



OverSpeed^{UK}

Specialists in Resistance Training Equipment

It's all here and more!

Plyometrics

Strength & Conditioning

Core Stability

Waterbased

Accessories



*Whether you're a complete novice
or a seasoned athlete you'll find
something in our catalogue to help
you achieve greater performance.*



www.overspeeduk.com

WELCOME

Payment can be made by
Cheque, Postal Order or BACS.
Cheques should be drawn on a
UK bank in sterling and made
payable to Overspeed UK.

PURCHASE ORDER No.*	<input type="text"/>
CONTACT NAME*	<input type="text"/>
DEPARTMENT	<input type="text"/>
HEAD OF DEPARTMENT	<input type="text"/>
ADDRESS*	<input type="text"/>
POSTCODE*	<input type="text"/>
TELEPHONE*	<input type="text"/>
MOBILE*	<input type="text"/>
FAX	<input type="text"/>
EMAIL*	<input type="text"/>

OVERSPEED UK: Telephone/Fax: 01522 811 980 or 07980 558 017
International +44 (0) 1522 811 980
Fax: 01522 811 980 Email enquiries@overspeeduk.com Website www.overspeeduk.com
Post: **Overspeed UK** The Den, Sleaford Road, Wellingore, Lincoln, LN5 0HR, United Kingdom

We also offer a range of free weights as well.

TERMS & CONDITIONS

Orders are only accepted by Overspeed UK subject to these Conditions of Purchase and Terms of Trading. Variations of these conditions will not be accepted by us without an agreement in writing. Overspeed UK will not be liable for any costs in excess of the original purchase price of the goods.

PRICES - It is our intention to honour prices for as long as possible. However OVERSPEED UK reserves the right to alter prices without prior notification. All orders will be handled at the prices current on the day of dispatch unless firm quotations have been given. Products with an asterisk* against them are brought in from abroad. Because we work to a fluctuating currency it can be difficult to determine a precise cost for an item, therefore the price mentioned in the brochure may vary to the cost charged on the invoice. We do though try our best to honour the prices given.

PAYMENT TERMS - Payment can be made by Credit/Debit Card, Cheque, Postal Order or BACS. Cheques should be drawn on a UK Bank in sterling and made payable to Overspeed UK. It is expected that orders will be received with full payment unless approved credit accounts are in place or official purchase orders have been accepted. Should a cheque be represented or returned by the Bank all charges incurred on the customers behalf will be made payable by the customer. The title of the goods shall remain with Overspeed UK until payment has been received in full and cleared Overspeed UK bank account.

SETTLEMENT TERMS - General Public - Please order by Credit/Debit Card, send a Cheque, Postal Order or BACS transfer with order. (For BACS orders please contact us for our bank details). For Government Departments, Local Authorities, Colleges, Schools and Universities settlement of payment is required within 30 days of invoice date.

FREE ADVICE - We are here to offer advice and assistance on the complete range of equipment we carry.

DISCOUNTS - For the supply of equipment in large quantities, please contact us for a quotation.

OFFICIAL PURCHASE ORDERS - Official Purchase Orders are accepted. Purchase orders must be posted or sent by fax with the order number clearly printed together with the name, position and department of the person ordering. (Photocopies are acceptable). All purchase orders must hold the signature of an authoriser.

CANCELLATION OF ORDERS - Cancellation of orders must be notified to the company in writing, and only with prior agreement. In cases where an item or items have been ordered in or manufactured to a customer's order and insufficient time has been given in which to cancel the order with the supplier/manufacturer - then a charge will be made.

RETURNS - We reserve the right to make a charge for collection of goods ordered in error or duplicated due to customer error.

GOODS ARE NOT SOLD ON A TRIAL BASIS - Where a customer is not satisfied with the Goods and/or does not want them, the Goods can be only be returned to the Company if fully re-saleable and unused. In the event of such returns, the Customer acknowledges that it shall be liable for all reasonable costs incurred by the Company in relation to, postage and packaging and the Company shall invoice the Customer for any costs in question incurred. The Company shall not refund Moines for Goods, which cannot be resold.

EXPORT ORDERS - All prices are ex works Wellingore, United Kingdom. Packing, and other administration charges will be extra at cost. All payments are required before delivery.

OVERSPEED UK - seeks to dispatch all items within five working days. Under normal circumstances all goods will be despatched complete. Occasionally, however, we may not be able to supply all goods and in these circumstances we will advise you of the action we have taken on our despatch documentation. generally speaking, unless a product is no longer available, we will endeavour to supply the out of stock item/items soon thereafter or supply a near equivalent or ask you to reorder. We will advise you of the action we have taken. if you have any queries do not hesitate to contact us. Customers will be kept informed of an expected delivery day in the event of a longer delay. Where a request for has been made for delivery on a specific date, Overspeed UK will do all in its power to honour this date.

OVERSPEED UK - undertakes to replace, repair or exchange any items which are returned under the terms of the manufacturers warranty. In all other cases acceptance of returned goods is entirely at the discretion of the Company. All postage costs must be borne by the Customer where damaged goods fall outside the manufacturers warranty or goods are returned undamaged.

OVERSPEED UK - cannot accept responsibility for goods damaged in transit if the goods have not been signed for; as a result of either a request at the time of ordering, or at the time of delivery, for the goods to be left without a signature.

OVERSPEED UK - takes full responsibility for all goods, which are delivered in a damaged or faulty condition, provided such damage is reported by the customer on opening the package. When signing for a delivery, the customer is accepting that the correct number of parcels has arrived and the goods have not been damaged in transit. If the number of parcels delivered does not match the number on the consignment note, this must be stated SHORT DELIVERY. Shortages and damages MUST be notified within 2 working days from receipt of goods.

WARRANTY - All goods are covered by the manufacturers specific warranties and subject to the use and maintenance therein. The normal guarantee can only be given where the equipment is used for its intended design environment. Warranties will be invalidated if damage to the equipment is considered by the Company or manufacturer to have been caused by misuse, abuse, and neglect or through an absence or insufficient application of recommended maintenance.

CATALOGUE ILLUSTRATIONS AND DESCRIPTIONS - Every care has been taken to ensure that descriptions and illustrations are accurate in all of our literature, although this information is only issued as a guide to the identity of goods and slight product changes may be made without prior notification to the customer. Colours/Packaging may vary and manufacturing tolerances apply. Overspeed UK acknowledge any trademarks used on the website or in their brochure as being the property of their respective owners.

DELIVERY - All items are dispatched by the most economical route available. We do not make a profit on carriage and the cost includes packaging materials - out prices are kept keen, competitive and fair. For overseas orders please contact us for delivery costs. All heavy items will be dispatched by courier and charged accordingly.

DIRECT DELIVERIES

Please note that some products are delivered direct to the customer from the manufacturer and will be despatched and invoiced separately. Delivery may take longer for these items. If such items are ordered in error you wish to return these items a returns charge will be incurred.

DELIVERY COSTS WITHIN THE UK

Up to £40:	£ 2.85
£40 to £55:	£ 6.75
£55 to £100:	£ 8.65
£100 to £275:	£10.75

Over £275.00: please contact us for a quotation.

Welcome to our new explosive catalogue.

Overspeed UK was formed in May 2000. Having observed and carried out an analysis of a number of sports our conclusion was that athletes needed to have the ability to train "under resistance" whilst carrying out their particular discipline thereby improving on their performance. As a result, we set about the task of perfecting a range of products where athletes from a cross range of sports could benefit from training with their coaches or other athletes whilst "under resistance". Once they have completed a training session and then removed the equipment they will experience an uplift in their reactions and performance, using the equipment over a period of time will induce a feeling of "overspeed" the momentum which is gained by applying resistance.

As leading suppliers of resistance equipment to Governing Bodies and High Performance Centre's, Universities and Educational Establishments, the scope and diversity of our equipment range is great, but our work doesn't stop there - we are constantly developing and perfecting the range of products we offer. Because a large majority of our equipment is made for us in the UK - we are able to offer a bespoke service whereby we can tailor the equipment to a particular athletes needs or function. We also have access to a range of products for Disabled athletes. We welcome the opportunity of being able to help athletes and coaches achieve their best. Whether your'e a complete novice or a seasoned athlete you'll find something in our catalogue to help you achieve your best. We are delighted to offer a discount on equipment ordered in large quantities.

We also welcome orders from Overseas.

Method of Payments Accepted

*CHEQUES (General Public please send cheque with order) Check details are collected using a SSL secured server. Cheques made payable to Overspeed UK - or order via our website.

*INVOICED (For accounts approved by Overspeed UK)

*INTERNATIONAL MONEY ORDER

(Please contact Overspeed UK for Bank details)

*BACS (Please contact Overspeed UK for Bank details)

Order Details**ORDERING VIA THE WEBSITE**

Once you have ordered a product you will automatically receive an email with the details of your order, simply print off a copy of the order for yourself and send one copy with your choice of payment to Overspeed UK. If you are looking to purchase an item/items, where to start can be bewildering to say the least!

Our job is to make that choice easy for you. We are here to help you and advise on the range of products we carry. If you are seeking a product you don't see on our website, don't despair, just let us know the make, type or brand of product and in most cases we can track the item down.

Products that are brought in from overseas are marked with an asterisk* and may fluctuate in price according to exchange rates.

For any Queries/Questions contact us enquiries@overspeeduk.com

Telephone: (01522) 811 - 980 Mobile: (07980) 558 - 017

Best wishes Tim Crowe

BOSU BALANCE TRAINER

**Multi functional core training device
Use in group training**

Specifically designed to integrate balance into every aspect of fitness, sport performance or rehabilitation. This dynamic training device quickly adds an element of versatility and challenge to any incredible range of activities; cardio, strength training, athletic and sports conditioning, core training and mind/body workouts. Can be combined with other equipment to add new and exciting elements to existing classes or training regiments. Supports up to 350 lbs. Pump included. Color: Blue with Black base. Dimensions: 26" W x 10" H. Wt. 15 lbs. **ORDER CODE: BBT**

**CORE STABILITY BALL WITH LEGS**

Sit Solution - Maxafe. Excellent new Ball - with five legs for added stability and easy storage. Available in three sizes: 45cm, 55cm and 65cm.

Made from DINP (disodecy phthalate) as opposed to the toxic DOP (di-2-ethyl hexyl phthalate) plasticisers and made from flexion anti-burst material to ensure the ball deflates slowly when accidentally punctured. Repair kits are available.

Silver

ORDER CODES:

SS45 45cm

SS55 55cm

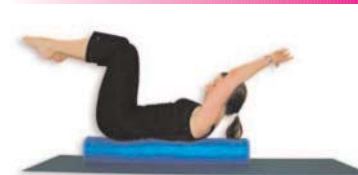
SS65 65cm

INCLINE DECLINE BENCH

Top of the range Heavy Duty Bench. Extra heavy duty 2" x 3" steel frame can easily handle a load capacity 450 kilos (1,000 lbs). The adjustable back and Seat Pads lock into eight positions to align your body for perfect posture in all your exercises. Ultra thick upholstery supports you comfortably through most intense workouts. Lock your leg in the T-Bar leg Hold Down featuring oversized padded Rollers, for extra comfort and stability while you perform Upper and Lower Abdominal exercises as well as Incline and Decline strength training. Convenient castors let you move the Bench effortlessly in and out of any Rack for ultimate in versatility. Bench measures 1680mm long (60") x 585mm wide (23") x 510 mm high (20"). Optional Preacher Curl Station and optional Six Roller leg extension/leg Curl Station available. Weighs 46 kilos. Requires some assembly. **ORDER CODE: FIDB**

PRO ABDOMINATOR

8" Extra wide padded strap. Perform hanging leg raises to develop core muscles. The comfortable padded arm straps support the body to allow for more repetitions. Strong hooks attach quickly to any sturdy overhead bar up to 1-1/4" in diameter. Supports up to 300lbs. Color: Black. Wt. 2lbs. **ORDER CODE: OSPA**

CLUB CORE ROLLER

Fed up with cheap rollers loosing their shape or being too hard? Try the new Club Core Roller; manufactured from closed cell PE Recovery Memory Foam - not the usual polystyrene foam. Indents made by knees etc during a workout will 'recover' within 24 hours. This 38" x 6" Superior Foam Roller; made with "closed cell PE recovery memory foam" - which will return to it's original shape within 24 hours. Has a blue swirl finish. Easy to clean and will not absorb sweat or moisture. Lightweight & easy to store. **ORDER CODE: CCR**

STABILITY ROLL BAG

A handy, black, washable, drawstring bag with an adjustable shoulder strap, for the Club Core Roller and 6" x 35" and 4" x 35" Stability Rolls. **ORDER CODE: SRB**

INFLATABLE STABILITY WEDGE

An alternative to the inflatable stability disc. Used both for seated exercises and posture work involving the hip, shoulder and ankle girdles.

ORDER CODES:

XT0058 Junior - Small

XT0044 Adult - Large



INFLATABLE STABILITY DISC



Stable but moving platform for standing or seated exercise. Can be used in isolation or in pairs (one per foot) for sports training exercises and balance training.

ORDER CODE XT0031

PRO ABDOMINAL TRAINER



Commercial quality sturdy one-piece frame. Pivotal head unit and adjustable arm and head pads to suit each user. Manufactured in Italy.

ORDER CODE XT0017

DIP BELT



Carry out Dips in a safe way! Using the Overspeed Dip Belt. (Features triple-interlock stitching)

ORDER CODE OSDB

SHOULDER HORN



Comfortably supports the arms in the optimal position isolating the external rotators of the shoulder (Rotator Cuff). Unit is covered with comfortable foam padding. Strengthen and rehabilitate the shoulder by using dumbbells, cable machines, tubing or bungee cords. Exercise guide included. Order by men's t-shirt size. Wt. 3 lbs.

ORDER CODE 67000

Shoulder Horn (XS - S)

ORDER CODE 67010

Shoulder Horn (M - L)

ORDER CODE 67020

Shoulder Horn (XL - XXL)

HANG UPS



Decompresses joints and spine. Stretch muscles and ligaments.

Inversion therapy benefits every age, body type and fitness level. Rotates to any angle from slight to full inversion. Maximum user height 66". Weight capacity 300 lbs. Includes instructional video and manual. Assembly required.

Folded dimensions:
48 L x 28 W x 66 H. Wt. 63 lbs.
ORDER CODE: 75610

FOAM ROLLERS 6"



Balance and motor skills development. The foam roller design enhances balance, body awareness, muscle re-education, flexibility and dynamic strength. Begin with half round for balance and alignment training. When balance improves, progress to a full round. Dense foam construction provides firm support for all body types. Wt. 1 lb. each. Multiples shipped UPS oversize.

Length 90cm. Diameter 15cm
ORDER CODE:
SP0005



FIT BALL ROLLER



From the manufacturers of the premium quality Fit Ball comes the fantastic Fit Ball Roller. This inflatable roller is a great alternative for personal trainers or for studios with limited storage space.

It is an excellent rehabilitation accessory too, as the hardness of the roller can be adjusted to provide optimum comfort for the client and as their stability improves, the roller can be made firmer to challenge them further.

ORDER CODE: CS0105

TRAINING PARTNER MK1



Can be used for a whole range of sports that require the need to understand the importance of posture and core stability. **PLAYER** - tired of constantly

rising up on your feet losing balance and hitting off centered shots?

COACH - tired of constantly shouting at your players to keep their centre of gravity low - when they should be really concentrating on where they are going to put the ball?

Good athletic posture is the foundation of good tennis technique!

"Good athletic posture is the key foundation of good tennis technique as well as providing the ideal platform for speed and agility. 'The Training Partner' is an excellent device for developing kinesthetic awareness of the correct posture with players of all ages."

Simon Jones (LTA National Coach)

Spare elastics are available for the Training Partner MK1 and MK3.



24" elastic - ideal for players up to 5' 8" (comes with Training Partner)

42" elastic - ideal for a coach working with players of varying heights.

ORDER CODES:

OSTP Training Partner MK I

OSSE Spare Elastics

ARC BARREL



Enhance your execution of a wide variety of stretching and strengthening exercises with the Arc Barrel. Lightweight and portable, they are ideal for mat-based classes and client training.

Length 24" Height 6" Width 21".

ORDER CODE: SP0006

SPINE SUPPORTER



Whether working out on a mat or equipment, the Spine Supporter is designed to support the spine and reduce neck tension. Complete with support straps, it's ideal for those with weak lower backs and for developing proper form during abdominal work.

ORDER CODE: SP0042

TRAINING PARTNER MK3



Additional 4 inch Dee rings on the Belt which allow for our Body Elastics to be connected. Enabling the player to work under resistance. The Mark 3 also comes with wrist straps and elastics allowing the wrists to be connected to the belt.

'The Overspeed Training Partner' is an all in one resistance training aid for developing good athletic posture and resistance training with a number of sports. The key benefits are that you can link up any part of the body within a few seconds to produce resistance where it is needed. Will not obstruct movement of the arms or legs wear it whilst carrying out your training drills.

SUITABLE FOR ALL SPORTS

*Develop Good Athletic Posture

*Link up any part of the Body

*Produce Resistance where you need it

*Will not obstruct movement of the Arms or Legs.

*Wear it whilst carrying out your training drills.

*Comes with a full set of elastics - and wrist grips

ORDER CODE: MK 3

UFO TRAINER*



Abdominal muscles are worked through a wide range of motion as the user increases functional core strength and endurance. The UFO shaped knee board has

multi-directional wheels that allow the lower body to move forward, backward or side to side during use. Soft gel knee wells provide comfort and stability. 6" Padded PVC handles support user's torso during training. Base made of hard PVC. Assembly required. Color: Blue.

Dimensions:
18" Diameter x 6" H. Wt. 7 lbs.

ORDER CODE: UFOT



**BODY WEDGE****Light weight and portable**

Train all core areas with the unique 21-set, 21-repetition illustrated program that is printed directly on the wedge. Soft foam encased in a stitched vinyl cover with zipper closure. Colour: Black. Instruction guide included. Dimensions: 40" L x 21" W x 15" H. Wt. 13 lbs.

ORDER CODE: BW21

STABILITY ROLL

Budget roller made from soft chip foam. Ideal for rehab and physiotherapy exercises. Length: 60cm; Diameter: 20cm.

ORDER CODE SR425

25" x 4" Roll (63 cm x 10 cm)

ORDER CODE SR435

35" x 4" Roll (90 cm x 10 cm)

ORDER CODE SR4

54" x 4" Roll (1.37 cm x 10 cm)

ORDER CODE SR625

25" x 6" Roll (63 cm x 15 cm)

ORDER CODE SR635

35" x 6" Roll (90 cm x 15 cm)

ORDER CODE SR6

54" x 6" Roll (1.37 cm x 15 cm)

ORDER CODE SHR25 (Half Roll)

25" x 6" Roll (63 cm x 15 cm)

ORDER CODE SHR35 (Half Roll)

35" x 6" Roll (90 cm x 15 cm)

ORDER CODE SHR54 (Half Roll)

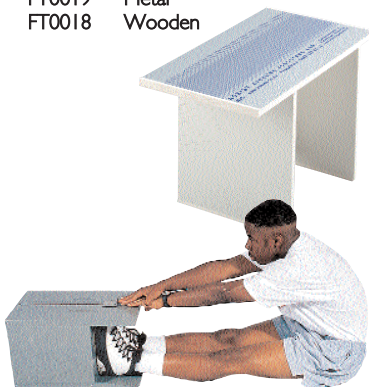
54" x 6" Roll (1.37 cm x 15 cm)

SIT & REACH BOXES

Traditional method for measuring trunk flexibility. Supplied flat packed. Available in metal or wooden options.

ORDER CODE

FT0019 Metal
FT0018 Wooden

**SUPERTRAMP PT BOUNCER**

Available in Aqua Green. 40" diameter Rebounder 6 x 7" legs with non-slip heavy duty rubber feet. Steel reinforced frame to take the strain of springs. High quality polypropylene weatherproof mat to ensure an even tension on all 36 reinforced galvanized chrome springs.

Spare parts are available. Weighs: 8.5 kilo

Load capacity: 22 stone (140 kilos).

ORDER CODE: XT0005

WALL LATERAL PLYO BOX

* Quickly adjust angle of incline to vary intensity

Use for explosive lateral drills to improve lateral agility, speed, and stamina. Platform angle can be set at 25, 35, or 45 degrees to target multiple patterns of movement. Reinforced non-slip platform. Place platform against a solid wall. Instructions included. Color: Red and Black. Dimensions: 17" L x 19" W x 15-1/2" H. Wt. 24 lbs. ORDER CODE: WLPB

REEBOK COREBOARD

• Club/Professional Model

• Tilts, rocks and swivels in all planes of movement

• Three adjustable levels of difficulty Unstable stepping surface will tilt, twist and spring

back as it reacts to the body's movement. Improve core stability and overall proprioception. Use for standing, lying, stepping and for functional upper body movements. Incorporate with medicine balls, aerobic bars, tubing and dumbbells for more advanced drills. PVC top with rubber slip resistant cover has eight notches to accommodate resistance tubing. Steel base has rubber feet for added stability. Colour: Black. Dimensions: 29" L x 22" W x 6" H. Wt. 33 lbs. ORDER CODE: RCB

WOBBLE BOARD

Commercial quality 18" injection moulded Wobble Board from Stroops™. Multifunction system available as separate components or as a complete set. The Wobble Board Platform provides a gentle rock for early rehab or connect the board platform to Balance Blocks of different heights to provide the complete Wobble Board workout. Small blocks offer a 12-degree rock, medium blocks a 16-degree rock and large blocks a 20-degree rock.

The Complete Wobble Board Set Comprises:

Wobble Board Platform x1
Connecting Bolt x1
Balance Block - Small x1
Balance Block - Medium x1
Balance Block - Large x1

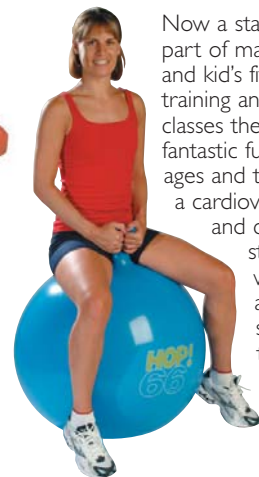
The Complete Set
ORDER CODE: CS0010

PT PRO BENCH

This full size bench is made from marine vinyl, polyurethane foam and aluminium it weighs just 23lbs (approx 10kg). It folds and opens in seconds. Folded it is just 51" x 12" x 51" and comes with an attached carrying handle and a removable, padded carrying strap, making it ideal for personal trainers or for gyms/homes where storage space is limited.

The bench can be inclined/declined from 0° to 90° in 10° increments and comes with a removable 'crunch handle' to stabilise the user when performing exercises such as leg lifts.

ORDER CODE
CM0018

HOP

Now a standard part of many adult and kid's fitness training and circuit classes the Hop is fantastic fun for all ages and they get a cardiovascular and core stability workout at the same time!

ORDER CODES

XT0187 45cm - Yellow

XT0087 55cm - Red

XT028 66cm - Blue

MEGA BALLS

Fun and exercise therapy for schools, holiday play schemes and for birthday parties (of all ages). Ideal used either in large sports halls or in the open air.

XT0048 150cm - Red

XT0049 180cm - Red

PHYSIO ROLLS

Also known as 'Double Balls' these peanut-shaped Physio Rolls provide more stability than standard balls and so are ideal for use in therapy applications.

ORDER CODES

CS0100 30cm - Blue

CS0101 40cm - Red

CS0102 55cm - Yellow

CS0103 70cm - Blue

CS0104 85cm - Red



**ANKLE STRAP**

Heavy nylon strap. Thick neoprene pad for comfort with D-ring attachment. Adjustable Velcro closure. Colour: Black. Flat Dimensions: 14-3/4" L x 2" W. Wt. 1 lb.

ORDER CODE: OSNAS

**HEAVY DUTY CHINNING BAR**

This heavy duty chinning bar is constructed from power-coated steel with a laminated hardwood ply bar with internal steel reinforcement. It fixes easily to any standard wall bars. Its horizontal projection and height above the floor can be easily adjusted to suit size and exercise. Great for strength training, rehabilitation exercises and corrective posture work.

Holds body weight up to: 120 kg.

ORDER CODE: P4H69265

CORE STABILITY AND BALANCE KIT

A versatile 5-in-1 kit containing a 400 mm disc, pivot bearing ball, roller board and 1 foot standing board that are interchangeable to provide a variety of core stability exercises. Comes with exercise posters for guidance. The kit allows multiple direction stability work by inserting the ball into the platform socket. When reversed the disc allows bi-directional instability with the choice of forwards and backwards or side to side movement. In this mode it is possible to insert the 1 foot standing board into the upper socket to maximise instability or to insert a roller board (a board with castors to provide lateral and circular motion) in addition to the bi-directional movement. This product is highly recommended for personal use and 1 on 1 training but is not suitable for class situations where the Reebok Core Board should be considered.

ORDER CODE: XT02001

**UNIBOUNCE**

Designed for young children, the sloped protective cushion with rear edge gives utmost protection during play. Foam-covered handle is included. Reinforced spring sheet suspended in steel springs, constructed from welded steel for long lasting durability. Maximum load 60kgs, diameter 103 cm, height 28/80 cm.

ORDER CODE: STPL48975

EQUIBALANCE

This Equi-balance is superb for teaching balance, co-ordination and control. The rubber inserts not only prevent slipping, but also incorporate sensory stimulation. Supplied in assorted colours.

Size: 60 cm long x 20 cm wide.

ORDER CODE: P6G80862

INVERSION BOOTS

Do you sometimes feel pounded, beaten and jarred? Inversion boots allow you to recover quickly from compression fatigue caused by jogging, aerobic training, stepping, bicycling and weight training. Inversion boots counteract the downward pull of gravity. Hanging in the inverted position brings instant relief to many forms of back pain and spasms associated with consistent downward gravitational pull on the spine, discs and muscles. Just a few minutes a day are sufficient to spread apart painful compressed discs. Back, neck and shoulder muscles are also stretched, further increasing flexibility and reducing pain. Recommended by doctors and used in hospital back clinics nation wide. Boots feature thick, comfortable, contoured support pads and have a heavy-duty single-action locking mechanism with built-in safety lever. Extra pads allow easy adjustability for all size users.

ORDER CODE: OSGB

FORMULA FIT ROLLER

The Formula Fit Roll is ideal for both group exercise and personal trainers. Can be inflated/deflated to enable you to obtain the core stability/density for your exercise. More durable than the regular Foam Roller: excellent for core and balance work as well as Pilates. Measures 15 cm (6") diameter by 74 cm (29") long.

Available in silver - Latex Free.

ORDER CODE: FFR

GIANT CORE PAD

A 56 cm diameter inflatable pad which can be used partly inflated for stability exercises for one or two children or adults. Can also be inflated until it is nearly ball shaped and then used as a support to sit on. The surface is smooth on one side with slightly raised bumps on the reverse. Invaluable for teaching balance or for therapeutic use.

