



***Inflate to DRILL***



**“The PERFECT tool  
in my gym!”**

**It’s so simple  
to use,  
it’s BRILLIANT.**

***Deflate to SKILL***



***It’s better already!***



**My workouts  
are SO MUCH MORE  
efficient now!**

**The ONLY user  
friendly solution in  
our small gym.**

## Coach, you know uphill training and drills are important everyday . . .

Athletes should do it everyday. But many times coaches can't do as many uphill drills as they would like for a variety of reasons. Not enough mats, not enough vault stations, not enough kids to move all the mats. There may even be too many mats and no place to drag them out of the way. The NEW *Fast Fluff™ Vault & Floor Trainer Saves Time, Saves Energy.*

### SAVE TIME

You have a limited time to get all your work done during the vault rotation. Hunting down all mats to use and moving them takes up precious time that could be spent practicing. You don't want to waste 5-10 minutes every time your at your event rotation. Wastes minutes, wastes turns, wastes money and wastes opportunity. Now, with a push of a button, the NEW *Fast Fluff™ Vault & Floor Trainer* inflates. Now it's time to train! **Inflate to DRILL.**

### SAVE ENERGY

Dragging mats around the gym is hard. It's hard on your body, hard on the equipment you drag it across, and it's hard on the mat handles and covers. Then, it's hard to move them out of the way to get to the fun part, landing great vaults! Now, simply turn off the blower, and in less time then it takes to walk back to start again, your area is ready to go onto the next part of training, the landing. **Deflate to SKILL.**

### REINFORCE PROPER SHAPES

When you can easily transition from the skill reinforcing drills, to the actual skill, and then finish up the training session with the skill reenforcing drills you started with, you will move your athletes to their goal more quickly and safely than before. You're a coach, you get it! Order yours today!

Valued  
priced  
at only  
**\$2950**

Order  
Yours  
Today

- Available for IMMEDIATE delivery in select colors. Tax not included.
- Payment in full required at time of order.
- Need special colors & branding? We can do that.
- Includes Fast Fluff™ Vault & Floor Trainer, and 1/2 HP, super quiet, blower.

Call 610.247.9134  
to order yours today!  
Email [info@pitfluffer.com](mailto:info@pitfluffer.com)  
web [www.fastfluffsystems.com](http://www.fastfluffsystems.com)



*What's the right size for you?* That depends on the skill level of the athletes you train on a day-to-day basis. The standard size suits 90% of all clubs in the country while the XL version (taller, wider, longer for \$3350) is best for college and high-level athletes.

## NEW Features



### ***New Outrigger Anchors.***

We have added 4 Velcro flaps that are attached to the bottom of the Trainer. Pull out to attach to carpet bonded foam (CBF) for drills. When attached securely, the anchors help minimize movement. If you don't have a

CBF floor, you can attach vinyl covered sand bags to the ring on the flap to help stabilize the Fast Fluff™ Vault & Floor Trainer.



### ***Tighten the support.***

Depending on the equipment you are attaching to, some brands are solid straight down and others have one center support. We have provided adjustable loops to weave the anchor straps through to minimize any movement.



### ***Skid Resistant Panels.***

The Vault & Floor Trainers have been equipped with skid resistant inserts on the bottom. This helps to keep your Fast Fluff™ Vault & Floor Trainer from sliding when it's placed on a vinyl mat.

There's more . . .

- Great for elevated pits. So much easier than dragging hundreds of pounds of heavy mats up there.
- Perfect for sitting on a loose foam pit. Stop crushing your foam with heavy mats.
- The super quiet air blower does not distract from normal coach / athlete conversation.
- Ideal for floor. Tumbling height will improve.
- Easy for your athletes to set up. It's under 50 lbs.
- Lays deflated and out of the way at the vault or floor station, under a mat, until you're ready to drill.
- We also have the Fast Fluff™ Vault & Floor Trainer XL (it's higher, wider, and longer) for only \$3350. College or Club colors can be incorporated into the design for a small charge.

