



# **RPM SPORTS 2022 PRODUCT RANGE**

## About RPM POWER®

Since its launch of the acclaimed Powerball® gyroscopic wrist exerciser range in 1998, RPM Power® has been providing high-quality strengthening & rehabilitation products to customers worldwide for almost 25 years from its headquarters in Tipperary, Ireland.

Following up on the success of Powerball®, the company launched its popular Powerspin® upper body exerciser in 2012 and has continued to expand its product range in line with the explosion of growth in the general home fitness market worldwide.

Over the past 5 years the company has created an exciting collection of full body exercise products and innovative fitness devices.

A selection of these are presented in the following pages for your valued consideration.



# POWERBALL

## GYROSCOPIC WRIST EXERCISERS



### **'PAIN FREE & STRONG FROM FINGER TIP TO SHOULDER'**

Powerball® gyroscopes are unique exercise devices that build unrivalled forearm & grip strength while also offering world class rehabilitation & recovery of most hand, wrist & forearm injuries and RSI conditions.

Use Powerball for just 3-5 minutes each day and you will quickly feel the difference with stronger arms, powerful grip strength, greater muscle endurance and, of course, long-lasting recovery.



## HYBRID METAL AUTOSTART

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 22.2kg  
**Case Size (mm):** 54cm x 30cm x 30cm

**Product Code:** PB788A (Classic)  
 PB788AC (Pro)

### Product Features:

- 350hz Autostart rotor (20,000rpm vibration free)
- Patented drop resistant polycarbonate shell
- Heavy-weight solid zinc rotor for higher power output
- 6 mode battery free speedmeter fitted on Pro model\*
- 28kg max output with patented stability system
- Super smooth spin operation
- Ultra quiet during use
- Military grade stainless steel rotor axle

\* Speedmeter is an optional extra on the Classic model



## DIABLO AUTOSTART

**Units per Case:** 20 (Also sold individually)  
**Case Weight:** 12.5kg  
**Case Size (cm):** 54cm x 30cm x 30cm

**Product Code:** PB588AC (PRO)  
 PB588A (CLASSIC)

### Product Features:

- 350hz Autostart rotor (20,000rpm vibration free)
- 10% smaller stainless steel shell is easier to hold
- Heavy-weight solid zinc rotor for higher power output
- 6 mode battery-free speedmeter fitted on Pro model\*
- 28kg max output with patented stability system
- Chrome plated stainless steel shell
- Super smooth spin operation
- Whisper quiet during use
- Military grade stainless steel rotor axle

\* Speedmeter is an optional extra on the Classic model



## TITAN AUTOSTART PRO

**Units per Case:** 20 (Also sold individually)  
**Case Weight:** 16.2kg  
**Case Size (mm):** 54cm x 30cm x 30cm

**Product Code:** PB888AC

### Product Features:

- 350hz Autostart rotor (20,000rpm vibration free)
- Oversize Aluminium shell with built-in shock absorber
- Heavy-weight solid zinc rotor
- 6 mode battery free speedmeter included
- 28kg max output with patented stability system
- Super smooth spin operation
- Ultra quiet during use
- Military grade stainless steel rotor axle



## 280 CLASSIC BLUE (Cord start)

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 48cm x 33cm x 41cm

**Product Code:** PB688B

### Product Features:

- 280hz rotor (18,000rpm vibration free)
- Patented drop resistant shell
- 16kg max output with stability control system
- Optional Speedmeter may be fitted
- Reversible internal tracks (2X long life)
- Military grade stainless steel rotor axle
- Easily opened for cleaning/maintenance
- Wear resistant high quality materials





## 280 PRO BLUE (Cord start)

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 48cm x 33cm x 41cm  
**Product Code:** PB688C-B

### Product Features:

- 280hz rotor (18,000rpm vibration free)
- Patented drop resistant shell
- 16kg max output with stability control system
- Battery Free Speedmeter fitted as standard
- Reversible internal tracks (2X long life)
- Military grade stainless steel rotor axle
- Easily opened for cleaning / maintenance
- Wear resistant high quality materials



## 280 AUTOSTART CLASSIC

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 48cm x 33cm x 41cm  
**Product Code:** PB688A

### Product Features:

- 280hz Autostart rotor (18,000rpm vibration free)
- Patented drop resistant shell
- 16kg max output with stability control system
- Optional 6 mode Speedmeter may be fitted
- Reversible internal tracks
- Military grade stainless steel rotor axle
- Easily opened for cleaning / maintenance
- Wear resistant high quality materials



## 280 AUTOSTART PRO

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 48cm x 33cm x 41cm  
**Product Code:** PB688AC

### Product Features:

- 280hz Autostart rotor (18,000rpm vibration free)
- Patented drop resistant shell
- 16kg max output with stability control system
- 6 mode Battery Free Speedmeter fitted as standard
- Reversible internal tracks (long life)
- Military grade stainless steel rotor axle
- Easily opened for cleaning / maintenance
- Wear resistant high quality materials



## 280 AUTOSTART FUSION PRO

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 48cm x 33cm x 41cm  
**Product Code:** PB688AMLC

### Product Features:

- 280hz Autostart rotor (18,000rpm vibration free)
- Induction power multicolour vari-speed rotor LEDs
- Patented drop resistant shell
- 16kg max output with stability control system
- 6-mode Battery Free Speedmeter fitted as standard
- Reversible internal tracks (long life)
- Military grade stainless steel rotor axle
- Easily opened for cleaning / maintenance
- Wear resistant high quality materials



## SUPERNOVA CLASSIC (Cord start)

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 44cm x 30cm x 34cm  
**Product Code:** KB188LBW

### Product Features:

- 250hz rotor (zero vibration @ 15,000rpm)
- 6 Blue/White induction powered LEDs
- Military grade stainless steel rotor axle
- Customisable silicone grip band
- Includes 2 starting cords
- Polished steel rotor
- Produces up to 16kg resistance at max speed



## SUPERNOVA PRO (Cord start)

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 44cm x 30cm x 34cm  
**Product Code:** KB188LBWC

### Product Features:

- 250hz rotor (zero vibration @ 15,000rpm)
- 6 mode Speedmeter fitted as standard
- 6 Blue/White induction powered LEDs
- Military grade stainless steel rotor axle
- Customisable silicone grip band
- Includes 2 starting cords
- Polished steel rotor
- Produces up to 16kg resistance at max speed



## 250 CLASSIC BLUE (Cord start)

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 44cm x 30cm x 34cm  
**Product Code:** KB188B

### Product Features:

- 250hz rotor (zero vibration @ 15,000rpm)
- Military grade stainless steel rotor axle
- Customisable silicone grip band
- Includes 2 starting cords
- Produces up to 16kg resistance
- Suitable for strengthening & rehabilitation



## 250 PRO BLUE (Cord start)

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 44cm x 30cm x 34cm  
**Product Code:** KB188C-B

### Product Features:

- 250hz rotor (zero vibration @ 15,000rpm)
- 6 mode Speedmeter fitted as standard
- Military grade stainless steel rotor axle
- Customisable silicone grip band
- Includes 2 starting cords
- Produces up to 16kg resistance
- Suitable for strengthening & rehabilitation



## 250 AUTOSTART CLASSIC

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 44cm x 30cm x 34cm  
**Product Code:** KB188AL

### Product Features:

- 250hz Autostart rotor for easy starting every time
- 15,000rpm vibration free spin speed
- Multi-coloured induction powered LED lights
- Military grade stainless steel rotor axle
- Customisable silicone grip band
- Produces up to 16kg resistance
- Suitable for strengthening & rehabilitation



## 280 AUTOSTART CLASSIC

**Units per Case:** 48 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 44cm x 30cm x 34cm  
**Product Code:** KB188ALC

### Product Features:

- 250hz Autostart rotor for easy starting every time
- 15,000rpm vibration free spin speed
- Multi-coloured induction powered LED lights
- 6 mode LCD Speedmeter fitted as standard
- Military grade stainless steel rotor axle
- Customisable silicone grip band
- Produces up to 16kg resistance
- Suitable for strengthening & rehabilitation



### Customisation Options:

ALL 250Hz gyroscopic exercisers (both cord start and Autostart) can be customised in a variety of ways;

- A full CMYK printed epoxy resin dome (35mm) placed on the top of the ball;
- The ball's grip band may be printed in a single colour with your brand/logo;
- The box can also be customised if the order quantity is sufficiently high

Please contact us for full customisation details, MOQ and pricing.





## POWERBALL ARMSTIK



**Units per Case:** 60 (Also sold individually)  
**Case Weight:** 8kg  
**Case Size (cm):** 42cm x 24cm x 27cm

**Product Code:** ARMSTIK

### Product Features:

- Adds 300% more resistance to Powerball through leverage
- Simply remove Powerball grip band and lock in place
- Adds over 20 new exercise movements to Powerball
- Intense forearm and wrist building accessory for all grip based sports; particularly suitable for golf and all racket sports
- Suitable for all 250Hz and 280hz Powerball models

Locking your Powerball® into Arm Stik opens up a completely new range of exercise movements and the possibility to tone and strengthen an even greater range of muscle in the entire arm. ArmStik is compatible with all 250Hz and 280Hz Powerball Models.

(Powerball not included)

## POWERBALL ZIPPED CARRY CASE



**Product Code:** CASE-REG  
CASE-TITAN  
CASE-DIABLO

- Stylish zipped carry case for Powerball.
- Offers extra protection against drops/falls, keeps Powerball clean and dust free.
- Case-Reg is suitable for all 250Hz, 280Hz, Hybrid Powerball models.
- Case-Diablo is suitable for both Classic and Pro Diablo models.
- Case-Titan is suitable for Titan 888 models (*not suitable for e-Titan*)

## 10 PIECE STARTER CORD PACKS



**Product Code:** Cords

- A handy 10 starter cord replacement pack suitable for all 350Hz, 280Hz and 250Hz cord start Powerball models.
- Very popular accessory as customers are always losing their starting cords (cats tend to like eating them also!)

## REPLACEMENT LCD SPEEDMETERS



**SM-01**



**SM-02**  
(Battery free)

**Product Code:** KB-SM01  
**Product Code:** SM-02

- LCD speedmeters for converting any Powerball Classic model to a Powerball Pro model. Simply remove the hard plastic cap sitting on top of the Powerball and snap the LCD speedmeter onto the ball in its place. SM-02 is battery free with a back light function. Both counters have 6 modestend to like eating them also!)

