

PHYSICAL[®]

FIRST FOR FITNESS SOLUTIONS

CATALOGUE 2023/24

ABOUT US

FUNCTIONAL

CLASSES

MIND BODY

COMBAT

STRENGTH

RACKS & RIGS

FLOORING

CARDIO

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WELCOME

At Physical, our vision is to be First for Fitness Solutions: the first and only call you need to make if you're looking to create exceptional training spaces.

Of course, the first step is to offer the right products, and our 1,900+ product portfolio is second to none. Our own PHYSICAL range is constantly growing and evolving, incorporating user feedback and broader trends to guarantee an incredible workout experience every time. Complementing this, our exclusive partnerships with cherry-picked specialists – including BOSU®, Merrithew, Ziva, Ecore and Airex, among others – ensure our catalogue is world-class from A-Z and unparalleled in its scope.

Our hugely experienced team plays a vital role in our vision too: fitness industry 'lifers' who channel their expertise and passion to help our customers create fitness spaces that inspire.

Our #1 company value is to provide an outstanding customer experience every time and our Trustpilot reviews say it all. Quite simply, everything we do is underpinned by our fundamental belief in honest, professional, genuinely caring customer service, all tailored to your specific needs.

We're there at every step of the way, whether it's sharing insights or designing your gym, carefully selecting your perfect product mix or installing your new training space – and beyond, with exceptional levels of aftercare and best-in-class commercial warranties. We make the whole process easy too, with quick deliveries and no-quibble returns.

It's why we've become one of the UK's most trusted gym equipment suppliers, becoming First for Fitness Solutions for so many leading brands across the health and fitness sector.

Whether you're a local authority gym, full-service health club, boxing club,

personal training business, boutique yoga studio or would-be owner of a new home gym, we're here to help you create a training space that exceeds all expectations.



John Halls

Managing Director, Physical



ABOUT US

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**BORN IN
BUCKINGHAMSHIRE
IN 1989, PHYSICAL
HAS BEEN CREATING
EXCEPTIONAL
TRAINING
OPPORTUNITIES FOR
OVER 30 YEARS**

ABOUT US

We've evolved from a family-run business supplying hand weights and mats to fitness enthusiasts to become one of the best-known suppliers of high-quality gym equipment in the UK.

And we've grown without losing the personal touch of our original family business, priding ourselves on the first-class customer care we continue to deliver every day.

Our hugely experienced team are fitness industry lifers who channel their expertise, passion and industry knowledge to help commercial gym operators stay one step ahead at all times, working in partnership to create fitness spaces that inspire.

Meanwhile, our catalogue now boasts over 1,900 products, from our extensive and growing PHYSICAL range of high-quality commercial gym equipment designed by us to meet the ever-evolving needs of the sector, to cherry-picked items from our exclusive partners.



OUR EXPERTISE



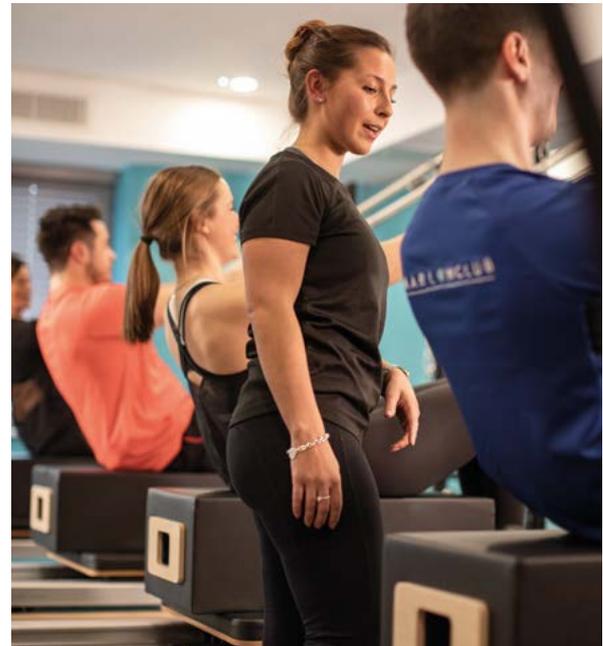
We love working from the ground up, partnering with you to understand your needs, maximise your space and create a fitness playground that inspires.



The way people are choosing to train has changed dramatically. Exercisers are increasingly seeking out activities that give a sense of community and engagement that deliver a fresh, fun, varied experience while still giving them the results they want.

We're talking group exercise, functional training, free weights and small group training. Basically, everything Physical has specialised in for over 30 years, and it makes us the perfect one-stop-shop for your new fitness space.

Our expert gym design team is on-hand to bring your vision to life, while our diverse range of commercial grade gym equipment ensures you'll find everything you need in one place – everything from rigs to racks, flooring to functional gym equipment, kettlebells to dumbbells, mats to yoga equipment and far, far more besides from our 1,900+ strong product catalogue.



DESIGN & BRANDING

**However large or small
your fitness space, we'll
work with you from initial
concepts right through to
installation and beyond.**



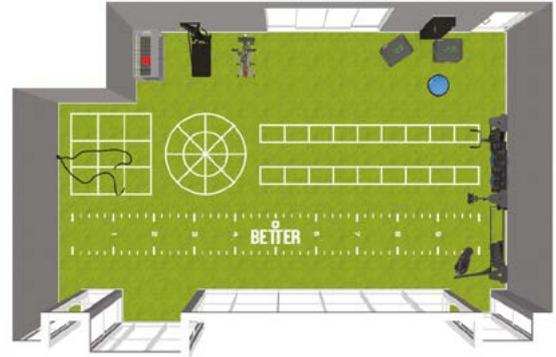
We start by understanding your needs

What are you looking to achieve? What is your brand all about? Who are your customers and what motivates them? To this, we add our own 30+ years of expertise and insight to ensure the result is as relevant and future-proofed as it is wow factor.



Space planning is next

Designing the new space in such a way that it inspires footfall. We help you strike the perfect balance between innovative, engaging equipment and breathing room that allows users to flow around and enjoy that equipment. Our 2D, 3D and video walkthroughs can then help you visualise your new space.



We also look at ways to build your brand

From wall graphics to custom-branded flooring and equipment, our in-house design team can do it all.

Our turf tracks are a very popular option: think artificial turf, designed to withstand the rigours of heavy use, that's been customised with your brand's logo and colour scheme – as well as all the markings you need for your signature workouts – to create a gym floor centrepiece that's as functional as it is attention-grabbing.

Customgrass is particularly ground-breaking, with branding and markings woven in at the point of manufacture so they won't lift, peel or fade. The result is a single piece of flooring that looks great and is durable enough to cope with the constant use of a commercial gym environment.

If you'd like custom-branded equipment, we can do that too, with extended lead times and minimum order requirements. Alternatively, our Performance range of products is deliberately understated in its PHYSICAL branding, allowing yours to be the brand that shines.

The short version: We're the only call you need to make to bring your dream training space to life.



OUR PARTNERS

At Physical, we believe very strongly in the power of partnership, that's why we've chosen to exclusively partner with some of the world's leading specialist manufacturers.



AIREX

Manufacturing quality mats since 1952, AIREX is the global market leader when it comes to high-quality fitness, gymnastics, yoga and Pilates mats and balance pads.



BOSU®

Invented by David Weck, the BOSU® Balance Trainer debuted in 2000. It quickly became one of the most successful fitness training products in the world, known industry-wide not only for developing balance, but also improving flexibility and supporting effective cardio workouts.



ECORE

Specialist flooring manufacturer Ecore is fully dedicated to understanding the relationship between people and the surfaces on which they work, play and live. It sets out to create dynamic surfaces that take into consideration not only safety but also ergonomics and acoustics.



MERRITHEW

The global leader in mindful movement, embracing mind-body education as well as equipment such as Pilates Reformers and Stability Barres. Its mission: to motivate people of all ages and life stages to lead healthier lives.



ZIVA

A global fitness brand with a focus on premium, durable, high-performing products - all supported by some of the longest warranties in the industry. ZIVA's broad portfolio spans free weights to functional equipment, accessories to storage, racks and rigs to benches and platforms.



FITPRO

Insure - Educate - Support. FitPro has been an industry leader and influencer for over 32 years and its philosophy has always been to listen, support and deliver. It is the conduit between the academic world and the fitness professional.

TRAINING

future fit
TRAINING

**We are proud to partner
with Future Fit Training.
Innovators. Industry
experts. Leaders. Award-
winning educators.**

Future Fit Training is the UK's leading training provider for personal trainers, nutrition advisers and Pilates instructors, driving innovation and excellence across the health and fitness industry.

Offering a broad range of training and qualifications – from courses to start your career to specialist training, Level 4 qualifications and ongoing CPD – Future Fit is the go-to education provider for those looking to progress along their chosen career path.

CORE TRAINING ●

Gain the knowledge and skills you need to prescribe safe, effective and challenging core exercises for your clients across a wide range of needs and abilities. Help your clients create a strong foundation for exercise that will help with balance, flexibility, exercise performance and injury prevention.

ADVANCED RESISTANCE TRAINING ●

Gain an in-depth understanding of advanced resistance training, including the theory and application of advanced training techniques and programme design to increase muscle strength, power and endurance.

CIRCUIT TRAINING ●

Learn how to structure circuit training sessions that can be adapted for use with personal training clients, exercise classes at home, in a studio or any other appropriate venue.

NUTRITION FOR SPORT AND EXERCISE ●

Gain an extensive understanding of sports nutrition and how to advise your clients on their diet. Learn how to adapt diets to optimise energy levels, boost post-exercise recovery and support overall health and wellbeing.

COMPLETE KETTLEBELL TRAINING ●

Kettlebell training is a dynamic way to improve cardiovascular fitness and strength simultaneously. Gain the skills and knowledge you need to safely and effectively teach clients a range of kettlebell exercises.

FUNCTIONAL EQUIPMENT TRAINING ●

Get to grips with multi-planar movement, whole-body integration and ground reaction force training. You'll use equipment such as stability balls, weighted bags, medicine balls, agility ladders and BOSU® Balance Trainers.

PRE AND POSTNATAL EXERCISE ●●

Understand the physiological changes and medical conditions encountered during pregnancy and how to adapt your clients' exercise prescriptions to accommodate them.

SUSPENSION EXERCISE TRAINER ●

Expand your expertise in resistance training, enabling you to safely and simultaneously develop (not intensify) your clients' strength, balance, flexibility and joint stability using the very latest suspension training techniques.

PILATES WITH SMALL EQUIPMENT ●

Learn how to create varied and challenging classes combining Pilates techniques with small, portable pieces of equipment. Help your clients isolate and intensify their core muscles, improve exercise performance and increase kinaesthetic awareness.

ENDORSED COURSES ●  **VTCT** ●  **CIMSPA**
Endorsed

PHYSICAL APP



With fingertip access to a huge array of educational content and videos, our app supports the creation of motivating, engaging, progressive workouts.



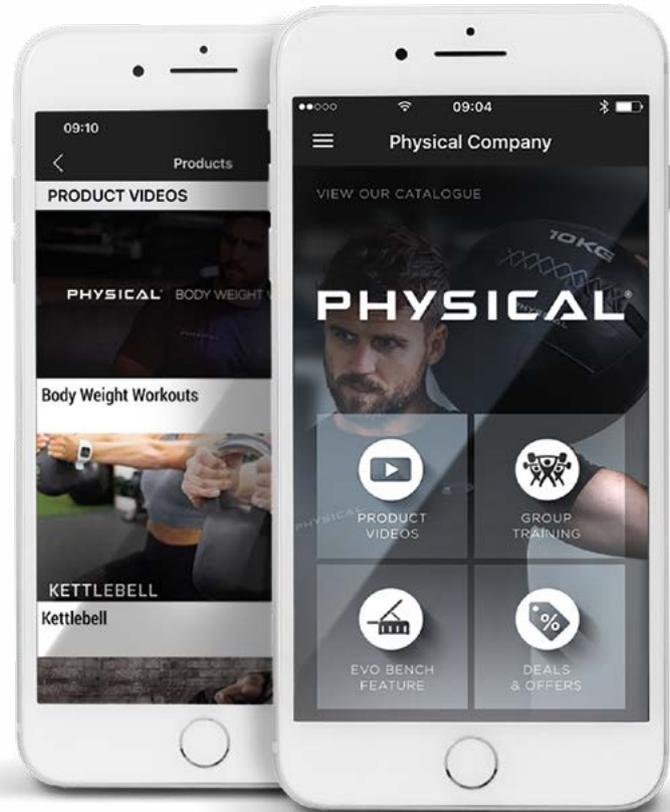
SCAN HERE
TO GET THE APP

Perfect for anyone looking to train using PHYSICAL equipment, from personal trainers to home users, the app is free to download and continually updated to reflect the latest workout trends and product launches.

For the commercial user, it also includes collateral to promote APEX – a diverse series of innovative gym floor programmes – and throws a spotlight on our multi-functional Evo Bench.

Other featured products include Surge, The Grid, BOSU®, Titan Bag, Pilates Power Ring, Trigger Point Therapy Ball, Weighted Soft Pilates Ball, Medicine Ball, PBX Bag and Kettlebells.

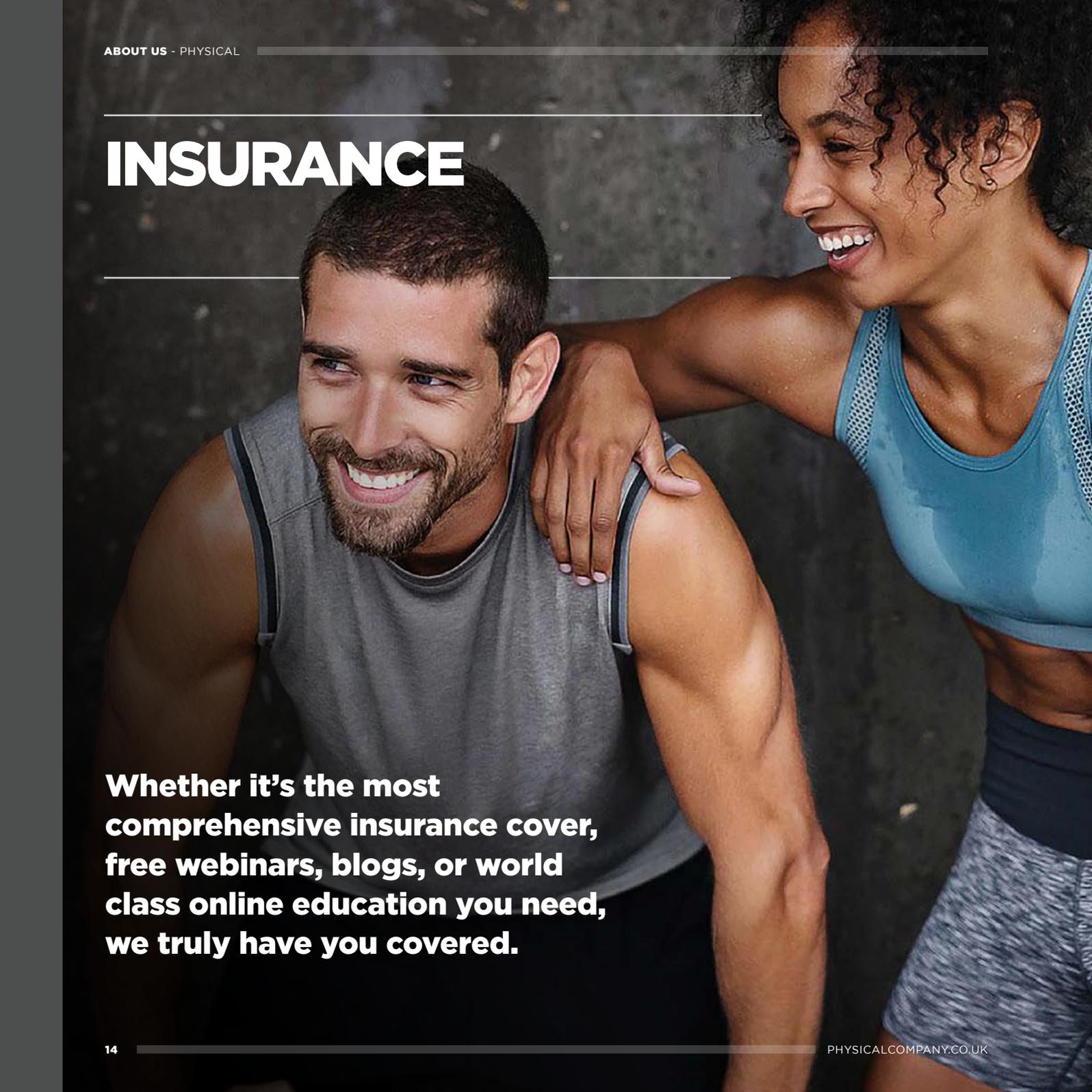
Available for iPhone and Android devices, the app also provides direct access to this catalogue, making purchasing easy – anywhere.



**EXTENSIVE EXERCISE
VIDEO LIBRARY AVAILABLE
IN GROUP TRAINING SECTION**



INSURANCE



Whether it's the most comprehensive insurance cover, free webinars, blogs, or world class online education you need, we truly have you covered.



Insure. Educate. Support.

At Physical, we're always looking for new ways to give our customers even more: more great products, more services and solutions, more added value.

We want to ensure that, whatever you need to create a premium workout experience, you can get it by partnering with us.

It's why we recently extended our relationship with professional fitness development giant FitPro, harnessing the synergies between our two businesses.

Now, all Physical customers can benefit from **20% off** FitPro's world-class, CIMSPA-accredited training, helping you get the most out of every piece of equipment you purchase from us.

Simply use the code **PHYSICAL20** to save 20% on your CPD education - which course will you choose first?

And that's not all, with Physical customers also entitled to 10% off all FitPro insurance, including £2m, £5m and £10m cover.

It's just one more reason why Physical is First for Fitness Solutions.



FOR MORE
INFORMATION
ABOUT SERVICES,
OFFERINGS AND
PRODUCTS VISIT
WWW.FITPRO.COM

CASE STUDIES

These are a few examples of how Physical has worked with a variety of facilities to achieve their goals.

CASE STUDY

BXG FIT WOKINGHAM



When Wokingham Borough Council set about creating a boutique boxing hub for local residents, it turned to Physical as the perfect partner to help bring its concept to life.

“We worked with Physical to design and equip our space very differently from mainstream gyms. There’s a boxing ring, punchbags, aqua bags, functional training rig, turf track, Air Bikes, SkiErgs, and plenty of free weights and functional kit,” says Joe Howorth, commercial activity manager for Wokingham Borough Council’s Sport & Leisure team.

“Physical helped put our brand front and centre, too: woven into our turf and emblazoned on our punchbags, gloves and the corners of the training ring. Our range of branded merchandise further enhances the sense of belonging.”

CASE STUDY

THE PILATES MOVEMENT STUDIO



The Pilates Movement Studio was founded in 2020 by Jeff Waters. Initially operating as a single location in Godalming, Surrey, its second studio opened in nearby Guildford in November 2022 as an overflow location.

The new Guildford studio is equipped with Merrithew Onyx SPX reformers, supplied by Physical as Merrithew’s exclusive UK distributor: six in the GX studio and one in the PT studio.

“I had been looking at another reformer, but the Physical team understood the quality of our brand and what we’re trying to achieve and gently steered me towards the Merrithew SPX. I’m delighted with that decision,” says Waters.

THE SHREDQUARTERS



The Shredquarters is a functional training franchise that's been built around a single-minded ethos of putting members and franchisees first.

Established in Reading in 2016 as a single-site independent club, it now operates as a successful franchise business that in the space of just over a year has grown to 10 locations.

This 'made in Britain' growth story is being steered by founder and owner Adam Waters, who has personally funded all growth. The resulting lack of investors and loans, he says, has freed him up to "tear up the rule book".

Supplying a full complement of flooring and free weights, rigs and punchbags, TRX, battle ropes, Olympic bars and storage racks, Physical is the go-to equipment partner for all Shredquarters franchises.

"The equipment is high-quality and priced well. We're also able to get everything we need from one supplier, including flooring, where previously we were sourcing different things from different places. That makes Physical a great partner for our franchise solution."

Emerging from lockdown still a single-site operator, the business has already grown to 10 sites, including a number in London, with a further 10 signed and scheduled to open throughout the remainder of 2023. Interest also continues to flood in."

"I believe the high level of demand for our franchise model comes down to the fact that it's a great product – as good as anything out there – at an affordable price," says Waters. "Our aim has always been to create a decent, honest, sustainable brand that people will actually make a living out of."



CASE STUDY

BARRY LEISURE CENTRE



Barry Leisure Centre is one of five Vale of Glamorgan Council-owned leisure centres operated by Legacy Leisure – a not-for-profit charitable organisation and subsidiary company of Parkwood Leisure.

It has, says Contract Manager Rob Oaten, always been a prominent local leisure centre spanning a cardiovascular and strength gym, sports hall, group exercise and cycling studios, squash courts, swimming pools and a GP referral studio – a broad offering that allows the centre to serve a good cross-section of the community, inspiring the highest participation numbers across all council-owned facilities.

In April 2020, an opportunity was identified to further diversify and differentiate the offering.

“Once we had our formal designs – as well as funding to support the project from the Vale of Glamorgan Council and Sport Wales – we approached a number of suppliers to find someone who could help us bring it to life.

“We wanted a trusted supplier who could meet all our needs, providing the equipment as well as the container itself. We chose Physical due to its diversity and affordability.”

Positioned on the outer edge of the new flooring, the container’s branded external walls feature heavy-duty squat racks and dip stations. Inside, a wide array of Physical equipment can be moved outside for classes: kettlebells, bags, balls, plyo boxes, Olympic bars and plates, agility ladders, battle ropes and tyres to name a few.



FUNCTIONAL

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**OUR UNPARALLELED
PORTFOLIO OF
FUNCTIONAL
TRAINING EQUIPMENT
BRINGS TOGETHER
BEST-IN-CLASS
PRODUCTS FROM
OUR MARKET-
LEADING PARTNERS
ALONGSIDE OUR OWN
RANGE OF PRODUCTS**

FUNCTIONAL

Functional training is one of today's buzzwords, and for good reason. By working the body in all the forms and planes of movement it naturally has to use on a daily basis, this training goes beyond simply getting you fit. It gets you fit for life.

It's also a highly inclusive, engaging form of training: whatever your fitness level or experience, movements can be modified to allow you to take part and reap the rewards.

The best functional spaces are effectively exercise playgrounds, packed full of new things to try – and whether you're a gym, fitness studio or CrossFit box, we're here to help you create precisely this sort of inspiring, interactive space for your customers.

Our unparalleled portfolio of functional training equipment brings together best-in-class products from our market-leading partners – among them BOSU®, TRX and ViPR – as well as a complete range of equipment, and programming should you require it, from our own PHYSICAL brand.

It all adds up to the ultimate functional training experience: exceptional quality and finish, unbeatable variety, and all delivered for a highly competitive price.

PBX SAND BAGS



ZIVA

PBX SAND BAGS



One of the most versatile sand bags on the market. With 3 different handle variations, the high-quality PBX has been designed and tested to the extreme by fitness professionals. Suitable for both indoor and outdoor use.

- Ultra-durable casing
- High-density breathable foam core
- Versatile grip positions
- Built-in NFC technology linking to online exercise library
- Internal webbing to reinforce external handles and seams
- Not suitable for slamming exercises

Warranty - 1 year

PBX5	5kg	Black/Purple
PBX75	7.5kg	Black/Orange
PBX10	10kg	Black/Green
PBX15	15kg	Black/Yellow
PBX20	20kg	Black/Blue
PBX25	25kg	Black/Red
PBX30	30kg	Black/Light Cream
PBX35	35kg	Black/Dark Cream

MULTI BAG RACK



This redesigned and enhanced Multi Bag / BOSU® rack combines style and sturdiness. This stable storage solution includes curved tubing made from 3mm thick steel.

Holds up to 10 PBX Sand Bags or other similar functional equipment such as Titan Bags, Wreck Bags or BOSU® Balance Trainers.

- Each shelf holds a maximum of 50kg (bottom shelf can take 65kg)
- Manufactured with 3mm thick steel tubing for durability
- Upright design ensures minimal gym floor footprint
- Rubber base plate for feet for extra stability

Dimensions - W 520mm x H 1700mm
x D 870mm
Weight - 40kg
Warranty - 2 years
Installation available

PBR Rack only

ZVO PREMIUM POWER CORE BAG



High quality industrial grade PU outer coated sand bag, reinforced with 4mm composite skin with a soft non slip grip.

- High tensile strength stitching thread
- Premium quality embroidered logo & numbers
- Easy to clean surface
- Heavy duty nylon straps with ergonomic handles
- Air hole end caps allow for air release when compressed
- Sand filler in a hard wearing, indestructible ball for even weight distribution

Warranty - 1 year

ZCB5G	5kg
ZCB7.5G	7.5kg
ZCB10G	10kg
ZCB12.5G	12.5kg
ZCB15G	15kg
ZCB17.5G	17.5kg
ZCB20G	20kg
ZCB22.5G	22.5kg
ZCB25G	25kg
ZCB30G	30kg

ZIVA

SIGNATURE POWERWAVE®



Signature PowerWave® is a heavy duty, robust bag featuring multiple grip positions. A great tool to unleash explosive core strength and physical endurance.

Warranty - 2 years

ZPWA4	Apollo	4kg
ZPWS7	Super	7kg
ZPWS12	Spartan	12kg
ZPWB20	Beast	20kg

ZIVA

SIGNATURE STEEL KETTLEBELLS



Steve Cotter, world renowned kettlebell authority and ZIVA, have teamed up to design and build the Signature Steel Kettlebell. Its centre weighted (up to 36kg) design is unique to the fitness market.

- Standard International competition dimensions
- Textured steel surface holds chalk better for performance
- 34mm diameter handle

Warranty - 2 years

SCKB4	4 kg	SCKB22	22 kg
SCKB6	6 kg	SCKB24	24 kg
SCKB8	8 kg	SCKB26	26 kg
SCKB10	10 kg	SCKB28	28 kg
SCKB12	12 kg	SCKB30	30 kg
SCKB14	14 kg	SCKB32	32 kg
SCKB16	16 kg	SCKB34	34 kg
SCKB18	18 kg	SCKB36	36 kg
SCKB20	20 kg		

ZIVA

ZVO URETHANE COMPETITION KETTLEBELLS



Standard competition size: Height: 28cm, Bell diameter: 19cm (excluding 4kg and 6kg training kettlebells)

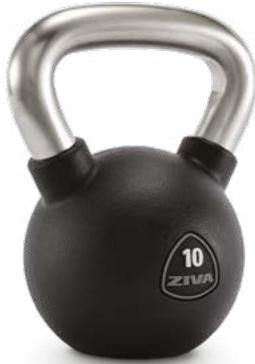
- Base diameter: 11cm
- Stainless steel handle (grip diameter: 34mm)
- 4 - 20kg in 2kg increments, 24 - 48kg in 4kg increments

Warranty - 5 years

ZPUKB4K	4kg
ZPUKB6K	6kg
ZPUKB8P	8kg
ZPUKB10P	10kg
ZPUKB12B	12kg
ZPUKB14B	14kg
ZPUKB16Y	16kg
ZPUKB18Y	18kg
ZPUKB20P	20kg
ZPUKB24G	24kg
ZPUKB28O	28kg
ZPUKB32R	32kg
ZPUKB36GR	36kg
ZPUKB40W	40kg

ZIVA

SL VIRGIN RUBBER KETTLEBELLS



ZIVA SL Rubber Coated Kettlebells are made with a solid steel body covered in virgin rubber, making them highly durable and easy to use. These are perfect for commercial and home gyms.

- Nickel coated handle
- Solid cast steel
- Durable virgin rubber finish
- 4 - 16kg in 2kg increments, 20 - 40kg in 4kg increments

Warranty - 2 years

ZSLRKB4G	4kg
ZSLRKB6G	6kg
ZSLRKB8G	8kg
ZSLRKB10G	10kg
ZSLRKB12G	12kg
ZSLRKB14G	14kg
ZSLRKB16G	16kg
ZSLRKB20G	20kg
ZSLRKB24G	24kg
ZSLRKB28G	28kg
ZSLRKB32G	32kg
ZSLRKB36G	36kg
ZSLRKB40G	40kg

VINYL KETTLEBELL



Designed with an ergonomic handle and a colour-coded vinyl dipped base, providing the perfect combination of functionality and comfort.

- Flat base provides stability and helps to prevent rolling
- Single piece cast iron construction for improved durability and finish
- Weight range 4kg - 32kg
- Wide handle allows for a secure two handed grip

Warranty - 1 year

VKB4	4kg	Red
VKB6	6kg	Purple
VKB8	8kg	Green
VKB10	10kg	Yellow
VKB12	12kg	Blue
VKB16	16kg	Grey
VKB20	20kg	Black
VKB24	24kg	Blue
VKB28	28kg	Grey
VKB32	32kg	Grey

KETTLEBELL RACK & VINYL CLUB PACKS



Compact, stylish and sturdy, this kettlebell rack has two tiers of shelving for a clean, easy reach. With a layer of rubber to cover the shelf surfaces to prevent kettlebell damage and reduce noise when being placed on the rack.

- Two tiers of flat shelving designed to store a maximum of 12 kettlebells (dependent on size).
- Manufactured with 3mm thick steel tubing for durability
- Non marking feet with bolt down option

Dimensions - L 1240mm x H 670mm x D 780mm

Weight - 46kg

Installation available

Warranty - 2 years

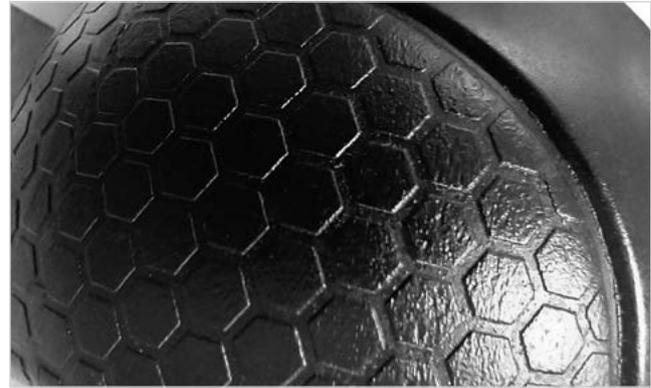
KBR	Kettlebell Rack Only
VKBRF	Kettlebell Rack complete with 10 Vinyl Kettlebells - 2 x 4kg, 8kg, 12kg, 16kg & 20kg
PUKBRF	Kettlebell Rack complete with 10 Performance Urethane Kettlebells - 1 x 4kg, 6kg, 20kg & 24kg, 2 x 8kg, 12kg & 16kg

PERFORMANCE URETHANE KETTLEBELLS



PERFORMANCE

PERFORMANCE URETHANE KETTLEBELLS



When we designed our Performance Urethane Kettlebells, user comfort was top of our list and nothing was off the table.

We took the most popular kettlebells, identified every feature that got in the way of a perfect workout experience, and came up with our own optimised solution for each of these pinch points. The result is an ergonomically designed kettlebell that's super tough, ultra-stylish and comfortable to use in a broad range of exercises.

The handle is wider than in many other kettlebells, meaning more space in the 'window' to comfortably hold it whatever movement you're doing. We've also improved the grip on the handle and built new elements of grip into the lower half of the kettlebell, to allow you to comfortably switch hold positions. The result is a product that's not only effective but also great to use.

Our Performance Urethane Kettlebells come in 2kg increments from 4–12kg, then 4kg increments up to 32kg.

- Polyurethane bell helps protect studio / gym floors from scratches
- Unique design improves comfort and grip
- Smooth chrome handle aids natural rotation
- Primed for full commercial use
- Large white digits ensure ease of weight selection

Warranty - 5 years

UKB4	4kg
UKB6	6kg
UKB8	8kg
UKB10	10kg
UKB12	12kg
UKB16	16kg
UKB20	20kg
UKB24	24kg
UKB28	28kg
UKB32	32kg



KETTLEBELL RACK & PU CLUB PACKS



Compact, stylish and sturdy, this kettlebell rack has two tiers of shelving for a clean, easy reach. With a layer of rubber to cover the shelf surfaces to prevent kettlebell damage and reduce noise when being lifted and placed on the rack.

- Two tiers of flat shelving designed to store a maximum of 12 kettlebells (dependent on size).
- Manufactured with 3mm thick steel tubing for durability
- Non marking feet with bolt down option
- Can be purchased empty or complete with sets of PU or Vinyl kettlebells

Dimensions - L 1240mm x H 670mm x D 780mm
 Weight - 46kg
 Installation available
 Warranty - 2 years

- KBR Rack Only**
- PUKBRF Kettlebell Rack complete with 10 Performance Urethane Kettlebells - 1 x 4kg, 6kg, 20kg & 24kg, 2 x 8kg, 12kg & 16kg**
- VKBRF Kettlebell Rack complete with 10 Vinyl Kettlebells - 2 x 4kg, 8kg, 12kg, 16kg & 20kg**

ZIVA

ST2 KETTLEBELL RACK



Compact in design, this rubber-cushioned steel kettlebell storage rack is ideal for storing your weights off the floor, keeping your training area organised and safe.

- Minimal footprint
- 3mm thick steel frame
- Powder coated finish
- Non marking feet with option to bolt down
- Stores up to 10 ZIVA kettlebells

Dimensions - L 1110mm x H 815mm x D 665mm
 Weight - 50kg
 Installation available
 Warranty - 5 years (Frame), 1 year (Parts)

ST2KBR Rack Only

ZIVA

MULTI-FUNCTIONAL STORAGE RACK



The multi storage rack stores for a variety of training tools such as wall balls, medicine balls, bumper discs, kettlebells and hex dumbbells.

- Charcoal powder coated finish
- 3 mm thick steel
- Multi storage rack stores: hex dumbbells, kettlebells, wall balls, med balls, and bumper discs
- 75 x 75mm steel tube

Dimensions - L 1872mm x D 855mm x H 1819mm
 Weight - 128kg
 Installation available
 Warranty - 3 years (Frame), 1 year (Parts)

ZMFSR Rack Only



PHYSICAL SLEDX



The PHYSICAL SledX is a brilliant but brutal piece of equipment for strength and conditioning. Targeting all areas of the body, especially core, arms and legs, the sled offers a complete body workout. Great for explosive workouts of power and high intensity interval training (HIIT).

The durable design will withstand full commercial usage. Can be plate loaded to increase resistance and can be pulled by attaching a rope, straps or a harness.

- Suitable for push / pull motion
- Contoured feet to reduce damage to flooring
- Multiple bars for different pushing positions to increase the challenge
- Multiple knurled hand grip positions allowing for Hi and Lo push and pull in 2 directions
- Builds strength and stamina for testing endurance levels

Dimensions - L 1090mm x W 644mm x H 900mm
 Weight - 33.5kg
 Warranty - 1 year

SLEDX **Physical SledX**
PSH **Power Speed Harness**

PARALLETTES



Parallettes are regarded as one of the most versatile and convenient products available for bodyweight training.

Perfect to take outdoors for group training or for use in the gym and can even be used for Speed, Agility and Quickness drills. They allow for the execution of hundreds of exercises based on a variety of gymnastic, core and press positions to target the chest, triceps, shoulders and core.

- 15" clearance, to encourage good form, posture, stability and strength
- Heavy-duty tubing yet lightweight and portable
- Tested to support up to 400lb/180kg of body weight
- Sold in pairs

Dimensions - L 470mm x H 38mm x D 425mm
 Weight - 4kg
 Warranty- 1 year

PARA

SANDBELL®



The SandBell is one of the most versatile and challenging, functional free weights on the market. The SandBell is a neoprene disc filled with sand that will challenge your strength, test your stamina and push your limits like nothing else.

- Safe for indoor floors, but tough enough for outdoor bootcamps
- Quiet - experience less noise
- Suitable for slamming

Warranty - 6 months

HWSA2	2lbs/1kg	Red Rim
HWSA4	4lbs/2kg	Yellow Rim
HWSA6	6lbs/3kg	Green Rim
HWSA8	8lbs/3.5kg	Blue Rim
HWSA10	10lbs/4.5kg	Indigo Rim
HWSA12	12lbs/5.5kg	Violet Rim
HWSA15	15lbs/7kg	Indigo Rim
HWSA20	20lbs/9kg	Blue Rim
HWSA25	25lbs/11kg	Green Rim
HWSA30	30lbs/14kg	Yellow Rim
HWSA40	40lbs/18kg	Red Rim
HWSA50	50lbs/23kg	Black Rim

MEDICINE BALLS



A great way to incorporate resistance training into personal training sessions, circuit classes and gym programmes.

- Can be used for muscular and endurance exercises
- Dual textured surface for improved grip
- Not suitable for slamming

Sizes increase with weight

Warranty - 2 years

MB1KG	1kg
MB2KG	2kg
MB3KG	3kg
MB4KG	4kg
MB5KG	5kg
MB6KG	6kg
MB7KG	7kg
MB8KG	8kg
MB9KG	9kg
MB10KG	10kg

DOUBLE GRIP MEDICINE BALLS



Can be used in the same way as a normal Medicine Ball but also provide more versatility.

- Textured handles allow for different grips of the ball giving you more options for rotational power drills and also allow for snatch type exercises
- Complete range of weight options available
- Not suitable for slamming

Warranty - 2 years

DGMB3G	3kg
DGMB4G	4kg
DGMB5G	5kg
DGMB6G	6kg
DGMB7G	7kg
DGMB8G	8kg
DGMB9G	9kg
DGMB10G	10kg

ZVO MEDICINE BALLS



Dual textured surface Medicine Ball for improved gripping action.

- Stores easily on ST 5 Tree
- Durable virgin rubber
- Not suitable for slamming

Warranty - 1 year

ZMB2G	2 kg
ZMB3G	3 kg
ZMB4G	4 kg
ZMB5G	5 kg
ZMB6G	6 kg
ZMB7G	7 kg
ZMB8G	8 kg
ZMB9G	9 kg
ZMB10G	10 kg

SLAM BALLS



Ultra stylish and durable, these slam balls are designed to develop explosive power. The raised rubber texture helps maintain a tight grip after every rep and the robust outer shell absorbs each impact.

- Perform a wide variety of exercises to improve upper body, lower body and core integrity – all without damaging the ball
- Enhanced rubber texture gives superior grip
- Thick rubber shell to ensure durability
- Not suitable for slamming on rough surfaces

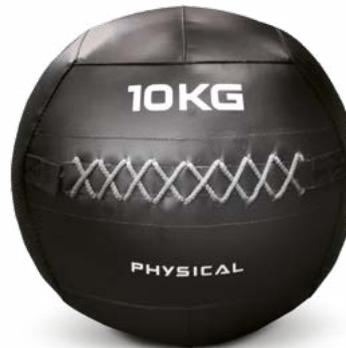
Dimensions – D 230mm (3kg-10kg),

D 280mm (12kg-15kg)

Warranty – 6 months

SLAM3	3kg
SLAM4	4kg
SLAM5	5kg
SLAM6	6kg
SLAM7	7kg
SLAM8	8kg
SLAM9	9kg
SLAM10	10kg
SLAM12	12kg
SLAM15	15kg

WALL BALLS



Developed from a need to absorb the velocity of a returning medicine ball after it has been thrown against a wall or flat target.

- Heavy-duty vinyl cover, designed to be tough and soft at the same time
- Maintains the perfect diameter for biomechanically correct throws
- Not suitable for floor slamming exercises
- Easy to clean, moisture resistant surface
- Available in 8 sizes

Dimensions – D 350mm

Warranty – 6 months

WB3BLK	3kg
WB4BLK	4kg
WB5BLK	5kg
WB6BLK	6kg
WB7BLK	7kg
WB8BLK	8kg
WB9BLK	9kg
WB10BLK	10kg

ZVO PREMIUM WALL BALLS



High quality industrial grade PU outer coating, reinforced with 4mm composite, soft non-slip grip skin.

