdoor training to the next level with The RAZE Athlete Training Facility (ATF). Much more than just a container based training solution - benefiting from climate controlled containers, a covered outdoor training space with real gym flooring, lighting, and a host of other features - it's a uniquely created, modular training space that's suitable for deployment in any environment, anywhere in the world!



363

712

1215



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DEPLOYABLE TRAINING PODS

A truly mobile training system developed to support the British Army's Physical Training System. The RAZE Deployable Training Pod (DTP) is the ideal solution where space and transport logistics present challenges. A single DTP can easily be carried by 2 people and will fit in the back of an SUV. The DTP's modular design allows multiple Pods to be connected together to create a larger system.

KEY FEATURES



WEATHER PROOF



SELF-CONTAINED EVERYTHING COMES PACKED IN UTILITY BOX.



FULLY BUILT AND READY TO USE IN 10 MINUTES.



TRAIN UP TO 4 - 10 PEOPLE AT A TIME.

SPECIAL FEATURES

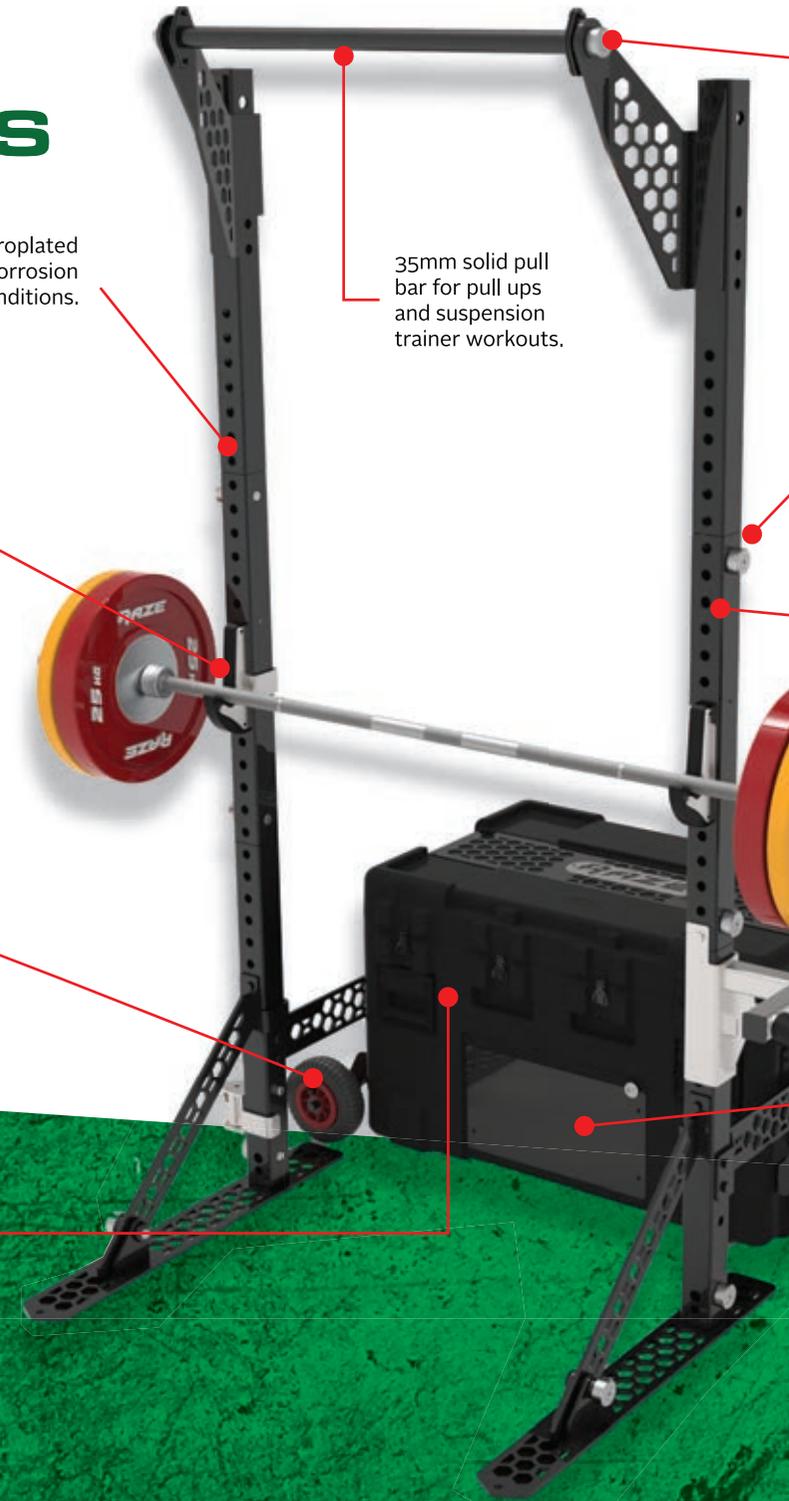
All steelwork is zinc nickel electroplated and then powder-coated, for maximum corrosion resistance in extreme conditions.