ORDER CODE: S5LI6389

**CHIN DIP COMBO**

Two athletes can train simultaneously. Dip station hand placements are made of 2" round tubing. Hand grips are spaced 19" apart and 55" off the floor. Chinning station has solid steel lat bar for various grip widths. Additional footstep for safety.

Dimensions: 61" L x 42" W x 86" H.

Wt. 140 lbs.

Shipped fully assembled via freight carrier.

ORDER CODE: OSCDC

CHIN UP BAR - WALL MOUNTED

Solid steel bar is 46" wide for various grip widths. Bolts to the wall.

Colour: Black.

Dimensions: 49-1/2" L x 16" W x 16" H.

Wt. 17 lbs.

ORDER CODE: OSCUB

CXT CORE CROSS TRAINER

**How does the CXT™ work?**

This unique Core Cross Trainer with its patent-pending design gives the user a total body cardio and core workout and is suitable for both commercial gym or rehab applications

Key features

- Upper-body CV machine with a revolving crank arm that the user works in a rotation around the shoulder joint in both anti- clockwise and clockwise directions
- Revolutionary design (patents-pending), which ensures the hands stay in one plane throughout the movement
- Provides both a cardio and an exceptional abdominal workout
- Can be used in standing or seated positions and also in combination with a Fit Ball
- Ideal for shoulder-related injury rehabilitation
- Can be used with the optional rocking base attachment to work the stabilising muscles of the whole body
- Zero impact on the joints makes CXT kind to the body
- Progressive fitness is possible as settings allow inexperienced users to gain an instant workout, yet advanced settings challenge body control, postural control and the stabilising muscles of the most competent athletes
- Documented UK university research shows that even when used at slow speeds, CXT provides a cardiovascular workout and calorie burn
- Placing 4 CXTs together in the gym, takes up the same footprint as 3 commercial treadmills

Who will benefit from CXT?

- Users looking to improve core stability, posture & balance
- Those looking for fun and variety in their CV and balance training
- Users wishing to focus exercise on their abdominal muscles
- Disabled customers or those choosing to be seated whilst exercising
- Sportsmen and women whose sports involve balance, rotation around the shoulders or performance in a crouched position – particularly golfers, racket players and skiers
- Users aiming to improve strength, posture and technique for manual handling
- Physiotherapists or Remedial Instructors working to improve a client's strength and core muscles around the shoulder and hip girdles or the ankle joints.

Specification

Base footprint	102cm x 150cm
Safety guard width	165cm
Operating height	185cm
Max. user weight	200kg

ORDER CODE: CXT0001

CXT Rocking Base Option

ORDER CODE: PACXT1

POWER WHEEL*



- Increased power in the chest, shoulders and arms
- Excellent for developing core strength

With either hands or feet on the wheel, perform a multitude of upper body strength training and plyometric exercises. Perform push ups, inch worms and crab walks. Exercise Guide included. Wheel diameter: 14". Wt. 6 lbs.

"No machine works the abs and back like the Power Wheel." - Matt Furey, Author of *Combat Abs*

"I can't tell you how valuable a component the Power Wheel has become in our strength program here at The University of Montana. There are so many aspects the Wheel covers in our program (i.e. flexibility, core strength, stability) that all our sports use it in their training regime throughout the entire year."

Lacey Degnar, Strength and Conditioning Coach, University of Montana

ORDER CODE: OSPW

SET-UP PLYO BOXES



Made from high quality wood and topped with " rubber. Each box is 24" x 24" and is available in three different height options.

ORDER CODES:
YPL0033 12" Box
YPL0034 6" Box
YPL0035 3" Box

FITNESS KIT 1



Kit 1 includes a 65cm Fit Ball with inflator pump, Level 2 resistance tubing, 12lb Body Bar, 1kg and 2.5kg neo-hex dumbbells, a pro speed skipping rope and a basic heart rate monitor.

ORDER CODE: FFKIT1

FITNESS KIT 2



The identical equipment to Fitness Kit 1 but without the heart rate monitor for those clients not requiring accurate cardio training. Kit 2 includes a 65cm Fit Ball with inflator pump, Level 2 resistance tubing, 12lb Body Bar, 1kg and 2.5kg studio dumbbells and a pro speed skipping rope.

ORDER CODE: FFKIT2

BODY BLADES

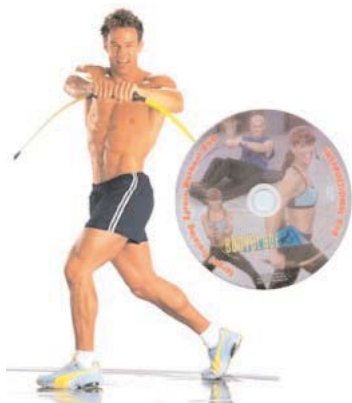
Bodyblade offers Personal Trainers and Club Members the most thorough, unforgettable, core-strengthening, muscle-toning workout imaginable! Combine it with other equipment to create customised programmes for unlimited training potential or use it on its own. Bodyblade is designed to flex 4.5 times per second producing 270 contractions every minute in hundreds of different muscles at once. The PRO can deliver up to 34 pounds of resistance. The resistance is controlled by the user at every moment, so its always optimal. No assembly required, storage space is minimal and it's the most cost cost-effective device available! Optional Storage Bag available. Bodyblade can be used in the following formats; personal training; circuits; flexibility training hi/low classes; interval training and resistance/strength training. Each Bodyblade comes complete with Exercise Wall Chart and Instructional DVD. Choice of three models offering different resistance.

Product	Length	Resistance Weight	ORDER CODES
Bodyblade CXT	40"	1-8lbs	BCXT
CXT Bag			BCXTB
Bodyblade Classic	48"	1-22 lbs	BCLS
Classic Bag			BCLSB
Bodyblade Pro	60"	1-34 lbs	BPRO
Pro Bag			BPROB

BODYBLADE Cardio Blades

A pair of Bodyblade Cardioblades, designed to give a cardiovascular workout and ideal for use in place of 2-3kg weights for upper body strengthening. Complete with exercise chart and instructional DVD. Dimensions: 32". The flat edged blades focus on faster, more efficient, targeted cardio and strength training, as well as creating a more powerful and reactive core and extremities workout that round rods simply can not do. Available in Yellow / Black

ORDER CODE: BCARD



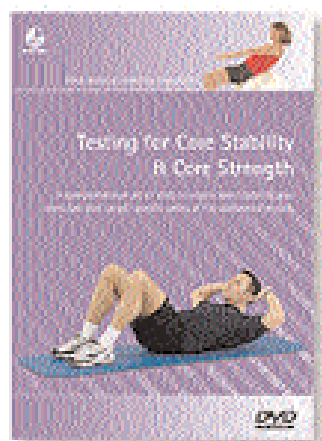
Bodyblade Target Training Express DVD

Led by Bruce Hymanson the creator of the Bodyblade and internationally renowned fitness presenter Rosalie Brown, this DVD focuses on cardio, strength and conditioning. Get an express workout in 10 minutes! The Bodyblade Classic and Cardioblades are demonstrated, for sculpted arms, tight and toned abs and firm hips and thighs, but any of the Bodyblade models can be used to customise the workout. With Bruce Hymanson & Rosalie Brown - 30 Minutes DVD

ORDER CODE: BTTXD



TRAINING FOR CORE STABILITY DVD



A comprehensive set of tests to assess core stability plus exercises that target specific areas of the abdominal region.

ORDER CODE: NV0097DVD

TONE-UP-WHEEL



Build firmer and stronger abs. Rubber wheel to protect floor surfaces. Moulded hand grips. Instructions included. Wheel diameter 7" Wt. 1 lbs.

ORDER CODE: 92445-3

EGG BALL



Excellent for people insecure on standard shaped Balls.

Manufactured from the same Superior safety/Anti Burst material as our Gymnastic balls but Oval in shape allows forwards/backwards movements and restricts sideways movement. Excellent for people insecure on standard shaped Balls. Are available in two sizes and supplied in a bag without handbook. ORDER CODE: EG65

FIT BALL®



Manufactured in Europe, Fit Balls are the premium brand of stability balls. Each ball is inflated and tested for defects before deflation and packing. Burst resistant and weight tested to 300 kg.

Order Codes

XT0006	55 cm
XT0007	65 cm
XT0037	75 cm

FIT BALL RACK



Come in kit form and can be purchased in three different layered heights. Level 1 consists of the ground and first layer with storage capacity for 6 Fit Balls. Level 2 will enable 9 Fit Balls to be stored and the final layer allows for storage of 12 Fit Balls. Frames will push together firmly but for permanent assembly use PVC Glue.

ORDER CODES:

XT0501	Rack - for 12 Fit Balls
XT0501A	Rack - for 9 Fit Balls
XT0501B	Rack - for 6 Fit Balls

FIT BALL SUPPORTS



Create a stable platform to reduce movement of the ball during exercise.

ORDER CODES:

XT0032	45cm/55cm size balls
XT0033	65cm/75cm size balls

STOTT PILATES SPINE CORRECTOR



Stretches and strengthens the torso and shoulders with the high quality Spine Corrector.

Width: 31"
Height: 12"
Overall Length 30"
ORDER CODE: SP0050

FASTER BLASTER PUMP



A high volume, low pressure pump that inflates a Swiss Ball in less than two minutes.

The Faster

Blaster Pump is used to inflate Swiss Balls and the Stability Disc.

A high volume, low pressure pump that inflates the ball in less than two minutes. ORDER CODE: XT0038

ALUMINIUM BAR



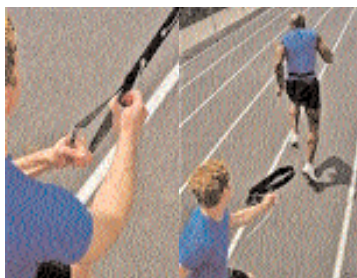
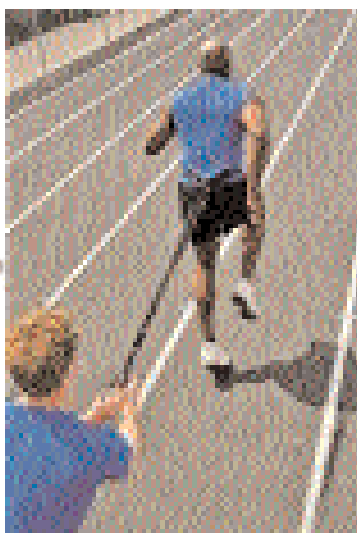
"ULTRA-LITE" Technique Bar

A great teaching tool for beginning lifters
Preparatory tool for advanced exercises.
This 6ft bar is made of aluminium weighs
only 7 Kg and has been weight tested to
65 Kg. Designed for teaching technique,
use with the 5 Kg solid rubber training
plates (OYP0013).

Use the aluminium training bar to teach
clients the fundamentals of many
different lifting exercises. Client can focus
more on correct form and technique.
Inside grip measures 52" and fits all wide
disks.

ORDER CODE: OBH00095

BULLET BELT*



Resistance and overspeed training in the
same run

* Improve stride length and frequency
Make your players "faster than a speeding
bullet" without compromising technique.
Unique design utilizes variable Velcro
closure to modify resistance for athletes
at any level. Free swivel D-ring on belt
allows for training in all directions. The
Pop option targets a powerful leg drive
which causes the athlete to pop free
from the handle. The Pop & Rip gives the
coach more control over the duration of
the resistance run and the moment of
release into overspeed training run.
Quickly pull the integrated cable to force
separation at any point of the training
run. Select the Partner Pack option to
get more reps in less time.

Bullet Belt is constructed of high quality
nylon with steel D-ring and Velcro tail
and is 54" in circumference. Both Pop
and Pop & Rip handles are constructed
of high quality nylon with plastic handles.
Pop & Rip includes steel release cable.
Pop & Rip and Partner Pack include
carry bag. Color: Red and Black.



ORDER CODE: BB

COBRA SPEED MASTER*



The "Cobra Speed Master" is an athletic
performance device that is used for both
assisted and resisted jumping exercises
when using the super latex cord.

It can be used for resisted running using
the waist-belt and connecting strap. We
always believe what makes a great player,
is the ability to cover the court with the
least amount of strides. Whatever your
sport - it's important to carry out your
training drills under resistance. When you
release yourself from the elastics you
immediately go into an over-speed phase.
Used extensively in Tennis - where the
player needs to make quick recoveries all
round the court. The Cobra's fastening
points and comfortable padded belt
brings simplicity to athletic training. As
one coach put it - "I'm keeping these
under lock and key for other coaches will
kill to get their hands on it".

We can make up lengths of elastic from
1ft to 24' long. Talk to us about how you
can adapt your playing surface area using
upright poles.

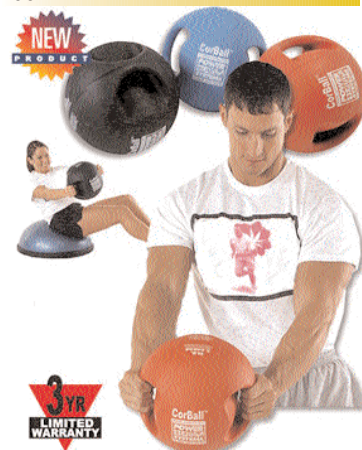
I've seen coaches using latex rubber
tubing and without a safety cover and
you're just asking for trouble! Take my
word these are the best elastics you'll
ever come across.

**Comes with coaches belt - to take the
strain of the player and padded belt
for the player. (Now with Web Covering for
added safety).**

ORDER CODE:
KCSMHR Cobra Speed Master



CORBALL



Dual handgrips provide versatility
Unique medicine ball design combines
the traditional Power Med Ball™ with
the Power Grip-Ball™ for more
functional and diverse training. The dual
handgrips are ideal for abdominal
training, rotational movements and
strength training. Hollow synthetic rubber
construction. Color coded by weight.
Colors may vary.

All balls are 11" diameter.

Order Codes

XT0110 4KG (Yellow/Black)
XT0111 5KG (Green/White)
XT0112 6KG (Grey/Black)
XT0113 7KG (Blue/White)
XT0114 8KG (Red/White)
XT0115 9KG (Dk Blue/White)
XT0116 10KG (Black/White)

POWER WEB



Improve strength and dexterity in fingers,
hands and wrist

Great for training or rehabilitation. Light-
weight and portable. Four resistance
levels available plus combo models with
dual levels of resistance on each half.
Color coded by resistance. Wt. 2 lbs.
Subject to a fluctuating price - please
check with Overspeed at time of
ordering.

ORDER CODE

90100 (Lt.) Yellow
90110 (Med.) Red
90120 (Hvy.) Green
90130 (Super Hvy.) Blue
90140 Combo Light/Heavy

CHALK CONTAINER



Smaller stationary
version of pro chalk
container:

Bowl diameter: 14".
Color: Black.
Dimensions:
14" L x 14" W x 36"
H. Wt. 14 lbs.
ORDER CODE:
OSCC

PRO CHALK CONTAINER



Keep your weight room clean by keeping
your lifting chalk in the container. This
large 23" diameter bowl is 5" deep.
Rubber encased rim provides safety and
helps to keep chalk in the bowl.
Mounted on strong tubular steel stand
with 4 swivel casters for easy movement.
Assembly required. Colour: Black.

Dimensions:
24" L x 24" W x 44" H.
Wt. 26 lbs.

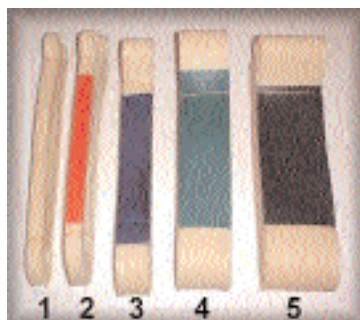
ORDER CODE: OSPCC

DIP STANDS



Fully welded steel frame supports larger athletes. Wide base keeps unit stable during use. Hand placements made of 2" round tubing. Hand grips are spaced 19" apart and 55" off the floor. 4-way dip stand can be used by multiple athletes simultaneously.
Single Dimensions: 34" L x 23" W x 55H. Wt. 45 lbs. 4-Way
Dimensions: 47" L x 47" W x 55" H. 85 lbs.
ORDER CODE: OSDS

HEAVY DUTY RESISTANCE BANDS*



We offer our bands in six different pound resistance's. They vary in thickness and width, which determines their pound resistance; the greater the stretching distance of the band while exercising, the greater the resistance load of the band. All bands are 40 inches long, seamless latex rubber constructed in layers to prevent breakage. Sold only in pairs.

ORDER CODES:

Band I - 1/2" width, 5-35 lbs resistance.
Band II - 1/2" width, 10-50 lbs resistance.
Band III - 1 1/8" width, 25-80 lbs resistance.
Band IV - 1 3/4" width, 50-120 lbs resistance.
Band V - 2 1/2" width, 60-150 lbs resistance.
Band VI - 4" width, 200 lbs resistance.

KETTLEBELL



Kettlebells are weights that can be lifted like ordinary dumbbells. Traditionally used by the Russian military, the kettlebell (or girya in Russian) is a cast iron weight, which resembles a cannon ball with a handle.

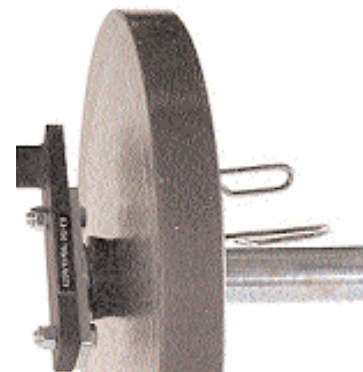
Kettlebells are one of the best forms of tough, portable training equipment. Used for high rep ballistics and grinding strength work, these extreme, all round strength and conditioning tools have long been used by those in the know to burn off fat, create lean muscles and develop an unbelievably high level of cardiovascular endurance.

Made from premium quality ductile cast iron and coated in black rubber. Choose from the 4 KG - 40 KG weight options as below
Sold in singles.

ORDER CODES:

FWK0001 Kettlebell 4 kg
FWK0002 Kettlebell 8 Kg
FWK0003 Kettlebell 12 Kg
FWK0004 Kettlebell 16 Kg
FWK0005 Kettlebell 20 Kg
FWK0006 Kettlebell 24 Kg
FWK0007 Kettlebell 28 Kg
FWK0008 Kettlebell 32Kg
FWK0009 Kettlebell 40 Kg

POWER YOKE*



Cambered ends allow weight to stay in vertical midline of body

Power Yoke is the ideal bar for lower body work such as step-ups and lunges. The 38" width will not take up a lot of room, so coaches can have more athletes working at the same time. Bar will hold up to two 45 lb. Olympic plates on each side. Plates sold separately. Maximum weight capacity is 200 lbs. Colour: Black and silver.
Dimensions: 17" L x 38" W. Wt. 25 lbs.
ORDER CODE: 50055-2



PULLING STANDS



* A great teaching aid for beginning Olympic lifters
* Adjusts to 8 different heights

Enable athletes to perform a variety of Olympic pulling exercises at different starting heights. Cradle area is curved to keep bar centered and rubber coated to protect plates and reduce noise. Wide base keeps stands stable during use. Height adjusts from 13" to 20" in 1" increments. Heavy 11 gauge steel construction. Bar and plates sold separately.
Dimensions: 22" L x 13" W x 20" H. (each) Wt. 76 lbs.
ORDER CODE: OSPS

TORSO TRAINER



- Specifically designed to target the core
- Use with bungee, or with cable attachment for more resistance.

Perform a variety of resisted rotational movements to strengthen the muscles of the core and upper body.

Colour: White/Black.

Torso Trainer™ Plus has multiple cable attachment sites for adding variation to workouts. Includes two heavy-duty carabiners for use with selectorized equipment and a 7 bungee cord with built-in door anchor.
Dimensions: 24" L x 24" W. Wt. 5 lbs.
Handle length: 35" L. Wt. 3 lbs.

ORDER CODE: 14030
TORSO TRAINER PLUS: 60047

PULL UP HANDLES



Blast your lats like never before! The Pull-up Handles will hit your back at angles you have never reached before. These solid steel handles with a revolving grip allows your hands to rotate as you pull up, unlike traditional lat pull downs and chin-up bars, for better contractions. Colour: Silver/Black.

Dimensions: 15" L x 6" W.

Wt. 5 lbs.

ORDER CODE: 67095-2

CURL BAR AND BI-TRI-TRAP BAR



Speciality Olympic Bars

Chrome international 'speciality' bars with rubber grips and split sleeves to prevent the bar loosening or detaching.

ORDER CODES: OBY0007Curl Bar

and OBY0008 Bi-Tri-Trap Bar

OLYMPIC BARS



Olympic Bars OBE0003 - OBE0006

Our budget option for International olympic 2" chrome bars (these are not manufactured by York Fitness). Available in 5ft and 7ft options.

ORDER CODES:

OBE0003 5ft International Bar

OBE0006 7ft International Bar

OLYMPIC TECHNIQUE BAR



Hampton Olympic Technique Bar

This 6ft Olympic Bar is similar to the 6ft International Bar (OBH0004) but is much lighter at only 7kg in weight. This lightweight version means it can be used training ladies and for technique work. Holds a maximum weight of 65kg.

ORDER CODE: OBH0011

OLYMPIC 7ft POWER BAR



Olympic 7ft Power Bar

A stress relieved alloy bar manufactured from elevated temperature drawn steel with a minimum yield strength of 165,000 PSI with a durable hard satin chrome finish. The Power Bar is less flexible, more rigid and has a

tensile strength of 680kg. Excellent for performing static, highly controlled, slow movements such as the squat, chest press and dead lift. Sintered-bronze bushing, impregnated with oil facilitates free and constant rotation of the bar without allowing for counter-rotation of the weights. The bar ends are finished with a spring pin on a cold-finished, seamless tubing, securing the sleeve. Bar sleeves are machine-finished to a precise 1.975" diameter accommodating any 2" diameter olympic plate. Length 7ft.

ORDER CODE: OBY0003

SPINLOCK BARS



Spinlock bars fit 1" standard discs. Manufactured from solid steel and chrome plated. All spinlock bars come complete with inner collars and the outer 'spinlock' collars already attached so there is no need to purchase your collars separately. The 'Beefy' spinlock bar is a heavy-duty bar with a maximum weight lifting limit of 150kg.

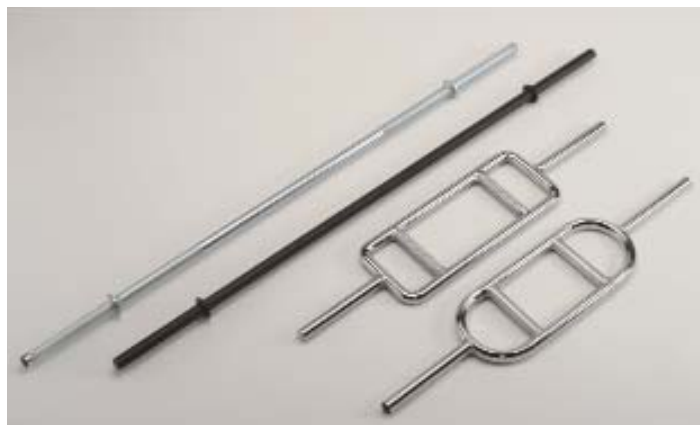
ORDER CODES:

SB0007 5ft Spinlock Bar

SB0008 6ft Spinlock Bar

SB0009 80" Spinlock Beefy Bar

TRICEP BARS



Standard Bars

Solid standard bars fit 1" standard discs and collars. Manufactured from solid steel and chrome plated. The 'Beefy' standard bar is a heavy-duty bar with a maximum weight lifting limit of 150kg.

ORDER CODES:

SB0002 34" Standard Triceps Bar

SB0003 5ft Standard Bar

SB0006 80" Standard Beefy Bar



POWER CHAINS



Provide progressive resistance by attaching chains to any Olympic bar. Power chains can be used with bench presses, squats, incline and more. As each link lifts off the ground, the weight being lifted increases, stimulating maximum muscular contraction throughout the entire range of motion. Solid steel chains.

- Power Chains, 3/8 In. thick
- Power Chains 1/2 In. thick
- 34 lb pair (17 lb each) Heavy

ORDER CODE: OSPC 20

POWER GRIP BALL



Built in handle is easy to grip
Great for sport performance and rehabilitation

Ideal for torso rotation, core strength and single hand throws. Incorporate into any sport specific training program. Durable outer shell with filler. Balls do not bounce. Color coded by weight. Colors may vary. All balls 8" diameter.

ORDER CODES

PSBVHS - Power Strap-Ball Instructional VHS
PSBDVD - Power Strap-Ball

Instructional DVD

PSB2 - Power Strap Ball 2 lb

PSB4 - Power Strap Ball 4 lb

PSB6 - Power Strap Ball 6 lb

PSB8 - Power Strap Ball 8 lb

PSB10 - Power Strap Ball 10 lb

In increments up to 20lb.

HEAD HARNESS



The nylon Head Harness is made of heavy nylon with adjustable head strap. Chain included. One size fits all. Weights not included. Wt. 3 lbs.

ORDER CODE:
65330

POWER SLEDGE



POWER SLEDGE

The Overspeed Power Sledge pulls smooth and straight for high speed resistance sprinting.

TYRE PULLING HAS GONE HI-TEC!

At the same time you are developing sprinting strength you can also develop correct and powerful arm swing, a critical component of increased speed. Use the quick-release harness supplied so you can release the sledge whilst sprinting. Coaches will love this product. Quick Release harness included. Please allow a build time of 10 working days.

ORDER CODE: OSSPS

EZGRIP *



Superior load distribution principle transfers weight across your hand. Ezgrip attaches to the bars or handles of free weight equipment and machines. Superior load distribution principle transfers weight across your

hand. Fits securely to most bars with diameters from 1" to 1-5/8". Made of hard durable plastic. Color: Black. Wt. 2 lbs.

Subject to a fluctuating price - please check with Overspeed at time of ordering.

ORDER CODE: 67300

PRO BAR WRAP PAD



- Most comfortable wrap pad available
- 50% thicker than Bar Wrap Pad

Reduce neck pain and discomfort. Premium 1-1/2" nylon covered foam pad with Velcro closure.

Color: Black. 18" Long. Wt. 1 lb.

ORDER CODE: BWP

POWER STRAP BALLS*



Power Strap-Balls Add variety to medicine ball workouts.

Strap ball to arms or legs to perform a variety of strength training exercises and functional movements. Straps can be removed to perform more traditional exercises. Balls range from 2 lbs. to 12 lbs. Made of rubber and will bounce. Straps accommodate most users.

Assembly required. Instructions included.