- 350mm (14”) diameter
- High tensile strength stitching thread
- Premium quality embroidered logo & numbers
- Easy to clean surface
- Sand and steel shot weighted filler protected by a fully enclosed rubber ball
- Not suitable for slamming

Warranty – 1 year

ZWB2G	2 kg
ZWB3G	3 kg
ZWB4G	4 kg
ZWB5G	5 kg
ZWB6G	6 kg
ZWB7G	7 kg
ZWB8G	8 kg
ZWB9G	9 kg
ZWB10G	10 kg
ZWB12G	12 kg

5 MEDICINE BALL STAND & CLUB PACKS



Designed to hold 5 Medicine Balls or Double Grip Medicine Balls. Will also hold Slam Balls, Wall Balls, & PBX Bags.

5 Ball Stand

Dimensions - W 440mm x H 1600mm x D 550mm

Weight - 20kg

Installation available

Warranty - 2 years

- MR5** Med Ball stand only
- MR5PL** Med Ball stand + 1kg-5kg Med Balls
- MR5PH** Med Ball stand + 2kg, 4kg, 6kg, 8kg, 10kg Med Balls

10 MEDICINE BALL STAND & CLUB PACKS



Designed to hold 10 Medicine Balls or Double Grip Medicine Balls. Will also hold Slam Balls, Wall Balls, & PBX Bags.

10 Ball Stand

Dimensions - W 780mm x H 1710mm x D 680mm

Weight - 47kg

Installation available

Warranty - 2 years

- MR10** Med Ball stand only
- MR10P** Med Ball stand + 1kg-10kg Med Balls
- MR10PM** Med Ball stand + 1kg-5kg Med Balls & 6kg-10kg Double Grip Med Balls

ST 5 MULTI-BALL TREE



Stylish vertical style frame, designed to store up to 5 medicine balls or slam balls.

- Powder coated finish
- Non-marking feet
- Minimal footprint

Dimensions - W 560mm x H 1540mm x D 470mm

Weight - 14kg

Installation available

Warranty - 5 years (Frame), 1 year (Parts)

ST5MBT

DIGITAL FITNESS TIMER WITH BLUETOOTH



Large programmable sport LED Interval Timer, perfect for HIIT and Crossfit.

- Six Digit multifunctional interval timer
- Displays 12 / 24 hours clock, countdown / count up
- The number of rounds, length of rest, and length of work can all be set up by the user for total custom intervals. The timer displays the time in red while the numbers of rounds are displayed in blue 4" high numbers
- Remote control for easy programming
- Contains 100/240V Adapter, 4 x Wall brackets and fixings and 1 x Remote control
- Download the app and control the timer from your smart device

Dimensions - L 730mm x W 160mm x D 40mm

Weight - 4.35 kgs

Warranty - 1 year

TIMERBT

OLYMPIC WOODEN RINGS



No longer exclusive to gymnasts, Olympic Wooden Rings offer one of the most grueling upper body workouts, and are ideal for tremendous gains in upper body and core functional strength.

Featuring in calisthenic training and CrossFit, Olympic Rings are excellent for body weight workouts such as push ups, pull ups, dips, rows, muscle ups, chest & flys and many more.

- The 38mm nylon straps can be hung over bars, power racks, beams, eye bolts, ceiling mounts or trees and secured in place using the adjustable metal buckle
- Max load - 680kg (340kg per Ring)
- 18ft gym straps
- 317.5mm diameter rings, 28mm grip
- Sold in pairs

Warranty - 1 year

OWR

HD RESISTANCE TUBING



Lightweight and portable but primed for heavy-duty use, the HD Resistance Tubing is the perfect workout partner. Highly versatile, resistance tubes can be used to target large or small muscle groups to improve overall fitness levels.

Due to the nature of the product, it can be folded up and transported with ease. The perfect replacement for dumbbells or kettlebells. To ensure the durability and adaptability of these resistance bands, they have been strenuously tested by fitness industry professionals.

- Can be used in place of dumbbells and kettlebells
- 4 resistance levels available
- Contains Latex

Warranty - 1 year

HDRT1	Level 1	(0-50lbs)	Green
HDRT2	Level 2	(0-75lbs)	Yellow
HDRT3	Level 3	(0-105lbs)	Blue
HDRT4	Level 4	(0-150lbs)	Red

BATTLE ROPES



BATTLE ROPES



Available in 3 thicknesses, our PHYSICAL brand Battle Ropes are excellent tools for strength and conditioning training and for improving grip strength, cardiovascular fitness, core function and endurance. Tough and durable, these high-quality sisal ropes are ready for punishment, and can be used in all conditions thanks to their waterproof jacket and nylon casing. New metal end caps keep the rope from unravelling.

25MM BATTLE ROPE

10m length x 25mm diameter
Weight - 5kg

38MM BATTLE ROPE

15m length x 38mm diameter
Weight - 12kg

50MM BATTLE ROPE

15m length x 50mm diameter
Weight - 23kg
Warranty - 6 months

BR25K 25mm Rope
BR38G 38mm Rope
BR50K 50mm Rope

HD WAVE BATTLE ROPE



This heavy-duty Battle Rope incorporates resistance tubing that elicits muscle contractions throughout the entire body and up to three training planes simultaneously. Allows you to wave, whip, slam, spiral and pull the rope.

- Lightweight and encased in a protective nylon sheath for excellent durability with resistances varying from 50 to 105lbs
- Available in 3 different weights, Level 1 (50lbs), Level 2 (75lbs) and Level 3 (105lbs)
- 20ft Battle Rope with handles featuring safety webbing at both ends

Warranty - 6 months

HDBR1	Level 1	Green	50lbs
HDBR2	Level 2	Yellow	75lbs
HDBR3	Level 3	Blue	105lbs

BATTLE ROPE ANCHOR



Provides a safe and secure anchor point for the rope (or for resistance bands and tubes) to be looped through.

Routines using these anchors are great for focusing on not only your core strength, but also contributes impressively to a cardio based workout.

Comes complete with fixings.

Warranty - 6 months

BRA

3-IN-1 SOFT PLYO BOX



The 3-in-1 Soft Plyometric Box is a perfect functional fitness tool to help athletes and fitness enthusiasts develop explosive power and strength. By performing plyometric training, muscles exert maximum force in short intervals.

This plyo box is made from a soft, high-density impact absorbing foam and covered in durable, non-skid vinyl for significant wear and tear resistance.

The soft surfaces ensure there is a decrease in stress and impact on the foot, ankle, knee and hip joints when landing.

It can be flipped to introduce different levels to progress your training.

- Three heights from one piece of equipment, ranging from 51cm (20"), 61cm (24") and 76cm (30")
- Ideal for introducing beginners to plyometric exercises
- Maximum user weight 150kg

Dimensions - L 760mm x W 610mm x H 510mm

Weight - 36kg

Warranty - 6 months

3IN1SPBK

SOFT PLYO BOXES



Made from soft, high-density foam and covered with a durable, non-skid vinyl, these variable height Soft Plyo Boxes absorb landing impact to decrease stress and strain on joints.

- Adjustable height when stacked from 3" - 39" (7.6cm - 100cm) offers all grades of users progression and regression options
- Stacks secured with Velcro flaps
- Non-skid vinyl ensures the stack won't move under pressure
- Soft surface reduces stress on joints during landing
- Sold in sets or as individual platforms

Dimensions - L 914mm x W 762mm

(Landing Platform)

Warranty - 6 months

SPBSK Set of 4 Platforms - 3", 6", 12", 18"

SPB3K 3" Single

SPB6K 6" Single

SPB12K 12" Single

SPB18K 18" Single

SL TYRE X



Taking inspiration from the popularity of tyre flipping, the SL Tyre X delivers immense whole body strength and power gains.

It may be used on the gym floor and in classes. Its flat surface allows users to also complete plyometric training.

- Ranges in weight from 10kg to 80kg
- Long lasting reinforced PVC cover
- Reinforced gripping handles

Warranty - 1 year

STX10P	SL Tyre X Mini	10kg
STX40	SL Tyre X	40kg
STX60	SL Tyre X	60kg
STX80	SL Tyre X	80kg

ZIVA

ZIVA SL TRI SOFT PLYO BOX



Soft Plyo Box 3-in-1 with high density PU foam.

- Space saving 3-in-1 design provides three heights in one box
- Soft surfaced cushioned landing areas
- PU Foam
- Same dimensions as plyo boxes used in CrossFit Games (30" x 24" x 20")

Dimensions - L 750mm x W 610mm x H 510mm

Weight - 33kg

Warranty - 1 year

ZPBOX

ZIVA

ZVO DUAL SURFACE PLYO BOXES



The ZVO Dual surface Plyo Boxes come in varying heights which are perfect for beginners and experienced gym users alike.

- Boxes can be stacked on top of each other and are held in place securely with Velcro flaps
- Stackable design minimizes space required
- Light and easy to move around
- Dual Surface Plyo features a single hard surface side and two non-slip surfaced sides
- Working platform area - 75cm x 75cm

Dimensions - L 750mm x W 750mm,

H 150, 300, 450 & 600mm

Warranty - 1 year

ZDSPB3 ZVO Dual Surface Plyo Box 3 Piece set - 15, 30, and 45cm (6", 12", and 18")

Velcro Strap

ZDSPB4 ZVO Dual Surface Plyo Box 4 Piece set - 15, 30, 45 and 60cm (6", 12", 18" and 24")

Velcro Strap

ZIVA

SIGNATURE GLUTE PLYO BOX



The glute plyo box can be used as standard plyo box but adds the possibility to perform a range of glute-focused exercises in a comfortable and effective way.

- Comes with exercise examples
- 75cm x 75cm base with sloping top

Warranty - 1 year

SGPB

BOSU® BALANCE TRAINERS





BOSU® NEXGEN™ PRO BALANCE TRAINER



With a textured design and improved commercial-grade dome, the NexGen™ BOSU® Balance Trainer combines instability with precision.

Featuring textured markings that not only enhance the user's grip it allows for precise positioning of the hands and feet to improve form and advanced exercise technique.

- BOSU® Balance Trainer NexGen™ features a durable, rubber dome and a dual moulded platform with a smooth, non-skid, non-marking base
- Commercial grade design and function
- Max user weight - 350lbs
- BOSU® Balance Trainer comes in a light blue colour

Dimensions - W 635mm x L 673mm x H 254mm
Warranty - 1 year

BOSUNG



BOSU® BALANCE TRAINER PRO



The BOSU® Balance Trainer is a truly unique balance, core stability and proprioception training device that can be integrated with all types of fitness training, or stand alone as an outstanding functional tool. You can walk, run, step, hop, jump and leap on the BOSU® linking into your routines or a complete BOSU® class.

- BOSU® Balance Trainer comes in a light blue colour
- Maximum loading for a BOSU® Balance Trainer is 300lb (136kg).
- Comprises commercial grade BOSU® & pump only. This model is made of a high grade material that is more durable than the standard consumer / home model.

Dimensions - W 635mm x L 673mm x H 254mm
Warranty - 1 year

BOSUX Pro - Club Package - Comes with Pump and Owner Manual



BOSU® BALANCE TRAINER HOME



Walk, run, step, hop and jump. The BOSU® Integrated Balance Trainer is a truly unique balance, core stability and proprioception training device that can be integrated with all types of fitness training, or stand alone as an outstanding functional tool.

The BOSU® can be used for or with: sports conditioning (both aerobic & anaerobic) - stabilisation, agility training - strength, stability & flexibility training for the trunk - strength for the entire body.

- Endless exercise options for everybody regardless of age
- Ability to be used both dome or platform side up. Hand positions integrated into the platform
- Maximum loading of 300lb (136kg)
- Latex Free

Dimensions - W 635mm x L 673mm x H 254mm
Warranty - 1 year (Home use)

BOSUR

BOSU® RACK



This redesigned and enhanced Multi Bag / BOSU® Rack combines style and sturdiness. This stable storage solution includes curved tubing made from 3mm thick steel.

- Holds up to 5 BOSU® Balance Trainers or similar equipment
- Each shelf holds a maximum of 50kg (bottom shelf can take 65kg) with trays for storing SandBells, SteelBells etc
- Supplied flat – easy to assemble design
- Upright design ensures minimal gym floor footprint
- Rubber base plate with feet for extra stability

Dimensions – W 520mm x H 1700mm
x D 870mm
Weight – 35kg
Installation available
Warranty – 2 years

PBR

9 BOSU® STORAGE RACK



Maximise storage space with this redesigned and enhanced 9 BOSU® / Stability Ball Storage Rack which combines style with sturdiness. Forged from 3mm thick steel, it has been manufactured to safely and securely store up to 9 BOSU®, Ballast Balls, Stability and Wall Balls of varying sizes.

Now equipped with four prongs to hold a range of aerobic mats including up to 38 x 12mm Supasoft Small and Medium Mats, 18 x 12mm Supasoft Large Mats and 26 x 10mm Vinyl Aerobic Mats.

- Designed to hold 9 BOSU® Balance Trainers, BOSU® Ballast Balls, or Stability Balls
- Includes prongs 40cm apart for mat storage
- Supplied flat – easy to assemble design

Dimensions – W 2800mm x H 1800mm x D 1000mm
Weight – 71kg
Warranty – 2 years

BR9 BOSU Storage Rack Only
BR99 BOSU Storage Rack with 9 x BOSU® Balance Trainers

BOSU® HYDRO BALL 25 PRO



The Hydro Ball 25 Pro is a professional grade piece of workout equipment. Built to take the most extreme workouts, the Hydro Ball 25 Pro uses water as its source of weight providing instability, which targets and activates more muscles than traditional weights.

This not only makes the Hydro Ball 25 Pro a great training tool, it also allows for the weight to be adjusted up to 25 lbs based on client or workout needs. Use the Hydro Ball 25 Pro just like a Kettlebell, Slam Ball, or Medicine Ball.

Dimension – W 311mm x H 311mm x D 304mm
Warranty – 1 year

HYDRO25



BOSU® SURGE



The 3 different grip options give the Surge the versatility demanded in today's performance training. From farmer's carries to overhead lunges the Surge will help you achieve your fitness goals by training your body to react to real-life movements as opposed to static movements.

- 3 grip options
- Adjustable weight (just add or remove water)
- Visible and audible feedback
- Dynamic fluid resistance
- Snap-on plug for easy addition or removal of water
- Guaranteed not to leak
- Does not include water
- Available in 40lbs or 60lbs weight

Dimensions - L 845mm x W 210mm (40lbs)
L 1067mm x W 216mm (60lbs)

Warranty - 1 year

STORM40C 40lbs
STORM60C 60lbs

VIPR™



Highly versatile, it can lifted, dragged, thrown and stepped on. This functional piece of kit uses the four pillars of human movement: Gravity infused, stretch-to-shorten, tri-planar and integrated.

- Premium Super Tough Rubber Compound
- Solid indestructible design allows it to be slammed, lifted, thrown or dragged for energy burning workouts.

Warranty - 1 year

VIP4	4kg	Purple
VIP6	6kg	Red
VIP8	8kg	Blue
VIP10	10kg	Black
VIP12	12kg	Green
VIP16	16kg	Grey
VIP20	20kg	Black
VIP26	26kg	Black
VIPS7	7 Set - 4kg, 6kg, 8kg, 10kg, 12kg, 16kg, 20kg	
VIPS8	8 Set - 2 x 4kg, 2 x 6kg, 2 x 8kg, 2 x 10kg	
VIPS12	12 Set - 2 x 4kg, 2 x 6kg, 2 x 8kg, 2 x 10kg, 2 x 12kg, 2 x 16kg	
VIPS12X	12 Set - 2 x 4kg, 2 x 6kg, 2 x 8kg, 2 x 10kg, 2 x 12kg, 1 x 16kg, 1 x 20kg	

VIPR™ UPRIGHT RACK



This ViPR™ studio Rack combines contemporary style with sturdiness.

Designed to hold 3 ViPRs™ per shelf if 10kg or under or 2 ViPRs™ per shelf if 12kg or over - its upright design maximises storage space with a small studio footprint.

Dimensions - W 1408mm x H 1580mm x D 840mm

Weight - 80kg

Installation available

Warranty - 2 year (Rack), 1 year (ViPR)

VIPRRK ViPR Studio Rack only
VIPR12 Studio Rack with 12 ViPRs - 2 x 4kg, 2 x 6kg, 2 x 8kg, 2 x 10kg, 2 x 12kg, 2 x 16kg

TRX® SUSPENSION TRAINER



TRX® PRO & CLUB PACK TRX



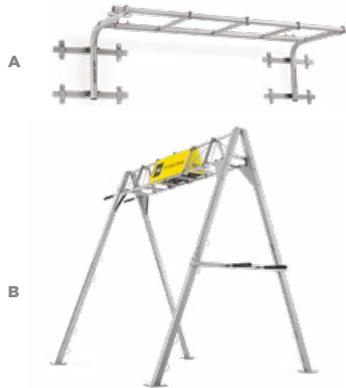
Ideal for fitness professionals looking for the perfect mix of equipment and content to train clients of all ability levels, anywhere.

- Durable, easy to clean rubber handles
- 3 different types of anchors for maximum versatility
- Locking karabiner to deter theft
- Maximum loading - 159kg
- Comes complete with a Get Started Guide & Xtender Strap
- Basic TRX Club Kits also available.

Weight - 0.7kg
Warranty - 1 year

TRXP TRX Pro Kit
TRXC TRX Club Kit - TRX Pro Suspension Trainer & TRX Xtender only

TRX® MULTI-MOUNT / S-FRAME TRX



A TRX® MULTI-MOUNT

This wall mounted pull-up bar is ideal for pull-ups and hanging exercises. Professional installation is recommended.

Warranty - 1 year

TRXMM7 7ft

B TRX® S-FRAME

The TRX® S-Frame is a commercial grade steel, elevated structure that can support punch bags, battle ropes and up to 22 TRX® Suspension Trainers.

- Available in 5ft increments up to 30ft
- Optional: Monkey, Dip and Hammer Bars

Installation available
Warranty - 2 years

TRXSF5 5ft
TRXSF10 10ft
TRXSF20 20ft
TRXSF25 25ft
TRXSF30 30ft

TRX® ACCESSORIES TRX



The TRX® Door Anchor allows you to train your clients at home, while the TRX® Xtender secures your TRX® straps or anchor to high or oversized anchor points. The X-Mount provides an easy anchor for one to two TRX® Suspension Trainers or Rip Trainers. Complete with screws and fitting kit.

The TRX® Rip Trainer Basic Kit provides professional trainers and fitness enthusiasts everything they need to get a full-body, strength and conditioning challenge.

Weight - 0.7kg (X-Mount), 1.9kg (Rip Trainer)
Warranty - 1 year (Bar), 3 months (Cords)

TRXXT TRX Xtender Strap
TRXDA TRX Door Anchor
TRXXM TRX X-Mount
TRXR Rip Trainer Basic Kit + Medium Resistance Cord
TRXRL Light Resistance Cord
TRXRM Medium Resistance Cord
TRXRH Heavy Resistance Cord
TRRXHX X-Heavy Resistance Cord
TRRXXH XX-Heavy Resistance Cord

HD FIT BAR



- 42-inch-long bar (1.1m) with commercial-grade rubber handles, splits in two pieces for easy portability
- Use in a wide range of movement patterns to increase rotational strength, explosive power, balance and core stability
- Mimic real-life sports or use as a rehab tool
- Bar sold on its own or in a pack with HD Performance Clips

Warranty - 6 months

HDFB	HD Fit Bar
HDFB1	HD Fit Bar + 48" Clip Lvl 1
HDFB2	HD Fit Bar + 48" Clip Lvl 2
HDFB3	HD Fit Bar + 48" Clip Lvl 3
HDFB4	HD Fit Bar + 48" Clip Lvl 4

HD SPRINT



The ultimate heavy-duty training tool for sprinters and other athletes, offering varying levels of resistance. The 10ft covered elastic tube with quick-to-fit shoulder harness allows users to create rapid-acceleration exercises and explosive drills whether fixed to an anchor point or controlled by a partner.

- Maximises an athlete's first 20ft when accelerating
- Can be used with Interchangeable Single Handle for partner drill (available separately)

Warranty - 6 months

HDSPT1	HD Sprint Level 1	Green	50lbs
HDSPT2	HD Sprint Level 2	Yellow	75lbs
HDSPT3	HD Sprint Level 3	Blue	105lbs
PISD	Interchangeable Single Handle		

HD PERFORMANCE CLIPS



Available in multiple resistances, and with safety karabiner clips on both ends, HD Performance Clips are the nucleus of all the accessories. The flexible covered resistance tubes create additional resistance during almost every movement allowing for more challenging training drills and specific movement patterns.

- Lightweight and encased in a strong protective nylon sheath with resistances varying from 10-35lbs
- Ranges from light resistance (Level 1), to advanced (Level 4)
- Incorporates karabiner clips for safety on each end

Warranty - 6 months

48CLIP1	48" Clip Level 1	Green
48CLIP2	48" Clip Level 2	Yellow
48CLIP3	48" Clip Level 3	Blue
48CLIP4	48" Clip Level 4	Red
72CLIP1	72" Clip Level 1	Green
72CLIP2	72" Clip Level 2	Yellow
72CLIP3	72" Clip Level 3	Blue
72CLIP4	72" Clip Level 4	Red

ADDITIONAL FUNCTIONAL PRODUCTS



3-IN-1 WOODEN PLYO BOX

Dimensions - L 760mm (30") x W 610mm (24") x H 510mm (20")
 Warranty - 1 year

WPBF



ADJUSTABLE HURDLES

Warranty - 1 year

AHS Single Adjustable Hurdle
AH6 Pack of 6 Adjustable Hurdles



AGILITY MARKERS & STAND

50 agility markers with stand and Mesh bag.

Dimensions - D 190mm x H 51mm (markers)
 Warranty - 6 months

MCS50



AGILITY LADDER - 15FT

Dimensions - L 4572mm x W 410mm
 Warranty - 1 year

AL15



TITAN BAG

Warranty - 1 year

TITAN Empty Bag
 Weighted versions also available



POWER SPEED HARNESS

Warranty - 6 months

PSH



NYLON ANKLE STRAP

Warranty - 1 year

PNAS



INTERCHANGEABLE SINGLE HANDLE

Warranty - 6 months

PISD



DOOR ATTACHMENT

Warranty - 6 months

DAD

FOR ADDITIONAL INFORMATION ON THESE PRODUCTS PLEASE SEE OUR WEBSITE

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CLASSES AND STUDIO EQUIPMENT IS AN AREA IN WHICH PHYSICAL HAS LONG SPECIALISED, STOCKING A WIDE VARIETY OF TOP BRANDS, INCLUDING OUR OWN

CLASSES

Group exercise is the ultimate loyalty-booster: customers who take part in a class just once a week are 20 per cent more likely to be loyal advocates of your facility than customers who attend three times a week to work out in the gym.

This is clearly an area of your business that's well worth investing in, and not only in terms of instructors and programme innovations. It's also important to invest in an eye-catching variety of high-quality kit – smaller pieces of studio equipment that should absolutely not be an after-thought. This is about enhancing the member experience by providing the best possible tools to use during class, as well as during personal training sessions and unsupervised workouts.

Class and Studio equipment is an area in which Physical has long specialised, stocking a wide variety of top brands, including our own, all made to the highest specifications to ensure resilience and longevity. Our mission: to consistently deliver high quality at competitive prices.

To that end, we work with only the best of the best. We're proud to be the exclusive UK distributor for the BOSU® Balance Trainer, and equally proud to work with all our other carefully selected partners: ViPR, Reebok, Merrithew, AIREX and Bender Ball.

PERFORMANCE URETHANE PUMP SET



PERFORMANCE

PERFORMANCE URETHANE PUMP SET



If you're looking for ultra-durable Pump Sets, look no further than our Performance Urethane Pump Set.

Made from tough yet tactile polyurethane and sold with a five-year warranty as standard, this is a product you can rely on even in the toughest commercial environments.

Its versatile plates have three easy hand grip positions – a central handle, single-hand grip and dual-hand horizontal grips – so they can be used for a wide range of exercises, including those normally requiring dumbbells or kettlebells.

The 5kg and 2.5kg plates feature flat, anti-roll edges for extra stability while performing floor-based exercises, while the smaller 1.25kg plate is circular to allow for ab roll-out exercises.

10kg plates can be purchased separately and also feature flat, anti-roll edges.

All plates have a steel-encased centre hole to further strengthen the product and allow for smoother rotation on the bar, while the bold white digits make for quick, easy weight selection.

The set includes:

- 1 x premium 30mm diameter, 1400mm long bar
- 2 x 1.25kg discs
- 2 x 2.5kg discs
- 2 x 5kg discs
- 1 x pair of snap lock collars

Warranty – 5 years (Discs), 1 year (Bar & Collars)

UPS	Performance Urethane Pump Set inc. Black PU Discs, 30mm Premium Pump Bar with Snap Lock Collars.
UPSC20	20 Performance Pump Set Club Pack
UPSC30	30 Performance Pump Set Club Pack

30MM PU DISCS



Made from tough polyurethane with a central steel ring, these premium grade discs have 2 integrated ergonomic handles giving additional exercise capabilities and added comfort.

The non-scratch PU will protect your gym floor or studio from damage, while minimising noise if dropped.

Sold in pairs.

Warranty – 5 years

UPS2.5K	2 x 1.25kg
UPS5K	2 x 2.5kg
UPS10K	2 x 5kg
UPS20K	2 x 10kg

RBX RUBBER PUMP SET



RBX RUBBER PUMP SET



Our new and improved RBX Rubber Pump Set has been redesigned with multi-purpose group fitness workouts in mind.

The plates are colour-coded for easy identification and feature a new design – unique to Physical – that includes a textured surface and multiple grip positions so they can also be used for exercises that would normally require dumbbells or kettlebells.

- 5kg and 2.5kg plates have been purposefully designed to include flat, anti-roll edges for extra stability while performing floor-based exercises
- 1.25kg plate is circular, making it perfect for ab roll-out exercises
- 10kg plates can be purchased separately and also feature flat, anti-roll edges.

Warranty – 2 years

RPS **Coloured Discs, Pump Bar with Collars**

RPS20 **20 Pump Set Club Pack**

RPS30 **30 Pump Set Club Pack**

30MM RUBBER DISCS



These discs are part of our new RBX Rubber Pump Set that has been redesigned with multi-purpose group fitness workouts, body pump classes and individual strength training in mind. The plates are manufactured from virgin rubber for extra endurance and are colour coded for easy weight identification.

- New and improved design unique to Physical with textured surface
- Steel encased centre hole adds strength to the plate whilst allowing smoother plate rotation on the bar

Warranty – 2 years

RP2.5GN	2 x 1.25kg	Teal
RP5GY	2 x 2.5kg	Grey
RP10BLK	2 x 5kg	Black
RP20BL	2 x 10kg	Blue

30MM PREMIUM PUMP BAR



Premium Pump Set Bar for body pump sets. Compatible with PU and Rubber 30mm plates.

- Wrapped bar with hand grip identifiers
- Max loading 50kg

Dimensions - L 1400mm x Diam 30mm

Weight - 2.5kg

Warranty – 1 year

PP30

ZIVA

ZIVA STUDIO BARBELL SET



Studio Barbell Sets feature 1.25kg, 2.5kg, 5kg 30mm discs in pairs, one chrome studio bar and a pair of quick release collars.

- ZIVA Studio Barbell Set - Black
- Precision solid cast core
- Anti-roll shape
- Hand grips for quick disc changes
- Premium urethane surface
- Max Load 70kg
- Bar length is 1.4m and weighs 1.6kg

Warranty - 1 year

ZPSBSK

30 PUMP SET CLUB RACK



A simple and effective way to store up to 30 PHYSICAL Pump Sets with minimal floor space requirements.

The rack's sleek open plan design allows for easy access and loading, while not compromising on sturdiness - constructed with thick 3mm reinforced steel tubing.

This 30 Studio Pump Set Rack boasts a contemporary style that will improve the appearance of your facility.

- Can store 1" and 30mm discs from other manufacturers
- Designed to hold up to 30 Pump Sets including bars, discs and collars
- Reinforced steel tubing

Dimensions - W 1950mm x H 1580mm x D 840mm
Weight - 88kg

Installation available

Warranty - 2 years (PU Discs & Rack),
1 year (Rubber Discs, Bar & Collars)

PR30E Pump Set Rack only

**PR30FCB Pump Set Rack with
30 RBX Rubber Pump Sets**

**PR30FPU Pump Set Rack with
30 Performance Urethane Pump Sets**

12 PUMP SET CLUB RACK



A simple, effective way to store up to 12 Pump Sets with minimal floor space requirements.

It's sleek open plan design allows for easy access and loading, while not compromising on sturdiness - constructed with thick 3mm reinforced steel tubing.

- This rack can store 1" and 30mm discs from other manufacturers
- Designed to hold up to 12 Rubber and PU Pump Sets, including bars, discs and collars
- Reinforced steel tubing

Dimensions - W 840mm x H1540mm x D 870mm
Weight - 38kg

Installation available

Warranty - 2 years (PU Discs & Rack)
1 year (Rubber Discs, Bar & Collars)

PR12E Pump Set Rack only

**PR12FCB Pump Set Rack with
12 RBX Rubber Pump Sets**

**PR12FPU Pump Set Rack with
12 Performance Urethane Pump Sets**

ZIVA

ST 10 SET STUDIO BARBELL RACK



Stylish barbell rack designed to fit HX and standard style studio discs.

- Round tube steel
- Stores 30mm discs, bars and collars
- Baked powder coating
- Non marking feet with option to bolt down
- Storage for 10 barbell sets
- Rolling casters available separately
- Minimal footprint

Dimensions - W 737mm x H 1372mm x D 533mm

Weight - 25kg

Warranty - 5 years (Frame), 1 year (Parts)

SSBR10E ST 10 Set Studio Barbell Rack only
SSBR10KIT ST Studio Barbell Rack Casters Kit
(no rack)

VERTICAL DISC RACK



This space saving rack has been designed to hold 10 pairs of 10kg 30mm discs. Designed for easy loading and unloading of weight plates.

Constructed with thick 3mm reinforced steel tubing for extra strength and finished in a durable, gloss powder coating which reduces the likelihood of scuffs and marks.

- Minimal gym-floor footprint
- Re-engineered steel tubing which has been fully-welded to ensure sturdiness
- Hold up to 10 pairs of 10kg 30mm discs

Dimensions - W 820mm x H 1150mm

x D 500mm

Weight - 25kg

Installation available

Warranty - 2 years

VDR Rack only

COLLARS



A SPRING COLLARS

Quick release chrome plated spring collars designed to fit 30mm diameter bars. Newly designed extra long rubber handles make removing the collars from bar much easier.

B SNAP LOCK COLLARS

Quick and easy to use with one hand fast locking and releasing system, which makes them one of the most user friendly collars on the market. Allows users to securely lock weights in place on bar. For use with weight plates, bars and dumbbells.

With their superior durability and innovative design, they can withstand the toughest environments.

Warranty - 1 year

PSC30 30mm Spring Collars
HLC30 30mm Snap Lock Collars

STUDIO DUMBBELL RACKS & CLUB PACKS



Designed with space saving in mind, store your Neo-Hex or similar sized dumbbells in these easy access storage racks.

- Studio Dumbbell Upright Storage Rack is designed to hold up to 10 pairs of Neo-Hex Dumbbells
- Dumbbell Storage Rack designed to hold up to 60 pairs of Neo-Hex Dumbbells (depending on the size)
- Manufactured with steel tubing for durability

Dimensions -

W 580mm x H 1300mm x D 566mm (Upright Rack)

W 1009mm x H 1050mm x D 500mm (Rack)

Weight - 17.7kg (Upright Rack), 51kg (Rack)

Installation available

Warranty - 2 years (Rack), 1 year (Dumbbells)

SUD10PR	Studio Dumbbell Rack only
SUD10NH	Studio Dumbbell Rack + 10 pairs of Neo Hex Dumbbells 1kg - 10kg
SUD10T	Studio Dumbbell Rack + 10 pairs of ZVO Tribells 1kg - 10kg
NDRE	Storage Rack only
NDRF	Storage Rack + 48 pairs of Dumbbells - 10 x 1kg, 6 x 1.5kg, 10 x 2kg, 8 x 2.5kg, 6 x 3kg, 4 x 4kg, 4 x 5kg

NEO-HEX DUMBBELLS



- Popular medium density neoprene coated dumbbells with hexagon shaped head and ergonomic handle
- Available in 13 colour-coded sizes from 0.5kg to 10kg per hand
- Sold in pairs

Warranty - 1 year

PN1K	2 x 0.5kg	Yellow
PN2K	2 x 1kg	Pink
PN3K	2 x 1.5kg	Purple
PN4K	2 x 2kg	Green
PN5K	2 x 2.5kg	Blue
PN6K	2 x 3kg	Grey
PN8K	2 x 4kg	Black
PN10K	2 x 5kg	Red
PN12K	2 x 6kg	Blue
PN14K	2 x 7kg	Purple
PN16K	2 x 8kg	Green
PN18K	2 x 9kg	Blue
PN20K	2 x 10kg	Grey

ZVO URETHANE FUNCTIONAL TRIBELL



Our most durable studio dumbbell designed to withstand the busiest studio classes.

- Comfortable ergonomic grips
- Premium urethane surface
- Flat surfaces prevent rolling

Warranty - 5 years

ZFPA2G	2 x 1kg
ZFPA4G	2 x 2kg
ZFPA6G	2 x 3kg
ZFPA8G	2 x 4kg
ZFPA10G	2 x 5kg
ZFPA12G	2 x 6kg
ZFPA14G	2 x 7kg
ZFPA16G	2 x 8kg
ZFPA18G	2 x 9kg
ZFPA20G	2 x 10kg
ZFTPAP1	1kg - 10kg Set

ZIVA

ST2 1 - 10KG STUDIO DUMBBELL RACK



The ZIVA ST2 1-10kg Studio Dumbbell Rack with PU Saddle is solidly constructed, coupled with a very handy design. The rubber cushioned saddles help hold the dumbbells in place and the baked coating is for long lasting durability.

- Compact design with minimal footprint
- Rubber cushioned saddles
- Powder coated finish
- Steel wire saddles
- Non marking feet with option to bolt down
- Stores 1 - 10kg studio dumbbell pairs

Dimensions - W 920mm x H 1535mm
x D 540mm

Weight - 50 kg

Warranty - 5 years (Frame), 1 year (Parts)

SSDBR10E (Rack only)

STRENGTH BARS



Ideal for strength training, body sculpting, pump, circuits or other similar fitness classes.

These Strength Bars are designed as a fixed weight, already pre-loaded so you don't have the hassle of removing or adding weight. This makes them safer and easier to handle than conventional bars with weights on either end.

Each solid steel Strength Bar has been wrapped in a soft padded foam for comfort and grip, with rubber end caps which protect the floor.

- All free weight bars measure 4ft (48")
- Padded foam grip protects hands and increases comfort
- Colour-coded rubber end caps ensure your floor remains protected

Dimensions - L 1220mm x D 35mm

Warranty - 1 Year

SB3KY 3kg Black/Yellow

SB4KGN 4kg Black/Green

SB5KO 5kg Black/Orange

SB6KB 6kg Black/Blue

SB7KG 7kg Black/Grey

STRENGTH BAR RACK



This heavy-duty rack uses thick 3mm steel with curved tubing.

- Designed to hold Strength Bars and ViPRs™ - its upright design maximises storage space with a small studio footprint
- Open plan design allows for easy access and loading
- Finished in a durable, gloss powder coating to reduce the likelihood of scuffs and marks

Dimensions - W 1408mm x H 1580mm
x D 840mm

Weight - 80kg

Installation available

Warranty - 2 years

VIPRRK Rack only



GLIDING DISCS



The Gliding Disc Exercise System allows for smooth, fluid and graceful movements that can be structured into a stand-alone Gliding Class or incorporate core stabilisation throughout the range of motion. Its simplicity of movement makes this unique exercise system easily adaptable.

- Specifically designed discs transform exercise movements into graceful lines of flowing motion
- Can help achieve optimal range of motion more easily and consistently
- Lightweight and compact
- Both hardwood and carpeted floor versions available

Dimensions - Dia. 226mm

Warranty - 1 year

GDWF Pair of Hardwood/Vinyl Floor Discs
GDC Pair of Carpeted Floor Discs



GLIDING PRO CLUB KIT



- Club Kit includes 25 pairs of Gliding Discs all in a handy Storage Bag
- A Lite version of the Pro Club Kit is also available (12 pairs of discs)

Warranty - 1 year

GPCKH 25 Hardwood Floor Discs
+ Storage Bag
GPCKC 25 Carpet Floor Discs
+ Storage Bag
GPKLH 12 Hardwood Floor Discs
+ Storage Bag
GPKLC 12 Carpet Floor Discs
+ Storage Bag
GBAG Storage Bag Only



BOSU® CORE SLIDERS



BOSU® Core Sliders smoothly slide across multiple surfaces, including carpet, tile, and hardwood floors. Flip the Core Slider to the foam or smooth side depending on the surface you're on. The Core Sliders are great for toning your legs, arms, and core.

- Includes 2 dual-sided core sliders
- 7" in diameter - great for shaping and toning
- Slides across multiple surfaces

Dimensions - Dia. 178mm

Warranty - 1 year

BOSUSD

WHICH MAT DO I NEED?

There's so much choice when it comes to mats that it can be hard to know where to start.

The correct choice will in large part depend on how the mat will be used. Is it for yoga or Pilates? HIIT? Stretching?

For Pilates and yoga, a tactile surface for maximum hand and foot grip is a great feature to look for, as are a textured underside to grip the floor and just the right level of cushioning: enough to protect the spine, not so much that you lose connection with the floor. That tends to be around 4.5mm-6mm for yoga mats, around 8mm-15mm for Pilates.

HIIT requires a durable mat with a good level of cushioning to protect the joints and spine from impact during dynamic movements, but not so much that you lose your balance. Somewhere around 10-12mm is generally spot on.

Meanwhile, for stretching, you're looking for maximum cushioning and - where relevant and possible within social distancing guidelines - a large enough mat to allow for partner work. Physical can help with all of this.



YOGA



PILATES



FITNESS



PHYSIO

So... are you ready to find your perfect mat?



**PERFORMANCE
YOGA MAT** - PG 59



**VINYL STUDIO
MAT** - PG 60



**VINYL STUDIO
STRETCH MAT** - PG 61



SUPALITE MATS -
PG 61



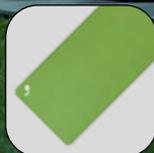
**PERFORMANCE
PILATES MAT** - PG 62



**CLUB YOGA
MAT** - PG 62



CORONELLA -
PG 62



**CALYANA YOGA
MAT** - PG 63



XTREMA - PG 63



FITLINE - PG 63



YOGAPILATES
190 - PG 64



CORONA - PG 64

PERFORMANCE YOGA MAT



PERFORMANCE

PERFORMANCE YOGA MAT



Our Performance Yoga Mat is a high-quality yet affordable product that delivers an exceptional user experience for both in-club and at-home use.

As we went through the design process, we enlisted a group of yoga instructors to give us their hands-on insight. They tested out the various materials we were considering and their feedback was instrumental in creating a product that ticks every box for the end user.

The mat is designed to be the perfect thickness - just enough to provide comfort, without losing any of the control you need for yoga - with excellent grip on both sides. On the rear, this comes courtesy of a textured surface to grip the floor; on top, a moisture-absorbing layer ensures maximum hand / foot grip in all conditions.

