



# The Institute of Human Performance

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## JC's Jungle Gym II



Imagine training with a set of rings.. From push-ups, to assisted squats, to explosive plyometrics. JC's Jungle gym allows to turn a door or a suspended bar into a gym.

### **COMBO: Jungle Gym II with Primal Training DVD**

**\$ 99.95**

The perfect combination. Primal Training DVD & The Jungle Gym II. Want to go primal with your bodyweight training? [\[Product Details...\]](#)

### **JC's Jungle Gym II**

**\$ 74.95**

Strap on to JC's Jungle Gym II and try these two monster workouts! [\[Product Details...\]](#)

### **Primal Training featuring JC Jungle Gym II**

**\$ 44.95**

Want to go primal with your bodyweight training? Strap on to JC's Jungle Gym II and try these two monster workouts! The Jungle Gym was originally designed by Lifeline USA. [\[Product Details...\]](#)

## Training with JC Series 3 DVD Set

\$ 119.95

Think band training is soft stuff? Well, step into JC's world of band training and think again. JC shares his three favorite toning and strengthening band programs that he uses when traveling and unable to get to equipment. [\[Product Details...\]](#)

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