

GYMSTICK™

FITNESS COLLECTION 2019



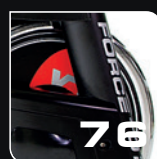
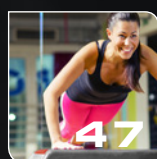
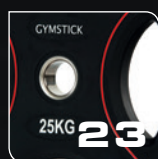
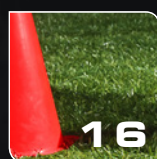
WWW.GYMSTICK.COM

For you

HIGHIL



IGHTS



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GYMSTICK ORIGINAL
GYMSTICK AQUA
FITNESSBAG
POWERSLIDER
SPIKE ROLLER
PERFORMANCE
STRENGTH ACCESSORIES
FITNESS ACCESSORIES
WELLNESS

58 / 69
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103

ACTIVE
EMOTION
FITROCKS
CARDIO EQUIPMENT
STRENGTH EQUIPMENT
PRO RACKS
ACCESSORIES
EDUCATION

PRODUCT DEVELOPMENT:

We keep constantly developing our products to become even better. Therefore some details in products may differ from what is seen in this catalogue.



GYMSTICK

GYMSTICK ORIGINAL 2.0

Gymstick Original is a functional resistance training tool that does more than replicating free weight exercises; it provides resistance in virtually any direction and in any position. Each exercise will improve your core strength, balance, posture, coordination, muscle strength and endurance. It is a complete body workout. Gymstick Original is available in five different resistance levels ranging from 1-30 kg / 2-66 lbs. Ideal from juniors to seniors; from rehabilitation patients to world class athletes; from beginners to professionals. Comes with carry bag, workout poster and several online training videos at www.gymstick.com



**SAY YES
TO THE BEST**

**OVER 150
MOVEMENTS**





ORIGINAL 2.0



GYMSTICK ORIGINAL INCLUDES:

- Two-piece fibreclass stick with easy quick lock-mechanism, assembled length 130cm / disassembled length 75cm
- Soft foam hand grips
- 2 latex rubber resistance tubes with durable fabric loops
- Stylish fabric carry bag
- Instructional poster including 18 basic movements



CARRY BAG



TWO-PIECE STICK



Gymstick Original light/green

- Rehabilitation and senior users
- Resistance range - 1-10kg / 2-22lbs.

11001



Gymstick Original medium/blue

- General fitness
- Resistance range 1-15kg / 2-44lbs

11002



Gymstick Original strong/black

- Fit and active
- Resistance range 1-20kg / 2-33lbs

11003



Gymstick Original extra strong/silver

- Athletes
- Resistance range 1-25kg / 2-55lbs

11004



Gymstick Original superstrong/gold

- Athletes
- Resistance range 1-30kg / 2-66lbs

11005





GYMSTICK AQUA

GYMSTICK AQUA

The Aqua Gymstick is an adaptation of the Gymstick Original and this innovative aquatic tool challenges both muscle strength and cardiovascular fitness. Stationary, propulsive and travelling exercises in the water can all utilize the added resistance of the bands. Another clever feature of the Aqua Gymstick is the ability to 'roll' up the bands, thus creating greater tension. This is ideal for catering for different strength and fitness levels, especially in an aqua exercise format.

GYMSTICK AQUA INCLUDES:

- Fibreglass stick 117cm / 46.06". in length
- Soft foam hand grips
- 2 latex rubber resistance tubes with durable fabric loops
- Stylish fabric carry bag
- Instructional poster including 18 basic movements



Gymstick Aqua light/green

- Rehabilitation and senior users
- Resistance range - 1-10kg / 2-22lbs.

14001



Gymstick Aqua medium/blue

- General fitness
- Resistance range 1-15kg / 2-44lbs

14002



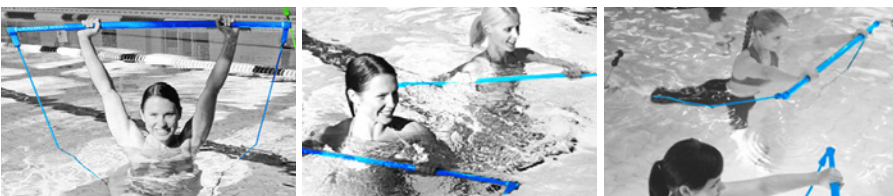
Gymstick Aqua strong/black

- Fit and active
- Resistance range 1-20kg / 2-33lbs

14003



AQUA EXERCISE LIKE NO OTHER!





FITNESSBAG

FITNESS BAG

Fitness Bag can be used for cardiovascular exercises, muscle strength and endurance, balance, joint stability, and agility, coordination and flexibility. Fitness Bag training can be compared with kettlebell training with similar benefits. The Fitness Bag is soft and thus can be dropped without fear of injury. There are different ways of holding and gripping the Fitness Bag to provide a variety of stimulus to the body. It can be used in different positions – standing, kneeling, prone and supine. It can be thrown safely and used for punching and kicking activities. Fitness Bag training is suitable for training at the gym, team sports, combat training, home use and is also suitable for young athletes.



COMES WITH:
ONLINE VIDEO



AVAILABLE IN 5 DIFFERENT WEIGHT LEVELS:

62055-5 - 5 KG / 19 x 51 cm / Light green, 62055-7,5 - 7,5KG / 19 x 51 cm / Yellow, 62055-10 - 10 KG / 19 x 51 cm / Purple, 62055-15 - 15 KG / 22 x 56 cm / Blue, 62055-20 - 20 KG / 22 x 61 cm / Red





PowerSLIDER

POWER SLIDER / POWER SLIDER PRO

Slide wherever and whenever without having to be outdoors or using skis or skates. The Power Slider training is efficient and effective way of increasing cardiovascular fitness and improving balance, lower and upper body strength and endurance. Exercises can be performed in a variety of positions, e.g. standing, push-up, lunge, skating, plank, supine and is suitable for all fitness levels from beginners to top athletes.

- Includes Power Slider board, pair of slide shoes sleeves, carry-bag, training instructions and access to online workout-video.
- Material PP surface with non-slip bottom

Storing and carrying the product is very easy. The product weighs app. 2kg and can be rolled inside the carry bag.

62131-PRO **Pro 230cm** - For Athletes, 230cm (L) x 50cm (W)
 62131 **Basic 180cm** - For home and group fitness use, 180cm (L) x 50cm (W)



TRAINING BENEFITS: WEIGHT LOSS • JOINT STRENGTH • MUSCLE CONDITIONING • BALANCE • ENDURANCE





SPIKE ROLLER

SPIKE ROLLER

Spike Roller is an innovative new type of roller which combines the benefits of regular rolling exercises with the benefits of acupuncture. The 10,000 specially shaped spikes make rolling effective, providing a completely new feeling. Spike Roller is suitable for muscle and muscle treatment as well as for local acupressure massage. It is especially suitable for relieving and relaxing the sore muscles in the back and shoulder areas after the workday.

Use after sports for quicker recovery and to maintain better mobility. Even a 15 to 30-minute daily use releases plenty of endorphins and oxytocin into the body.

Material: cotton, eva and abs.
Diameter: 15cm
Length: 30cm

63080



NECK

LOWER BACK

THIGHS

CALFS





PERFORMANCE





SLAM BALL

These balls don't bounce or roll! Made with durable rubber casing and filled with iron sand. Although slam balls are built for punishment, remember that these are not suitable from slamming on rough surfaces such as concrete or gravel.

- 61019-4 4kg black/ red (Dia. 230 mm)
- 61019-8 8kg black/ red (Dia. 230 mm)
- 61019-12 12kg black/ red (Dia. 280 mm)
- 61019-16 16kg black/ red (Dia. 280 mm)



WALLBALL

Wallball is a soft, weighted and durable ball that can be used for the same exercises and with similar benefits to the traditional medicine ball. It's safe to use and when dropped or thrown it will not damage the wall or flooring.

- 61164-3 3kg black/ red - (Dia. 330 mm)
- 61164-6 6kg black/ red - (Dia. 330 mm)
- 61164-9 9kg black/ red - (Dia. 330 mm)
- 61164-12 12kg black/ red - (Dia. 330 mm)



MEDICINE BALL

Medicine ball is effective in developing speed, dynamic core strength, and explosive power. Medicine Ball training can also be used to enhance eye- hand coordination, flexibility and balance and is also suitable for rehabilitation.

- 61045-1 1kg black/ red - (Dia. 190 mm)
- 61045-2 2kg black/ red - (Dia. 190 mm)
- 61045-3 3kg black/ red - (Dia. 230 mm)
- 61045-4 4kg black/ red - (Dia. 230 mm)
- 61045-5 5kg black/ red - (Dia. 230 mm)
- 61045-8 8kg black/ red - (Dia. 286 mm)



MEDICINE BALL WITH HANDLES

More versatile than traditional medicine balls. Can be hold with one or two hands to train core stability, mobility, agility and overall fitness.

- 61044-4 4 kg black/ red - (Dia. 260 mm)
- 61044-6 6 kg black/ red - (Dia. 260 mm)
- 61044-8 8 kg black/ red - (Dia. 260 mm)
- 61044-10 10 kg black/ red - (Dia. 260 mm)



SPEED RESISTANCE PARACHUTE

Resistance parachutes create the drag necessary to force athletes to push themselves harder to achieve speed, gain speed and power.

- Adjustable belt • Lightweight nylon chute
- Diameter: 122 cm
- Includes carry bag
- Color: black

61079



SPEED ACCELERATOR

The fully sheathed resistance tubing stretches against movement to build strength, or pulls you along to increase speed and improve body's efficiency during direction changes.

- Includes 2pcs belts, resistance tube and mounting strap
- Resistance of tube is between 1-15kg / 2-33 lb
- Length of the resistance tube is 300cm (730cm fully stretched)
- Color: black / red

61089



PARALLETTES

These commercial level parallettes are perfect for a variety of gymnastics and fitness exercises. Develops upper body strength, balance and form. Textured red powder coating for improved grip and traction.

- Steel construction with non-slip rubber feet
- Maximum user weight 150kg
- Size: 58,5cm x 43cm x 28,5cm (LxWxH) / Weight: 10kg
- Color: black-red

61016



PLYOBOXES

Plyometrics is an excellent way for athletes to increase and develop their jumping, sprinting and explosive power.

- Non-slip rubber surface for increased grip
- Sturdy steel frame
- 4 heights of boxes available: 30 cm, 45 cm, 60 cm and 75 cm
- Color: black

61076-30 (30cm) / 61076-45 (45cm)
61076-60 (60cm) / 61076-75 (75cm)



SPEED EXERCISE LOOP

Resistance training for lower body muscles. Multi-purpose tool for speed and power or just simply for tone up and rehabilitate the glutes, hamstrings and quads. The velcro adjustable straps are designed so that they can be attached securely around ankles or thighs.

- 2 pcs. adjustable velcro straps with latex rubber tubing loop

61001

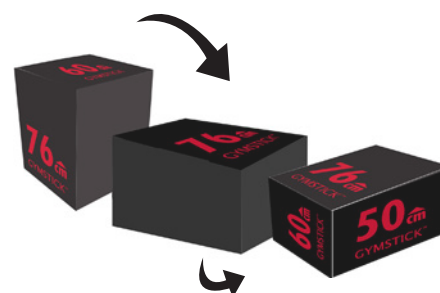


WOODEN PLYOBOX

Wooden Plyobox is great and simple solution for varying box heights. It provides three different heights depending on which side is placed on the floor. The sturdy Plyobox with rounded edges and a non-varnished surface (for grip when landing) ensures that the Plyobox is a safe tool to use for plyometric training.