Additional features include positional markings on the mat - a central postural guide, plus horizontal alignment markings for the hands and feet - and eyelets for hanging storage.

- Optimum thickness for impact absorption and comfort
- Texture on rear for maximum grip
- Moisture-absorbing top layer
- Central postural alignment guide
- Innovative horizontal alignment markings
- Eyelets fixed at 40cm apart

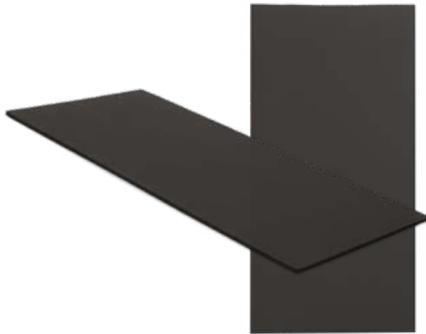
Dimensions - W 630mm x L 1830mm x D 5mm
Warranty - 1 year

PYM Performance Yoga Mat
PYMR Performance Yoga Mat with Retail Packaging



YOGA

BUDGET MAT



Our ever popular and most affordable home use mat.

- Manufactured from cross linked, closed cell, chemically expanded Polyethylene foam
- Produced for budget minded teachers who take care of their products
- CFC free
- Mats supplied singularly

Dimensions - W 500mm x L 1000mm x D 10mm

Weight - 0.25kg

Warranty - 3 months

BMSK Black



PILATES



FITNESS

SUPASOFT DUAL MAT BAG



- Manufactured in nylon with waterproof PVC coating, heavy-duty piping around edges and a shoulder strap for easy transportation
- Zip goes 3/4 way round enabling the bag to open like a suitcase
- 30mm wide, strong webbing for handles
- Holds 26 Small 10mm Mats, 13 Large 10mm Mats, 32 Budget Mats or 10 Vinyl Aerobic Mats

Dimensions - W 500mm x L 1045mm x D 330mm

Warranty - 6 months (Bag), 3 months (Mats)

SMB Dual Strap Mat Bag
SMB30 30 x Black Mats with Mat Bag

VINYL STUDIO MAT



A compact mat with unique shock absorbency and good level of comfort. Can be screen printed with your logo (call for details).

- Laminated, welded and sealed for optimum durability
- Manufactured from specifically formulated PVC foam with non-slip base
- Hygienic and easy to clean
- Comes with eyelets fixed at 40cm apart to suit our Mat Storage Rack and Wall Bracket

Dimensions - W 500mm x L 1000mm x D 10mm

Weight - 1kg

Warranty - 1 year

PVMKE Black



FITNESS

VINYL STUDIO STRETCH MAT



These Vinyl Studio Stretch Mats offer optimum cushion and support for stretching and exercise floor workouts.

Slip-resistant rubber texture base of the mat offers optimum grip to the studio floor, whilst the mat surface is easily wiped and hygienic.

These Vinyl Studio Stretch Mats can be produced with hook and loop fixtures to enable them to be joined together. This option must be requested at time of ordering. Can be screen printed with your logo (call for details).

Dimensions - W 1000mm x L 2000mm x D 32mm

Weight - 5kg

Warranty - 6 months

PVSMK Black



FITNESS



PHYSIO

SUPALITE STUDIO MAT



Lightweight and non-slip, these are the ultimate mats for durability and comfort combined.

- Compact and portable design allows for easy movement
- Ideal of circuit training, pump classes and HIIT training
- Designed with round corners, central posture line and anti-tear cut out hanging holes
- Compatible with our Wall Bracket and Mat Storage Rack
- Closed cell, surface washable foam does not absorb moisture

Dimensions - W 495mm x L 1000mm x D 10mm

Warranty - 6 months

SS100K Black

SS100T Teal



FITNESS

SUPALITE MULTI-FOLD MAT



Multi-fold Supalite Mats are lightweight, durable and very versatile.

- 3 non-tear creases provide 3 mat lengths in 1
- Suitable for Pilates and stretching when fully extended
- Provides extra head cushioning when 1 end folded
- When folded in half this mat offers a compact well cushioned studio mat
- Anti-tear hanging holes allow for storage with our Wall Bracket and Mat Storage Rack
- Designed with round corners with central posture line
- Closed cell, surface washable foam does not absorb moisture

Dimensions - W 500mm x L 1900mm x D 10mm

Warranty - 6 months

SM190K Black

SM190T Teal



PILATES



FITNESS

CLUB YOGA MAT



The Club Yoga Mat has been purposefully designed with Yoga practitioners in mind. Made from a durable, non-slip soft touch surface.

- Club Yoga Mat is made from Latex free PVC
- Features an inner cotton layer to prevent stretching
- Central line aids posture alignment
- Eyelets fixed at 40cm apart
- Custom branding available

Dimensions - W 610mm x L 1830mm x D 4.5mm
Warranty - 1 year

BZYMK Black



YOGA

PERFORMANCE PILATES MAT



Our Performance Pilates Mat provides 10mm of dynamic cushioning to reduce pressure on joints, making it an ideal training partner for all your ground based Pilates exercises.

- Manufactured from strong, heavy-duty polyethylene foam
- Closed cell surface will not absorb moisture
- Central posture and innovative horizontal alignment markings
- Fabric protected edges give extra durability
- Fitted eyelets 40cm make storage simple with our Wall Bracket or Mat Storage Rack

Dimensions - W 610mm x L 1830mm x D 10mm
Weight - 1.2kg
Warranty - 1 year

PPMK Performance Pilates Mat - Black
PPMKR Performance Pilates Mat - Black with retail packaging



PILATES

PERFORMANCE

CORONELLA



At 15mm thick the Coronella Mat provides maximum comfort and cushioning making it ideal for Pilates, rehabilitation and physiotherapy.

- Offers a soft, warm touch to the skin and a unique surface structure that prevents slipping
- Available in 2 lengths - 185cm and 200cm
- Eyelet fitting available

Dimensions - W 600mm x L 1850mm x D 15mm
W 600mm x L 2000mm x D 15mm
Warranty - 1 year

AC60	185cm	Green
AC60B	185cm	Blue
AC60C	200cm	Charcoal
AC60P	200cm	Platinum
EYEF		Fitted Eyelets



PILATES



PHYSIO

XTREMA ^{AIREX}



The Airex® Xtrema is a new breakthrough innovation - the most robust mat in the Airex® range.

Due to its high density foam, the Airex® Xtrema can be used outdoors on stony ground, gravel roads, and the beach regardless of weather conditions. Owing to its high stiffness, the Airex® Xtrema is equally suitable for Yoga and Pilates, but also for professional, functional training.

- Eyelet fitting available

Dimensions - W 580mm x L 1780mm x D 5mm
Warranty - 1 year

AE180AN 178cm Anthracite
EYEF Fitted Eyelets



YOGA



PILATES



FITNESS

FITLINE ^{AIREX}



A superb multi-purpose mat which can be used for aerobics, fitness, yoga and Pilates.

- Available in 3 lengths - 100cm, 140cm and 180cm in 2 colours
- Eyelet fitting available

Dimensions -
W 600mm x L 1000mm x D 10mm
W 600mm x L 1400mm x D 10mm
W 600mm x L 1800mm x D 10mm
Warranty - 1 year

AF100C	100cm	Slate
AF140	140cm	Water Blue
AF140C	140cm	Slate
AF180C	180cm	Slate
AF180	180cm	Water Blue
EYEF	Fitted Eyelets	



YOGA



PILATES



FITNESS

CALYANA YOGA MAT ^{AIREX}



The luxury Calyana Yoga Mats offer optimal cushioning and improved comfort for joint friendly workouts.

- Available in 2 thickness and 3 colourways
- The versatile 4.5mm Prime Mats for all types of yoga
- The 6.8mm Professional Yoga Mat more suited for permanent use at home or in a studio
- Eyelet fitting available

Dimensions -
W 660mm x L 1850mm x D 4.5mm (Prime)
W 660mm x L 1850mm x D 6.8mm (Professional)
Warranty - 1 year

ACALGB	Prime - 4.5mm	Lime Green/Nut Brown
ACALB	Prime - 4.5mm	Ocean Blue
ACALSG	Pro - 6.8mm	Stone Grey
EYEF	Fitted Eyelets	



YOGA

AIREX®

YOGAPILATES 190



The Airex® YogaPilates 190 Mat has been developed especially to meet the needs of Pilates and yoga professionals. The increased density of the YogaPilates 190 Mat prevents hyper-extension of the wrist, which can occur with other mats, yet it still provides cushioning to the small bones of the hands and feet, plus grip for stability.

- Benefits from: superb cushioning; warm and comfortable to the touch; flat, non-slip surface; lightweight and easy to roll up; hard wearing and long lasting
- Closed cell structure make it impervious to moisture and Sanitised® treatment inhibits bacterial growth

Dimensions - W 600mm x L 1900mm x D 8mm
Warranty - 1 year

APMC 190cm Anthracite
EYEF Fitted Eyelets



YOGA



PILATES

AIREX®

CORONA



The Corona has all the properties of the Coronella (see page 62) but is wider at 100cm.

- Excellent for Aerobics, Pilates, stretching areas, as well as medical uses, i.e. physiotherapy, hydrotherapy, rehabilitation and antenatal
- Available in 2 lengths - 185cm (Blue, Red) and 200cm (Slate)
- Eyelet fitting available

Dimensions - W 1000mm x L 1850mm x D 15mm
W 1000mm x L 2000mm x D 15mm
Warranty - 1 year

AC100B 185cm Blue
AC100R 185cm Red
AC100C 200cm Slate
EYEF Fitted Eyelets

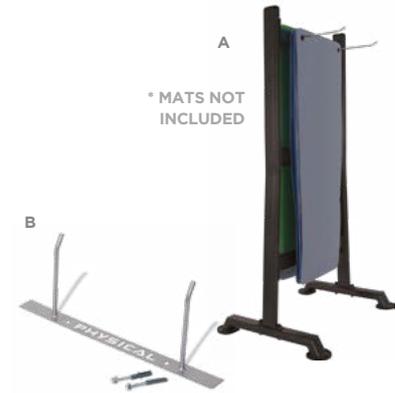


PILATES



PHYSIO

MAT STORAGE RACK / METAL WALL BRACKET



* MATS NOT INCLUDED

A MAT STORAGE RACK

Stylish and sleek design meets premium engineering. Constructed with thick 3mm reinforced steel and high-quality welding in all structural areas.

- Prongs positioned 40cm apart
- Holds up to 38 x 10mm Supalite Studio Mats, 18 x 10mm Supalite Multi-fold Mats or 26 x 10mm Vinyl Aerobic Mats

Dimensions - W 1000mm x L 500mm x H 1920mm
Weight - 41kg
Warranty - 2 years

MSR Rack only

B METAL WALL BRACKET

Our simple aesthetic mat rack has a metal plate and chrome holding prongs. Each rack comes with a fitting kit.

- Max load of 12kg
- The prongs are 40cm apart and 10mm in diameter
- Holds up to 16 x 10mm Supalite Mats or 12 x 10mm Vinyl Mats

Warranty - 1 year

PWB40S

Reebok 

REEBOK STEP - PROFESSIONAL



This unique step provides a strong and sturdy platform for all kinds of aerobic activity. Its simple design makes it easy to use and even easier to store.

- Manufactured with high density copolymer
- Features non-slip feet and a non-slip textured surface
- Height adjustable from 15cm (5.9") to 25cm (9.8") in 3 increments
- Maximum load capacity 110kg

Dimensions - W 385mm x L 1020mm x H 250mm

Weight - 7.5kg

Warranty - 1 year

RSWH

Reebok 

REEBOK DECK



A revolutionary reconfigurable exercise platform.

- Supports all primary exercise positions, providing endless whole body workout options
- Integrates with Reebok Professional Studio equipment
- Maximum load capacity in tilted position 110kg (150kg untilted)

Dimensions - W 320mm x L 1010mm x H 250mm

Weight - 12kg

Warranty - 1 year

RDKWH

AEROBIC STEP



- Platform features an enhanced interlocking mechanism with the risers, to ensure a secure fit
- Non-slip black rubber landing area
- Adjustable in height from 102mm to 204mm
- Maximum load capacity 200kg

Dimensions -

W 406mm x L 1092mm x H 102mm (Platform)

W 406mm x L 406mm x H 51mm (Riser)

Weight - 7.4kg

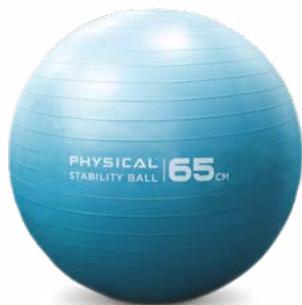
Warranty - 1 year

PSTEPM Aerobic Step with Grey Platform and Stackable Black Risers (2 pairs)

PSTEPPM Individual Grey Platform

PSTEPR Individual Black Riser - pair

STABILITY BALLS



PHYSICAL Stability Balls are ideal for rehabilitation, kids, aqua and circuits. Sit on it, balance with it, throw it and catch it, even float with it.

- Manufactured from flexton® a Latex free² burst resistant material that has undergone static compression testing¹
- Maximum user weight of 400kg
- Can be produced in many colours and custom branded (call for details)

Warranty - 6 months

SB55	55cm	Green
SB65	65cm	Blue
SB75	75cm	Grey

PRO STABILITY BALLS



Our Pro Stability Balls are made from extra thick burst resistant walls, making them heavier and more resilient than the Physical Stability Balls.

- Manufactured from flexton® a Latex free² burst resistant material that has undergone static compression testing¹
- Maximum manufacturer recommended user weight of 600kg
- Can be produced in many colours and custom branded (call for details)

Warranty - 6 months

PSB55	55cm	Teal
PSB65	65cm	Dark Grey
PSB75	75cm	Black

BOSU® BALLAST BALL



By adding a multi-directional load BOSU® have created a weighted (2.5kg approx.) stability ball that incorporates audible, visual and kinaesthetic references to make total body training more versatile, more effective and fun.

Maximum usage weight of 600kg. This ball has a burst resistance rating of 125kg, this means if punctured it will deflate slowly when loaded up to 125kg.

- Translucent BOSU® Ballast Ball comes with a pump
- Can be inflated from 55cm to 65cm.

Warranty - 3 months

BBB65

STABILITY BALL SIZE GUIDE		
Height up to	155 (5ft 2")	530mm diameter
Up to	165 (5ft 6")	550mm diameter
Up to	183 (6ft)	650mm diameter
Over	188 (6ft)	750mm diameter

- 1 All Stability Balls we stock are hard wearing but can be damaged if left in direct sunlight for extended periods of time. Bouncing and kicking Stability Balls is not recommended and can also damage the surface of the ball. Do not use a ball that shows signs of damage. If you are unsure in any way the ball must be replaced. Continuing to use a punctured ball is likely to cause it to burst.
- 2 Made from phthalate free plasticizers.

5 BALL STORAGE TREE



* BALLS NOT INCLUDED

This high quality stability ball storage tree by Physical holds a maximum of 5 Stability or Pro Stability Balls or equivalent.

Made from high quality steel with a black metallic finish this storage unit is compact and will provide valuable storage solution for home and commercial gyms.

- Holds 5 stability balls
- Compact design
- Easy to assemble
- High quality finish
- Ideal for home and commercial gyms

Dimensions - H 1800mm x W 652mm x D 1179mm

Weight - 22kg

Warranty - 2 year

BT5 Rack only

BALL STORAGE RACK



* BALLS/MATS NOT INCLUDED

Maximise storage space with this redesigned and enhanced BOSU® / Stability Ball Storage Rack which combines style with sturdiness. Forged from 3mm thick steel, it has been manufactured to safely and securely store up to 9 BOSU®, or up to 12 Ballast Balls or Stability Balls (depending on size). Equipped with four prongs to hold a range of aerobic mats including up to 38 x 10mm Supalite Studio Mats, 18 x 10mm Supalite Muilt-Fold Mats and 26 x 10mm Vinyl Aerobic Mats.

- Balls and Mats sold separately
- Includes prongs 40cm apart on both ends for mat storage
- Manufactured with solid steel tubing

Dimensions - W 2800mm x H 1800mm

x D 1000mm

Weight - 71kg

Installation available

Warranty - 2 years

BR9 Rack only

4 BALL WALL RACK



* BALLS NOT INCLUDED

Combining sturdiness with style, this rack was engineered with thick 3mm steel to safely and securely store up to 4 stability balls or 4 BOSU® Ballast Balls.

- Space saving wall rack
- Mounting kit supplied
- Easily assembled

Dimensions - W 3040mm x H 520mm
x D 530mm

Weight - 32kg

Installation available

Warranty - 2 years

SBWR4 Rack only

SUPAFLEX X-BANDS



SUPAFLEX X-BANDS



Available by the roll, length or loop and in various levels of difficulty, these bands will help build and strengthen muscles. Perfect for Pilates and rehabilitation. Contains Latex.

A SUPAFLEX X-BAND ROLLS

X-Band Rolls measure 6" wide and are available in either 15 or 25 metre rolls.

B SUPAFLEX X-BAND LENGTHS

X-Band Lengths are 6" wide and 1.5 metres long.

C SUPAFLEX X-BAND LOOPS

X-Band Loops measure 40mm wide by 230mm (flat) 460mm (circle).

Warranty - 3 months

	LOOP	LENGTH	15M	25M
Light	XBGL	XBGM	XBG15	XBG25
Beginner	XBBL	XBBM	XBB15	XBB25
Intermediate	XBIL	XBIM	XBI15	XBI25
Advanced	XBAL	XBAM	XBA15	XBA25
4 Pack	XBL4	XBM4		

SUPAFLEX POWER BANDS



- Multi-purpose bands; suitable for agility drills, jump, speed, strength, MMA training and rehabilitation.
- Progressive resistance, ideal for all fitness levels
- The wider the band the more resistance offered
- Maximum safe stretch approximately 150%
- Each band has a wall thickness of 4.5mm
- Contains Latex

Warranty - 6 months

POWER BAND RESISTANCE TESTING - Based on the % elongation

	1-1.5 X	2 X
Level 1	6kg	9kg
Level 2	9kg	11kg
Level 3	11kg	13kg
Level 4	18kg	21kg
Level 5	27kg	32kg

SPBL1	L 2000mm x W 13mm
SPBL2	L 2000mm x W 22mm
SPBL3	L 2000mm x W 30mm
SPBL4	L 2000mm x W 46mm
SPBL5	L 2000mm x W 67mm

SUPAFLEX RESISTANCE BANDS



The Supaflex Resistance Bands can help strengthen and tone all muscle groups and are ideal for upper and lower body exercises.

Manufactured from Natural Rubber, which boasts a high stretch ratio and resilience ensuring these Resistance Bands are long lasting.

Supaflex Resistance Bands are best for Pilates style workouts and rehabilitation therapy.

Available in two strengths:

Intermediate - 300mm long by 15mm wide;
Advanced - 300mm long by 25mm wide.

Warranty - 3 months

RB15	Intermediate	15mm
RB25	Advanced	25mm

SUPAFLEX X-TUBE



These ultra-strong and portable Supaflex X-Tubes are perfect for personal trainers and fitness enthusiasts looking to train for strength, flexibility, rehabilitation or injury prevention.

Created with quality and durability in mind. After much feedback we've created a resistance tube that has increased comfort by way of a foam handle and improved durability by way of a 60cm protective sleeve.

- Features a sleeve to protect the tubing from wear and tear when used outdoors
- Each tube has a colour contrasting level indicator on the handle and colour-coded rubber for easy identification
- 4 progressive resistance levels available
- Contains Latex

Warranty - 6 months

XTP1L	Beginners	Pink
XTP2L	Intermediate	Purple
XTP3L	Advanced	Green
XTP4L	Advanced Plus	Blue

HD RESISTANCE TUBING



Lightweight and portable but primed for heavy-duty use. HD Resistance Tubing offers a fast, effective and simple way to stay in shape.

- Can be used in place of dumbbells and kettlebells
- 4 resistance levels available
- Strenuously tested by industry professionals
- Plastic handles for improved grip and sturdiness
- Contains Latex

Warranty - 1 year

HDRT1	4ft Tube Level 1	Green
HDRT2	4ft Tube Level 2	Yellow
HDRT3	4ft Tube Level 3	Blue
HDRT4	4ft Tube Level 4	Red

POWER LOOPS PACK



Build and strengthen muscles with these Power Loop resistance bands, perfect for Pilates and rehabilitation.

Manufactured from high-grade latex rubber for greater elasticity, resistance and making these long-lasting. These Power Loops measure 50mm wide by 300mm flat and 600mm circle.

- Manufactured from high-grade premium latex rubber
- Five levels of resistance included: Level 1 Black, Level 2 Green, Level 3 Yellow, Level 4 Blue, Level 5 Red

Warranty - 3 months

XBPL

COTTON GLUTE BANDS



Glute Bands can be used for many different exercises from Pilates, yoga, stretching exercises, lunges, glute bridge, donkey kicks and much more. Introduce to your strength or functional training session to add in another level of resistance.

- Our new PHYSICAL Cotton Glute Bands are a comfortable elasticated fabric with a non-slip latex strip.
- Our light and portable Glute Bands come in a set of 3 with carry bag to store at home or in your gym bag.
- Recommended to wipe clean only.
- Level 1 - Teal - 17" x 3.2"
- Level 2 - Grey - 15" x 3.2"
- Level 3 - Black - 13" x 3.2"

Weight - 0.50kgs

Warranty - 6 months

GLTBND3

SUPASOFT AQUA DUMBBELLS



Supasoft Aqua Dumbbells are made from a professional grade foam formulated to absorb very little water and easily dry out between uses.

The corrosion resistant foam is safe for fresh, chlorinated and sea water and can also safely come into contact with oil, acids, alkalis and other chemicals. The foam also has antibacterial properties, is non-toxic and will not pollute the water.

- Offer 2 levels of resistance: "D" shaped Dumbbells - curved side for medium resistance, flat side for maximum resistance

- Sold in pairs

Warranty - 3 months

AQD

AQUAJOGGER® FIT



The AquaJogger Fit is ideal for the high intensity workouts with no impact, or for people recovering from injury.

- Patented contoured design tones the abdominal muscles while supporting and strengthening the lower back.
- Resilient closed cell foam won't absorb water, dries quickly, and resists chlorine damage.
- Easy-to-operate quick-release buckle ensures a hassle-free fit.
- Custom-woven adjustable belt which will fit up to 44" waist

Warranty - 6 months

AJA

WHEELED STORAGE CAGE



The Physical Storage Cage is the ideal way to keep your space clutter free and is finished in our popular durable powder coated finish.

- Stores many small items - boxing, aqua, studio and functional kit
- Lid can be secured shut with a padlock (not provided) for security
- Drainage holes in base, making this cage suitable for wet equipments
- Lockable wheels
- Maximum weight 150kg

Dimensions: W 1350mm x H 780mm x D 650mm

Weight - 63kg

Warranty - 1 year

PCAGE

ADDITIONAL CLASSES PRODUCTS



STABILITY BALL CARRY STRAP

Enables you to easily carry one or several balls.

BCS



DUAL ACTION HAND PUMP

Inflates balls in minutes.

DAHP



WRIST & ANKLE WEIGHTS

WA1K	2 x 0.5kg
WA2K	2 x 1kg
WA3K	2 x 1.5kg
WA4K	2 x 2kg



BALL STACKER RING

Stack and store balls when not in use.
Fits 42cm to 75cm balls.

RING



GYM BALL STAND

Gym Ball Stand to stabilise gym/stability balls
- 26cm in Black.

BSTAND



STEP WEBBING ATTACHMENT

Dimensions - L 930mm x W 330mm x D 10mm
Warranty - 6 months

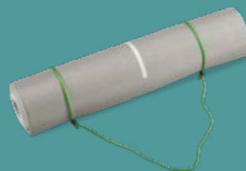
DAP



WATER NOODLES

Dimensions - L 1200mm x D 100mm
Warranty - 3 months

WW	Single Noodle (colours vary)
WWB	Box of 50 Noodles



YOGA / PILATES MAT CARRY STRING

Warranty - 6 months

YMS



DUMBBELL BARS & COLLARS

2 x 30mm hollow dumbbell bars with ergonomic rubber handles and spring collars.

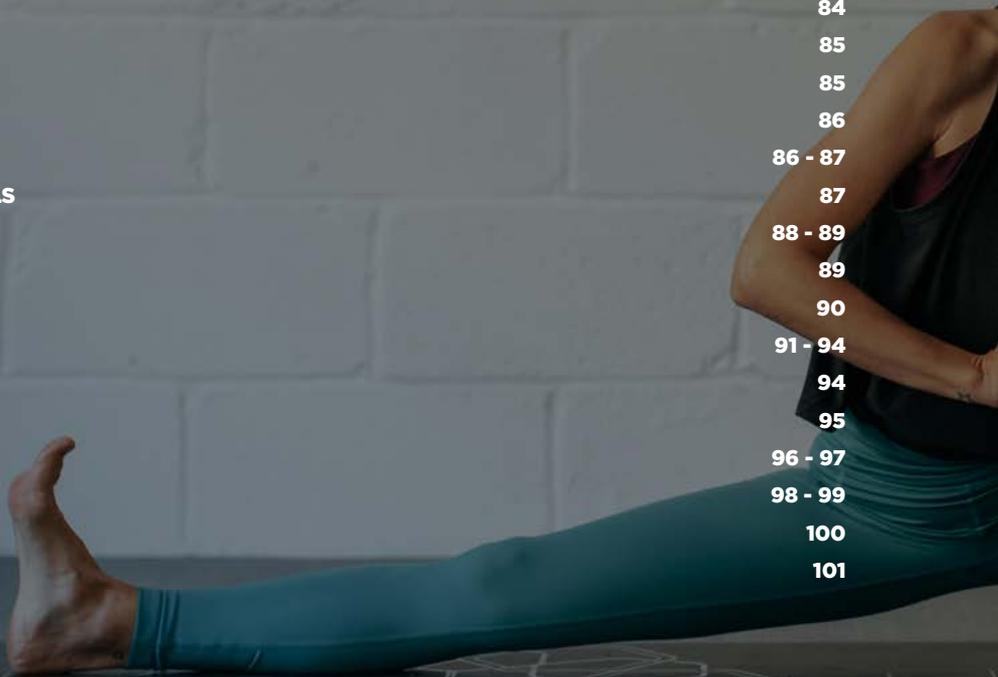
Warranty - 1 year

DB30

FOR ADDITIONAL INFORMATION ON THESE PRODUCTS PLEASE SEE OUR WEBSITE

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**OUR MIND BODY
COLLECTION HAS
BEEN SPECIALLY
CURATED TO MEET
YOUR NEEDS
WHATEVER YOUR
BUDGET OR
FACILITY SIZE**

MIND BODY

Recovery is emerging as one of the most important trends in wellbeing today, and it's gaining strong momentum among consumers. Where before, Mind Body was seen as the women's workout, now we're seeing everyone from professional sports people to weight training men drawn to this discipline, quoting its ability to enhance their performance and protect their bodies from injury. And that's before we even start on its role in helping us manage the stress of our pressured lives.

This is an increasingly important area of your offering to get right, and we're here to help.

Our Mind Body collection has been specially curated to meet your needs whatever your budget or facility size. From Pilates reformers through to mats and stability balls, we can help every studio create a top-quality mind body offering.

Partner brands, all selected for their exceptional quality, include Merrithew™, Reebok and BOSU® among many others. Meanwhile, our PHYSICAL range includes everything from stability balls and weighted soft balls to mats, yoga and Pilates accessories and storage solutions; we pride ourselves on the quality and durability of our products, all of which are very competitively priced.

MERRITHEW™ REFORMERS



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MERRITHEW MPX™ REFORMER



Deliver a premium Pilates experience with this entry-level commercial Reformer for multi-purpose studios, hotels and franchise fitness centres. Featuring Merrithew's hallmark craftsmanship, innovative engineering and a sleek new look, the MPX Reformer offers the best of Pilates at a competitive price.

- Traditional Springs Package – includes 5 Reformer springs (4 x 100%, 1 x 50% tension)
- 5 Neoprene Spring Covers
- Traditional Rope System
- Traditional Gearbar System
- Double Loop Straps
- Carriage Stopper
- Vertical Stand
- Easy-Roll Wheels
- Two-year warranty
- Reformer Box with Footstrap
- Padded Platform Extender
- Metal Roll-Up Pole

MPXR **MPX Reformer**

 merrithew.

SPX® MAX REFORMER BUNDLE



The SPX® Max is lightweight and stackable; – perfect for facilities with limited space or multi-purpose exercise rooms and home users.

- High Precision Springs Package – 5 Reformer Springs (3 x 100%, 1 x 50%, 1 x 25%)
- 5 neoprene spring covers for noise reduction
- Soft Reformer loops
- Patented Retractable Rope System – makes changing rope lengths a breeze!
- Carriage Stopper
- Easy-roll wheels on both ends of the Reformer
- Black “Onyx” version available with Vertical Stand included
- Reformer Box with footstrap
- Padded Platform Extender
- Maple Roll-Up Pole

SPXMRB **SPX Max Bundle**
SPXMRBVS **SPX with vertical stand**

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V2 MAX™ REFORMER BUNDLE



This standard-height reformer is very versatile and allows for easier transition between exercises for efficient group and one-on-one training sessions. Suitable for all types of clients, including athletes, rehab recipients, the active aging, and regular fitness enthusiasts.

- High-Precision Spring Package: 5 Reformer Springs (3 x 100%, 1 x 50%, 1 x 25%)
- Soft Reformer Loops (Straps)
- 5 Neoprene Spring Covers for noise reduction
- Quick-Set Pulley Posts
- Carriage Stopper
- Gearbar
- Wooden Standing Platform

V2MRB **V2 Max Bundle**



SPX® MAX WITH VERTICAL STAND BUNDLE - ONYX



The all-black Onyx SPX® Max Reformer is a sleek, stylish addition to any fitness space.

From the patented rolling carriage to the high-performance tension springs, every inch of the Onyx is a testament to superior design and craftsmanship.

Including a Vertical Stand for space-saving storage and a Traditional Gearbar, the Onyx is perfect for smaller studios and facilities with multi-purpose exercise rooms to maximize earning potential.

SPXMRVBG With the High-Precision Gearbar
SPXMRVB Without the High-Precision Gearbar



SPX® MAX PLUS™ REFORMER BUNDLE



The SPX® Max Plus™ Reformer is the ultimate Pilates Reformer of the SPX family. Equipped with innovative retractable rope system and travelling pulleys on the vertical frame, the SPX Max Plus offers variable angles of resistance, allowing three-dimensional movement that replicates daily activities. It offers maximum functionality in a minimal amount of space. Great for all levels of fitness and athletic training.

Vertical Frame equipped with:

- 2 Push-Thru Springs
- 2 Roll-Down Springs with Maple Roll-Down Bar
- 2 Arm Springs with Foam Grip Handles
- 2 Leg Springs with Padded Long Spine Straps
- 2 Extension Straps
- 2 Travelling Spring Hooks
- 2 Travelling Pulleys and a Safety Chain

SPXMPRB SPX Max Plus Bundle



V2 MAX™ PLUS REFORMER BUNDLE



Equipped with innovative retractable rope system and travelling pulleys on the vertical frame, the V2 Max Plus offers variable angles of resistance, providing an increased range of motion, making it the premier tool for Pilates-based sport-specific, rehab and cross-training movement.

Vertical Frame equipped with:

- 2 Push-Thru Springs
- 2 Roll-Down Springs with Maple Roll-Down Bar
- 2 Arm Springs with Foam Grip Handles
- 2 Leg Springs with Padded Long Spine Straps
- 2 Extension Straps
- 2 Travelling Spring Hooks
- 2 Travelling Pulleys and a Safety Chain

V2MPRB V2 Max Plus Bundle

WARRANTY FOR MERRITHEW REFORMERS

LIMITED LIFETIME WARRANTY: ALUMINIUM RAILS, COMPONENTS OF THE FRAME AND RELATED WELDING, STANDARD GEARBAR AND FOOTBAR MECHANISMS (EXCLUDING RUBBER FOOTBAR) • **90 DAYS:** UPHOLSTERY • **1 YEAR:** ROPES, STRAPS, SPRING CLIPS, PLASTIC PULLEY BAR RECEPTACLE SLEEVES, COMFORT FOOTBAR, SPRING COVERS AND PLASTIC SPRING HOLDERS • **2 YEARS:** ALL OTHER REFORMER COMPONENTS

REFORMER ACCESSORIES

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JUMPBOARD™



The Jumpboard is a Reformer accessory that is often used for plyometric training as it mimics the hard surface of the floor.

JB22 SPX/SPX Max (22")
JB24 V2 Max/Rehab V2 Max (24")

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CARDIO-TRAMP® REBOUNDER



The Cardio-Tramp® Rebounder easily transforms any Reformer into a unique Pilates cardiovascular machine.

CARDIOT22 SPX/SPX Max (22")
CARDIOT24 V2 Max/Rehab V2 Max (24")

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PADDED PLATFORM EXTENDER



Provides a raised padded surface for sitting or standing exercises on the Reformer and extends the wooden standing platform on Pilates Reformers

PPX22 SPX/SPX Max (22")
PPX24 V2 Max/Rehab V2 Max (24")

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REFORMER BOX & FOOTSTRAP



The additional height of the Reformer Box allows greater range of motion and facilitates a variety of exercises while seated or lying on the Reformer. Comes equipped with a footstrap.

RFB Regular - L710mm xW380mm xH254mm
RFBXT Extra Tall - L710mm xW380mm xH355mm
RFBXL Extra Long - L864mm xW420mm xH254mm

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ROTATIONAL DISKBOARD™



This unique Reformer accessory offers both horizontal and vertical mounting slots to accommodate a variety of foot placement options. Great for rehabilitation or clients with limited range of motion.

RD22 SPX/SPX Max (22")
RD24 V2 Max/Rehab V2 Max (24")

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SOFT FOOTBAR



A comfortable alternative to the standard footbar. It positions the feet in a slightly higher alignment to reduce compression, making it ideal for clients with sensitive or injured feet.

SF22 SPX/SPX Max (22")
SF24 V2 Max/Rehab V2 Max (24")

REFORMER ACCESSORIES

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HIGH-PRECISION GEARBAR SYSTEM™



Twice as many gearbar positions than on the traditional system; with more resistance / spring tension options.

HPGU

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REFORMER EXTENSION



Need a little extra length? Add an additional 6" / 15 cm to both the frame and the carriage on your Reformer. Also includes mid-rail legs. A great option for tall clients or those with long torsos.

RXV2M

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MAX PLUS™ VERTICAL FRAME



Increases programming options - along with the full Reformer repertoire, about 80% of Cadillac exercises can be performed with just one machine.

VFPSPX
FPV2

SPX Max Plus (22")
V2 Max™/Rehab, V2 Max Plus (24")

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ARC BARRELL



The Arc Barrel features dense EVA foam cushioning, providing optimal comfort and faithful proprioceptive feedback.

ARCB

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SPINE CORRECTOR



An essential Pilates tool used to perform exercises lengthening and strengthening the torso, shoulders, back and legs while correcting or restoring the spine's natural curvature.

SPINEC

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MAT CONVERTER



Convert your Reformer into an elevated, stable and cushioned Matwork area. Made to withstand commercial use, these Mat Converters are the ultimate space hack freeing floor space while adding comfort and functionality.

MATC22
MATC24

SPX/SPXMAX (22")
V2 Max/Rehab V2 Max (24")

FURTHER REFORMER ACCESSORIES ARE AVAILABLE - PLEASE SEE WEBSITE FOR MORE DETAILS

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LADDER BARREL



The Ladder Barrel challenges core stability and strength of Pilates enthusiasts of every level. The surface is ideal for stretching and strengthening exercises and the wooden rungs provide versatility for different users.

LADB

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SPLIT-PEDAL STABILITY CHAIR™



Compact and easy to move, the Stability Chair is perfect for areas with limited space. Helps with upper and lower-body strength and conditioning, enhancing stability and improve body control. Ideal for those who need to stay in a seated or upright position.

STBCHH

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MINI STABILITY BALLS™



Helps improve posture with a major focus on core stability and back strength mobility. Get a full body work out with this lightweight and portable accessory.

SMSB 7.5" Small Ball Blue
SMSBL 10" Medium Ball Lime
SMSBXL 12" Large Ball Orange

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MERRITHEW FOAM CUSHION



Perfect for Pilates exercises, and can also be incorporated in fusion or athletic conditioning workouts. Available in 3 sizes

SFCA Foam Cushion 9" x 6" x 1"
SFCB Foam Cushion 9" x 6" x 3"
SFCC Foam Cushion 13" x 10" x 2.5"

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MERRITHEW PILATES PAD



Made of eco-friendly materials, these non-slip rubber pads can be stacked to just the right height to establish correct positioning for exercises or to add extra cushioning.

Dimensions - W 190mm x L 356mm x D 13mm
 Warranty - 3 months

SRP

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MERRITHEW GRIPPER MAT



These versatile, non-slip rubber Gripper Mats make work on the Reformer and Cadillac / Trapeze Table safer.

Dimensions - W 305mm x L 432mm
 Warranty - 3 months

SGM

MERRITHEW STABILITY BARRES

Ideal for dance-inspired fitness routines that will bring flexibility and balance to exercisers of all fitness levels. The Stability Barre allows for functional standing leg exercises that combine traditional ballet barre work with movement patterns that will tone, shape and strengthen your butt, hips, thighs and calves. Innovative exercises for your upper body help make it the ultimate full-body program.

- Stability Barre™ is easily adjusted to a variety of heights (927mm to 1117mm)
- Accommodate various studio sizes and needs
- Available in choice of grey or white finish
- Professional grade, solid and supportive
- Weighted circular base adds stability, along with a non-skid grip on a variety of flooring surfaces
- Completely free standing – does not require wall mounting
- The barre can be easily removed from the supports for storage when not in use
- Perfect for group training
- Assembly required
- Owner's manual
- Barre connectors available seperately
- Wall mounted barre available seperately

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MERRITHEW STABILITY BARRES - 6FT



Can accommodate up to 3 exercisers.

Dimensions - W 406.4mm x L 1820mm

Weight - 30kg

Warranty - 2 years

SSB6G **Grey**
SSB6W **White**

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MERRITHEW STABILITY BARRES - 8FT



Can accommodate up to 4 exercisers.

Dimensions - W 406.4mm x L 2438mm

Weight - 31kg

Warranty - 2 years

SSB8G **Grey**
SSB8W **White**

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MERRITHEW STABILITY BARRES - 12FT



Can accommodate up to 6 exercisers.

Dimensions - W 406.4mm x L 3660mm

Weight - 46kg

Warranty - 2 years

SSB12G **Grey**
SSB12W **White**

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MERRITHEW PARALLEL STABILITY BARRES - 6FT



Can accommodate 4 exercisers, 2 on each side of the barre.

Dimensions - W 406.4mm x L 1820mm

Weight - 62kg

Warranty - 2 years

PSB6G **Grey**
PSB6W **White**

merrithew.

MERRITHEW PARALLEL STABILITY BARRES - 8FT



Can accommodate 6 exercisers, 3 on each side of the barre.

Dimensions - W 406.4mm x L 2438mm

Weight - 64kg

Warranty - 2 years

PSB8G **Grey**
PSB8W **White**

merrithew.

MERRITHEW PARALLEL STABILITY BARRES - 12FT



Can accommodate 8 exercisers, 4 on each side of the barre.

Dimensions - W 406.4mm x L 3660mm

Weight - 95kg

Warranty - 2 years

PSB12G **Grey**
PSB12W **White**

WEIGHTED SOFT BALLS



Great for toning, strengthening and re-aligning the body.