HDPE Bar Hooks prevent damage to bar.

Large pneumatic tyres allow easy movement across difficult, uneven terrain

The utilitybox is rotationally moulded from linear low density polyethylene (LLDPE) for it's high strength, low weight and superior durability. The box is airtight and water proof with solid stainless steel latches and hinges, and pressure relief / breather valves that will withstand the most demanding sea, land and air shipping or operating conditions.

35mm solid pull bar for pull ups and suspension trainer workouts.



ADD-ON EQUIPMENT PODS

Smart connectors used throughout for speed and precision of assembly. They also add strength as they create surface rather than point loads at point of connection.

A very special 3-piece Olympic bar comes packed as standard in the utility box. Made to IWF specifications, the bar features a secure screw and lock together construction:

- 28mm
- 190,000 psi
- Copper alloy Bushed Rotating sleeves
- Cerakote finished

13 Height positions.

A height adjustable dip attachment and grappler are included in the DTP-01.

Permanent laser etched instruction plates are fitted inside and outside the box detailing assembly/packing instructions and box contents.

Specially created equipment pods can be bolted on to your DTP to massively expand its training capability. Each one is targeted towards a specific training need and has a carefully selected equipment mix inside. The actual storage box is made from the same high quality materials as the utility box from the DTP.

POD-01: STRENGTH

POD-02: COMBAT

POD-03: MOBILITY

POD-04: CONDITIONING

For details of the exact contents of each equipment pod, please see the table at the end of the brochure.



DEPLOYABLE TRAINING POD CONFIGURATIONS

DTP-01

Our single Pod system trains up to 4 athletes at any one time and can be set-up and ready to use in 10 minutes.



DTP-02

Double Pod system joins two DTP back to back, with the addition of connecting bars to create extra pull up stations or suspension trainer mounting points.



DTP-03A

Three Pods joined together in a triangular formation, maximising training opportunities in a limited space.



DTP-03B

Three Pods joined together in an in-line formation, great for enabling a coach to watch all athletes at the same time. The Pods are joined together with the addition of connecting bars to create extra pull up stations or suspension trainer mounting points.



DTP-04

Four Pods create a multi-function training station for up to 10 athletes. Featuring 4 lifting stations and multiple pull-up or suspension anchor points.





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KEY FEATURES



WEATHER PROOF



SELF-CONTAINED EVERYTHING COMES PACKED IN CONTAINER.

KIT BOXES

The RAZE Kit Box is a simple storage solution - it comes in both 10' and 20' and is fitted out with wall to wall storage bays that will take care of all your equipment storage needs. To maximise the available space inside the container we utilise a side opening system, which can either be a side opening roller shutter or side opening container doors.



10'



20'



FUNCTIONAL BOXES

Simple but effective, the Functional Box is a clever evolution of the Kit Box, adding a variety of training stations in a unique and effective way. With roller shutter doors and fold-out racks the Functional Box is ready for use in a matter of minutes and includes a wide range of attachments, such as grapplers, punchbags and rope hoops.

Inside the container the back wall is fitted with storage bays and loaded with equipment - creating numerous functional training possibilities. We also offer a flooring zone that can be attached to the front of the Box - incorporating a cushioned turf training surface - that creates a safe and effective training environment.

Container Levelling - It's important that your container based training system, whether a simple Kit Box or full scale Athlete Training Facility, is placed on a level surface. An uneven surface can cause shipping containers to twist, which over time can cause problems. Our container levelling jacks are rated to 10 tonnes and quickly connect into the bottom twist locks. They can be easily adjusted using just a spanner and provide safe and sturdy lifting and levelling up to 300mm above ground.