- Quality plywood
- Packed as flat (easy to assembly)
- Three different heights in one (20", 24", 30")
- Size: 76 x 60 x 50 cm

61162





ONLINE VIDEO



POWER RINGS

Suspension training is a popular training method as it challenges the body to constantly balance and stabilize with every exercise, providing limitless variations or body weight exercises.

- Made from high strength ABS plastic, supported by length adjustable straps that form a loop. Loops maximum length 2,5 meters
- The rings have a specialized textured surface for optimum grip without chalk
- Includes: 2 power rings (Dia. 23cm), 2 adjustable straps with buckles
- Color: black

61104



ONLINE VIDEO



WOODEN POWER RINGS

Wooden Power Rings provides the perfect tool for demanding suspension training sessions and body weight exercises. Firm grip with or without chalk.

- Made from multi-laminated hardwood, supported by length adjustable numbered straps that form a loop. Loops maximum length 2,5 meters
- Includes: 2 power rings (Dia. 23cm), 2 adjustable straps with buckles
- Color: wood-black-red

61104W



ONLINE VIDEO



PRO JUMP ROPE

Jump Rope training improves cardiovascular endurance, builds strong legs and helps to loose fat. Rigid plastic handle with non-slip padding for extra comfort.

- 2,75 m/9 feet in length with adjustable clip inside the handle grip
- Color: red / black

62018



ONLINE VIDEO



LEATHER JUMP ROPE

Leather jump rope is the classic athlete's training rope. Comes with a solid 275 cm / 9 foot long leather rope, precision ball bearings and comfortable foam grip handles. Perfect for long sessions at the gym or home.

- Color: black / red

61053L



POWER BANDS

Power Bands are closed-loop resistance bands. They are much stronger and durable than commonly used resistance bands. Each Power Band is a 104 cm long loop (band total length 208 cm) and can be safely stretched maximum 250 % from their original length.

61111-0 X-Light / Blue	Max pull force 7,5 kg
61111-1 Light / Red	Max pull force: 15 kg
61111-2 Medium / Black	Max pull force: 30 kg
61111-3 Strong / Purple	Max pull force: 60 kg
61111-4 X-Strong / Green	Max pull force 100 kg



MINI POWER BANDS

Mini power bands have the same width, thickness and color coding as our regular size power bands. Suitable for all pulling and pushing movements, agility drills, rehabilitation and stretches. Each Band is a 30,5 cm long loop (band total length 61 cm) and can be safely stretched maximum 250 % from their original length.

61120-0 X-Light / Blue	Max pull force: 7,5 kg
61120-1 Light / Red	Max pull force: 15 kg
61120-2 Medium / Black	Max pull force: 30 kg
61120-3 Strong / Purple	Max pull force: 60 kg
61120-4 X-Strong / Green	Max pull force 100 kg



ONLINE VIDEO



LEATHER JUMP ROPE - WOOD

Leather jump rope is the classic athlete's training rope. Comes with a solid 275 cm / 9 feet long leather rope, precision ball bearings and comfortable wooden handles. Perfect for long sessions at the gym or home.

- Color: Wood / Brown

61053W



POWER BAND HANDLE

Expand the possibilities when training with Power Bands or with other loop exercise bands. Perform lifts, pulls and presses in a more effective and comfortable way. Knurled steel handle offers a good grip and ensures a longer lifespan for the bands.

61155



ONLINE VIDEO



SPEED ROPE PRO

Speed Rope Pro is a durable high-performance jump rope with smooth spin. Perfectly weighted steel cable rope with knurl-textured ergonomic grips for maximum speed and efficiency. The tool-less design enables easy and quick length adjustment. Speed rope is ideal for crosstraining and cardio fitness.

- Length: 300 cm • Color: black/red
- Material: Aluminium handles with coated steel cable

61124



ONLINE VIDEO



SPEED ROPE

Speed Rope is a high-performance jump rope with smooth spin. Steel cable with comfortable grips for speed and efficiency. The tool-less design enables easy and quick length adjustment. Improve your fitness, endurance and lose weight at home or in the gym. Speed rope is ideal for crosstraining and cardio fitness.

- Length: 294 cm • Color: black
- Material: pp and plastic with coated steel cable

61128



SPEED CONES

The numbered Speed Cone set is the perfect fitness equipment solution for a variety of personal training, sports conditioning and boot camp workouts. Not only can these cones be used as markers, but the numbered cones can be used to provide a range of drills to increase speed, reaction time, agility and explosive power.

- Cones are standard 23 cm (9inch) tall
- Includes 10 cones in highly visible red color and cones are numbered from 1-10

61075

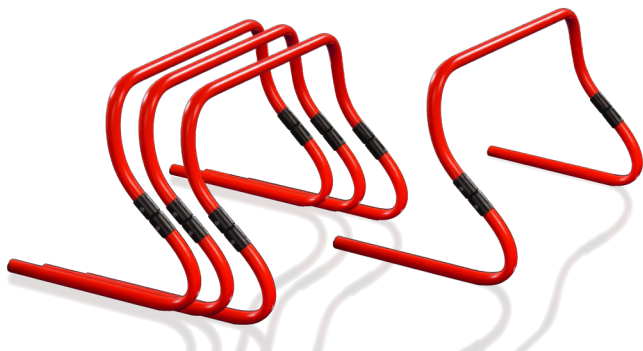


SPEED DISCS

Training using the Speed Disc can significantly improve an athlete's ability to accelerate, decelerate, and quickly change direction with precision timing and physical control. Perfect for any sport.

- Includes 10 discs in highly visible red color
- Low-profile design, each speed disc is 5cm tall and will not break when stepped on

61074



SPEED HURDLES

Quick feet, a high knee lift and powerful bounding abilities are fundamental to peak athletic performance. Training with the Speed Hurdles will improve the ability to manoeuvre quickly and efficiently around the field, court or ice surface.

- Hurdles easily adjust to 15 cm or 30 cm just by twisting the hurdle
- Made of durable high impact PVC plastic and quickly folds up for storage
- Set includes 4 height adjustable hurdles

61078



REACTION BALL

Reaction ball is a popular training tool in many sports. As the ball bounces unpredictably and rapidly it improves your reaction time, hand-eye coordination and ability to change direction on the fly. With reaction ball you can practice alone, in pairs or in groups. The ball is 7 cm in diameter and red to be seen well.

- Diameter 70 mm
- Material: rubber foam

61052-7



RUBBER SPEED LADDER

Effective tool for training skills such as coordination, speed and agility. The ladder will not scratch or slide on the floor while practicing and is easy to roll and transport.

- Durable rubber ladder
- 10 numbered squares
- Square size (L) 44 x (W) 38 cm
- Size of mat (L) 455 x (W) 41 x (T) 0,3 cm
- Weight: 7,0 kg
- Color: black, white and red

61002

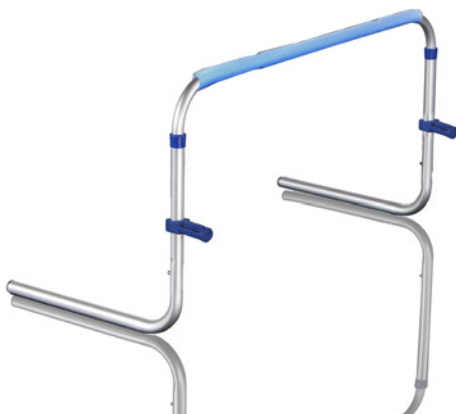


SPEED LADDER

Speed Ladder training will quickly improve acceleration, lateral speed and the ability to change direction while enhancing balance, rhythm and body control.

- 12-rung heavy duty design for high intensity training
- With snap fasteners you put together several Speed Ladders
- Size: (L) 590 cm / (W) 43 cm, durable nylon straps
- Includes carry bag
- Color: black/red

61077



BOUNCE-BACK HURDLES

The light weighted height adjustable Bounce-Back Hurdles are a great tool for training speed and power. The Bounce-Back Hurdles are designed to automatically return to a standing position when tipped. These compact hurdles can be folded for convenient storing and packing.

- Light weight and stable aluminium construction with self-return mechanism
- Two different sizes: 78 cm x 40 - 60 cm / 78 cm x 66 - 105 cm

61130 (40 - 60 cm)

61130-105 (66 - 105 cm)



WRIST TRAINER

This industrial-strength Wrist Trainer is designed for building forearm and grip strength.

- Handle bar width 35 cm
- Length of the string 125 cm
- Color: black and chromed steel
- Weight plates not included

61127



AB STRAPS

Strong abdominal muscles are essential to stabilizing your spine and reducing the potential for back injuries.

- Eliminate the stress that can be exerted on your back and neck by traditional sit ups and leg lifts
- Can be attached to either a pull up bar or some other fixed rack
- Durable heavy-duty nylon, padded slings reinforced stitching and steel carabiners
- Color: black (door gym bar not included)

61105



BATTLE ROPES

Twelve meters of hard work. Battle Ropes offers fun and versatile strength and conditioning exercises like no other. Everybody can experience a dynamic and complete workout in a matter of minutes.

- Comes in two grip widths – 3,8 cm [1.5 inch] / 5,1 cm [2 inch]
- 12 m in length (40 ft.) / Rope weight: 10,2 kg and 17,4 kg
- Made from premium polypropylene fibers which will not absorb moisture.
- Rope is covered with strong nylon sleeve to protect the whole rope from friction and fraying.
- Color: black-red

61090-1,5 [1,5 inch]
61090-2 [2 inch]



POWER SLED PRO

Push it, Pull it to maximize your speed and strength workout. The super solid steel frame has interchangeable pushing bars which allows quick and easy direction change. Simple and brutal training tool that builds leg and core power.

- Material: steel
- Size: 120 cm [L] x 60 cm [W] x 115,5 cm [H] /
- Weight: 25 kg [weight plates not included]
- Height of the weight plate tube: 45cm
- Color: black

61125



10 KG

20 KG

POWER VEST

High quality weight adjustable vest. Great for cardiovascular training (sprint and hill climbs), bodyweight resistance exercises and plyometrics (jumps, hops and bounds). Power Vest adds resistance to any type of training movement without compromising technique.

- Evenly distributed weight pockets,
- Adjustable weight up to 10 kg [0,25 kg per pocket] / 20 kg [0,52 kg per pocket]
- Easy to use pockets [38 pcs] allow for quick removal/addition of weights
- 2 pcs wide elastic Velcro straps allows maximum comfort and fit [one-size fits most]

61048 [10 kg], 61048-20 [20 kg]



JUMBO AB ROLLER

Get an intense ab workout at home or at the gym with the Jumbo. Contoured hand grips ensure a comfortable workout while rubber covered wheel enhance safety. Heavy-duty ab wheel is ideal for core strength training which also increases power in the chest, shoulders and arms.

- Ultra Wide Wheel stabilizes movement to carve left, right and center
- Size: 19 cm x 38 cm x 19 cm
- Color: red-black

61021



POWERWHEELZ

PowerWheelz is a fitness tool that combines exercise rollers and resistance tubing so that dynamic multi-dimensional workout movements can be performed. Movements can be done in both the standing and horizontal positions.