- Easy to grip.
- Available in 3 colour coded sizes
- 13cm in diameter
- Surface washable.
- Latex Free
- Sold in pairs

Dimensions - Dia. 130mm
Warranty - 6 months

WSB1K	2 x 0.5kg	Purple
WSB2K	2 x 1kg	Green
WSB3K	2 x 1.5kg	Blue

SOFT PILATES BALL



Fantastic, soft, lightweight ball designed to target and strengthen hard to reach muscle groups. Excellent tool for Pilates, over 50's, Thigh, Tums & Bums classes as well as for Personal Trainers. Super resistance tool for inner thighs, pelvic floor, upper body, neck, etc.

- Soft, lightweight, ball for use in rehabilitation and fitness programmes, Pilates and Yoga
- Sold individually
- Can be inflated to 7" then deflated to suit needs / requirement
- Latex free

Dimensions - Dia. 180mm
Warranty - 6 months

SPOB	Green
SPOBP	Purple

TRINITY BALL



A larger version of the Soft Pilates Ball.

- Increased diameter, ideal for beginners or anyone wishing to add a new challenge to their Pilates workout
- Can be inflated to 10" then deflated to suit needs / requirement
- Latex free

Dimensions - Dia. 260mm
Warranty - 6 months

TB

PRICKLE STIMULATING BALLS



Small Ball with “spikes” to stimulate the muscles and sensations wherever touched.

- Ball measures 9cm / 10cm
- Can be slightly squeezed to aid grip
- Can be inflated / deflated using the Single Action Hand Pump (available separately)
- Sold in pairs of Yellow and Red or Purple and Grey
- Latex free

Dimensions – Dia. 90mm

Warranty – 6 months

PSBPG Purple & Grey
PSBRY Red & Yellow

HEDGEHOG PODS



Improve dynamic balance, body awareness and co-ordination. A fun and creative way to improve balance. These air filled pods are made of firm plastic making them perfect for beginners. Hop and jump from one to the next for a fun drill. Use them dome or flat side up for a greater balance challenge. Can be inflated or deflated as required.

Made from PVC, phalate free. Sold in sets of 6. Colours: Yellow, Red, Green, Blue, Purple and Orange.

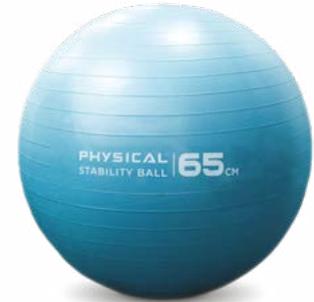
- Use either dome or flat side up for a greater balance challenge
- Sold in sets of 6

Dimensions – W 178mm x H 90mm

Warranty – 6 months

HP6

STABILITY BALLS



PHYSICAL Stability Balls are ideal for rehabilitation, kids, aqua and circuits. Sit on it, balance with it, throw it and catch it, even float with it.

- Manufactured from flexton® a Latex free burst resistant material that has undergone static compression testing
- Maximum user weight of 400kg
- Can be produced in many colours and custom branded (call for details)

Warranty – 6 months

SB55	55cm	Green
SB65	65cm	Blue
SB75	75cm	Grey

BENDER BALL



Great for resistance exercises and can help improve core muscles for better posture.

- Incorporates Leslee Bender's Selective Stabilisation method so you can sculpt abs fast
- Can be inflated to 8" and deflated to suit
- Latex free
- Sold individually

Dimensions - Dia. 200mm

Warranty - 6 Months

BBALL Bender Ball
BBALL50 50 Pack of Bender Balls

BENDER BALL CLUB EXERCISE PACK



Includes - 25 Bender Balls, Heavy Duty Nylon Bag with Strap. Combo DVD: The Bender Method of Core Training and Buns & Thighs with an instruction manual.

A Small Class Kit is also available; comprising 12 Bender Balls, Heavy Duty Storage Bag, Combo DVD and instruction manual.

Warranty - 6 Months

BBPCK 25 Bender Balls, Combo DVD
+ Storage Bag
BBSCK 12 Bender Balls, Combo DVD
+ Storage Bag
BBAG Storage Bag (empty)

BALANCE BEAM



Specifically designed to aid injury recovery and improve clinical balance, the Airex® Balance Beam is ideal for improving posture and stability.

Its unique design and properties constantly challenge the body, recruiting more muscle fibres, whilst stimulating the joints and fascia system.

Easy to clean and has been treated to inhibit growth of fungus and bacteria.

- Balance Beams are most suited to injury prevention and physiotherapy
- Specifically designed in the shape of a conventional balance beam
- Manufactured from the same Sanitized treated foam as the popular Airex® Balance Pad Elite
- Each beam comes complete with an exercise sheet

Dimensions - W 240mm x L 1600mm x D 60mm

Weight - 0.9kg

Warranty - 1 year

ABB



BALANCE PADS



Balance pads are ideal for balance & posture stability training and help to improve motor-skill training as well as speed up recovery.

- Easy to clean and treated to inhibit growth of fungus and bacteria
- The Balance Pad Solid offers a firmer, more durable surface making it ideal for commercial fitness environments and those in the early stages of recovery as the balance challenge is less compared to the Balance Pad Elite
- Available in blue, light blue or lava

Dimensions -

W 400mm x L 480mm x D 60mm (Elite)

W 410mm x L 460mm x D 60mm (Solid)

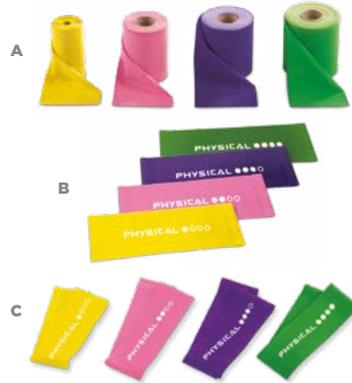
W 410mm x L 980mm x D 60mm (Large)

Weight - 0.7kg

Warranty - 1 year

ABPE	Balance Pad Elite	Light Blue
ABPEL	Balance Pad Elite	Lava (Graphite)
ABPS	Balance Pad Solid	Blue
ABPXLB	Large Balance Pad	Blue

SUPAFLEX X-BANDS



Available by the roll, length or loop and in various levels of difficulty, these bands will help build and strengthen muscles. Perfect for Pilates and rehabilitation.

Contains Latex.

A SUPAFLEX X-BAND ROLLS

X-Band Rolls measure 6" wide and are available in either 15 or 25 metre rolls.

B SUPAFLEX X-BAND LENGTHS

X-Band Lengths are 6" wide and 1.5 metres long.

C SUPAFLEX X-BAND LOOPS

X-Band Loops measure 40mm wide by 230mm (flat) 460mm (circle).

Warranty - 3 months

	LOOP	LENGTH	15M	25M
Light	XBGL	XBGM	XBG15	XBG25
Beginner	XBBL	XBBM	XBB15	XBB25
Intermediate	XBIL	XBIM	XBI15	XBI25
Advanced	XBAL	XBAM	XBA15	XBA25
4 Pack	XBL4	XBM4		

SUPAFLEX LATEX FREE X-BAND ROLLS



Perfect for Pilates or rehabilitation. Varying in strengths and levels of difficulty you can and gradually increase your strength whilst adding increased resistance to your Pilates workouts.

Non-Latex X-Band, manufactured from synthetic polyisoprene which is a petrochemical derivative and is certified as a zero protein. Please note that these bands are 4" wide and the resistance and elasticity may feel different.

- Available in three colour-coded strengths
- Rolls measure 5.5 metres in length and are 4" wide
- Please note: because these rolls are 4" wide (our standard X-Band is 6" wide) the resistance in the elasticity may feel different

Warranty - 3 months

XBG5X	Gentle	Green
XBB5X	Beginners	Blue
XBI5X	Intermediate	Plum

YOGA BLOCKS & BRICKS



PHYSICAL

YOGA BLOCKS & BRICKS



Excellent accessories / props for all types of yoga classes, when used individually or stacked. Manufactured from latex free, closed cell PE foam for greater durability.

Yoga Bricks and Blocks are a hard foam and not designed for any cushion purposes

- Manufactured from EVA High-density foam
- Latex free

Dimensions -

W 200mm x L 305mm x D 25mm (Small Block)

W 200mm x L 305mm x D 50mm (Large Block)

W 100mm x L 230mm x D 75mm (Brick)

Warranty - 1 year

YBL1P	Small Block - 1"	Charcoal
YBL2P	Large Block - 2"	Platinum
YBRP	Brick	Charcoal

PILATES POWER RING



Improve flexibility, balance, posture and strength. Focus on the abs, thighs & buttocks, with this 14" Pilates Power Ring.

Rings are commonly used to add intensity to floor exercises. The ring's resistance speeds up toning by targeting specific muscles.

- Inner and outer grips and a padded ring for extra comfort
- Features comfort cushioned pads

Warranty - 6 months

PPR Ring Only

FITNESS CIRCLE® PRO



Develop flexibility and torso stability while targeting and toning abs, legs & arms.

- Choice of diameters: 12" ideal for those up to 5ft 4" (162.5cm); 14" ideal for those over 5ft 4"
- Versatile and portable
- Spring-steel ring built to withstand continuous, high-intensity studio use
- Moulded, latex-free inner and outer foam grips for added comfort for the legs, ankles and hands

Warranty - 2 years

SFC12 12" diameter

SFC14 14" diameter

SMALL PILATES HEAD PADS & COVERS



Excellent for under hands and knees when kneeling. Insert under lower back to help release hip flexors and maintain neutral alignment.

- Manufactured in a soft Supasoft Foam
- Flame Retardant
- Covers are sold separately and feature a pillow case design, making them easy to remove (washable)

Dimensions - L 305mm x W 203mm x D 25mm
Warranty - 3 Months

PHPS	Small Head Pad (foam only)
PSHCB	Blue Cover
PSHCK	Black Cover
PSHCGY	Grey Cover
PSHCGN	Green Cover
PSHCP	Purple Cover
PSHCBR	Burgundy Cover

LARGE PILATES HEAD PADS & COVERS



All our Pilates Pads are manufactured from firm foam.

- Flame Retardant
- Covers are sold separately and feature a pillow case design, making them easy to remove (washable)

Dimensions - L 305mm x W 203mm x D 75mm
Warranty - 3 Months

PHPL	Large Head Pad (foam only)
PLHCB	Blue Cover
PLHCK	Black Cover
PLHCGY	Grey Cover
PLHCGN	Green Cover
PLHCP	Purple Cover
PLHCBR	Burgundy Cover

KNEE SQUEEZER AND NECK SUPPORT PADS & COVERS



Knee squeezer pads, excellent for pelvic floor and inner thigh work. Lightweight and durable Pad. Excellent for mobile instructors and home use.

Neck support pad in triangular foam support for neck and shoulders when lying down. Can also be used under knees, enables you to check your own alignment.

- Manufactured in a firm Supasoft Foam
- Flame Retardant

Dimensions -
L 150mm x W 150mm x D 102mm (Knee Squeezer)
L 420mm x W 585mm x D 430mm (Neck Support)
Warranty - 3 Months

PKSP	Knee Squeezer Pad (foam only)
PKSCB	Blue Cover
PKSCK	Black Cover
PNS	Neck Support Pad (foam only)
PNSCB	Blue Cover
PNSCK	Black Cover

CLUB CORE ROLLERS



Our Club Core Rollers are made from EVA Recovery Memory Foam, so they will regain their original shape after being compressed. The fine cell properties of roller indents made from knees etc, during workouts will recover within 24 hours.

- Perfect Foam Muscle Rollers for Pilates and yoga training and for massage therapy stretching out tight muscles
- D-Shaped Foam Roller is ideal for those that require a steady surface
- Lightweight and easy to transport and store
- Full roll is 2" longer than most other rollers on the market
- Latex free

Warranty – 6 months

CCHR	Half Roll	38" x 3" – 'D' shape
CCR4	Full Roll	38" x 4"
CCR6	Full Roll	38" x 6"

PLATINUM CLUB CORE ROLLER



Relieves and stretches tight muscles, improves mobility and helps with recovery. This full 6" Club Core Foam Muscle Roller is a perfect product for performing myofascial release.

Soft to touch, yet firm to use, this massage roller is made from EVA Recovery Memory Foam that is ultra-strong and resilient.

Due to the fine celled properties of this roller indents made from knees etc, during workouts will recover within 24 hours.

- Lightweight and easy to transport and store
- Latex free

Dimensions – L 965mm (38") x Dia. 152mm (6")

Warranty – 6 months

CCR6P

FOAM ROLLERS



A popular foam roller choice, for improving balance and alignment. Used in Pilates, yoga, balance training, massage and therapy.

- This excellent roller is ideal for stretching
- Closed cell foam will not absorb moisture
- Surface washable and easy to clean
- Not suitable for commercial use

Warranty – 3 months

SHR35	35" x 3" – 'D' shape
SR435	35" x 4"
SR635	35" x 6"

PERFORMANCE ROLLER



PERFORMANCE

PERFORMANCE ROLLER



Take myofascial release to the next level with the PHYSICAL Performance Foam Roller, meticulously designed and tested by industry experts to enhance performance, improve mobility and boost general wellness.

The roller's unique patterned surface breaks down knots and relieves tight muscles, its raised edges prevent judder, and the channels boost circulation during the massage - all of which ensure multiple benefits from this one simple piece of equipment.

Use the Performance Foam Roller to increase circulation and range of motion during your warm-up, as you prepare your body for the demands of a workout. Introduce it to your cool-down routine to improve recovery times.

Use it for deep tissue massage to reduce your risk of injury, or simply ease away tightness, release painful trigger points and soothe sore muscles.

It couldn't be easier to enjoy these benefits, either, with embedded NFC technology providing access to a comprehensive library of exercises and information. All you need to do is hover a smartphone over the roller's NFC tag.

- Hard-wearing and durable, made from high-density EVA
- Hollow core for lightness + compact size for portability - perfect for travel
- Max loading 100kg
- Embedded NFC technology provides easy access to a full exercise library

Dimensions - L 330mm x D 135mm

Warranty - 6 months

PROLL



TRIGGERPOINT

THE GRID™ & GRID™ X



The GRID™ has been designed for athletes and people of all types; from long distance runners and endurance athletes to major sports players and yoga enthusiasts. Whether you're looking to massage your lats, quads, lower back, or any other large muscle group, or trying to achieve a killer core body workout, The GRID™ is certain to suit your needs.

The unique Matrix and Distrodensity Zones design allows for targeted massage with a more realistic experience.

- The GRID™ X is twice as firm as the original Grid™ Foam Roller to break through the toughest, tightest trouble spots

Dimensions - L 332mm x D 127mm

Warranty - 1 year

GRDO The GRID® Orange
GRDB The GRID® Black
GRDX The GRID® X

POWER PLATE.

POWER PLATE PULSE



From the leader in whole body vibration for over 20 years, the Power Plate® Pulse™ is a powerful, yet whisper quiet, portable handheld massager that helps relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker.

- Helps relax and rejuvenate tight and sore muscles
- Enhances range of motion
- Promotes blood flow and fascia release
- Reduces pain
- Accelerates exercise warm up and recovery
- Whisper quiet motor with 4 intensity levels
- Lightweight design with 4 hour battery life (mains rechargeable)
- 6 different attachments included

Dimensions - H 252mm x W 190mm x D 65mm

Weight - 2.3kg

Warranty - 1 year

TVPPK

POWER PLATE.

POWER PLATE MOVE



The compact Power Plate MOVE is the perfect combination of size and function.

The MOVE's columnless base has been designed to save as much space as possible without compromising an inch of performance. More powerful than the Personal Power Plate, the MOVE is light enough to be moved from room to room, but sturdy enough to support a full 300lbs.

Complete with 6 variable frequency modes, a remote control, strap set, rubber mat, and power cord the MOVE covers a wide range of functionality. Whether you want to boost recovery with a relaxing massage or amplify a sweat-inducing workout, the MOVE is efficient and effective no matter how you choose to use it.

Dimensions - W 762mm x D 610mm x H 228mm

Weight - 39.5kg

Warranty - 1 year (Parts)

PPMOVEK

FIT-SIT®



Fit-Sit Disc stability cushion is an active and dynamic sitting aid that helps strengthen the upper body, back, feet and leg muscles.

Combining the advantages of the sitting wedge, gym ball and wobble board to help prevent back problems, this stability cushion ensures a constantly engaged core and promotes correct posture when used.

- Flat on one side with raised dimples on the other, it can be inflated / deflated
- Latex free

Dimensions - W 380mm x H 70mm

Warranty - 1 year

FSD

ACTIVA AIR DISC



Balance on it. Sit on it. Stand on it. Kneel on it - the choice is yours. The Activa Air Stability Disc is the ideal tool for improving balance and posture.

Helping tone the trunk and abdominal muscles without strain, these stability discs can be used either in the gym as part of your core workout or in the work place to help improve your posture and constantly engage your mid section.

- Can be inflated / deflated as required
- Latex free

Warranty - 1 year

AADB 40cm Dark Grey

STABILITY CUSHION™



The unstable nature of the Stability Cushion™ makes it an ideal tool for establishing and reinforcing balance, stability and proprioception while gaining core strength.

Exercises can be performed in standing, kneeling, seated, supine and prone positions. Enhance stability, strength, balance, flexibility, agility, co-ordination and endurance with this effective tool.

Great for use with everyone, from rehab clients to professional athletes and supports exercisers up to 350 lbs. Stability Cushions can be used separately, but are ideally used in pairs.

- Max user weight - 158kg (350lbs)
- PVC free

Dimensions - Dia. 360mm

Warranty - 3 months

SSC

seca

SECA 287 ULTRASONIC MEASURING STATION



Using high accuracy ultrasonic sensor technology the Seca 287 measures your weight, height and BMI using sound within seconds. Designed to be user friendly for convenient use. Includes an informational poster which explains the step-by-step process.

- Maximum load capacity 300kg (660lbs)
- Graduation - up to 150kg, 50g increments. Over 150kg, 100g increments. Measuring range - 60cm - 210cm
- Length graduation - 1mm
- Call for complimentary product demo visit (area dependant)

Dimensions - W 434mm x L 466mm x H 2270mm
Weight - 16.5kg

S287

seca

SECA 769/799 DIGITAL COLUMN SCALE



Features a low level non-slip platform, BMI calculation with convenient "hold" and "tare" options. Seca 799 Medical weighs in kg only. Seca 769 weighs in kg plus lbs and stones.

- Graduation - 100g < 150kg > 200g (50g increments)
- Maximum load capacity 200kg (440lbs)
- Medical version is Class III CE approved

Dimensions - W 292mm x L 390mm x H 830mm
Weight - 6.8kg

S799M Medical Model
S769X Non-Medical Model

seca

SECA 760 & 761 SCALES



This mechanical, personal flat scale has a large, clear, well-defined dial and a large, low-level, non-slip platform with a scratch resistant finish.

- Maximum load capacity 150kg (322lbs)
- Graduation - up to 150kg in 100g increments. Over 150kg in 200g increments
- Medical (kg only) and non-medical (kg / lbs) models available
- Medical version is Class III CE approved

Dimensions - W 300mm x L 460mm x H 105mm
Weight - 4kg

S761M Medical Model - White & Black
S760 Non-Medical - White
S760B Non-Medical - Black
S760R Non-Medical - Red

WARRANTY FOR SECA PRODUCTS

SECA PRODUCTS HAVE A 2-YEAR WARRANTY AND 10-YEAR REPAIR AND REPLACEMENT GUARANTEE. PLEASE CONTACT US FOR MORE DETAILS.
SECA PRODUCTS ARE NOT RECOMMENDED FOR USE ON CARPET.

seca

SECA 213 - PORTABLE STADIOMETER



Well suited for use in the field as well as doctors' practices and pediatric hospitals. Supplied with Seca 412 Carry Case.

- The measuring rod can be easily assembled and dismantled
- The scale is printed along the side of measuring rod, guaranteeing precise results - up to a height of 205cm
- Measuring range - 20cm-205cm
- Graduation Length - 1mm

Dimensions -

W 337mm x L 590mm x H 2130mm (In Use)

W 337mm x L 624mm x H 177mm (Folded)

Weight - 2.4kg

S213

seca

SECA 700 MECHANICAL COLUMN SCALE



Precise, robust and convenient: both you and your clients will benefit from the Seca 700 as the scale is printed on both sides.

- Maximum load capacity - 220kg (485lbs)
- Graduation 50g (1/8lb) increments
- Class I Medical Device CE approved

Dimensions - W 520mm x L 520mm x H 1556mm

Weight - 16.2kg

S700

seca

SENSA 804 BODY FAT & BODY WATER PERCENTAGE SCALE



The softly rounded weighing platform gives the Seca Sensa 804 a particularly elegant look which is underlined even more by the embedded chrome-plated electrodes. The keypad element is mounted above the display to prevent the keys becoming soiled and any unintentional reprogramming during the measuring process. Robust and durable: The Seca Sensa 804 is made of shockproof, durable plastic and is especially energy-saving and low-maintenance thanks to the automatic switch-off.

Features 24 electrodes for measuring body fat, weight in kg and body water composition, and 4 memory spaces for multi-person usage.

- Maximum load capacity - 150kg (330lbs)
- Includes batteries and 4 extension feet for carpets

Dimensions - W 300mm x L 300mm x H 46mm

Warranty - 1 year (Commercial), 2 years (Home)

SS804

seca

SECA 813 ELECTRONIC FLAT SCALE



Robustly built and with large LCD figures for easy reading, this scale has been designed for high volume areas.

- Solid steel frame and with a tough, wide rubber coating taking the heaviest challenges lightly
- Non-slip textured rubber surface and flat construction makes stepping on very easy
- Maximum load capacity 200kg (440lbs)
- Not for medical use

Dimensions - W 433mm x L 373mm x H 47mm

Weight - 2.9kg

Warranty - 2 years

S813

seca

SECA 201 MEASURING TAPE



The high-quality mechanics guarantee that the 205cm long tape unwinds easily and locks in place precisely. The housing sits comfortably and securely in the user's hand and is tough enough to withstand accidental dropping.

- Measuring range in cm - 0 - 205cm
- Graduation 1 mm

Dimensions - W 70mm x H 22mm x L 65mm

Warranty - 6 months

S201

Affinity

AFFINITY ALUMINUM MESSAGE TABLES - MARLIN



Ideal for mobile sports massage and remedial work.

- Flexible, sleek and stylish design, lightweight, with better access at each end for better transportation
- Removeable Face Pad to reveal breathe hole
- Lifting backrest ideal for clients who cannot lie supine
- Sets up in 7 seconds
- Push button height adjustment
- Maximum working load - 200kg (440lb)
- Height adjustment 610mm - 813mm (24" - 32")
- Carry case included

Dimensions - W 630mm x L 1850mm

x H 813mm (at max)

Weight - 14.5kg

Warranty - 2 years

AAMTN Navy
AAMTW White



SPORTS PRO ELECTRIC TREATMENT TABLE



Designed predominantly with the sports / physio market in mind, this sleek, robust, feature-packed electric couch is a real 'must-have' for any clinic / treatment centre. The sturdy power lift base ensures maximum under couch clearance. The face cradle and armrest, breathe hole, lifting backrest and drop-down foot section leave the therapist in control of client positioning.

- Suitable for a whole range of treatments, including: Sports massage, osteopathy, physiotherapy, reflexology and beauty treatments
- 200kg lifting capacity, 2.5" (63.5mm) thick Therafoam cushioning system
- Removeable Face Pad to reveal breathe hole
- Height adjustable 500mm - 970mm
- Navy with white frame

Dimensions - L 1950mm x W 610mm (Set Up)

Weight - 74kg

Warranty - 2 years

ASPTT



PUMA - ONSITE MASSAGE CHAIR



The Puma offers excellent strength and range of adjustments in a lightweight design.

- Very simple set up
- Sleek stylish design
- Excellent level of adjustment
- Carry case included
- Sternum pad included
- Maximum user weight 136kg (300lbs)
- Available in Navy

Dimensions - W 540mm x L 740mm x H 1360mm (at max)

Weight - 6.8kg

Warranty - 2 years

APMCN



SADDLE STOOL



The Saddle Stool offers a therapist a much improved seated posture keeping the spine straight thereby minimising workplace injury.

- A 70mm foam padded seat measuring 400mm x 360mm ensures total comfort
- The Saddle Stool is easily adjustable from 500mm to 675mm using a handy gas lift system

Warranty - 2 Years

ASSN Navy Blue
ASSB Biscuit
ASSK Black
ASSW White

UA-767 PLUS AUTOMATIC BLOOD PRESSURE MONITOR



This simple to use, one-touch inflation and measurement, blood pressure monitor has a large three-line display that gives systolic, diastolic and pulse readings simultaneously. A 30-record memory, time, date, clock and reminder alarm accompany the irregular heart beat indicator function. Includes a two year warranty and is ESH A/A clinically validated for use within the medical profession..

- 3-line display gives systolic, diastolic and pulse readings simultaneously
- Irregular heart beat indicator
- Latex-free and metal-free Slimfit cuff
- Cuff Fit Error indicator
- Movement Error indicator
- WHO Blood Pressure Classification indicator

Warranty - 2 years

UA767

TAKEI A5401 HAND GRIP DYNAMOMETER



Used to monitor the development of grip strength by recording the maximum reading (kg) from three attempts using the dominant hand. 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.

Warranty - 1 year

A5401 Digital

HARPENDEN SKINFOLD CALLIPERS



The use of this instrument has been well established and documented over the past 40 years.

The Harpenden Skinfold Calliper is a precision instrument designed for use in the performance of skinfold thickness measurements (from which estimates of body fat are derived)

The Harpenden Skinfold Caliper is CE marked in compliance with the medical Devices 93/42/EEC for class 1 Device with measuring function and calibrated using masters traceable to national standards.

- Range: 80.00mm
- Resolution: 0.20mm (defined as the minimum graduation of the instrument and is not the same as the expected accuracy)
- Repeatability: 0.20mm
- Accuracy: 99%

Warranty - 1 year

HSFC

ADDITIONAL MIND BODY PRODUCTS



YOGA COTTON STRAP

These 6ft and 8ft Cotton Straps feature a secure one-piece buckle with easy release action for extra control.

Warranty - 1 year

YNCS6	6ft/1830mm	Black
YNCS8	8ft/2440mm	Blue



FLAT X-BAND CLIP

- Secures X-Band in a closed loop
- Sold singularly

Warranty - 3 months

XBC



THERAPY BALLS

- Latex free
- Sold in pairs

Dimensions - Dia. 100mm

Warranty - 6 months

TBP



SANITISING GYM WIPES

For high use environments such as health clubs and studios where hygiene is of the upmost importance.

PW200	Canister containing 200 Wipes
TMPSW	Value Pack (3000 wipes)
PGWD	Gym Wipe Dispenser
TMPSWD	Gym Wipe Dispenser + Wipe Value Pack



HAND SANITISER

Hand Sanitiser Certified to EN 1276 and EN 1500. Alcohol rub for rapid and effective hand sanitising

HSD	Sanitiser dispenser
SHS5L	5L Refill



ADJUSTABLE X-BAND HANDLE

- Foam covered X-Band Handle provides a more comfortable and secure grip of X-Band lengths

- Sold singularly

Warranty - 6 months

AXBH

FOR ADDITIONAL INFORMATION ON THESE PRODUCTS PLEASE SEE OUR WEBSITE

COMBAT

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**PARTNERING WITH
RENOWNED BOXING
BRANDS ALONGSIDE
OUR OWN ROBUST
PHYSICAL RANGE,
OUR PRODUCT
PORTFOLIO FEATURES
EVERYTHING YOU
NEED FOR A GREAT
COMBAT OFFERING**

COMBAT

The effectiveness of boxing and martial arts as powerful, all-round workouts has never been in doubt, but for many years these remained niche activities in spit and sawdust clubs. No longer, from boxing boutiques to personal training studios to group fitness classes, boxing and martial arts have confirmed their status as staple ingredients of mainstream workouts.

Partnering with renowned boxing brands alongside our own robust PHYSICAL range, our product portfolio – spanning gloves to punch bags, strike pads to speed balls and far more besides – features everything you need for a great boxing, martial arts and combat offering.

Whether yours is a combat training facility, commercial gym, training camp, school or academy, the equipment in our product range is strong enough to take on even the toughest competitor and durable enough to stand the test of time.

PU BOXING GLOVES



PU BOXING GLOVES



An ideal multi-use PU covered glove, moulded for an ergonomic hand striking position providing support and power.

- Injection moulded multi-layer foam padding within the punch area provides protection for the knuckles
- Soft inner gel offering protection for the fingers on impact
- Quick release Velcro strap
- Padded wrist support to provide protection
- Custom branding options available

Warranty - 6 months

PBG8	Small	8oz
PBG10	Medium	10oz
PBG12	Large	12oz
PBG14	X-Large	14oz

PU BAG MITTS



Develop bout winning combinations and perfect technique with these PU Bag Mitts. Manufactured with high-density impact absorbing foam that provides complete protection on impact.

Triple stitched seams ensure these Mitts will go the rounds, while inside padding provides comfort and a velcro closing strap ensuring a tight supported fit.

- PU open thumb bag mitt with moulded foam filling
- Easy to slip on and off
- Mesh palm for ventilation
- Sizes: Sml / Med / Lge
- Custom branding options available

Warranty - 6 months

PPMS	Small
PPMM	Medium
PPML	Large

LEATHER BOXING GLOVES



Moulded for a natural hand position, with pre-curved large strike surface, this will deliver a fast and powerful punch. These gloves are wrapped in a soft, durable leather making them ideal for boxing, combat sports, bag workouts and training sessions.

- Handmade multi-layer foam padding within the punch area provides protection for the knuckles
- Soft inner padding offering protection for the fingers on impact
- Quick release velcro strap, and slit opening at wrist with mesh palm for ventilation

Warranty - 6 months

LG8	Small	8oz
LG10	Medium	10oz
LG12	Large	12oz
LG14	X-Large	14oz

CURVED STRIKE SHIELD



Designed to withstand the hardest punches and kicks. This Curved Strike Shield is ideal for training for kicks, punches, elbows and knees.

- Filled with dense multi-layered shock-absorbent foam with a middle gel sheet to distribute force of impact across the pad
- Slightly curved natural ergonomic shape helps absorb impact from both kicks and punches
- Heavy-weight webbed handles with a 4-grip position to increase shield training possibilities
- Large strike surface
- Sold singularly

Dimensions - W 300mm x H 600mm x D 120mm
Warranty - 6 months

CSS

PU CURVED HOOK & JAB PADS



Filled with triple-layered shock absorbing foam and a thin, soft middle sheet gel lining that distributes the impact of a hit across the pad, these Curved Hook & Jab Pads offer optimum protection for punching drills.

- Velcro strap for secure fit
- Doubled padded wrist area for excellent support
- Enhanced finger protection padding
- Intricate ventilation system
- Triple layer stitching for enhanced durability
- Sold in pairs

Warranty - 6 months

PHJP

PU THAI PAD



Designed to withstand the most ruthless and gruelling sessions, these Thai Pads offer perfect protection for partner drills whilst allowing the fighter to improve their technique and develop power.

- Dual heavy-weight Velcro straps with top reinforced webbed handle
- Features multi-layered, shock absorption foam
- Velcro straps for a secure fit and easy to adjust for comfort
- Machine stitched for durability
- Sold singularly

Dimensions - W 200mm x H 370mm x D 80mm
Warranty - 6 months

PTP

PHYSICAL PUNCH BAG



The PHYSICAL Punch Bag is made using high-grade leather and provides both long-lasting durability and heavy bag functionality. Its specially blended filler provides resilient shock absorbency.

- Tough and durable / fully commercial
- Comes complete with chains and swivel (also available separately)
- Detachable 'S' hook for easy replacement
- Not recommended for outside use

Dimensions - Dia. 350mm x H 1200mm

Weight - 40kg

Warranty - 1 year

PLPB40

HATTON HEAVY PUNCH BAGS



Develop powerful punches with these heavy-duty leather and PU punch bags which can withstand the hardest hits over and over again.

- Unique bag fill exclusive to Hatton Boxing remains evenly distributed so that the punch bag will keep its shape even throughout the toughest of training sessions
- Each bag has been hand-stitched for enhanced superior quality and long-lasting durability
- Comes complete with a six-hook chain to ensure maximum safety and support

Weight - HBL100 - 35kg, HBP100 - 35kg,

HBL130 - 45kg, HBP130 - 45kg

Warranty - 1 year (Leather), 6 months (PU)

HBL100 1000mm x 400mm Leather Bag

HBL130 1300mm x 400mm Leather Bag

HBP100 1000mm x 400mm PU Bag

HBP130 1300mm x 400mm PU Bag

HATTON UPPER CUT BAG



Practice how to land powerful upper cuts and quick combinations to get fight ready.

- Each bag is handmade to ensure professional quality to withstand the hardest punches
- Upper Cut Bag is made with a polyurethane outer construction
- Filled with a unique filling exclusive to Hatton Boxing which absorbs impact to minimise force on contact
- Comes complete with chains

Dimensions - H 920mm x Dia. 500mm

Weight - 30kg

Warranty - 6 months

HUBP

HATTON LEATHER MAIZE BAG



Improve accuracy, agility and speed with the Hatton Boxing Leather Maize Bag. The bag is filled with granules and softened with an inner foam lining to help protect the boxer's hands when punching.

Shaped to withstand a variety of shots, the size and weight of the Maize Bag allows it to move around and improve a boxer's lateral body and head movements, footwork and range of punches.

- Manufactured from high-quality genuine leather
- Long lasting, this bag can withstand the hardest hits over and over again
- Comes complete with chains

Weight - 10kg
Warranty - 1 year

HMBL

HATTON FLOOR TO CEILING BALL



The floor to ceiling ball will prepare any boxer for the ring with its unpredictable movement improving speed, accuracy, timing and rhythm.

- Manufactured from quality leather
- Hand stitched and riveted for long lasting durability
- Fitted with an extra heavy-duty D ring at both the top and bottom, the Floor-to-Ceiling Ball comes complete with a bungee cord and adjustable leather strap (not pictured)

Weight - 2kg
Warranty - 1 year

HFCB

HATTON SPEED BALL



A must-have piece of training equipment for any boxer, the Speed Ball trains for improved hand-eye co-ordination, reaction time, speed and agility. Like all Hatton Boxing equipment, the Speed Ball has been made to last; extra heavy duty leather and a reinforced nylon loop attachment ensure maximised durability and minimum wear.

- Requires swivel and platform

Weight - 0.6kg
Warranty - 1 year

HSB

ELITE FIXED SPEEDBALL PLATFORM



Precision cut MDF board for accurate rebounding and less vibrations. All steel work is powder coated in durable black textured finish.

Ball can be easily removed; just screw it off the housing swivel. Comes complete with Speedball, all wall fixings and instructions.

Dimensions - Dia.600mm x D 18mm

Weight - 15kg

Warranty - 6 months

CPSP

ELITE ADJUSTABLE SPEEDBALL (INC SWIVEL)



MDF board with a beach finish to both sides. Rotate the hand wheels to adjust the height of the board as shown in photo above. 6mm steel wall plate with 6 fixings ensures bracket is firmly fixed to the wall.

- Comes complete with Speedball, all fixings and instruction sheets
- Fully commercial
- Stable and heavy duty

Dimensions - Dia.600mm x D 25mm

Weight - 20kg

Warranty - Lifetime (Frame),

2 years (Moving Parts),

1 year (Cables, Handles, Pins),

3 months (Upholstery)

UCPASP

AQUA BAG HANGING KIT



Specifically designed for the Aqua Punch Bags. The Hanging Kit has been designed to withstand the rigors of a hard workout on all the Aqua Training & Punching Bags.

- Integrated swivel to prevent the chain from twisting
- Easy set-up on any standard heavy bag stand or hanging location
- For use with ceiling hook or attaching to a frame

Dimensions - L 1200mm

Warranty - 1 year

ABHK

AQUA PUNCHING BAGS



The unique teardrop shape of these Aqua punching bags allow you to deliver powerful combinations including deep uppercuts.

- The water within the bag absorbs energy, giving you the ability to train harder and longer
- Additional items included: Shackle, Hose-Filling Nozzle & Extra Stopper
- Hanging kit sold separately
- Fully commercial

Dimensions -

W 323mm x L 323mm x H 558mm (15")

W 457mm x L 457mm x H 762mm (18")

W 533mm x L 533mm x H 787mm (21")

Warranty - 2 years

- | | |
|----------------|--|
| AB15PC | 15" Punching bag
Purple Crush - 33.6kg filled |
| AB18HB | 18" Punching bag
Haymaker Black - 55kg filled |
| AB21BBB | 21" Punching bag
Bad Boy Blue - 86.2kg filled |

AQUA BAG HEADHUNTER



The compact nature of the Headhunter bags enables amateurs and professional fighters to develop speed strikes, improve hand-eye co-ordination and accuracy.

- The water within the bag absorbs energy, giving you the ability to train harder and longer
- 12" Headhunter enables you to practice precision striking, kicking, elbows and more
- Additional items included: Shackle, Hose-Filling Nozzle & Extra Stopper
- Hanging kit sold separately
- Fully commercial

Dimensions -

W 228mm x L 229mm x H 330mm (9")

W 304mm x L 304mm x H 431mm (12")

Warranty - 2 years

- | | |
|---------------|--|
| AB9FO | 9" Headhunter - Fireball Orange |
| AB12BR | 12" Headhunter - Blood Red |

AQUA BRUISER BAG



The 'human form' of the Aqua Bag, the Bruiser allows the fighter to simulate both head and body strikes with more realistic combo training and movement.

- Perfect for practicing power punching or kicking combinations
- Black and Silver
- 68kg when filled
- Hanging kit sold separately
- Fully commercial

Warranty - 2 years

ABBB

WAVEMASTER PUNCH BAG



Practice landing powerful kicks and punches on the free standing Century Wavemaster Punch Bag. These punch bags have a wide, rounded base for extra stability and mobility. Available in choice of three colours - Black, Red or Blue.

- High impact foam striking surface measuring 380mm diameter
- Easy assembly & disassembly
- 610mm diameter stability base with extra-large fill hole & cap
- 8 height adjustments from 1194mm - 1727mm
- Base can be filled with sand or water
- Fully commercial

Dimensions - W 610mm x H 1727mm
Weight - 125kg approx. when filled
Warranty - 1 year

WM Wavemaster Punch Bag - Black
WMR Wavemaster Punch Bag - Red
WMB Wavemaster Punch Bag - Blue

WAVEMASTER 2XL PRO



Designed for commercial use to stand up to consistent, heavy strikes from hard hitting martial artists and MMA fighters. The Century free standing Wavemaster 2XL Pro punch bag features high density foam padding for impact absorption, protecting hands and wrists.

- Scoring zones available for training accuracy and speed
- Features high density foam padding for maximum impact
- Tapered, ergonomic 711mm diameter base for unimpeded stance of all athletes
- Innovative new locking mechanism securely locks the bag to the base allowing for the hardest strikes
- Base can be filled with sand or water
- Fully commercial

Dimensions - W 711mm x H 1750mm
Weight - 125kg approx. when filled
Warranty - 1 year

W2XLK 2XL Pro Bag - Black
W2XLR 2XL Pro Bag - Red
W2XLZ 2XL Pro Bag - Scoring Zones

PHYSICAL FREE-STANDING BAG



Our PHYSICAL Free Standing Punch bag is for practicing landing powerful kicks and punches. With strike patterns it is ideal for commercial and home use. Manufactured with high impact foam striking surface (measuring 13.7"/ 35cm diameter) for protection to both hands and wrists.