10'

FUNCTIONAL BOX



2 fold out half racks, developed from our Elite rack system, are ready for use in seconds, and include a pair of bar hooks and safety spot arms. At the end of a workout the rack is simply lifted and rotated back inside the container.

The interior of the container is fitted with storage bays that can be accessed from either side.

All sides of the container open to create a 360. training space.

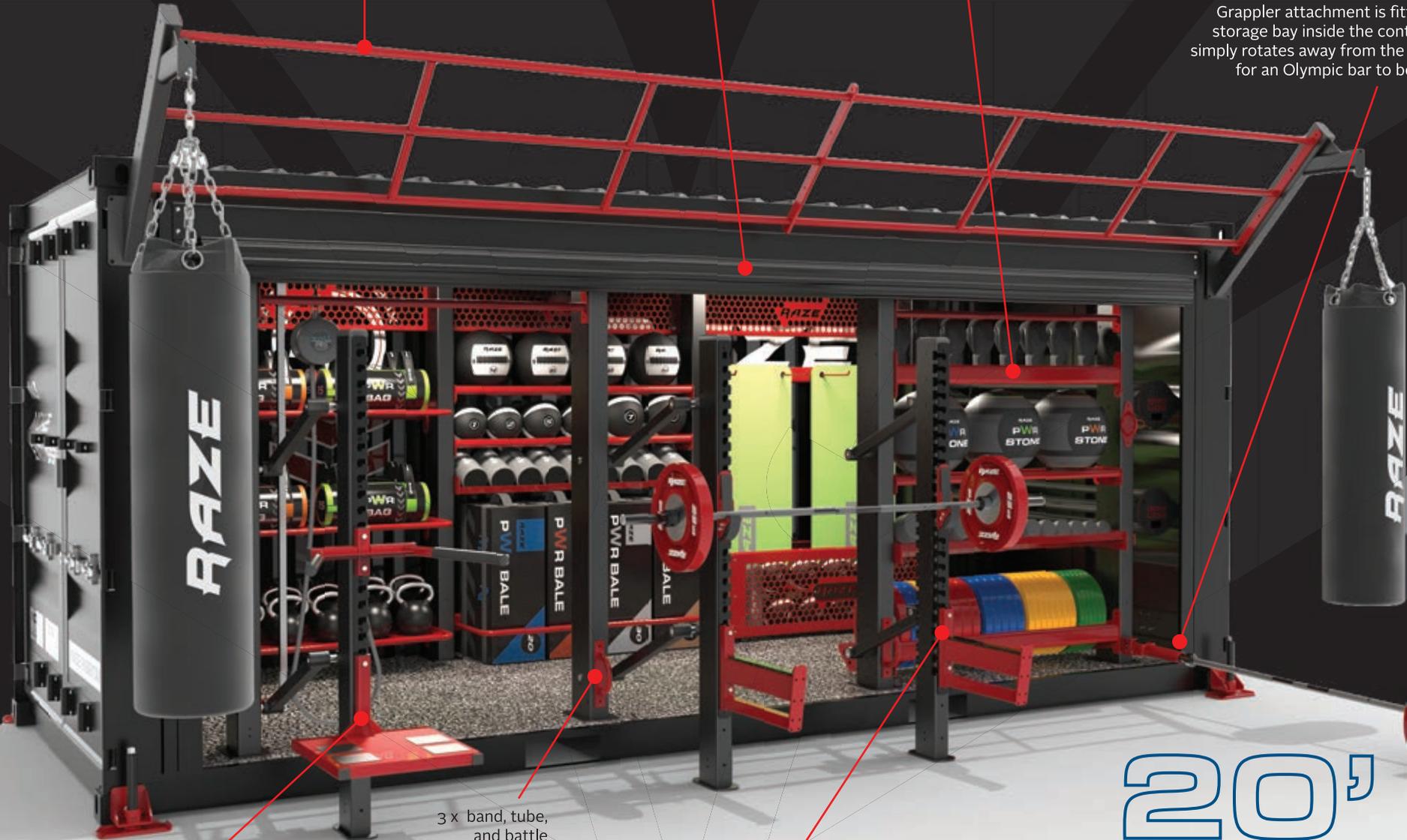
Anti-slip rubber floor is fitted to the container interior.