- 2 pcs PowerWheelz rollers
- Wheel diameter 14,5 cm
- 2 pcs rubber resistance bands with adjustable fabric loops
- Instruction and workout poster

15013



PERFORMANCE BOARD

Challenge yourself, build strength, increase balance and stability with this high quality balance board. Adjust the height of the board as your ability improves or when you need to create more difficulty for your workout. Durable board with non-slip surface provides safe usage even in heavy-duty training.

- 39 cm wide board is made of laminated hardwood
- Adjustable height (7,5 - 10 cm)

61132



POWER BOARD

This 2 in 1 Power board can be used as a stability board or as weighted tool to challenge balance, develop joint stability, improves overall coordination and strength. The 3.5kg board consists of iron sand, which shifts from side to side as the board moves increasing the intensity of exercises.

- Two grip handles for more versatile training
- This large 40 cm diameter board has durable and easy-to-clean surface
- Weight: 3,5 kg/ Color: Black

61073



BOXING GLOVES

Boxing Gloves are excellent for all heavy bag, punch mitts and aerobic workouts. Foam padded glove offers good shock absorption. Wide wraparound wrist fastener with Velcro closure ensures tight fit and good support for the wrist.

- Material: synthetic leather [pu]
- Includes: boxing gloves and a carry bag

61180-10 / 10 oz
61180-12 / 12 oz



PUNCHING MITTS

Punching Mitts helps enhance punching technique and are great for speed and accuracy training. With these comfortable, padded and durable punching mitts you can catch quick punch combinations safely without experiencing arm fatigue. Curved shape is ideal for catching fast punches. Suits well for beginners and advanced boxers.

- Material: synthetic leather [pu]
- Includes: punching mitts and a carry bag
- One size only

61181





HEAVY BAG

This durable boxing bag provides a great cardio workout for home and light commercial use.

Bag is made from strong and easy-care synthetic leather and chain made from strong steel. 20kg bag with durable nylon straps without chain. Ceiling mount sold separately.

- Available in three different sizes and weights:

20 kg: 90 x 30 x 30 cm
30 kg: 110 x 35 x 35 cm
45 kg: 150 x 36 x 36 cm

- Material: synthetic leather, nylon, steel

61183-20 (20 kg)
61183-30 (30 kg)
61183-45 (45 kg)

20 kg WEIGHT	30 kg WEIGHT	45 kg WEIGHT
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Mounting for Boxing Bag ON PAGE 101



BOXING HAND WRAPS

Boxing hand wraps protect your wrists, fingers and knuckles in all types of boxing and combat activities. Thumb loop offers proper alignment and strong velcro for secure wrap. Slightly elastic cotton material keeps the wraps in place and offers comfortable fit. Fightback hand wraps will stay snug and secure all workout long.

- Size: 350 x 5 cm
- Material: slightly elastic cotton
- Includes: 1 pr hand wraps

61182





WEIGHTS & BARBELLS





BUMPER PLATES

High performance bumper plate for training without the premium price. They perform like any good plate should and will endure daily abuse.

Specifications:

- 450 mm plate diameter
- 50,4 mm collar opening
- Steel insert
- Color of all plates: black-red
- Strict weight tolerance (0,5%)
- Plates sold individually

Plate options (and thicknesses): 5 kg (25,4 mm) / 10 kg (41,5 mm) / 15 kg (55,5 mm) / 20 kg (69,5 mm) / 25 kg (83,5 mm)

BP-5, BP-10, BP-15, BP-20, BP-25



PRO PU WEIGHT PLATES

Quality PU weight plates. 4 grip options for ease of lifting onto the bar. These plates are ideal for heavy duty strength and conditioning training. 51 mm centre to fit a 50 mm bar. High quality steel ring centre for durability.

- Material: tpu and iron
- Color of all plates: black-red
- Plate options: 1,25 kg / 2,5 kg / 5 kg / 10 kg / 15 kg / 20 kg and 25 kg
- Plates sold individually

PRO PU-1,25, PRO PU-2,5
PRO PU-5, PRO PU-10,
PRO PU-15, PRO PU-20, PRO PU-25



RUBBER WEIGHT PLATES

The Rubber Weight Plates have a black rubber covered cast and 2 grip options for ease of lifting onto the bar. These plates are ideal for strength and conditioning training.

- 51mm centre to fit a 50 mm bar
- Steel ring centre for durability
- Plate options: 1,25 kg / 2,5 kg / 5 kg / 10 kg / 15 kg / 20 kg
- Plates sold individually

RP-1,25, RP-2,5, RP-5, RP-10, RP-15, RP-20



IRON WEIGHT PLATES

Cast iron plates with 3 grip option for ease of lifting onto the bar. These plates are ideal for strength and conditioning training.

- 31 mm centre to fit a 30 mm bar
- Plate options: 1,25 kg / 2,5 kg / 5 kg / 10 kg / 15 kg / 20 kg
- Plates sold individually

IP-1,25, IP-2,5, IP-5, IP-10, IP-15, IP-20



20 KG COMPETITION BAR

Made from high grade spring steel for maximum strength and flexibility with an exclusive finish. Designed for professional and competitive weightlifting.

- Shaft: hard chromed spring steel • Knurling 1,2mm with dual knurl marks
- Shaft diameter: 28mm • Bar length: 220cm • Loadable sleeve length: 41cm
- Tensile strength 190k PSI / Weight capacity 680kg
- Sleeve rotation: Needle bearing x 10, Bushing x 2

OB-20COM

Bar is marked with logo end caps for easy recognition of weight and quality



20 KG PREMIUM BAR

This heavy duty bearing bar is ideal for serious strength training.

- Shaft coating: black nitride • Shaft material: spring steel
- Shaft diameter: 29 mm • Bar weight capacity: 680 kg • Bar length: 218 cm

OB-20PRE

Bearings provides smooth lifting and prevents wrist and arm injuries



20 KG TRAINING BAR

Chrome plated steel bar. Ideal for strength training and body conditioning. Takes standard 51 mm centered Olympic discs.

- Bar weight capacity: 280 kg • Bar length: 218 cm • Shaft diameter: 30 mm

OB-20



15 KG TRAINING BAR

Chrome plated steel bar. Ideal for strength training and body conditioning. Takes standard 51 mm centered Olympic discs.

- Bar weight capacity: 200 kg • Bar length: 200 cm • Shaft diameter: 28 mm

OB-15



10 KG CURVED BAR

Chrome plated steel bar with quality bearings. Ideal for strength training and body conditioning.

- Bar weight capacity: 200 kg • Length: 120 cm • Shaft diameter: 28 mm

OB-10CURVED

Bar is marked with logo end caps for easy recognition of weight and quality





QUICK-LOCK DUMBBELL 22,5 KG

Quick-Lock Dumbbell offers a full set of weights in one. You can switch the weights with an ease – just flip the lock to select the weights and you are ready to strengthen and tone your body. This space saving, robust and stylish dumbbell comes with a weight holder which protects the flooring and keeps the weights in correct position when choosing.

- Size: 44 x 28 x 21,5 cm (including weight holder)
- Weight: 5 weight levels 4,5kg / 9kg / 13,5kg / 18kg and 22,5kg
- Includes: Quick-Lock Dumbbell and a weight holder.
- Sold as single.

61031



Rack for Quick-Lock Dumbbell ON PAGE 101



10 KG LIFTING BAR

Chrome plated steel bars for strength training and body conditioning. Takes standard 31 mm weight discs. Includes a pair of spring collars.

- 10KG LIFTING BAR
- Bar weight capacity: 150 kg
 - Bar length: 180 cm
 - Shaft diameter: 30 mm

LB-10

7 KG CURVED BAR

- 7KG CURVED BAR
- Bar weight capacity: 100 kg
 - Bar length: 120 cm
 - Shaft diameter: 30 mm

CB-7

2 KG DUMBBELL BAR

- 2 KG DUMBBELL BAR
- Bar weight capacity: 100 kg
 - Bar length: 35 cm
 - Shaft diameter: 30 mm

DB-2



Compatible with Iron Weight Plates ON PAGE 23



PRO PUMP SET 20 KG

Pro pump set is excellent for strength training for groups or personal training. The 140 cm bar with soft foam sleeve to protect the shoulders and make it comfortable to grip the bar. High quality PU plates with integrated hand grips enable the discs to be used as dumbbells.



Maximum loading on standard bar 40 kg
Includes: One 140 cm bar, 2 x 5 kg, 2 x 2,5 kg, 2 x 1,25 kg PU discs (dia. 30 mm), 2 x 30 mm quick release plastic collars.

61057PU

EXTRA PU DISCS

Sold as single.
61057-1,25PU / 1,25 kg
61057-2,5PU / 2,5 kg
61057-5PU / 5 kg
61057-10PU / 10 kg



20 KG VINYL GRIP PUMP SET

Highly attractive and practical vinyl grip pump set ideal for a range of exercises. 3-section foam coated pump bar is easy to grip and comfortable when placed on the shoulders. The stylish vinyl plates with built in hand grips can also be used as dumbbells.



- Includes: 3 section foam coated pump bar with spring collars (Length 140 cm / weight 2,5 kg), Weight plates 2 x 1,25 kg, 2 x 2,5 kg and 2 x 5 kg
- Max weight load for the bar is 40 kg.
- The whole set is packed in one compact color box.
- Material: iron, pe, cement

62068-20



50 KG VINYL WEIGHT SET

- Barbell weight 7,5 kg, length 165 cm,
- Barbell diameter 28 mm. (Including collars)
- Total set weight 50 kg
- Vinyl weight plates: 2 x 10 kg, 2 x 5 kg, 4 x 2,5 kg, 2 x 1,25 kg [hole diameter 30 mm]

61108

2 X 10 KG VINYL WEIGHT PLATES

Extra vinyl weight plates for 50kg Vinyl Weight Set.

- Weight: 2 x 10 kg
- Hole diameter 30 mm

61109



PRO PU DUMBBELLS

High quality Pro PU Dumbbells are designed for commercial usage. The durable PU protects flooring, does not leave markings on the floor and does not have strong odor. Perfect for clubs, gyms and PT studios.

- Material: Polyurethane and steel
- Dumbbells sold in pairs

AVAILABLE IN:

5 kg, 7,5 kg 10 kg, 12,5 kg, 15 kg (ETC. UP TO 40 kg), 40 kg, 45 kg and 50 kg

61030-5 / 61030-7,5 / 61030-10 / 61030-12,5 / 61030-15 / 61030-17,5 / 61030-20 / 61030-22,5 / 61030-25 / 61030-27,5 / 61030-30 / 61030-32,5 / 61030-35 / 61030-37,5 / 61030-40 / 61030-45 / 61030-50



PRO CHROME DUMBBELLS

The Pro Chrome Dumbbells are attractive eye-catching dumbbells that will create a visual impact in any gym or studio. Handles are ergonomically contoured to fit comfortably in the user's palm. Ultra resistant to chipping, cracking or peeling.