- PHYSICAL punch bags have a wide rounded base for extra stability and mobility
- Available in Black

Dimensions: Full height - 1730mm
H 500mm x Dia. 760mm (Base)
H 1730mm x Dia. 350mm (Bag)
Weight - 80kgs
Warranty - 6 months

FSPB

BOB BODY OPPONENT BAG



Century's Bob (Body Opponent Bag) Body Opponent punching dummy is your realistic sparing partner. Land precision punches and kicks and take your martial arts and boxing technique to the next level.

- Height adjustable
- Skin manufactured from high strength plastisol for durability, inner cavity filled with durable high-density urethane foam
- Tough 610mm diameter base with extra-large fill hole & cap allowing you to easily fill with sand or water and can weigh up to 122kg when full
- Fully commercial

Dimensions - W 609mm x H 1280mm to 1432mm
Warranty - 1 year

BOBS

BOB XL



Perfect for martial arts and MMA training, its shock absorbing outer shell protects hands and wrists so it can be used with or without bag gloves. With a wide base plate which can be filled with with water or sand for stability when struck.

- Longer torso creates a larger striking surface for body shot training as well as kicks
- 8 adjustments from 1473mm to 1930mm
- Easy assembly & disassembly
- 610mm wide base for extra stability with extra-large fill hole & cap that allows you to easily fill base with sand or water
- Fully commercial

Dimensions - W 610mm x H 1473mm to 1930mm
Warranty - 1 year

BOBXL

SPEED ROPES



Highly regarded as one of the best skipping ropes on the market.

- Lightweight and compact
- Manufactured from highly durable plastic polymer
- Available in 4 colour-coded lengths
- Low friction washer for maximum performance

Warranty - 1 year

SRB7 7ft Kids - Up to 4ft height - Purple
SRB8 8ft Juniors - Up to 4ft 10" height - Green
SRB9 9ft Adults - Up to 5ft 9" height - Blue
SRB10 10ft Tall Adults - 5ft 10" + height - Grey

ADDITIONAL COMBAT PRODUCTS



KARABINER

Quick and easy to use.

Warranty - 2 years

KAR8 8cm
KAR10 10cm



CEILING HOOK

- Manufactured from heavy-duty steel plate with a black epoxy coating
- Fixtures included

Warranty - 1 year

CH



ELITE SWIVEL

Features 360 degree ball bearing swivel, 4 screw holes and a shackle with quick release pin action

Warranty - 1 year

ECS



PUNCH BAG CHAIN SET

Strong nickel-plated chain-link assembly with a chain length of 52cm.

Warranty - 1 year

PBCS4HD 4 Strand HD Set - 75kg max weight
PBCS6 6 Strand Set - 60kg max weight



PUNCH BAG SWIVEL FIXING

Use to prolong the life of your Punch Bags hanging straps.

Warranty - 1 year

SHAS



HEAVY DUTY SWIVEL

Designed for loads of up to 6 tonne

Dimensions - L 110mm x W 40mm

Weight - 0.3kg

Warranty - 3 years

HDS



2FT & 3FT FIXED WALL BRACKET

Ideal for multi-purpose facilities, i.e. Box Aerobics and gym settings.

Warranty - 1 year

2FWB 2ft
3FWB 3ft



HEAVY DUTY WALL BRACKET

Designed to take heavy punch bags and Aqua Bags. Maximum loading is 100kg.

Dimensions - W 771mm x H 568mm x D 880mm

Weight - 15kg

HDBB



GLOVE LINERS

Cotton glove liner designed for hygiene and to prolong the life of a boxing glove or mitt.

Warranty - 3 months

CGLS Small
CGLM Medium
CGLL Large

FOR ADDITIONAL INFORMATION ON THESE PRODUCTS PLEASE SEE OUR WEBSITE

STRENGTH

DUMBBELLS & RACKS	116 - 119
BARBELLS & RACKS	120 - 123
BUMPER PLATES & GRIP DISCS	124 - 127
OLYMPIC PLATES & PLATE TREE	128 - 129
OLYMPIC BARS & STORAGE	130 - 133
EVO BENCH	134 - 135
SELECTORISED MACHINES	137
PLATE LOADED MACHINES	138
WEIGHT BENCHES	139
CABLE ATTACHMENTS & RACK	140
ADDITIONAL STRENGTH PRODUCTS	141

**WHETHER YOU'RE
WORKING OUT
FROM HOME, A GYM
OR HEALTH CLUB,
FITNESS CENTRE
OR CROSSFIT BOX,
BOUTIQUE STUDIO
OR PERSONAL
TRAINER, OFFERING
CUSTOMERS A
COMPREHENSIVE
STRENGTH TRAINING
SOLUTION IS A MUST**

STRENGTH

Strength training has hit the mainstream: twice weekly workouts that train all the major muscle groups are now the official recommendation and we're seeing more and more people get involved, from women who see strength training as a great way to tone up and lose weight, to older people who increasingly recognise the importance of staying strong for life.

That's where we come in, with an extensive portfolio of high-quality, hard-wearing equipment and storage solutions drawn both from our own branded range and from those of our carefully selected partners.

From strength and conditioning to group exercise to outdoor boot camps – and everything in between – our diverse, robust range of products ensures we can create a bespoke strength solution for your training space.

PERFORMANCE URETHANE DUMBBELLS



PERFORMANCE URETHANE DUMBBELLS



In any gym environment, one brand should be prominent: yours. That's why, when we redesigned our dumbbells to create our signature Performance Urethane Dumbbells, we didn't only look at the functionality, we also looked at the branding.

Our previous ranges featured a prominent green Physical logo and customer feedback indicated that this didn't always align with clubs' own branding. On our new products, the Physical logo is a subtle grey. The dominant marking is now the weight, with large white digits ensuring ease of weight selection.

Of course, we did enhance the functionality and user experience too, including premium quality, anti-roll heads that ensure your weights are always exactly where you last put them!

Performance Urethane Dumbbells are available in 1kg increments from 1-10kg, or 2.5kg increments from 2.5kg - 70kg.

- Stylish polyurethane ends protect your studio / gym floor from scratches
- Knurled straight handles for a comfortable, secure grip
- Drop tested over 6,000 times
- Unique registered design
- Anti-roll head shape
- Sold in pairs

Warranty - 5 years

UDB2K	2 x 1kg	UDB45K	2 x 22.5kg
UDB4K	2 x 2kg	UDB50K	2 x 25kg
UDB5K	2 x 2.5kg	UDB55K	2 x 27.5kg
UDB6K	2 x 3kg	UDB60K	2 x 30kg
UDB8K	2 x 4kg	UDB65K	2 x 32.5kg
UDB10K	2 x 5kg	UDB70K	2 x 35kg
UDB12K	2 x 6kg	UDB75K	2 x 37.5kg
UDB14K	2 x 7kg	UDB80K	2 x 40kg
UDB15K	2 x 7.5kg	UDB85K	2 x 42.5kg
UDB16K	2 x 8kg	UDB90K	2 x 45kg
UDB18K	2 x 9kg	UDB95K	2 x 47.5kg
UDB20K	2 x 10kg	UDB100K	2 x 50kg
UDB25K	2 x 12.5kg	UDB110K	2 x 55kg
UDB30K	2 x 15kg	UDB120K	2 x 60kg
UDB35K	2 x 17.5kg	UDB130K	2 x 65kg
UDB40K	2 x 20kg	UDB140K	2 x 70kg



UDB6PCK1	PU Dumbbell Package - 6 pairs 27.5kg - 40kg in 2.5kg increments
UDB10PCK1	PU Dumbbell Package - 10 pairs 1kg - 10kg in 1kg increments
UDB10PCK3	PU Dumbbell Package - 10 pairs 2.5kg - 25kg in 2.5kg increments
UDB15PCK1	PU Dumbbell Package - 15 pairs 1kg - 22.5kg in 1kg & 2.5kg increments
UDB20PCK1	PU Dumbbell Package - 20 pairs 2.5kg - 50kg in 2.5kg increments

ZIVA

ZIVA SL URETHANE DUMBBELLS



- Solid steel heads
- Knurled chrome plated grips measuring
2kg to 10kg - D 29mm
12kg to 20kg - D 33mm
22kg to 50kg - D 35mm
- Premium urethane surface coating
- 2 - 50kg (2kg increments)
- Sold in pairs

Warranty - 5 years

SDBP4G	2 x 2kg	SDBP56G	2 x 28kg
SDBP8G	2 x 4kg	SDBP60G	2 x 30kg
SDBP12G	2 x 6kg	SDBP64G	2 x 32kg
SDBP16G	2 x 8kg	SDBP68G	2 x 34kg
SDBP20G	2 x 10kg	SDBP72G	2 x 36kg
SDBP24G	2 x 12kg	SDBP76G	2 x 38kg
SDBP28G	2 x 14kg	SDBP80G	2 x 40kg
SDBP32G	2 x 16kg	SDBP84G	2 x 42kg
SDBP36G	2 x 18kg	SDBP88G	2 x 44kg
SDBP40G	2 x 20kg	SDBP92G	2 x 46kg
SDBP44G	2 x 22kg	SDBP96G	2 x 48kg
SDBP48G	2 x 24kg	SDBP100G	2 x 50kg
SDBP52G	2 x 26kg		
SDBPP1G	10 Pair Pack, 2-20kg		
SDBPP2G	10 Pair Pack, 22-40kg		

ZIVA

ZIVA ZVO URETHANE DUMBBELLS



- Solid steel heads
- Premium urethane surface
- 2 - 60kg (2kg increments)
- Stainless steel ring at joint
- Durable hard chrome plated grips measuring
2kg to 10kg - D 29mm
12kg to 20kg - D 33mm
22kg to 60kg - D 35mm
- Sold in pairs

Warranty - 5 years

ZDBBP4R	2kg	ZDBBP64R	32kg
ZDBBP8R	4kg	ZDBBP68R	34kg
ZDBBP12R	6kg	ZDBBP72R	36kg
ZDBBP16R	8kg	ZDBBP76R	38kg
ZDBBP20R	10kg	ZDBBP80R	40kg
ZDBBP24R	12kg	ZDBBP84R	42kg
ZDBBP28R	14kg	ZDBBP88R	44kg
ZDBBP32R	16kg	ZDBBP92R	46kg
ZDBBP36R	18kg	ZDBBP96R	48kg
ZDBBP40R	20kg	ZDBBP100R	50kg
ZDBBP44R	22kg	ZDBBP104R	52kg
ZDBBP48R	24kg	ZDBBP108R	54kg
ZDBBP52R	26kg	ZDBBP112R	56kg
ZDBBP56R	28kg	ZDBBP116R	58kg
ZDBBP60R	30kg	ZDBBP120R	60kg

PACKS ALSO AVAILABLE - PLEASE ENQUIRE

ZIVA

ZIVA SL PREMIUM HEXAGON RUBBER DUMBBELLS



- Unique smooth edged hexagon design
- Knurled chrome grip measuring
1kg to 10kg - D 29mm
12kg to 20kg - D 33mm
22kg to 60kg - D 35mm
- Virgin rubber surface coating
- 1 - 10kg (1kg increments), 12 - 50kg (2kg increments)
- Sold in pairs

Warranty - 2 years

SHDBR2G	1kg	SHDBR44G	22kg
SHDBR4G	2kg	SHDBR48G	24kg
SHDBR6G	3kg	SHDBR52G	26kg
SHDBR8G	4kg	SHDBR56G	28kg
SHDBR10G	5kg	SHDBR60G	30kg
SHDBR12G	6kg	SHDBR64G	32kg
SHDBR14G	7kg	SHDBR68G	34kg
SHDBR16G	8kg	SHDBR72G	36kg
SHDBR18G	9kg	SHDBR76G	38kg
SHDBR20G	10kg	SHDBR80G	40kg
SHDBR24G	12kg	SHDBR84G	42kg
SHDBR28G	14kg	SHDBR88G	44kg
SHDBR32G	16kg	SHDBR92G	46kg
SHDBR36G	18kg	SHDBR96G	48kg
SHDBR40G	20kg	SHDBR100G	50kg

ZIVA

ZIVA XP HEX DUMBBELLS



- Durable virgin rubber surface
- Cast heads
- Corrosion resistant chrome handle
- Anti-roll hex head shape
- Available in sizes 1 - 10kg in 1kg increments and 2.5 - 30kg in 2.5kg increments

Warranty - 2 years

XHDBRPIK	10 pair pack, 1kg-10kg
XHDBRP2K	10 Pair Pack, 2.5-25kg
XHDBRP3K	12 Pair Pack, 2.5-30kg

UPRIGHT DUMBBELL RACK & CLUB PACKS



Designed with space saving in mind, this easy access forward facing rack offers efficient storage for up to 15 pairs of dumbbells.

- Suitable for PU and Rubber Dumbbells: 10pr holds up to 15kg size dumbbells 15pr holds up to 22.5kg size dumbbells
- Also suitable for other makes of dumbbells with standard fixed 13cm handles
- 10 pair 2-upright and 15 pair 3-upright versions available
- Manufactured with 3mm thick steel tubing for durability

Dimensions -

W 820mm x H 1790mm x D 780mm (10 pair)

W 1260mm x H 1790mm x D 780mm (15 pair)

Weight - 39kg (10 pair), 51kg (15 pair)

Installation available

Warranty - 2 years (Rack), 5 years (PU Dumbbells)

UDR10PR **10 pair Upright Rack only**
VP10 **Upright Rack + 10 pairs PU Dumbbells 1kg - 10kg**

UDR15PR **15 pair Upright Rack only**
VP15 **Upright Rack + 15 pairs PU Dumbbells 1kg - 22.5kg**

HORIZONTAL DUMBBELL RACK & CLUB PACKS



One of the most popular racks to have on the gym floor.

- Most suited to round head dumbbells
- Manufactured with 3mm thick steel tubing for durability

Dimensions -

W 1400mm x H 820mm x D 790mm (6 pair)

W 2000mm x H 820mm x D 790mm (10 pair)

W 2390mm x H 910mm x D 1050mm (15 pair)

Weight (Rack) -

62kg (6 pair), 75kg (10 pair), 103kg (15 pair)

Installation available

Warranty - 2 years (Rack), 5 years (PU Dumbbells)

DBR6 **6 pair Rack only**

DBR10 **10 pair Rack only**

DBR15 **15 pair Rack only**

DBR6PU **6 pair Rack + PU 2.5kg - 15kg in 2.5kg increments**

DBR6PUH **6 pair Rack + PU 47.5kg, 50kg, 55kg, 60kg, 65kg, 70kg**

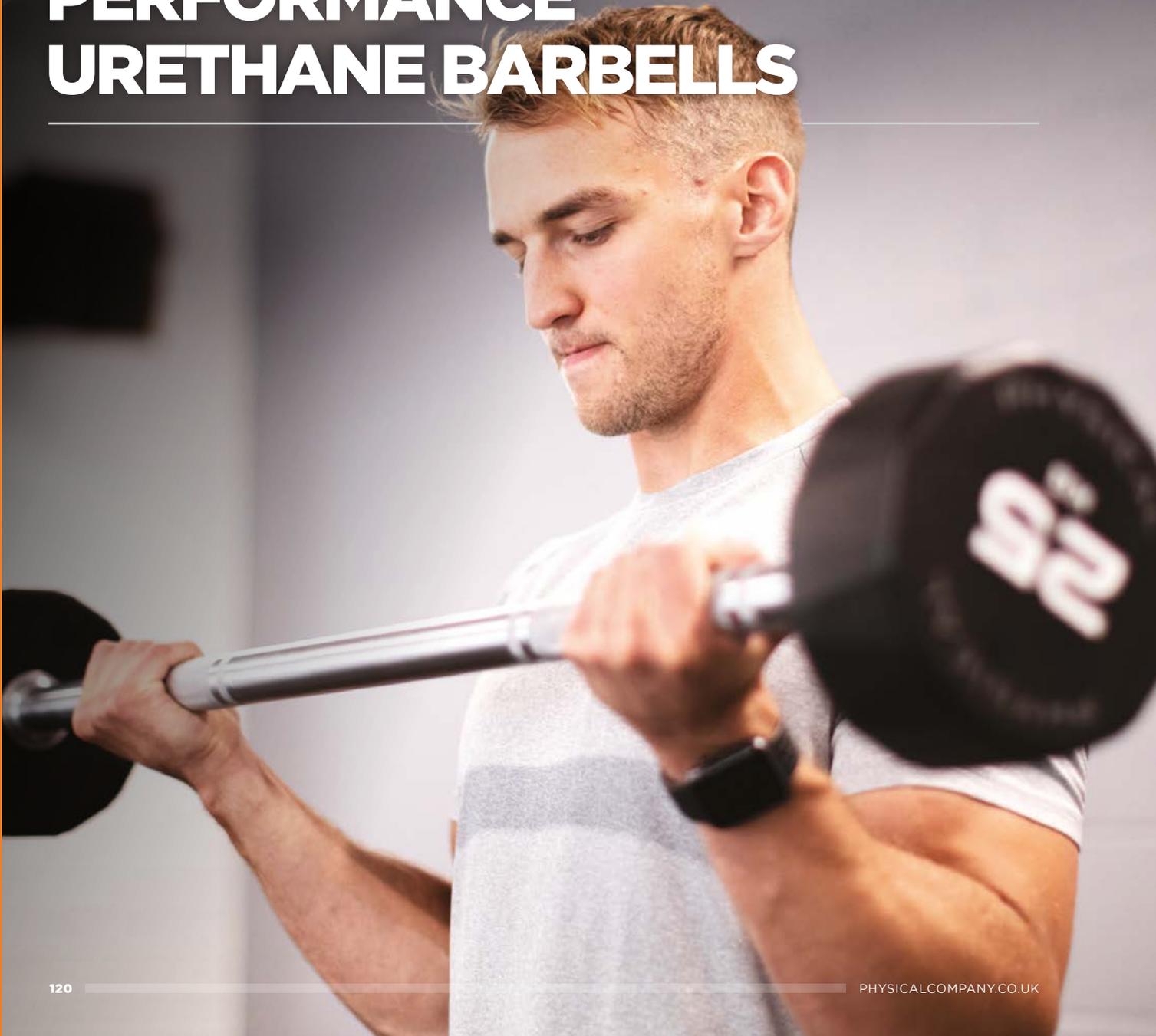
DBR10PU **10 pair Rack + PU 2.5kg - 25kg in 2.5kg increments**

DBR12PU **2 x 6 pair Racks + PU 2.5kg - 30kg in 2.5kg increments**

DBR15PU **15 pair Rack + PU 5kg - 40kg in 2.5kg increments**

DBR20PU **2 x 10 pair Racks + PU 2.5kg - 50kg in 2.5kg increments**

PERFORMANCE URETHANE BARBELLS



PERFORMANCE

PERFORMANCE URETHANE BARBELLS



Our Performance Urethane Barbells make the perfect addition to any gym or personal training environment, as they can be used in a wide range of exercises from lunges to squats, rows to deadlifts.

Designed with understated Physical branding so your own brand holds centre stage, these barbells can also be custom branded. Meanwhile, bold white digits ensure ease of weight selection, starting at 10kg and going up to 50kg.

The other thing you'll note is the stylish anti-roll head shape - a small but important detail for an optimal user experience. The premium, solid polyurethane ends also help protect your studio or gym floor from scratches.

- Stylish PU ends protect your floor from scratches
- Chrome-plated handles to protect against rust
- Diamond knurled for grip and comfort
- Length: 1100mm
- Anti-roll head shape

Warranty - 5 years

UBB10K	10kg
UBB12.5K	12.5kg
UBB15K	15kg
UBB17.5K	17.5kg
UBB20K	20kg
UBB25K	25kg
UBB30K	30kg
UBB35K	35kg
UBB40K	40kg
UBB45K	45kg
UBB50K	50kg



5 BARBELL RACK & CLUB PACKS



These freestanding barbell racks have been designed to hold 5 barbells with minimal fuss. Racks are manufactured with 3mm thick steel tubing for durability

Dimensions - W 830mm x H 1420mm x D 790mm

Weight - 41kg

Installation available

Warranty - 2 years (Rack), 5 years (PU Barbells)

BBR5	5 Barbell Rack only
BBR5PL	PU Light Club Pack, 5 Rack + 10kg, 12.5kg, 15kg, 17.5kg & 20kg Barbells
BBR5PH	PU Heavy Club Pack, 5 Rack + 25kg, 30kg, 35kg, 40kg & 45kg Barbells

10 BARBELL RACK & CLUB PACKS



This freestanding barbell rack has been designed to hold 10 barbells. Manufactured with 3mm thick steel tubing for durability

Dimensions -W 1150mm x H 1420mm x D 840mm

Weight - 54kg

Installation available

Warranty - 2 years (Rack), 5 years (PU Barbells)

BBR10	10 Barbell Rack only
BBR10P	PU Club Pack, 10 Rack + 10kg, 12.5kg, 15kg, 17.5kg, 20kg, 25kg, 30kg, 35kg, 40kg & 45kg Barbells

SL URETHANE AND EZ CURL BARBELLS



- Solid steel heads
- Premium urethane surface
- Knurled chrome plated grips measuring 10kg to 20kg - D 32mm
25kg to 45kg - D 34mm
- 10 - 20kg (2.5kg increments)
25 - 45kg (5kg increments)

Warranty - 5 years

SBBPP1	5 Barbell pack 10kg-20kg, total weight 75kg
SBBPP2	5 Barbell pack 25kg-45kg, total weight 175kg
SBBPP3	10 Barbell Set 10kg-45kg, total weight 250kg
SEZPP1	5 EZ Curl Barbell pack 10kg-20kg, total weight 75kg
SEZPP2	5 EZ Curl Barbell pack 25kg-45 kg, total weight 175kg
SEZPP3	10 EZ Curl Barbell pack 10kg-45kg, total weight 250kg

ZIVA

ZVO URETHANE AND EZ CURL BARBELLS



- Solid steel heads
- Premium urethane surface
- Colour urethane end caps
- Ultra durable hard chrome plated grips measuring
10kg to 20kg - D 32mm
25kg to 45kg - D 34mm
- 10kg - 20kg (2.5kg increments)
25kg - 45kg (5kg increments)

Warranty - 5 years

**ZBBBPP1 5 Barbell pack 10kg-20kg,
total weight 75kg**

**ZBBBPP2 5 Barbell pack 25kg-45kg,
total weight 175kg**

**ZBBBPP3 10 Barbell Set 10kg-45kg,
total weight 250kg**

**ZEZBPP1 5 EZ Curl Barbell pack 10kg-20kg,
total weight 75kg**

**ZEZBPP2 5 EZ Curl Barbell pack 25kg-45kg,
total weight 175kg**

**ZEZBPP3 10 EZ Curl Barbell pack 10kg-45kg,
total weight 250kg**

ZIVA

ZIVA ST2 5 PIECE BARBELL RACK



- Stores 5 ZIVA barbells
- Vertical style rack
- Baked powder coating
- 3mm thick round tube steel
- Non marking feet with option to bolt down

Dimensions - W 720mm x H 1320mm x D 968mm

Weight - 37kg

Warranty - 5 years (Rack), 1 year (Parts)

SBBR5 (rack only)

ZIVA

ZIVA ST2 10 PIECE BARBELL RACK



- Stores 10 ZIVA barbells
- Vertical style rack
- Baked powder coating
- 3mm thick round tube steel
- Non marking feet with option to bolt down

Dimensions - W 894mm x W 1314mm x D 968mm

Weight - 53kg

Warranty - 5 years (Rack), 1 year (Parts)

SBBR10 (rack only)

PERFORMANCE URETHANE BUMPER PLATES

PERFORMANCE

PERFORMANCE URETHANE BUMPER PLATES



Olympic lifting has grown in popularity over recent years, and for good reason. Do a quick Google search and you'll find lots of expert blogs from the likes of Team USA and the International Weightlifting Federation, all outlining fantastic reasons why every workout regime should include some Olympic lifting.

And we have everything you need to get started, from Olympic bars (see page 130) to our Performance Urethane Bumper Plates that meet International Weightlifting Federation standards.

Made from tough yet tactile, non-scratch polyurethane, these Performance Urethane plates use competition standard colour-coding and feature a central steel ring to further reinforce their robustness, durability and longevity. And when we say durable, they've been drop tested over 40,000 times. We're confident they'll stand up to the toughest lifting environments.

- Choose from 5kg, 10kg, 15kg, 20kg or 25kg.
- Competition standard weights and colour coding
- Calibrated within +/- 2% of specified weight
- 45cm diameter with a 51mm hole
- Sold as singles

Warranty - 1 year (5kg), 5 years (10kg and above)

PBP5K	Black 5kg Bumper Plate 22mm thickness
PBP10K	Green 10kg Bumper Plate 40mm thickness
PBP15K	Yellow 15kg Bumper Plate 46mm thickness
PBP20K	Blue 20kg Bumper Plate 53mm thickness
PBP25K	Red 25kg Bumper Plate 58mm thickness
PBP200K	200kg PU Bumper Plate Club Pack - 1 Pair 5kg, 20kg & 25kg, 2 Pairs 10kg & 15kg
PBP400K	400kg PU Bumper Plate Club Pack - 2 Pairs 25kg, 3 Pairs of 20kg, 15kg, 10kg & 5kg
PBP800K	800kg PU Bumper Plate Club Pack - 5 Pairs 25kg, 20kg & 5kg, 6 Pairs 15kg & 10kg

PERFORMANCE

PERFORMANCE URETHANE FRACTIONAL PLATES



Fractional weight plates are designed to give a gradual increase in weight helping the lifter progress beyond their maximum weight in small increments.

- Made from tough and tactile Polyurethane with 50.6mm bore hole
- Can be loaded on the outside of the collar due to Polyurethane being low-slip
- Available in 0.5kg (Black), 1kg (Green) and 2kg (Blue)
- Sold as singles

Warranty - 5 years

PBP0.5K	0.5kg PU Fractional Plate 14.5mm thickness
PBP1K	1kg PU Fractional Plate 16.2mm thickness
PBP2K	2kg PU Fractional Plate 21.4mm thickness

BUMPER PLATE SETS



68kg EZ Curl Set (PU) Includes: 3 pairs of Bumper Plates (1 Pair 5kg, 10kg & 15kg), 1 x Olympic EZ Curl Bar (8kg) and pair of Olympic Hex lock Collars

115kg Set (PU) Includes: 4 pairs of Bumper Plates (1 Pair 5kg, 10kg, 15kg & 20kg), 1 x 6ft Pro Olympic Bar (15kg) and pair of Olympic Hex lock Collars

170kg Set (PU or Rubber) Includes: 5 pairs of Bumper Plates (1 Pair 5kg, 10kg, 15kg, 20kg & 25kg), 1 x 7ft Pro Olympic Bar (20kg) and pair of Olympic Hex lock Collars

Warranty - 5 years (PU Plates 10kg upwards), 2 years (Rubber Plates 10kg upwards), 1 year (PU and Rubber 5kg), 1 year (Bars & Collars)

PBSPEZ	68kg PU Competition Set with Pro Olympic EZ Curl Bar
PBP6	115kg PU Competition Set with 6ft Pro Olympic Bar
PBP7	170kg PU Competition Set with 7ft Pro Olympic Bar
RBP7	170kg Rubber Set with 7ft Pro Olympic Bar

ZIVA ZVO COMPETITION URETHANE BUMPER PLATES



- Precision casting
- Large hard chrome plated hubs (not on support discs)
- Premium urethane surface coating
- Beveled edges for easy pickup
- Bumper discs have 450mm outer diameter for 5 - 25kg (IWF standards)
- Competition colour coding, 5kg (Black), 10kg (Green), 15kg (Yellow), 20kg (Blue), 25kg (Red)
- Sold in singles
- Fractional discs available (sizes 0.5, 1, 1.5, 2 and 2.5kg)

Warranty - 6 years

ZCBPP5K	5kg (80mm Hard Chrome Hub)
ZCBPP10K	10kg (120mm Hard Chrome Hub)
ZCBPP15K	15kg (120mm Hard Chrome Hub)
ZCBPP20K	20kg (120mm Hard Chrome Hub)
ZCBPP25K	25kg (120mm Hard Chrome Hub)
ZFDS	Urethane Fractional Discs (2 x 0.5kg, 2 x 1kg, 2 x 1.5kg, 2 x 2kg, 2 x 2.5kg)

RUBBER BUMPER PLATES



A high performance and economical bumper plate for any training facility. Quality engineered with a durable smooth black finish, consistent dead bounce and stainless steel insert.

- Drop tested over 10,000 times (10kg - 25kg only. 5kg used for weight adjustment only)
- All plates are 450mm in diameter with a 50.6mm bore hole
- Calibrated within 2% of specified weight
- Sold in singles

Warranty - 2 years (10kg and above), 1 year (5kg)

RBP5S	5kg Rubber Plate - 24mm thick
RBP10S	10kg Rubber Plate - 39.5mm thick
RBP15S	15kg Rubber Plate - 59mm thick
RBP20S	20kg Rubber Plate - 71.5mm thick
RBP25S	25kg Rubber Plate - 88mm thick
RBP200S	200kg Rubber Plate Club Pack 1 Pair 5kg, 20kg & 25kg, 2 Pairs 10kg & 15kg
RBP400S	400kg Rubber Plate Club Pack 2 Pairs 25kg, 3 Pairs of 20kg, 15kg, 10kg & 5kg
RBP800S	800kg Rubber Plate Club Pack 5 Pairs 25kg, 20kg & 5kg, 6 Pairs 15kg & 10kg

ZIVA

XP COMPETITION RUBBER BUMPER PLATES



- Bumper discs have 450mm outer diameter for 5 - 25kg (IWF standards)
- Solid stainless steel insert
- Precision casting
- Durable virgin rubber surface coating
- Competition colour coding, 5kg (Black), 10kg (Green), 15kg (Yellow), 20kg (Blue), 25kg (Red)
- Sold in singles

Warranty - 2 years

XCBPR5	5kg
XCBPR10	10kg
XCBPR15	15kg
XCBPR20	20kg
XCBPR25	25kg

ZIVA

ZVO URETHANE GRIP DISC WITH COLOUR INSERT



- Solid stainless steel insert
- Precision casting
- Premium urethane surface coating
- Olympic Discs with a 50.6mm bore hole
- Sold in singles

Warranty - 5 years

ZGDBP1.25R	1.25kg
ZGDBP2.5R	2.5kg
ZGDBP5R	5kg
ZGDBP10R	10kg
ZGDBP15R	15kg
ZGDBP20R	20kg
ZGDBP25R	25kg
ZGDBPP1	1000kg Set (94 pieces) 10 x 25kg, 16 x 20kg, 14 x 15kg, 10 x 10kg, 12 x 5kg, 16 x 2.5 kg, 16 x 1.25 kg
ZGDBPP2	400kg Set (40 pieces) 4 x 25kg, 6 x 20kg, 6 x 15kg, 4 x 10kg, 4 x 5kg, 8 x 2.5kg, 8 x 1.25kg
ZGDBPP3	300kg Set (36 pieces) 2 x 25kg, 4 x 20kg, 4 x 15kg, 6 x 10kg, 4 x 5kg, 8 x 2.5kg, 8 x 1.25kg
ZGDBPP4	200kg Set (26 pieces) 2 x 25kg, 2 x 20kg, 2 x 15kg, 4 x 10kg, 4 x 5kg, 4 x 2.5kg, 8 x 1.25kg

ZIVA

SL RPU GRIP DISC



The ZIVA SL RPU Grip Disc wraps a precision cast iron weight disc in high durability RPU that has enough give to fall more softly and silently, yet has the ruggedness to stand up to the rigors of high-traffic commercial gyms.

- Solid stainless steel insert
- Olympic Discs with a 50.6mm bore hole
- Sold in singles

Warranty - 2 years

SGDR1.25G	1.25kg
SGDR2.5G	2.5kg
SGDR5G	5kg
SGDR10G	10kg
SGDR15G	15kg
SGDR20G	20kg
SGDR25G	25kg
SGDCRP1	1000kg Set (94 pieces) 10 x 25kg, 16 x 20kg, 14 x 15kg, 10 x 10kg, 12 x 5kg, 16 x 2.5kg, 16 x 1.25kg
SGDCRP2	400kg Set (40 pieces) 4 x 25kg, 6 x 20kg, 6 x 15kg, 4 x 10kg, 4 x 5kg, 8 x 2.5kg, 8 x 1.25kg
SGDCRP3	300kg Set (36 pieces) 2 x 25kg, 4 x 20kg, 4 x 15kg, 6 x 10kg, 4 x 5kg, 8 x 2.5kg, 8 x 1.25kg
SGDCRP4	200kg Set (26 pieces) 2 x 25kg, 2 x 20kg, 2 x 15kg, 4 x 10kg, 4 x 5kg, 4 x 2.5kg, 8 x 1.25kg

PERFORMANCE URETHANE OLYMPIC PLATES



PERFORMANCE

PERFORMANCE URETHANE OLYMPIC PLATES



Ideal for plate-loaded equipment, our Performance Urethane Olympic Plates are high-quality, durable plates that can stand up to the toughest of training environments.

Recently redesigned, the plates now feature two handles so they can comfortably be used for free weight exercises too, including the popular 'steering wheel' shoulder exercise.

Sold in pairs, plates begin at 1.25kg and go up to 25kg. All come with a five-year warranty and feature the clean aesthetics of the Performance range: an understated Physical branding alongside bold white digits for ease of weight selection.

- Steel 50.6mm bore hole for added strength and durability
- Raised contrasted numbers for easy weight identification
- 2 ergonomic grip handles
- Sold in pairs

Warranty - 5 years

UOD2.5K	Pair of 1.25kg
UOD5K	Pair of 2.5kg
UOD10K	Pair of 5kg
UOD20K	Pair of 10kg
UOD30K	Pair of 15kg
UOD40K	Pair of 20kg
UOD50K	Pair of 25kg

UOD220K	Olympic PU Plate - 220kg Pack, 8 pairs x 1.25kg, 4 pairs x 2.5kg, 2 pairs x 15kg, 1 pair x 5kg, 10kg, 20kg & 25kg
UOD400K	Olympic PU Plate - 400kg Pack, 2 pairs x 1.25kg, 15kg & 25kg, 3 pairs x 2.5kg, 10kg & 20kg, 4 pairs x 5kg
UOD800K	Olympic PU Plate - 800kg Pack, 4 pairs x 1.25kg, 15kg & 25kg, 6 pairs x 2.5kg, 10kg & 20kg, 8 pairs x 5kg

OLYMPIC PLATE TREE



Free-standing plate tree for holding Olympic Plates of all sizes

- 8 horns for Olympic Plates
- Usable horn length 27cm
- Stylish and sturdy - the ultimate storage investment
- Manufactured with 3mm thick steel tubing for durability
- Maximum weight load 300kgs

Dimensions - W 1000mm x L 1080mm x H 660mm

Weight - 27kg

Installation available

Warranty - 2 years

OPT8

PERFORMANCE OLYMPIC BARS



DIAMOND KNURLED TO
MEET IWF STANDARD
GRIP POSITIONS

PERFORMANCE

**PERFORMANCE
OLYMPIC
BARS**



Our durable, premium grade Performance Olympic Bars are the perfect choice for everyone from beginners to serious lifters.

The bar comes in two different weights: a 15kg Performance bar (women's competition standard) and a 20kg Performance bar (men's competition standard). Both use precision bearings for a smoother rotation and are finished in a durable black.

International Weight Lifting Federation-approved, the weight of the bar is displayed on the end caps, while the Olympic ends accommodate all 2" diameter discs and plates. Handles are knurled for improved grip.

Maximum load is 450kg on the 15kg bar and 900kg on the 20kg bar. Check out our Performance PU Bumper Plates (see page 125) for the perfect way to load these premium bars.

15kg bar

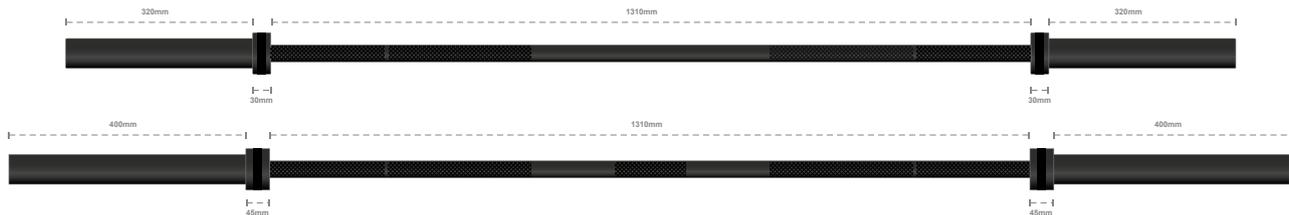
- 25mm IWF standard
- 6.5ft long
- 450kg max load
- 200,000 psi tensile strength

20kg bar

- 28mm IWF standard
- 7ft long
- 900kg max load
- 200,000 psi tensile strength

Warranty - 2 years

POB7K **Men's 7ft Olympic Bar**
PWOBK **Women's 6.5ft Olympic Bar**



OLYMPIC PRO LIFTING BARS



Premium grade Olympic Bars with precision bearings for a smoother rotation, finished in durable hard chrome plating.

- Pro Bars available in 5ft, 6ft, and 7ft with 28mm / 30mm grips
- 5ft (28mm) bar weighs 13kg, 6ft (30mm) bar weighs 15kg, 7ft (30mm) bar weighs 20kg
- Maximum loading 317kg (6ft and 5ft), 680kg (7ft)
- Bar weight displayed on end caps

Warranty - 1 year

P50B 5ft Pro Olympic Bar

P60B 6ft Pro Olympic Bar

P70B 7ft Pro Olympic Bar

OLYMPIC HEX BAR



This premium Grade 7ft Olympic Hex Bar allows users to complete heavy lifting exercises whilst reducing tension on the spine.

- Made from solid steel with chrome plating
- Bar weighs 35kg
- Includes dual handles for athletes of various heights, sizes and physical ability
- Frame allows for deadlifts without putting pressure on the lower back. Ideal for injury recovery along with shrugs and carries to aid in building muscle throughout the traps and mid-back. Can be used for multiple exercises
- Maximum loading 680kg
- Bar weight displayed on end caps

Warranty - 1 year

P7HB

OLYMPIC PRO MIXED BARS



A selection of durable brushed steel Olympic Bars ideal for isolating muscle groups. Also, a new Aluminium Training Bar has been added, ideal for newcomers looking to perfect their technique before progressing to the full 7ft steel bar. Bars feature:

- 28mm grips (25mm for the 6ft Aluminium Training Bar only)
- Precision bearings for smooth rotation (excluding the 6ft Aluminium Training Bar)
- Bar weight displayed on end caps

Weight -

7kg (Aluminium Training Bar),

10kg (Tricep Bar & EZ Curl Bar),

4.5kg (Dumbbell Bar)

Warranty - 1 year

6ATB 6ft Aluminium Training Bar
Max Loading 90kg (No Bearings).
25mm Grip

PEZOB Pro Olympic EZ Curl Bar
Max Loading 318kg

POTB Pro Olympic Tricep Bar
Max Loading 400kg

PODB Pro Olympic Dumbbell Bar
Sold Singularly

ZIVA

ZVO PREMIUM OLYMPIC BARS

ZP50BK



ZP60BK



ZP70BK



- Fits standard Olympic size discs
- Premium hard chrome coated 50mm sleeves
- Ball bearings for smooth and even rotation during lifts
- Capped ends for reduced maintenance

Warranty - Limited Lifetime

ZP50BK	ZVO Technical 1.7m Bar - 25mm grip 450kgs Tested, 230K PSI, Brass Bushing, Needle Bearings, Weight: 10kg
ZP60BK	ZVO Premium Olympic 2.01m Bar - 25mm grip 700kgs Tested, 230K PSI, Brass Bushing, Needle Bearings, Weight: 15kg
ZP70BK	ZVO Premium Olympic 2.2m Bar - 28mm grip 900kgs Tested, 230K PSI, Brass Bushing, Needle Bearings, Weight: 20kg

OLYMPIC BAR HOLDER



A minimal gym floor footprint but maximum storage capability, the Olympic Bar Holder is the perfect space saving device.