ORDER CODE:

PSBVHS - Power Strap-Ball Instructional VHS

PSBDVD - Power Strap-Ball Instructional DVD

PSB2 - Power Strap Ball 2 lb

PSB4 - Power Strap Ball 4 lb

PSB6 - Power Strap Ball 6 lb

PSB8 - Power Strap Ball 8 lb

PSB10 - Power Strap Ball 10 lb

PSB12 - Power Strap Ball 12 lb

HEX BAR



'Multi-Hex' Dead Lift/Shrug Olympic Bar

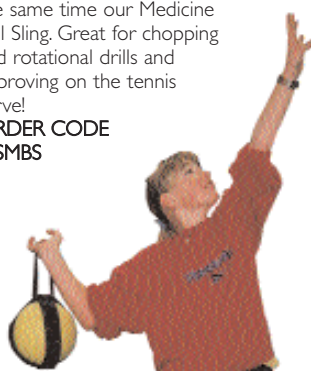
The 'Multi-Hex' bar features an open design and two handle grips feature a 'Rock & Rack' kickstand feature that functions like a bar jack enabling the user to load and unload plates with ease.

ORDER CODE: OBY0010

MEDICINE BALL SLING

Great for chopping and rotational drills and improving on the tennis serve! Why not also purchase at the same time our Medicine Ball Sling. Great for chopping and rotational drills and improving on the tennis serve!

ORDER CODE
OSMBS



X BAG



X Bag is the 'Ultimate Training Tool' allowing training with your clients to be as specific and functional as possible. It is a cleverly designed multifunctional padded exercise bag offering great versatility for the coach, athlete, trainer and exercise enthusiast.

It has a highly durable woven PVC waterproof outer, supported by high strength nylon stitching, making it suitable for traditional gym/home use or in the outfield integrated in to sport-specific training drills.

Easy to use velcro straps allow access to a padded, webbed nylon inner. Inside the X Bag, the innovative inner design houses three zipped compartments in which to place disc weights, providing a wide load variation from 2.5kg to a maximum of 30 kg (weight discs sold separately, see below).

Ergonomically designed handles provide a great base for rotational and functional training, allowing the bag to be lifted, pulled, pushed, rotated and thrown. A series of metal 'D' rings facilitate the clever use of in-built shoulder straps, turning the X Bag in to a loaded back pack allowing strength drills to take place in the standing position.

Dimensions: Length 66 cm, Diameter 23 cm,

Weight 2.5kg

(before weights are added)

ORDER CODE:

XT0207 X Bag (no weights)

X Bag Additional Weight Discs

The X Bag weighs 2.5kg. You can add up to a maximum of 30 kg in standard discs to give you a total weight of 32.5kg. The discs are sold in singles in either 2.5kg or 5 kg weight options. To maximise incremental training, purchase 12 of the 2.5kg discs. This will give you a weight range from 2.5kg (bag only) to 32.5kg in 13 increments. If you only require increments of 5 kg then purchase up to 6 of the 5 kg discs.

ORDER CODES:

SD0020 2.5kg disc (single)

SD0021 5 kg disc (single)

PRO DISK RACK

Storage racks for 1" standard or 2" Olympic Discs. Manufactured in heavy-duty powder coated steel. Each rack has seven chromed disk holders.



ORDER CODES:
GM0070: Rack 1"
Standard discs
GM0071: Rack 2"
Olympic discs

POWER HOOKS*



Reduce the stress and injury concerns of heavy dumbbell training. Allows user to hang dumbbells on an overhead bar for an easier starting and finishing position. The dumbbells are placed in the hooks and secured with leather strap and Velcro closure. Protect dumbbells and floor: Fit most dumbbell styles. Dumbbells sold separately. Test strength of 1,000 lbs. Steel construction. Wt. 2 lbs.

ORDER CODE: PH

DISC RACK 1" & 2"



STANDARD 1" and 2" DISC RACK
Designed for standard discs with 1" (25mm) and 2" (50mm) diameter centre holes. Holds discs from 0.5kg to 25kg size. Length: 64cm; Width: 31 cm; Height: 57cm.

ORDER CODE: CM0045

PRO OLYMPIC DISC SPIN RACK



Premium quality 6 pin olympic disc holder that rotates to bring the discs to you. Can hold up to 20 larger weight discs and a further 40 smaller discs (depending on type and style).

ORDER CODE: GMH0010

MULTI GRIP BAR*



Weightlifting bar with 3 different hand positions. Complete muscular development of shoulders and chest using multiple grips. Ergonomic placement of hands reduces stress on shoulders and wrists during pressing exercises. Heat treated alloy with knurled hand grips. Fixed sleeves. Collars and plates sold separately. Color: Black. Dimensions: 84" L. Wt. 58 lbs.

ORDER CODE: 50080

NYLON TRICEP STRAPS



Superior Burn. superior results. They feature edges that won't pinch, scrape or cut and a patented neoprene lining that allows hands to 'breathe' while in use. can be used for Tricep

Press-downs, Ab Crunches, Bicep Curls, Tricep extensions, front and Side Deltoid Raises and much more.

ORDER CODE: NTS

OLYMPIC TRICEP BAR



Zinc plated alloy steel bar with ball bearings and knurled grips. Dimensions: 33" L. Wt. 23 lbs.

ORDER CODE: 61845

COMBO THIGH & ANKLE STRAP



Focusing on the Gluteals, Hip Abductor and Abductor muscle groups. Also strengthens connective tissues on the lower body joints making it ideal conditioning for all sports. Completely adjustable with comfortable neoprene lining and sure-lock Velcro closure. Dual use Thigh and Ankle Strap allows you to maximize your body's potential.

ORDER CODE: CTAS

TORNADO MEDICINE BALL



PERSONAL KIT

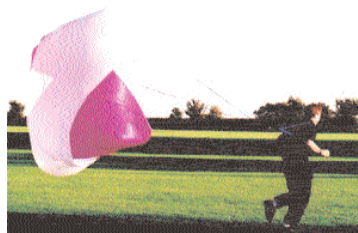


Extremely popular with tennis players and players of all levels of ability. Can be used for a variety of other sports as well. 75% of injuries are caused by people not warming up correctly! We have therefore put together a 'Personal Kit' for players. We ask that the safety glasses are worn when using the elastics. Extremely popular with tennis players and players of all levels of ability. Can be used for a variety of other sports as well. Consists of: 2 x Grab Handles - 2 Elastics - Ankle Strap - Door Handle Anchor and Safety Glasses. The Strength & Conditioning Booklet is packed with 38 photos showing all the exercises possible. Work-out between games, court-side, in a hotel room or in your home.

ORDER CODE: OSPK



POWER FITNESS CHUTE*



The Power Fitness Chute allows the user to train both "resistance running and over speed running" without the needing a partner:

The Power Fitness Chute allows the user to train both "resistance running and over speed running" without the needing a partner: During the run, the athlete releases the Fitness Chute to initiate the over speed phase. They feel the effects immediately when they release the chute. This combination increases athletes' speed, explosiveness, acceleration and stamina while improving running technique. Whilst running with this chute you can change direction, make weaving motions, lateral movements or even run backwards! 'The Big Kahuna Chute' comes with quick-release belt and instructions.

ORDER CODE: FCBK

MANTA RAY



A semi rigid device that snaps onto any bar and helps you achieve the full advantage of performing the high bar squat while maintaining the proper upright posture. Manta Ray's superior load distribution principle transfers the weight across your trapezius muscles, eliminating neck pain and discomfort, allowing you to focus on the movement. Great for lunges, step-ups and other exercises. One size fits most. Colour: Blue. Wt. 2 lbs.

ORDER CODE: PS67070

MULTI FUNCTION RACK

The Multi-Function Rack is an extended version of the Half Rack. The versatility is expanded by adding a pair of uprights complete with hook-plates 42" in front of the rear uprights creating a modified Power Rack. The Multi-Function Rack combines the safety aspect of the Power Rack's interior spotting arms whilst facilitating exercises outside of the rack through the use of reverse hook attachment options. With the addition of the Multi-Function Bench (sold separately), the Rack enables athletes to perform all of the industry accepted core primary and secondary strength exercises safely and efficiently.

Dimensions: Width 67" (42" width between uprights), Length 76", Height 96"

Multi-function Rack comes with:

Combo grip pull-up bar
Weight storage pegs (for 2.5lb-45lb plates)
Stainless steel hook-plates (19 positions)
Adjustable interior safety spot bars (pair)
Bench stringer
Vertical bar holders (pair)

ORDER CODE: YPL0016

SQUAT & LUNGE BAR*



Cambered design insures proper form. Heavily padded shoulder harness with built-in hand grips for comfort. Made of seven gauge tubular steel with Olympic size chrome plated barrels. 700 pound capacity. Weight plates and collars sold separately. Assembly required. Color: Black and chrome. Overall Bar dimensions: 81" L Inside Bar. Dimensions: 54". Wt. 30 lbs

ORDER CODE: SLB

FAT BAR*



Thick grip targets the hands, wrists and forearms for greater strength development. Made of 2" tubular steel with knurled grips and fixed sleeves. Collars and plates not included. Color: Black. 48" L. Wt. 15 lbs. Subject to a fluctuating price - please check with Overspeed at time of ordering. Heavy item dispatched by Courier. ORDER CODE: 60900



POWER SPRINTER*



Perform sprints, plyometrics and backward runs. Improves speed and acceleration by loading resistance directly to the arms and legs. Tubing allows for smooth and consistent resistance through a full range of motion. Unit includes four adjustable cuffs with velcro closures (fits up to 14" arm or leg), nylon cord with PVC handle and resistance tubing. Exercise guide included. Wt. 3 lbs. ORDER CODE: PS

PRO HIP FLEXOR/DIPPING/CHINNING



Pro Hip Flexor/Dipping/Chinning Machine Premium quality, heavy-duty free standing hip flexor/dipping/chinning machine. Suitable for full commercial applications. ORDER CODE: SSB0001

PLYO JUMPER*



Explode Vertically! This is the surest way to develop the strength and power to maximize your vertical lift. The plyojumper is designed to have two teammates hold one end each with person in the middle doing the jump.

Adjustable, interchangeable system that allows you to change from one to three cables as you become stronger. Adjustable resistance from 40 to 120 pounds in seconds. Perfect for field or court.

Comes Complete With
● Three R4 plugged cables
● Adjustable 3 in 1 cable pocket belt
● Two 3 in 1 pocket stirrups
● Instructional manual from Jon Hinds, CSCS, CPT, NASM, former strength coach of the LA Clippers

ORDER CODE: OSPJ

STING RAY*



Helps maintain proper bar placement. Perform front squats. Superior load distribution principle transfers the weight across a larger area to help when wrist/shoulder flexibility and comfort are limiting factors. Snaps on bar. One size fits most. Color: Blue. Wt. 2 lbs.

ORDER CODE: 67080

SHOULDER CUFF BUILDER



Used for internal and external rotation exercises to strengthen the shoulder rotator cuff. For sport specific or rehabilitation exercise. Latex Tube length 3', maximum stretch 6'. Instructions included. Wt. 1 lb.

ORDER CODE: 67115

SQUAT RACK



Solid and stable Rack holds the Bar safe and secure with the heaviest of weights. Bar Supports feature height adjustment from 30" to 60' for doing Flat, Incline and Decline bench Presses, Squats, Curls, Upright rows, Shrugs, Calf Raises, etc. Measures 2940mm deep (37") x 1220mm wide (48"). Load capacity 200 kilos. Suitable for 7ft long Standard 1" (max 140 kilo) or Olympic 2" bars. Weights/plates and bars not included.

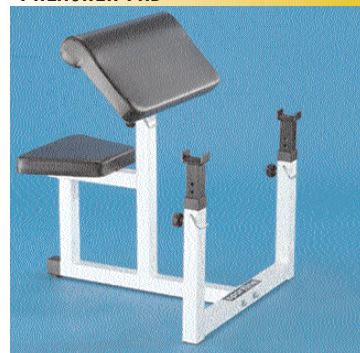
ORDER CODE: SRK

SUPER DEAD LIFT BAR*



Open bar design puts user in optimal power position while reducing stress on the lower back. Great for deadlifts and shrugs. Two-handle option accommodates athletes of all sizes. For use with Olympic plates (sold separately). Overall Bar dimensions: 66" L. Inside Bar. Dimensions: 25" W. Wt. 45 lbs. Shipped UPS oversize. ORDER CODE: SDLB

PREACHER PAD



An adjustable large preacher pad and adjustable bar rack. Ideal for building biceps. L: 75cm; W: 74cm; H: 98cm. Heavy item dispatched by Courier. ORDER CODE: CM0007

**DISC STORAGE TROLLEY**

Features include
Toast rack type on
castors for easy
mobility.

ORDER CODE:
OSDST

**TORNADO MEDICINE BALL**

Medicine balls that offer rotational,
power and speed training, sports and
core conditioning, endurance workouts
and progressive rehab drills.

The versatile Physical Tornado Medicine
Ball has a soft, yet durable rope handle
to add a new, dynamic and effective
element to training sessions. Colour may
vary.

ORDER CODES:

- 1 kg Black/Red - 19cm dia. PTMB1
- 2 kg Black/Yellow - 19cm dia. PTMB2
- 3 kg Black/Green - 23cm dia. PTMB3
- 4 kg Black/Orange - 23cm dia. PTMB4
- 5 kg Black/Blue - 23cm dia. PTMB5
- 6 kg Black/Purple - 27cm dia. PTMB6
- 7 kg Black/Grey - 27cm dia. PTMB7

**PRO ADJUSTABLE EXERCISE VEST****Pro Adjustable Exercise Vests**

Premium quality adjustable weighted
exercise vests that provide greater
resistance in weight training and power
walking than the 10lb belt. Both vests
are adjustable in 1/2 lb increments.
One size fits all.

ORDER CODE: XT0084 20lb.
ORDER CODE: XT0083 40lb.

BBE LEATHER MEDICINE BALLS

Traditional Leather
Medicine Balls -
Manufactured
from soft
panelled quality
black cowhide
leather.

Available in three sizes: Black

ORDER CODES:

- LMB3 3kg (29cm dia)
- LMB4 4kg (33cm dia)
- LMB5 5kg (37cm dia)

**BOSU BALLAST BALL**

Experience the next generation of ball
training with the BOSU Ballast Ball. The
multidirectional load creates a weighted
(5lb) stability ball that incorporates
audible, visual and kinaesthetic references
to make total body training more
versatile, more effective and fun.
DISCOVER new training, functional in
ahead keep to drills and exercises.
Over the years many attempts have
been made to increase the stability of
the stability ball, with the addition of
stabilising rubber legs and the provision
of frames and rings within which the ball
can sit. The BOSU Ballast Ball provides
the perfect solution by using a dynamic
stabilising load, increasing the
convenience of using the ball and
significantly expanding its applications. The
BOSU Ballast Ball is translucent (colour
may vary) and comes with a DVD, 28-
page manual and a pump. The BOSU
Ballast Ball is translucent
ORDER CODE: BBB65

Now available BOSU Ballast Ball Club
Pack (5 x Ball, DVD, Pump)
Please enquire.

ORDER CODE: BBBCP

PRO BUDGET BODY BAR RACK

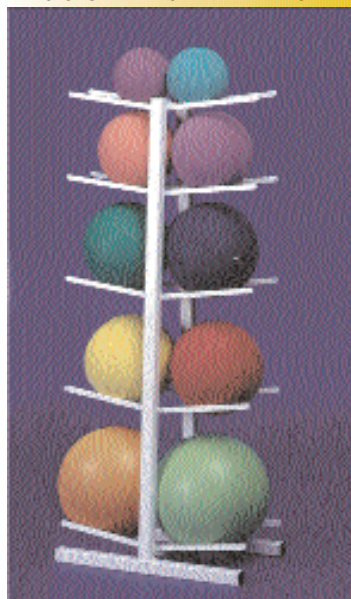
Functional Body Bar rack manufactured
from light gauge steel.
Stores at least 30 Body Bars.
ORDER CODE: GM0046

WALL MOUNTED DIP/CHINNING BAR

Features include close and wide grip
ORDER CODE: DCB

PRO BUDGET MEDICINE BALL RACK

Upright medicine ball rack capable of
holding 5 medicine balls of varying sizes.
Suitable for rubber, d-grip and leather
medicine balls of all sizes.
Not suitable for the smaller weights of
our gel-filled medicine balls.
ORDER CODE: GM0050

PRO CLUB MEDICINE BALL RACK

Premium quality vertical medicine ball
rack made of steel and powder-coated
white. Holds 10 balls of varying sizes.
Suitable for rubber, d-grip and leather
medicine balls of all sizes.
Not suitable for the smaller weights of
our gel filled medicine balls.
ORDER CODE: GM0053

BODY BARS

Premium quality Body Bars. Steel bar
with easy-grip durable rubber casing and
colour-coded branded end tape.
Available in 4 different lengths of bars
and 11 weights for maximum versatility
in strength training and body sculpting
classes.

2ft Mini Bars

- XT0126H 2lb - Blue Cap
- XT0008H 4lb - Purple Cap
- XT0009H 6lb - Teal Cap

4ft Body Bars

- XT0126 4lb - Blue Cap
- XT0008 8lb - Purple Cap
- XT0009 12lb - Teal Cap
- XT0039 16lb - White Cap
- XT0127 18lb - Black Cap
- XT0128 24lb - Black Cap

5ft Body Bar

- XT0129 30lb - Black Cap

6ft Body Bar

- XT0130 36lb - Black Cap

RUBBER MEDICINE BALLS

Rubber Medicine Balls
with textured surface for
a safe grip.



Balls vary in size with weight.

- XT0090 1kg - Yellow
- XT0091 2kg - Green
- XT0092 3kg - Blue
- XT0093 4kg - Orange
- XT0094 5kg - Red
- XT0095 6kg - Yellow
- XT0096 7kg - Black
- XT0097 8kg - Green
- XT0098 9kg - Black
- XT0099 10kg - Black

MEDICINE BALLS

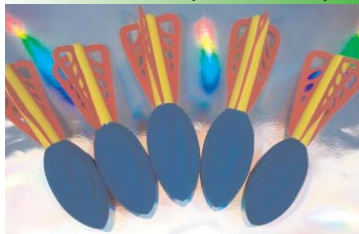
HeavyMed Gel
Filled Medicine
Balls

HeavyMed
medicine balls are
brightly coloured,
extremely durable
and will add

variety to cross training classes. Small, but
heavy in weight, these medicine balls will
fit neatly into the hand with good grip
due to their textured surface.

Order Codes

- XT0064 0.5kg Green
- XT0065 1Kg Red
- XT0066 2kg Yellow
- XT0067 3kg Blue

ACTION TRAINERS (PACK OF FIVE)

Used for fun or to practice the throwing action. A pack of five brightly coloured light and safe trainers which can be used for fun or to practice the throwing action. Also suitable for wrist pronation practice for tennis players. 37 cm long.
ORDER CODE: Y3H63251

FOAM BLOCKS

Used in yoga, pilates and other mind-body workouts to adjust the alignment of the body before performing mat-based exercises. Available in four different size options.

ORDER CODES:

MA0079 32cm x 25cm x 6cm (2.5")
MA0076 30cm x 20cm x 5cm (2")
MA0077 30cm x 20cm x 2.5cm (1")
MA0102 20cm x 15cm x 2.5cm (1")

MARKER CONES

Excellent for agility training as well as circuits.

Brightly coloured Fluro Orange Marker Cones measuring 9" high by 5 1/2" wide. Cones collapse if you fall on them. Easily stacked and stored when not in use.

Sold in packs of four.
ORDER CODE: MCC

BAR WRAP PAD

Reduce neck pain and discomfort. Quality 1" nylon covered foam pad with Velcro closure. Color: Black. 16" Long. Wt. 1 lb
ORDER CODE: BWP

REACTION BALL

Reaction Balls
Six-sided moulded rubber balls designed to be thrown or dropped onto a hard surface producing unpredictable rebounds that demand concentration and quick reactions to catch. The inflatable Reacta Ball™ is larger at 20 cm in diameter, pyramid shaped and ideal for soccer control skills and goal keeper development.

ORDER CODES:
STP0020 6.5cm
STP0027 10 cm
STP0028 20 cm

STUDIO STORAGE CART

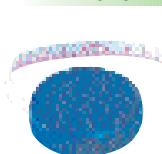
Designed for lightweight storage in the studio. Ideal for all kinds of balls, yoga, products, tubes, mats etc.
Length: 1.6m; Width: 1m; Height: 0.9m
Requires some simple assembly.
ORDER CODE: MM0052

MICRO SPIROMETER

Measures Forced Expiratory Volume (FEV1) and Forced Vital Capacity (FVC). Requires a disposable mouthpiece for multi-client testing.



ORDER CODE: FT0015

ANTHROPOMETRIC MEASURING TAPE

Features a simple clip attachment that aids girth measurements. Retracts fully into case.
ORDER CODE: FT0014

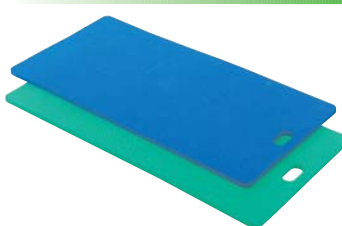
CLIMEUR

Easily moved into any position this unit is ideal for small studios that are well-ventilated.

ORDER CODE: E0009

M3000L CONVAIR

Powerful, cost effective and robust evaporative cooling unit. Cools and filters providing extra clean air. Suitable for a wide variety of applications.
ORDER CODE: E0008

PRO CLUB AEROBIC MATS

New improved, premium quality foam aerobic mats with integral hand hold and rounded corners. Smooth finish for extra comfort.

Available in two thicknesses and colours.

Order Codes

MA0003B 1m x 0.5m x 15mm - Blue
MA0003G 1m x 0.5m x 15mm - Green
MA0007B 1m x 0.5m x 10mm - Blue
MA0004G 1m x 0.5m x 10mm - Green

SPORT MAD MAT

Premium quality multipurpose exercise mat. One side is velour-coated and the reverse is a sticky yoga mat. A comfortable, shock absorbing and durable combination mat for mind-body and low impact exercise.

Length: 1.83m; Width: 0.6m; Depth: 4.5mm.
ORDER CODE: MA0083 Blue

SPLIT FLOOR MAT

For optimal comfort, the Split Floor Mat's dense foam padding provides a supportive, yet soothing surface. Easy to clean vinyl upholstery. Foot strap included. Comes in two parts for easier shipping and bolts together for quick assembly. Extension boxes (not pictured) available to increase the width of the mat for wide arm exercises.

Length: 86"; Width: 24"; Height: 7".

ORDER CODES:

SP0043
Split Floor Mat
PASP0034
Mat Extension boxes (pair)

PRO PADS

Made to the same high quality as our Pro Blocks but slightly softer and in larger and smaller sizes for maximum versatility in all yoga and mind-body classes.

ORDER CODES:

MA0079 320 mm x 245 mm x 60 mm (2.5")
MA0102 205 mm x 150 mm x 25 mm (1")

WEIGHTED GLOVES

Neoprene gloves enhance your cardio training program. The additional weight increases exercise intensity. The weight is comfortably secured over the back of the hand. Colour: Black

ORDER CODE: RWG



ISL HEIGHT MEASURE

Pro Height Measure Fully portable height measure, which builds up in less than a minute, for accurate height measurement without marking clients' walls! Ideal for Personal Trainers and also suitable as a permanent installation in therapy rooms and health clubs.
ORDER CODE: FT0100

HEIGHT MEASURE

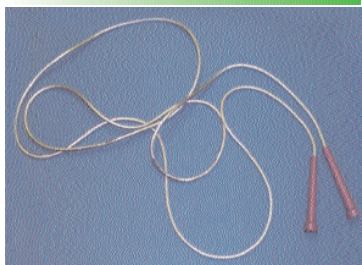
A compact unit for measuring a persons height. The unit is fixed to a wall at a height of two metres and the lower section is pulled down until the horizontal plate touches the persons head. The height can be read directly off the scale. Supplied with fixing screws and instructions.

ORDER CODE: FT0009

TANITA TBF410 GS BODY

Composition Analyser Identical functions to the BC418 MA but without MDD Approval or the segmental readings. Readings available in metric and imperial, maximum weight capacity of 200kg/31st in increments of 0.1kg/0.2lb.

ORDER CODES:
FT0112 TBF410 GS
FT0078 Thermal Paper (5 rolls)

SPEED ROPES

Speed Ropes, complete with lubricating Gravity Washer for friction free action Available in 4 colour coded lengths. Kids 7ft (up to 4ft height)

ORDER CODES:

SRB7

Juniors 8ft (up to 4ft 10" height)

SRB8

Adults 9ft (up to 5 ft 8" in height)

SRB9

Adults 10ft (5ft 10" + in height)

SRB10

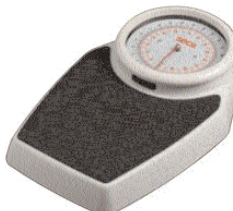
A & D UA779 BLOOD PRESSURE MONITOR

Advanced auto inflate blood pressure meter that detects the correct level of inflation, making readings quicker and more comfortable for clients. Gives readings of systolic, diastolic and resting heart rates. Uses rechargeable batteries.

ORDER CODE: FT0041

OMRON R5-i BLOOD PRESSURE MONITOR

Identical features to the M5-i but designed to enable blood pressure readings to be taken from the wrist.
ORDER CODE: FT0067

SALTER ANALOGUE SCALES

Industry standard heavy-duty spring-loaded analogue scales ideal for measuring trends and

often used in medical applications. Accuracy +/- 1.5lb. Measures imperial/metric.

ORDER CODE: FT0006

OMRON M5-i BLOOD PRESSURE MONITOR

Measures blood pressure and pulse simultaneously through an advanced oscillometric method called 'Intelli-sense'. Automatic inflation with no re-inflation needed. Display systolic, diastolic blood pressure and pulse readings. Includes a memory button.

ORDER CODE: FT0066

PRESSURE BIO-FEEDBACK UNIT

Makes personal training more scientific. This device helps establish whether clients can identify each abdominal muscle to work them in isolation. Ensuring your client is able to isolate their core muscles will maximise the effectiveness of your stability training with them.

ORDER CODE: FT0109

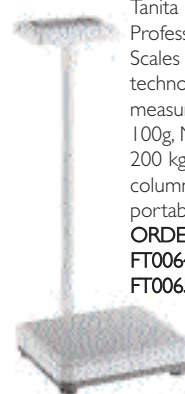
MINI PEAK FLOW METER

Popular entry-level measurement of lung function. Requires a disposable mouthpiece for multi-client testing.
ORDER CODE FT0007

MOUTH PIECES

Disposable mouth pieces used for multi-client testing.

ORDER CODES:
FT0008 100
FT0008S 500 disposable

PROFESSIONAL DIGITAL WEIGHING SCALES

Tanita BWB800P/BWB800S Professional Digital Weighing Scales Precision weighing technology provides accurate measurement to the nearest 100g. Maximum weight capacity 200 kg. Available with central column support (BWB800P) or portable version (BWB800S).