# POWERSPIN®

UK'S BEST SELLING ARM EXERCISER



**RAPIDLY TONES & BUILDS**



**WORKS THE ENTIRE UPPER BODY**



**JUST PICK UP AND SPIN**



**ALL AGES & FITNESS LEVELS**



**POWERSPIN (PURPLE or ORANGE)**

**Units per Case:** 10 per case  
**Case Weight:** 9kg  
**Case Size (cm):** 58cm x 30cm x 29cm

**Product Code:** PSPIN-P | PSPIN-O

**Product Features:**

- Highly efficient upper body isometric exercise device
- Small, versatile & simple to just pick up and spin
- One of the world's most effective arm toning devices
- Suitable for male & female of all fitness levels
- Improves user co-ordination
- Highly effective pre-game/sport warm up device
- Includes workout wall chart



# METAL GRIPPERS



& HAND  
STRENGTHENERS





## PROFESSIONAL QUALITY METAL GRIPPERS

**Units per Case:** 70 (also sold individually / mixed)

**Product Code:**

<b>MGRIP-50</b> (50lb)	14.6KG	44cm x 30cm x 33cm
<b>MGRIP-100</b> (100lb)	15.1KG	44cm x 30cm x 33cm
<b>MGRIP-150</b> (150lb)	16.8KG	44cm x 30cm x 33cm
<b>MGRIP-200</b> (200lb)	17.2KG	44cm x 30cm x 33cm
<b>MGRIP-250</b> (250lb)	17.9KG	44cm x 30cm x 33cm
<b>MGRIP-300</b> (300lb)	19.2KG	44cm x 30cm x 33cm
<b>MGRIP-350</b> (350lb)	20.0KG	44cm x 30cm x 33cm
<b>MGRIP-PACK:</b>	All 7 gripper units in a gift box	

**Product Features:**

- Professional standard metal grip strengthener
- Reinforced high-carbon steel spring
- Solid aluminum handles, diamond etched for extra grip
- Full resistance range - 50lbs/22.68kg > 350lbs/158.7kg
- Includes exercise booklet
- Available in a 7 piece gift box set with stand



## ADJUSTABLE POWERGRIPPER

**Units per Case:** 50 (Blue)  
 (Also sold individually) **GRIPPER:** 50 (Black)  
**GRIPPER-B:** 50 (Twin pack)  
**GRIPPER-TWIN:**

### Product Code & Case Dimensions:

**GRIPPER:** 9.0KG | 40cm x 31cm x 29cm  
**GRIPPER-B:** 9.0KG | 40cm x 31cm x 29cm  
**GRIPPER-TWIN:** 15.2KG | 56cm x 36cm x 28cm

### Product Features:

- 5 to 50kg (10 - 110lbs) adjustable resistance level
- Tactile rubber handle grips for comfortable use
- Stainless steel resistance spring for long life use
- Pocket sized strengthening & rehabilitation device
- Includes exercise booklet
- Suitable for all ages and fitness levels



## POWER GRIPPER RING

**Units per Case:** 200 (Also sold individually)  
**Case Weight:** 15kg  
**Case Size (cm):** 59cm x 38cm x 31cm

**Product Code:** HGR-P (Pink: 20 - 30lbs)  
 HGR-R (Rose: 30 - 40lbs)  
 HGR-B (Blue: 40 - 50lbs)  
 HGR-O (Orange: 50 - 60lbs)  
 HGR-BK (Black: 70 - 80lbs)

### Product Features:

- 6 resistance levels (20 - 80lbs)
- Latex free silicone
- Matrix etched pattern for enhanced grip
- Beneficial for rehabilitation of hand / elbow injuries
- Effective for building grip strength and muscle endurance



## FINGER STRETCHER EXERCISER

**Units per Case:** 500 (Also sold individually)  
**Case Weight:** 8.5kg  
**Case Size (cm):** 57cm x 32cm x 28cm

**Product Code:** FING-STRETCH-2KG (Light blue)  
 FING-STRETCH-3KG (Green)  
 FING-STRETCH-4KG (Dark Blue)  
 FING-STRETCH-5KG (Orange)

### Product Features:

- Tactile silicone for added durability
- Provides concentric & eccentric exercise for the fingers
- Provides gentle rehabilitation and strengthening for the fingers and hands
- Builds endurance in the grip through isometric resistance
- Effective training for climbers, sports enthusiasts, musicians
- Ideal desk accessory to combat symptoms of computer related RSI



## ADJUSTABLE FINGER TRUMPET

**Units per Case:** 150 (also sold individually)  
**Case Weight:** 15.4kg  
**Case Size (cm):** 42cm x 41cm x 35cm

**Product Code:** FINGPUSH-GREEN  
 FINGPUSH-BLACK

### Product Features:

- Isometric finger exerciser with individually adjustable buttons
- Suitable for all sports requiring finger grip strength
- Perfect for musicians requiring individual finger dexterity
- Warm up device for multiple sports
- Press and hold for 60 seconds to build endurance
- Pocket sized





## SKRUNCH

**Units per Case:** 24  
**Case Weight:** 4.3kg  
**Case Size (cm):** 25cm x 18cm x 15.5cm  
**Product Code:** SKRUNCH

**Product Features:**

- Tactile, double natural latex skin for added durability
- Filled with ultra fine silica crystal microbead
- Suitable for rehabilitation of ADHD & Anxiety
- Effective relief for Arthritis, carpal tunnel syndrome, wrist and elbow RSI, Stroke recovery
- Effective for treatment of hand nerve compression



## TPE STRESS EGG

**Units per Case:** 150 (Also sold individually)  
**Case Weight:** 8.1kg  
**Case Size (cm):** 50cm x 32cm x 24cm  
**Product Code:** EGG

**Product Features:**

- Tactile TPE material offers durable resistance for the fingers
- Indestructible grip training device
- Suitable for rehabilitation of ADHD & Anxiety
- Builds strength & endurance in the forearms
- Provides soothing relief for Arthritis, carpal tunnel syndrome, wrist and elbow RSI
- Effective for treatment of hand nerve compression
- Effective exercise for recovery following stroke





# STRENGTH TRAINING



DUMBBELLS, RACKS, BARBELLS,  
KETTLEBELLS & BENCHES

## 18KG ADJUSTABLE KETTLEBELL

**Units per Case:** 1  
**Case Weight:** 19kg  
**Case Size (cm):** 23cm x 27cm x 34cm  
**Product Code:** ADJKB

### Product Features:

- 7 Kettlebells in 1 unit - 2kg to 18kg
- Solid frame with quick plate release mechanism
- 6 separate steel plates slide in and out once unlocked
- Ergonomic design with anti slip rubber sole
- Coated, corrosion resistant steel plates
- An essential piece of kit for every home gym



## 20KG ADJUSTABLE DUMBBELL

**Units per Case:** 1  
**Case Weight:** 21kg  
**Case Size (cm):** 49cm x 26cm x 27cm  
**Product Code:** ADB20XCD

### Product Features:

- 5 Different weight Levels in one compact unit
- 3kg, 7kg, 11kg, 15kg & 20kg selection
- Simply rotate the molded handle to select a new weight and lift
- Smooth steel plates for life long durability
- Ergonomic space-Saving design



## CAST IRON RUBBER KETTLEBELL

**Units per Case:** 1  
**Case Weight:** 00kg

### Product Code & Case Size (CM):

KBO4 (4KG) -	14 X 9.2 X 17
KBR8 (8KG) -	13.5 X 13.5 X 19.8
KBY12 (12KG) -	15.3 X 15.3 X 22.5
KBP16 (16KG) -	15.5 X 15.5 X 24.5
KBB20 (20KG) -	16.5 X 16.5 X 26.3

### Product Features:

- Total Body Conditioning
- Cast Iron
- Wide Stable Base
- Durable Rubber Coating
- Textured Non Slip Handle
- Multiple Weight Options: 4kg (9lbs), 8kg (18lbs), 12kg (26lbs), 16kg (35lbs), 20kg (44lbs)



## 25KG ADJUSTABLE DUMBBELL

**Units per Case:** 1  
**Case Weight:** 26.5kg  
**Case Size (cm):** 50cm x 27cm x 34cm

**Product Code:** DUMBBELL25

### Product Features:

- 5 Different weight Levels in one compact unit
- 5kg, 10kg, 15kg, 20kg & 25kg selection
- Simply rotate the molded handle to select a new weight and lift
- Smooth steel plates for life long durability
- Ergonomic space-Saving design



## 32KG ADJUSTABLE DUMBBELL

**Units per Case:** 1  
**Case Weight:** 33.5kg  
**Case Size (cm):** 52.5cm x 32.5cm x 35.5cm

**Product Code:** DUMBBELL32

### Product Features:

- A 3.5kg, 10kg, 17kg, 24kg & 32kg dumbbell in one
- ABS coated solid steel plates for seamless operation
- Simple to use, just twist handle to select weight and lift
- Space saving compact design fits anywhere
- Scratch resistant base
- Textured grip handle



## HEX DUMBBELLS

**Product Code:** DB2.5, DB5, DB7.5, DB10, DB12.5, DB15, DB20, DB25, DB30, DB35, DB40, DB45, DB50

### Product Features:

- Heavy duty performance with thick, vulcanised rubber coating
- Easy grip contoured diamond etched steel handle
- Anti roll hexagonal flat surfaced
- Full range dumbbell set available in the following sizes;

2.5kg, 5kg, 7.5kg, 10kg, 12.5kg, 15kg, 20kg, 25kg, 30kg, 35kg, 40kg, 45kg & 50kg



## 11KG ADJUSTABLE DUMBBELLS

**Units per Case:** 1  
**Case Weight:** 12.5kg  
**Case Size (cm):** 40cm x 25cm x 20cm

**Product Code:** DUMBBELL11 (Red unit)  
 DUMBBELL11B (Blue unit)

### Product Features:

- A 2.2kg, 4.4kg, 6.6kg, 8.8kg & 11kg dumbbell in one
- Solid steel plates - built to last
- Pull-pin mechanism for fast weight changes
- Ergonomic, compact design fits anywhere
- Diamond etched steel handle for grip during use



## 11KG ADJUSTABLE DUMBBELLS XCD

**Units per Case:** 1  
**Case Weight:** 12.5kg  
**Case Size (cm):** 39.5cm x 24.5cm x 19.5cm

**Product Code:** ADB11XCD-B (Blue unit)  
 ADB11XCD-R (Red unit)

### Product Features:

- A 2.2kg, 4.4kg, 6.6kg, 8.8kg & 11kg dumbbell in one
- ABS coated solid steel plates - built to last
- Pull-pin mechanism for fast weight changes
- Ergonomic, compact design fits anywhere
- ABS coated steel handle for grip during use





## NEOPRENE DUMBBELLS

<b>Units per Case:</b>	NEODB2: 10   NEODB3: 6
<b>Case Weight:</b>	NEODB4: 6   NEODB5: 4
<b>Case Size (cm):</b>	NEODB2: 20kg   NEODB3: 18kg
	NEODB4: 24kg   NEODB5: 20kg
<b>Product Code:</b>	NEODB2: 33 x 19.5 x 11.8cm
	NEODB3: 22.8 x 22.5 x 14cm
	NEODB4: 23 x 22.5 x 15.5cm
	NEODB5: 24.5 x 18 x 16.5cm
	<b>NEODB2</b> (Pink), <b>NEODB3</b> (Mint)
	<b>NEODB4</b> (Turquoise) <b>NEODB5</b> (Black)