Holding up to 8 Olympic Bars, the rack's open design and weight ensures the bars are securely stored in an upright position and are easily unloaded and loaded.

Manufactured with re-enforced 3mm thick steel and finished in an appealing, durable powder coat that reduces the likelihood of scuffs and marks.

- Store multiple Olympic bars of various sizes with minimal gym floor footprint
- Rubber feet ensure stability
- Strong steel tubing and sleek design bar holders

Dimensions - W 840mm x D 500mm x H 300mm
Weight - 18kg
Warranty - 2 years

8OBH

OLYMPIC TOASTER RACK



Improved heavy-duty steel rack is designed to store up to 10 Olympic Bumper Plates and 2 Olympic Bars.

- Incorporates handle and wheels for easy mobility
- Can store an additional 3 pairs of smaller Olympic Plates
- Will only store 8 single Olympic Bumper Plates if all plates are over 15kg

Dimensions - W 1300mm x H 290mm x D 370mm
Weight - 19kg
Warranty - 2 years

OTR

EVO BENCH

PHYSICAL



EVO BENCH



The EVO Bench is a multi-functional station - fully equipped for a complete workout within a compact, space saving unit.

Appliance

Seamlessly manoeuvre through 7 backrest positions to target all major upper body muscle groups and add exercise variation.

Equipped with an integrated, fully welded anchor point for battle rope training.

Easy access dumbbell storage for up to 6 dumbbell pairs. Additional kettlebell and slam ball storage at the front and back of the bench, with storage in the centre for battle ropes and other accessories.

Wheels at the back of the bench for portability.

Bench Strength

Fully welded at joints for durability. Finished in a matt texture making it more resistant to cosmetic wear and tear damage.

Heavy duty moulded PU Backrest and Seat are designed with withstand high usage and act as a plyo box, while being comfortable to the user when lying back.

Solid base plate with rubber feet for stability.

Digital

NFC enabled offering exclusive access to an extensive online exercise library. Simply hold your NFC enabled device over the tag (All Android and iPhone 8 upwards).

Dimensions - W 585mm x L 1230mm x H 510mm
Warranty - 3 years (Frame), 1 year (Moving Parts and Pads)

**BNCHV3
BNCHP1**

**EVO Bench Only
EVO Bench + PU Dumbbells - Pairs of 2kg, 4kg, 6kg, 8kg, 10kg & 12.5kg, PU Kettlebell - 8kg & 12kg, Slam Ball 8kg, HD Resistance Tubing - Level 1 & 2, HD Battle Rope Level 1**

BNCHD1

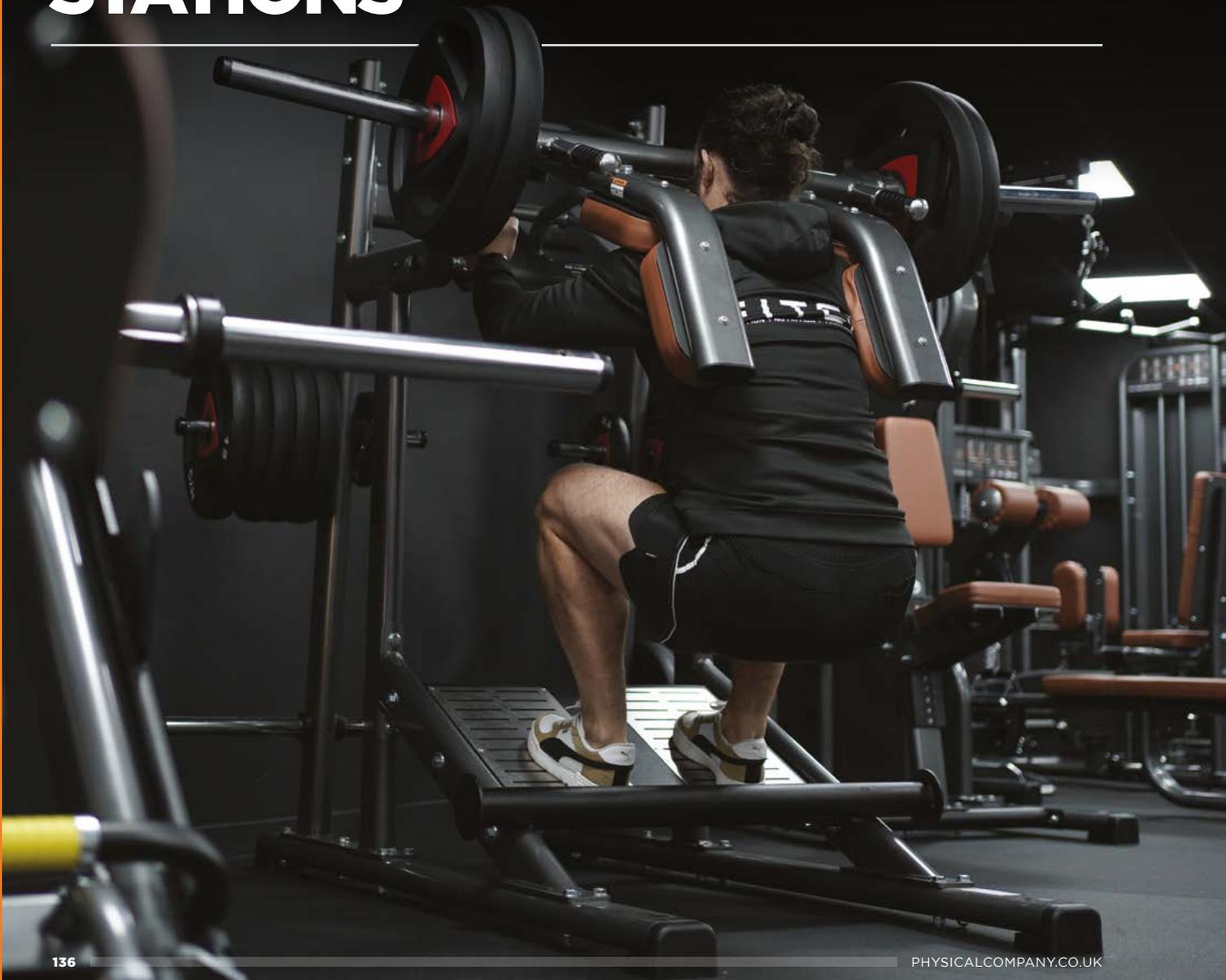
EVO Bench + PU Dumbbells - Pairs of 2kg, 4kg, 6kg, 8kg, 10kg, 12.5kg Sports Package, Evo Bench + PU Dumbbells - Pairs of 2kg, 4kg, 6kg, 8kg, 10kg & 12.5kg, Vinyl Kettlebell - 8kg & 12kg, Slam Ball 8kg, HD Resistance Tubing - Level 1 & 2, HD Battle Rope Level 1, HD Fit Bar Level 1 & 2

BNCHS1

BNCHH1

Home Accessories Package, Evo Bench + PU Dumbbells - Pairs of 2kg, 4kg, 6kg, 8kg, 10kg & 12.5kg, Vinyl Kettlebell - 6kg & 10kg, Slam Ball 5kg, HD Resistance Tubing - Level 1 & 2

EXIGO TRAINING STATIONS





EXIGO SELECTORISED STATIONS



Exigo Selectorised machines offer attractive designs with outstanding quality and performance. Incremental weights allow precise increases and converging and diverging motions ensure a natural path of movement and comfort during the exercise.

10051	Chest Press
10101	Incline Chest Press
10151	Shoulder Press
10201	Lateral Raise
10301	Pectoral Fly Rear Deltoid
10351	Lateral Pulldown
10361	Dual Cable Lateral Pulldown
10401	Lateral Pullover
10451	Lateral Low Row
10461	Lateral Incline Low Row
10501	Lateral Seated Row
10551	Lateral Pulldown Low Row
10601	Assisted Chin / Dip

10651	Bicep Curl
10701	Tricep Extension
10751	Tricep Press
11001	Leg Extension
11051	Seated Leg Curl
11101	Lying Leg Curl
11151	Leg Extension / Leg Curl
11201	Standing Leg Curl
11251	Seated Leg Press
11301	Recumbent Leg Press
11351	Seated Calf Raise
11401	Standing Calf Raise
11451	Glute Machine

11601	Hip Adductor / Abductor
11651	Rotary Hip
12001	Abdominal Machine
12101	Back / Abdominal Machine
12151	Abdominal Twister
12201	Cable Crossover
12251	High Low Pulley
12271	High Low Pulley X2
12301	Dual Adjustable Pulley
12321	Dual Adjustable Pulley X2
12401	4 Station Jungle Gym
12451	5 Station Jungle Gym
12501	8 Station Jungle Gym

PLEASE SEE WEBSITE FOR MORE DETAILS



EXIGO PLATE LOADED STATIONS



Exigo offers an unrivalled range of Plate Loaded machines that are designed with movement as the primary focus. Our huge range of plate loaded equipment covers all areas of the body and is renowned for superior biomechanics.

30001	ISO-Lateral Chest Press	30701	Seated Dip	31351	Vertical Leg Press
30051	ISO-Lateral Incline Chest Press	30751	4 Way Neck Machine	31391	Leverage Squat
30101	ISO-Lateral Decline Chest Press	30801	Seated / Standing Shrug	31401	V Squat
30151	ISO-Lateral Flat Chest Press	30851	Gripper	31411	Belt Squat
30181	ISO-Lateral Pectoral Fly	30901	Shrug Frame	31421	Pendulum Squat
30201	ISO-Lateral Shoulder Press	31001	ISO-Lateral Leg Extension	31451	Seated Calf Raise
30251	ISO-Lateral Front Pivot Shoulder Press	31101	ISO-Lateral Standing Leg Curl	31501	Donkey Calf Raise
30301	ISO-Lateral Lat Raise	31111	Lying Leg Curl	31551	Reverse Hyper Extension
30351	ISO-Lateral Row	31121	Rear Kickback	31561	Glute Thrust
30401	ISO-Lateral Low Row	31151	ISO-Lateral Leg Press	31601	ISO-Lateral Body Drive
30451	ISO-Lateral Lat Pulldown	31211	Assisted Glute/Ham Developer	31651	ISO-Lateral Shrug / Deadlift
30501	T-Bar Row Chest Support	31261	45 Degree Leg Press	31701	ISO-Lateral Lunge
30551	T-Bar Row Standing	31271	Dual 45 Degree Leg Press	31751	Smith Machine Counter Balance
30601	Pullover	31301	Lumbar Squat	31801	Smith Machine
30651	Seated Bicep Curl	31311	Hack Squat	31851	Power Smith

PLEASE SEE WEBSITE FOR MORE DETAILS



EXIGO WEIGHT BENCHES



Exigo Weight Benches are perfect for free weight, body weight, and strength based workouts. Combining stylish ergonomic designs with precision engineered components that feature appropriate support for comfortable and efficient workouts.

20001	Olympic Flat Bench	23102	Adjustable Bench	23651	Adjustable Abdominal Bench
20051	Olympic Incline Bench	23151	Adjustable Bench (Spot Feet)	23801	Leg Raise / Dip Station
20101	Olympic Decline Bench	23201	Adjustable Decline Bench	23851	Chin / Dip / Leg Raise Station
20151	Olympic Adjustable Multi Bench	23251	Prone Row	23901	Rear Chin / Dip / Leg Raise Station
20201	Olympic Shoulder Press Bench	23351	45 Degree Hyper Extension	23951	Abdominal Twister
20251	Olympic Military Press Bench	23401	Glute Ham Developer	24011	Multi-Grip Chinning Bar
20271	Olympic Safety Bench	23421	Floor Glute Ham Developer	24051	Squat Box
23001	Upright Utility Bench	23451	Dipping Frame	24101	Power Blocks (Pair)
23051	Flat Bench	23501	Wall Mounted Dipping Frame	24151	Sissy Squat
23061	HIIT Bench	23551	Seated Preacher Curl	24201	Hip Thrust
23071	Adjustable HIIT Bench	23601	Standing Preacher Curl		

PLEASE SEE WEBSITE FOR MORE DETAILS

CABLE ATTACHMENTS RACK



Features hanging prongs and hooks on the front enabling storage of longer bars, and a tray for smaller accessories.

- Can also be purchased as part of Cable Attachment Club Pack, comprising of rack and 16 commercial grade items (which can also be purchased individually)
- All cable attachments use high quality PU grips
- Manufactured with 3mm steel tubing for durability

Dimensions - W 656mm x H 1084mm x D 716mm

Weight - 31.5kg

Warranty - 2 years (rack)

UCAR Upright Cable Attachment Rack
MARC Machine Attachment Club Pack
 (Rack + 16 Attachments)

CABLE ATTACHMENTS

* Included attachments in the Machine Attachments Club Pack



29" REVOLVING PRO-STYLE LAT BAR*
29RLB



28" REVOLVING CURL BAR*
28RCB



DOUBLE HANDED LAT BAR 35" *
DLB35



48" DELUXE REVOLVING LAT BAR*
48RLB



36" DELUXE REVOLVING LAT BAR*
36RLB



STIRRUP HANDLE WITH ERGO GRIP*
SHSR



18" REVOLVING CABLE BAR*
18RCB



MULTI-PURPOSE V BAR*
MPVB



SEATED ROW DOUBLE D HANDLE*
DDH



TRICEPS PRESS DOWN ROPE - SINGLE*
PTRS



TRICEPS PRESS DOWN ROPE - DOUBLE*
PTR



TRICEPS PRESS DOWN BAR*
TPDB



DUAL PURPOSE BAR*
DPB



AB CRUNCH HARNESS*
PACH



CABLE ATTACHMENT HANDLE* (90KG MAX LOADING)
CMAH



KARIBINER (8CM)
KAR8



KARIBINER (10CM)
KAR10



NYLON ANKLE STRAP*
PNAS

CABLE ATTACHMENT STARTER PACK (2 X KAR10, 2 X CMAH, 1 X PTR, 36RLB, PNAS, 18RCB)

CASP

ADDITIONAL STRENGTH PRODUCTS



BACK PROTECTOR

A thick padded back protector fits Olympic and 1" bars. It's easy to fit and remove and is surface washable.

Warranty - 6 months

PBP



LEATHER DIPPING BELT

Manufactured from high-quality leather for durability. Allows you to add extra weight when completing dips and chin-ups.

Warranty - 1 year

LDIP



OLYMPIC SNAP LOCK COLLARS

Quick and easy to use with one hand fast locking and releasing system.

Warranty - 1 year

HLCO



OLYMPIC SPRING COLLARS

- Quick release mechanics makes them very convenient to use
- Extra-long rubber handles make removal much easier

Warranty - 1 year

QRSCO



OLYMPIC SAFETY SQUAT BAR

Training with this bar is ideal for upper back, lower back, and leg work. The Safety Squat Bar is also great for addressing weak points in the squat.

Warranty - 1 year

OSSB



ZVO COMPETITION FRACTIONAL PLATES

Sizes 0.5, 1, 1.5, 2 and 2.5kg

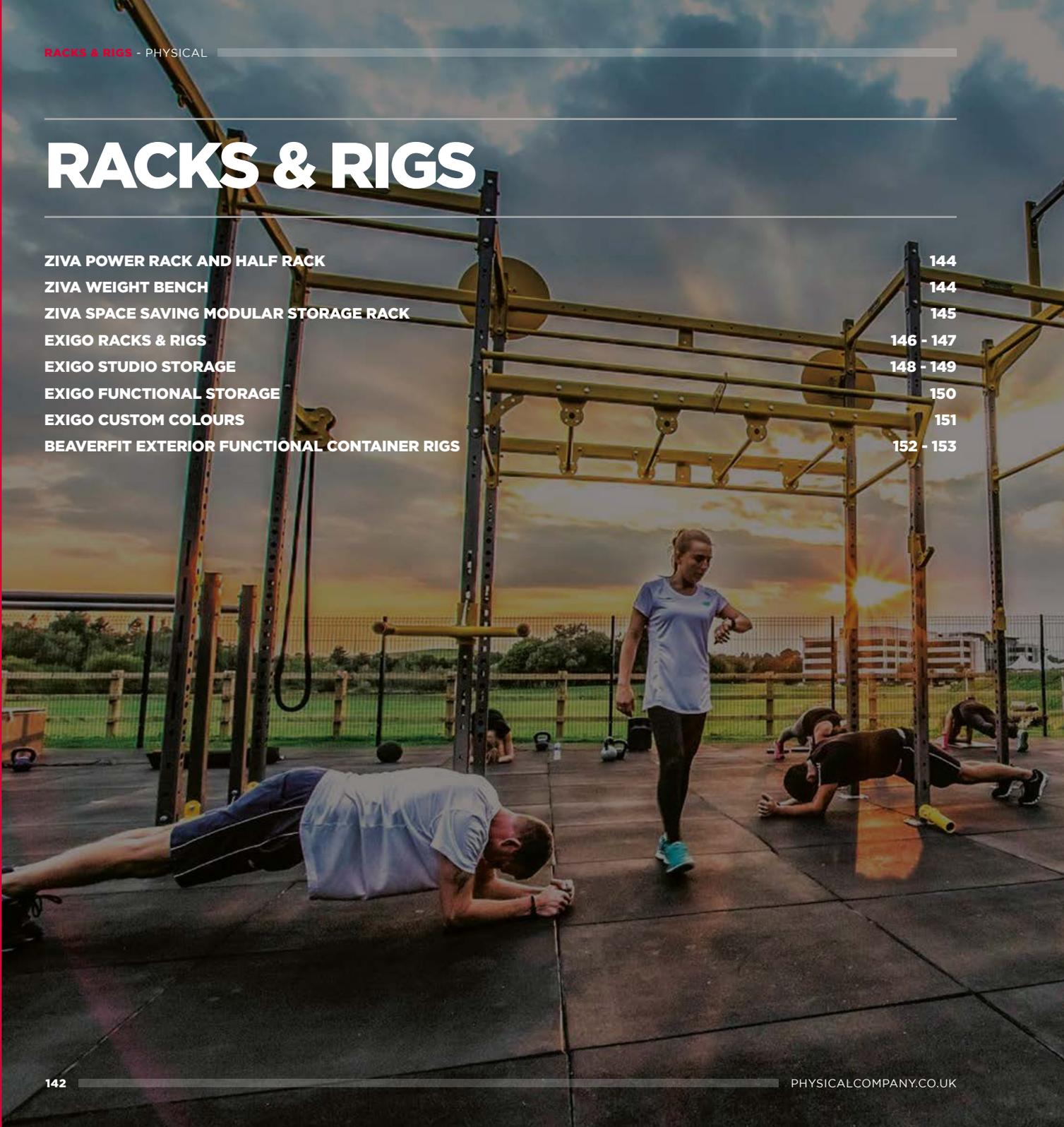
Warranty - 6 years

ZFDS Urethane Fractional Plates (2 x 0.5kg, 2 x 1kg, 2 x 1.5kg, 2 x 2kg, 2 x 2.5kg)

FOR ADDITIONAL INFORMATION ON THESE PRODUCTS PLEASE SEE OUR WEBSITE

RACKS & RIGS

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TO CREATE THE ULTIMATE IMPACT IN YOUR TRAINING SPACE, LOOK NO FURTHER THAN OUR BESPOKE RANGE OF FUNCTIONAL TRAINING RIGS AND RACKS

RACKS & RIGS

No matter how large or small your facility, or if you are thinking about adding a rack to your home gym space, our product range provides robust, multi-functional solutions designed to meet the demands of any busy commercial environment.

For larger establishments, freestanding and wall-mounted rigs act as hubs for fantastic group and solo workouts, with a wide range of accessories to drive unparalleled variety in exercise options. These will quickly become the focal point of your gym floor.

Meanwhile, power racks are no longer the preserve of male heavyweights; our product portfolio reflects the growing appeal of these lifting stations.

We also have all your storage needs covered, whether it's barbells or dumbbells, kettlebells, pump sets or strength bars, mats, stability balls or bags, we have the storage solutions you need to keep your training spaces tidy and user-friendly.

ZIVA

XP POWER RACK WITH STORAGE



- Laser cut holes (50mm spacing) and numbering system
- Hard wearing powder coated finish
- 3mm thick steel 3" x 3" (75 x 75mm) frame
- 24mm zinc coated hardware
- Eight chromed bumper plate storage posts
- One pair of J-Cups
- Additional holes at base for band or accessories attachment
- Recommended to be bolted to the floor
- Two inside safety spotter arms (UMHW plastic protection coating)
- Single pull-up bar & cross beam

Dimensions - H 2362mm x W 1270mm x D 2007mm

Weight - 223.6kg

Warranty - 5 years (Frame),

1 year (Rubber and plastic parts)

XPRSCK (rack only)

ZIVA

XP HALF RACK WITH STORAGE



- Laser cut holes (50mm spacing) and numbering system
- Hard wearing powder coated finish
- 3mm thick steel 3" x 3" (75 x 75mm) frame
- 24mm zinc coated hardware
- Eight chromed bumper plate storage posts
- One pair of J-Cups
- Additional holes at base for band or accessories attachment
- Recommended to be bolted to the floor
- Two safety spotter arms
- Single pull-up bar & cross beam

Dimensions - H 2362mm x W 1270mm x D 1600mm

Weight - 177.4kg

Warranty - 5 years (Frame),

1 year (Rubber and plastic parts)

XHRSKK (rack only)

ZIVA

ZIVA EX F-I-D BENCH



High-quality weight bench with an almost continuously adjustable backrest from -10 to 80° degrees.

- 3.0mm thick steel frame
- Adjustable seat bottom (0 - 40°) & back (-10 - 80°)
- Cushioned rubber feet or bolt down option
- Powder coated finish
- High quality cushion surface with double stitches for better stability

Dimensions - L 1400mm x W 600mm x H 550mm

Weight - 55 kg

Warranty - 5 years (Frame),

1 year (Rubber and plastic parts)

EXFIDB

ZIVA

XP SPACE SAVING RACK AND STORAGE RIG



- 2 Pairs of J-Cups
- 2 Pairs of safety arms
- 2 Flying pulls
- 2 Kettlebell / dumbbell storage shelves
- 1 Bumper storage shelf
- 8 Bumper pegs

Dimensions - H 4000mm x W 2450mm x D 1600mm
 Weight - 515kg
 Warranty - 5 years (Frame),
 1 year (Rubber and plastic parts)

XPSSR

ZIVA

XP SPACE SAVING MODULAR RIG



- 4 Pairs of J-Cups
- 2 Flying double Pull-up bars
- 4 Pairs of safety arms
- 1 Landmine

Dimensions - H 3600mm x W 2450mm x D 1000mm
 Weight - 352kg
 Warranty - 5 years (Frame),
 1 year (Rubber and plastic parts)

XPSSMR

ZIVA

XP MULTI-TIERED MODULAR RIG



- Monkey bar system through the entire roof structure
- 4 Pairs of J-Cups
- 2 Flying double pull-up bars
- 4 Pairs of safety arms
- 4 single pull-up bars

Dimensions - H 4270mm x W 2450mm x D 1830mm
 Weight - 403kg
 Warranty - 5 years (Frame),
 1 year (Rubber and plastic parts)

XPMMR

XP RIGS ATTACHMENTS



- 1 - XP Ball Target
- 2 - XP Pull-Up Bar
- 3 - XP D-Handle
- 4 - XP J-Cup
- 5 - XP Sandwich J-Cup
- 6 - XP Core-Fit Ball Shelf 42"
- 7 - XP Core-Fit Ball Shelf 72"
- 8 - 42" Kettlebell / Dumbbell Shelf

- XBTA**
- XPUBA**
- XDHA**
- XJCA**
- XSJCA**
- XCFBSS42**
- XCFBSS72**
- XKBDB42**

- 9 - 72" Kettlebell / Dumbbell Shelf
- 10 - XP Safety Arms
- 11 - XP Battle Rope Storage Attachment
- 12 - Landmine
- 13 - XP Chrome Plate Storage Peg
- 14 - XP Stainless Steel Plate Storage Peg
- 15 - Frame Mount Olympic Bar Storage
- 16 - Roof Mount Olympic Bar Storage

- XKBDB72**
- XSAA**
- XBRSA**
- XPPLA**
- XCPSPA**
- XSSPSA**
- XFMOBS**
- XRFOBS**



EXIGO E70 RACKS



Exigo E70 Racks are available in two height options and feature 25mm (1") westside hole spacing for precise adjustments. These racks are made with 70x70x3mm steel uprights but offer exceptional value for money.

Dimensions - Vary due to configuration

Warranty - Lifetime (Main frame)

E70X

EXIGO E80 ELITE RACKS



Exigo E80 Elite Racks offer 4 different pull-up options and include J-Hooks, Safety Spot Arms, Band Pegs and Weight Horns as standard. These racks are made with 80x80x3mm steel uprights that feature laser-cut numbering for quick and easy reference along with 25mm (1") westside hole spacing for precise adjustments.

Dimensions - Vary due to configuration

Warranty - Lifetime (Main frame)

E80X



ATTACHMENTS AND ACCESSORIES ARE FOR DEMONSTRATION PURPOSES ONLY AND ARE NOT INCLUDED WITH THE BASE UNIT.



EXIGO X70 RIGS



Exigo X70 Rigs are fully modular and can be used as a complete set-up or as a starting point to expand on. These rigs are made with 70x70x3mm uprights which are compatible with various attachments and storage shelves.

Dimensions - Vary due to configuration

Warranty - Lifetime (Main frame)

X70X

EXIGO X150 RIGS



Exigo X150 Rigs are made with unique triangular storage columns to create an extremely robust structure and to also accommodate small accessories. They are fully modular and compatible with various attachments and storage shelves.

Dimensions - Vary due to configuration

Warranty - Lifetime (Main frame)

X150X



ATTACHMENTS AND ACCESSORIES ARE FOR DEMONSTRATION PURPOSES ONLY AND ARE NOT INCLUDED WITH THE BASE UNIT.

STUDIO STORAGE



EXIGO E-SERIES 4 POSITION UPRIGHT



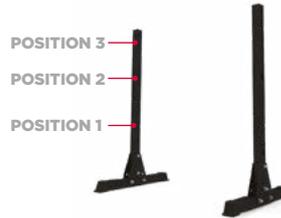
The E-Series 4 Position Upright* allows up to 4 internal storage options to be used, and up to 2 external storage options to be added on the left and right side of a single or multiple bay storage unit.

*A minimum of 2 uprights are required, +1 extra upright for every additional bay. Bays are available in 1.1 and 1.8 metres widths.

Dimensions - D 784mm x H 1719mm

ES2010

EXIGO E-SERIES 3 POSITION UPRIGHT



The E-Series 3 Position Upright* allows up to 3 internal storage options to be used, and up to 2 external storage options to be added on the left and right side of a single or multiple bay storage unit.

*A minimum of 2 uprights are required, +1 extra upright for every additional bay. Bays are available in 1.1 and 1.8 metres widths.

Dimensions - D 784mm x H 1319mm

ES2005

EXIGO E-SERIES 2 POSITION UPRIGHT

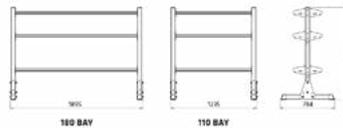
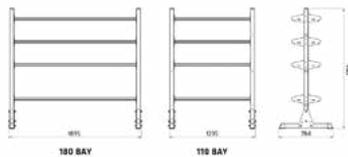


The E-Series 2 Position Upright* allows up to 2 internal storage options to be used, and up to 1 external storage option to be added on the left and right side of a single or multiple bay storage unit.

*A minimum of 2 uprights are required, +1 extra upright for every additional bay. Bays are available in 1.1 and 1.8 metres widths.

Dimensions - D 784mm x H 989mm

ES2000



STUDIO STORAGE

CUSTOM COLOURS - PAGE 151



CONFIGURATION EXAMPLE ONE



- | | |
|--------------------------|---------------|
| 1 - 4 Position upright | ES2010 |
| 2 - Side mat hanger | ES2300 |
| 3 - 200 Ball rail | ES2160 |
| 4 - Kettlebell tray | ES2150 |
| 5 - Dumbbell rail | ES2140 |
| 6 - Toast rail | ES2105 |
| 7 - Toast rail tray | ES2210 |
| 8 - Resistance band rail | ES2195 |
| 9 - Large bin | ES2115 |
| 10 - Battle rope storage | ES2325 |

CONFIGURATION EXAMPLE TWO



- | | |
|----------------------------|---------------|
| 1 - 4 Position upright | ES2010 |
| 2 - Vertical dumbbell rack | ES2310 |
| 3 - Mat hanger | ES2175 |
| 4 - Large tray | ES2125 |
| 5 - 300 Ball rail | ES2170 |
| 6 - Dumbbell tray | ES2150 |
| 7 - 180 Studio bar storage | ES2210 |
| 8 - Studio plate storage | ES2190 |
| 9 - 400 Side ball storage | ES2315 |
| 10 - Side Bin | ES2320 |

FURTHER ATTACHMENTS ARE AVAILABLE - PLEASE SEE WEBSITE FOR MORE DETAILS

FUNCTIONAL STORAGE



EXIGO FUNCTIONAL STORAGE



Our Functional Storage is the ultimate storage solution. A compact frame designed to store your choice of accessories, with the option to add a selection of training attachments. Available in 1.5m or 2m bays.

TECHNICAL INFO

Main Frame: 100 x 50 x 3 ERW flat sided oval

Produced to BSEN 10305-3:2010

Polyester powder coated finish

Lifetime warranty on main frame

XF1210

ATTACHMENTS AND ACCESSORIES ARE FOR DEMONSTRATION PURPOSES ONLY AND ARE NOT INCLUDED WITH THE BASE UNIT.



1.5M BASE UNIT



2M BASE UNIT

TRAINING ATTACHMENTS AVAILABLE - PLEASE SEE WEBSITE FOR MORE DETAILS

CUSTOM COLOURS

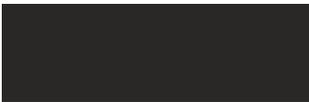
Exigo rigs are available in a variety of frame colours. All attachments and grip points are Black Texture. Custom colours are available on request.



Black 9005



Red 3002



Iodine MW630E



Orange 2004



Slate Grey MW009E



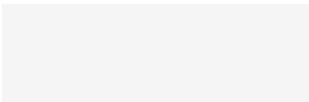
Yellow 1021



Silver MW109D



Lime 383C



White 9016



Green 6018



Telemagenta 4010



Blue 5002



Purple 4006



Light Blue 5012



Black 9005



White 9016



Purple 4006



Red 3002



Yellow 1021



Orange 2004

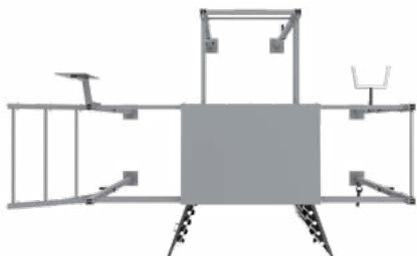
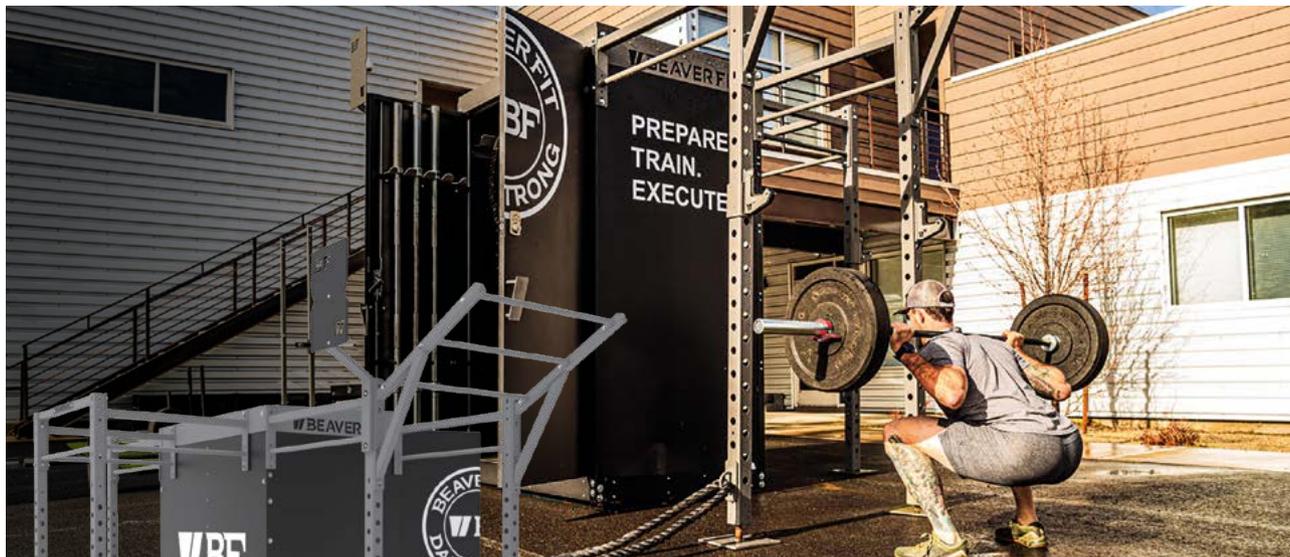


Green 6018



Blue 5002

BEAVERFIT SHRED SHED



The Shred Shed is a patented, integrated, multi-use storage shed, custom-fabricated to anchor a BeaverFit functional training rig and store the equipment necessary to create a world class, multi-modality training center.

- Beaverfit logos on front and back with customer logos on 2 sides
- Storage only (shed only)
- Light Pack (shed and rigs)
- Heavy Pack (shed, rigs & accessories)
- Freestanding
- Full offload + installation included
- Forklift pockets
- 2 point locking system secured with padlock



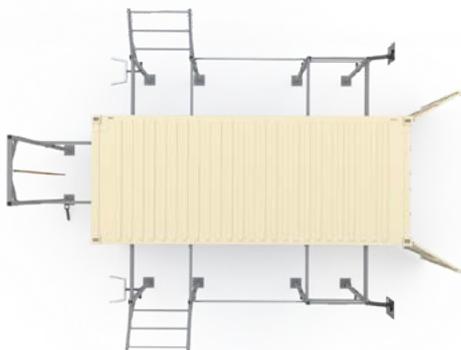
Dimensions - W 1660mm x D 1200mm x H 2530mm (shed)

Installation available

Warranty - 5 years (subject to visual inspection)

- BSSS** Shred shed storage only
- BSSR** Shred shed with rigging
- BSSH** Shred shed with rigging & accessories

BEAVERFIT 20FT PERFORMANCE LOCKER



The 20ft Performance Locker is a standard ISO shipping container, custom-fabricated to anchor a BeaverFit functional training rig and store the equipment necessary to create a world class, multi-functional training facility for up to 90 people.

- Standard branding: Beaverfit logo on back and customer logos on 2 sides
- Integrated, lockable storage
- Superior weatherproofing
- Custom colours and branding available
- Freestanding
- Ultra stable patented design



Dimensions - W 2440mm x L 6100mm x H 2330mm (Locker)

Installation available

Warranty - 5 years (subject to visual inspection)

- B10PL 10ft Locker**
- B20PL 20ft Locker**
- B40PL 40ft Locker**

FLOORING

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**OUR GROWING
FLOORING RANGE
MEANS WE'RE FAST
BECOMING ONE
OF THE LEADING
EXPERTS IN THIS
FIELD, WITH STRESS-
TESTED OPTIONS FOR
EVERY AREA OF YOUR
FACILITY**

FLOORING

Think about the traffic a Commercial gym floor is subjected to. Think how fundamental that flooring is to the overall training experience. Suffice to say, the flooring solutions you use are the foundations of your whole fitness space, and as important as the equipment you install.

From flooring for strength training to artificial turf, functional training flooring to shock pads and far more besides, our products span a variety of materials, dimensions and thicknesses to ensure we can meet your needs, whatever floor space you're looking at.

Easy to clean, comfortable, long-lasting, versatile, non-slip, safe – all of our flooring solutions tick these boxes as standard. We also place a big focus on vibration and sound absorption, making our products ideal for free weight areas and high-impact aerobics studios alike.

Whether you choose products from our carefully selected partners – including Ecore and Turfgrass – or our high-quality PHYSICAL range, we guarantee a world-class solution to quite literally underpin your fitness offering.

CAN A FLOOR DO MORE?

Can a floor reduce the risk of injury from a fall?
Can a floor improve customer experience?
Can a floor help keep you healthy?

Yes!



ecore™ | Athletic

Ecore is dedicated to fully understanding the relationship between people and the surfaces they work, play and live on— and how they can contribute more.

Safety, ergonomics, and acoustics are their core areas of opportunity to create dynamic surfaces that are catered to the individual and the specific application.

TURFGRASS

Turfgrass are an innovative, European manufacturer with a lot of experience in designing, producing and distributing artificial grass all over the world.

We work together with them, using the most advanced materials and production methods to ensure that you receive a premium quality product at an affordable price.



VIBRATION



FREE WEIGHTS



CARDIO



SELECTORISED



EXTREME WEIGHTS



EXTREME FUNCTIONAL



FUNCTIONAL



MIND BODY



RUNNING TRACK



SLED PUSH



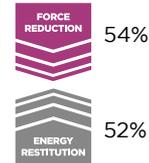
GROUP EXERCISE



SPORTS

RUBBER TILES

FREE WEIGHT TILES



A versatile dual-layered free-weight tile designed for impact absorption and ease of fitting. Available with a smooth 2mm impact layer bonded to either a 23mm or 38mm recycled rubber base layer.

- Tiles measure 1000mm x 500mm x 25mm / 40mm
- Easy to use tile joining clips (included) reduce tile movement and aid installation
- Dimpled under surface aids sound absorption and reduces overall weight
- Tile density - 1200kg/m³
- Surface friction coefficient (UK) 0.930
- Tolerance Length / Width +1.5%
- Clegg Test (3ft drop) - 141 Gmax (g)
- Black tile reducers & corners available

Dimensions - L 1000mm x W 500mm x H 25mm/40mm (Tile)

Installation available

Warranty - 5 years

DT25	Tile p/sqm 1m x 0.5m x 25mm	Black Tile
DT25B	Tile p/sqm 1m x 0.5m x 25mm	Black Tile, Blue Fleck
DT25GY	Tile p/sqm 1m x 0.5m x 25mm	Black Tile, Grey Fleck
DT25DG	Tile p/sqm 1m x 0.5m x 25mm	Dark Grey Tile
DTE25C	Reducer 1m x 0.25m x 25mm > 3mm	Black
DTC25C	Moulder Corner 0.5m x 0.25m x 25mm	Black
DT40	Tile p/sqm 1m x 0.5m x 40mm	Black Tile
DT40GY	Tile p/sqm 1m x 0.5m x 25mm	Black Tile, Grey Fleck
DTE40C	Reducer 1m x 0.25m x 40mm > 5mm	Black
DTC40C	Moulder Corner 0.5m x 0.25m x 40mm	Black



FREE WEIGHTS



SELECTORISED



EXTREME WEIGHTS



FUNCTIONAL

RUBBER TILES

DUAL DENSITY FIRM FLOORING



A fully interlocking, firm density mat with a 5mm softer coloured top surface and a 15mm shock absorbing bottom layer.