- Dumbbells sold individually. • Material: iron

AVAILABLE IN:

61072-0,5 / 0,5 kg	61072-3 / 3 kg	61072-7 / 7 kg
61072-1 / 1 kg	61072-4 / 4 kg	61072-8 / 8 kg
61072-1,5 / 1,5 kg	61072-5 / 5 kg	61072-9 / 9 kg
61072-2 / 2 kg	61072-6 / 6 kg	61072-10 / 10 kg



1X15 KG SET

ADJUSTABLE DUMBBELL SET 15 KG

- Easy storage in plastic case • 1 x handle (dia. 25 mm) with screw collars
- 2 x 1,5 kg and 4 x 2,5 kg cast iron weight plates

61070-15



2X10 KG SET

ADJUSTABLE DUMBBELL SET 20 KG

- Easy storage in plastic case • 2 x handles (dia. 25 mm) with screw collars
- 4 x 1,25 kg and 4 x 2,5 kg cast iron weight plates

61070-20



STUDIO DUMBBELLS

Vinyl covered cast iron dumbbells. Available in six colour coded weight levels. Dumbbells sold individually. Great for group fitness.

61068-1 (1kg/red), 61068-2 Pro (2 kg/black)
 61068-3 (3kg/red), 61068-4 Pro (4 kg/black)
 61068-5 (5kg/red), 61068-6 Pro (6 kg/black)



NEOPRENE DUMBBELLS

- Color coded durable neoprene dumbbells
- Shapes and tones the whole body
- Dumbbells sold as a pair

62051-2 (2 x 2 kg - Red)
 62051-4 (2 x 4 kg - Grey)
 62051-6 (2 x 6 kg - Black)





ONLINE VIDEO



PRO KETTLEBELL

The stylish black and red Pro Kettlebell is made of powder coated cast iron. The popularity of kettlebell training has quickly spread because of their ability to work multiple muscles and provide a total-body workout in a short period of time.

- Material: powder coated cast iron

AVAILABLE IN:

- | | |
|------------------|------------------|
| 61119-4 / 4 kg | 61119-16 / 16 kg |
| 61119-6 / 6 kg | 61119-20 / 20 kg |
| 61119-8 / 8 kg | 61119-24 / 24 kg |
| 61119-10 / 10 kg | 61119-28 / 28 kg |
| 61119-12 / 12 kg | 61119-32 / 32 kg |



ONLINE VIDEO



COMPETITION KETTLEBELL

Gymstick Competition kettlebells are made according to official requirements. The Competition Kettlebells are made of high quality steel so they will tolerate heavy use. All the kettlebells are of the same size and shape, only color ring vary on the handle to indicate weight.

- Size: Diameter 21 cm / height 28 cm
- Material: steel

AVAILABLE IN:

- | | |
|---------------------------------|---------------------------------|
| 61069-8 / 8 kg - black-pink | 61069-24 / 24 kg - black-green |
| 61069-12 / 12 kg - black-blue | 61069-28 / 28 kg - black-orange |
| 61069-16 / 16 kg - black-yellow | 61069-32 / 32 kg - black-red |
| 61069-20 / 20 kg - black-black | |



ONLINE VIDEO



ERGO KETTLEBELL

Ergo Kettlebells are brightly coloured and ergonomically designed kettlebells for heavy duty training. The design of Ergo Kettlebell reduces the impact against the forearm because of its well-shaped handle making the workout experience enjoyable. The neoprene coating will not leave marks on the floor.

- Material: neoprene, cast iron

AVAILABLE IN:

- | | |
|--------------------------|------------------------------|
| 61115-4 / 4 kg - pink | 61115-6 / 6 kg - purple |
| 61115-8 / 8 kg - orange | 61115-10 / 10 kg - lightblue |
| 61115-12 / 12 kg - green | 61115-16 / 16 kg - darkblue |
| 61115-20 / 20 kg - black | |



WEIGHTLIFTING BELT (SHAPED)

Shaped weightlifting belt supports the torso and spine during weightlifting sessions. Helps maintain good posture, which reduces the risk of injury. Extra padded back support, double-prong closure and double loops to secure belt tab.

- Available in two sizes: 105 and 115 cm
- Extra padded back support
- Artificial leather
- Color: black

61086-105 (105 cm in length)
61086-115 (115 cm in length)



WEIGHTLIFTING BELT

Supports the core and spine during cross-training or other training sessions and especially heavy lifting training. Helps to maintain good back position to avoid possible injuries.

- Size: One-size (adjustable)
- Color: black-red

61082

DIP BELT

Add extra weight to dips and pull ups with dipping belt. Built to last with fully adjustable chain. Wide and firm back panel for added comfort.

- Belt size 78 cm x 18 cm / Chain length 85 cm
- Recommended max. load 40 kg
- Color: black

61017



GYM CHALK

Professional grade Magnesium carbonate for gymnastics, weight training and rock climbing.

- Chalk provides secure grip
- Material: Magnesium carbonate
- Sold in blocks
- One block weighs 56 g

61161



LIQUID CHALK

Liquid Chalk is ideal for gymnastics, weight training and rock climbing. Perform your training without need of a reapplication. You don't need to worry leaving a mess on your clothes or on gym flooring.

- Liquid Chalk provides secure grip
- Sold in bottles (200 ml)

61160



LIFTING GRIPS

Durable Lifting Grips secure your grip and protects your hands while training. Easily adjustable Velcro strap with quality materials brings comfort to training. Excellent for pull ups, rowing and weightlifting.

- Material: sbr, rubber, pp and polyester
- Size: 19 x 10 x 4 cm
- Color: black-red • Sold in pairs

61150



TRAINING GLOVES

Quality training gloves provide comfortable fit and great grip. Breathable mesh back offers good ventilation while ergonomic palm gives extra comfort. With practical pull loops the gloves are easy to put on and remove. Reinforced stitched stress areas with padded palm for durability.

Black-Grey

61135-XS (Extra Small)
61135-S (Small)
61135-M (Medium)
61135-L (Large)

Black-Pink

61318-S (Small)
61318-M (Medium)
61318-L (Large)

Black-Blue

61139-S (Small)
61139-M (Medium)



LIFTING STRAPS LEATHER

Lifting straps eliminate grip failure and are great for pulling movement exercises.

- Material: Genuine leather
- Size: 60cm (L) x 4cm (W)
- Color: black
- Sold in pairs

61123L

LIFTING STRAPS WITH PADDING

Lifting straps eliminate grip failure and are great for pulling movement exercises.

- Material: strong cotton knit fabric
- Size: 49cm (L) x 3,7cm (W)
- Color: black
- Sold in pairs

61123

WORKOUT GLOVES

High performance workout gloves provide superior grip and support without sacrificing mobility and comfort. Reinforced palm and stitched stress areas for durability. Practical pull loops enable the gloves to be easily put on and removed. Synthetic leather wrist strap for extra support.

61140-S/M (small-medium)
61140-L/XL (large-xlarge)



PRO WRIST STRAPS

Quality wrist straps give great support for many heavy duty exercises without discomfort. Sturdy material together with Velcro closure ensure very secure and tight fit.

- Size: 40cm (L) x 8cm (W)
- Material: 65% polyester, 35% rubber • Sold in pairs

61138

PRO KNEE STRAPS

These quality knee straps satisfy the needs of a strength trainer all the way to professional lifters. Sturdy material together with Velcro closure ensure very secure and tight fit.

- Size: 162cm (L) x 8cm (W)
- Material: 65% polyester, 35% rubber
- Sold in pairs

61137

ANKLE/WRIST WEIGHT

Weights which can be strapped around ankles or wrists. Soft neoprene material contours well giving a close fit and will not restrict movement to perform exercises. Strong durable construction and easily adjustable velcro strap. Available 2 sizes:

61023 2 x 1kg Size: 26,5cm (L) x 11cm (W)
61024 2 x 2kg Size: 28,5cm (L) x 12,5cm (W)

- Material: neoprene
- Color: black-red / Sold in pairs



WEIGHT VEST

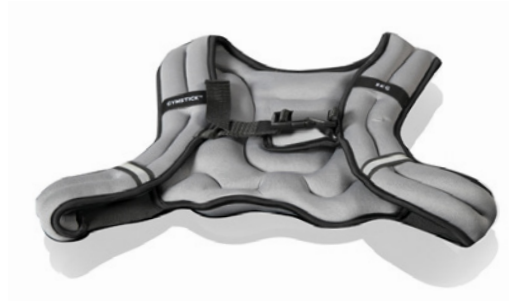
Weight vest adds resistance to your training – cardio, running, walking, skipping rope etc. Designed to offer superior form and fit – adjustable size thanks to buckles. The vest is made of comfortable neoprene material and is equipped with reflective stripes on both front and back sides. Available in 2,5 and 5 kg.

- Material: neoprene cover filled with iron sand
- Color: grey/black

61047-2,5 Size (cm): 29,5 x 35 x 5 / 2,5 kg
 61047-5 Size (cm): 30 x 35 x 5 / 5 kg

2,5 KG

5 KG



WEIGHT BELT 2KG

Weight belt provides the same effect as a weight vest but with less body heat and discomfort. It's ideal for all sports increasing stamina and body awareness. Fully adjustable velcro closure for snug fit.

- Size: 115 x 9 cm
- Weight: 2 kg
- Material: neoprene
- Color: black/red

61049



AEROBIC BARS

Aerobic bar brings strength and versatility to your workouts. With Aerobic bar it is possible to perform dozens of functional exercises for the whole body. Aerobic-bar is coated with a soft and durable EVA coating for comfortable grip.

- Available in 3-, 4-, 6-, 8- and 10 kg.
- Aerobic bar length: 122,5 cm
- Color: black/red

61051-3
 61051-4
 61051-6
 61051-8
 61051-10



KETTLEBELL PAD

Wrist sweat bands keeps the moisture away so your workout will be free of distractions. Highly absorbent material for maximum comfort and feel. Work up a sweat reach up and wipe your forehead, face or neck without pausing your training. Sold as pairs.

Material: 80% cotton, 15% nylon and 5 % rubber.
 Size: 10 x 8 x 1 cm [one size fits all].
 Color: Black/Red.

61100



BARBELL PAD

Barbell pad is made from one-piece molded rubber foam and it protects shoulders and neck during squats, lunges and hip thrusts. High-density and thick pad is ergonomically designed with a neck groove. It's very easy and fast to use as it simply clamps snugly around the bar.

- Size: length 45 cm x dia. 9 cm x pad thickness 3,5cm
- Color: black/red

61003



KETTLEBELL PAD

Stay protected from kettlebell's impact and abrasion with the Gymstick Kettlebell forearm pad. This sleeve features double layered stretchable pad that absorbs the blow of impact during kettlebell training. Also works as a great sweat band while exercising.

- Material: 80% cotton, 10% nylon and 10% spandex
- Length: 15 cm / Color: black-white

61099



SPRING COLLARS

Chrome plated steel spring collar, Easily be put on and taken off

- Designed for standard Olympic 50mm bars

OC-07



PRESSURE COLLARS WITH SPIN LOCK

Cast iron collar - weighs 2,5kg each, "Locks" plates tight and secure against barbell

- Designed for standard Olympic 50mm bars

OC-02



FLIP-LOCK COLLARS 50MM

The single-action flip lock securely clamps the collar once positioned on the bar. Flip-lock collar features a solid frame and injection molded pressure pads

- Designed for standard Olympic 50mm bars.

OC-01



FLIP-LOCK COLLARS 30MM

Flip-lock collars for Pump Set. Securely clamps the collar positioned on the bar. Suitable also for other 30mm barbells.

61057-FL30



QUICK SPRING COLLARS

Spring Collars for Pump Set. Suitable also for other 30mm barbells.

61057-COLLARS



LEATHER ANKLE STRAP

Adjustable leather ankle strap with durable steel ring and comfortable padding inside.