### Product Features:

- Cast iron construction
- Neoprene overmold for comfortable, non slip use
- Suitable for beginners or for rehab/recovery
- Anti-roll hexagonal shape



## P1400 ADJUSTABLE WEIGHT BENCH

<b>Units per Case:</b>	1
<b>Case Weight:</b>	17kg
<b>Case Size (cm):</b>	87cm x 31cm x 31cm

**Product Code:** BENCHP1400

### Product Features:

- 3 fully adjustable elements - seat, back and foot support
- 200KG max user weight
- Seat: 4 positions | Back: 5 positions | Foot: 3 positions
- Padded back and base
- Solid tubular steel frame
- Sweatproof PU leather padding



## P1100 ADJUSTABLE WEIGHT BENCH

<b>Units per Case:</b>	1
<b>Case Weight:</b>	12.6kg
<b>Case Size (cm):</b>	84cm x 26cm x 32cm

**Product Code:** BENCHP1100

### Product Features:

- 7 position adjustable back rest
- 200KG max user weight
- Easily folds for quick storage after workout
- Comfortable water resistant PU leather
- Padded back and base
- Solid tubular steel frame



## P2800 ADJUSTABLE WEIGHT BENCH

<b>Units per Case:</b>	1
<b>Case Weight:</b>	25.2kg
<b>Case Size (cm):</b>	125cm x 47cm x 21cm

**Product Code:** BENCHP2800

### Product Features:

- Heavy duty weight bench with double cross base
- 300KG max user weight
- 4 incline positions, flat plus decline position for back
- Seat base adjusts from flat to incline
- Padded back and base
- Solid tubular steel frame
- Removable leg support bar



## F1700 MULTIFUNCTIONAL WEIGHT BENCH

**Units per Case:** 1  
**Case Weight:** 17kg  
**Case Size (cm):** 127.5cm x 47cm x 14.5cm

**Product Code:** BENCHF1700

### Product Features:

- 17kg weight bench
- 200KG max user weight
- 5 incline positions, flat plus decline position
- Padded back and base
- Removable Leg extension bar
- Removable leg extension bar
- Swivel Row/Curl bar for arm & chest work



## U2250 ULTRAFORM WEIGHT BENCH

**Units per Case:** 1  
**Case Weight:** 38kg  
**Case Size (cm):** 148cm x 70cm x 45cm

**Product Code:** BENCHU3800

### Product Features:

- High performance - semi commercial grade 22.5kg bench
- 300KG / 660lb max user weight
- Adjustable Seat: 2 positions | Back: 6 positions
- Padded back and base
- Solid tubular steel frame
- Sweatproof PU leather padding
- Caster wheels & bench handle for easy positioning
- Heavyweight reinforced base



## F3800 MULTIFUNCTIONAL WEIGHT BENCH

**Units per Case:** 1  
**Case Weight:** 32kg  
**Case Size (cm):** 112.5cm x 47cm x 19.5cm

**Product Code:** BENCHF3800

### Product Features:

- 32kg weight bench
- 200KG max user weight
- 3 incline positions, flat plus decline position
- Lat pulldown bar with preacher curl attachment
- Incline/decline fly bars
- Padded back and base
- Removable Leg extension bar
- Adjustable barbell rack
- Swivel Row/Curl bar for arm & chest work



## U3800 ULTRAFORM WEIGHT BENCH

**Units per Case:** 1  
**Case Weight:** 38kg  
**Case Size (cm):** 148cm x 70cm x 45cm

**Product Code:** BENCHU3800

### Product Features:

- Elite performance - commercial grade 38kg bench
- 500KG / 1102lb max user weight
- Seat: 5 positions | Back: 7 positions | Adjustable foot
- Padded back and base
- Solid tubular steel frame
- Sweatproof PU leather padding
- Caster wheels & bench handle for easy positioning
- Reinforced grounding support



## EZ CURL BAR 1200MM

**Units per Case:** 1  
**Case Weight:** 10kg  
**Case Size (cm):** 125cm x 8.5cm

**Product Code:** BBBC1200

### Product Features:

- 4 Needle Bearings
- Smooth Olympic Plate Rotation
- Ergonomic Design, less stress on wrists
- Natural Curl Hand Position
- Mountain Knurl Grip
- Zinc Finish
- 2" Olympic Bar Sleeves
- 1200mm length



## OLYMPIC TECHNIQUE BARBELL

**Units per Case:** 1  
**Case Weight:** 8.0kg  
**Case Size (cm):** 184cm x 8.5cm

**Product Code:** BBBALRS1800 (RED/SILVER)  
 BBBALPS1800 (PINK/SILVER)  
 BBBALBB1800 (BLUE/BLACK)

### Product Features:

- 4 Needle bearings
- Premium quality bar with Lifetime Warranty
- Aluminium barbell with polymer ceramic coating
- IPF Olympic barbell standard knurl marks
- Ideal Olympic Technique Barbell for training
- Vibrant colour options



## RPM POWER OLYMPIC BARS 1200MM > 2200MM

**Units per Case:** 1  
**Case Weight:** 12kg, 13kg, 15kg, 17kg, 22kg  
**Case Size (cm):** 125 > 225cm x 9cm x 9cm

**Product Code:** BBBS1200 - 12kg | 125cm x 9cm x 9cm (silver)  
 BBBS1500 - 13kg | 155cm x 9cm x 9cm (silver)  
 BBBS1800 - 15kg | 185cm x 9cm x 9cm (silver)  
 BBBB2000 - 17kg | 205cm x 9cm x 9cm (black)  
 BBBB2200 - 22kg | 225cm x 9cm x 9cm (black)

### Product Features:

- Smooth plate rotation at all loads
- 8 needle ball bearing shaft
- 2 x Olympic spring collars included per bar
- Dual knurl IWF competition spaced grip
- 22kg bar supports up to 450kg
- Solid card tube packaging for safe transport



## OLYMPIC BUMPER PLATES 5KG > 25KG

**Units per Case:** 5kg & 10kg - 2 plates per box  
 15kg, 20kg & 25kg - 1 plate per box

### Product Code/Weight/Size:

BBP5 - 5kg | 45cm x 45cm x 5.6cm (2 per box)  
 BBP10 - 10kg | 45cm x 45cm x 8.3cm (2 per box)  
 BBP15 - 15kg | 45cm x 45cm x 6.3cm  
 BBP20 - 20kg | 45cm x 45cm x 7.8cm  
 BBP25 - 25kg | 45cm x 45cm x 9.3cm

### Product Features:

- Elite quality plates suitable for both home & commercial use
- Durable rubber exterior with dead bounce when dropped
- Dense polymer rubber helps protect bar & floor when dropped
- Thin profile for maximum bar loading
- Reinforced stainless steel 2" collar inserts
- IWF standard - sold individually
- High quality finish with raised / embossed numbering





## COLOUR ELITE BUMPER PLATES 5KG > 25KG

**Units per Case:** 1 plate per box

**Product Code/Weight/Size:**

<b>BBPGY5</b> (GREY)	5.5kg	45cm x 45cm x 2.3cm
<b>BBPGN10</b> (GREEN)	10.5kg	45cm x 45cm x 4.6cm
<b>BBPY15</b> (YELLOW)	15.5kg	45cm x 45cm x 5.3cm
<b>BBPB20</b> (BLUE)	20.5kg	45cm x 45cm x 6.8cm
<b>BBPR25</b> (RED)	25.5kg	45cm x 45cm x 8.3cm

**Product Features:**

- Elite quality plates suitable for both home & commercial use
- Durable rubber exterior with dead bounce when dropped
- Dense polymer rubber helps protect bar & floor when dropped
- Thin profile for maximum bar loading
- Reinforced stainless steel 2" collar inserts
- IWF standard
- Sold individually
- High quality finish with raised / embossed numbering



## HIP THRUST PAD

**Units per Case:** 25 (Also sold individually)  
**Case Weight:** 7.6kg  
**Case Size (mm):** 47cm x 47cm x 47cm

**Product Code:** BBPAD

**Product Features:**

- Ergonomic Shape
- Secure Straps Included
- Improve Grip Strength
- Even Weight Distribution
- Perfect for Squats, Hip Thrusters and more



## BARBELL CLAMP COLLAR (PAIR)

**Units per Case:** 50 (Also sold individually)  
**Case Weight:** 16kg  
**Case Size (mm):** 39cm x 39cm x 29cm

**Product Code:** BBCLAMP

**Product Features:**

- Quick snap lock and release
- Fits all 2" Standard size bars
- Secure grip
- Includes rubber shock protectors



## BARBELL DUMBBELL GRIPS

**Units per Case:** 50 (Also sold individually)  
**Case Weight:** 16.5kg  
**Case Size (mm):** 37cm x 36.5cm x 25cm

**Product Code:** BBGRIP

**Product Features:**

- For use on bars and dumbbells
- High density silicone
- Knurled surface enhances grip
- Enlarged surface area increases muscle mass & definition
- Reduces stress on wrists



## WEIGHTLIFTING CHALK BALL (60G/2OZ)

**Units per Case:** 250 (Also sold individually)  
**Case Weight:** 11.8kg  
**Case Size (mm):** 59cm x 50cm x 30cm

**Product Code:** WGC

**Product Features:**

- Weight: 60g/ 2oz
- Durable Drawstring Bag
- Superfine Mesh Fabric
- Even coverage with no caking
- Ball reduces airborne chalk & waste



## ADJUSTABLE SQUAT RACK PRO

**Units per Case:** 1  
**Case Weight:** 25.6kg  
**Case Size (cm):** 85cm x 91cm x 12cm  
**Product Code:** BARB1

**Product Features:**

- Suitable for squat, bench press & tricep dip
- Heavy duty reinforced 50mm tubular steel frame
- 300KG max loading weight
- Fully adjustable in width and height
- 13 rack levels (103 - 163cm height)
- 10 width adjustments (73cm - 120cm)
- 7 spotter levels (5cm gaps)
- Spring loaded pin adjustment



## ADJUSTABLE SQUAT RACK

**Units per Case:** 1  
**Case Weight:** 19.8kg  
**Case Size (cm):** 98cm x 67cm x 12cm

**Product Code:** BARB2

**Product Features:**

- Suitable for squat, bench press & tricep dip
- Heavy duty reinforced 50mm tubular steel frame
- 150KG max loading weight
- Fully adjustable in width and height
- 11 rack levels (100 - 158cm height)
- 10 width adjustments (73cm - 120cm)
- 5 spotter levels (5cm gaps)
- Spring loaded pin adjustment