ORDER CODES:

FT0064 BWB 800P
FT0065 BWB 800S

METRONOME

Used for a variety of tests where constant audible beat patterns are required.

ORDER CODE: FT0035

SECA 714 BALANCE ARM SCALES

The Seca 714 classic heavy-duty pillar scales offer metric/imperial options for people up to 23 stone/150kg. Measures in increments of 100g/4 oz.
ORDER CODE FT0034

DIGITAL PEAK FLOW METER

The first portable, handheld DIGITAL meter to be seen in the UK - the HT-801A Peak Flow Meter will store up to 90 readings in its memory. Accurate information is stored in the meter and can be recalled onto its LCD screen at the touch of a button. Small compact design - measures 12cm (h) x 4.5cm (w) x 3cm (d). Detachable, washable sensor and comes complete with two plastic mouth pieces which can be quickly and easily removed and sterilised - no need for cardboard tubes. Wipe-clean unit. White / Blue - Batteries and case included.
ORDER CODE: DPFM



VERTICAL MAT TROLLEY

Extremely robust tubular steel frame. Scratch resistant paint finish. Fitted with non-marking rubber type wheels which swivel offering superior manoeuvrability. Two wheels fitted with brakes. Will take 2m x 1m 1.8m x 1.2m and 1.2m x 0.92m sized mats. Size: W1.78 x D0.45 x L1.12m
ORDER CODE: IVMT

AEROBIC MAT TROLLEY

Tubular steel construction with castors for easy movement. Brakes fitted on two wheels. Holds over 100 Aerobic mats. Trolley comes flat-packed so some assembly required. Assembly instructions and tools included. Size: Width 0.85 x Length 1.1 x Height 1.2 m
ORDER CODE: P6L65134

BALL CAGE

A purpose built unit that will hold all the balls necessary for the largest group. Robustly constructed throughout from 0.4cm close meshed welded steel wire. With 10 cm diameter rubber tyre wheels and a lockable hinged lid. Size: W60 x L110 x H105 cm.
ORDER CODE: OSBC

AGILITY PACK

The complete athlete brings together foot speed, balance, and reaction and all of those components can be concentrated upon independently in training. This method of training can help participants of any age or ability to gain improved co-ordination, agility, speed, and neuromuscular response. The equipment and cards included in this pack make an incredible range of drills to coach agility, reaction, balance, strength, speed, hand/eye co-ordination and core stability. Enjoy the variation of drills and the combinations at the end. Have fun and make up some of your own!

Everything you could possibly need for agility training! This pack contains the most effective equipment for agility and speed training. It is ideal for school or sports club use and not only is it an excellent training tool it's fun! The pack includes a set of 50 exciting training cards allowing a coach to get the best from the equipment. The complete pack includes: 100 multipurpose Marker Cones, 50 Agility Training Cards, 24 Mini Bars, 20 pairs of Feet, 12 Z-Balls, 2 Agility Ladders, 1 Big Red Kit Bag and Plastic Zip Wallet.

ORDER CODE: P6L10479

AGILITY TRAINING CARDS

A set of 50 exciting Agility Training Cards providing progressive and thorough agility drills for training sessions or lesson plans. Purchase the cards separately or as part of the Agility Pack. (See above)
ORDER CODE: P6L10480

DIGITAL STOPWATCH

C510 Digital Sports Watch
An excellent value entry-level stopwatch. Features include:
24 hours Time, month, weekday, alarm
1/100 second stopwatch up to 30 mins. 1 second stopwatch for 30 minutes up to 24 hours, Split times 12 hour / 24 hour selectable
Snooze function, Water resistant, Instruction Manual
ORDER CODE: OS0008

**YOGA BLOCKS**

These are excellent accessories/props - Can be used individually or in multiples and are manufactured from high quality dense Foam - Available in Blue.

12" x 8" x 1" (305 x 200 x 25mm)
ORDER CODE: YBL1



9" x 4" x 3" (230 x 100 x 75mm)
ORDER CODE: YBR



12" x 8" x 2" (305 x 200 x 50mm)
ORDER CODE: YBL2

**DSX WHEELY BAG**

A strong 420 denier PU nylon storage bag with enormous versatility as well as storage capacity! The bag, which measures L81 x D34 x H38 cm, has strong webbing carrying handles, a side storage pocket and two wheels at one end for easy transport.
ORDER CODE: P6L09684

BREATH VOLUME KIT



This kit is used to measure tidal volume and respiratory minute volume. Comprises of a lung volume bag with special mouthpiece and is supplied complete with instruction manual.

ORDER CODE: P4A20655

GONIOMETER



Measures joint range of movement and muscle length. Calibrated to the ISOM system.

ORDER CODE: FT0010

HUFF AND PUFF VIDEO



The Huff and Puff Video and Teachers notes give you all the information you need to implement Huff & Puff in your school.

ORDER CODE: P6D61707

LUNG VOLUME BAG KIT



The kit comprises of four lung bags, together with holders and mouthpieces designed for investigations into lung capacity. The bag is of durable plastic and is silk screened with graduations up to six litres. Supplied complete with instructions.

ORDER CODE: P4A20667

Spare bags available - please enquire.

MATCHPLAY VOLLEY POSTS



Wheelaway volleyball/badminton posts and bases

Steel construction, 50 mm uprights fitted with grooved construction top, net hooks and cleats. The strong T shaped basis with built in weights and wheels comes complete with extra 17 kg iron counter weight per base.

Weight per base 36kg Total weight 75kg.

ORDER CODE: P6D94529

LOCKABLE MESH STORAGE TROLLEY



Where facilities are constantly in use for recreation purposes, theft or loss of equipment can often be a major problem. This large mesh storage trolley can be padlocked and used to store away any items that are not for general use. The trolley has a drop down front section for easy access and a retaining clip on the lid.

Size: 122 cm L x 61 cm W x 91 cm H.

ORDER CODE: OSLMST

MATCH MATES



Features sewn-on mesh pockets on both the front and back. These pockets can be used to display numbers, letters, colours etc. Pocket size: L25.5 x W27cm. Overall Bib size: L48.5 x W29cm. Elasticated hem.

ORDER CODE: PCTH85234 - Set of 12

GUIDE TO SIZES	LENGTH
S Approx 71 - 86 cm	48 cm
M Approx 86 - 97 cm	51 cm
L Approx 97 - 112 cm	55 cm

PLAY EQUIPMENT TROLLEY



This versatile trolley is excellent for storage and easy transport of sports and play equipment. Fitted with four braked rubber castors for ease of movement and powder coated for durability.

Size: 47 x 79 x 78 cm.

Equipment not supplied.

ORDER CODE: OSPET

PYRAMID BALL (SET OF 6)



Oddly shaped vinyl PG balls formed as if three 10 cm diameter balls were joined together in a single seamless inflatable chamber. They bounce in different directions which to a degree can be controlled by the amount of inflation. Fun to catch, if you can guess where they are going to bounce next! can be used for both kicking and catching, and are supplied in sets of six, with one each of Red, Blue, Green, Yellow, Violet, and Orange.

ORDER CODE: P4H75472

TREASURE CHEST LOCKABLE



External Dimensions
Width 1.96 x Depth 0.89 x Height 1.13m
Unique spring assisted opening action allows easy access.
Two padlock points are provided for security.
Ideal for storing playground equipment or for general storage.
Integral wooden base to keep equipment safe and dry.
ORDER CODE: P6L03449

Also available in a smaller size.
Dimensions
Width 1.38 x Depth 0.89 x Height 1.013m
ORDER CODE: P6L24363

SPEAKEZEE



A portable wireless PA system in a unique package designed for presenters. Includes hand-held, lapel and headset microphones. Simply place the Speakezee facing your audience and talk through the microphone. The presenter can roam anywhere totally free of cables. Includes built-in tape deck and can be connected to play a medium. However, this system is more suitable for voice only.

ORDER CODE: IS0120

ABDOMINAL CURL TEST

Abdominal Curl Test
Measures abdominal muscle endurance.
ORDER CODE: SW0002



THE CHESTER STEP TEST



A measure of cardiorespiratory fitness requiring the subject to step on and off a step at a rate set by a metronome. Records heart rate and fitness rating. Includes instruction manual and audio cassette tape containing music beat or metronome stepping rates.
ORDER CODE: T0031

MULTISTAGE FITNESS TEST



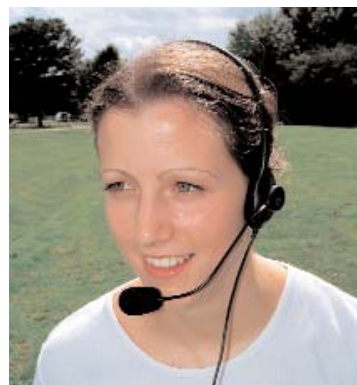
Industry standard progressive Beep Test over 20 meters. CD format includes three additional tracks designed for stamina running.
ORDER CODES:
CD Format SW0001 | CD:
Tape Format SW0001

REPAIR KIT



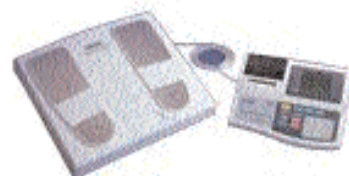
Puncture Kit for Maxafe and Ultrasafe Anti-Burst Balls. Contains five x 25 mm patches of either Flexton or Forton material plus Tube of sealing glue. Excellent for repairing those small punctures.
ORDER CODES:
FKM Flexton/Blue
FKU Forton/Silver

VOICE THROWER



This easy to use megaphone increases voice output as far as the full length of a football pitch, but with an additional benefit of being completely hands free. The lightweight, easy-fit headset is positioned on the head with the microphone close to the mouth, just turn it and talk. The unit is concealed in a bum bag making it easy to use on the move. At only 640 grams it is light enough for even young children to use, the belt extends up to 1.37 metres allowing for different sizes. There is no need to shout as the loudspeaker has an output of up to 8 watts, and also includes a siren. The unit is shower proof so can be used indoors or outdoors, whatever the weather. Comes complete with 2 9v batteries.
ORDER CODE: S5L07420

BODY COMPOSITION ANALYSER



Tanita TBF410GS / TBF300GS Body Composition Analyser and Scale. Both models provide detailed print out (inbuilt printer) of body fat %, BMI, Basal Metabolic Rate, Fat Mass, Fat Free Mass and body water level. Goal setter function allows target to be set for fat mass reduction. Available with sturdy central column support (410GS) or portable version (300GS). Clinically validated technology. Calibrated for up to 300,000 uses. Handy carry case available for TBF300GS.
ORDER CODES:
FT0112 TBF410GS
FT0077 TBF300GS
FT0077C Carry Case
FT0078 Thermal Paper - 5 rolls

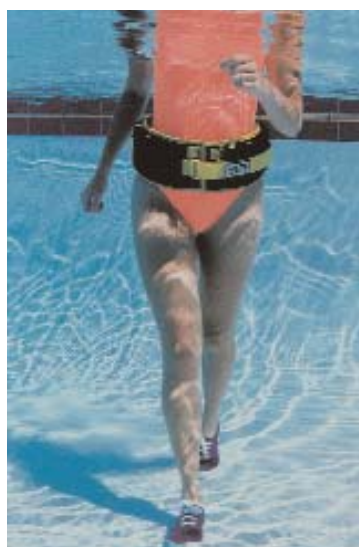
FITNESS TEST PROTOCOLS

Set of 7 encapsulated A3 size wall charts taking you through a protocol of how to measure and interpret standard fitness tests.

Chart 1: Height, Weight & BMI
Chart 2: Peak Expiratory Flow
Chart 3: Blood Pressure
Chart 4: Body Composition (calliper)
Chart 5: Max. Oxygen Uptake VO2 Max
Chart 6: Flexibility (Sit & Reach & Shoulder Range)
Chart 7: Strength & Endurance Assessment.
ORDER CODE: FT0032



ALL PRO ADJUSTABLE AQUA BODY WEIGHTS



Identical in quality and features to the standard All Pro body weights, the aqua versions will add weight when strength training in the water.

ORDER CODES:

XT0079 Wrist Weight 2lb per hand
XT0078 Ankle Weight 2.5 lb per hand
XT0081 Weighted Belt 10lb

CONCEPT 2 ROWER



Features:

Commercial grade exercise machine
Variable air-resistance flywheel
Sliding seat
Self-calibrating electronic performance monitor (PM3)
'Flexfoot' footboard system
Built-in castor wheels for easy transportation
Easy assembly and maintenance
Quick disconnect feature for easy storage
Indoor Rower Model E
The new Model E rower from Concept 2 includes all the features of the Model D plus these additions:

Dimensions:

2.4m (L) x 0.6m (W) x 1.0m (H)
Max. User Weight: 225kg
Commercial Warranty:
1 year parts and 2 year frame

ORDER CODES:

CVR0007 Model D with PM3
CVR0012 Model D with PM4
CVR0011 Model E with PM4

WATER ROWER M1 HIGH RISE



WATER ROWER M1 LOW RISE



AQUA BELT



Used for aqua fitness classes and ideal for rehabilitation work to provide buoyancy.

ORDER CODES:

AQ0001 Small
AQ0002 Medium
AQ0003 Large

AQUA BODY BANDS



These aqua body bands enhance natural buoyancy during aqua exercises. The buoyancy level can be varied by removing the foam strips which sit inside the bands. One size fits all.

ORDER CODES:

AQ0023 Waist Band
AQ0024 Ankle Bands
AQ0025 Wrist Bands

WATER DUMBBELLS

Use on top of water for buoyant support and stabilization or underwater for resistance. Open-cell foam will not chip or absorb water. Sturdy construction with cushioned handgrip. Color: Blue. Wt. 2 lbs.



Standard foam dumbbells help develop muscular endurance. Flange shaped dumbbells offer variable resistances as they are moved through the water. Sold in pairs.



ORDER CODES:

AQ0005 Standard Dumbbells
AQ0026 Flange Dumbbells

WATER CUFFS



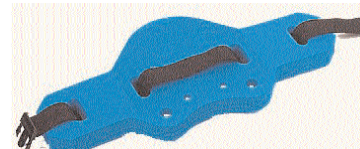
Add buoyancy and resistance to water workouts

Cuffs can be worn on the ankles or wrists. Soft, non-abrasive, closed cell foam will not chip or absorb water. Fully adjustable straps (around ankle and under foot) secure fit. One size fits most. Color: Blue Wt. 2 lbs.

ORDER CODE: 86595

AQUA JOGGER PRO

Same design as the Aquajogger Classic Flotation Belt but no frills! Supplied in a Poly Bag with Exercise Sheet. ORDER CODE: AJ100



SWIM RESISTANCE CHUTE

Strengthen swim-specific muscles and improve power, endurance and explosiveness. The Swim Chute is designed to strengthen swim-specific muscles and improve power, endurance and explosiveness. An adjustable clasp at the end of the Swim Chute regulates the amount of water that flows through the orifice of the chute. The resistance varies up to 15 lbs. The Swim Chute can actually increase your range of motion and flexibility as you are able to stretch each of your muscle groups to their maximum potential. The Swim Chute can also be used for running, jogging or physical therapy in water. Comes with a belt. ORDER CODE: SRC

adjustable clasp at the end of the Swim Chute regulates the amount of water that flows through the orifice of the chute. The resistance varies up to 15 lbs. The Swim Chute can actually increase your range of motion and flexibility as you are able to stretch each of your muscle groups to their maximum potential. The Swim Chute can also be used for running, jogging or physical therapy in water. Comes with a belt. ORDER CODE: SRC

AQUA RESISTANCE GLOVES

These snug fitting aqua resistance gloves help increase exercise

intensity in the water and make a valuable training aid for many sports. Open ended fingers for varying finger lengths.

ORDER CODES:

AQ0006 Small
AQ0007 Medium
AQ0008 Large



MINI HURDLES 6" AND 12"



Excellent for agility training, 6" high and designed for fast feet and knee lift drills. 12" Hurdles available as well - please enquire.

Set of ten 6" or set ten 12" Mini Hurdles
ORDER CODES: MH6 and MH12

PRO BUDGET STEP RISERS (PAIR)



Smaller than our commercial steps making it suitable for personal trainer, light commercial or home use. Comes with two risers to increase base height from 13cm to 18cm. Risers are also available to purchase separately for those requiring a height of 23cm.

Length: 0.8; Width: 35cm; Height: 13-18cm
ORDER CODE: PAXT0122

AGILITY DOT DRILL MAT



Perfect for agility training as the 5-dot cut outs provide targets for agility drills. Made of a thick recycled rubber material for maximum durability.

Dimensions: Length 4ft, Width 3ft,
Hole Diameter 6"

ORDER CODE: STP0552

PRO MULTI SLANT BOARD



Ideal for stretching and rehabilitation of the ankle, Achilles tendon and calf muscles. The stretching angle can be changed to 10, 20, 30 or 40 degrees in seconds. Made of durable birch wood with non-slip top and bottom. Wide base for stability. Fits up to mens size 13 and supports 300 lbs. Unit folds for easy storage. Dimensions:

15 L x 15 W x 11 H. Wt. 15 lbs.
ORDER CODE: PMSB

JUMP SOLES*



Jumpsoles are the world's most advanced plyometric training platforms which attach to your own shoes.

They will transfer weight forward onto your calf muscles, achilles tendons and soleus muscle to improve your leap and quickness with amazing results!

Manufacturers tests show the Jumpsoles are very effective, increasing 40yd dash times up to 0.2 seconds and increasing vertical jump 5-10 inches. Jumpsoles are the world's most advanced plyometric training platforms which attach to your own shoes. Players can wear them even whilst playing tennis, non marking and extremely hard wearing! wear them indoors or out. Comes with a full set of instructions. Great for team use. Colour: Black. Order by men's and womens shoe size. Wt 5lbs.

MENS

JumpSoles - Small shoe size: 5 - 7.5

ORDER CODE: 23550

JumpSoles - Medium shoe size: 8 - 10.5

ORDER CODE: 23560

JumpSoles - Large shoe size: 11 - 14.5

ORDER CODE: 23570

JumpSoles - X Large shoe size: 15 - 20

Part No: 23580

WOMENS

Jumpsoles - Shoe size: 7 - 9.5

ORDER CODE: 23590

Jumpsoles - Shoe size: 10 - 12

ORDER CODE: 23600

Jumpsoles - Shoe size: 13 - 16.5

ORDER CODE: 23610



SLIDEBOARD



The Overspeed Slide Board is a must if you haven't got access to clay courts and you want to practice your sliding movements.

As one coach put it; this is going to save us 2 months of the year but not having to go outside and teach our players how to slide properly!

Solid base one piece design. Will not break and guaranteed to last a lifetime! Comes with one pair of slide socks additional pairs available separately.

The explosive side to side drills improve lateral speed, change of direction movements and stamina. Non-skid bottom surface keeps the board in place. Solid base lies flat and does not buckle. "Fresh Ice" polymer platform with built in handles for carrying. High impact plastic bumpers adjust quickly (no tools required). Width: 26 inches x 8' long. The board itself is adjustable in increments so that you can work young athletes over a shorter distance and larger athletes over the full distance.

ORDER CODE: OSSB

REACTION BELT



Great for tennis players of all ages that require a quick reaction time. The Reaction Belt is the ultimate pursuit drill training device. Two people are attached together via belts. One athlete initiates movement and the other reacts to it so that the belt does not separate. When the belts detach because of extreme separation the drill is over. Now incorporates two Velcro strips for added versatility. Comes with a full set of varied drills.

ORDER CODE: OSRB

ADJUSTABLE PLYO BOX



Adjustable in 2" increments from 26" to 42" Large non-slip landing surface A plyometric station for any training facility. Large landing surface to accommodate athletes of all sizes. Made of fully welded 11-gauge 2" steel. Colours: Red and Black. Dimensions: 27" L x 30" W x 26" H. Wt. 89 lbs.

ORDER CODE: OSAPPB

LATERAL PLYO BOX



- Quickly adjust angle of incline to vary intensity
- Develop explosive change of direction

Train explosive lateral

and agility movements. Increase change of direction speed. Side supports can be set at 25, 35 or 45 degrees to target multiple patterns of movement.

Reinforced non-slip platform. Instructions included. Some assembly required. Color: Red and black.

Dimensions: 80" L x 18" W x 5-1/2" H. Weight: 80 lbs.

ORDER CODE: OSLPB

PLYO BOXES

Ideal for jumping and bounding.

Various sizes available and can be made to client specification. Please enquire.



POWER SLING



* Adds more variation to traditional medicine ball training.

Quickly transform medicine balls into a total core conditioning device. Large pouch holds medicine ball while the draw cord keeps ball secure. Perform rotational and explosive movements with one or two hands. 18" opening accommodates balls up to 10" in diameter with ball weight not to exceed 20 pounds.

Nylon mesh bag with 1/4" cotton rope. Ball sold separately.

Colour: Black.

Dimensions: 18" L x 18" W.

Wt. 1 lb.

ORDER CODE: OSPS

QWIKCROSS HURDLES



A pack of lightweight hurdles with a compact 'X' design which enables them to be easily folded for storage in the supplied carry bag. High-optic yellow polyethylene crossbar. Adjustable from 20 cm to 78 cm. Unique collapsible leg helps to prevent injury when the hurdle is kicked over.

ORDER CODE: P4L01144

SPEED LADDER



The ladder can be split into two sections of 8 - ideal if you have a large group of players and can only afford the one ladder.

Why don't you try our very own ladder. Comes on a handle storage system (guaranteed not to tangle - flat runners). The ladder can be split into two sections of 8 - ideal if you have a large group of players and can only afford the one ladder.

ORDER CODE: OSL

KNOCK N ROCK HURDLES



A set of four hurdles with special weighting which allows them to return to their original position when pushed. Each one is colour coded, with heights of 35cm, 30cm, 25cm and 20cm.

ORDER CODE: SPEL19008 Set of 4



PEDOMETER



New multifunction Pedometer. Clips easily onto waistband or belt. Counts steps, measures distance, has a calorie counter and clock.

Small but easy to read. Measures approx 60mm x 53mm x 28mm. Complete with Battery. Colour may vary. Blue / Orange

ORDER CODE: PEDS

POWERPLYO - VERTICAL JUMP



Three plyometric boxes in one. Develop power in all directions.

Build the explosive power, acceleration, flexibility and strength of a champion. Easily configure the three platforms into vertical boxes (12", 18", and 30"), "V" angle platforms or side angle platforms. Jump platforms are 26" W x 32" L and covered with a durable anti-slip 3/8" thick foam mat. Heavy gauge steel frame provides solid support under the most extreme jumps. Assembly required. Instructions included.

Colour: Black.

Wt. 325 lbs.

ORDER CODE: OSPP



REBOUNDER



Low impact aerobic training

Perform twists, turns, jogging and hopping from side-to-side exercises. Large 28" diameter trampoline surface provides a firm, resilient bounce. Heavy gauge steel frame with high-tension barrel springs for durability.

Color: Black with blue spring cover. Diameter: 41" x 10" H. Wt. 34 lbs. Shipped UPS oversize.

ORDER CODE: RB

REVERSABOARDS



Enables you to turn quickly and safely at the end of each shuttle run.

Constructed of wood with an anti-slip paint on the surface.

ORDER CODE: OSRB

SPRI XERCUFF



A new innovation of a circular XerTube with secure velcro ankle straps. Ideal for class, box aerobics, circuits and individual use. Available in four colour coded strengths. Circular length 32". Excellent for leg resistance work. Helps develop lateral speed, agility and balance. Instruction leaflet with each order.

ORDER CODES:

Beginners/Yellow/Black

Intermediate/Green/Black

Advanced/Red/Black

Advanced Plus/Blue/Black

SXCB

SXCI

SXCA

SXCAP



CABLE CROSSOVER

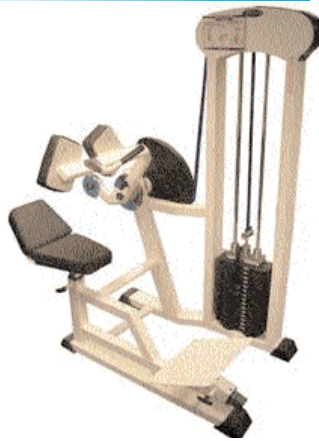


Polished chrome adjustable cable column for maximum exercise variety and smooth pulley adjustment. Features include a prone-grip position chin-up bar, 2 x 200lb weight stack and swivel pulleys. Cable is aircraft quality with 2,000 kg tensile strength.

Dimensions:
Width 135",
Depth 36",
Height 92"

ORDER CODE: YPL0010

ABDOMINAL CURL



Features include:
700kg weight stack.
Adjustable seat and range start point cam action.
Length: 1100mm
Width: 850mm
Height: 1600mm
* Optional weight stack guards
Muscle groups exercised:
Internal & External Oblique
Rectus abdominis
Abdominis Transversalis
Psoas Major & Minor
Iliacus

ORDER CODE: FT05

SEATED LEG PRESS/CALF

Features include:
120kg weight stack.
Adjustable seat position, cantilever action plus static footplates for seated calf raise. Smooth belt drive



Length: 2000mm
Width: 700mm
Height: 1600mm.
* Optional weight stack guards
Muscle groups exercised:
The muscle groups used during this exercise are much the same as K13
Contact us for a full run down.
ORDER CODE: FT13A

SEATED LAT LOWER PULLEY

Features include:
100kg weight stack.
Adjustable seat height.
Low pulley for seated row and bicep curl. Complete with handles
Length: 1500mm
Width: 850mm
Height: 2260mm
* Optional weight stack guards
Muscle groups exercised:
Pectoralis Major & Minor
Latissimus Dorsi
Trapezius
Rhomboides
Biceps Brachii

ORDER CODE: FT07



DUAL ABDUCTOR



Features include:
100kg weight stack.
Complete dual action with individual start point settings.
Length: 1100mm
Width: 900mm
Height: 1600mm.
* Optional weight stack guards
Muscle groups exercised:
Gluteus (Range)
Tensor Fasciae Latae
Pectineus
Adductor Brevis & Longus & Magnus
Gracilis.

ORDER CODE: FT15

MULTI HIP

Features include:
70kg weight stack.
Multi exercise unit with bi-directional movement.
Adjustable start point.
Adjustable platform.
Length: 900mm
Width: 850mm
Height: 1600mm.
* Optional weight stack guards
Muscle groups exercised:
Psoas Group
Gluteus Medius
Adductor Brevis & Longus & Magnus
Biceps Femoris
Sartorius
Psoas Group
Rectus Femoris.

