

# Metroflex Gym Powerbuilding Basics

Metroflex is a Manufacturer of Expansion Joints, Strainers, Pump Connectors, Valves and other commercial piping specialties since 1958.

Metroflex Gym Murrieta is a premiere fitness destination dedicated to athletes of all kind. Our facility boasts a top-tier weightlifting area and is fully equipped to help you achieve your fitness goals. Find a MetroFlex Gym near you. Locations across Texas, California, Arizona, Florida, Oklahoma, Wisconsin, Minnesota, and Japan.

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