## What do Coaches think of the Vault & Floor trainer?

"The PERFECT tool in my gym!"

**"It's so simple.**

**It's BRILLIANT!**

**Why didn't I think of that?"**

"My kids DRILL, walk back, and do the SKILL. No wasted effort or time!"

*"Consistent drill training is vital to building muscle memory. The Vault & Floor trainer allows me to effortlessly provide the same drill environment every training session. I'm not running around the gym trying to steal the correct mat combination one day, let alone the 40 plus days I need to build strong habits."*

"I love that my athletes have the same visual clues I teach and, without any wasted energy, effort or mental distraction, keep the visual clues and transition right to the skill in the exact environment. It could not be more efficient"

**"Just took 1st and 2nd at the State meet. The Fast Fluff Vault & Floor Trainer made a measurable difference."**

**"My workout is SO MUCH MORE efficient now!"**

*"We use ours on floor. Candlesticks for layouts, free tucks for doubles. We love, Love, LOVE it!"*

"All of our vaults improved in 5 sessions !"

**fastfluff Vault & Floor Trainer**

**Start improving now. Order yours today! [info@pitfluffer.com](mailto:info@pitfluffer.com)**

# Custom Colors, Sizes & Branding



*West Virginia University*



*University of Illinois*



*San Jose State University*



*Gym Quest*



*Gotham*



*Michigan State*



*University of Washington*



*Iowa State University*



*Ursinus*



*The Gymnastics Revolution*



*Liberty University*

Branding is important in your training center. It covers everything you do or say as a business. Your colors and logo impart a memorable impression on consumers and impart a sense of quality and professionalism that is unmistakable.

We understand this and can make your Fast Fluff™ Vault & Floor Trainer, using your colors and logo, in any combination you need.

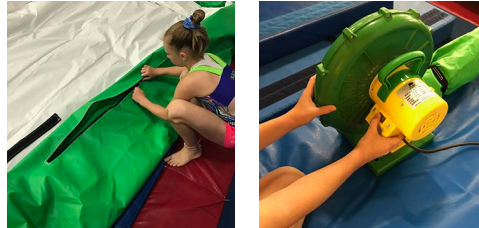
# Inflate to DRILL, Deflate to SKILL.

**Unroll and connect the super quiet blower.**



We use ours on FLOOR. love, Love, LOVE IT!

**Zip-up and turn on blower.**



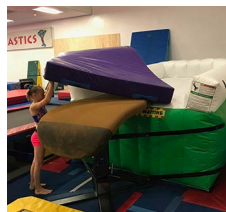
My kids DRILL, walk back, and do the SKILL. So EASY!

**1 minute later, it's ready!**

**Attach straps to vault base.**



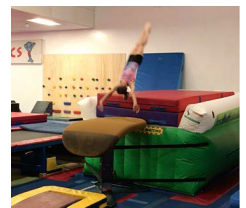
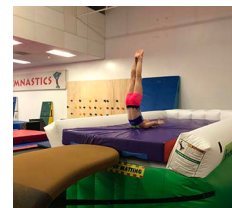
**Place a 5x10 skill cushion and start your drills. If one mat is not challenging enough, add another.**



**NOW THE BEST PART!**

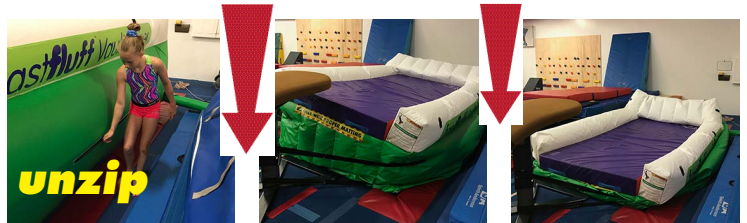
**DRILL**

**DRILL  
DRILL**



**Time to turn those great drills into the SKILL.**

**Simply unzip and your uphill trainer IMMEDIATELY turns into a landing area.**



**No big mats to move out of the way, no lost time in the transition from Drill to Skill.**

**It is just that easy!**