## ULTRA SQUAT STAND

**Units per Case:** 1  
**Case Weight:** Two boxes:: 31kg + 34kg  
**Case Size (cm):** 126cm x 25cm x 16cm  
 177cm x 32cm x 17cm  
**Product Code:** SRACK65

**Product Features:**

- 3MM 11 Gauge Steel
  - Heavy weight 65kg frame built with 3mm 11 guage steel
  - 5yr Warranty
  - For both commercial & home use
  - 450kg max Load Bearing
  - Heavy duty, J Hooks & Spotter Arms
  - Easy height change - 20 levels
  - Dimensions: 184cm Height, 121.5cm Width 123cm Depth.
- Product weight: 65KG (Bench & barbell not included)



## QUARTER RACK WITH DUAL PULL UP BARS

**Units per Case:** 1  
**Case Weight:** 40kg  
**Case Size (cm):** 126cm x 117cm x 204cm  
**Product Code:** SRACK40

### Product Features:

- Stable H Base
- 360kg Capacity
- Dual Pull Up Bars (Height Adjustable)
- Heavy duty J Hooks
- Spotter Arms
- Plate Holders



## R4500 ULTRA HALF RACK WITH CABLE PULLEY

**Units per Case:** 1  
**Case Weight:** 110kg  
**Case Size (cm):** 226cm x 96cm x 33.5cm  
**Product Code:** PRACK110

### Product Features:

- World-class multi-functional Half Squat Rack
- Lat Pull Down Bar with Low Row Bar
- Dip Station & Landmine
- Plate Loaded Pulley with J Hooks
- 450kg Capacity
- Spotter Arms (Adjustable)
- Storage for Bar & Plates
- 110kg Coated stainless steel construction
- Ultra stable training platform



## R2500 POWER RACK WITH CABLE PULLEY

**Units per Case:** 1  
**Case Weight:** Two boxes: 33kg + 35kg  
**Case Size (cm):** 113cm x 25cm x 24cm  
 208cm x 26cm x 12cm  
**Product Code:** PRACK68

### Product Features:

- Cable pulley system for Lat Pull Down and Low Row
- Welded boxed frame for maximum stability
- Barbell racking for squats & presses
- Spotter Arms & Dip bars
- 250kg loading capacity
- Multi-grip pull up bars



## OLYMPIC BAR & PLATE STORAGE TREE

**Units per Case:** 1  
**Case Weight:** 17kg  
**Case Size (cm):** 121cm x 50cm x 20cm

**Product Code:** BBPSTAND

### Product Features:

- 2" Olympic plate storage
- 6 x Plate Pegs
- 4 x Olympic Bar Storage
- 7.75" Pegs
- 300kg weight capacity
- Anti-rust coated finish

(Plates & Bar not included)





# CARDIO





# RPM POWER AIR RUNNER

**Units per Case:** 1  
**Case Weight:** 160kg  
**Case Dimensions:** 173cm x 90cm x 158cm

**Product Code:** AIRRUNNER

**Product Features:**

- Solid rubber, multi section shock absorbing running deck
- Multi bearing supports for friction free running
- Self-powered movement
- Unlimited top speed
- Multi-fuction display monitor
- Dual grip hand rails
- 6 magnetic resistance levels
- Heavy duty commercial grade product





## 5800 SPIN BIKE

**Units per Case:** 1  
**Case Weight:** 34kg  
**Case Dimensions:** 103.5 x 22.5 x 84cm  
**Qty 20ft Container:** 137 units  
**Qty 40ft Container:** 347 units

**Product Code:** BIKE5800

### Product Features:

- Adjustable Resistance with 10Kg Flywheel
- LCD display monitor with Pulse monitor
- Friction braking system with Emergency Brake
- Cushioned PU leather seat



## 9800 SPIN BIKE

**Units per Case:** 1  
**Case Weight:** 41kg  
**Case Dimensions:** 105 x 23 x 83cm  
**Qty 20ft Container:** 140 units  
**Qty 40ft Container:** 340 units

**Product Code:** BIKE9800A

### Product Features:

- 13kg Flywheel with Fully Adjustable Resistance
- Dual handles
- LCD Display Monitor with Pulse Monitor
- Friction braking system with Emergency Break
- Seat Suspension for Extra Comfort
- Cushioned PU leather seat & Water bottle holder



## S10 SPIN BIKE

**Units per Case:** 1  
**Case Weight:** 64kg  
**Case Dimensions:** 107 x 28 x 93cm  
**Qty 20ft Container:** 100 units  
**Qty 40ft Container:** 244 units

**Product Code:** BIKES4000

### Product Features:

- Commercial grade 18kg Mirrored Flywheel
- Fully Adjustable Resistance
- 64kg Heavyweight Frame
- 150kg Max Weight Level
- Friction braking system with emergency brake
- Cushioned PU leather seat - Dual handles



## CYCLE TRAINER

**Units per Case:** 1  
**Case Weight:** 9.3kg  
**Case Dimensions:** 54 x 19 x 59 cm

**Product Code:** CYCLTR1

### Product Features:

- Stainless steel frame
- Fully adjustable resistance simulates steep hills and wind
- Foldable and convenient
- Wired resistance control adjusts in seconds
- Enjoy all the benefits of cycling from your living room





## ASHWOOD WATER ROWER (NON-FOLDABLE)

**Units per Case:** 1  
**Case Weight:** Two boxes: 23.3kg + 9.5kg  
**Case Dimensions:** 70 x 60 x 57cm  
 216 x 17 x 13cm

**Product Code:** ROWASHNF

### Product Features:

- Highest Quality Natural American Ashwood frame
- A True Water Rowing Experience
- LCD Monitor for Tracking Workouts
- Integrated Workout Programmes
- Bluetooth Compatible Mobile App (Kino App)
- Ergonomically Padded Seat



## ASHWOOD FOLDABLE WATER ROWER

**Units per Case:** 1  
**Case Weight:** Two boxes: 23kg + 11kg  
**Case Dimensions:** 73 x 60 x 57cm  
 117 x 31.5 x 14.5cm  
**Product Code:** ROWASH

### Product Features:

- Highest Quality Natural American Ashwood frame
- A True Water Rowing Experience
- LCD Monitor for Tracking Workouts
- Integrated Workout Programmes
- Bluetooth Compatible Mobile App (Kino App)
- Fold in Seconds for Easy Storage
- Ergonomically Padded Seat



## HENLEY 3000 SERIES WATER ROWER

**Units per Case:** 1  
**Case Weight:** Two boxes: 32kg + 2.6kg  
**Case Dimensions:** 101 x 59 x 61cm  
 130 x 9.5 x 7.5cm

**Product Code:** ROWMETAL

### Product Features:

- Aluminum & steel frame
- A True Water Rowing Experience
- LCD Monitor for Tracking Workouts
- Integrated Workout Programmes
- Bluetooth Compatible Mobile App (Kino App)
- Ergonomically Padded Seat
- Can be stored upright



## AIR ROWER

**Units per Case:** 1  
**Case Weight:** 35.3kg  
**Case Dimensions:** 142 x 41 x 56cm  
**Qty 20ft Container:** 86 units  
**Qty 40ft Container:** 208 units  
**Product Code:** AIRROW

### Product Features:

- Spiral damper for adjusting resistance
- Caster wheels for easy moving and repositioning
- Ergonomically-shaped handle with chain drive
- Comfortable padded seat
- Cast steel one-piece resistance fly wheel
- LCD monitor with Intergrated exercise programmes
- Extra-long guide rail for maximum stability
- Bluetooth compatible with 'KinoMap' Training App
- Simple release-frame locking mechanism allows the rower to be folded for convenient storage



# BALANCE BOARDS



## POWERBALANCE BOARD

**Units per Case:** 5  
**Case Weight:** 12.6kg  
**Case Size (cm):** 47cm x 46.5cm x 37.5cm

**Product Code:** BALBOA

### Product Features:

- High quality hand made product
- 150KG max loading weight
- Built from durable, solid wood
- Non-marking floor protectors
- Stimulates Proprioception
- Ideal for strength training & injury prevention
- Used under standing desks for training
- Non slip



## POWERBALANCE ROLLER BOARD

**Units per Case:** 1  
**Case Weight:** 4.5kg  
**Case Size (cm):** 76cm x 31cm x 13.5cm

**Product Code:** ROLBOA: GREYSCALE BOARD  
 ROLBOA 2: RIPPLE BOARD  
 ROLBOA 3: BLUERAY BOARD  
 ROLBOA 4: CRUISER BOARD

### Product Features:

- Built from premium hardened wood
- Mimics snowboarding, wake boarding & skateboarding
- Non marking fabric roller for floor protection
- Non-slip textured surface
- Built in Easy > Difficult quick adjustment slats
- For strength training, injury prevention & co-ordination



CRUISER BOARD



BLUE RAY BOARD



RIPPLE BOARD



GREYSCALE BOARD

## POWERBALANCE WOBBLE BOARD

**Units per Case:** 5  
**Case Weight:** 10.2kg  
**Case Size (cm):** 44.5cm x 42.5cm x 44cm

**Product Code:** WOBBOA: GREEN CROSS  
 WOBBOA2: PAINT STORM  
 WOBBOA3: WAVELENGTH  
 WOBBOA4: DARK KNIGHT

### Product Features:

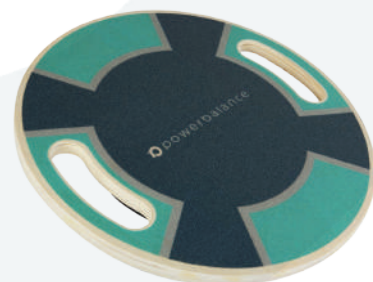
- Built from premium hardened wood
- Non-slip textured surface for extra grip
- 360 degree rotation on removable base bubble
- Use to regain strength and rehabilitate injuries such as, Achilles heel, pulled muscles, breaks, sprains, tendinitis
- Curved crevice handles for balance focused exercises
- Suitable for mobility exercises incorporating all planes of movement



WAVE LENGTH



DARK KNIGHT



GREEN CROSS



PAINT STORM



## POWERBALANCE BOARD SET

**Units per Case:** 1  
**Case Weight:** 5.7kg  
**Case Size (cm):** 79cm x 36cm x 20cm

**Product Code:** BALBOASET

### Product Features:

- High quality hand made product
- 150KG max loading weight
- Built from durable, solid wood
- 3 Balance boards in 1 for advanced balance training
- 8 stages of progression
- Suitable for all training levels - beginner to advanced
- Can be used while seated or standing
- Enhances movement and full body muscle control



## POWERBALANCE ADJUSTABLE SLANT BOARD

**Units per Case:** 1  
**Case Weight:** 4.5kg  
**Case Size (cm):** 42cm x 41cm x 9cm

**Product Code:** SLABOA

### Product Features:

- 5 incline levels
- 150KG max loading weight
- Built from solid stainless steel
- Textured surface for optimum grip
- Curved raised base heel support
- Facilitates deep squats & stretches
- Suitable for strengthening and rehabilitation