ORDER CODE: FT18

SEATED MID ROW



Features include:
100kg weight stack.
Adjustable seat and chest support.
Length: 1300mm
Width: 1100
Height: 1600mm.
* Optional weight stack guards
Muscle groups exercised:
This item of equipment has a large range of muscles exercised
Please contact us for a full run down.
ORDER CODE: FT20

LYING LEG CURL



Features include:
70kg weight stack.
Vee bed prone position with adjustable start point cam action.
Length: 1300mm
Width: 1000mm
Height: 1600mm.
* Optional weight stack guards
Muscle groups exercised:
Gluteus Maximus & Medius
Semitendinosus
Biceps Femoris
Gastrocnemius
Soleus.

ORDER CODE: K14

SEATED LEG EXTENSION

Features include:
70kg weight stack.
Adjustable seat support with variable start point cam action.
Length: 1200mm
Width: 1000mm
Height: 1600mm.
* Optional weight stack guards
Muscle groups exercised:
Rectus Femoris
Vastus Lateralis
Intermedius Lateralis
Sartorius
Gastrocnemius
Soleus.

ORDER CODE: K16



8 STATION MULTI GYM

Features include:
Length: 4800mm
Width: 3160mm
Height: 2300mm
Thigh curl dual leg extension, 70kg weight stack.
Dipping
Lat high pulley with hold down seat
70kg weight stack
Abdominal sit-ups
Seated leg press
150kg weight stack.
Chinning
Low pulley,
70kg weight stack.
Bench press dual shoulder press, 120kg weight stack
Supplied with an adjustable incline bench.
ORDER CODE: M7



BENCH SHOULDER PRESS



Features include:
120kg weight stack.
Combination bench & shoulder press including adjustable incline bench.
Adjustable press arm start position.
Length: 1800mm
Width: 1150mm
Height: 1600mm.
* Optional weight stack guards
Muscle groups exercised:
Pectoralis major & minor
Anterior Deltoid
Trapezius
Biceps Brachii
Triceps Brachii.

ORDER CODE: FT03

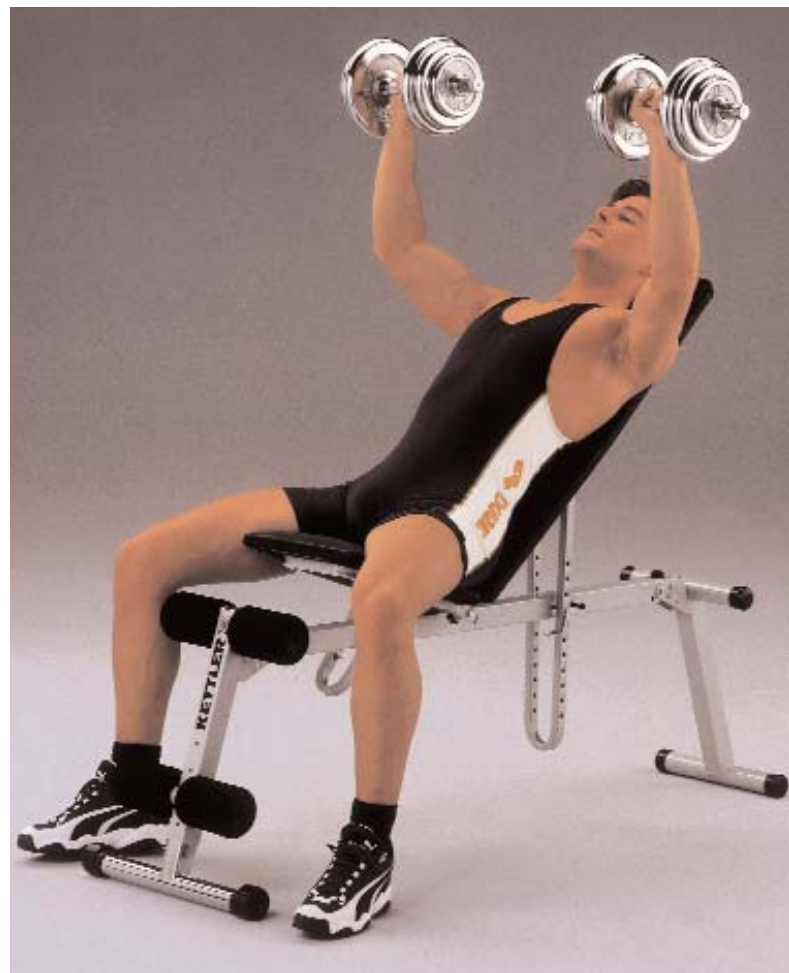
DELUXE UTILITY BENCH



Heavy duty tube frame
Durable grey powder coated finish
Sturdy no top front and rear stabilisers
Dual action leg developer with olympic sleeve
Six oversized roller pads leg developer for correct muscle isolation
Decline/flat/incline and military pressing positions
Chrome sliding track for easy pop pin back pad angle adjustments
Adjustable seat angles
Includes arm curl accessory
W74 x L175 x H126cm

ORDER CODE: P6L74342

KETTLER UNIVERSAL INCLINE BENCH



OLYMPIC POWER STAND

SEATED CALF RAISE



Features include:
Adjustable Thigh pads
Reversible foot plates
ORDER CODE: D03

PREACHER CURL BENCH



Features include:
Muscle groups exercised:
Prime function to be used in conjunction with free weights working mainly the Biceps Brachii.
ORDER CODE: B19

DECLINE PRESS BENCH



Features include:
Length: 1500mm
Width: 850mm
Height: 1400mm
Adjustable front seat
Adjustable back support
Foot support/rest.
ORDER CODE: B12

A variable angle training bench with adjustable seat and back rest. Can be used as an abdominal trainer or with dumbbells. Individually adjustable foot pads. Can be folded for storage.

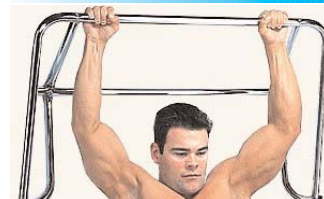
Size when folded:
W45 x D25 x L140cm.
Size when assembled:
W45 x L160 x H48 - 126 cm depending on bench angle setting.
ORDER CODE: P6H77389

YORK DOORWAY CHINNING BAR



Fits doorways up to 101.5cm (40") wide
Easily removed when not in use -
Maximum body weight 95k (15 stone).
Boxed.
ORDER CODE: YCB

CHINNING BAR



Uniquely designed Pro-Style Doorway Chinning Bar constructed of heavy gauge reinforced steel. Quickly and easily mounts to doorway frame - Adjusts from 29" - 38" in width and extends a full 10" out and away from door frame for head room when doing full range Pull-Ups - Convenient lift-out design for easy storage - Capacity 300 lbs. (136kg).
Packaged.
ORDER CODE: CB

STANDING TWISTAWAY



Features include:
For twisting of the lower body while keeping the upper body relative to the machine.
ORDER CODE: G02

**SEATED BICEP CURL**

Features include:
70 kg weight stack.
Adjustable seat position.

Length: 1200mm
Width: 800mm
Height: 1600mm.

* Optional weight stack guards

Muscle groups exercised:
Biceps Brachii
Brachialis
Brachioradialis
Flexor Capri Radialis
Palmaris Longus
Flexor Digitorum Superficialis
Flexor Digitorum Profundus

ORDER CODE: FT12

SEATED SHOULDER PRESS

Features include:
120kg effective weight stack.
Length: 1800mm
Width: 1150mm
Height: 1600mm.

* Optional weight stack guards
Muscle groups exercised:
ORDER CODE: FT02

SEATED LEG PRESS/CALF

Features include:
120kg weight stack.
Adjustable seat position, cantilever action
plus static footplates for seated calf raise.
Smooth belt drive

Length: 2000mm
Width: 700mm
Height: 1600mm.

* Optional weight stack guards

Muscle groups exercised:
The muscle groups used during
this exercise are much the same as K13
Contact us for a full run down.

ORDER CODE: FT13A

SEATED LEG CURL

Features include:
70kg weight stack.
Seated position for extension and prone
vee bed for curls, adjustable start point
cam action.

Length: 1400mm
Width: 800mm
Height: 1600mm.

* Optional weight stack guards

Muscle groups exercised:
See K16, K14, Please contact us for more
information.

ORDER CODE: FT17

SEATED MID ROW

Features include:
100kg weight stack.
Adjustable seat and chest support.

Length: 1300mm
Width: 1100
Height: 1600mm.

* Optional weight stack guards

Muscle groups exercised:
This item of equipment has
a large range of muscles exercised
Please contact us for a full run down.

ORDER CODE: FT20

RECUMBENT LEG PRESS

Features include:
150kg weight stack.
Adjustable start point and padded
shoulder support.

Length: 2200mm
Width: 1000mm
Height: 1600mm.

* Optional weight stack guards

Muscle groups exercised:
Gluteus Maximus & Medius
Biceps Femoris
Rectus Femoris
Vastus Lateralis & Intermedius
Gastrocnemius
Soleus.

ORDER CODE: K13

STANDING CALF/SQUAT

Features include:
120kg weight stack.
Dual purpose unit with adjustable start
point and direct lever linkage.

Length: 900mm
Width: 700mm
Height: 1600mm.

* Optional weight stack guards

Muscle groups exercised:
Gastrocnemius
Soleus
Tibialis Posterior
Psoas Major & Minor
Iliacus
Vastus Medialis.

ORDER CODE: FT19

LYING LEG CURL

Features include:
70 kg weight stack.
Vee bed prone position with
adjustable start point cam action.

Length: 1300mm
Width: 1000mm
Height: 1600mm.

* Optional weight stack guards

Muscle groups exercised:
Gluteus Maximus & Medius
Semitendinosus
Biceps Femoris
Gastrocnemius
Soleus.

ORDER CODE: K14



**GLUTE (BUTT BUSTER)**

Features include:
700kg weight stack.
Single leg Glute with adjustable start point cam action.

Length: 1400mm
Width: 800mm
Height: 1600mm.

* Optional weight stack guards

Muscle groups exercised:
Prime mover in this exercise is
Gluteus Maximus & Medius & Minimus.

ORDER CODE: K22

ASSISTED CHINING DIPPING

Features include:
100kg weight stack.
Kneeling position chinning and dipping
with inner and outer grip.

Length: 1600mm
Width: 850mm
Height: 2100mm.

* Optional weight stack guards

Muscle groups exercised:
Pectoralis Major & Minor
Biceps Brachii
Brachialis
Latissimus Dorsi
Trapezius.

ORDER CODE: K21

SEATED LEG EXTENSION

Features include:
70kg weight stack.
Adjustable seat support with variable
start point cam action.

Length: 1200mm
Width: 1000mm
Height: 1600mm.

* Optional weight stack guards

Muscle groups exercised:
Rectus Femoris
Vastus Lateralis
Intermedius Lateralis
Sartorius
Gastrocnemius
Soleus.

ORDER CODE: K16

SEATED CHEST PRESS

Features include:
100 kg weight stack.
Adjustable seat support, foot pedal
preload and 2 position grip

Length: 1700mm
Width: 1150mm
Height: 1600 mm.

* Optional weight stack guards

Muscle groups exercised:
Pectoralis Major & Minor
Biceps Brachii
Triceps Brachii
Subscapularis
Trapezius
Teres Major & Minor.

ORDER CODE: FT01

DISC RACK WALL MOUNTED

Wall mounted Disc Rack for storing
weight lifting discs.

ORDER CODE: OSWMDR

STRENGTH CABLE CENTRE

Dual cable column with 2 x 70 kg weight stacks, two multi-position pulleys, plus a central chinning bar. This machine covers a host of exercises, including triceps/bicep curl, low row, single leg adduction/abduction and many more.
Dimensions: Width 1.95m, Depth 90 cm, Height 2.25m
ORDER CODE: SSB0022

BENCH SHOULDER PRESS

Features include:
120 kg weight stack.
Combination bench & shoulder press
including adjustable incline bench.
Adjustable press arm start position.

Length: 1800mm
Width: 1150mm
Height: 1600mm.

* Optional weight stack guards

Muscle groups exercised:
Pectoralis major & minor
Anterior Deltoid
Trapezius
Biceps Brachii
Triceps Brachii.

ORDER CODE: FT03

DUAL ADDUCTOR/ABDUCTOR

Features include:
100kg weight stack.
Complete dual action with individual
start point settings.

Length: 1100mm
Width: 900mm
Height: 1600mm.

* Optional weight stack guards

Muscle groups exercised:
Gluteus (Range)
Tensor Fasciae Latae
Pectineus
Adductor Brevis & Longus & Magnus
Gracilis.

ORDER CODE: FT15

ABDOMINAL CURL

Features include:
700kg weight stack.
Adjustable seat and range start point
cam action.

Length: 1100mm
Width: 850mm
Height: 1600mm

* Optional weight stack guards

Muscle groups exercised:
Internal & External Oblique
Rectus abdominis
Abdominis Transversalis
Psoas Major & Minor
Iliacus

ORDER CODE: FT05

8 STATION MULTGYM

Features include:
Length:4800mm
Width:3160mm
Height:2300mm



Thigh curl dual leg extension,
70kg weight stack.
Dipping
Lat high pulley with hold
down seat
70kg weight stack
Abdominal sit-ups
Seated leg press
150kg weight stack.

Chinning
Low pulley,
70kg weight stack.
Bench press dual
shoulder press,
120kg weight stack
Supplied with an adjustable incline bench.

ORDER CODE M7

4 STATION MULTGYM

Features include:
Length:3800mm
Width:2500mm
Height:2300mm

Thigh curl dual leg extension
70kg weight stack.
Low pulley with hold down
seat.
50kg weight stack.
Lat high pulley
with hold down
seat.
70kg weight
stack.
Bench press dual
shoulder press
120kg weight stack
supplied with an
adjustable incline
bench.

**ORDER
CODE: M3**



COMPAC MULTI GYM

ORDER CODE CMG



SERIES RECUMBENT BIKE



Convenience:
User-friendly level adjustment
User-friendly interface
Reading rack
Water bottle holder

ORDER CODE: CVB0111

Excellent Performance:
Self-generating for ease of use
Low noise and vibration
Smooth ride
Auto tension
Enhanced hard frame structure

Ergonomic Design:
Handle bar positions
Seat comfort and position

UPRIGHT EXERCISE BIKE



Excellent Performance:
Self-generating for ease of use
Low noise and vibration
Smooth ride
Auto tension
Enhanced hard frame structure
Ergonomic Design:
Handle bar positions
Seat comfort and position

Convenience:
User-friendly level adjustment
User-friendly interface
Reading rack
Water bottle holder

ORDER CODE: CVB0110

ELLIPTICAL CROSS TRAINER



The Motus M770E comes with the following features:
Excellent Performance
·Self-powered system
·Adjustable ergonomic foot pedals
·25 intensity levels
·Full commercial 2-year parts and labour warranty

Large LCD Monitor
·Built-in programmes
·Heart Rate programmes
·10" LCD monitor in display console

Advanced Safety & Convenience
·Front and rear joints surrounded by plastic covers
·Balanced combination of upper and lower body motion
·Easy to measure heart rate on both sets of handles
·User-friendly, interactive operation
·Integrated reading rack and accessory tray
·Transport wheels for easy transportation
·Installation & on-going support package

ORDER CODE: CVE0111

EXERCISE BIKES

With a choice of five different models, the Motus range of exercise cycles has an option to suit all club environments. The functional entry-level M600BU offers excellent value for money whilst the new M660 Series allows choice from two upright and two recumbent models with LED or combined LCD/LED consoles.

ORDER CODES:
CVB0113 M660BU Upright Bike
CVB0115 M660BR Recumbent Bike
CVB0112 M660BUL Upright Bike (LCD)
CVB0114 M660BRL Recumbent Bike (LCD)



CVB0112 & CVB0113 M660BUL Upright Bike (LCD)



CVB0114 & CVB0115 M660BRL Recumbent Bike (LCD)

M900T TREADMILL



M900T TREADMILL

Excellent Performance

- High quality DC motor and precise motor control
- High torque even at low speed
- Low noise at all speed levels
- Minimized vibration to prevent belt leaning
- Enhanced hard frame structure
- Full commercial warranty

Scientific Programmes

- Built-in programmes (cardio, fat burn, stamina etc)
- Heart Rate Programmes

Advanced Safety & Convenience

- Low profile structure
- Multiple shock absorption system
- Touch-sensitive buttons
- Emergency pull stop
- Ergonomic design
- User-friendly interface
- Installation and on-going support package

Motor

DC 3.5hp continuous-duty

Power

Normal 240V, 50Hz

Speed

1.0-16km/h (0.1 increment)

Incline

0-15% (0.5 increment)

Dot Matrix Display

81.3mm x 40.7mm

Feedback Readings

Time, Incline, Total Cals, Distance, Speed, Pace(min/km), H/R

Heart Rate System

Wireless (Polar), Hand pulse-grip

Programmes

Built-in (12), H/R (2), Custom (10), Manual (Time, Distance, Cal)

Emergency

Magnetic Key (pull)

Handle Bar

Side, Front

Running Surface

1.52m x 0.51m

Dimensions

2.12m L, 0.85m W, 1.34m H

Max. User Weight

185kg

Weight

194kg

Commercial Warranty

2 years parts, 2 years labour

ORDER CODE: CVT0111

Excellent Performance:

High quality DC motor and precise motor control
 High torque even at low speed
 Low noise at all speed levels
 Minimized vibration to prevent belt leaning
 Enhanced hard frame structure
 Scientific Programmes:

M990TL TREADMILL



M990TL Treadmill

Excellent Performance

- High quality AC motor and precise motor control
- High torque even at low speed
- Low noise at all speed levels
- Minimized vibration to prevent belt leaning
- Enhanced hard frame structure
- Full commercial warranty

Large LCD Monitor

- 15" LCD monitor in display console
- Multi-function use screen (TV/DVD/Web)
- Headphones included

Advanced Safety & Convenience

- Low profile structure
- Multiple shock absorption system
- Anti-microbial handlebar
- Touch-sensitive buttons
- Emergency push stop (optional pull)
- Spacious accessory tray
- User-friendly interface
- Installation and on-going support package

Built-in programmes

(cardio, fat burn, stamina etc)
 Heart Rate Programmes
 Advanced Safety & Convenience:
 Low profile structure
 Multiple shock absorption system
 Touch-sensitive buttons
 Emergency pull stop
 Ergonomic design
 User-friendly interface

Motor

AC 3.0hp continuous-duty

Power

Normal 240V, 50Hz

Speed

0.1-21km/h (0.1 increment)

Incline

0-15% (0.5 increment)

Display Console

15" LCD TV panel (PAL)

Headphones Included

Dot Matrix Display

81.3mm x 40.7mm

Feedback Readings

Time, Incline, Cal (p/hr), Total Cals, Distance, Speed, Pace(min/km), H/R

Heart Rate System

Wireless (Polar), Hand pulse-grip

Programmes

Built-in (10), H/R (5), Custom (10), Manual (Time, Distance, Cal)

Communication Port RS232C

Emergency Switch Button (push), Optional Magnetic Key (pull)

Handle Bar

Side, Front, Optional handle for Medical use

Running Surface

1.59m x 0.52m

Dimensions

2.16m L, 0.9m W, 1.52m H

Max. User Weight

185kg

Weight

204kg

Commercial Warranty

2 years parts, 2 years labour

The specification is subject to change without prior notice for product improvement

ORDER CODE: CVT0110



ORDER CODE: CVT0111H

HIGH PULLEY



Length: 1150mm
Height: 2100mm
Weight Stack: 75kg

ORDER CODE: MRM0004

TUNTURI C80X TRAINER



A long smooth stride provided by the heavy flywheel. A user weight up to 150kg. This machine has been designed for the most demanding workouts.

ORDER CODE: CVE0205

PEC FLY



Width: 1100mm
Length: 1550mm
Height: 1560mm
Weight Stack: 75kg

ORDER CODE: MRM0016



Width: 1300mm
Length: 1500mm
Height: 1800mm
Weight Stack: 75kg

ORDER CODE: MRM0011

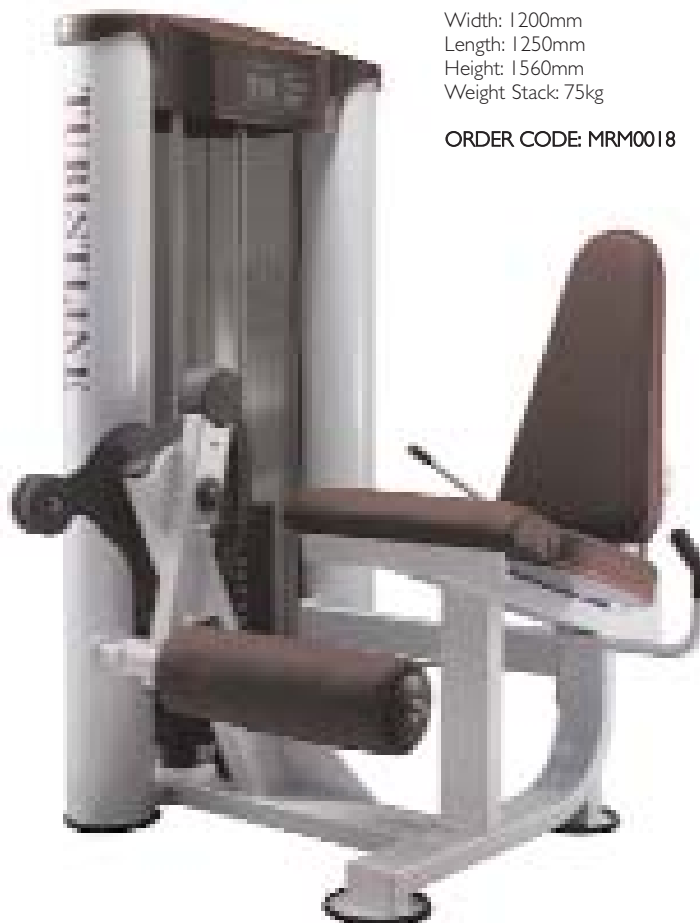
SEATED CHEST PRESS



Width: 1380mm
Length: 1380mm
Height: 1560mm
Weight Stack: 75kg

ORDER CODE: MRM0010

LEG EXTENSION



Width: 1200mm
Length: 1250mm
Height: 1560mm
Weight Stack: 75kg

ORDER CODE: MRM0018

LEG CURL

CABLE CROSSOVER



Dimensions:
Length 0.72m,
Width 2.65m,
Height 2.32m,
Weight Stack 75kg
ORDER CODE: MRM0002

ARM CURL



Dimensions:
Length 1.2m,
Width 1.1m,
Height 1.56m,
Weight Stack 75kg
ORDER CODE: MRM0003

TOTAL HIP



Dimensions:
Length 1.6m,
Width 1.15m,
Height 1.56m,
Weight Stack 75kg
ORDER CODE: MRM0009

SHOULDER PRESS

LONG PULL LOW ROW

INCLINE PRESS



The Tubistline Shoulder Press primarily works the deltoid muscles of the shoulders and the back of the arms (triceps). It features seat height adjustability and neutral, as well as pronated handgrips, to provide exercise variety and comfort whilst working the well-balanced dependent arm, which facilitates an exceptionally smooth lift.

Dimensions:
Length 1.55m,
Width 1.4m,
Height 1.56m,
Weight Stack 125kg
ORDER CODE: MRM0006



The Tubistline Long-Pull Low Row is one of the most effective long-pull row machines on the market and works the large muscle groups of the upper back including rhomboids and latissimus dorsi. In addition, it provides the advantages of exchangeable handgrip accessories (see page 21) allowing emphasis in particular areas of the back or upon the biceps or forearm muscles. A full range of movement for a variety of low-pulley rowing exercises complements the generous-sized footplate and bar rest. The bench size combined with removable row handle accessories, make this one of the most versatile of ergonomically designed long-pull low pulley machines available.

Dimensions:
Length 1.7m,
Width 1.05m,
Height 1.95m,
Weight Stack 75kg
ORDER CODE: MRM0005



Dimensions:
Length 1.85m,
Width 1.4m,
Height 1.57m,
Weight Stack 125kg

The Tubistline Incline Chest Press works a combination of the pectoral (chest) the deltoid (shoulder) and the tricep (back of upper arm) muscles. It features a high pivot point for a natural range of movement in a variety of inclined positions. Height adjustable seat, multi handgrip positions and variable back support angles make this machine a joy to use. The well-balanced dependent action press arm facilitates an exceptionally smooth lift.
ORDER CODE: MRM0007

ABDOMINAL



Dimensions:
Length 1.3m,
Width 1.25m,
Height 1.56m,
Weight Stack 75kg

The Tubistline abdominal machine is one of the most comfortable and easiest machines of its type to use. It stabilises the pelvis whilst isolating the stomach muscles. Ergonomically designed footrest and adjustable calf pads provide support to users of all shapes and sizes whilst the multi pivot angles of the shoulder pads allow free movement regardless of body shape. The unique design of this machine allows a natural abdominal crunch to be performed maximising contraction of the abdominal muscles.