61151



TRICEPS ROPE

Durable triceps rope with steel attachment

61152



V-HANDLE

Solid and durable steel handle attachment for cable machines

61153



SINGLE HANDLE

Solid and durable steel single handle attachment for cable machines

61154



LATERAL PULL DOWN BAR

Chromed steel lateral pull down bar with rubber grips. Size: 92,5 x 19 x 4 cm / 4,2 kg.

61156

LATERAL PULL DOWN BAR WITH HANDLES

Chromed steel lateral pull down bar with handles and rubber grips. Size: 97 x 16,3 x 22,5 cm / 5,9 kg.

61157

TRICEPS PULL DOWN BAR

Chromed triceps pull down bar with steel construction. Size: 52 x 8,2 x 4,4 cm / 2,3 kg.

61158



FITNESS ACCESSORIES

GYMSTICK FITNESS ACCESSORIES
34
51
SEE THE FULL SES AT GYMSTICK.COM



VIBRATION ROLLER

Vibration Roller is a next generation foam roller. It is a super-versatile piece of equipment that offers many of the same benefits as a sports massage and can be used in the gym, the home or rehabilitation clinic.

- 4 different vibrating options (1300 - 3700 RPM)
- Rechargeable lithium batteries (2200 mAh / 7.4 Vdc)
- Material: epp (eco-friendly)
- Size and weight: 15 x 45 cm / 885 g
- Color: black

61159



VIBRATION DOUBLE BALL

Vibration Doubleball is a fast recharging portable equipment that allows you to apply pressure to treat muscle dysfunction with vibration. It is especially designed for self-myofascial release & deep tissue massage. Product is suitable for home and commercial use.

- 3 different vibrating options (2200 - 4700 RPM)
- Rechargeable lithium batteries (2200 mAh / 7.4V)
- Material: silicone
- Size and weight: 17,5 x 9 x 9 cm / 770 g
- Color: grey-black

61159-BALL



VIBRATION FASCIA BALL

Vibration Fascia Ball is a portable three stage vibration massage ball for muscle relaxation and massage exercise. The unique shape delivers deeper stimulation that makes it feel as if it's pressing with fingertips. Product is suitable for home and commercial use.

- 3 different vibrating options (2200 - 4000 RPM)
- Rechargeable lithium batteries (2200 mAh / 7.4V)
- Material: Silicone and ABS
- Ball diameter and weight: 10,5 cm / 680g
- Color: black

61049





TRAVEL ROLLER WITH MYOFASCIA BALL

With this compact sized roller, you can perform a complete core stabilization session or take care of your joints and spine by self-mobilization anywhere you go. Travel Roller comes with a hard ball which comes handy in releasing tight and sore muscles in the smaller muscle groups.

- Travel roller size: 10 x 30 cm
- Myofascia ball dia.: 6,3 cm
- Carry bag for easy transportation

6'1136



TRIGGER ROLLER

Trigger Roller is perfect for developing core stabilization, lower body balance and stamina. Roller is suitable for myofascial treatments for better mobility and muscle condition. With Trigger Roller you take care of your muscles, joints and spine in an easy and effective way.

- Size: 14 x 33cm
- Color: Black

6'1112



CORE ROLLER

Perfect for developing core stabilization, lower body balance and stamina. May also be used for gentle stretching and self-mobilization of joints and spine.

- Available in two lengths (45 cm / 90 cm)
- Diameter 15 cm
- Color: black graphite

61110-45 45 cm
61110-90 90 cm



FASCIA ROLLER

Unlike conventional rollers Fascia Roller is full of bumps which improve blood flow and tissue flexibility in a more effective way. Fascia Roller takes care of soft tissue adhesions to restore flexibility and bring relief to muscular pain.

- Size: 13 x 32 cm
- Color: black

6'1165



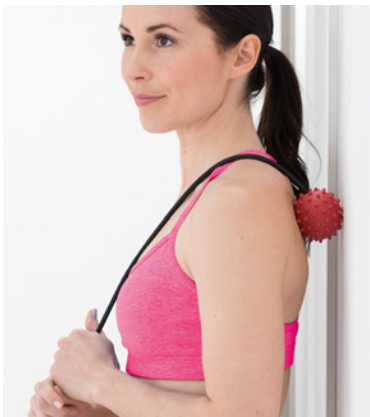
ONLINE VIDEO

MYOFASCIA BALL 12 CM

MyoFascia Ball is an effective tool for myofascial release exercises to target different parts of your body. With 12cm diameter it offers a great alternative to traditional massage balls. Non-slip solid core material with textured surface keeps the ball in place while training. This firm ball enables you to target sore muscles and penetrate tissue more deeply to relieve pain and achieve more relaxed muscles and better range of movement.

- Diameter: 12cm
- Color: black
- Material: eva

61171



MYOFASCIA ROPE BALL

Myofascia Rope Ball is a great tool for muscle tensions you just can't reach. The rope helps you to keep the ball on the right spot either by leaning on a wall or laying down on the floor. Myofascia Rope Ball comes with two balls - spikey and smooth one. Perfect for relieving knots, trigger points and sore muscles.

- Length: 65 cm
- Ball diameter: 6,5 cm
- Color: black/red
- Material: tpr

61172



ONLINE VIDEO

MYOFASCIA BALL

MyoFascia Ball is a compact and effective tool for myofascial release exercises and various techniques to assist in equalizing muscle tension and releasing inter-connective tissues throughout the body. This firm ball allows you to target a small section of the muscle and penetrate tissue more deeply.

- Diameter: 6,3cm
- Color: red
- Material: rubber

61163



ONLINE VIDEO

MYOFASCIA DOUBLEBALL

DoubleBall is a compact and effective tool for myofascial release exercises and various techniques to assist in equalizing muscle tension and releasing inter-connective tissues throughout the body. This firm doubleball allows you to target a small section of the muscle and penetrate tissue more deeply.

- Length: 12,5cm
- Diameter: 6,3cm
- Color: red
- Material: tpr

61020





MASSAGE STICK

Massage stick is perfectly designed massage aid which uses leverage to do the work for you. It allows easy access to every pressure point in entire body. Effortlessly locate and relieve tight muscles, spasms and trigger points. Durable and strong yet lightweight tool for self-massage.

- Size 45 x19 x 3 cm
- Material: PP *Color: black

63054



MASSAGE HOOK

Massage Hook is a lightweight and durable self-massager that's easy to use. Simply hook it over your shoulder or around your body and massage tight, achy muscles for instant relief. Hook is equipped with roller at the end so besides direct pressure you can roll sore muscles with the hook.

- Size: 35 x 7,5 x 16cm
- Material: pp, tpr and steel

63053



FOOT & HAND MASSAGE ROLLER

Relieve and roll out muscular aches and tired feet with this compact massage roller. Foot & Hand Massage Roller is specifically designed for foot and forearm but can also be used for other parts of the body

- Compact size for easy transport
- Material: pvc, eva and pp
- Size: 17 x 7 cm

63005



HOT & COLD ROLLER

Hot & Cold Roller provides effective relief from everyday aches and stiffness. Ergonomic shape roller contours to the arch of the foot. The liquid inside allows the products to maintain its temperature for up to 20 minutes of hot or cold therapy. For heating: in warm or hot water. For cooling: freezer (max 5 h per time).

- Size: 8 x 19 cm
- Material: pvc

63052



SPIKY MASSAGE ROLLER

Oval shaped massage roller provides gentle, yet effective relief. Inflatable structure and slightly flexible spikes stimulate blood flow, promote sensory stimulation and loosen tight muscles.

Ideal for feet, legs, arms, shoulders and neck.

- Material: pvc
- Size: 15,5 x 6,5 cm

63002





COLD RECOVERY DOUBLEBALL

Combines myofascial and cold treatment in one. Doubleball structure enables fast and effective pain relief especially in the neck, back, shoulder and calf areas. The ball has cooling gel inside and it can be placed into freezer (max 5h per time). Cold treatment reduces inflammation and swelling from training and sports.

- Size: 6 x 12,8 x 6 cm
- Material: stainless steel

63012

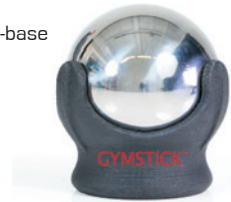


COLD RECOVERY BALL

Combines myofascial and cold treatment in one. Compact ball targets small sections of muscle and penetrates tissues more deeply. The ball has cooling gel inside and it can be placed into freezer (max 5h per time). Cold treatment reduces inflammation and swelling from training and sports.

- Ball comes with removable easy-to-grip handle-base
- Ball diameter: 6cm
- Material: stainless steel

63011



COLD MASSAGER

Massage and cold treatment in one. Reduces inflammation and swelling from training, sports injuries, arthritis and more. After freezing the stainless roller ball (max 5h per time), it stays cold longer than ice. It doesn't melt so you can relieve muscle tensions without wet mess.

Ergonomically shaped handle and stainless steel ball with cooling gel inside.

- Ball diameter: 5 cm
- Material: stainless steel, pp

63051



MASSAGE ROLLER

Massage Roller is a comfortable and effective tool for relieving muscle tensions in neck, back, arm and foot areas. Soft spiked massage rollers trigger muscle tension, activates blood circulation and relaxes. Soft handle parts bring comfort in massaging and reduces pressure on the hands.

- Size: 9 x 42 x 9 cm
- Material: pvc, pp, iron, pu

63006



MASSAGE BALL

An easy-to-use mobility tool which is firm enough to deliver a deep tissue massage. The spiky design help improve circulation and relieve sore, overworked muscles.

- Available in two colors
- Diameter: 9,5 cm
- Material: pvc

63008 (Grey)
61315 (Pink)





YOGA BLOCK CORK

Yoga Block Cork will improve flexibility, balance and alignment. Firm and stable cork construction allows you to feel secure while training. The cork material is 100% biogradable, highly renewable, recyclable and it comes from sustainable source.

- Size: 22,5 x 15 x 7,5cm
- Material: cork
- Hygienic and skin-friendly

61038



FASCIA BALL CORK

Use this effective tool for muscles and inter-connective tissues throughout the body. Compact and firm ball allows you to target even the smallest parts of the muscle. The cork material is 100% biogradable, highly renewable, recyclable and it comes from sustainable source.

- Diameter: 6,5cm
- Material: cork
- Hygienic and skin-friendly

61037



TRAINING MAT CORK

Training Mat Cork keeps good grip even when it's wet. This makes it a great choice for hot yoga, stretching, strength training and pilates training. The natural texture of the cork is soft, warm and skin-friendly for exceptional comfort.

- Size: 170 x 60 x 0,4cm
- Weight: 0,77kg
- Color: cork-black
- Material: Cork and tpe

61039



PRO YOGA MAT

Perfect choice for commercial studios and yoga centers. Superior wear and longevity with its semi-closed cell surface to keep moisture and sweat from seeping into the mat and breeding bacteria.

High-density cushion for unparalleled experience on any surface. Slip-resistance, yet non-sticky for optimal movement between poses. Pro Yoga Mat has proprietary dot pattern bottom to resist sliding. High quality material will not peel, flake or fade.