## FOOT ROCKER

**Units per Case:** 20 (Also sold individually)  
**Case Weight:** 10kg  
**Case Size (cm):** 78cm x 30cm x 48cm

**Product Code:** FROCK-B (Black)  
 FROCK-G (Grey)  
 FROCK-P (Pink)

### Product Features:

- Ergonomical design for optimal foot & ankle stretching
- Helps to alleviate foot pain & ankle pain
- Effective in the treatment of Plantar Fasciitis
- Engages the correct foot posture of the user
- Stable support helps maintain perfect form while rocking and stretching out at the ankle joint
- Anti-slip design



**MADE OF SOLID IRON**

**TEXTURED SURFACE**

For Extra Grip

**5 INCLINE LEVELS**

For a Wide Range of Exercises

**RAISED BASE**

For Better Support



# RESISTANCE BANDS



**BUILD STRENGTH**

## UNBREAKABLE RESISTANCE TUBE BANDS

**Units per Case:** 12  
**Case Weight:** 14.2kg  
**Case Size (cm):** 53cm x 42cm x 24cm

**Product Code:** UBRESBANDS

### 5 Individual Band Resistance Levels:

10lbs/4kg, 20lbs/10kg, 30lbs/13.5kg  
 40lbs/18kg, 50lbs/22.5kg

### Product Features:

- 5 individual high quality variable resistance bands
- Natural stretch anti-snap rubber
- Suitable for both beginners and experts
- Includes convenient travel bag & workout guide
- Featuring 2 x foam handles, 2 x velco ankle straps & door anchor



## INDIVIDUAL PULL UP BANDS

**Units per Case:** 50 (40 for PUABAND-G) Also sold individually  
**Case Weight:** 18.5kg  
**Case Size (cm):** 44cm x 33.5cm x 56cm

### Product Code:

**PUABAND-R** (Red/light) 50 per box | 7.9kg | 56 x 44 x 14cm  
**PUABAND-B** (Black/Medium) 50 per box | 12kg | 56 x 44 x 19cm  
**PUABAND-P** (Purple/Heavy) 50 per box | 13kg | 56 x 35 x 24cm  
**PUABAND-G** (Green/X-Heavy) 40 per box | 17.8kg | 56 x 35 x 28cm

### Product Features:

- 4 individual high quality variable resistance bands
- Natural stretch anti-snap rubber
- Suitable for both beginners and experts



## PULL UP RESISTANCE BANDS SET

**Units per Case:** 12  
**Case Weight:** 18.5kg  
**Case Size (cm):** 44cm x 33.5cm x 56cm

**Product Code:** PUABANDS

### Product Features:

- 4 individual high quality variable resistance bands
- Natural stretch anti-snap rubber
- Suitable for both beginners and experts
- Includes convenient travel bag & workout guide
- Featuring 2 x foam handles with steel karabiners, 2 x velco ankle straps & door anchor



## 11 PIECE RESISTANCE TUBE BANDS

**Units per Case:** 28 (Also sold individually)  
**Case Weight:** 18kg  
**Case Size (cm):** 54cm x 42cm x 37cm

**Product Code:** RESBANDS

### 5 Individual Band Resistance Levels:

6-8lbs, 9-11lbs, 12-14lbs, 15-18lbs, 22lbs

### Product Features:

- 5 individual high quality variable resistance bands
- Stackable bands offer low to high levels of resistance
- Includes convenient travel bag & workout guide
- Featuring 2 x foam handles, 2 x velco ankle straps & door anchor





## FABRIC RESISTANCE BAND SET

**Units per Case:** 20  
**Case Weight:** 10kg  
**Case Size (cm):** 49cm x 36cm x 25cm

**Product Code:** HIPBANDS

**Product Features:**

- Includes 3 x Hip Band and Carry Bag
- 3 resistance levels: Light, Medium & Heavy
- Won't roll up, pinch skin or move during exercise
- Tear resistant, highly durable
- Booty-building exercises
- Activates muscle growth



## 5 PIECE LOOP BAND SET

**Units per Case:** 100 (Also sold individually)  
**Case Weight:** 12kg  
**Case Size (cm):** 49cm x 34cm x 23cm

**Product Code:** RESLOOP

**5 Individual Band Resistance Levels:**

Extra light, light, medium, heavy, extra heavy

**Product Features:**

- 5 different resistance levels
- Durable and resilient hi-elastic material
- Light weight and portable
- Great for warm up and stretching
- Can be incorporated into most lower body workouts for added resistance during exercise



# PULL UP BARS



## ADJUSTABLE DOOR GYM BAR

**Product Code:** DOORBARADJ (60 - 90cm)  
**Units per Case:** 8  
**Case Weight:** 18.5kg  
**Case Size:** 83cm x 24cm x 23.5cm

**Product Code:** DOORBARADJL (90 - 120cm)  
**Units per Case:** 8  
**Case Weight:** 22.1kg  
**Case Size:** 83cm x 24cm x 32.5cm

### Product Features:

- Portable gym bar - no drilling or screws required
- Telescopic bar expands precisely to door width
- Includes built in spirit level for easy mounting
- Non-slip foam sleeves at the grab points
- Expanded bar supports up to 140kg loading
- Suitable for chins-ups, leg lifts, push-ups, sit-ups, leg/hip stretches



## DOOR GYM BAR & EVO DOOR GYM BAR

**Units per Case:** 5  
**Case Weight:** 19.9kg  
**Case size (cm):** 104cm x 28cm x 30cm

**Product Code:** DOORBAR  
 EVODOORBAR

### Product Features:

- No screwing / drilling, hooks directly onto door frame
- Welded steel frame holds firmly in place
- Suitable for multiple workout options
- Foldable arms for easy storage (hangs in wardrobe)
- Evo model includes hook, straps & handles for full range of suspension body weight exercise options
- Foam covered outer and inner main bar allows comfortable grip on a wide range of exercises



## EVO DOOR GYM BAR COMBO SET

**Units per Case:** 2  
**Case Weight:** 7.5kg  
**Case size (cm):** 103cm x 29cm x 10cm

**Product Code:** EVODCOMBO

### Product Features:

- No screwing / drilling, hooks directly onto door frame
- Welded steel frame holds firmly in place
- Suitable for multiple workout options
- Foldable arms for easy storage (hangs in wardrobe)
- Foam covered outer and inner main bar
- Combo model includes hook, straps & handles & detachable dip station for complete upper body exercise workout



## WALL MOUNTED PULL UP BAR

**Units per Case:** 1  
**Case Weight:** 7.5kg  
**Case size (cm):** 70cm x 32cm x 14cm

**Product Code:** WMPUB

### Product Features:

- Welded steel frame supports up to 300kg
- Innovative handle arrangement allows 3 grip positions
- Suitable for indoor and outdoor use
- Comfortable, non slip padding on handles
- Includes 3 eyelets to allow hanging a punch bag, anchoring suspension straps or resistance bands





## WALL MOUNTED PULL UP BAR & DIP STATION

**Units per Case:** 1  
**Case Weight:** 10.0kg  
**Case Size (cm):** 77.5cm x 26cm x 14cm

**Product Code:** WMPUBDS

### Product Features:

- Supports up to 150kg hang weight
- Innovative handle arrangement allows multi-grip positions
- Transforms from pull up bar to dip station in seconds
- Captain's Chair for leg raises & intense core work
- Comfortable, non slip padding on handles
- Includes 3 eyelets to allow hanging a punch bag, anchoring suspension straps or resistance bands



## ADJUSTABLE DOOR BAR EVO

**Units per Case:** 8 x DOORBARADJ-G (17.5kg)  
 8 x DOORBARADJL-G (23kg)  
 8 x DOORBARADJXL (26.5kg)  
 6 x DOORBARADJXXL (24kg)

**Case Size (cm):** 71 x 24 x 32.5cm - DOORBARADJ-G  
 98 x 24 x 32.5cm - DOORBARADJL-G  
 119 x 24 x 32.5 cm - DOORBARADJXL  
 149 x 35 x 18cm - DOORBARADJXXL

**Product Code:** **DOORBARADJ-G** (60 - 90cm adj)  
**DOORBARADJL-G** (90 - 120cm adj)  
**DOORBARADJXL** (110 - 140cm adj)  
**DOORBARADJXXL** (140 - 170cm adj)

### Product Features:

- Adjustable size - suitable for most door frames
- Easy to install, no screws or drilling required
- In-built spirit level for even mounting
- Includes integrated adjustment key for fast set up
- Non-slip foam handles for extra comfort & support
- Ideal for a wide range of exercises



## PUSH UP BARS

**Units per Case:** 20 (Also sold individually)  
**Case Weight:** 11.5kg  
**Case Size (cm):** 46.5 x 37.5 x 31cm

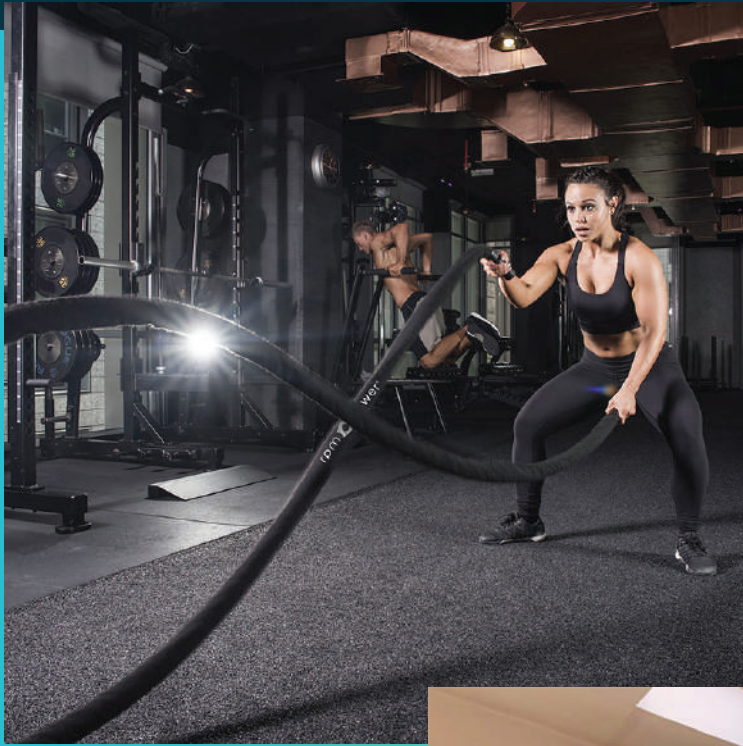
**Product Code:** PUSHUPBAR

### Product Features:

- Foam Cushioned Handles
- Improved Range of Motion
- Less Pressure on Wrists & Joints
- Stable platform for push-ups
- Greater Workout Options