- Suitable for light free-weight areas and accommodating heavy exercise equipment
- Available with interlocking tapered edging and corners allowing for external 90 degree angles

Dimensions -

L 1000mm x W 1000mm x D 20mm (Square)

L 1000mm x W 200mm x D 20mm (Edge)

L 200mm x W 200mm x D 20mm (Corner)

Installation available

Warranty - 1 year

FFSK	Square Tile - Black	FFSB	Square Tile - Blue
FFEK	Edge Tile - Black	FFEB	Edge Tile - Blue
FFCK	Corner Tile - Black	FFCB	Corner Tile - Blue
FFSG	Square Tile - Grey	FFSR	Square Tile - Red
FFEG	Edge Tile - Grey	FFER	Edge Tile - Red
FFCG	Corner Tile - Grey	FFCR	Corner Tile - Red



FREE WEIGHTS

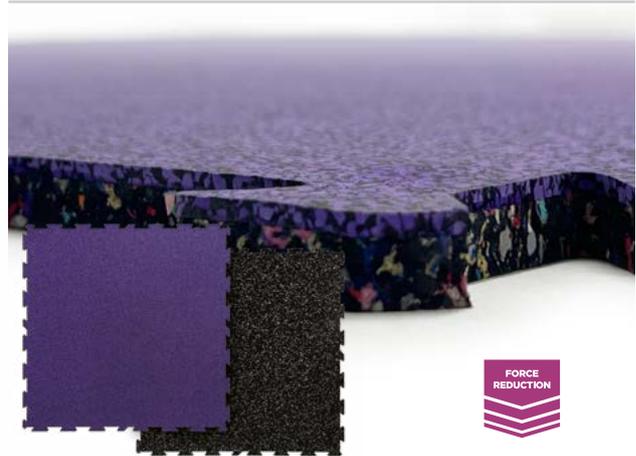


SELECTORISED



FUNCTIONAL

PERFORMANCE TILE



Designed for functional training and heavy conditioning, the Performance Tile bonds a 3mm rubber wear layer to a 9mm impact absorbing rubberised foam base layer. The result is a surface perfect for the demands of active training spaces while providing excellent underfoot ergonomics to the user.

- Jigsaw cut tile allows flexibility during installation and leaves almost invisible joints
- For areas over 20sqm it is recommended the Performance Tiles are bonded to the sub floor
- Available in Black with 15% grey fleck or with an 80% purple top surface
- Tolerance Length / Width $\pm 1.5\%$

Dimensions - L 1000mm x W 1000mm x H 12mm

Installation available

Warranty - 3 years

PT12G	Black Tile, Grey Fleck
PT12PUR	Purple Tile



FREE WEIGHTS



EXTREME FUNCTIONAL



FUNCTIONAL



MIND BODY



GROUP EXERCISE

RUBBER TILES

ecore

PERFORMANCE ULTRATILE



This premium composition rubber flooring provides unrivaled comfort, safety, and noise control.

- Sound and shock absorbent
- Easy installation with Quad Blok installation system
- Slip-resistant, wet or dry
- Extremely durable
- Custom colour and logo options

Dimensions -

L 610mm x W 610mm x H 25mm (Tile)

L 1220mm x W 102mm x H 25mm (Reducer)

Installation available

Warranty - 10 years

UTIX Performance UltraTile (Specify colour - see page 182)

UTIRBLK Black UltraTile Reducer

EGRIP100Z Ecore E-Grip Adhesive - 10.1oz Caulk Tube (1 per 15 Quad Bloks)



FREE WEIGHTS



SELECTORISED



EXTREME WEIGHTS



EXTREME FUNCTIONAL



FUNCTIONAL

RUBBER TILES

ecore

PERFORMANCE DBTILE



For areas where advanced shock absorption and soundproofing are required. Performance dBTile mitigates the shock and sound resulting from dropped weights by absorbing all aspects of impact, making it the perfect solution for areas where an acoustic solution is needed.

- Patented "ultra" high-density wear layer
- Slip-resistant
- Easy Installation with Quad Blok system
- Custom colour and logo options available

Dimensions -

W 610mm x L 610mm x H 64mm (Tile)

W 203mm x L 1220mm x H 64mm (Reducer)

W 203mm x L 1220mm x H 64mm (ADA Reducer)

Installation available

Warranty - 5 years

- ST2.5X** Performance dBTile with Quad Blok
(Specify colour - see page 182)
- ST2.5R** Black Performance dBTile Reducer
- ST2.5ADAR** Pair of Black Performance dBTile
ADA Reducers
- EGRIP100Z** Ecore E-Grip Adhesive - 10.1oz Caulk
Tube (1 per 10 Quad Bloks)



VIBRATION



FREE
WEIGHTS



EXTREME
FUNCTIONAL



EXTREME
WEIGHTS



FUNCTIONAL

ROLLED RUBBER

ecore

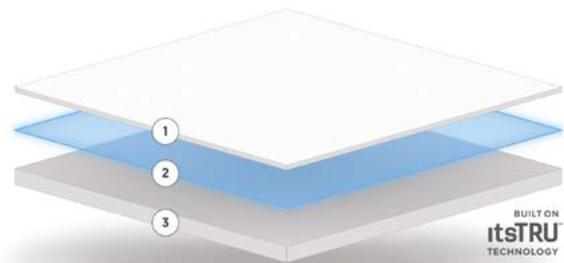
ECORE PERFORMANCE COLLECTION



Create the ultimate training environment

Designed for strength training and general fitness environments, Ecore's Performance Collection is the ultimate surface layer for hard-working athletes. Available in five rolled layers and two moulded tiles, this collection is engineered to meet the demands of a wide range of athletic activities, from functional training, light strength and conditioning to extreme strength and Olympic-style lifting. Performance surfaces are durable and slip-resistant, ensuring athletes of all skill levels get the traction they need to perform at their best.

At the foundation of Ecore's Performance collection is the patented itsTRU™ technology. This world leading process fusion-bonds a 2.5mm coloured wear layer to a specific vulcanized composition rubber base layer which varies in thickness and density dependant on the required application.



ROLLED RUBBER

PERFORMANCE MOTIVATE

ecore



Walk, run, or jump—with less impact on joints. Tailored for light strength, conditioning and functional training spaces, Performance Motivate provides a balanced distribution of force reduction and energy restitution.

- 2.5mm wear layer fusion-bonded to a 5mm VCR shockpad layer
- Slip resistant wet or dry
- Cost effective way to introduce high-density colour flooring across large areas
- Custom colour and logo options available

Dimensions - W 1220mm (Roll width) x H 7.5mm

Installation available

Warranty - 5 years

PC7.5X (Specify colour - see page 182)

PERFORMANCE BEAST & BEAST PLUS

ecore



Designed for heavy strength training, this 10.5mm or 14.5mm surface features a 8mm - 12mm dense base layer that maximises energy restitution. This dual layered surface is engineered to enhance durability in applications dominated by free weight training.

- 2.5mm wear layer fusion-bonded to an 8mm or 12mm dense VCR shockpad layer
- Sound and shock absorbent
- Fade resistant / wears well
- Slip resistant wet or dry
- Custom colour and logo options

Dimensions - W 1220mm (Roll width) x H 10.5mm or 14.5mm

Installation available

Warranty - 10 years

PC10.5X (Specify colour - see page 182)

PC14.5BPX (Specify colour - see page 182)

* FIGURES FOR BEAST PLUS



FREE WEIGHTS



CARDIO



SELECTORISED



RUNNING TRACK



GROUP EXERCISE



FREE WEIGHTS



CARDIO



EXTREME WEIGHTS

ROLLED RUBBER

PERFORMANCE RALLY

ecore



This 14.5mm multi-functional dual layered surface provides great impact absorption and joint protection during circuit training and free-weight training.

- 2.5mm wear layer fusion-bonded to a 12mm VCR shockpad layer
- Available in roll or tile form
- Fade resistant / wears well
- Slip-resistant wet or dry
- Custom colour and logo options

Dimensions - W 1220mm x H 14.5mm (Roll)

L 580mm x W 580mm x H 14.5mm (Tile)

Installation available

Warranty - 10 years

PC14.5X Roll (Specify colour - see page 182)

PC14.5TX Tiles (Specify colour - see page 182)

PERFORMANCE MONSTER

ecore



This triple layered surface combines the durability and firm footing desired in strength training with the ergonomic demands of aggressive functional training. Perfect to supporting the elite athlete by providing the ultimate support for daily workouts and flexibility in design.

- 2.5mm wear layer fusion-bonded to an 8mm dense VCR shockpad layer, installed on a further 12mm VCR shockpad layer
- Sound and impact absorbent
- Fade resistant / wears well
- Slip-resistant wet or dry
- Custom colour and logo options

Dimensions - W 1220mm x H 22.5mm (Roll)

Installation available

Warranty - 10 years

PC22.5X (Specify colour - see page 182)



FREE WEIGHTS



CARDIO



EXTREME FUNCTIONAL



RUNNING TRACK



FUNCTIONAL



FREE WEIGHTS



CARDIO



EXTREME WEIGHTS



EXTREME FUNCTIONAL



FUNCTIONAL

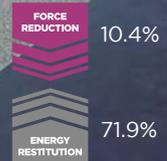


SELECTORISED

ROLLED RUBBER

ecore

BASIC FIT



A top choice for fit-minded people and athletes that stands up to consistent daily pounding.

- Shock absorbent
- Durable
- Affordable
- Easily maintained

Dimensions - W 1220mm (Roll), L 610mm x W 610mm (Tile)

Installation available

Warranty - 5 years

EVR6X 6mm Rubber On The Roll (Specify colour - see page 182)

EVR8X 8mm Rubber On The Roll (Specify colour - see page 182)

EVT8X 8mm Rubber Interlocking Tile (Specify colour - see page 182)



FREE
WEIGHTS



CARDIO



SELECTORISED



FUNCTIONAL



GROUP
EXERCISE

STUDIO & SPORTS FLOOR

ecore

EBB & FLOW MOTIVATE

Force Reduction 12%

Energy Restitution 69%

Ebb and Flow provide premium visuals for fitness & mind body environments while providing safety, ergonomic, and acoustic benefits. Built on itsTRU™ technology, Ebb & Flow Motivate feature two intricate woven vinyl wear layers fusion bonded to vulcanized composition rubber.

- Ebb and Flow Motivate combines a 5mm Motivate base layer with a 1mm Woven Vinyl surface layer
- Benefits of a gym floor with a visually softer surface
- The Ebb series features a structured woven pattern that is available in 6 colours
- The Flow series features a complex woven pattern that creates an organic visual that is available in 6 colours

Dimensions - W 1830mm x H 6mm
Installation available
Warranty - 5 years

EFMX (Specify colour - see page 183)



MIND BODY



SELECTORISED



CARDIO

STUDIO & SPORTS FLOOR

BOUNCE 2 MOTIVATE

ecore



Bounce 2 Motivate Class I has the appearance of real wood, but is far more easy-to-maintain, economical, and durable, making it ideal for group fitness, functional training, and more.

- 5mm Motivate base layer with a 2mm sheet vinyl surface layer
- Hygienic heat weld installation
- Quiet underfoot
- Low maintenance due to protective layer

Dimensions - W 1830mm x H 7mm

Installation available

Warranty - 10 years

B27X (Specify colour - see page 183)

BALANCED MOTIVATE

ecore



Balanced Motivate Class I features an on-trend wood visual 2mm vinyl surface layer with varying board widths fusion bonded to a 5mm Motivate VCR base layer. These wood visuals are intended for fitness and health and wellbeing applications. Balanced Motivate Class I offers not only a stunning wood visual, but the performance qualities of a top performance surface.

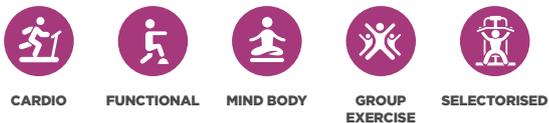
- 5mm Motivate base layer with a 2mm sheet vinyl surface layer
- Hygienic heat weld installation
- Quiet underfoot
- Low maintenance due to protective layer

Dimensions - W 1780mm x H 7mm

Installation available

Warranty - 10 years

BAL7X (Specify colour - see page 183)



STUDIO & SPORTS FLOOR

SERENITY MOTIVATE

ecore



Serenity Motivate Class I features a 2mm linen visual surface layer fusion bonded to a 5mm Motivate base layer. The Serenity surface layer visual is non-directional, and like the name suggests, is intended to create calm environments designed for therapy, rehab, clinical, and senior living type environments.

- 5mm Motivate base layer with a 2mm sheet vinyl surface layer
- Hygienic heat weld installation
- Quiet underfoot
- Low maintenance due to protective layer

Dimensions - W 1780mm x H 7mm

Installation available

Warranty - 10 years

SER7X (Specify colour - see page 183)

RESTORATIVE MOTIVATE

ecore



Restorative Motivate Class I features a 2mm vinyl surface layer fusion bonded to a 5mm Motivate base layer. The Restorative surface layer visual is a non-directional heathered tweed pattern designed for therapy, rehab, clinical, and senior living type environments.

- 5mm Motivate base layer with a 2mm sheet vinyl surface layer
- Hygienic heat weld installation
- Quiet underfoot
- Low maintenance due to protective layer

Dimensions - W 1780mm x H 7mm

Installation available

Warranty - 10 years

RES7X (Specify colour - see page 183)



CARDIO



FUNCTIONAL



MIND BODY



GROUP EXERCISE



CARDIO



FUNCTIONAL



MIND BODY



GROUP EXERCISE

STUDIO & SPORTS FLOOR

BALLER MOTIVATE CLASS I

ecore



Baller Motivate Class I is designed specifically for courts and multi-purpose rooms. The Baller wood visuals are designed to replicate traditional wood court visuals and can be combined with the Baller solid colours to create court accents and borders. With enhanced energy restitution, play your hardest knowing that Baller Motivate Class I will return energy back to the user as well as reduce impact and structure borne noise.

- 5mm Motivate base layer with a 2mm sheet vinyl surface layer
- Baller Motivate Class I passes the ASTM F2772 Sports Floor standard
- Provides peace of mind that your athletes are playing on a surface that is proven and safe
- Easy to clean with protective layer
- Provides consistent playability

Dimensions - W 1780mm x H 7mm

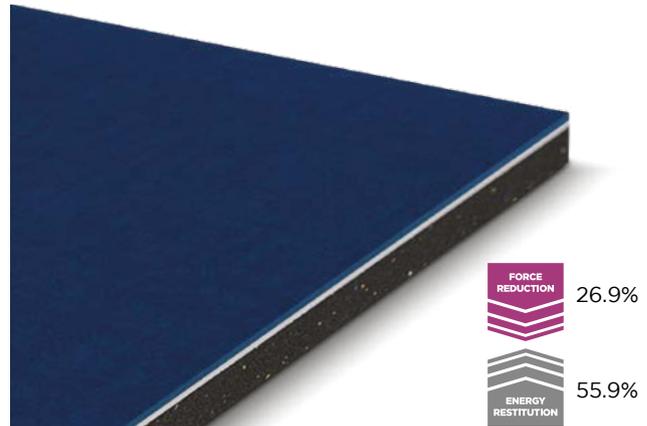
Installation available

Warranty - 10 years

MB7X (Specify colour - see page 183)

BALLER RALLY CLASS II

ecore



Enhanced Performance with Baller Rally Class II. Specifically designed for playing courts for a variety of indoor sports and features a 2mm vinyl surface layer factory fusion bonded through its TRU™ technology to a 12mm VCR base layer to create a Class II court. The Baller wood visuals are designed to replicate traditional wood court visuals and can be combined with the Baller solid colours to create court accents and borders.

- 12mm Rally base layer with a 2mm sheet vinyl surface layer
- Baller Rally Class II passes the ASTM F2772 Sports Floor standard
- Provides peace of mind that your athletes are playing on a surface that is proven and safe
- Easy to clean with protective layer
- Provides consistent playability

Dimensions - W 1780mm x H 14mm

Installation available

Warranty - 10 years

MB14X (Specify colour - see page 183)



CARDIO



FUNCTIONAL



MIND BODY



GROUP EXERCISE



SPORTS



CARDIO



FUNCTIONAL



MIND BODY



GROUP EXERCISE



SPORTS

STUDIO & SPORTS FLOOR

ecore

HERITAGE MOTIVATE



A revolutionary addition to Ecore's product offering, Heritage Motivate is Ecore's first Performance Vinyl Tile (PVT) product. PVT simply performs better; it's safer, quieter, and more ergonomic than traditional LVT products. The perfect combination of elegance and performance with realistic wood visuals with the same, great Ecore performance you expect, but in plank format.

- Exceptional ergonomic, safety, and acoustical benefits in plank form
- It's everything LVT is, with 5mm of VCR that provides unparalleled performance
- 5mm Motivate base layer with a 2mm sheet vinyl surface layer
- 10 realistic wood visual surface layers with colour and grain variation within and between planks

Dimensions - L 1220mm x W 1590mm x H 7mm (12 planks / 2.32sqm per carton)

Installation available

Warranty - 10 years

HM7X (Specify colour - see page 183)



CARDIO



FUNCTIONAL



MIND BODY



GROUP
EXERCISE

STUDIO & SPORTS FLOOR

EXPONA COMMERCIAL



Design-led luxury vinyl plank and tile floors which are available in multiple size formats. Incorporating a variety of realistic surface textures, the collections authentically capture the latest trends in wood, stone and abstract materials. Suitable for use in studios, cardio areas, cafes and walkways as well as residential applications.

- Expona tiles feature a 0.55mm polyurethane reinforcement (PUR) to assist and reduce ongoing maintenance costs
- Contains up to 40% recycled material
- 60 wood effect colours and over 30 stone and abstract colours to choose from
- R10 slip resistance rating

Dimensions - H 2.5mm x Tile size varies

Installation available

Warranty - 10 years

EXLVTX (Specify colour - contact our Customer Service team)



CARDIO



**GROUP
EXERCISE**

EXPONA FLOW



The Expona Flow collection encompasses beautifully replicated wood planks, and striking abstract effects in a practical and durable 2mm vinyl sheet format. Available in 50 shades, the collection has been specifically developed for very heavy commercial installations including studio, healthcare, office and retail sectors.

- Featuring a 0.7mm polyurethane reinforcement (PUR) for improved cleaning and maintenance
- Provides a continuous, impervious and hygienic flooring solution which can be confidently cleaned
- R10 slip resistance rating
- 100% recyclable and achieves BRE A+ certification

Dimensions - L 20000mm x W 2000mm x H 2.5mm

(Cut rolls are available please enquire)

Installation available

Warranty - 10 years

EXROLX (Specify colour - contact our Customer Service team)



CARDIO



**GROUP
EXERCISE**

TURF



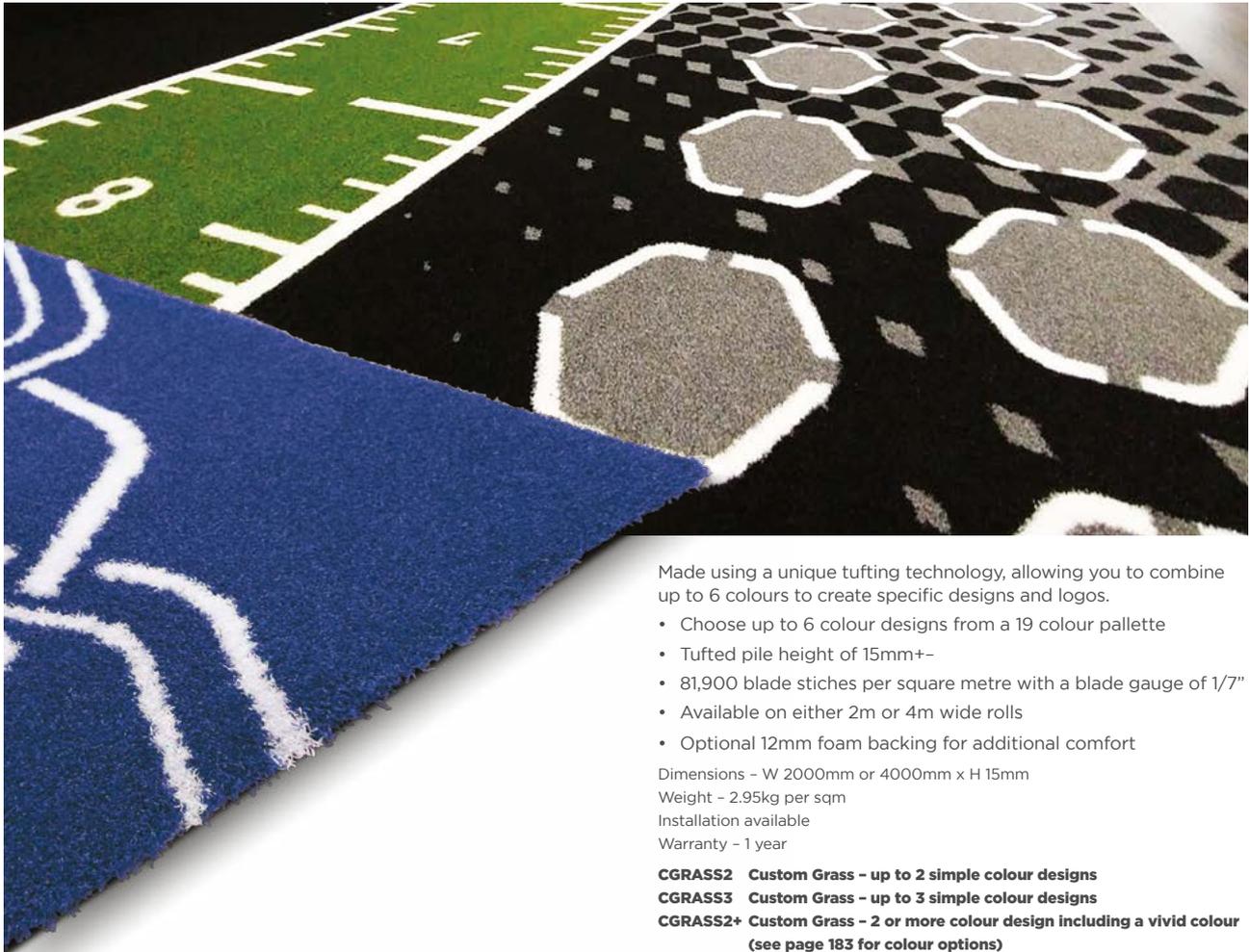
CUSTOM GRASS



TURF



CUSTOM GRASS



Made using a unique tufting technology, allowing you to combine up to 6 colours to create specific designs and logos.

- Choose up to 6 colour designs from a 19 colour palette
- Tufted pile height of 15mm+-
- 81,900 blade stitches per square metre with a blade gauge of 1/7"
- Available on either 2m or 4m wide rolls
- Optional 12mm foam backing for additional comfort

Dimensions - W 2000mm or 4000mm x H 15mm

Weight - 2.95kg per sqm

Installation available

Warranty - 1 year

CGRASS2 Custom Grass - up to 2 simple colour designs

CGRASS3 Custom Grass - up to 3 simple colour designs

CGRASS2+ Custom Grass - 2 or more colour design including a vivid colour
(see page 183 for colour options)



**RUNNING
TRACK**



FUNCTIONAL



**SLED
PUSH**

TURF

RAGETURF ROLLS - MOTIVATE & RALLY

ecore

MOTIVATE



RALLY



RageTurf features a dense, 12mm pile polyethylene turf surface layer fusion bonded through patented itsTRU™ technology to either a 5mm (Motivate) or 12mm (Rally) vulcanized composition rubber base layer. The consistent and tight surface is ideal for all footwork drills and sled work.

Available in 4 colours, RageTurf Motivate & Rally can handle the weight drop of moderate free weights, making it ideal for functional training.

- No infill needed
- Acoustics and durable turf solution
- Interlocking Rally tiles available to create portable turf areas.

Dimensions -

L 10670mm x W 1830mm x H 17mm (Motivate Roll)

L 7620mm x W 1830mm x H 24mm (Rally Roll)

L 1170mm x W 580mm x H 24mm (Rally Tile)

Installation available

Warranty - 5 years

RT17X RageTurf Motivate Roll (specify colour - see page 183)

RT24X RageTurf Rally Roll (specify colour - see page 183)

RT24TX RageTurf Rally Tile (specify colour - see page 183)



FREE WEIGHTS



FUNCTIONAL



RUNNING TRACK



SLED PUSH

RAGETURF TILE - ULTRATILE & DBTILE

ecore

ULTRATILE



DBTILE



RageTurf Tiles feature a dense, 12mm textured polyethylene surface layer that is factory fusion bonded to a moulded composition rubber base. While too abrasive to fall or dive on, this consistent and tight surface is ideal for all footwork drills. Used with Performance UltraTile for enhanced shock absorption against impact in moderate to extreme weight drop application.

Use with Performance dBTile to mitigate the shock and sound resulting from foot steps or from weights being dropped onto its surface, making it the best option for areas where the highest level of sound absorption is required.

- Easy installation with Quad Blok installation system
- Durable and sustainable surface
- Available in Green, perfect for outdoor applications
- Best in class impact and sound absorption in turf form

Dimensions -

L 610mm x W 610mm x H 37mm (RageTurf UltraTile)

L 610mm x W 610mm x H 76mm (RageTurf dBTile)

Installation available

Warranty - 5 years

RTUTIX RageTurf UltraTile

RTDBTX RageTurf dBTile



VIBRATION



EXTREME WEIGHTS



EXTREME FUNCTIONAL



SLED PUSH

TURF

PREMIUM ASTROTURF



The high density of pile with reinforced backing and fleece layer give this turf the most natural feel and strong durability required for high indoor use.

- Produced using 100% Polypropylene
- A tufted and curled pile height of 12mm+-
- 84,000 blade stitches per square metre with a blade gauge of 3/16"
- Available in Green on either 2m or 4m wide rolls

Dimensions - W 2000mm or 4000mm x H 12mm

Installation available

Warranty - 1 year

PASTR

SPRINT TRACKS



Sprint Tracks are available for quick delivery and installation.

Markings are stitched on the loom forming a single piece sprint track that can simply be rolled out and installed.

- 15m long sprint track designed to be cut without interrupting the markings
- Available in 1.5m or 1m wide rolls in 2 colours
- Tufted pile height 15mm +-
- 81,900 blade stitches per square metre with a blade gauge of 1/7"

Dimensions - W 1000mm or 1500mm x L 15000mm x H 15mm*

Weight - 67kg (1500mm wide track), 45kg (1000mm wide track)

Installation available

Warranty - 1 year

SPT1G	1m wide Sprint Track - Green/White Lines
SPT1.5G	1.5m wide Sprint Track - Green/White Lines
SPT1K	1m wide Sprint Track - Black/White Lines
SPT1.5K	1.5m wide Sprint Track - Black/White Lines

* Other tracks sizes may be available - please inquire



**RUNNING
TRACK**



**SLED
PUSH**



**RUNNING
TRACK**



FUNCTIONAL



**SLED
PUSH**

OUTDOOR SURFACES

ecore

PAVESAFE BIG E TILES



Made from Vulcanized Composition Rubber (VCR), PaveSafe Big E Tiles are ideal for extreme strength training and can handle extreme abuse. Available in 30mm and 44.5mm these dense tiles are portable and allow you to create temporary and mobile outdoor spaces for heavy weight drops. Big E Tiles are exceptionally durable and provide superior coefficient of friction in both wet and dry environments.

- Excellent shock absorption and protection
- Slip-resistant when wet
- Low cost and environmentally friendly
- Temporary, replaceable and portable

Dimensions - L610mm x W610mm x H 30mm or 44mm

Installation available

Warranty - 5 years

BIGE



VIBRATION



EXTREME
WEIGHTS



EXTREME
FUNCTIONAL



FREE
WEIGHTS

OUTDOOR SURFACES

ecore

PLAY GUARD TILES



Give your outdoor training space a vivid transformation! Ecore's PlayGuard Tiles are manufactured with its TRU™ technology that moulds a dense 2.5mm vulcanized composition rubber (VCR) and EPDM surface layer to a footed VCR base. Used in combination, as single-colour accents or fully inlaid custom designs, PlayGuard creates bright and engaging atmospheres. This collection's vivid patterns transform outdoor spaces into lively, durable attractions.

- Cushions the impact of a fall to reduce the risk of serious injury
- Bold & energetic colour ranges from Carnival Ultra
- Earth-hue tones available from soft pigmented tiles
- Design your own surface using inlaid custom designs
- Meets the ASTM F1292-17A standard specification for impact attenuation for falls

Dimensions - L 610mm x W 610mm x H 64mm

Installation available

Warranty - 10 years

PLAYGX (specify colour - see page 183)



VIBRATION



**EXTREME
WEIGHTS**



**EXTREME
FUNCTIONAL**



**FREE
WEIGHTS**



**GROUP
EXERCISE**

ACOUSTIC UNDERLAYER

MONSTER SHOCKPAD



Recycled rubber underlayment that helps protect athletes against injuries, such as concussions, damage to ankles and knees, shin splints, and lower back pain.

- Available in 8mm, 10mm, 12mm, 15mm, 20mm and 25mm thickness
- Increases impact absorption in extreme weight lifting environments

Dimensions - W 1220mm (Roll)

Installation available

Warranty - 5 years

SPF8	8mm
SPF10	10mm
SPF12	12mm
SPF15	15mm
SPF20	20mm
SPF25	25mm



VIBRATION

MODZILLA SHOCKPAD

ecore



Available in both 15mm and 32mm vulcanized composition rubber interlocking tiles, Modzilla ShockPad provides the ultimate amount of shock absorption. Modzilla ShockPad interlocking tiles do not need to be adhered to the substrate, allowing you to create a floating floor system that is easy to install. These interlocking tiles are designed to be installed on-site underneath either Basic Fit, Performance Beast or Performance Beast Plus.

- Reduces force from impacts
- Does not need to be bonded to the sub-floor
- Use 32mm for Performance Beast & Beast Plus
- Use 15mm for use with Basic Fit

Dimensions - L 1220mm x W 610mm x H 15mm or 32mm

Installation available

Warranty - 5 years

MOD15	15mm Modzilla Shockpad Tile
MOD32	32mm Modzilla Shockpad Tile

* FIGURES FOR 32mm



VIBRATION

ACCOUSTIC UNDERLAYER

REGUFOAM® VIBRATION SERIES



A mixed-cell polyurethane foam designed specifically for vibration and structure-borne sound isolation. Offers outstanding internal damping and low frequency isolation at minimal deflection and comes in a standard thickness of 25mm (1"). Can be installed in multiple layers to achieve a greater total thickness.

Routinely outperforms the minimum specifications and sound isolation requirements for many projects.

Dimensions - D 25mm (special thicknesses on request), L 5000mm (special lengths available), W 1500 mm

REGF190 Regufoam Vibration Series - 190

REGF220 Regufoam Vibration Series - 220

REGF270 Regufoam Vibration Series - 270



VIBRATION

REGUPOL® 40/80

ecore



A PUR Foam specifically designed as an intermediary layer for laminated floors to aid with the isolation of noise and vibration in free-weight areas. Commonly used as an underlayer of a dual-laminated system in conjunction with rolled rubber.

- Ideal for heavy free-weight or high performance areas
- Available by the sheet

Dimensions - L 2000mm x W 1000mm x H 40mm

Installation available

REG4080



VIBRATION

FLOORING ACCESSORIES

F-BALL STYCCOBOND F3 ADHESIVE

STYCCOBOND F3 is a water based rubber / resin flooring adhesive that has excellent wet grab with an early build-up of strength. It is protected against bio-degradation and is suitable for use over normal underfloor heating installations. Can be applied to dry smoothing compounds, sand / cement screeds, plywood, flooring grade chipboard and hardboard.

- Suitable for securing Rolled Rubber, Astro Turf and Fibre Bonded Carpet Tiles
- 5lt tub covers approx. 15sqm
- 15lt tub covers approx. 45sqm

FB35 **F3 5lt tub**
FB315 **F3 15lt tub**



ECORE E-GRIP III

E-Grip III is a low odour, one-component urethane adhesive and is formulated specifically for use with Ecore's family of products. It features excellent trowability and improved tack properties, making it easy to apply and create flat, concealed seams. E-Grip III has been specifically engineered to be solvent-free.

- Suitable for securing Rolled Rubber and Ecore's Quad Blok tile installation
- 2 Gallon tub covers 10-15sqm
- 5 Gallon tub covers 20-23sqm
- A 10oz Cartridge will fit 10 dBTile or 15 UltraTile Quad Bloks

EGRIP2 **2 Gallon Tub**
EGRIP4 **4 Gallon Tub**
EGRIP10OZ **10oz Cartridge**



UZIN KR430 2 PART PU ADHESIVE

UZIN KR 430 is a 2-component flexible polyurethane adhesive for heavy-duty floor coverings. The adhesive is especially suitable for areas subject to heavy use. It is a smooth, paste-consistency, water-free, 2-component reaction resin adhesive made by mixing Resin A and Hardener. Can be applied to dry smoothing compounds, sand / cement screeds, plywood, flooring grade chipboard and hardboard.

- Suitable for securing Rolled Rubber, Shockpad and Astro Turf
- 8kg tubs covers approx. 20sqm when on smooth surfaces
- Coverage reduces to 8sqm+- when laying onto shockpad

UKR430



UZIN KE49 HT VINYL ADHESIVE

UZIN KE 49 High Temperature is a strong adhesive, specially designed for luxury vinyl tiles and sheet vinyl. The hybrid application enables it to be used either as a pressure sensitive adhesive or as a high temperature adhesive in areas where coverings are exposed to high temperatures. It also minimizes the shrinkage of the coverings. Can be used on warm water underfloor heating systems. Can be applied to dry smoothing compounds and feathered plywood.

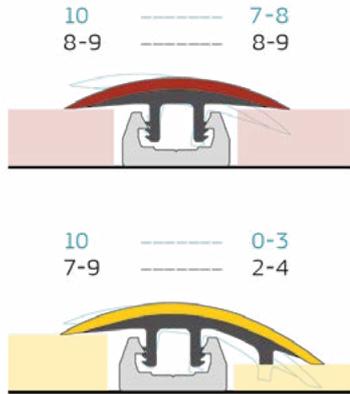
- Suitable for securing luxury vinyl tiles (LVT) and sheet vinyl
- 14kg tub covers 45sqm

UZKE49



FLOORING ACCESSORIES

TRANSITION TRIMS



Our two-piece PVC trims offer a flexible flooring transition system that creates a neat, safe and durable junction between adjacent floor finishes. The different size of bases and tops, allow for almost all floorcovering thicknesses to be accommodated by this flexible flooring transition.

- Durable PVC top can be replaced so that when a worn or damaged section needs to be changed, it can be done without renewing the base or disrupting the fitted floor covering.
- uPVC bases can be curved on site with gentle heat applied from a hot-air gun.
- Available in 2.5m lengths.

TRM8TO8	Transition from an 8-9mm rubber covering to another 8-9mm rubber covering
TRM8TO4	Transition from an 8-9mm rubber covering to a 4-5mm carpet covering
TRM8TO0	Transition from an 8-9mm rubber covering to a 0-2mm sub floor or LVT
TRM16TO8	Transition from a 15-16mm rubber covering to a 8-9mm rubber covering

FLOOR CLEANER & TAPE



A ECORE E - CLEANER

- Almost neutral pH
- No streaking or foaming when used through an automatic scrubbing machine
- Will not attack, damage or dull any floor finish or wax
- Available in 1 gallon bottles with a coverage of 185sqm + - of rubber flooring

ECLEAN

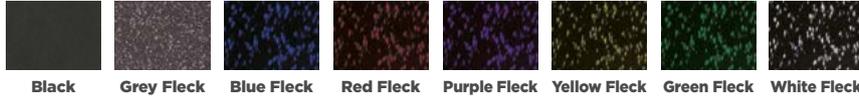
B DOUBLE-SIDED IMPACT TAPE

- Ideal for semi-permanent flooring installations
- Holds trims and reducers in place next to tiled products
- 25mm ideal for PVC trims, 50mm sticks rolled materials and rubber reducers
- Available in 50m roll lengths

TAPE25	L 50m x W 25mm
TAPE50	L 50m x W 50mm

COLOURS & TEXTURES

FREE WEIGHT TILES



Black **Grey Fleck** **Blue Fleck** **Red Fleck** **Purple Fleck** **Yellow Fleck** **Green Fleck** **White Fleck**

ECORE - BASIC FIT



Steel Appeal 2 EL15A **Dark Gray** EL502 **Mocha Latte 2** EL43A **Raiders** EL503 **Blue Jays** EL103 **Cardinals** EL104 **Wildcats 3** EL100B **Gators 3** EL107B **Tigers** EL106 **Lions** EL102 **Vikings** EL101 **Grippin Gray 20** EL46



Buff Blue 20 EL45 **Whey Protein 2** EL97A **Rippin Red 20** EL47 **Buff Blue / Gray 10** EL04 **Rippin Red / Gray** EL06 **Grippin Gray 10** EL02 **Buff Blue 10** EL01 **Rippin Red 10** EL05 **Yellow Surge** EL07 **Pumpin Purple** EL09 **Green Tea 3** EL32B **Basic Black** EL00

ECORE - PERFORMANCE MOTIVATE, BEAST, RALLY, MONSTER



Basic Black ES00 **Medium Gray** ES504 **Charcoal** ES505 **Dark Taupe** ES506 **Warm Gray** ES507 **Navy** ES508 **Green** ES509 **Maroon** ES510 **Red** ES511 **Steel Appeal 2** ES15A **Dark Gray** ES502 **Mocha Latte 2** ES43A



Blue ES500 **Blue Jays** ES103 **Cardinals** ES104 **Raiders** ES503 **Buff Blue 20** ES45 **Grippin Gray 20** ES46 **Rippin Red 20** ES47 **Whey Protein 2** ES97A

ECORE - ULTRATILE & DBTILE



Steel Appeal 2 EL15A **Dark Gray** EL502 **Mocha Latte 2** EL43A **Blue** EL500 **Blue Jays** EL103 **Cardinals** EL103 **Raiders** EL503 **Basic Black** EL00 **Buff Blue 20** EL45 **Rippin Red 20** EL47 **Gators 3** EL107B **Wildcats 3** EL100B



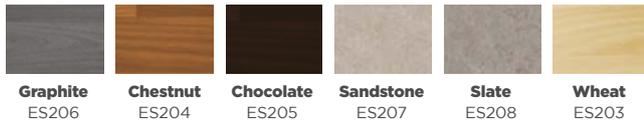
Vikings EL101 **Tigers** EL106 **Lions** EL102 **Grippin Gray 20** EL46 **Whey Protein 2** EL97A

COLOURS & TEXTURES

ECORE - EBB & FLOW MOTIVATE



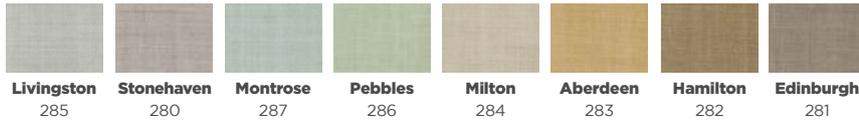
ECORE - BOUNCE2 MOTIVATE



ECORE - BALANCED MOTIVATE CLASS I



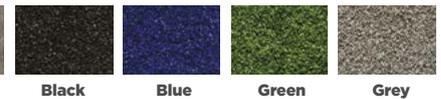
ECORE - SERENITY MOTIVATE CLASS I



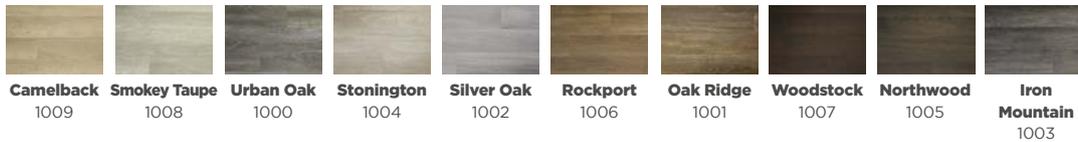
ECORE - RESTORATIVE MOTIVATE CLASS I



ECORE - RAGE TURF MOTIVATE, RALLY



ECORE - HERITAGE MOTIVATE



CUSTOM TURF - SIMPLE COLOURS



CUSTOM TURF - VIVID COLOURS

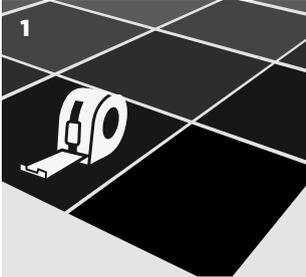


COMPARISON CHART

	THICKNESS	FREE WEIGHTS	EXTREME WEIGHTS	CARDIO	SELECTORISED	FUNCTIONAL	EXTREME FUNCTIONAL	GROUP EXERCISE	MIND BODY	SLED PUSH	RUNNING TRACK	SPORTS	VIBRATION
FREE WEIGHT TILE	25MM / 40MM	•	• (40MM)		•	•	•						
DUAL DENSITY FIRM FLOORING	20MM	•			•	•			•				
PERFORMANCE TILE	12MM	•				•	•	•	•				
ULTRATILE	25MM	•	•		•	•	•						
DBTILE	64MM	•	•		•	•	•						•
PERFORMANCE MOTIVATE	7.5MM	•		•	•			•	•		•		
PERFORMANCE BEAST	10.5MM	•		•	•	•							
PERFORMANCE BEAST PLUS	14.5MM	•	•	•	•	•							
PERFORMANCE RALLY	14.5MM	•		•		•	•				•		
PERFORMANCE MONSTER	22.5MM	•	•	•	•	•	•						
BASIC FIT	8MM	•		•	•	•		•					
EBB & FLO MOTIVATE	6MM			•	•				•				
BOUNCE2 MOTIVATE	7MM			•	•	•		•	•				
CLASS I MOTIVATE	7MM			•	•	•		•	•				
BALLER MOTIVATE CLASS I	7MM			•	•	•		•	•			•	
BALLER MOTIVATE CLASS II	14MM			•	•	•		•	•			•	
PVT HERITAGE	7MM			•	•			•	•				
EXPONA LVT	2.5MM			•	•			•	•				
EXPONA FLOW	2MM			•	•			•	•				
CUSTOM GRASS	15MM					•		•		•		•	
PREMIUM ASTRO TURF	12MM					•				•			
RAGETURF MOTIVATE	17MM	•				•				•	•		
RAGETURF RALLY	24MM	•				•				•	•		
RAGETURF ULTRATILE	37MM	•	•			•	•			•			
RAGETURF DBTILE	76MM	•	•			•	•			•			•
PAVER SAFE BIG E TILE	30MM / 44MM	•	•										
PLAY GUARD TILES	64MM	•	•			•	•						•
MONSTER SHOCKPAD	8MM - 25MM		•										•
MODZILLA SHOCKPAD	15MM - 32MM		•										•
REGUFOAM VIBRATION	25MM												•
REGUPOL 40/80	40MM		•										•

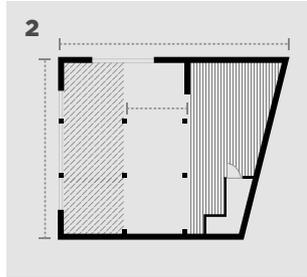
INSTALLATION GUIDE

Flooring looks best when laid on a beautifully smooth subfloor, which is only achieved with the right preparation work. Our expert fitters follow a thorough approach with strict guidelines to ensure our customers' every requirement is met.