- Size: 180cm x 61cm x 0,6cm
- Weight: 2,5kg
- Material: PVC, eco-safe and 100% latex free
- Colors: Red-Black / Gre

61022-R (Red-Black)
61022-G (Grey-Black)





ONLINE VIDEO

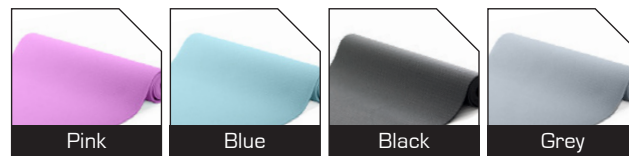


YOGA MAT

Stylish yoga exercise mat with carry strap for home use. Mat ensures a non-slip and safe exercise platform for example yoga, stretching, pilates and strength training. The mat is durable and easy to keep clean. The mat can be rolled up for storage.

- Includes: Yoga Mat and carry strap
- Size: 172cm x 61cm x 0,4cm
- Weight: 0,90kg
- Material: PVC

61170Pink
61170Blue
61170Black
61170Grey



ONLINE VIDEO



EXERCISE MAT NBR

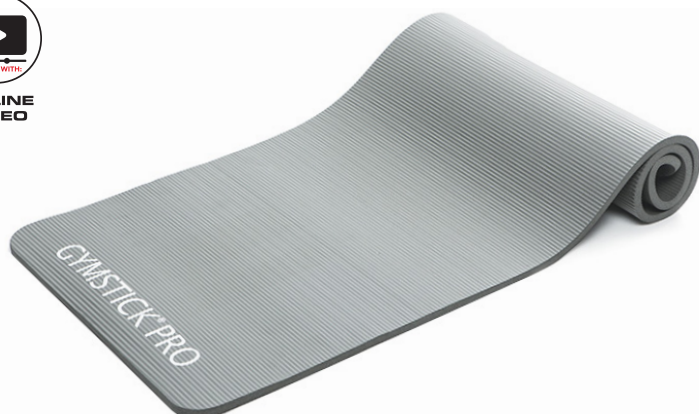
High-quality exercise mat for active exercising. This thick, non-slip mat is a comfortable and safe base for training. Separate mounting holes allow the mat to be hung on the wall, for example at a gym. The mat is made of environmental friendly NBR material.

- Size: 60 x 140 x 1cm
- Weight: 1,02kg
- Color: Black
- Material: NBR

61042GB (black)



ONLINE VIDEO



EXERCISE MAT NBR

High-quality exercise mat for active exercising. This thick, non-slip mat is a comfortable and safe base for training. Separate mounting holes allow the mat to be hung on the wall, for example at a gym. The mat is made of environmental friendly NBR material.

- Size: 60 x 170 x 1,5cm
- Weight: 1,53kg
- Color: Grey
- Material: NBR

61042G (grey)

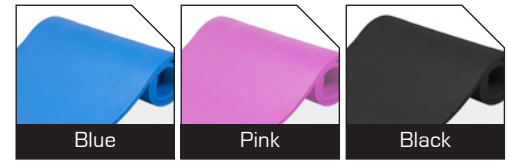


COMFORT MAT

Soft and comfortable exercise mat for stretching and training. Comfort mat provides a non-slip platform for effective and safe training sessions.

- Includes: Velcro carry strap
- Size: 60 x 160 x 1,5cm
- Color: Blue
- Material: NBR

61043BL
61043PI
61043BLAC



INTERLOCKING MAT SET

Multi-Purpose Interlocking Mat Set is 1,2cm thick, firm and durable, so it is good protection against the floor. You can use the mat as an exercise platform, a fitness tool or free weight platform. Mat set consists of four 60 x 60cm parts, which you can combine as you like. Set comes 8 detachable border pieces.

- 4 pieces of 60 x 60 x 1,2 cm
- Total area 120 x 120 cm (with border pieces 123 x 123 cm)
- Material: EVA • Weight 1,4 kg • Color: Black

61083

INTERLOCKING MAT PRO

High quality non-slip interlocking mat provides a safe and comfortable workout area. The mat protects the floor and gives a great platform for all kinds of training needs. Buy several mats and protect a larger area at once. Each piece comes with 4 detachable border pieces. Mats sold individually.

- Size: 100 x 100 x 2 cm / Weight: 2,4 kg
- Material: EVA
- Color: Reversible black & grey

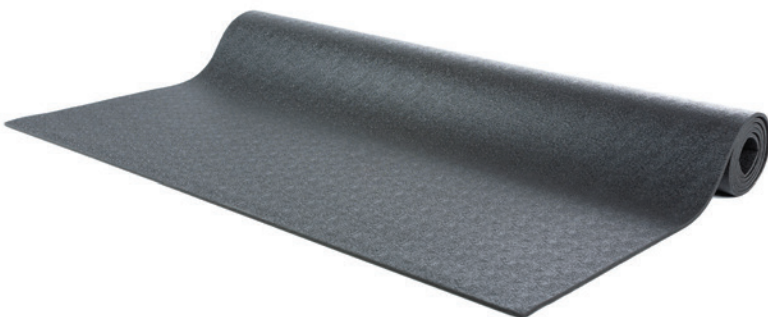
61174

INTERLOCKING MAT PRO RUBBER

Interlocking Rubber Mat is one of the most durable, shock absorbent, slip resistant and versatile flooring options for fitness, gym and pool areas. Workouts are safe while protecting floors against heavy-duty impacts and equipment. You can easily cover permanent or temporary workout spaces creating sectional matting areas or a wall-to-wall surfaces with full coverage.

- Suitable for commercial use • Easy puzzle assembly
- Material: Rubber (85% SBR and 15% EPDM)
- Size: 102,7 x 102,7 x 1,5 cm
- Weight: 13kg
- Color: Black-red
- Sold as single

61177-BR



FLOOR PROTECTION MAT

Protects floors and carpets against damage from treadmills, crosstrainers, exercise bikes and other heavy training equipment. 6mm thick mat absorbs noise, vibration and impact caused by cardio equipment when in use. Covers the surface of most large workout equipment, suitable also for benches, weights, and racks. It's strong, slip-resistant and easy to keep clean.

- Size: 200 x 100 x 0,6 cm • Weight: 2,4kg
- Color: Black • Material: pvc

61178



ONLINE VIDEO



PREMIUM EXERCISE BALL

Premium Exercise Ball is manufactured and designed especially for professional use and for demanding exercise environments. The ball is tested to a BRR (Burst Resistance Rating) of 350 kg and a static loading of 1000 kg.

- Available in three sizes: 55 cm, 65 cm and 75 cm
- Dynamic resistance 350 kg / static resistance 1000 kg
- Burst Resistant
- Medical grade materials used (latex-, phthalates-, lead- and BPA-free)
- Color: black
- Made in Australia

- 70055PRE (55 cm)
- 70065PRE (65 cm)
- 70075PRE (75 cm)



ONLINE VIDEO



EXERCISE BALL

A primary benefit of exercising with a exerciseball is that the body responds to the instability of the ball to remain balanced, engaging many more muscles. Exercise Ball can be used for stretching, strength and balance training. The Gymstick Exercise Ball is made of durable non-slip material. Includes Exercise Ball, hand pump & exercise chart.

- Available in: 55 cm, 65 cm & 75 cm
- Material: pvc
- Max. User W: 100kg

- 62009 (55 cm)
- 62010 (65 cm)
- 62011 (75 cm)



ONLINE VIDEO



OVAL EXERCISE BALL

The oval shape ball brings safety and ease to the training. The oval ball training develops muscle strength, improves balance and body control. Includes Oval exercise ball, hand pump and exercise instructions.

- Size: 84 x 36 x 36 cm • Material: pvc • Max. User W: 100 kg



62003



ONLINE VIDEO



STABILITY AIR PAD

Air Pad is versatile exercise and rehab tool. It's ideal for balance, stability, flexibility and core training. It improves ankle's range of motion and sensomotoric abilities so it's a great aid for recovering from ankle or knee injuries. Air Pad can be also used while sitting or lying down on it. Using the pad on a chair while sitting can relief lower back problems as it activates the core, stimulates the blood circulation and improves posture.

- Comes with a hand pump and exercise chart
- Size: Dia. 33 cm / Color: black graphite

62035



ONLINE VIDEO



EXERCISE WEIGHT BALL 2X1 KG

Ball shaped dumbbells for home users. Soft grip ball allows comfortable open palm handling during exercise. Strengthens the whole body when performing versatile exercises. Weight balls are also suitable to be used in stretching movements.

- Includes 2 x 1 kg Easy grip weighted ball
- Exercise chart and link for online training
- Diameter 12 cm

62013



ONLINE VIDEO



PRO CORE BALL

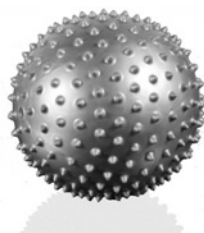
The Core Ball suits for many different exercises like MindBody, Pilates, Wellness and Fitness. Ball can be used for example to strengthen the spine musculature, mobility of the spine joints, relaxation, abdominal training, pelvis training and for neck massage.

- Includes: Exercise chart and a straw for filling up the ball with air
- Diameter: 22 cm
- Material: pvc

61113



ONLINE VIDEO



PILATES ROLLING BALL

Gymstick rolling ball is an effective tool for stretching, core strength training and massage. Small knobs on the ball will increase blood circulation and relax muscles by activating acupuncture points. The ball suits especially well for lower back stretching and core muscle workout.

- Diameter: 20 cm
- Material: pvc
- Max. User W: 100 kg

62004



ANTISTRESS BALL 3PCS.

Three different anti-stress balls in the same package. Anti-Stress balls can be used to develop compressive force and to activate blood circulation in hand and upper arm area. Excellent tool for release neck and shoulder tensions. Anti-Stress balls can also be used to develop dexterity and motor skills of your fingers.

Three different resistance levels green / soft, purple / medium, red / hard.

- Diameter 6,3 cm

61116



ONLINE VIDEO



PRO CHINNING BAR

Chinning Bar provides multiple grip positions for a variety of exercise option and can be mounted on wall or ceiling. When mounted on ceiling you have more room to do pull-ups with crunches, hip flexion and leg twists.

- Durable steel construction
- Rubber grips on ends for comfort
- Size: 98 x 33 x 22cm
- Color: black

61118



DOOR GYM BAR

Pull-up training is one of the most popular training methods for upper body muscles. Pull-up bar can be fixed to the doorway and it comes with detachable handles.

- Includes: Pull-Up Bar (adjustable length 66-91cm), doorway mounting and screws.
- Maximum user weight 130kg. Do not use in doorways wider than 91cm.
- Two color options – black and white

61029-BL (black) / 61029-WH (white)



ONLINE VIDEO



With mountings and screws you can secure the bar to the doorway.

MULTI-TRAINING DOOR GYM

The bar can be attached to any standard doorway in a few seconds without any mounting brackets. The bar can be also used for floor level exercises.

- The bar is made of durable steel and has soft foam grips.
- Workout instruction + link for online training
- Color: black
- Size: 93 x 42 x 17 cm

62065



ONLINE VIDEO



SQUEEZE BALL

Squeeze Ball keeps fingers, hands, and forearms strong. It improves grip strength, releases stiffness, and relieves joint pain. Squeeze ball is an effective tool in the treatment of carpal tunnel syndrome, tendonitis and repetitive strain injuries.

- Diameter 6,0 cm
- Material: tpr
- Color: black

61059



FINGER EXPANDER SET 3PCS

Excellent for conditioning the extensor muscles of the hands. Prevents hand fatigue, arthritis, strain, and early signs of carpal tunnel. Work on either individual finger or all in once. Increases finger mobility and grip strength.