External 6m multi-function wing is fitted to the length of the container - use for suspension training or pull ups.

5m manual or powered roller shutter door.

The interior of the container is fitted with 4 x full height storage bays to accommodate a variety of shelving types and small equipment

Grappler attachment is fitted to the storage bay inside the container and simply rotates away from the container for an Olympic bar to be inserted



Folding Accessory post includes both adjustable height dipping frame and jump/step/loading platform.

3 x band, tube, and battle rope mounts.

Fold out half rack is ready for use in seconds and includes a pair of bar hooks and safety spot arms.

20'

FUNCTIONAL BOX

TACTICAL BOXES

The ideal team training solution, the RAZE Tactical Box provides the base for functional, movement based training for sporting and military personnel. Developed using ISO containers, the Tactical Box can be safely shipped to any destination in the world. All the training equipment, including the rig and climbing station is stored inside, and can be built up and ready for action in as little as 45 minutes. All training framework is galvanised for all weather protection.

10' TACTICAL BOX



KEY FEATURES

100 100 PIECES
OF SMALL
EQUIPMENT.



SELF-CONTAINED
EVERYTHING COMES
PACKED IN CONTAINER.



FULLY BUILT AND
READY TO USE
IN 45 MINUTES.



TRAIN UP TO
30 PEOPLE AT
A TIME.

Galvanised framework for all weather protection.

6m long container fixed training rig featuring multiple training stations.

Double opening doors at one end.



Interchangeable attachments can be used on any leg.

20' Shipping Container.

5m high rope climb station with integrated ladder and 36mm synthetic hemp rope.

Custom colours and branding available.

KEY FEATURES

150 150 PIECES OF SMALL EQUIPMENT.



SELF-CONTAINED EVERYTHING COMES PACKED IN CONTAINER.



FULLY BUILT AND READY TO USE IN 90 MINUTES.



TRAIN UP TO 120 PEOPLE AT A TIME.



Dual pull-up / lifting station, supplied with bar hooks and safety spot arms.

20'