# FITNESS



## BATTLE ROPES

for a serious cardio workout

**Units per Case:** 1

**Product Code:**

<b>BATROP938</b>	(9m - 38mm)	9.8KG	70CM X 26CM X 15CM
<b>BATROP1238</b>	(12m - 38mm)	12.3KG	70CM X 25CM X 17CM
<b>BATROP1538</b>	(15m - 38mm)	15.1KG	70CM X 26CM X 20CM
<b>BATROP950</b>	(9m - 50mm)	15.1KG	68CM X 28CM X 21CM
<b>BATROP1250</b>	(12m - 50mm)	20.2KG	67CM X 28CM X 27CM
<b>BATROP1550</b>	(15m - 50mm)	24.3KG	67CM X 27CM X 31CM

**Product Features:**

- Professional quality ultra-dense heavyweight twisted jute rope
- Covered end to end in Cordura 600D PVC for durability
- Contoured non-slip kevlar handles
- Stainless steel end collars for added workout intensity
- Includes steel anchor point & bolts for floors or walls
- Multiple thickness & lengths available for all levels
- Includes exercise guide



## WEIGHTED VESTS

**Product Code:** VEST5 (5kg vest)  
**Units per Case:** 4  
**Case Weight:** 20kg  
**Case Size (cm):** 52.5cm x 30.5cm x 16cm

**Product Code:** VEST10 (10kg vest)  
**Units per Case:** 2  
**Case Weight:** 20kg  
**Case Size (cm):** 32cm x 27cm x 26.5cm

**Product Features:**

- Weight distributed uniformly throughout vest
- Quick tighten/release adjustable buckles
- Comfy, stretchable neoprene wraps body tightly
- Breathable material for improved air circulation
- Recommended for running, cycling, walking, body weight exercises and HIIT training



## KETTLEBELL WEIGHT PLATE HANDLE

**Product Code:** KETTLEH  
**Units per Case:** 20 (also sold individually)  
**Case Weight:** 13.6kg  
**Case Size (cm):** 62cm x 52cm x 48cm

**Product Features:**

- Manufactured from high impact ABS
- Supports up to 25kg in plate weight
- Suitable for 1" and 2" plates
- Non-slip rubber coated handle for strong grip
- One handle allowing for multiple kettlebell weights



## YOGA MATS

**Units per Case:** 6 (also sold individually / mixed)

**Product Code:**

<b>YOGPUDO</b>	- 18KG   25cm x 35cm x 71cm (PU material)
<b>YOGPUP</b>	- 18KG   25cm x 35cm x 71cm (PU material)
<b>YOGPUB</b>	- 18KG   25cm x 35cm x 71cm (PU material)
<b>YOGCORK</b>	- 16KG   25cm x 35cm x 71cm (Cork material)
<b>YOGTPE</b>	- 8KG   25cm x 35cm x 71cm (TPE material)

**Product Features:**

- The PU mats have the highest grip of any mat available
- Extra large / thick mat surface (PU mats: 182cm x 68cm x 5mm thick)
- Natural eco friendly rubber base
- Mat surface markings for proper body alignment during use
- Super supporting, high density surface makes the PU mat suitable for yoga, pilates, gymnastic and general exercise movements





## ADJUSTABLE HAND GRIPPER 10-110LB | 4.5-50KG

**Units per Case:** 50 (also sold individually)

**Product Code:**  
**GRIPPER** 9.0KG | 40cm x 31cm x 29cm  
**GRIPPER-B** 9.0KG | 40cm x 31cm x 29cm  
**GRIPPER-TWIN** (2 units) 15.2KG | 56cm x 36cm x 28cm

### Product Features:

- 5 to 50kg (10 - 110lbs) adjustable resistance level
- Tactile rubber handle grips for comfortable use
- Stainless steel resistance spring for long life use
- Pocket sized strengthening & rehabilitation device
- Includes exercise booklet
- Suitable for all ages and fitness levels



## AB ROLLER WHEEL

**Units per Case:** 20 (also sold individually)  
**Case Weight:** 15kg  
**Case Size (cm):** 43.5cm x 40.5cm x 43cm

**Product Code:** ABROLLER

### Product Features:

- Focused Core Training
- Dual wheel design for stability
- Effective Isolated Core Training
- Simple to use for Beginner to Pros



## SKRUNCH HAND EXERCISER / STRESS BALL

**Units per Case:** 24  
**Case Weight:** 43kg  
**Case Size (cm):** 25cm x 18cm x 15.5cm

**Product Code:** SKRUNCH

### Product Features:

- Tactile, double natural latex skin for added durability
- Filled with ultra fine silica crystal microbead
- Suitable for rehabilitation of:
  - ADHD, Autism, high anxiety
  - Arthritis, carpal tunnel syndrome, wrist/elbow RSI
  - Stroke recovery
  - Nerve compression in hand
  - MS
  - Stress control



## SKIPPING ROPE ADJUSTABLE LENGTH

**Units per Case:** 60 (also sold individually)  
**Case Weight:** 21kg  
**Case Size (cm):** 50cm x 37cm x 31cm

**Product Code:** SKIPROP

### Product Features:

- Easy/fast rope length adjustment with self lock handles
- Includes two ropes
- Handle ball bearing swivels for smooth rope rotation
- Premium quality skipping rope
- Includes carry case



## CORE SLIDERS (PAIR)

**Units per Case:** 40 (also sold individually)  
**Case Weight:** 10.2kg  
**Case Size (cm):** 39cm x 38cm x 23cm

**Product Code:** CORESLI

### Product Features:

- 100% core-centered training
- Sleek, black design
- Lightweight & Compact
- Target individual muscles
- Offers a full body workout experience
- Includes a free Exercise Guide



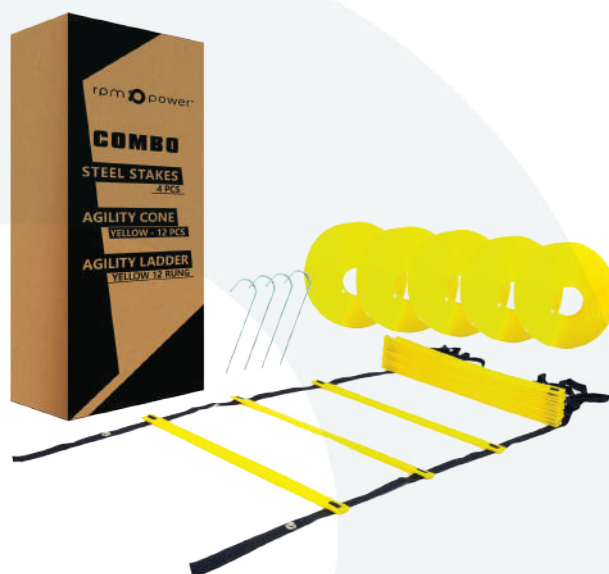
## AGILITY LADDER & CONES COMBO PACK

**Units per Case:** 15 (also sold individually)  
**Case Weight:** 15kg  
**Case Size (cm):** 52cm x 46cm x 46cm

**Product Code:** LADDERCOMBO

### Product Features:

- 12-Rung Agility Ladder
- 12 x Agility Cones
- 4 x Steel Stakes
- Storage Bag
- Focused Speed & Agility Training
- HIIT Cardio Workout



## OCTAGON AGILITY LADDER PACK

**Units per Case:** 5  
**Case Weight:** 22.3kg  
**Case Size (cm):** 21.9cm x 19.7cm x 22.3 cm

**Product Code:** OCTOPACK

### Product Features:

- 8 Octagonal rings (44cm x 44cm or 19.8")
- 12 yellow cones
- Storage bag
- Linking clips
- For speed, agility & footwork
- Heavy duty plastic
- Hundreds of grid variations



## KETTLEBELL DUMBBELL GRIP HANDLE

**Units per Case:** 20 (also sold individually)  
**Case Weight:** 13.4kg  
**Case Size (cm):** 52cm x 39cm x 46cm

**Product Code:** KETTLEG

### Product Features:

- Quick snap lock/release system
- Supports dumbbells of up to 25kg weight
- Suitable for dumbbells with a minimum 115mm handle length (or greater) and up to a 38mm handle diameter
- Non-slip rubber coated handle for strong grip
- Ideally suited for use with adjustable dumbbells



# POWER RECOVER



PHYSIOTHERAPY  
SUPPORTS & TAPES



## KINESIOLOGY TAPE CLASSIC

5cm x 5m - Blue, Black, Beige, Pink, Camo Green, Camo Pink

**Product size:** 5cm wide x 5m long  
**Units per Case:** Inner box: 12 units | Main carton: 72 units  
**Case Weight:** Inner box: 1.45kg | Main carton: 8.7kg  
**Inner box Size:** 24.5 cm x 24 cm x 8 cm  
**Main carton size:** 49 cm x 26 cm x 28.5 cm  
**Product Code:** KTCBG (Beige), KTCBL (Blue)  
 KTCP (Pink), KTCBK (Black)  
 KTCCG (Camo Green) KTCCP (Camo Pink)

### Product Features:

- Made to allow you move & assist your recovery
- Supports muscles, tendons and joints like a brace
- Designed for sensitive skin
- Latex free with medical grade adhesive for itch free use
- Doesn't restrict range of motion
- Breathable for maximum comfort
- Available in 6 Colours: Available in Beige, Pink, Blue, Camo Green, Camo Pink & Black



## KINESIOLOGY TAPE PRO SYNTHETIC

5cm x 5m - Black, Beige

**Product size:** 5cm wide x 5m long  
**Units per Case:** Inner box: 12 units | Main carton: 72 units  
**Case Weight:** Inner box: 1.45kg | Main carton: 8.7kg  
**Inner box Size:** 24.5 cm x 24 cm x 8 cm  
**Main carton size:** 49 cm x 26 cm x 28.5 cm  
**Product Code:** KTSBG (Beige)  
 KTSBK (Black)

### Product Features:

- Made to allow you move & assist your recovery
- Supports muscles, tendons and joints like a brace
- Designed for sensitive skin
- Latex free with medical grade adhesive for itch free use
- Doesn't restrict range of motion
- Breathable for maximum comfort
- Available in Black & Beige



## COHESIVE BANDAGE WITH LATEX

5cm x 4.5m - Beige

**Product size:** 5cm wide x 4.5m long  
**Inner box qty:** 24 pieces - 0.5kg  
**Main carton qty:** 288 pieces - 6.1kg  
**Inner box Size:** 24.5 cm x 18.5 cm x 11.5 cm  
**Main carton size:** 48 cm x 37.5 cm x 36 cm

**Product Code:** CBL5

### Product Features:

- Functional bandaging of injuries to muscles, ligaments & joints
- Aids swelling reduction
- Cohesive backing
- Tearable in both length and width
- Water resistant
- Highly flexible
- Improves circulation
- Supports like a brace