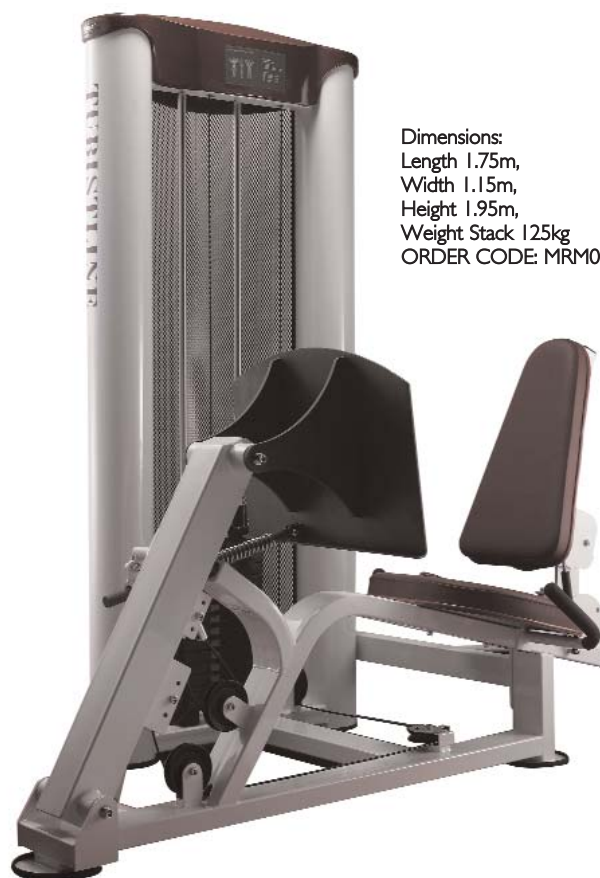
ORDER CODE: MRM0012

CHEST PRESS



Dimensions:
Length 2m,
Width 1.4m,
Height 1.56m,
Weight Stack 125kg
ORDER CODE: MRM0019

LEG PRESS



Dimensions:
Length 1.75m,
Width 1.15m,
Height 1.95m,
Weight Stack 125kg
ORDER CODE: MRM0015

INNER THIGH



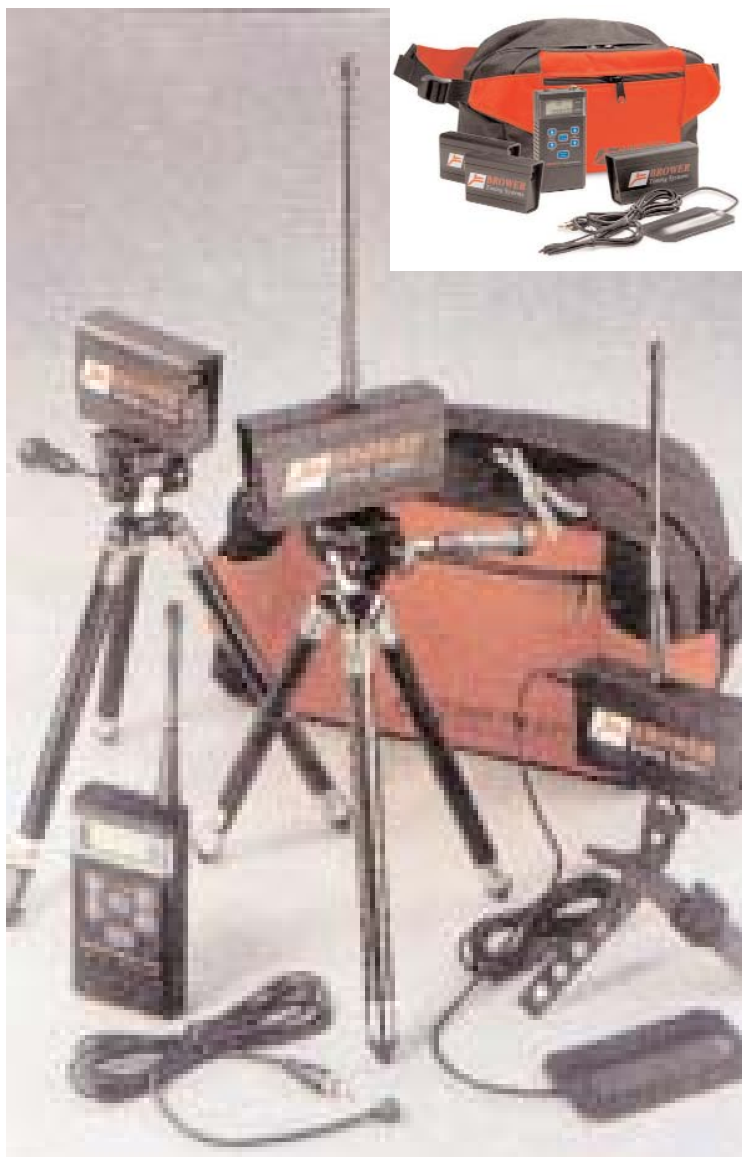
Dimensions:
Length 1.15m,
Width 1.55m,
Height 1.67m,
Weight Stack 75kg
ORDER CODE: MRM0017

LEG SQUAT



Dimensions:
Length 1.2m,
Width 1.15m,
Height 1.56m,
Weight Stack 125kg
ORDER CODE: MRM0020

SPEED TRAP TIMING SYSTEMS



DIGITAL JUMP METER SYSTEMS

This unique vertical jumping height apparatus fits around the waist of the subject with a cord secured to a rubber mat. The results are obtained from the large, easy to read LCD screen. Measurement given off in centimetres.

Measures vertical jumps and times both sprints and foot quickness. Hand held computer displays height and hang time for one jump, ground time, explosive power for four jumps and sprint times. The rebound anaerobic test package measures the amount of power used by a subject over a user determined time period. The subject is instructed to jump from a standing position continuously until the time period has elapsed. The aim of this test is for the subject to achieve his or her maximum anaerobic power without having to use a cycle ergo meter: the system comprises of the Just Jump System with an additional interface and software package.

ORDER CODE: TTK - 5106
ORDER CODE: JJP-7610P



SPEED TRAP 1 TIMING SYSTEM



- * Wired system times distances up to 45m.
- * Accurate to 1/100th of a second
- * Fully automatic-hands off usage for self-timing

This is an excellent product for accurate short-distance timing, and is portable for use indoors or outdoors. Timing begins when pressure is released from starting pad. Single sensor beam stops the clock at the finish line. Unit comes complete with timer; start pad, 50 yards of wire, sensor; stopwatch, tripod, 9-volt battery, carrying case and instructions. Wt. 3lbs. Results instantly available on stopwatch mounted finish beam. Inexpensive and simple to operate, the system consists of starting touch pad linked to finish beam and 45m cable and spool.

Includes; beam, tripod, Accusplit clock cable spool, starting touch pad and bag.

ORDER CODE: BRO-SPEED 1

WIRED SYSTEMS



SpeedTrap - wired sprint timing package. Spares are available.

USB INTERFACE



The USB Interface enables times from the monitor to be downloaded to a PC. Times can be printed out or imported into a spreadsheet programme for further manipulation.

ORDER CODE: BRO-TS3

SPEED TRAP 2 TIMING SYSTEM



The wireless sprint system is easily portable for use both indoor and outdoor:

Timer gives freedom of mobility with a range of up to 250m. Quick set up and easy to use. Stores up to 126 times with up to 8 split level interval times per athlete. Individual identification numbers can also be entered to increase organisation. Times can be reviewed and the memory stored even when the unit is turned off.

Includes - coach monitor; start unit with touch pad and microphone, beam set, 2 x 100 cm tripods, 1 x 10 cm tripod, 3 x antenna and carry bag.

ORDER CODE: BRO-3265A

INTERMEDIATE BEAM

SPEED TRAP 2 OPTIONS
BEAM SET

Add up to 8 intermediate beams to the wireless timing system to record split interval and acceleration times. The intermediate beams are supplied with antenna and tripods.

ORDER CODE:
BRO-3264A: Beam set (8 max)

TRACK DISPLAY UNIT



A great addition to the wireless sprint system. the display can be easily set up at the end of the course so that athletes can have instant feedback on their results. It has a range of 250m with 10 cm high digits which can be seen from a distance of over 30m.

ORDER CODE: BRO-TO8:

AIR JAMMER PEDESTAL



A range of professional, stylish air moving fans designed to maximise performance and look good at the same time. Ideal for gyms, aerobic studios, solarium areas, spinning classes and sports halls. All Air Jammer Fans have electronic speed control and three standard speeds.

AJ315 and AJ500 Air Jammer Fans are capable of moving 2000 cubic metres and 10,000 cubic metres of air every hour respectively. Both models are available as a mobile unit on wheels and the AJ315 is also available pedestal. The AJ630 has the biggest air movement capacity at 12,000 cubic metres every hour and is only available as the mobile unit on wheels.

ORDER CODE: E0001P

AIR JAMMER



AJ315 AIRJAMMER FAN

A range of professional, stylish air movement fans designed to maximise performance and look good at the same time. Ideal for gyms, aerobic studios, solarium areas, spinning classes and sports halls. All Airjammer Fans have electronic variable speed control.

AJ315 and AJ500 Airjammer Fans are capable of moving 2000 cubic metres and 10,000 cubic metres of air every hour respectively.

Both models are available as a mobile unit on wheels and the AJ315 is also available in a pedestal version.

The AJ630 has the biggest air movement capacity at 12,500 cubic metres every hour and is only available as the mobile unit on wheels.

ORDER CODE: E0001

AIR JAMMER



Portable and free standing with easy carry handles. Simple adjustment can be made to give directional airflow both vertically and horizontally for maximum efficiency. Air movement capacity of 5,000 cubic metres per hour.
ORDER CODE: E0003

AIR JAMMER



NEW & IMPROVED for 2006!

The AJ500 and AJ630 fans now have 7 blades, rather than 5 for better air flow, along with an improved motor.

A range of professional, stylish air moving fans designed to maximise performance and look good at the same time. Ideal for gyms, aerobic studios, solarium areas, spinning classes and sports halls. All Air Jammer Fans have electronic speed control and three standard speeds.

ORDER CODE: E0007

AIR HUMIDIFIER



Air Humidifier (Hygo-air HA146)
The portable answer to low humidity, neat and compact the Rapid Air Humidifier combats problems caused when indoor air becomes too dry in today's workplace. Static electricity shocks and the general well being of the people who work in these areas is effected by these conditions. Low humidity is caused by Heated and Air Conditioned rooms but added to this in today's working environment, heat generating equipment such as PC's, photocopiers, etc. have increased the problem. The Rapid Humidifier puts moisture back into the air and helps to alleviate the discomfort caused by these dry conditions, soothing the throat and nasal passages and makes you more resistant to colds and other respiratory infections.

Fully portable, requires no permanent installation fully adjustable humidistat, automatic shut off when reservoir is empty easy fun-i-fil at the top of the unit to replenish the inbuilt reservoir.
ORDER CODE: AH

ECOS COOL MOBILE



Ecos
Our most popular Air Cooled Unit stylish in design, the Ecos cools and dehumidifies. Suitable for any office or workplace. Simple touch pad controls and 24 hour function. More powerful than

many units of similar size. Individual units suitable for room sizes up to 2000 ft² (56m²)
8000 Btu / hr 2.3kw
Measures 900 x 475 x 410mm

ORDER CODE: ECM

NOV ECOS COOL MOBILE



This new 'State of the Art' Portable Air Cooled Unit, with stylish Italian design, both cools and dehumidifies. Ideal for a wide range of areas including offices and most work places. Simple touch pad controls and 24-hour function. More powerful than many units similar in size, the NovEcos provides compact and effective cooling, suitable for rooms up to 2000ft² (53m²)
7500 Btu / 2.2kw
Measures 785 x 460 x 430mm

ORDER CODE: NECM

SIESTA AIR 3 CLEANER



A unique air purifier with photocatalytic technology for superior dust and odour removal and anti-bacterial benefits. 180 cubic meters/hr air flow makes it ideal for homes, small offices and other rooms with light to medium usage, up to 30 square metres (320 square feet).

Weight 6.7kg Measures 479x395x184mm
ORDER CODE: Siesta 3 Air Cleaner

SIESTA AIR 7 CLEANER



A unique air purifier with photocatalytic technology for superior dust and odour removal and anti-bacterial benefits. Large air flow makes it ideal for homes, offices, restaurants, clinic waiting rooms up to 41 square metres (440 square feet).

Weight 7kg Measures 498x400x198mm
ORDER CODE: Siesta 7 Air Cleaner

Solid construction, innovative solutions and exquisite design. The Matrix full line of professional cardio and strength equipment was designed to fit the human form and captivate the human eye. A perfect marriage of intelligent engineering and marketable aesthetics. Strong. Smart. Beautiful. Matrix.

ABDOMINAL MX-S50



Features chest pad with contoured edges and handgrips are configured for user comfort.

Adjustable pressing arm allows users to determine their own starting position. Lower back reference pad enhances alignment.

ARM CURL MX-S40



Arm pad is angled for stability and limits unwanted movement during exercise. Pivot is positioned for ideal alignment and angled hand-grips reduce the incidence of wrist strain.

SEATED DIP MX-S42



Handles rotate in and out allowing users to determine the proper exercise position for their shoulder width. Grips are over-moulded ensuring a secure non-slip feel. Back pad is tilted forward to help reduce stress in the shoulder joint and encourages a full range of motion.

X-BIKE



The Matrix X-Bike provides an effective and realistic hill climbing experience. The X-Bar's side to side movement damper features seven resistance settings. A nine-speed SRAM Rocket Twist-Grip resistance adjuster permits quick, easy and accurate resistance adjustments "on-the-fly".

ELLIPTICAL MX-E5



Brushless, maintenance free generator drive doesn't require plug or battery. 21" stride accommodates all body sizes for a comfortable, efficient and natural workout. Self-balancing foot platform is cushioned and mimics the user's natural stride. Both forward and reverse motions offer varied work-out options. Programs include manual Intervals, rolling, Fat Bum Random, Target Heart Rate and Constant Watts.

RECUMBENT CYCLE MX-R5



Adjustable lower lumbar pad for additional comfort and support. Brushless, maintenance free generator drive doesn't require plug or battery replacement. Low watt starting workload is ideal for beginning, rehab, or deconditioned users. Programs include Manual, Intervals, Rolling, Fat Bum, Random, target Heart Rate and Constant Watts.

TREADMILL MX-T5



Ergo-Pulse remote contact heart rate provides superior comfort and allows users to walk or run naturally while monitoring pulse. Easy entry numeric keypad. FITCONNEXION optional entertainment technology.

SEATED ROW MX-S31



Multiple grips are provided for greater exercise variety to train the mid or upper back muscles. Overhead pivot creates a biochemically optimal arc of motion.

PECTORAL FLY MX-S12



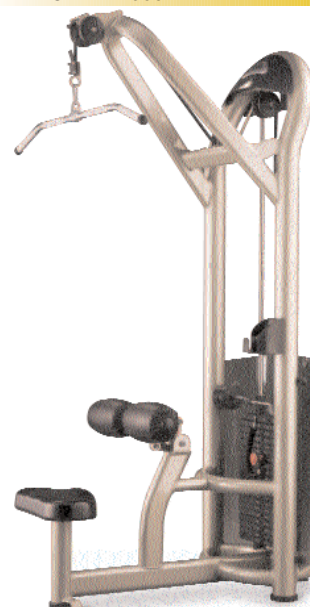
Start range of motion adjustment eliminates the most hazardous characteristics of most fly machines, the danger of excessive stretch. Independent arm action ensures by not allowing the dominant side to control the exercise.

SHOULDER PRESS MX-S20



Pressing arm includes both bar and neutral grips for users' individual preference or anatomical limitations. Range-of-motion is adjusted with the use of the seat position and oversized handgrips provide greater comfort and variety. Counterbalanced pressing arm lets deconditioned users develop overhead lifting strength.

LAT PULL MX-S30



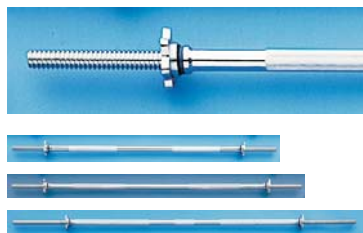
Thigh pads easily adjust to provide both stability and comfort. Straight bar with angled ends ensures correct arm and wrist position throughout the entire range-of-motion.

LEG PRESS MX-S70



Four-bar linkage enhances alignment and provides variable resistance. Arching path-of-motion is a more natural motion and decreases the detrimental forces at the knee. Large non-skid footplate accommodates varying goals and users of all sizes.

SPINLOCK BARS



Spinlock bars fit 1 standard discs. Manufactured from solid steel and chrome plated. All spinlock bars come complete with inner collars and the outer spinlock collars already attached so there is no need to purchase your collars separately. The Beefy spinlock bar is a heavy-duty bar with a maximum weight lifting limit of 150kg.

ORDER CODES:

SB0007 5ft Spinlock Bar
SB0008 6ft Spinlock Bar
SB0009 80 Spinlock Beefy Bar

POWERBLOCK PROFESSIONAL BENCH - WHITE FRAME

Made from 2" x 3" 14 guage steel the PowerBlock Pro Bench features the most durable and comfortable self-skinned cushions available.



Designed to have removable parts the bench adjusts from flat to 30,45,60 degree and military press positions. Dip attachment available for light commercial applications.

ORDER CODE:
PB0012

FLAT TO INCLINE BENCH



Adjustable back pad moves from flat to incline to full upright positions. Lower seat pad adjusts upward for incline positions.

Dimensions: Length 47 ,Width 24 ,
Height 19 ,Weight 32kg

ORDER CODE:
YFL0008

FLAT TO INCLINE BENCH

Six-position adjustable flat-to-incline bench.



Enables users to perform a wide variety of dumbbell exercises. Handle and wheels on the base allow for easy movement. High-density foam padding.

Dimensions:Width 22 ,Length 57 ,Height 19 (when flat)

ORDER CODE:
YPL0002

FLEX BENCH W/LEG HOLD-DOWN



Heavy-duty construction and wide footprint provide stability during exercise. Adjustable seat and back pads allow for correct position for a variety of exercises from decline to full upright. Comes with leg hold-down. Optional extras include leg developer and preacher curl attachments.

Dimensions: Length 65 ,Width 25 ,
Height 19 ,Weight 39kg

ORDER CODES:
YFL0009 Flex Bench
YFL0016 Leg Developer Attachment
YFL0015 Preacher Curl Attachment

OLYMPIC COMBO BENCH



Identical to the Standard Combo Bench but for use with Olympic weights (see pages 24 & 25 for Olympic discs and bars). Can accept the Preacher Curl attachment as an optional extra.

Dimensions:Length 58 Width 48 Height 20 ,Weight 71kg

ORDER CODES:
YFL0012 Olympic Combo Bench
YFL0015 Preacher Curl Attachment

OLYMPIC FIXED FLAT BENCH



Sturdy 2" x 3" bent steel tubing. Telescoping uprights extend to 63" and a wide base ensures stability (see pages 24 & 25 for Olympic discs and bars).

Dimensions: Length 56 ,Width 48 ,
Height 18 ,Weight 50kg
ORDER CODE:YFL0013

Optional Attachments:

Preacher Curl Attachment YFL0015
Leg Developer Attachment YFL0016
Lat Hold-down Attachment YFL0018
2 Olympic Adapter Sleeve YFL0007

OLYMPIC FLAT BENCH WITH GUN RACKS



The flat bench includes polished chrome gun rack style bar holders (in silver) for extended wear. 11" wide heavy contour foam padding provided for extra support. Diamond plate, non-skid spotting platform included. Picture shows optional weight storage (in black) attached.

ORDER CODES:
YPL0004 Bench w/Gun Racks
YPL0004W Weight Storage

PRO CLUB INCLINE/DECLINE BENCH

Popular club bench with sleek streamlined frame.



Provides maximum comfort and support for the user. Dual incline/decline adjustable back and seat sections. Full 90-degree angle between front and back sections for seated exercise. Includes foot rest.

ORDER CODE: CM0020

PREACHER CURL BENCH



Adjustable seat pad and heavy contour foam padding provides extra comfort.

Polished chrome holders extended wear.

ORDER CODE:YPL0003

PRO OLYMPIC INCLINE BENCH



Premium quality Olympic adjustable incline bench with bar catchers.

Also includes spotter platform.

ORDER CODE: CM0031

ROMAN CHAIR



Features include:

For safe hyperextension of the back and Obliques. Can be used with free weights for added resistance training.

ORDER CODE: G06

STANDARD COMBO BENCH



Adjusts from decline, flat, incline and full upright position. Telescoping uprights extend to 63". Comes with Leg Developer.

Dimensions:
Length 58 ,Width 48 ,
Height 20 ,Weight 67kg

ORDER CODE:
YFL0011

PRO-BOX ORIGINAL MAIZE BAG/BALL



Premium quality retro style soft leather maize bag and the smaller maize ball. Each require a hanging chain and bracket, see page 63 for options.

ORDER CODES:

BX0216 Maize Bag 30kg
BX0217 Maize Ball 6kg

PRO-BOX RED SPEED/FLOOR-TO-CEILING BALLS



Top quality, all leather speed ball and floor-to-ceiling ball. See page 63 for accessories.

ORDER CODES:

BX0219 Speed Ball
BX0222 Floor-to-ceiling Ball

PRO-BOX BLACK SPEED/FLOOR-TO-CEILING BALLS



Quality, leather speed ball and floor-to-ceiling ball. See page 63 for accessories.

ORDER CODES:

BX0220 Speed Ball
BX0223 Floor-to-Ceiling Ball

PRO-BOX AIBA HEADGUARDS



AIBA approved contest headguards with air cushion foam padding.

ORDER CODE: BX0233

PRO-BOX MOUTH GUARDS & BANDAGE TAPE



Protection during partner-based sparring. Bandage Tape (not pictured) is unbleached cloth adhesive tape, which comes on a 50m roll, 5mm wide.

ORDER CODES:

BX0241C Mouth Guard Clear
BX0241B Mouth Guard Black
BX0241R Mouth Guard Red
BX0241BL Mouth Guard Blue
BX0242 Bandage Tape

PRO-BOX HANGING WALL BRACKETS



Heavy-duty wall bracket strongly recommended for commercial clubs and unsupervised conditions. Other brackets are only suitable for light use and are available in a choice of sizes. All brackets come flat packed, wall fixings not supplied.

ORDER CODES:

BX0243 Heavy-duty Bracket (silver)
BX0244S Small Bracket (2ft)
BX0244M Medium Bracket (3ft)
BX0244L Large Bracket (4ft)

GREAT BOXING HANDBOOKS



Excellent reference handbooks to get the most from your heavy bag and speed ball training.

ORDER CODES:

BB0083 Heavy Bag Handbook
BB0084 Speed Ball Handbook

BOXING BOB FREE STANDING TARGET



Train with Bob! Made from high strength plastisol and filled with urethane foam he is lifelike and durable. Base needs to be filled with sand to weight the bag down.

ORDER CODE:

BX0052

PRO-BOX RED HOOK & JAB PADS



Top quality, all leather hook and jab pads. Pads are curved for extra comfort.

ORDER CODE: BX0201

PRO-BOX BLACK BAG MITTS



Quality leather punch bag mitts.

ORDER CODES:

BX0205S Small
BX0205M Medium
BX0205L Large

PRO-BOX BLUE BAG MITTS



Budget PVC punch bag mitts.

ORDER CODES:

BX0206S Small
BX0206M Medium
BX0206L Large

PRO-BOX BLACK FINGERLESS GEL MITTS



Quality fingerless mitts, gel-filled and made from Japanese Amara leather for extra protection.

ORDER CODES:

BX0208S Small
BX0208M Medium
BX0208L Large

PRO-BOX RED PUNCH BAGS

Top quality, all leather heavy-duty punch bags. Require hanging chains and brackets. Available in large and extra large sizes.

ORDER CODES:

BX0211 Large 90cm x 33cm
BX0212 X Large 110cm x 33cm



PRO-BOX BALLISTIC PUNCH BAG

Black ballistic heavyweight nylon, with PVC backing. Zip closing and with four hanging straps. Requires hanging chain and bracket.

Dimensions:
Length 90cm,
Diameter 30cm

ORDER CODE:
BX0214



VERTICAL KNEE-RAISE (VKR) WITH DIP



Multifunctional machine allows abdominal and upper-body exercises in one unit. The angled dip bar is designed to fit different users and the ergonomically angled elbow pads offer maximum comfort and stability. Diamond-plate, non-skid foot rests and heavy contour foam padding for extra support.

Dimensions: Width 30 , Length 52 , Height 66

ORDER CODE: YPL0009

MONARK 828 - BELT BRAKED

A range of ergometer bikes to perform fitness tests, choose the specific model: Monark 828 Resistance (KP or Newtons) and power.



ORDER CODE: FT0020

BREMSHEY TRAIL FR - COMFORT RECUMBENT BIKES



Low 'step in/step through' frame for very easy access. Magnetic brake ensures precise resistance setting and a smooth, quiet workout. Recovery pulse measurement to monitor your fitness improvement. 3 pre set programs and 10 profiles which gives you more training options.

ORDER CODE: CVB0212R

MONARK 874 - WEIGHT LOADED



A range of ergometer bikes to perform fitness tests, choose the specific model: Monark 874 Aerobic and anaerobic power.

ORDER CODE: FT0021

MONARK 894 - WINGATE BIKE



A range of ergometer bikes to perform fitness tests, choose the specific model. Monark 894 Explosive power and standard VO2.

ORDER CODE: FT0090

PRO-BOXING FITNESS DRILLS SERIES DVDS



Each DVD contains a full library of exercises on your chosen piece of boxing equipment as well as safety and guidance advice.

ORDER CODES:
NV0221DVD Focus Pads DVD
NV0217DVD Heavy Bag DVD
NV0219DVD Floor-to-ceiling & Maize Bag
NV0222DVD Thai Pads & Shields DVD

CORE BALANCE WITH BASE



The Core Balance is a 40cm inflatable half sphere set in a removable rigid base. It is easily inflated using one of our ball pumps, and its elastic properties provide a versatile and functional training tool.

The Core Balance provides great training for general fitness, injury prevention, rehabilitation and performance enhancement. It also enables a wide range of static and dynamic balance exercises as well as strength, muscle toning and spinal stabilisation. The soft surface also provides a great step platform, which absorbs foot impact.

Includes an instruction booklet demonstrating the exercises that can be done on the roller.

1 year commercial warranty.

ORDER CODE: XT0013

MOVIN' STEP STABILITY PLATFORM



Similar to the Inflatable Stability Disc but as two individual foot chambers. Stability can be increased/decreased in the foot chambers for a versatile core workout.

ORDER CODE: XT1100

AEROBIC BARBELL SET RACK



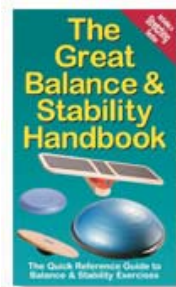
Stores 20 of our Pro Aerobic Barbell sets. The rack design ensures easy access to the weight sets and comes with castors for maximum mobility around the aerobics studio.

Dimensions:
Length 3.8m, Width 71cm, Height 1m

ORDER CODE: GM0081

THE GREAT BALANCE & STABILITY HANDBOOK

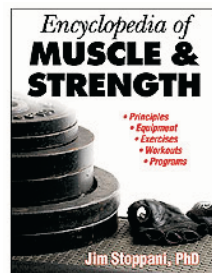
Balance and stability exercises for both novice and advanced users using the most popular balance tools including the wobble board and stability disc.



ORDER CODE: B0081

ENCYCLOPAEDIA OF MUSCLE & STRENGTH BOOK

Comprehensive training guidance to help you pinpoint and develop your muscles and strength.



ORDER CODE: BB0092

DIGITAL METRONOME

Used for a variety of tests where constant audible beat patterns are required.



ORDER CODE: FT0035

ETS BARBELL RACKS



These Elite Training Series (ETS) racks will hold 4 or 5 Pro Style Barbells. Fit two racks back to back to hold 8 or 10 bars.

Dimensions:
Width 53.2cm, Height 79.5cm, Length 1.3m (single rack, not including barbells)

ORDER CODES:
GM0074 4-barbell rack
GM0075 5-barbell rack

TIMEX HEALTHCARE BLOOD PRESSURE MONITOR - WRIST WORN



The same features as FT0137 but designed to enable blood pressure readings to be taken from the wrist.

ORDER CODE: FT0137W

FOAM BLOCKS



Used in yoga, pilates and other mind-body workouts to adjust the alignment of the body before performing mat-based exercises. Available in four different size options.