FUNCTIONAL BOX

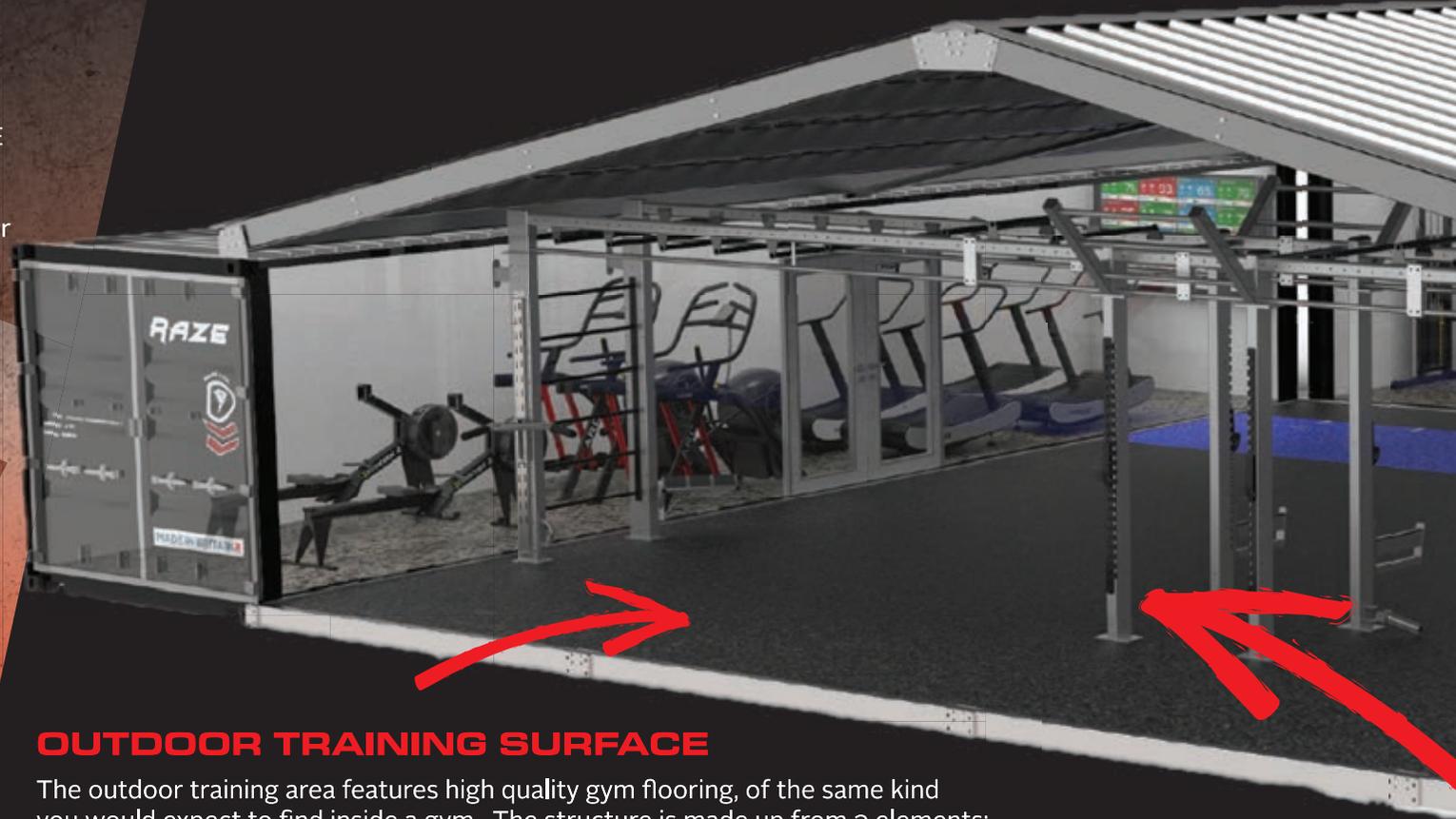


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TRAINING FACILITIES

Take outdoor training to the next level with the RAZE Athlete Training Facility (ATF). Much more than just a container based training solution - benefiting from climate controlled containers, a covered outdoor training space with real gym flooring, lighting, and a host of other features - it's a uniquely created, modular training space that's suitable for deployment in any environment, anywhere in the world!

**SUITABLE FOR ANY ENVIRONMENT
ANYWHERE IN THE WORLD**



KEY FEATURES



WEATHER PROOF.



SELF-CONTAINED EVERYTHING COMES PACKED IN CONTAINER.



FULLY BUILT AND READY TO USE IN 48 HOURS.



TRAIN UP TO 80 PEOPLE AT A TIME.

OUTDOOR TRAINING SURFACE

The outdoor training area features high quality gym flooring, of the same kind you would expect to find inside a gym. The structure is made up from 3 elements:

- Steel retaining frame: Provides a boundary inside which all the other elements of the flooring system fit, and additionally the foundations for the training rig (negating the need for ground works to secure the rig). Constructed from galvanized steel, completely modular, this framework is ready to face any environment.
- Base foundation structure: Constructed from recycled plastic honey-comb interlocking tiles. Highly durable, their hollow design creates an optimal platform for the training surface and allows for water drainage to ensure training can continue even in wet weather. They also allows for deployment on slightly uneven surfaces.
- Training surface: The main training area uses duraTRAIN rubber flooring tiles, which are specially manufactured to provide optimal impact absorption from repeated drops of heavy weights. Additionally, an integrated 2m wide artificial turf lane is provided for sled pushes, sprints, and other dynamic exercises. Both are completely UV and temperature stable.

TRAINING CANOPY

Protects the outdoor training space from the sun, wind and rain, allowing training in all weather conditions. The underside of the roof can even be fitted with LED lighting to allow you to train when the sun goes down!

- Each canopy is properly structurally engineered, coming with an individual report and specification that's unique to weather conditions at the installation location (anywhere in the world)
- Whilst being strong, the canopy is also lightweight to ensure easy assembly.
- It attaches to the containers via the twist lock points on each corner. No welding, drilling or cutting is required and there is no damage to the containers, meaning if you want to take down and redeploy your ATF in a different location, the containers are still sea-worthy
- Available in any span from 10m up to 22mm
- Different styles are available - gambrel design gives high clearance, and pitched offers a lower profile
- Guttering and downpipes are provided
- Canopy ends can be partially enclosed to offer even more protection from the elements

TWO CLIMATE CONTROLLED 20' CONTAINERS

One focusing on cardiovascular equipment and the other on equipment storage & resistance training. Both can be fully insulated and air conditioned.