## COHESIVE BANDAGE WITH LATEX

7.5cm x 4.5m - Beige

**Product size:** 7.5cm wide x 4.5m long  
**Inner box qty:** 12 pieces - 0.4kg  
**Main carton qty:** 192 pieces - 6.4kg  
**Inner box Size:** 16.5 cm x 18.5 cm x 12.5 cm  
**Main carton size:** 50 cm x 36.5 cm x 35 cm

**Product Code:** CBL7.5

### Product Features:

- Functional bandaging of injuries to muscles, ligaments & joints
- Aids swelling reduction
- Cohesive backing
- Tearable in both length and width
- Water resistant
- Highly flexible
- Improves circulation
- Supports like a brace



## ELASTIC ADHESIVE BANDAGE

5cm x 4.5m - White with yellow line

**Product size:** 5cm wide x 4.5m long  
**Inner box qty:** 12 pieces - 0.83kg  
**Main carton qty:** 192 pieces - 13.3kg  
**Inner box Size:** 20.5 cm x 26.5 cm x 6.5 cm  
**Main carton size:** 54 cm x 42 cm x 26.5 cm

**Product Code:** EAB5

### Product Features:

- Functional bandaging of injuries to muscles, ligaments & joints
- Aids swelling reduction
- Self adhesive, does not stick to hair, skin or loosen from sweat
- Tearable in both length and width
- Water resistant
- Highly flexible and designed for performance
- Improves circulation
- Supports like a brace



## SPORTS TAPE CLASSIC COTTON

3.8cm x 10m - White (Tearable)

**Product size:** 3.8cm wide x 10m long  
**Inner box qty:** 24 pieces - 2.25kg  
**Main carton qty:** 96 pieces - 9kg  
**Inner box Size:** 18.5 cm x 22.5 cm x 16 cm  
**Main carton size:** 46 cm x 38 cm x 18 cm

**Product Code:** STCW

### Product Features:

- Functional strapping of muscle, ligament & joint injuries
- Medical grade adhesive is gentle on skin (itch free use)
- Helps to reduce swelling
- Helps to prevent injuries
- Water resistant and designed for Performance
- Latex free



## ELASTIC ADHESIVE BANDAGE

7.5cm x 4.5m - White with yellow line

**Product size:** 7.5cm wide x 4.5m long  
**Inner box qty:** 12 pieces - 0.83kg  
**Main carton qty:** 144 pieces - 13.3kg  
**Inner box Size:** 20.5 cm x 26.5 cm x 8.5 cm  
**Main carton size:** 53.5 cm x 42 cm x 28.5 cm

**Product Code:** EAB7.5

### Product Features:

- Functional bandaging of injuries to muscles, ligaments & joints
- Self adhesive, does not stick to hair, skin or loosen from sweat
- Highly flexible and designed for performance
- Tearable in both length and width
- Aids swelling reduction
- Water resistant
- Improves circulation
- Supports like a brace



## SPORTS TAPE PRO RAYON (RIGID)

3.8cm x 9.1m - White, Zinc Oxide

**Product size:** 3.8cm wide x 9.1m long  
**Inner box qty:** 24 pieces - 2.25kg  
**Main carton qty:** 96 pieces - 9.3kg  
**Inner box Size:** 19 cm x 20.5 cm x 14 cm  
**Main carton size:** 43 cm x 39.5 cm x 9.3 cm

**Product Code:** RRTW

### Product Features:

- Rigid strapping of imuscle, ligament & joint injuries
- Medical grade adhesive is gentle on skin (itch free use)
- Helps to reduce swelling
- Helps to prevent injuries
- Water resistant and designed for performance
- Made from Zinc Oxide and latex free



## ELASTIC SUPPORT Ankle

**Units per Case:** 90 (also sold individually)  
**Case Weight:** 8kg  
**Case Size (cm):** 47cm x 36cm x 33cm  
**Product Code:** **ESRAS** (small 16 - 19cm)  
**ESRAM** (medium 19 - 22cm)  
**ESRAL** (large 22 - 26cm)  
**ESRAXL** (X-Large 26 - 30cm )

### Product Features:

- Helps to reduce inflammation, pain and swelling
- Helps to stabilise the ankle joint during recovery
- Offers compression at the joint during active sports
- Lightweight, anti-slip, breathable, washable material
- Suitable for use during recovery of Plantar Faciitis, Achilles Tendonitis, Arthritis, Ligament damage, sprains heel swelling, muscle fatigue



## ELASTIC SUPPORT Knee

**Units per Case:** 90 (also sold individually)  
**Case Weight:** 8kg  
**Case Size (cm):** 47cm x 36cm x 33cm  
**Product Code:** **ESRKS** (small 28 - 32cm)  
**ESRKM** (medium 32 - 36cm)  
**ESRKL** (large 36 - 40cm)  
**ESRKXL** (X-Large 40 - 46cm )

### Product Features:

- Helps to reduce inflammation, pain and swelling
- Helps to stabilise the knee during recovery
- Offers compression at the joint during active sports
- Lightweight, anti-slip, breathable, washable material
- Suitable for ACL/MCL/PCL injuries and more
- Allows full range of motion



## ELASTIC SUPPORT Shin

**Units per Case:** 90 (also sold individually)  
**Case Weight:** 8kg  
**Case Size (cm):** 47cm x 36cm x 33cm  
**Product Code:** **ESRSS** (small 26 - 30cm)  
**ESRSM** (medium 30 - 34cm)  
**ESRSL** (large 34 - 38cm)  
**ESRSXL** (X-Large 38 - 42cm )

### Product Features:

- Helps to reduce strain, pain and swelling
- Helps to increase circulation through graduated compression
- Lightweight, anti-slip, breathable, washable material
- Suitable for use during recovery of shin splints and calf issues



## ELASTIC SUPPORT Thigh

**Units per Case:** 90 (also sold individually)  
**Case Weight:** 8kg  
**Case Size (cm):** 47cm x 36cm x 33cm  
**Product Code:** **ESRTS** (small 45 - 50cm)  
**ESRTM** (medium 50 - 55cm)  
**ESRTL** (large 55 - 60cm)  
**ESRTXL** (X-Large 60 - 65cm )

### Product Features:

- Helps to reduce strain, pain and swelling
- Helps to increase circulation through graduated compression
- Lightweight compression sleeve
- Anti-slip, breathable, washable material
- Suitable for use during recovery of sprains, strains, pain, tightness in hamstrings and quadricep muscles





## ELASTIC SUPPORT Elbow

**Units per Case:** 90 (also sold individually)  
**Case Weight:** 8kg  
**Case Size (cm):** 47cm x 36cm x 33cm  
**Product Code:** **ESRES** (small 19 - 22cm)  
**ESREM** (medium 22 - 25cm)  
**ESREL** (large 25 - 29cm)  
**ESREXL** (X-Large 29 - 33cm )

### Product Features:

- Helps to reduce inflammation, pain and swelling
- Helps to stabilise the elbow joint during recovery
- Offers compression at the joint during active sports
- Lightweight, anti-slip, breathable, washable material
- Suitable for use during recovery of Tennis & Golfer's Elbow, Arthritis, Sprains & Muscle Strains

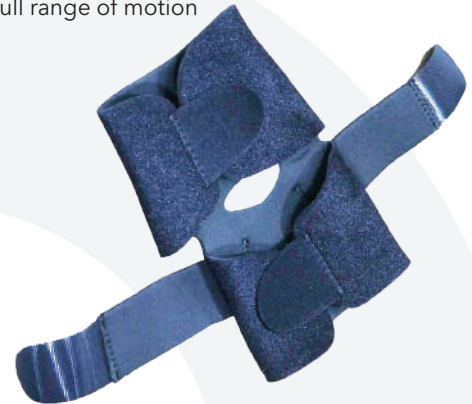


## NEOPRENE SUPPORT Ankle

**Units per Case:** 30 (also sold individually)  
**Case Weight:** 2.7kg  
**Case Size (cm):** 45cm x 31cm x 26.5cm  
**Product Code:** **NSRA**

### Product Features:

- Helps to reduce inflammation, pain and swelling
- Helps to stabilise the ankle joint during recovery
- Offers support of the joint during active sports
- Lightweight, anti-slip, breathable, washable material
- Suitable for use during recovery of Plantar Faciitis, Achilles Tendonitis, Arthritis, Ligament damage, sprains heel swelling, muscle fatigue
- Neoprene material wicks moisture from the skin
- Retains warmth at the joint & increases circulation
- Allows full range of motion

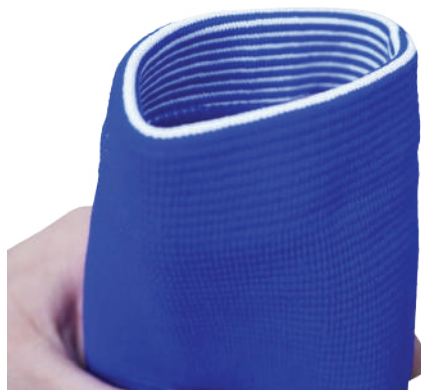


## ELASTIC SUPPORT Wrist

**Units per Case:** 90 (also sold individually)  
**Case Weight:** 8kg  
**Case Size (cm):** 47cm x 36cm x 33cm  
**Product Code:** **ESRWS** (small 14 - 17cm)  
**ESRWM** (medium 17 - 21cm)  
**ESRWL** (large 21 - 24cm)  
**ESRWXL** (X-Large 24 - 28cm )

### Product Features:

- Helps to reduce inflammation, pain and swelling
- Helps to stabilise the wrist joint during recovery
- Offers compression at the joint during active sports or while doing repetitive activities such as typing
- Lightweight, anti-slip, breathable, washable material
- Suitable for use during recovery of Carpal Tunnel, Joint Pain, Wrist Tendonitis & Wrist Fractures



## NEOPRENE SUPPORT Elbow

**Units per Case:** 30 (also sold individually)  
**Case Weight:** 3.4kg  
**Case Size (cm):** 45cm x 30.5cm x 26cm  
**Product Code:** **NSRE**

### Product Features:

- Helps to reduce inflammation, pain and swelling
- Helps to stabilise the elbow joint during recovery
- Offers support at the joint during active sports
- Lightweight, anti-slip, breathable, washable material
- Suitable for use during recovery of Tennis & Golfer's Elbow, Arthritis, Sprains & Muscle Strains
- Neoprene material wicks moisture from the skin
- Retains warmth at the joint & increases circulation
- Allows full range of motion



## NEOPRENE SUPPORT

### Wrist

**Units per Case:** 60 (also sold individually)  
**Case Weight:** 3.3kg  
**Case Size (cm):** 44cm x 30cm x 26cm  
**Product Code:** NSRWR

#### Product Features:

- Helps to reduce inflammation, pain and swelling
- Helps to stabilise the wrist joint during recovery
- Offers support at the joint during active sports or while doing repetitive activities such as typing
- Lightweight, anti-slip, breathable, washable material
- Suitable for use during recovery of Carpal Tunnel, Joint Pain, Wrist Tendonitis & Wrist Fractures
- Neoprene material wicks moisture from the skin
- Retains warmth at the joint & increases circulation
- Allows full range of motion