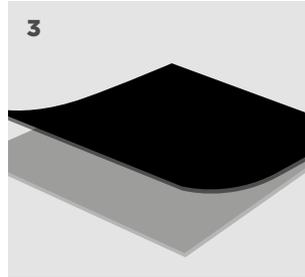
1) SITE SURVEY

Our team of flooring experts will survey your site to determine the type of flooring best suited to your business and the activities taking place. Measurements will be taken, and the sub-floor will be checked.



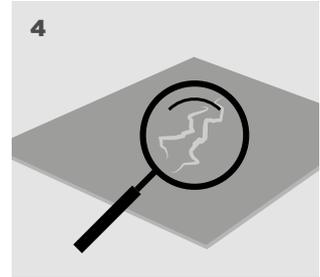
2) TECHNICAL DRAWINGS PREPARED

Using state-of-the-art software we will translate your dream into precise measurements and material maps so that you can visualise your space. Precise drawings minimise waste and give our installation teams the fitting plans they need when on-site.



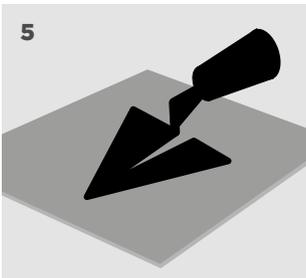
3) UPLIFT EXISTING FLOOR

Stripping back the existing floor is necessary to reveal the original subfloor and allow for close inspection.



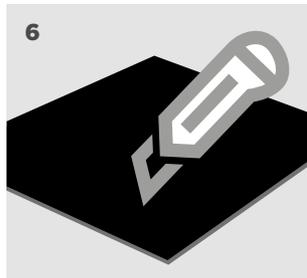
4) SUBFLOOR QUALITY CHECKS

Checking for damage and damp. Repairs carried out, damp-proof membrane applied where necessary and made even. Subfloor left free of dust, grease, wax, paint and any other dirt, stains or contaminants, ready for step 5.



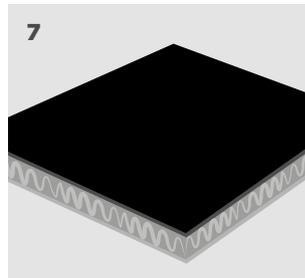
5) LAYING A SUITABLE BASE

Screed applied or plywood fixed to the subfloor to create a base layer that's primed for bonding. This ensures a dent, split or damage-free base that will maximise the life of the new floor.



6) TRIMMING TO SIZE

The top layer is left in the room to acclimatise for 48 hours before cutting to allow for natural expansion or contraction.



7) BONDING TOP LAYER TO BASE LAYER

With the use of commercial gym-flooring adhesive, the top layer is bonded to the primed base layer. Special adhesive properties provide excellent strength and flex to ensure an enduring bond that won't break or crack under the stresses of commercial gym environments. Excess adhesive is removed using appropriate cleaning materials.



CARDIO

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**FROM TREADMILLS
AND STEPPERS
RIGHT THROUGH TO
PRODUCTS DESIGNED
FOR EASY STORAGE,
OUR PORTFOLIO HAS
BEEN CAREFULLY
CURATED TO ENSURE
HIGH-QUALITY
CARDIO WORKOUTS
CAN BE MADE
AVAILABLE TO ALL**

CARDIO

You might be a personal trainer who wants the perfect few pieces of kit to challenge your clients, a cycling studio looking for market-leading bikes, or a club or leisure centre looking to cherry-pick equipment to enhance your gym floor. Whatever your requirements or size of facility, we have it covered.

We work only with leading brands – Concept2, Schwinn and StairMaster to name but a few – to guarantee durable fitness equipment with top of the range functionality and technology, all at competitive prices.

TREADMILLS

ASSAULT AIRRUNNER PRO



The Assault AirRunner Pro is specifically designed to help you meet and exceed your fitness goals. While other motorised treadmills make it easy to “zone out,” the Assault AirRunner Pro constantly demands your full attention and requires nothing less than 100% effort. It's also equipped with built-in training programs to help track your progress and keep your workouts fresh.

- Burns more calories than motorised treadmills
- Low-impact design reduces risk of injury
- Onboard programs that target time, calories, distance, speed, watts, pace, heart rate
- Bluetooth and ANT+ connectivity

Dimensions - W 804mm x L 1775mm x H 1635mm
Weight - 131.2kg
Warranty - 5 years (Frame), 3 years (Moving Parts)

AARUN

ASSAULT AIRRUNNER ELITE



Introducing the most powerful and personalised Assault treadmill ever created. The brand new Assault AirRunner Elite is expertly crafted to meet the specific needs of professional athletes, home gym users, and commercial owners alike.

Engineered to naturally mimic above-ground running, the Assault AirRunner Elite allows athletes to test the limits of their training while also promoting proper running form & technique. The non-motorised design means that you are always in control of your speed, making this a good treadmill for runners of all skill levels.

- Shock-absorbent belt
- Limitless speed capabilities

Dimensions - W 804mm x L 1775mm x H 1635mm
Weight - 131.2kg
Warranty - 10 years (Frame), 3 years (Non-Wear Parts), 1 year (Labour)

AARUNE

NOHRD SPRINTBOK TREADMILL



Sprintbok is a manual curved treadmill that encourages users to run in a more ergonomic style. Available in a full range of signature hardwoods, the handsome aesthetic of the Sprintbok is surpassed only by its functionality.

Patented flexion system cushions each step, absorbing shocks, and vibration to offer protection from injury and keep noise to a minimum. The Sprintbok treadmill belt consists of 62 movable wooden slats, each with a linoleum finish, chosen for its natural and durable properties. The flexi-slats are ideal for shock absorption during running training.

Dimensions - W 860mm x L 1750mm x H 1600mm
Weight - 120kg
Warranty - 5 years (Frame), 3 years (Moving Parts)

NOHRDSTWA Walnut (shown)
NOHRDSTOA Oak
NOHRDSTOX Cherry
NOHRDSTAS Ash
NOHRDSTCB Club

TREADMILLS

STAR TRAC 4 SERIES TREADMILL



The 4 Series cardio line from Star Trac is the perfect solution for studio and independent gyms. With premium full colour flat panel displays, quick select adjustment keys, and optional personal viewing screen, the 4TR provides smaller facilities with the look and performance of a full commercial product.

- Speed range: 0.5-12.5mph (0.5-20kmh)
- Incline range: 0-15%
- Personal fan for comfort
- 22" (55.5cm) wide belt
- 7" (17.7cm) step-up height

Dimensions - W 810mm x L 2060mm x H 1520mm
Weight - 181kg
Warranty - 10 years (Frame), 5 years (Moving Parts)

ST4T10T Led screen (shown)
ST4T15T Enhanced Screen

SPIRIT CT800+ TREADMILL



The CT800+ commercial treadmill has a reputation for reliability and value that meets your space and budget needs. This machine is truly heavy-duty and packs a load of premium features. The top control panel boasts a simple and intuitive design with direct speed and incline buttons, multiple storage options for water bottles, phones, and other accessories, as well as a built-in fan that helps keep users cool. The ergonomically positioned hand pulse sensors let users easily monitor vital stats, while a variety of built-in programs allow nearly endless workout customisation to suit a wide range of fitness levels.

- Easy-to-read bright white multi-window LED console
- Direct speed and incline buttons save time
- Contact and wireless heart rate options

Dimensions - W 909mm x L 2159mm x H 1540mm
Weight - 172kg
Warranty - 3 years (inc. parts & labour)

SCT800PT Standard Screen (shown)
SCT800ENTPT Entertainment Screen

MATRIX ENDURANCE TREADMILL



Maximise your resources with a treadmill that's simple for new users and powerful for enthusiasts. A precision-engineered drive system and deck stand up to heavy daily use, a variety of consoles let you customise the experience, and smart maintenance features make it easy to keep it up and running like new.

Self-lubricating Ultimate Deck System with industrial-grade cushioning provides over 25,000 miles of proven performance.

Large, conveniently placed speed and incline controls feature a unique sealed design that improves durability and provides tactile feedback with each adjustment.

Dimensions - W 870mm x L 2130mm x H 1630mm
Weight - 173kg
Warranty - 2 years (Parts & Labour)

MET Led Screen
METP Premium Led Screen
METT Touch Screen
METTXL Touch XL Screen (shown)
METGROUP Group Led Screen

ELLIPTICALS

STAR TRAC 4CT CROSS TRAINER



The 4 Series cardio line from Star Trac is the perfect solution for studio and independent gyms. With premium full colour flat panel displays, quick select adjustment keys, and optional personal viewing screen, the 4CT provides smaller facilities with the look and performance of a full commercial product.

- Step up height - 11in (28cm)
- Stride type - Fixed
- Stride length - 20in (51cm)
- Heart rate measurement - Telemetry and contact HR

Dimensions - W 760mm x L 1930mm x H 1820mm
Weight - 124kg
Warranty - 10 years (Frame), 5 years (Moving Parts)

ST4CT 10" LCD screen

ST4CT10T 10" Touchscreen

ST4CT15T 15" Embedded screen (shown)

SPIRIT CE800+ ELLIPTICAL



The CE800 was specifically engineered for the commercial environment, from its heavy-duty steel frame to its premium console features. Its design focuses on convenience, comfort, reliability, and aesthetic appeal. Facility owners will have the peace-of-mind knowing they have a dependable machine while users experience a fluid total-body workout.

- Generator drive system requires no external power source
- Contact and wireless heart rate monitoring
- 30lb flywheel and 40 levels of resistance
- Narrow 3.8" pedal spacing with 2-degree inversion angle
- Adjustable cooling fan, USB charging port, and reading rack

Dimensions - W 615mm x L 1980mm x H 1778mm
Weight - 112.5kg
Warranty - 3 years (inc. parts & labour)

SCE800PE LED Display

SCE800ENTPE Touchscreen (shown)

MATRIX ENDURANCE ELLIPTICAL



The Endurance Elliptical is ideal for workouts of any intensity, offering low-impact exercise for members of all kinds. A patented suspension design minimises noise and friction, extending product life, while constant rate of acceleration and refined ergonomics makes every movement feel smooth and natural.

Large, conveniently placed speed and incline controls feature a unique sealed design that improves durability and provides tactile feedback with each adjustment.

Dimensions - W 740mm x L 1780mm x H 1740mm
Weight - 120kg
Warranty - 2 years (Parts & Labour)

MEE

MEEP

MEET

MEETXL

Led Screen

Premium Led Screen

Touch Screen (shown)

Touch XL Screen

BIKES

STAR TRAC 4RB RECUMBENT BIKE



The 4 Series cardio line from Star Trac is the perfect solution for studio and independent gyms. With premium full colour flat panel displays, quick select adjustment keys, and optional personal viewing screen, the 4RB provides smaller facilities with the look and performance of a full commercial product.

- Contact and telemetry heart rate
- Integrated holder for water bottles and user devices
- Personal fan for comfort
- Commercial-grade pedals with adjustable straps provide ease of set-up and durable performance
- 40 levels of resistance

Dimensions - W 590mm x L 1720mm x H 1370mm
Weight - 84kg

Warranty - 10 years (Frame), 5 years (Moving Parts)

- ST4RB** Recumbent Bike - 10" LCD (shown)
- ST4UB** Upright Bike - 10" LCD
- ST4RB10T** Recumbent Bike - 10" Touchscreen
- ST4UB10T** Upright Bike - 10" Touchscreen
- ST4RB15T** Recumbent Bike - 15" Embedded
- ST4UB15T** Upright Bike - 15" Embedded

SPIRIT CR800+ RECUMBENT BIKE



The CR800+ Semi-Recumbent Bike is the perfect bike for the commercial environment. The step-through design and easy-adjust seat makes it easy for your clients to get on the bike and quickly find the most comfortable seat position. The intuitive console offers multiple program options and up to 40 levels of resistance to keep your clients interested and motivated. The extra smooth ride comes from the perfected gearing and the integrated generator / flywheel system.

- 30 lb flywheel with 40 levels of resistance
- Adjustable cooling fan and dual storage trays

Dimensions - W 740mm x L 1508mm x H 1290mm
Weight - 74kg

Warranty - 3 years (inc. parts & labour)

- SCR800PR** Recumbent Bike Standard Screen (shown)
- SCR800ENTPR** Recumbent Bike Entertainment Screen
- SCU800PU** Upright Bike Standard Screen
- SCU800ENTPU** Upright Bike Entertainment Screen

MATRIX ENDURANCE RECUMBENT CYCLE



The Endurance Recumbent Cycle distributes weight and offers excellent support for a low-impact cardio workout. Custom-molded, adjustable touchpoints and an ergonomically sculpted seat and back pad enhance comfort for users of all sizes and ability levels, while smart design features streamline service for technicians and simplify placement for facilities.

Large, conveniently placed speed and incline controls feature a unique sealed design that improves durability and provides tactile feedback with each adjustment.

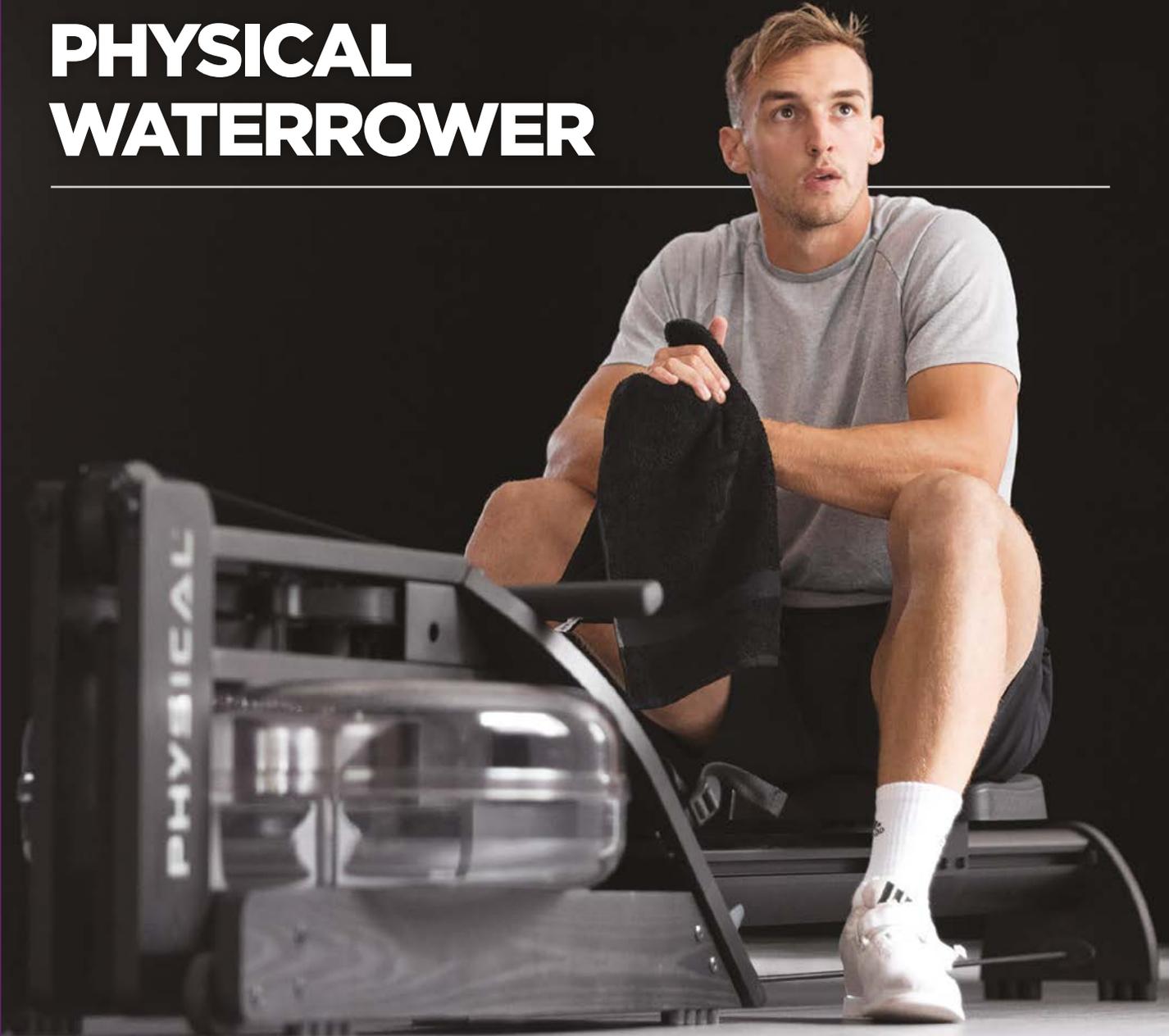
Dimensions - W 680mm x L 1540mm x H 1460mm
Weight - 91kg

Warranty - 2 years (Parts & Labour)

- MERC** Recumbent bike - Led Screen
- MEUCLC** Upright bike - Led Screen
- MERBP** Recumbent bike - Premium Led
- MEUBP** Upright bike - Premium Led
- MERT** Recumbent - Touch Screen
- MEUCT** Upright bike - Touch Screen
- MERTXL** Recumbent - Touch XL (screen)
- MEUCTXL** Upright bike - Touch XL

ROWERS

PHYSICAL WATERROWER



ROWERS

PHYSICAL WATERROWER



Handcrafted from solid Ash and featuring an aluminium mono-rail, the PHYSICAL WaterRower combines a stylish aesthetic with commercial-grade durability.

Suitable for users of any fitness level. Use every large muscle group with a single stroke to burn calories and build strength. Lightweight and portable, when not in use the rower can be placed on end for space-saving storage. Fitted with the Quick-Start Monitor to view key workout data as you row.

- Unique Water Flywheel to replicate water rowing
- Space Saving - Light and Portable and can be stored vertically
- Easy on Joints and Lower Back
- Quick Start Monitor
- Max User Weight - 150 kg / 330 lb
- Max User Height - 208 cm / 6 ft 10 in
- Weight without water - 30.5kg

Dimensions - W 560mm x L 2150mm x H 530mm
Warranty - 2 years

WRA1K

CONCEPT2 ROWERG



Concept2 RowErg delivers an effective cardiovascular workout that will increase your fitness levels and tone your physique. Equipped with a quick-release framelock mechanism to easily separate the machine into two pieces and ideal for storage.

Comes with the sophisticated PM5 monitor that offers real-time exercise feedback including distance, speed and calories, USB Flash Drive compatible allowing you to store and transfer data from one machine to another and includes a number of workouts and games.

Adjustable footrests and ergonomic handle.

Minimising maintenance, the RowErg has a Nickel plated chain which allows for longer periods between oiling.

Dimensions - W 610mm x L 2240 x H 360mm
Warranty - 5 years (Frame), 2 years (Parts)

CON2DK Standard Leg
CON2EK Taller Leg

WATERROWER CLASSIC WITH S4 MONITOR



Delivering a full body workout, rowing ignites the major muscle groups, working more muscles than any other exercise. WaterRower is the ultimate in rowing simulation.

The WaterRower's unique WaterFlywheel design uses a specifically formed paddle to cup the moving water, reduce slippage and produce an unrivalled simulation of the benefits of rowing.

- WaterRower Classic range is handcrafted in solid American Black Walnut Wood featuring Honey Oak stain finished in Danish Oil for ultimate style.
- Easy storage. Simply folds against the wall

Dimensions - W 560mm x L 2090mm x H 530mm
Weight - 30.5kg (without water)
Warranty - 5 years (Frame), 3 years (Parts)

WRWA Walnut (shown)
WROA Oak
WROX Cherry
WRAS Ash
WRCB Club

PERFORMANCE

ASSAULT AIRBIKE PRO



The Assault AirBike Pro's heavy-duty steel frame provides the support and balance needed to handle any kind of workout. With reinforced steel pedals, sealed-cartridge bearings in every pivot, and a sealed bottom bracket that protects against sweat, dust, dirt and debris, the Assault AirBike Pro is engineered for the smoothest ride possible.

- 20 sealed bearings
- Hydraulically pressed ISIS-drive connections
- Corrosion-resistant industrial powder coating
- 4 adjustable stabilising feet for extra support

Dimensions - W 613mm x L 1266mm x H 1299mm
Weight - 53.8kg
Warranty - 7 years (Frame), 3 years (Parts)

PABIKE

ASSAULT AIRBIKE ELITE



This heavy-duty Assault AirBike Elite takes interval training to the next level. Designed and enhanced following feedback directly from athletes and coaches, this AirBike offers a smooth ride with a sturdy construction and is equipped with a sophisticated LCD console for individualised and infinite adjustments.

- Sophisticated LCD screen monitors heart rate, speed, RPM, time, calories burned and more
- AirBike has been manufactured with a steel frame ensuring stability and durability in commercial fitness settings and is finished in gloss powder coat to reduce the likelihood of scuffs and marks
- Seat is anatomically designed and sweatproof with a four-way adjustable seat post ensuring a custom fit for all
- Integrated wheels on base for easy movement and set up

Dimensions - W 667mm x L 1399mm x H 1397mm
Weight - 63kg
Warranty - 10 years (Frame), 3 years (Parts)

EABIKE

CONCEPT2 SKIERG



Delivers an effective workout making the sport of Nordic skiing available to all.

Manufactured from a durable aluminum frame and high-strength cords.

The SkiErg's ergonomic, strapless handles provide grip whilst not absorbing sweat so they stay dry in high use areas.

Wall mountable or free standing (with the optional SkiErg stand).

Comes with the sophisticated PM5 monitor that offers real-time exercise feedback including distance, speed and calories, USB Flash Drive compatible allowing you to store and transfer data from one machine to another and includes a number of workouts and games.

Dimensions - W 360mm x D 610mm x H 2440 mm
Weight - 29kg
Warranty - 5 years (Frame), 2 years (Parts)

CON2SE Skierg

CON2SS Skierg Floor Stand

PERFORMANCE



NOHRD WATERGRINDER



Replicate the action of winching the sail on a sailing boat.

The WaterGrinder offers a cardiovascular workout using just your upper body. Compact in design, the WaterGrinder uses water for resistance which minimises impact on joints and the back. Ideal for rehabilitation, the WaterGrinder's removable seat means that the machine can be used sitting down, standing up, or in a wheelchair. The extendable arms on the grinder, allow for increased or reduced leverage during your workout.

The wooden seat can be set on either side of the WaterGrinder and at 3 different heights. Enabling both pushing and pulling actions. The machine can also be used without the seat from a standing position or a wheelchair.

Dimensions - W 800mm x L 1100mm x H 1200mm
Weight - 50kg (without water)
Warranty - 5 years (Frame), 3 years (Parts)

NOHRDWGWA Walnut
NOHRDWGOA Oak
NOHRDWGOX Cherry
NOHRDWGAS Ash
NOHRDWGCB Club (shown)

STAIRMASTER 8GX



Introducing the all-new StairMaster 8Gx! This powerhouse product provides a superior combination of cardio and strength training with features like a durable, rust free polypropylene construction, ergonomic handrails to support multiple climbing positions and an all-new drive train that delivers smooth, quiet performance. Its combination of quality and innovation delivers a workout that's quite literally a step up compared to everything else in the gym.

- Step Up Height: 9in (23cm)
- Step Surface: 10in (25cm) deep x 22in (56cm) wide
- Step Height: 8in (20cm)
- Step Rate: 25 Levels ranging from 24 - 190 steps per minute

Dimensions - W 860mm x L 1470mm x H 2030mm
Weight - 226kg
Warranty - 10 years (Frame), 5 years (Parts)

SM8GLCD 10" LCD display
SM8G15 15" Openhub display

POWER PLATE PRO7



The Power Plate pro7 is the first commercial vibration training device to feature an integrated LCD touchscreen with Functional Interactive Training (F.I.T.) software, taking clients effectively through every stage of their Power Plate program.

Equipped with embedded proMOTION multidirectional cables with variable resistance and the largest Power Plate platform available with a 410lb max load, there's no limit to what you and your clients can achieve with the pro7.

- Time Selections: 30, 45 or 60 seconds; up to 9 minutes
- Frequency: 25-50Hz / 1Hz increments
- Vibration Energy Output (amplitude): Low / High
- G-Factor™ Settings: 0 to 8 with 27 sublevels of intensity
- Operation: User-friendly interactive display

Dimensions - W 960mm x D 1170mm x H 1550mm
Weight - 186kg
Warranty - 1 year (Parts & labour)

PPPRO7K

INDOOR CYCLES

SCHWINN IC CLASSIC



The IC Classic features universally threaded pedal spindles to accommodate third-party pedal options, a real chain drive for cycling purists looking for outdoor authenticity and direct pressure resistance reminiscent of outdoor caliper brakes. Regarded for reliability and satisfaction, this is a bike that facilities of all types can count on.

- Classic handlebar design with integrated water bottle holder and smart phone tablet mount
- Heavy perimeter-weighted flywheel
- Direct pressure brake resistance
- Chain drive using forged steel crank and ISIS oversized bottom bracket

Dimensions - W 510mm x L 1100mm x H 1170mm
Weight - 52kg

Warranty - 10 years (Frame), 2 years (Parts)

SICC Bike
SCPC Bike with console

CONCEPT2 BIKEERG



The BikeErg has the same flywheel and Performance Monitor as the Concept2 Indoor Rowers and SkiErgs, bringing to cycling the strengths and features that have previously been brought to rowing and cross-country skiing.

The flywheel uses air resistance to create a smooth, quiet ride that responds to your efforts. The damper is your "gearing", allowing you to adjust the feel of your ride. Unlike most stationary bikes, the BikeErg has a clutch, so just like a real bike, when you stop pedaling, the flywheel keeps on spinning.

The sophisticated Performance Monitor gives you instantaneous workout feedback, with a wide variety of displays and workouts to choose from.

Dimensions - W 640mm x L 220mm
Weight - 58kg

Warranty - 5 years (Frame), 2 years (Parts)

CON2BE

NOHRD INDOOR BIKE



The NOHRD Bike does not compromise in any area to deliver the ultimate home cycling experience.

Designed to accommodate all fitness levels and desired workout intensity, infinitely variable resistance relies upon an eddy break current to provide a smooth, comfortable ride.

Whether you opt for an upright or racing position, the well-shaped set of handlebars give you a range of options. Fully assembled, the NOHRD Bike's compact footprint takes up just 0.44 square meters of floor space, allowing you to seamlessly set it up in any interior environment.

Rubber transportation wheels allow for the bike to be easily moved around the home or fitness studio.

Dimensions - W 600mm x L 1130 to 1250mm x H 1170 to 1310mm
Weight - 60kg

Warranty - 5 years (Frame), 3 years (Parts)

NOHRDIBWA Walnut (shown)
NOHRDIBOA Oak
NOHRDIBOX Cherry
NOHRDIBAS Ash
NOHRDIBCB Club

INDOOR CYCLES

JOHNNY G SPIRIT BIKE



The Johnny G Spirit Bike is the perfect innovation - with the past molded and forged into the future. Electronically-controlled magnetic resistance creates an opportunity to duplicate, replicate and differentiate your training sessions. Key performance metrics are accessible at all times on the high-visibility LED display. The cockpit-style console has been strategically crafted to transport you into an elevated state of performance through the integration of mind and body.

- Garmin® heart rate receiver with Bluetooth® ETMS and ANT+ to connect to fitness apps
- Flywheel - 21kg / 46lbs
- Crank arms - 170mm / 6.7in
- Pedal - Dual sided with SPD and straps

Dimensions - W 500mm x L 1250 x H 1100mm
Weight - 68kg
Warranty - 10 years (Frame), 2 years (Parts)

JGB

STAGES SC3 INDOOR BIKE



Found in thousands of studios and clubs around the world, the Stages SC3 is a global leader in premium indoor cycling.

Innovative bike features, such as the aluminum frame, CarbonGlyde, magnetic braking system, FitLoc, and SprintShift make it a simple bike to maintain. Included on the SC3 is the Stages Power meter; the most accurate, reliable, and consistent direct power meter on the market, and the EcoSCRN display console with self-generating power source.

Stages Cycling is the only company who has a power meter that is used and endorsed by the most prestigious indoor cycling studios as well as the world's most elite outdoor cyclists and teams.

Dimensions - W 622mm x L 1104mm
Weight - 29kg
Warranty - 5 years (Frame), 2 years (Parts)

SSC3

WATTBIKE PRO TRAINER



The choice of world-class athletes and coaches for off-feet conditioning, interval training and rehabilitation programmes.

The Pro Trainer provides pure and precise indoor training giving performance improvements to the highest levels.

Train with pure control of the air resistance and power applied to your muscles during a workout. If you're doing a high-intensity session or a lighter recovery ride, you will change the amount of air reaching the fan, making it harder or easier to pedal, via the lever on the bike.

Dimensions - W 660mm x L 1250 x H 1300mm
Weight - 52kg
Warranty - 2 years

WBTRAINER

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ORDERING

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Email	sales@physicalcompany.co.uk
Visit	www.physicalcompany.co.uk
Post	Please send all written purchase orders to our office address.

HOW TO MAKE PAYMENT

Card	VISA Credit / Debit Card, MasterCard, AMEX & VISA Electron are accepted. Diners Club not accepted.
Cash	For on-site purchases only.
BACS	Transfers may be made once an official quotation along with our bank details have been sent to you.
Credit Account	Please contact our customer service team for further details.

PRICES

Enclosed within the catalogue is a price list in Pound Sterling, current on the day of mailing. All prices exclude post and packaging. All quotations and pro-forma invoices are valid for 30 days, unless otherwise stated.

DELIVERY

Orders placed prior to 10am will be dispatched the same day (stock permitting) to arrive within 2-3 working days from the date of dispatch. Items may be sent separately.

CLICK & COLLECT

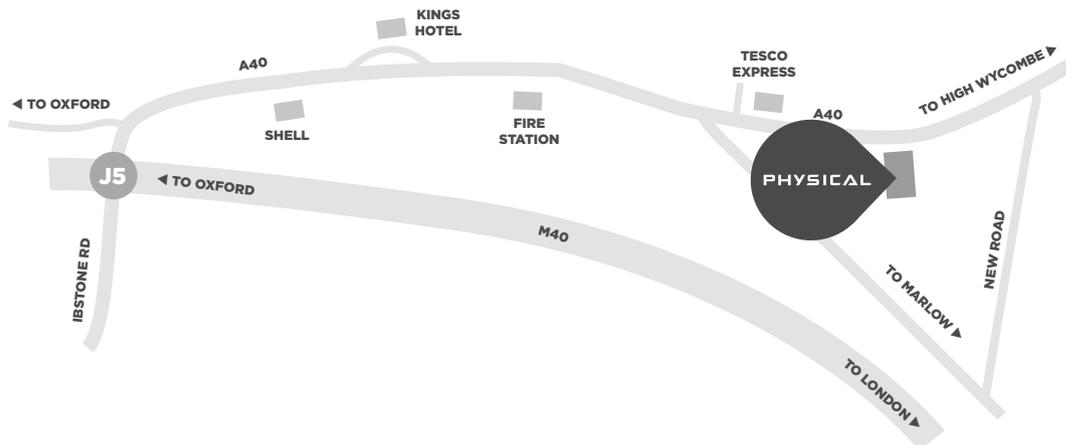
Our click & collect service is available during regular office hours. Orders should be placed in advance and collection slots arranged with our Customer Service team.

TERMS & CONDITIONS

For the full list of terms and conditions, including guarantees, product descriptions, damaged goods and returns, please see page 201 or visit our website www.physicalcompany.co.uk

LOCATION / HOW TO FIND US

Physical Company
The Works
Wycombe Road
Stokenchurch
Buckinghamshire
HP14 3RR



TERMS & CONDITIONS

PAYMENT - Full payment is required with each order - unless there is an existing pre-approved credit account with an official purchase order.

Payment can be made by the following methods:

Cheque: in Pounds Sterling from a UK bank and made payable to Physical Company Limited.

Credit / Debit Card: VISA Credit / Debit Card, MasterCard, VISA Electron & AMEX are accepted. Diners Club not accepted.

Orders will be subject to an address security check.

Cash: on-site purchases only.

BACS: after a written quotation has been provided and bank details supplied. All bank fees and charges are the customer's responsibility. Charges incurred by Physical will result in non-delivery until any outstanding monies have been paid. Please telephone for more details.

For details on gaining approved credit account status, please contact our customer services team. Orders must be accompanied by an official purchase order and are payable within 30 days from date of invoice.

PRICES - Enclosed within the catalogue is a price list in Pounds Sterling, current on the day of mailing. All quotations and pro-forma invoices are valid for 30 days. Prices exclude postage and packaging. Trade / Distributor prices (including delivery costs) exclude VAT. In the event that a Product is listed or quoted at an incorrect price due to an error, we will notify you within 14 days of the correct price by e-mail, telephone or fax.

OWNERSHIP OF GOODS - All goods delivered by Physical will remain Physical's property until all debts owed to Physical by the customer, including any existing balances, are settled.

PRODUCT DESCRIPTIONS - Colours and packaging may vary and manufacturing tolerances will apply. Physical reserves the right to change product specification without notice.

DELIVERY - We aim to dispatch orders the following working day after the order has been approved. Stock permitting, standard delivery should be two-three working days from date of dispatch (UK Mainland only). Please contact us if the order has not been received within this time period. Items may be dispatched separately. World-wide delivery is available (excluding USA & Canada) - costs are on a per-order basis.

Delivery is to the door. If you request that the delivery be made inside the premises, and the delivery person agrees, then it is at your own risk and claims for damages will not be entertained. If you specify a location where the delivery can be left unsigned for, this is done so at your own risk. Claims for loss or damages will not be entertained.

Delivery charges are outlined on the back page of the price list and at the checkout stage on our website. Please call for more details. 24hour / Pre 10am / Saturday delivery services may be requested at an additional cost, however are not guaranteed. Customers are welcome to organise personal couriers at their own risk & cost. Any claims for late delivery will not be entertained. Orders over 100kg will be palletised and will only be delivered at the kerbside nearest your property. Installation services are available at an additional cost, please phone for further details. Items that are out of stock will be dispatched as soon as they become available. All customers will be notified of any such delays.

MISSING, DAMAGED AND INCORRECT GOODS - On receipt of delivery, count the number of parcels and sign accordingly. If a parcel is damaged, it should be refused or signed for as DAMAGED. Claims will not be considered where the incorrect number of parcels is signed for, or damaged parcels are not itemised on the delivery docket. All orders will be sent with an itemised invoice / delivery note. Check the contents of your parcel against this.

RETURNS & REFUNDS - We operate a returns policy for 14 days after the original delivery.

We cannot accept any returned goods unless you have contacted our Customer Service team and obtained a mandatory Returns Form along with a Return Number. Failure to include a completed Returns Form with returned goods may delay the process.

We will only issue refunds if the goods are in new & unused condition - with original labels and packaging intact.

Returns made at the customer's request will be at the expense of the customer and will be subject to a re-stocking fee of 10%.

Goods originally dispatched with "free delivery" and then returned for refund will have the cost of the original dispatch deducted from any credit due to the customer.

Refunds cannot be issued against customised products, i.e. items printed with your logo. Goods that can be easily copied; to include books, charts, videos, DVDs and CDs, may not be returned unless damaged (for exchange) or sealed in their original packaging.

Physical aims to process all refunds / credits within one week from receipt of an authorised return.

WARRANTY & LIABILITIES - All goods are covered by the manufacturer's specific warranty and these are valid against manufacturing defects only. Claims arising from wear and tear or misuse will not be entertained. Warranties will not apply to any goods which have been altered by customers or third parties. The start date of warranty will be the date of receipt of the original goods. The warranty start date is not extended by replacements issued. Items with NA as the warranty period cannot be returned due to hygiene reasons.

If a product is deemed faulty, Physical will, where possible, repair or replace any item(s). Physical shall not be liable for any costs in excess of the original purchase price.

Please refer to the Physical website for full Terms and Conditions and Data Protection information

www.physicalcompany.co.uk

PHYSICAL[®]

FIRST FOR FITNESS SOLUTIONS

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FACEBOOK - **PHYSICAL.COMPANY**

WEBSITE - **PHYSICALCOMPANY.CO.UK**

EMAIL - **SALES@PHYSICALCOMPANY.CO.UK**

TEL - **+44 (0) 1494 769 222**