INDOOR TRAINING SURFACE

High friction, PaviEco rubber tiles are used in both containers – just like you'd find in a gym.

TRAINING RIG

The centre-piece of the outdoor training space, the rig provides the hub from which many exercises can be performed. It features 2 lifting stations, wall ladders, 2 climbing wings, multiple pull up stations and a host of other attachments. The rig is fully galvanised to offer maximum protection against the elements.

ATHLETE TRAINING FACILITY FEATURES IN MORE DETAIL

INSULATION

We insulate our containers for a number of reasons:

- **Temperature control:** Metal is an excellent conductor of heat and cold. Winter temperatures can chill the interior of your container until it feels like an ice box. In hot weather, sun rays hitting the steel will quickly radiate heat into the container, making it unbearably hot and humid. Insulation controls the interior climate of your container.
- **Condensation:** Condensation occurs when warm air comes in contact with the cool metal. With moisture comes mould, fungi, mildew, bugs, rust and corrosion.
- **Sound:** Sound echoes inside a metal box. Insulating the container interior will help reduce the noise which can be annoying if you intend to Train inside.
- **Equipment protection:** If equipment stored inside containers is exposed to extreme temperature changes, condensation, and moisture, it will rapidly degrade and cloth materials will rot.

We fit a type of insulation core designed for aggressive environments - a premium 50mm locking, wipe clean panel system for both container walls and ceilings. This still allows the container to breathe whilst providing a high level of cleanliness and hygiene. Air pockets exist between insulation and the exterior structure to improve insulation.



ACCESS DOORS

In addition to insulation we are able to add double or single insulated doors to any part of container ends or sides, offering greater convenience for day to day access.



PVC CURTAIN

Triple rail sliding PVC curtains can be fitted into open doorways to reduce the amount of dust, debris, and moisture.

ROOF FANS

Option to add wind powered ventilators that will operate even in light breezes, circulating the air within your container and keeping it fresh.

LIGHTING

Internal and external energy efficient LED Lighting is available. Lighting extends available training time and safe use within the Facility.



TECHNOLOGY

Interior and exterior screens, and networking connectivity for training delivery, data capture and monitoring can all be integrated.



CLIMATE CONTROL

We offer both a plug and play factory fitted military spec A/C unit with cooling capacity of 4.7 kW and heating of 2.0 kW or more conventional fixed A/C units, ideal for gym containers. Together with a welded trap door system the air conditioner is mounted in the container wall. It is designed to store within the confinement of the ISO corners during transportation, storage or to prevent theft. The sliding trap door system is deployed gliding out on runners from the container for operation. Once deployed the unit is locked in place when operating. There is a "Vent-only" option allowing air circulation without cooling or heating.

ATHLETE TRAINING FACILITIES IN ACTION

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CHELSEA VILLAGE, MOGADISHU

The Chelsea Village is a secure accommodation camp in the Mogadishu International Airport zone. Guests include members of government, the UN, and the military. The aim of the ATF at Chelsea Village was to provide health and wellbeing facilities for the guests. Their ATF was custom branded (GymCap), and comprised of two 20' containers with a 10m canopy between them. All the equipment for creating the Facility was packed inside the containers and shipped to Mogadishu via sea-freight. Once on-site, the containers were un-packed and the Facility assembled within 48 hours. The Facility utilizes the internal and external lighting option and air conditioning inside the cardio container. 'The response has been phenomenal,' said Daniel Stewart, COO of Enigma Alliance, who cut the ribbon to officially open the facility. 'Guests were amazed that we had managed to bring in a gym of such calibre into Mogadishu, and set it up ourselves.'



ARK ACADEMY, LONDON

Ark Globe Academy is a mixed all-through school located in Southwark, London. It is part of the Ark school network, operated by the charitable organisation Ark. They were looking for a way to extend their P.E. facilities without disrupting their current setup, and were looking to enhance their P.E. lessons, introduce additional types of training to support their elite athletes, and have a facility that the staff could use outside school hours. A RAZE Athlete Training Facility provided the ideal solution, and was situated in an underused part of the school yard. Their ATF has the Uptivo heart rate monitoring system add on, with external container mounted TV screen so users can see their heart rate stats as they are training outside. The facility was opened by the Director of London Marathon, Mr Hugh Brasher.



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