Bodhi Suspension System®

AWAKEN YOUR POTENTIAL



balanced body®



Unlike any other rope suspension system for fitness, Bodhi has two independent ropes and four suspension points. Each suspension point gives you a lot more exercises – with varying degrees of difficulty. You can suspend your entire body!

The world's first four point suspension system for fitness!

Bodhi is sanskrit for "awaken". The Bodhi Suspension System® lets you awaken the potential in your body and your mind.

GROUP X/PERSONAL TRAINING

The Bodhi Suspension System gives your instructors and members more exercises and more fitness challenges than any other suspension system. An awesome personal training and group exercise option, Bodhi is a viable source of non-dues revenue for any facility. All at an affordable price.

PILATES STUDIOS

Diversifying your business is crucial. The Bodhi Suspension System offers Pilates and fitness studios an affordable and unique mindful movement option that complements your existing program. The Bodhi Suspension System gives you more exercises and fitness challenges than any other suspension system.

REHABILITATION

The inventor of the Bodhi Suspension System used it to rehabilitate from brain trauma caused in a car accident. That's how effective it is. From osteoporosis to lower back injuries and more, the Bodhi Suspension System gives clinicians an affordable and powerful mindful movement tool, and a post-rehab revenue generator.

AT HOME

Want an at-home strength training tool but don't have room for weight lifting equipment? Then the Bodhi Suspension System is for you. It's easy to set up, and comes with a workout DVD and flash cards. All at a price that won't break your bank.

THE BODHI SUSPENSION SYSTEM® INCLUDES:

- 2 Ropes
- 2 Handles
- 2 Double Loops
- 4 Accessory Lanyards
- Tote/Storage Bag
- Flashcards with sample workouts
- DVD with 2 workouts



SPECIFICATIONS

Green ropes with padded loops 720-060

Grey ropes with padded loops 720-061



ACCESSORIES

Get more information on how to install your Bodhi Suspension System at balancedbody.com/bodhi.

Wall Anchor

Our wall-mounted brackets suspend your ropes 16" (40cm) from the wall. Start with a minimum of two, and install additional brackets to accommodate the number of rope systems. Use with 1.25" (3cm) diameter steel pipe (not included).

950-198



Ceiling Anchor

Use to mount your Bodhi Suspension System on the ceiling. Start with a minimum of two, and install additional anchors to accommodate the number of rope systems. Use with 1.25" (3cm) diameter steel pipe (not included).

950-199



Door Anchor

Attach the door anchor to any locked door and perform many Bodhi Suspension System exercises without permanently attaching to a wall or ceiling.

950-200



Rope Extenders

You will need Rope Extenders if your anchor point for installing the ropes is more than 8.5 feet (2.6m) above the ground. Available in green or grey.

950-201 (green)
950-202 (grey)



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