- Set of 3 pcs. with different resistance levels (light, medium, strong)
- Material: TPR
- Color: red, grey, black

61060





Handy counter



Turn to adjust the resistance

ADJUSTABLE HAND GRIP WITH COUNTER

The adjustable hand grip with counter helps to strengthen your hand grip and tone your arm muscles. Turn the knob to find the correct tension and let the handy counter keep track of your squeezes!

- Adjustable resistance 10-40 kg
- Built-in counter
- Comfortable&ergonomic grip

61175



Turn to adjust the resistance

ADJUSTABLE HAND GRIP

The adjustable hand grip is convenient training tool for clamping force. Training activates blood circulation in the entire area of the arm and thus reduce the risk of synovium- and elbow problems.

- Available in: light / resistance 5-20 kg and strong / resistance 10-40 kg

61055-L, 61055-S



ONLINE VIDEO

STRETCHING BELT

Stretching Belt is an easy to use whole body mobility tool that helps you to perform assisted stretches. Get greater flexibility, range of motion, better muscle recovery and reduce joint stiffness. When using on a regular basis it also prevents from injuries. Multiple loops enable using different grip positions and gives feedback of your progress.

- Length: 180 cm (10 loops)
- Material: PP and rubber

61173



STRETCHING STICK

Ideal for stretching and mobility exercises. Added flexibility not only helps prevent injury but also helps to maximize other physical qualities. Young or old, beginner or expert, the stretching stick will help you keep your athletic edge.

- Ready-printed basic exercise movements on the stick
- Size: 131 x 3 cm
- Weight 0,3 kg

61107



ONLINE VIDEO





ONLINE VIDEO



EXERCISE WHEEL

Exercise wheel helps you tone abs, arms, shoulders and back. Easy-gliding wheel and ergonomic handles makes training easy and efficient. This compact size portable exercise equipment is simple to use anywhere.

- Width of handles: 25cm, Dia. of wheel: 17,5 cm
- Color: black/red
- Max. user weight: 100 kg

61005



ONLINE VIDEO



PUSH UP BARS

Push Up Bars for simple and efficient upper body muscle training. Ergonomically designed and non-slip handles provide a versatile and comfortable workout. Exercising in raised pushup position expands the range of motion which makes training more effective.

- Includes: Push Up Bars and workout instructions

61034



ONLINE VIDEO



BALANCE BOARD

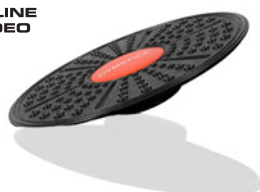
Great for overall body toning and sports rehabilitation. Great for home use, or for the office: use as a footrest. Builds pelvic stability, strengthens knees and increases the ankles range of motion!

- Includes exercise chart
- Dia. 36 cm (14")
- Weight: 0,56
- Max. User Weight: 100 kg

62015



ONLINE VIDEO



3 different adjustable heights

BALANCE BOARD WITH ADJUSTABLE TILT

More challenge in balance training. The balance board is supplied with raising piece, which can be placed under the board in three different positions. When board's elevation increases the training becomes more challenging.

- 3 different adjustable heights (5-6-7 cm)
- Includes exercise chart, Tilt tool and balance board

62061



FUNCTIONAL TRAINER

Delivers a total-body workout regardless of who you are. Over hundred effective movements using your own bodyweight for resistance. Easy to Setup and highly portable. Fast and easy workout. For all fitness levels and goals.

- Includes: Functional Trainer (length: 213 cm), door anchor (ceiling hook sold separately) & Workout instruction + link for online training
- Max user w.: 130 kg
- Color: black/ red
- Material: nylon, stainless steel

62066



PRO STEP

With this sturdy fitness gym-level step board you train safely even the toughest workouts. The floor blocks doesn't slip and rubber coated platform provides a safe surface to step on. Board height is easily adjustable to three different heights (15, 20 and 25 cm).

- Available in black-red and black-grey colors.
- Contains: height adjustable step board
- Size: 97 x 36 x 25 cm
- Weight: 8 kg

61054 Red/Black
61054G Grey/Black



FITNESS TRAMPOLINE

Jumping on trampoline is one of the best exercises for wellbeing of respiratory and circulatory system and does not strain the joints. Trampoline training is very suitable for beginners but also for more advanced exercisers. Support handle brings variety for exercises and is length adjustable. Trampoline is foldable for easy storage.

- Diameter 102 cm / 40"
- Trampoline has 32 steel springs (provides solid bounce)
- Removable handle bar
- Foldable design for easy storage
- Maximum user weight 100 kg
- Weight 8,8 kg / Color: Black-red

61026





CORE TWISTER

Twister exercising activates deep muscles of the core and prevents lower back tension. Abs, hips and thighs are exercised as the body is rotated from side to side, toning muscles and activating metabolism. Rotating platform provides a vigorous form of aerobic exercise.

- Includes: Core Twister board (dia. 29,5 cm) and instructions.
- Max.User Weight: 100 kg

61126



ONLINE VIDEO



1,2 KG JOINED HULA HOOP

1,2kg hula hoop brings versatility to core workout. Extra weight makes training much more effective than a normal ring training. The ring is covered with a soft eva material. Training tightens the torso and enhance mobility while reducing the risk of back problems.

- Includes: six parts 1,2 kg hula-ring (diameter 100 cm) and a workout poster
- Color: Grey-White
- Diameter: 100 cm / Weight 1,2 kg
- 6 piece assembly

62057-1,2



ONLINE VIDEO



PILATES RING

Pilates ring training tones and strengthens. The training also helps to develop and maintain good posture. The ring is non-slip, soft surface and padded cups for feet and hands.

- Flexible ring completely encased in a non-slip protective coating
- Lightweight, soft and comfortable to use
- Tones and strengthens the key core areas
- Creates and maintains good posture
- Includes exercise chart
- Size: 28,5 x 54 x 8,3 cm

62005





ULTIMATE EXERCISE ROLLER

Exercise roller developed for home users. For toning abs, arms, shoulders and glutes. Two easy-glide wheels with handles makes the training comfortable and with help of integrated resistance tubes you may perform even more demanding exercises than usual.

- Includes: Exercise wheel and workout instructions.
- Size: 28,5 x 54 x 8,3 cm

62014



ROWING EXERCISER

Simple rowing training tool for basic fitness training. You can do the rowing exercise to strengthen your arms, shoulders, lower back and abdominal muscles. Rower's resistance is adjustable with three rubber bands.

- Includes: Rowing Exerciser and workout instructions.
- Size: 28,5 x 54 x 8,3 cm

62006



TOTAL DOOR GYM

Door gym with adjustable tension is versatile, compact, and affordable strength training product for total body training.

- Easy to mount pulley system, adjustable brackets fit any size door
- Convenient and portable exercise machine, use the stretch cords for both sitting and standing, facing or back to the door
- Workout instruction + link for online training

62064





EXERCISE TUBE SET (3-IN-1)

Light weight and compact resistance tubing set is perfect for exercising anytime and anywhere. It comes with three different level of resistance. Set includes also two detachable high quality handles. Injection molded grip part on the handle offers comfortable and secure grip.

- Set includes 3 resistance tubes (light-grey, medium-black, strong-red) and 2 detachable handles
- Tube length 120cm, Material: TPR

61028

Pull force	100% stretch	300% stretch (maximum)
Light	3,5 kg	7 kg
Medium	4,5 kg	9 kg
Strong	5,5 kg	11 kg



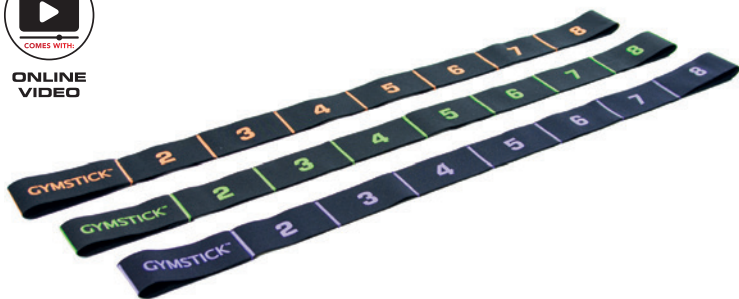
PRO EXERCISE TUBES

Versatile tool for toning and strengthening the muscles of the whole body. Pro Exercise Tubes with handles are suitable for club and home use.

- 4 different resistance levels available
- Tubing length 140 cm, Material: latex

61117-1 Apricot (light), 61117-2 Spring green (medium), 61117-3 Lavender (strong), 61117-4 Brown (x-strong)

Pull force	100% stretch	300% stretch (maximum)
Light	3,5 kg	7 kg
Medium	4,5 kg	9 kg
Strong	5,5 kg	11 kg
X-strong	6,5 kg	13 kg



MULTI-LOOP BANDS

Multi-Loop Bands are made from skin-friendly textile which are soft on the skin with no pinching or discomfort. Multi-Loop Band includes 8 loops which makes it easy to change quickly from exercise to another. These durable bands will not snap or tear as easily as regular bands and are fully machine washable. Available in 3 different resistance levels (light, medium, strong).

- Includes: Multi-Loop Band (size: 93 x 5 cm), sold as single
- Material: polyester and latex (no skin contact with latex)

61004-1 Black/Apricot (light)
61004-2 Black/Spring green (medium)
61004-3 Black/Lavender (strong)

Pull force	100% stretch	200% stretch (maximum)
Light	3,5 kg	7 kg
Medium	5 kg	11 kg
Strong	6,5 kg	13 kg





ONLINE VIDEO



• 2.5meter bands:

61096-1 Apricot - Extra light, 61096-2 Spring Green - Light, 61096-3 Lavender - Medium, 61096-4 Brown - Heavy, 61096-5 Sea green - Extra heavy, 61096-6 Purple - Super heavy



• 46 meter rolls:

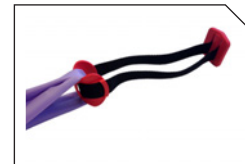
61095-1 Apricot - Extra light, 61095-2 Spring Green - Light, 61095-3 Lavender - Medium, 61095-4 Brown - Heavy, 61095-5 Sea green - Extra heavy, 61095-6 Purple - Super heavy

PRO EXERCISE BANDS

Pro Exercise Band are low in powder and low in protein, thereby improving the user's comfort and also avoiding the concern for latex allergy. The protein allergy problem is solved by two steps: Firstly, band is treated to remove most of the proteins content in latex. Secondly, band is washed to remove the excessive powder on the band.

High quality exercise bands are available in 2 lengths and in 6 different resistance levels. Made in Malaysia

Pull Force Test / kg		100%	300%
	APRICOT - Extra light	Min 1.3	Min 2.5
	SPRING GREEN - Light	Min 2.1	Min 3.7
	LAVENDER - Medium	Min 2.6	Min 4.5
	BROWN - Heavy	Min 3.2	Min 5.5
	SEA GREEN - Extra heavy	Min 4.2	Min 7.7
	PURPLE - Super heavy	Min 4.8	Min 8.3



Door anchor. Item code: 61103



Handle. Item code: 61102



ONLINE VIDEO



EXERCISE BAND SET

In the same package three different strengths of resistance band. Exercise bands are versatile tool in toning and shaping the whole body. These bands are ideal for warming-up and for muscle condition exercises.