ORDER CODES:
MA0079 32cm x 25cm x 6cm (2.5)
MA0076 30cm x 20cm x 5cm (2)
MA0077 30cm x 20cm x 2.5cm (1)
MA0102 20cm x 15cm x 2.5cm (1)

STRENGTH & CONDITIONING DVD

Consists of one 30-min and two 60-min Body Bar workouts, each focusing on total body strength and conditioning. 150 min

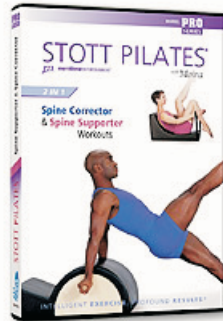
ORDER CODE: NV0018



SPINE CORRECTOR & SPINE SUPPORTER WORKOUTS

Strengthen the core using the Spine Corrector and target the abdominals, while providing support to the spine with the Spine Supporter. Running Time: 65 min.

ORDER CODE: NV0204DVD



HARPENDEN SKINFOLD CALLIPERS



Industry-standard Harpenden calliper with 0.2mm graduations. Exerts a uniform pressure on the skinfold for superior accuracy. Supplied in an attractive wooden case.

ORDER CODE: FT0003

SLIMGUIDE CALLIPERS



Best selling plastic calliper. Measures to 0.5mm accuracy. Purchase 'How to Measure Your % Body Fat' booklet sold separately.

ORDER CODE:
FT0004 Slimguide Callipers
FT0005 Body Fat Booklet



STRENGTH & POWER DYNAMOMETER



Analogue dynamometer with hand-grip and easy-to-read dial and scale.

ORDER CODE: FT0017

MICRO SPIROMETERS

Both models measure Forced Expiratory Volume (FEV1) and Forced Vital Capacity (FVC) but FT0015N has the added ability to measure the ratio between these two measurements. Require disposable mouthpieces for multi-client testing.

ORDER CODES:
FT0015 Micro Spirometer
FT0015N Micro Spirometer Plus



TYCOS ANEROID SPHYG



An alternative for those preferring a stethoscope-based manual blood pressure system. A large cuff and additional tubing lengths are available for use in core stability sessions when assessing deep muscle function. Purchase the stethoscope separately.

ORDER CODES:
FT0036 Aneroid Sphyg
FT0036LC Large Cuff
PAFT36-1 Tubing 1-metre
PAFT36-2 Tubing 2-metre
PAFT36-10 Tubing 10-metre

TAKEI A5102 BACK & LEG DYNAMOMETER



Measure the strength of the back, legs and chest by recording the maximum reading (kg) from three attempts. Analysis of the result is by comparing it with the results of previous tests.

It is expected that, with appropriate training between each test, the analysis would indicate an improvement. Digital.

ORDER CODE: A5102

TANITA TBF300 GS BODY COMPOSITION ANALYSER



Identical functions to the TBF410 GS but with a portable separate display rather than column-mounted. Purchase the C-400 carry case for ease when transporting.

ORDER CODES:
FT0077 TBF300 GS
FT0077C C-400 Carry Case
FT0078 Thermal Paper (5 rolls)

TANITA HD352 HI-CAPACITY DIGITAL SCALES



Accurate scales with a low profile, slim-line design for use in professional consultation environments. Readings given in both imperial and metric via the dual display up to a maximum weight capacity of 200kg (311/2st) in 100g (0.11lb) increments.

ORDER CODE: FT0013

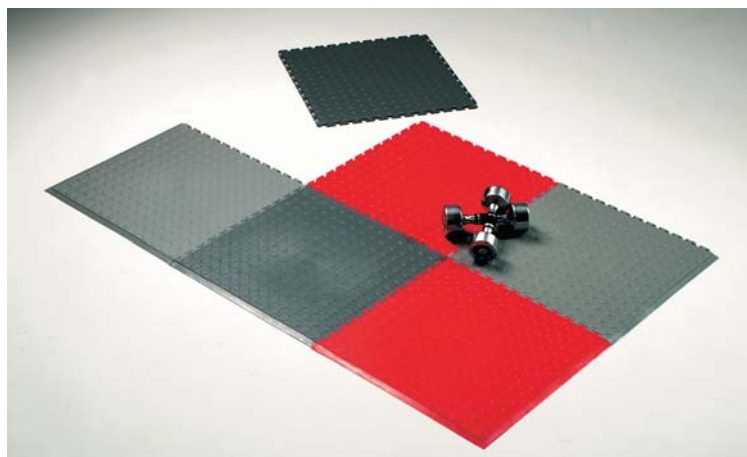
TIMEX HEALTHCARE BPM



Ensure accurate results by using Timex's Advanced Accuracy Technology (AAT). The AAT system inflates and deflates the cuff three times in succession with a brief rest between each measurement. The monitor will then proceed to display the subject's average measurement, this is believed to be a truer reflection of an individual's blood pressure.

ORDER CODE: FT0137

FLEXI-TILES



A versatile flooring system suitable for many applications both domestic and commercial. The interlocking key edges allow for quick and easy loose-lay fitting. Flexi-tiles are injection moulded from 100% virgin recyclable PVC (low-odour floor covering).

Available in two different surface textures (raised studded and flat textured) and 9 different colour options. Flexi-tiles are also available with a unique moulded ramped edge on one side (edged tile) or two sides (corner tile). These tiles can be used on the perimeter of the flooring area to create a finished look to the area. Please state your colour and surface option when ordering. The main tiles are only available to purchase in boxes of eight, which will cover a 2 square metre area. The edged and corner tiles come in boxes of 4.

Benefits:

- ¥ Easy to lay interlocking tiles
- ¥ No costly fitting required
- ¥ Protects floors from damage
- ¥ Durable and portable
- ¥ Easy to clean, low-odour PVC
- ¥ 2 surface texture options
- ¥ 9 different colour options

Dimensions:

Main tile: 50cm x 50cm x 7.5mm (4 tiles per sq m)

Edged tile: 50cm x 50cm x 7.5mm

Corner tile: 50cm x 50cm x 7.5mm

ORDER CODES:

MA0047 Main Tile x 8

MA0046 Edged Strip x 4

MA0045 Corner Strip x 4

HEAVY DUTY LOCKING FLOOR TILES

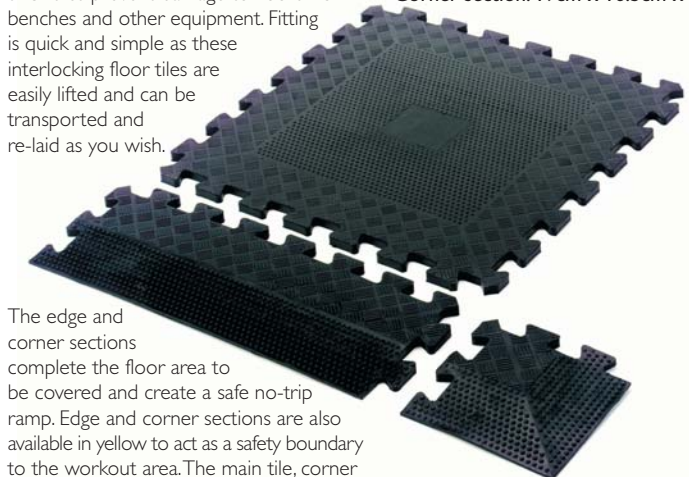
These rubber tiles create a highly flexible yet durable flooring system are ideal in the free weight area of the gym as the 12mm thick tiles prevent damage to floors from benches and other equipment. Fitting is quick and simple as these interlocking floor tiles are easily lifted and can be transported and re-laid as you wish.

Dimensions:

Main tile: 50cm x 50cm x 12mm (4 tiles per sq.m).

Edge section: 50cm x 20cm x 12mm

Corner section: 19cm x 16.5cm x 12mm



The edge and corner sections complete the floor area to be covered and create a safe no-trip ramp. Edge and corner sections are also available in yellow to act as a safety boundary to the workout area. The main tile, corner and edge sections are sold in singles for maximum versatility.

Benefits:

- ¥ Easy to lay interlocking tiles
- ¥ No costly fitting required
- ¥ Protects the gym floor from damage
- ¥ Durable and portable
- ¥ Easy to clean hygienic rubber

ORDER CODES:

MA0101 - Heavy-Duty Interlocking Floor Tiles

MA0101E - Heavy-Duty Interlocking Floor Tiles - Edge Section Black

MA0101C - Heavy-Duty Interlocking Floor Tiles - Corner Section Black

MA0101EY - Heavy-Duty Interlocking Floor Tiles - Edge Section Yellow

MA0101CY - Heavy-Duty Interlocking Floor Tiles - Corner Section Yellow

STUDIO FLOORING



Easy-Lock Flooring for Group Fitness Studios

This versatile flooring system is ideal for group fitness studios to create an impact-absorbing, attractive and protective covering. The easy-lock tiles are 100cm x 100cm which gives you a covering of 1m² per tile.

Benefits:

- ¥ Impact absorption
- ¥ Easy to lay interlocking tiles
- ¥ Glueless installation
- ¥ Each tile covers 1m²
- ¥ Protects floors from damage
- ¥ Durable, non-slip surface
- ¥ Easy to clean

¥ 10mm: aerobic studios (aerobics, step)

¥ 15mm: fitness areas (CV machines, spinning)

¥ 20mm = martial arts and stretch areas
1 tile = 1 square metre

Example: If the required area of floor to be covered is 3m x 5m, this is 15m² and you will need to purchase 15 of your chosen tile type.

Colour options

10mm and 15mm tiles are available in blue, grey and red. The 20mm tiles are only available in blue*.

*Other colours by special order only.

ORDER CODES:

MA0121B 10mm Tile Blue

MA0121G 10mm Tile Grey

MA0121R 10mm Tile Red

MA0120B 15mm Tile Blue

MA0120G 15mm Tile Grey

MA0120R 15mm Tile Red

MA0122B 20mm Tile Blue

OLYMPIC PLATE TREE

Six weight storage pegs capable of storing plates from 1.25kg through to 25kg. A storage area is also provided on the base for two olympic bars. Weights sold separately.

ORDER CODE:

GM0080



SINGLE-SIDED PLATE TREE

The front of the tree has four weight storage pegs that will fit all solid rubber plates and bumper-grip plates and any 25kg olympic plates. At the sides there are two further pegs for 20kg and 25kg plates and four pegs for the smaller increments.

Vertical bar storage for two olympic bars and two vertical pegs for collar storage.

Dimensions:

Width 28 , Depth 43 , Height 79

ORDER CODE: GM0087

WALL CHART WORKOUT POSTERS



Each chart outlines the relevant STOTT PILATES repertoire with suggested repetitions and resistance settings where applicable.

A1 poster-sized, ideal for displaying in the studio.

ORDER CODES:

- SP0018 Essential Reformer
- SP0019 Intermediate Reformer
- SP0020 Advanced Reformer
- SP0023 Essential Cadillac
- SP0024 Intermediate/Advanced Cadillac
- SP0022 Arc Barrel
- SP0025 Stability Chair
- SP0026 Ladder Barrel
- SP0021 Spine Corrector
- SP0015 Essential Matwork
- SP0016 Intermediate Matwork
- SP0017 Advanced Matwork

VERTICAL MACHINE ATTACHMENT RACK



Holds the complete machine attachment club pack (sold separately, see GAHCP).

ORDER CODE: GMH0011

ARC BARREL MANUAL



The perfect reference guide for your Arc Barrel training, this manual illustrates the entire Arc Barrel repertoire, 33 exercises in all, with 63 modifications.

ORDER CODE: SP0056

RED RAD ELECTRIC HEATER



Simply plug in and switch on for instant, efficient and effective spot heating.

Red Rad/Heatwave

Fully portable, directional heat either via the infrared Red Rad or the ceramic Heatwave. Both models have two heat levels and will supply focused heat with a range of up to 6 metres. Applications: Offices, mind-body studios, schools etc

ORDER CODE: RF0008

HEATWAVE ELECTRIC HEATER



Simply plug in and switch on for instant, efficient and effective spot heating.

Red Rad/Heatwave

Fully portable, directional heat either via the infrared Red Rad or the ceramic Heatwave. Both models have two heat levels and will supply focused heat with a range of up to 6 metres. Applications: Offices, mind-body studios, schools etc

ORDER CODE: RF0009

POLAR RS200 SD RED HRM

You have a running event to complete. You are on your way to your first marathon, or you have some other running event to complete. Run with the RS200 SD and measure your running speed and distance accurately with the POLAR S1 foot pod, and track your target intensity with POLAR sports zones. Hit the road or path, monitor your performance with confidence, and achieve your running goals.

Key Features

Sports Zones provides an easy way to select and monitor the intensity of your training and to follow POLAR S sport zones based training programs.

WebLink

Use POLAR WebLink software to transfer exercise data from your POLAR product to the POLAR Personal Trainer web service for further analysis and storage.

Speed and Distance

Accurate running speed/pace and distance information can be viewed as kmph/mph or in minutes per kilometer or mile along with total trip distance.

POLAR S625X HRM

For serious runners and multi-sport enthusiasts. The S625X is the most advanced POLAR Running Computer for those who want nothing but the best. It combines accurate running speed and distance measurement with POLAR S leading physiological know-how to help you maximise your running. Also tri-athletes and multi-sport enthusiasts will appreciate the unique blend of optional cycling features in the S625X.

Key Features

PC SWV:- Polar Precision Performance analysis software — a high performance windows based training diary and analysis tool.

Speed And Distance

Accurate running speed/pace and distance information can be viewed as kmph/mph or in minutes per kilometer or mile along with total trip distance.

Auto Lapping

Set your running computer to take laps based on distance and time, every 1 km or every 15 minutes, for example.

POLAR T31 CODED TRANSMITTER BELT

The T31 Coded is one piece moulded, 100% waterproof constructions designed for reliability and durability.

ORDER CODE:
PO0135C



Auto Lapping

Set your running computer to take laps based on distance and time, every 1 km or every 15 minutes, for example.

ORDER CODE: PO0109R



Multi Sport

For runners, cyclists, tri-athletes, and multisport athletes. A unique blend of features to maximise your performance.

Own Optimiser

Helps you to optimise your training load and recovery time.

ORDER CODE: PO0114

POLAR S710 HRM



A top class monitor for the professional cyclist or multi-sport enthusiasts. Fully loaded with advanced features including infrared data transfer to PC, speed sensor; built-in altimeter; thermometer and bike mount.

Requires infrared interface if PC does not have infrared already.

ORDER CODE: PO0052

RUBY 100 HRM



The Ruby 100 HRM has a host of features including heart rate, visual alarm and audible alarm (out of the target zone), time in target zone, time over target zone, average heart rate and maximum heart rate plus stop watch and time functions, low battery indicator. Water resistant to 30 metres.

ORDER CODE: AQ0031

SMART HEALTH CONTACT HRM



This heart rate monitor does not require the use of chest transmitter belt as the reading is taken by placing two fingers on the contact points of the watch for an accurate heart rate reading. Includes target zone limits and can be used as a normal watch with time, date, alarm and countdown timer. Water resistant to 50 metres.

ORDER CODE: FT0134

TIMEX TARGET TRAINER HRM

Uses Timex's digital transmission rather than analogue, which protects the signal from interference by other heart rate users and electrical equipment in close proximity.



TIMEX TARGET TRAINER GPS OPTION HRM



Uses Timex's digital transmission rather than analogue, which protects the signal from interference by other heart rate users and electrical equipment in close proximity.

Features target zones, time in zone, max. HR calculation, recovery heart rate timer and average heart rate.

HR102 HRM



Our lowest priced heart rate monitor: Heart rate with upper and lower heart rate training zones and out of zone alert functions. Can be used as a normal watch as it displays time and date and also includes a stopwatch function. Transmitter belt and bike mount included.

ORDER CODE: OS0010

Also includes 3-line display, 100-lap memory and split option, 4 linked interval timers and a 3-mode countdown timer. Water resistant to 30 metres.

Purchase the optional GPS sensor to convert this top of the range heart rate monitor into a speed and distance monitor with comprehensive heart rate feature functionality. Collects data from the Global Positioning Satellite to record the following data:

Exact speed: measures your actual, average and maximum speed
Exact pace: calculates pace, average pace and maximum pace
Exact distance: tracks your workout distance and altitude

ORDER CODE: FT0135G

SE232 VIBRA TRAINER PRO CODED HRM



Identical in features to the SE211 with the addition of:

- ¥ Stopwatch range of 99:59:59 (with 99 lap memory with split function)
- ¥ Up to 3 personalised exercise sessions
- ¥ HR limits programmed manually
- ¥ Calculates Body Mass Index (BMI)
- ¥ SE232 is slimmer and ideal for smaller wrists

ORDER CODE: OS0017

POLAR WM21 HRM



Your guide and motivation to reaching your ideal weight and maintaining it.

ORDER CODE: PO0009

POLAR ACCESSORIES IR INTERFACE



Needed for downloading from your Polar S-Series HRM if your computer does not already have an infrared facility.

ORDER CODE: PO0053

POLAR FS3C GREY HRM - FSRUN



Entry-level excellence. Easy, enjoyable and effective - that's the way you like your fitness. Here's your fitness companion with a bright smile - all the features you need for safe and healthy exercising.

The FS3C comes with a coded transmitter belt to prevent crosstalk with other heart rate monitors when walking or running with friends or doing fitness group exercises.

Key Features

Target Zone Automatic determination of your age-based heart rate target zone limits.

Own Code Coded heart rate transmission prevents cross talk from other heart rate monitors.

ORDER CODE: PO0102G

POLAR F6F BLACK HRM

You want to work out in style. An excellent exercise motivator to fulfil your needs and versatile fitness training. Indoor cycling, aqua fitness training, jogging, or nordic walking — with the F6 you will always find the optimal heart rate zone for your exercise session.



The F6's dynamic design and attractive colours are also perfect for expressing your fitness lifestyle and personality.

Key Features

Own Code Coded heart rate transmission prevents cross talk from other heart rate monitors.

Own Calorie OwnCal counts and displays calorie expenditure.

Own Zone Individual determination of your optimal target heart rate limits based on your daily condition.

ORDER CODE: PO0104BLKD

POLAR F6F PINK HRM

You want to work out in style. An excellent exercise motivator to fulfil your needs and versatile fitness training. Indoor cycling, aqua fitness training, jogging, or nordic walking - with the F6 you will always find the optimal heart rate zone for your exercise session.



The F6's dynamic design and attractive colours are also perfect for expressing your fitness lifestyle and personality.

Key Features

Own Code Coded heart rate transmission prevents cross talk from other heart rate monitors.

Own Calorie Own Cal counts and displays calorie expenditure.

Own Zone Individual determination of your optimal target heart rate limits based on your daily condition.

ORDER CODE: PO0104P

POLAR RS200 BLACK HRM

For goal-oriented runners. You may be a beginner or your running shoes may be well worn. It doesn't matter, as long as you are a runner with a goal. You want to enhance your running experience, and you don't have anything against the professional training programmes either.



Fine - reach your running target with RS200 and experience a new level of ease in heart rate based training with POLAR sport zones.

Key Functions

Own Index Polar Fitness Test predicts your maximal oxygen uptake (VO2 max).

Sports Zones Provides an easy way to select and monitor the intensity of your training and to follow POLAR'S sport zones based training programs.

WebLink Use POLAR WebLink software to transfer exercise data from your POLAR product to the POLAR Personal Trainer web service for further analysis and storage.

ORDER CODE: PO0108B

POLAR WM42 HRM

A program on your wrist. There is no magic involved in losing and maintaining weight successfully. Progress begins with a small step, the decision to get up and start training, to use common sense rather than look for miracles, to find the right balance between exercise and nutrition. Go ahead, take that step. With the POLAR WM41 and WM42 you get full guidance and calorie tracking features.

**Key Features**

Own Calorie OwnCal counts and displays calorie expenditure.

WM Program Your personal weight management program, which helps you to lose and maintain your weight.

Own Zone Individual determination of your optimal target heart rate limits based on your daily condition.

Nutrition Diary Input and monitor your nutrition calories as compared to your daily target.

Exercise Diary Monitor the amount of calories burnt during exercise sessions as compared to your weekly target.

ORDER CODE: PO0119

POLAR CS100 HRM

For fun or for victory. A cycling computer providing complete body and cycling data. For recreational riders and for those who want an affordable solution for their cycling training. The CS100B comes without a heart rate transmitter, in case you already have another POLAR product or if you just want a cycling computer without heart rate monitoring.

**Key Features**

Own Calorie OwnCal counts and displays calorie expenditure.

Wireless Sensors Wireless speed and cadence sensors provide accurate measurements. Easy attachment and aerodynamic design.

ORDER CODE: PO0121

POLAR CS200CAD HRM

For goal-oriented cyclists. Combining body feedback and cycling data to enhance your cycling experience and help you achieve your cycling goal. The POLAR CS200CAD comes with a wireless POLAR CS cadence sensor to help you optimise your pedalling rate.

**Key Features**

Wireless Sensors Wireless speed and cadence sensors provide accurate measurements. Easy attachment and aerodynamic design.

Intensity/Economy Cycling workload as kcal/h and kcal/km. Foresee your calorie consumption and secure sufficient intake on a long ride.

WebLink Use POLAR WebLink software to transfer exercise data from your POLAR product to the POLAR Personal Trainer web service for further analysis and storage.

Memory Files Automatically stores all training data from the latest trainings.

ORDER CODE: PO0124

POLAR S725X HRM

A pro's cycling system. The POLAR S725X is the most trusted heart rate monitor based training tool among professional cyclists. It is the most complete cycling system on the market for cyclists and multi-sport enthusiasts who want nothing but the ultimate solution for racing and training and for optimising their training load. The S725X with the optional POLAR Power Output Sensor and POLAR SI foot pod contains all that is needed for elite-level cycling and multi-sports.

**Key Features**

Altimeter Shows and records altitude information. POLAR AXN Outdoor Computers also show the altitude with a graphical trend and your vertical progress.

Memory Files Automatically stores all training data from the latest trainings.

PC SW Polar Precision Performance analysis software - a high performance windows based training diary and analysis tool.

Multi Sport For runners, cyclists, tri-athletes, and multisport athletes. A unique blend of features to maximise your performance.

Own Optimiser Helps you to optimise your training load and recovery time.

ORDER CODE: PO0129

POLAR IRDA USB 2.0 ADAPTER

A state of the art two-way infrared communication with a PC. USB port, colour white is available.

ORDER CODE: PO0134

POLAR WEARLINK 31 CODED M-XXL TRANSMITTER

Polar WearLink coded and water resistant textile transmitter with user changeable battery. It brings ultimate comfort to your exercise.

ORDER CODE: PO0137M

REEBOK PRECISION HRM

Features three target zone settings from age or maximum heart rate, scan sequence through exercise time, max/average/min heart rate. Information can be stored in the memory and recalled at any time. Also available is graphical training display of exercise intensity, cruise control training system, full statistical analysis of workouts and one of the most powerful stopwatches ever seen in a HRM.

ORDER CODE: RE10047

ALL PRO® ADJUSTABLE BODY WEIGHTS



Ideal for training your one-to-one clients, these premium quality adjustable body weights add extra resistance for strength training. Simply increase the resistance level by adding weights incrementally. Cushioned flaps keep the weights secure and the unique design keeps the weights away from the body to ensure full freedom of movement. The 20lb single ankle weight is ideal for rehab applications.

ORDER CODES:

XT0074 Ankle Weights 2.5 lb per ankle
XT0075 Ankle Weights 5 lb per ankle
XT0076 Ankle Weight 20 lb (single)
XT0077 Wrist Weights 2 lb per hand
XT0082 Weighted Belt 10 lb
XT0083 Weighted Belt Vest 20 lb
XT0084 Weighted Vest 40 lb

PRO STYLE RUBBER BARBELL SET 10KG - 20KG



Pro Style Barbells 10kg - 20kg (5 barbells). Heads are comprised of solid steel inserts fully encased in virgin rubber. The solid steel handle passes through the steel insert and is welded, permanently joining the head to the bar.

ORDER CODE: FWYSET4

PRO STYLE RUBBER BARBELL SET 25KG - 45KG

Pro Style Barbells 25kg - 45kg (5 barbells). Heads are comprised of solid steel inserts fully encased in virgin rubber. The solid steel handle passes through the steel insert and is welded, permanently joining the head to the bar.

ORDER CODE: FWYSET5

PRO STYLE RUBBER BARBELL SET 10KG - 45KG

Pro Style Barbells 10kg - 45kg (8 barbells). Heads are comprised of solid steel inserts fully encased in virgin rubber. The solid steel handle passes through the steel insert and is welded, permanently joining the head to the bar.

ORDER CODE: FWYSET6

KIN-BALL SPORT INSTRUCTION VIDEO



See a game of KIN-BALL Sport in action. The instructional video summarises the basic rules and strategies of the game, and illustrates basic defensive and offensive moves. Also available in CD-ROM format.

ORDER CODES:

SPEL86071 Video
SPEL86083 CD-Rom

KIN-BALL SPORT OFFICIAL RULE BOOK



Essential reference book for coaches with refereeing procedures and game situations explained.

ORDER CODE: SPEL86095

OMNIKIN OFFICIAL KIN-BALL SPORT BALL



The official KIN-BALL Sport Ball is 48 (1.22m) in diameter and extremely lightweight at 1 kg. The fabric is composed of a bright pink, waterproof 210 denier nylon that is highly resistant to abrasion, and printed with a high quality washable ink that will not crack or peel. Supplied complete with one bladder; additional bladders are available separately.

ORDER CODE: SPEL86034

Spare bladder for KIN-BALL Sport Ball
ORDER CODE: SPEL86069

KIN-BALL SPORT PINNIES



The official KIN-BALL Sport Pinnies in the three team colours of black, grey and pink. Made from resistant 100% nylon and featuring an adjustable draw cord to fit all sizes. Available in a set of twelve, four of each colour.

ORDER CODE: SPEL86046

KIN-BALL SPORT PORTABLE SCORECARD

The official KIN-BALL Sport scoreboard can record up to 99 points per match for each of the three teams. Made from durable PVC plastic, folds conveniently for portability.

ORDER CODE: SPEL86058

KIN-BALL SPORT INSTRUCTION MANUAL



This fully illustrated instruction manual is the essential guide to playing KIN-BALL Sport. Includes a course outline to help the teacher introduce the sport to their class.

ORDER CODE: SPEL86101



KIN-BALL SPORT INFLATOR



The powerful 230v inflator will inflate all OMNIKIN balls within seconds. Powerful yet lightweight, it will inflate any large ball quickly and easily. Features durable plastic casing that won't rust, single handle and convenient on/off switch.