## NEOPRENE SUPPORT

### Waist

**Units per Case:** 30 (also sold individually)  
**Case Weight:** 5.2kg  
**Case Size (cm):** 44cm x 30cm x 41cm

**Product Code:** NSRWA

#### Product Features:

- Helps to reduce strain, pain & discomfort at the back
- Offers effective daily support while sitting or moving
- One size fits all, breathable, washable neoprene material
- Provides additional warmth at the lower back
- Graduated compression at the lower back for maximum support and comfort during athletic performance



## NEOPRENE SUPPORT

### Knee

**Units per Case:** 90 (also sold individually)  
**Case Weight:** 8kg  
**Case Size (cm):** 47cm x 36cm x 33cm  
**Product Code:** NSRK

#### Product Features:

- Helps to reduce inflammation, pain and swelling
- Helps to support and stabilise the knee during recovery
- Offers support at the joint during active sports
- Lightweight, anti-slip, breathable, washable material
- Suitable for ACL/MCL/PCL injuries and more
- Neoprene material retains warmth & increases circulation
- Allows full range of motion



## NEOPRENE SUPPORT

### Shin

**Units per Case:** 30 (also sold individually)  
**Case Weight:** 5.2kg  
**Case Size (cm):** 44cm x 30cm x 41cm

**Product Code:** NSRS

#### Product Features:

- Wrapped support helps reduce strain, pain & swelling
- Helps to increase circulation through compression
- Lightweight, anti-slip, breathable, washable material
- Suitable for use during recovery of shin splints and calf issues
- Neoprene material wicks moisture from the skin
- Retains warmth around the limb & increases circulation
- Allows full range of motion



## REUSABLE ICE BAG

1200ml

**Units per Case:** 40 (also sold individually)  
**Case Weight:** 7.4kg  
**Case Size (cm):** 58cm x 31cm x 39cm  
**Product Code:** **ICEBAG1200**

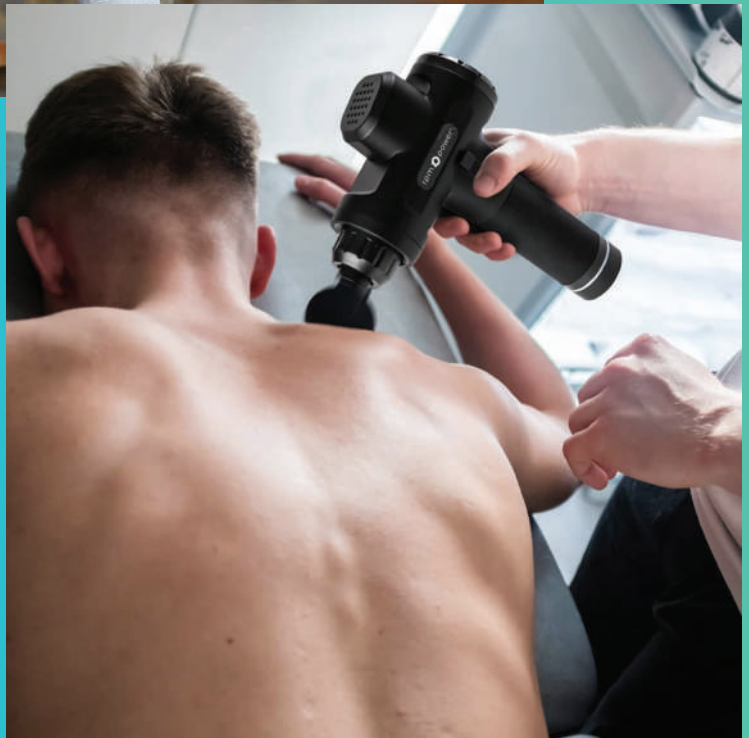
**Product Features:**

- Promotes faster recovery using cold compression to reduce inflammation
- First response aid to reduce pain and swelling
- Pleated fabric easily conforms to limb for maximum coverage and comfort - applied directly to the skin
- Can be used with hot water or cold with ice cubes, crushed ice or cold water
- Reusable over and over
- Large opening





# MASSAGE & REHABILITATION



## POWER MASSAGE ROLLER

**Units per Case:** 60 (Also sold individually)  
**Case Weight:** 8.9kg  
**Case Size (mm):** 37cm x 25cm x 29cm

**Product Code:** **MASSAGE-B** (Black)  
**MASSAGE-G** (Black)  
**MASSAGE-T** (Turquoise)

### Product Features:

- Deep tissue massage for legs, arms, neck, shoulders,, back
- Friction free 360-degree ball movement glides effortlessly
- Ergonomic design is comfortable to grip and hold
- Rapid relief of pain and stiffness, removes knots, extends range of motion
- Compatible with massage oils & lotions
- Can be washed with soap and water



## SELF MASSAGE ROLLER STICK

**Units per Case:** 50 (Also sold individually)  
**Case Weight:** 16kg  
**Case Size (mm):** 47cm x 46cm x 23cm

**Product Code:** **MRSB** (Blue), **MRSG** (Green),  
**MRSBK** (Black), **MRSP** (Pink)

### Product Features:

- Curved nubbed surface works deeply into soft tissue
- Lifetime warranty - made from premium grade Thermoplastic
- Tactile handle - comfortable to grip and use
- Meticulously crafted with 9 individual rollers
- Essential for sports / athletic warm up and cool down
- Leads to faster injury recovery through enhanced blood flow
- Stretches out tight muscles, taking pressure off connecting tendons and quickly reducing inflammation.



## POWER PULSE MASSAGE GUN PERFORMANCE

**Units per Case:** 1  
**Case Weight:** 2.8kg  
**Case Size (cm):** 35cm x 25cm x 12cm  
**Product Code:** **MASSGUN**

### Product Features:

- 20 speed levels for light, deep or vigorous massage,
- Powerful motor producing 1800-3200 pulses per minute
- 6 interchangeable heads
- Targeted massage of neck, shoulders, arms, legs & feet
- LCD display for precise speed adjustment and control
- 2500mAh rechargeable battery offers up to 8 hours use
- In-built noise reduction - less than 50db (similar to talking)
- Includes mains charger and soft carry case



## POWER PULSE MASSAGE GUN RECOVERY

**Units per Case:** 1  
**Case Weight:** 1.5kg  
**Case Size (cm):** 28cm x 24cm x 13cm  
**Product Code:** **MASSGUN2**

### Product Features:

- 20 speed levels for light, deep or vigorous massage,
- Powerful motor producing 1800-3000 pulses per minute
- 6 interchangeable heads
- Targeted massage of neck, shoulders, arms, legs & feet
- LCD display for precise speed adjustment and control
- 2300mAh rechargeable battery offers up to 5 hours use
- Includes mains charger and soft carry case



## NEXXBAR BODY MASSAGER

**Units per Case:** 1  
**Case Weight:** 1kg  
**Case Size (mm):** 53cm x 11cm x 11cm  
**Product Code:** NEXXBAR (Blue)

### Product Features:

- One of the most powerful massage products on the market.
- Allows deep tissue massage of virtually every body part, including legs and feet
- Anchored leverage allows for professional style results with minimum effort
- Telescopic extension design allows user to roll out neck, shoulders and middle back without having to over-reach
- Lightweight and highly portable
- Includes carry case and removable foam sleeve for sensitive areas



## NEXT GENERATION FOAM ROLLING PLATFORM

**Units per Case:** 6  
**Case Weight:** 16.8kg  
**Case Size (cm):** 58cm x 47cm x 53cm

**Product Code:** BBALLER

### Product Features:

- Two EVA high-density foam rollers
- Smooth-rolling steel ball bearings
- Textured, non-slip neoprene pads on platform
- Ergonomic design
- Contoured surface for minimal spine impact
- Includes 20-minute exercise programme

A revolutionary piece of equipment for rehabilitation, stretching and mobility. BackBaller® is a uniquely-designed, dual-mounted foam roller which helps to relieve aches and pains in the shoulders, back and legs, effectively loosening tight knots, soothing pain and dissolving tension in the muscles.



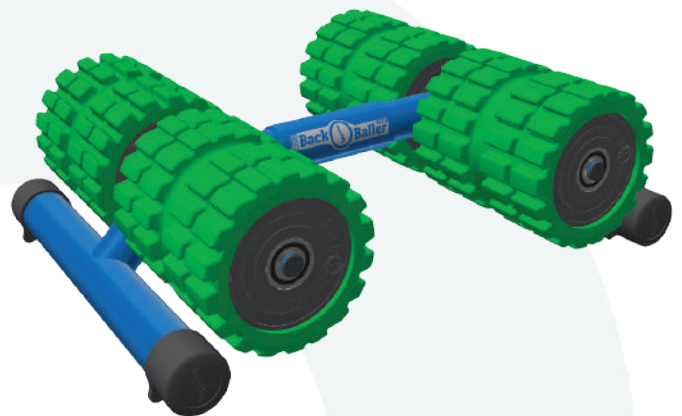
## BIG BACKBALLER

**Units per Case:** 1  
**Case Weight:** 7kg  
**Case Size (cm):** 54cm x 42cm x 19.5cm

**Product Code:** BIGBACKBALL

### Product Features:

- Wide platform roller with high stability
- Four EVA high-density foam rollers
- Smooth-rolling steel ball bearings
- Textured, non-slip neoprene pads on platform
- Contoured surface for minimal spine impact
- Includes 20-minute exercise programme



## MUSCLE BALLER

**Units per Case:** 1  
**Case Weight:** 1kg  
**Case Size (cm):** 28cm x 18cm x 18cm

**Product Code:** MBALLER

### Product Features:

- EVA high-density foam roller
- Smooth-rolling steel ball bearings
- Textured, non-slip neoprene pads on platform
- Ergonomic design
- Contoured surface for minimal spine impact
- Includes 20-minute exercise programme





## BACKBALLER - THE HOG

**Units per Case:** 1  
**Case Weight:** 0.5kg  
**Case Size (cm):** 33cm x 29cm x 12cm  
**Product Code:** BBHOG

**Product Features:**

- Multi-functional stretcher for core abdominal workouts, crunches, spinal and general stretching exercises.
- Contoured textured centre cradles the back for optimum comfort during use.
- Pyramid shaped nodules for deep tissue, trigger point massage.
- Helps increase movement and flexibility, improve posture, reduce back pain

*The Hog is a multi-functional piece of equipment which not only targets abdominal muscle groups for core strength but also works on the obliques and lower back whilst providing effective deep tissue trigger point massage at the same time. Regular use has been shown to result in improved core strength, an increased range of motion and flexibility, better posture and a reduction in muscular aches, pain and discomfort.*



Notes:



rpm  power®

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