ORDER CODE: SPEL85789



Benefits

Effects of vibration training on the VibroGym:

- ✦ improvement of muscle strength and performance
- ✦ enhancement of explosive strength
- ✦ increase flexibility, mobility and co-ordination
- ✦ stimulate the circulation of the blood
- ✦ stimulate lymph drainage and oxygenation
- ✦ improve collagen production
- ✦ decrease appearance of cellulite
- ✦ reduce lower back pain and different kind of pain management
- ✦ increase the secretion of regenerative and repair hormones, like Human Growth Hormone (HGH), IGF-I and testosterone
- ✦ speed training recovery
- ✦ increase bone density
- ✦ increase of the happiness hormone serotonin and neurotrophine, a substance that supports thinking process
- ✦ decrease cholesterol
- ✦ reduce effects of stress
- ✦ increase Basal Metabolic Rate (daily calorie burn)
- ✦ accelerate weight loss
- ✦ increase absorption of supplements
- ✦ enhance conventional training results
- ✦ reduce training time
- ✦ pain management

THE VIBROGYM FOR BEAUTY & HEALTH

The VibroGym ensures a healthy body and mind. Everyone can achieve fast results with minimum effort, whether you want to reduce fat, combat cellulite's, have a relaxing massage or a total workout. The VibroGym stimulates the production of natural hormones and neurotransmitters, so that users feel happier and more vital. The VibroGym is not only used by physiotherapists, sport schools and fitness centres but can also be found in many hotels, beauty parlours, companies and at airports.

Who?

- ✦ beauty parlours
- ✦ spa and resorts
- ✦ masseurs
- ✦ companies
- ✦ hotels
- ✦ cruise ships
- ✦ airports
- ✦ senior citizens
- ✦ private consumers

Applications and effects

- ✦ Feeling good
- ✦ Looking good
- ✦ Seniors feel revitalised
- ✦ Fat reduction, weight loss
- ✦ Massage and relaxation
- ✦ Lymph drainage (fluid discharge)
- ✦ Combats stress/burn out/depression
- ✦ Strengthening of tissue (firmer skin)
- ✦ Makes muscles more supple
- ✦ Muscle increase
- ✦ Makes joints more flexible
- ✦ Combats cellulite's
- ✦ Improved sense of balance
- ✦ Simple and effective training
- ✦ Quick discharge of waste
- ✦ Quicker results in less time
- ✦ Faster recovery following exertion
- ✦ Production of natural hormones and neurotransmitters

THE VIBROGYM FOR SPORT & FITNESS

Sport

Top athletes use the VibroGym for power training. Explosive muscle power and acceleration power are greatly increased by VibroGym training. The VibroGym acts as a catalyst and increases the effects of conventional training methods and cardiovascular stimulus. Athletes find great benefit in the increased rate of release of various hormones such as growth and repair hormones. The VibroGym is increasingly used in the treatment of injuries and for sport massage.

Fitness

A fitness programme using the VibroGym has been proven to be more effective. Specific groups of muscles can be trained in different exercises. Whole Body Vibration ensures that the entire body stays in shape. The VibroGym makes you fitter, healthier and stronger. Training with the VibroGym means more results in less time.

Who?

- ✦ sport institutions
- ✦ professional training centres
- ✦ sport coaches and sport masseurs
- ✦ changing rooms
- ✦ (top)athletes
- ✦ sport clubs
- ✦ fitness students
- ✦ endurance athletes
- ✦ private consumers

Applications and effects

- ✦ Sport
- ✦ Fitness
- ✦ Power training
- ✦ Health training
- ✦ Sport massage
- ✦ Stretching
- ✦ Sport rehabilitation programmes
- ✦ Warming up/cooling down
- ✦ Strengthening training effects in combination with conventional training

Whole Body Vibration

- ✦ Increasing the training effects of cardiovascular stimulus
- ✦ Catalyst in comprehensive conventional programmes
- ✦ Increased production of repair and human growth hormones (HGH)
- ✦ Fat reduction
- ✦ Faster recovery following exertion less strain on joints, ligaments and tendons
- ✦ Improved circulation
- ✦ Production of natural anabolics
- ✦ Improved co-ordination
- ✦ Increased explosive strength
- ✦ Increased acceleration power
- ✦ Increased stamina

VIBROGYM HOME



- ✦ The most professional home vibration platform
- ✦ Pre-programmed frequencies for strength training and massage
- ✦ High and adjustable force to increase training intensity
- ✦ Display visible from all exercise positions
- ✦ Start/repeat button on hand grip for maximum ease of use
- ✦ Metal frame

The Training of the Future

The VibroGym is highly advanced training equipment. The VibroGym is fast and effective. Maximum results are achieved in a minimum of time, with no extra stress and only limited effort.

The VibroGym is a vertical vibration platform designed specially for home use. Adjustable by use (training or massage), time (30, 45 or 60 seconds) and amplitude (high or low), it sends vibrations through your entire body (Whole Body Vibrations). No matter what your physical condition, at the right frequency setting the subconscious stretch reflexes will tighten almost all your muscles at once. That compares with just 45 per cent of muscle fibres used by an average sportsman during conventional training. Traditional power training increases muscle strength because your body reacts to the extra resistance created by the weights or elastic, over and above normal gravity. But with Vibro Training your body reacts to acceleration rather than extra mass: a force many times greater than standard training stimuli. And one repeated 30 or 50 times a second. Your body has to adapt even more to overcome this greater load, and so achieve your training targets faster.

Moreover, the vibrations increase the production of regenerative and repair hormones, improve blood circulation in skin and muscles, strengthen bone tissue, improve lymph drainage and increase the basal metabolic rate. All this results in more strength, more speed, more stamina, rapid recovery of muscles and tissue, increased flexibility, mobility and co-ordination, anti-cellulitis, collagen improvement, and fat reduction. The more is better principle does not apply to vibration training. You feel fitter, but you do not have to train more intensively. The added value of the VibroGym is improved training quality and effectiveness, so you can shorten your sessions and recover more quickly afterwards.

Contraindications

It may not always be possible to start using the VibroGym immediately. Ask your doctor, specialist or physiotherapist about the contraindications and the possibilities for including vibration training in your treatment plan.

VIBROGYM PROFESSIONAL

The Vibrogym works by producing a vibration through which energy is transferred to the body. This causes a stretch reflex that changes between 30-60 times a second depending on which frequency you choose. The intense, repetitive contractions this elicits will fatigue the muscles and in recovery the muscles will re-build stronger to withstand the increased effort. This is how increases in physical performance are achieved.

The Vibrogym uses this principle when training but has a number of distinct advantages over conventional training. The time needed to train on the Vibrogym is much shorter; which means less muscle damage is caused and hormonal production is increased. There is also a greater effect of the training. One 12 minute workout on the Vibrogym burns more fat and creates more muscle than 1 ? hours conventional training. Additionally, this is achieved with minimal stress on the joints, tendon and ligaments so you can see that the Vibrogym is at the cutting edge of the Fitness Equipment available on today's market.

Proven Benefits

- ¥ Weight loss
- ¥ Inch loss
- ¥ Fat loss
- ¥ Reduce cellulite
- ¥ Increased metabolism
- ¥ Increased flexibility
- ¥ Increased strength/power
- ¥ Reduce pain
- ¥ Increased circulation

Optional accessories

Proven to help:

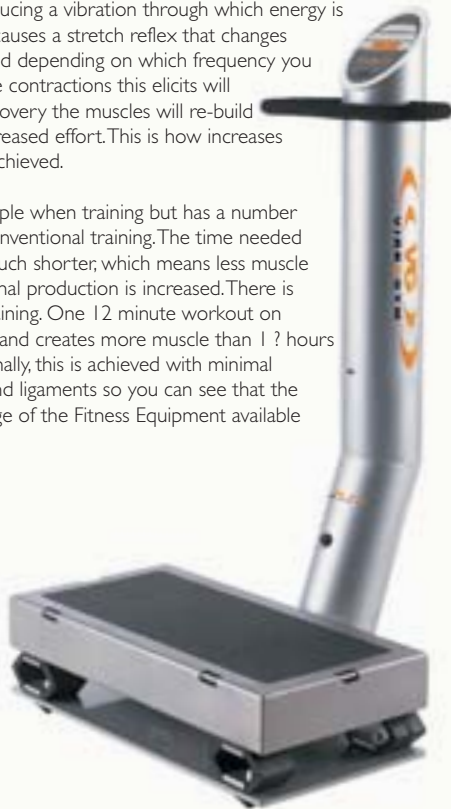
- ¥ MS sufferers
- ¥ Post op rehab
- ¥ Speed training
- ¥ Power training
- ¥ Core stability
- ¥ Joint problems
- ¥ Gait correction
- ¥ Spinal alignment
- ¥ Pain reduction
- ¥ Sports injury

ORDER CODE:
VIBROGYM PROFESSIONAL

TECHNICAL SPECIFICATIONS

- Materials** - steel frame with high-quality plastic platform.
- Dimensions (l x b x h)** - 600 mm x 700 mm x 1300 mm.
- Weight** - 53 kg/114lb.
- Voltage** - 115/230VA.
- Power consumption** - 250W.
- Maximum load** - 120 kg/257lb.
- Frequency settings** - 30/50 Hz.
- Force** - 1.1kN/1.9kN.
- Colour** - silver - grey, RAL 9006.
- Operation** - membrane keyboard, start/repeat button.
- Warranty** - two-year factory guarantee (conditions apply).
- Standard accessories** - exercise mat, two straps, poster, two six-week training programmes.
- Optional accessories** - Mat Deluxe, VibroTools.

ORDER CODE: VIBROGYM HOME



Personal Trainer/Club owner's testimonials

Since I introduced the Vibrogym to my clients the response has been nothing short of amazing!

They are impressed at the quality of the workout with minimal effort for great results.

John Sinclair B.Sc Energetics Health & Fitness VIC

As soon as clients use the VibroGym they are amazed at how it feels, how their muscles feel and at how little time it takes them to do a workout.

QLD

VIBRATION: TRAINING & THERAPY



The VibroGym generates vibrations that are transferred from the platform onto the body. Standing on the VibroGym you will notice how your body automatically adjusts to these mechanical stimuli. Muscles will contract and expand 30 to 50 times per second depending on the frequency and vibrational intensity selected.

This effort causes the body to tire. Resting afterwards allows the body to recover. Repeating the exercises ensures that the body adjusts to the level of effort. This results in an increase in performance, a phenomenon called super compensation.

Compared to traditional training methods, this achieves better results in less time and with no extra effort.

Moreover, the vibrations increase the production of regenerative and repair hormones, improve blood circulation in skin and muscles, strengthen bone tissue, improve lymph drainage and increase the basal metabolic rate. All this results in more strength, more speed, more stamina, rapid recovery of muscles and tissue, increased flexibility, mobility and co-ordination, anti-cellulitis, collagen improvement, and fat reduction. The VibroGym offers a wide range of possibilities for use in the areas of Sports & Fitness and Beauty & Health.

The High/Low Application

The VibroGym features a High/Low application. It provides a number of major benefits:

- ¥ The VibroGym can be set to a personal preference. The vibrational intensity can be adjusted to the wishes of the individual user.
- ¥ By adjusting the vibrational intensity, the starter level can be lowered. By setting the vibrational intensity lower at the beginning, you can get used to training with the VibroGym in comfort. You can get used to the vibrations and the position that you have to adopt. In this way, your training sessions can start in a pleasant way.
- ¥ Lighter people usually find that the Low setting is more comfortable. This ensures that motivation to train remains high.
- ¥ Exercises other than with the feet on the plate are easier to sustain without detriment to the result.



CABLE CROSSOVER



Polished chrome adjustable cable column for maximum exercise variety and smooth pulley adjustment. Features include a prone-grip position chin-up bar, 2 x 200lb weight stack and swivel pulleys. Cable is aircraft quality with 2,000 kg tensile strength.

Dimensions:
Width 135 , Depth 36 , Height 92 .

ORDER CODE:YPL0010

COUNTERBALANCED SMITH MACHINE



The low starting resistance of the counterbalanced smith machine accommodates users of all abilities and the walkthrough design ensures easy access. Adjustable stops act as range limiters for most users and the multi-functionality ensure lifting variety. Linear bearings on 1 case-hardened shafts ensure smooth operation. The weight bar is angled at 5 degrees.

Dimensions:
Width 40 , Length 86 , Height 91

ORDER CODE:YPL0012

LEG PRESS



This 35-degree leg press has an extra-wide foot plate to accommodate different size users. The heavy-duty linear bearings ensure a smooth, low friction movement and the wide range of seat-back adjustments maximises range of motion. Built-in weight storage with a 600 kg weight capacity.

Dimensions:
Width 54 , Length 56 , Height 98 .

ORDER CODE:YPL0006

PRO OLYMPIC SMITH MACHINE



The bar is counterbalanced to weigh nothing making it easy for the entry-level user and also the ability to know the exact weight being lifted. Best used in conjunction with an adjustable bench such as CM0016 or CM0020 (see page 28), the unit provides the ability to carry out a large number of strength exercises in safety. There are 2 separate sets of safety stops one of which is bar operated. 4 disc storage pins are also included. Uses modern nylon linear bearings and chrome steel shafts resulting in a smooth quiet movement. Standard disc version is available on request.

Dimensions:
Width 1.85m, Length 1.3m, Height 2.2m.

ORDER CODE:SSN0023

PRO STRENGTH PRO CABLE CENTRE



Dual cable column with 2 x 70 kg weight stacks, two multi-position pulleys, plus a central chinning bar. This machine covers a host of exercises, including triceps/bicep curl, low row, single leg adduction/abduction and many more.

Dimensions:
Width 1.95m, Depth 90 cm, Height 2.25m.

ORDER CODE:SSB0022

HALF RACK

The Half Rack's versatility makes it our best-selling modular rack. It is also a coaches favourite in the weights room. Its simple design, clean lines and space-saving footprint is a contradiction to its multi-functionality.

Dimensions:
Width 67 , Length 48 , Height 96

Half Rack comes with:
¥ Combo grip pull-up bar
¥ Bench stringer
¥ Weight storage pegs (for 2.5lb-45lb plates)
¥ Stainless steel hook-plates (19 positions)
¥ Vertical bar holders (pair)

ORDER CODES:
YPL0017 Half Rack

Half Rack Options
YPL0005
Multi-Function Bench
YPL0024
Technique Scoops (pair)
YPL0025
Safety Spot Bars (pair)
YPL0022
Single Bar Holders (pair)
YPL0037 Dip Attachment



YORK PERFORMANCE LINE

For over 75 years York Fitness USA has been at the forefront of training athletes and the Performance Line range will continue to do this in the coming years. These modular components allow the user to perform various exercises at one station, increasing space and time efficiency. The modular nature of many of the pieces shown over the next few pages allows strength coaches to effectively supervise athletes and ensures fluid movement of athletes through the weight room.

Built with heavy weightlifting in mind, manufactured from much heavier gauge steel than the Fitness Training Line and used by professional sports teams worldwide. These competitively priced range of strength equipment carry a full commercial warranty making it perfect for the sports club, school, university or any local authority free weights facility.

All equipment is safe, highly durable, attractive and space-efficient.



MULTI-FUNCTION RACK



The Multi-Function Rack is an extended version of the Half Rack. The versatility is expanded by adding a pair of uprights complete with hook-plates 42 in front of the rear uprights creating a modified Power Rack. The Multi-Function Rack combines the safety aspect of the Power Rack's interior spotting arms whilst facilitating exercises outside of the rack through the use of reverse hook attachment options. With the addition of the Multi-Function Bench (sold separately), the Rack enables athletes to perform all of the industry accepted core primary and secondary strength exercises safely and efficiently.

Dimensions: Width 67 (42 width between uprights), Length 76, Height 96

Multi-function Rack comes with:

- ¥ Combo grip pull-up bar
- ¥ Weight storage pegs (for 2.5lb-45lb plates)
- ¥ Stainless steel hook-plates (19 positions)
- ¥ Adjustable interior safety spot bars (pair)
- ¥ Bench stringer
- ¥ Vertical bar holders (pair)



ORDER CODES:
YPL0016 Multi-Function Rack

Multi-Function Rack Options
YPL0005 Multi-Function Bench
YPL0020 Reverse Safety Spot Bars (pair)
YPL0023 Reverse Technique Scoops (pair)
YPL0021 Double Bar Holders (pair)
YPL0038 Reverse Dip Attachment

POWER CAGE

Enables safe free weight training without the need for a spotter. Multiple bar hooks provide flexible use of benches for flat, incline and upright positions. Chin up bar in front.

The High/Low Pulley option can be purchased in conjunction with the Power Cage. This optional extra includes guide rods, weight carriage, lat and low pulley, lat bar and tricep bar. Purchase YFL0004 and YFL0005.

The 200lb Weight Stack option can be purchased to replace the weight carriage on the Hi/Low Pulley option. Includes selector stem, pin and weight stack to 200lb. Purchase YFL0004, YFL0005 and YFL0003.

Dimensions:
Length 55, Width 50, Height 80, Depth 30.

ORDER CODES:
YFL0004 Power Cage
YFL0005 Hi/Lo Pulley Option
YFL0003 200lb Weight Stack Option



POWER RACK

The Power Rack is gym standard. It's simple design, self-spotting capability and optional attachments make it a key purchase. Athletes can work all the core primary and secondary strength exercises from both inside the rack and from the outside of the Power Rack using optional reverse hook attachments.

Dimensions: Width 67, Length 73, Height 96

Power Rack comes with:

- ¥ Combo grip pull-up bar
- ¥ Weight storage pegs (for 2.5lb-45lb plates)
- ¥ Stainless steel hook-plates (19 positions)
- ¥ Interior safety spot bars (pair)
- ¥ Vertical bar holders (pair)

ORDER CODES:
YPL0011 Power Rack

Power Rack Options

- YPL0005 Multi-Function Bench
- YPL0019 Bench Stringer
- YPL0020 Reverse Safety Spot Bars (pair)
- YPL0023 Reverse Technique Scoops (pair)
- YPL0021 Double Bar Holders (pair)
- YPL0038 Reverse Dip Attachment



NUMBERED COTTON BIBS



100% cotton bibs, numbered on one side. Available in two sizes, and various colours.

SIZE	MEDIUM	LARGE
	SET OF 10	SET OF 10
SCARLET	SCTG25668	SCTG25796
YELLOW	SCTG25679	SCTG25802
EMERALD	SCTG25681	SCTG25814
ROYAL	SCTG25693	SCTG25826
SKY BLUE	SCTG25709	SCTG25838
TANGERINE	SCTG25711	SCTG25849

TRAINING BIBS

Three sizes to accommodate all ages Velcro side fastening for easy adjustment British made plain cotton bibs



SIZE	SMALL	MEDIUM	LARGE
SCARLET	SCTP00407	SCTP00413	SCTP00419
YELLOW	SCTP00408	SCTP00414	SCTP00420
EMERALD	SCTP00409	SCTP00415	SCTP00421
ROYAL	SCTP00410	SCTP00416	SCTP00422
SKY BLUE	SCTP00411	SCTP00417	SCTP00423
TANGERINE	SCTP00412	SCTP00418	SCTP00424

GIANT GO4 GOAL

This giant 1m diameter goal provides a huge target which is guaranteed to give high levels of success. It can be used for young children to throw to or adults to play head tennis with, from long distances or short, with small or large ball. It is designed to fit straight into a BIG RED Base with no additional equipment required. Each goal is easy to assemble and comes complete with net and fixings. Available as a complete set with BIG RED Base or as the goal only.



Goal Only
ORDER CODE: SCSH72781

Complete Set
ORDER CODE: SCSL25159

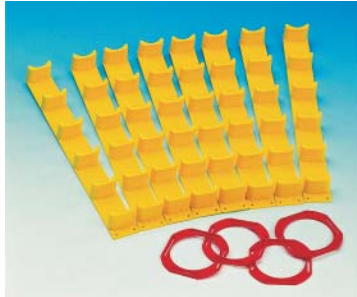
SPORDAS HEAVY DUTY ELECTRIC INFLATOR



A compact, lightweight and ultra quiet heavy duty inflator with 40psi to handle all your ball inflation needs. Pressure gauge reading up to 40psi to prevent over inflation. The whole unit is only 14 x 19 cm, with four feet for stability. The handle grip is foam covered and coiled air hose stretches to 2.4m in length. 230v.

ORDER CODE: SYBL85959

SPORDAS JUMPKONE ADAPTOR SYSTEM



A unique set of adaptors, containing four rings and eight hook adaptors, set 6 cm apart, each with six positions. The rings will fit over virtually any cone and the 46 cm adaptors are suspended from the ring offering a variety of heights and allow the cones to fall safely if knocked. Comes complete with carry bag.

ORDER CODE: STRE18869

MINI BARS



Brightly coloured tubular polypropylene laths which are virtually unbreakable in normal use. Suitable for use with cones, skittles etc. Sold in packs of 12.

ORDER CODES:
STRL01179 90 cm
STRE77242 1.83 cm

FLEXIBLE MARKER CONES



Good quality 20cm diameter flexible marker cones are only 4.5cm in height, and are manufactured from soft plastic to ensure safety in use. Sets supplied in five colours.

ORDER CODES:
STRD77508 Set of 50
STRD79839 Set of 25

SPORDAS FLOW MARKERS



Spordas Flow Markers are an inexpensive way to define boundaries, divide activity areas and/or direct the flow through an activity. The injection moulded polyethylene markers are only 16cm in height, so are extremely lightweight and easy to carry. Each set comprises twelve each of red, yellow, blue and green.

ORDER CODE: STRH67864

SPORDAS MULTI MARKERS

Simple and easy to use 20cm domes can be used for a variety of purposes and are supplied as a set of 40 markers on a stacking pole for ease of transport and storage. Manufactured from heavy duty plastic for durability. Ten each of red, blue, yellow and white.



ORDER CODE:
STRD75135

PLASTIC STACKABLE CONES

Weighted base for stability and a grooved top for versatility. Light enough to carry but heavy enough to withstand windy conditions.

ORDER CODES:
75cm
STRD74593 RED
STRD74609 YELLOW
STRD74611 GREEN
STRD74623 BLUE

60cm
STRD74556 RED
STRD74568 YELLOW
STRD74579 GREEN
STRD74581 BLUE

45cm
STRD74519 RED
STRD74520 YELLOW
STRD74532 GREEN
STRD74544 BLUE

30cm
STRD74477 RED
STRD74489 YELLOW
STRD74490 GREEN
STRD74507 BLUE



SPORDAS RIP TAG



Rip Tag can be played both indoors and outdoors and is ideal both as an exciting game in itself and as a warm up exercise for children of all ages.

Set contains twenty-four tags for twelve players. Each tag measures 3.6cm wide. Primary size strap (28 cm)

ORDER CODES:
SGGL23772 Set of 24
Secondary Size: (strap 38 cm)
SGGG47780 Set of 24



LANDING MODULES



These safety modules are manufactured from selected polyurethane. Designed to offer maximum safety in all aspects of physical education.

Covers are manufactured from heavy duty, flame retardant PVC fabric and incorporate zip enclosure for easy use. Complete with anti-slip base, toggle and loop connectors and carrying handles. Essential for safe landings.

ORDER CODES:
SMTD99176 2.5m x 1.25m x 25 cm
SMTD99164 2.5m x 1.6m x 25 cm

SAFETY MATTRESSES

Heavy duty PVC coated fabric covers, with zip closure on to soft foam interiors. Complete with anti-slip bases, toggles and loop connectors, carrying handles and breathers.

ORDER CODES:
SMTD99425 1.8m x 1.2m x 200 mm
SMTD99449 2.5m x 1.2m x 200 mm
SMTD99450 2.5m x 1.4m x 200 mm
SMTD99486 2.5m x 1.4m x 300mm
SMTD99498 3m x 1.5m x 300mm

TAG RUGBY GUIDE

A complete guide to Tag Rugby (Second Edition).

Now contains a whole new section with a series of practical plans for teachers and coaches.

ORDER CODE: SPTH66781

ALL VELCRO TAG RUGBY BELTS



Tag Rugby is an excellent form of non contact rugby. Each belt comes with two tags which must be removed to make a tackle. One size fits all.

Can be used to introduce rugby to younger children and for rugby training. Ideal for use in equal opportunity invasion games in Key Stage 2, 3 and 4. Easy to put on and take off, even for the youngest of players. RFU recommended size ribbons (tags) that are soft on the hands and do not crease or wrinkle.

The Velcro belt makes attachment of a ribbon after a tag that much quicker and easier.

ORDER CODES:
Yellow SPTG54577 Set of 10
Blue SPTG54589 Set of 10
Red SPTG54565 Set of 10
Green SPTG54590 Set of 10



MARCY OLYMPIC BENCH

Tough, heavy duty bench set in durable grey finish features include dual pulley lat station, pop pin adjustable chromed no pinch crutches, sturdy no tip front and rear stabilisers, dual action leg developer with rotating row/cut handle, decline, flat, incline, pressing positions. Assembled size: W131 x L190 x H 206cm. Product weight: 62 kg Maximum capacity (user and barbell weight 270 kg).

ORDER CODE: SHFP00261



BUMPER GRIP OLYMPIC PLATES



Inspired by the Iso Grip Plate, this new plate is designed for easy loading and handling. The rim of the plate is surrounded by high quality rubber ensuring the functionality and floor protection expected from a bumper plate. Sold in singles.

ORDER CODES:
OYP0008 5 KG Black x 1 single
OYP0009 10 KG Green x 1 single
OYP0010 15 KG Yellow x 1 single
OYP0011 20 KG Blue x 1 single
OYP0012 25 KG Red x 1 single

ISO-GRIP RUBBER PLATE



The Iso-Grip Rubber Plate is the industry's answer to a 360-degree easy to pick-up Olympic plate cleverly achieved by casting the hub thicker than the rim. The patent-pending, thicker hub design and slimline edge ensure anti-pinch and easy loading of bars and equipment.

ORDER CODES:
OYP0001 1.25 kg x 4 (2 pairs)
OYP0002 2.5 kg x 4 (2 pairs)
OYP0003 5kg x 4 (2 pairs)
OYP0004 10kg x 2 (1 pair)
OYP0005 15 kg x 1 (single)
OYP0006 20kg x 1 (single)
OYP0007 25 kg x 1 (single)



POLO TOPS

We select only the very best..... so why not try our exciting range of clothing (with or without our own design of logo) from our Chunky Waffle Knit Polo Tops which look great with or without a casual jacket and chunky enough to wear anytime of the day (with a turn up collar - to make you look cool in summer or winter) to our SFM sports tops with/without a choice of fantastic printed designs - exclusive to us (not available in the shops). For the ladies we have the Skinny Fit tops - suitable from the young up - with Christmas fast approaching or perhaps a birthday? They'll make great presents!

All our clothing is available with or without printed design.



Chunky Waffle Knit Polo Tops.
SIZES: MEDIUM & LARGE
With and without logo.



SKINNI FIT TOPS



Skinny fit ladies tennis tops.
One size



SLAZENGER T-SHIRTS



Navy & white.
SIZES: SMALL,
MEDIUM & LARGE
(With Logo)
(Without Logo)



SFM SPORT TENNIS TOPS



SIZE: LARGE
(With Logo) £12.99
(Without Logo) £11.99