- Includes 3 pcs durable resistance bands and exercise chart
- Material: TPR

62021

Pull force	100% stretch	300% stretch (maximum)
Light	2,5 kg	5 kg
Medium	4,0 kg	8,5 kg
Strong	5,5 kg	12 kg



ONLINE VIDEO



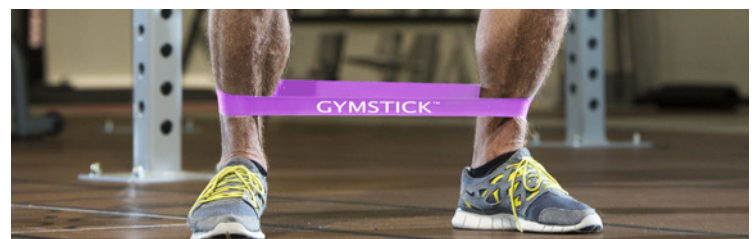
MINI BANDS

Mini Bands are compact closed-loop elastic rubber bands, which are used especially in warm-up, activation drills and rehabilitation in the gym or at home. Available in 3 different stiffness (light, medium and strong)

- Includes: Mini Band (size: 25 x 5 cm), sold as single
- Material: Latex

61167-1 Apricot (light), 61167-2 Spring green (medium), 61167-3 Lavender (strong)

Pull force	100% stretch	300% stretch (maximum)
Light	3,5 kg	7 kg
Medium	4,5 kg	9 kg
Strong	5,5 kg	11 kg



*the feeling
everybody
wants...*

Wellness

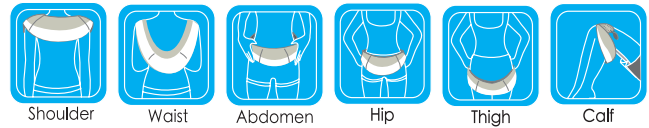


DRUM MASSAGER

Drum Massager is comfortable and very effective massage tool. Unique tapping massage effectively relaxes neck, shoulders, thighs and other parts of the body. It increases blood circulation, relieves fatigue and keeps your physique healthy.

- * Led-display: 20 types of massage functions, 10 intensities of rhythmic massage
- * Power: Power cable
- * Material: Synthetic leather / Color: Grey

63010



MASSAGE PILLOW

Massage Pillow is comfortable device for neck and shoulder area relaxation. Massage Pillow's effect is based on vibration, which increases blood flow to the head, neck and shoulder area. It is made of high-quality Lycra material which is breathable and comfortable against the skin. Massage Pillow contains six different vibration programs.

- Size: 38,5 x 26 x 12 cm
- Power: Batteries (2xAA, not included)
- Material: Lycra

61046



ACTIVE CHAIR

Active Chair is a seat which activates your core and back while sitting on it. It prevents and decreases back pains as well as tail bone problems. Excellent for office, home and in all places where you want to sit healthy.

- Height adjustable (50-69 cm)
- Chromed steel legs with soft PU wheels
- Air inflated seat
- Seat diameter: 350 mm
- Leg diameter: 450 mm

63025

Wellness
AIR INFLATED CUSH
for active sitting





ACTIVE OFFICE



DESK BIKE

Sit on the comfortable saddle of Desk Bike and start pedaling!

Easy suitable level of cycling will allow you to continue your desk work without interruption. Most importantly it will activate your core, keep your muscles moving, circulate blood and essentially make sitting healthy.

- Desk bike is quiet, energy efficient, and requires little space
- Suitable for home office or workplace
- LCD-console, 8-levels of adjustable resistance, height-adjustable seat
- Max user weight: 120 kg

More technical information on page 87.

EB-DESK



OFFICE BALL

Office Ball is a fancy seat which activates your core and back while sitting on it. It prevents and decreases back pains as well as tail bone problems. It is also a great exercise tool for whole-body workouts!

- Includes: comfortable high-quality cover (material: polyester), burst-resistance ball, two-way hand pump
- The ball contains sand (0,5kg) so it stays put and it won't roll away
- Available in 65cm and 75cm • Color: black-red
- Max user weight: 120 kg

63024-65
63024-75



DESK WALKER

Desk Walker is a treadmill that allows you to continue working while at the same time walking on a treadmill. Instead of sitting down all day, it allows you to work out while at work, hence burning calories and improve your mental and physical health.

- Controlled by smartphone app or with simple remote controller.
- Foldable handlebar - use the product with it or without it under the desk.
- Speed 1.0 - 6.8km/h, Max user weight: 100kg

More technical information on page 86.

TM-DESK





BOTTLE ROLLER

Bottle Roller combines two very important elements together - Hydration and Muscle maintenance. It is an ultimate recovery product. Made from high quality food-grade stainless steel (BPA-free) and because of its strong thick structure it can withstand even the heaviest foam rolling exercises.

- Available in two colors: blue and black
- Stainless steel
- BPA-free
- Dishwasher safe
- 0,75 ml

61146-BLU
61146-BL



GLASS WATER BOTTLE 0,60L

A water bottle made of glass is lightweight, safe and environmentally smarter alternative to plastic. Silicone sleeve provides non-slip grip and added protection. Bottle is made from heat resistant borosilicate glass, so it is possible to enjoy both hot and cold drinks in any weather temperature.

600 ml glass water bottle (BPA and phthalate free)

61143-PI (Pink)
61143-TU (Turquoise)
61143-BL (Black)



WATER BOTTLE 0,75L

This stylish water bottle is made of poly carbonate which allows the water to stay cool for longer. Ergonomic designed bottle enables a good grip. Quality made bottle will not leak and keeps your thirst away.

750 ml water bottle (BPA free)

61144-PI (Pink)
61144-TU (Turquoise)
61144-G (Grey)
61144-LI (Lime)



WATER BOTTLE 0,70L

This colorful transparent water bottle is made of polypropylene and have easy-to-use push/pull nozzle. Ergonomic designed bottle enables a good grip which will not leak and keeps your thirst away.

700 ml water bottle (BPA free)

61145-PI (Pink)
61145-TU (Turquoise)
61145-BL (Black)
61145-LI (Lime)

USEFUL GRID
BEHIND
THE TAPE

EASY CUT
TO THE SHAPE

KINESIOLOGY TAPE

Kinesiology tape provides relief and support for muscles and joints and can be used to prevent or treat hundreds of sports injuries. Can be worn in the pool or shower without coming off, is breathable and fast-drying. The tapes can remain on the skin up to 7 days. Tapes are made from a latex-free, medical grade acrylic adhesive that doesn't irritate skin like regular tapes or supports do and ensures optimal sticking onto skin.

- Material: 97% cotton, 3% spandex
- Size: 5 meter roll, width 5cm
- Color: Several color options

63026-BL (Black), 63026-PI (Pink),
63026-TU (Turquoise), 63026-BE (Beige)

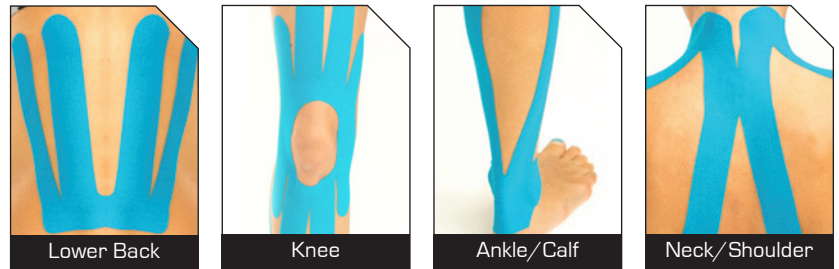


PRE-CUT KINESIOLOGY TAPE 2PCS

These pre-cut tapes consist of pre-cut strips of ready-to-use tapes in different shapes required for each particular application. Breathable and fast-drying tapes are latex free and includes medical grade non-irritating acrylic adhesive.

- Color: Turquoise
- Material: 97% cotton and 3% spandex fibers
- Each package Includes: 2pcs pre-cut kinesiology tapes

LOWER BACK 2 PCS 63030-TU
KNEE 2 PCS 63031-TU
ANKLE/CALF 2 PCS 63032-TU
NECK/SHOULDER 2 PCS 63033-TU



SPORT TAPE 2PCS SET

Quality sports tape as a set of 2pcs. This sport tape is intended to prevent, treat, and rehabilitate muscle pulls, sprains or other sports related injuries during or after activity.

- Medical grade acrylic adhesive (doesn't irritate skin)
- 100% cotton
- Width: 38mm • Length: 10m
- Color: white • Latex-free

63040



COHESIVE BANDAGE TAPE 2PCS SET

Quality cohesive bandage tape as a set of 2pcs. It sticks to itself and not to skin or hair so no need for pins or tape. Ideal for use by physiotherapists or sportsmen needing a fast and effective application. Can be unwound carefully and reused if required.

- Medical grade acrylic adhesive (doesn't irritate skin)
- Made of medical non-woven fabric
- Width: 75mm • Length: 4m
- Color: turquoise • Latex-free

63041-TU





ANKLE SUPPORT 1.0, ONE-SIZE

Elastic, breathable and moisture transporting ankle support with highly adjustable elastic strap bandage. It gives just the right level of stabilization and support to keep sore ankle warm and secure to feel more comfortable.

Material: 30% Neoprene / 35% Polyester / 35% Nylon

63060



ELBOW SUPPORT 1.0, ONE-SIZE

Elastic, breathable and moisture transporting elbow support with highly adjustable elastic strap bandage. It gives just the right level of stabilization and support to keep sore elbow warm and secure to feel better and more comfortable.

Material: 30% Neoprene / 35% Polyester / 35% Nylon

63066



KNEE SUPPORT 1.0, ONE-SIZE

Elastic, breathable and moisture transporting knee support with highly adjustable elastic strap bandage. It gives just the right level of stabilization and support to keep sore knee warm and secure to feel better and more comfortable.

Material: 30% Neoprene / 35% Polyester / 35% Nylon

63062



KNEE SUPPORT 2.0, ONE-SIZE

3mm neoprene knee support with three flexible velcro belts is fully adjustable for different needs and sizes. It provides extra stabilization for the joint and kneecap with reinforced patella stabilizer to hold the patella in proper position. Effectively relieves knee pain, strains, and arthritis.

Material: Polyester 15 % / Neoprene 45 % / Nylon 34 % / Spandex 6 %

63063





ANKLE SUPPORT 2.0, ONE-SIZE

Fully adjustable 3mm neoprene ankle support with open heel design allows a wide range of motions during activity and still provide support for the ankle tendons and joints. Crisscross straps stabilize the ankle to restrict unwanted movement. Ideal support for general protection against acute and chronic ankle strain caused by high intensity exercises.

Materials: Polyester 15% / Neoprene 45% / Nylon 34% / Spandex 6%

63061



BACK SUPPORT 1.0, ONE-SIZE

3mm neoprene back support compresses and supports while retaining therapeutic heat. Simple design and fully adjustable velcro closure assures optimum fit. Design to block and relieve back aches.

Size: 95cm x 20 cm

Material: Polyester 15% / Neoprene 45% / Nylon 34% / Spandex 6%

63064



BACK SUPPORT 2.0

Ideal for those with occupations or hobbies which involve heavy lifting and carrying. The additional 4 metal stays and two strong compression straps help to limit unwanted twisting and bending movements. Protects from strains and pulls and is ideal for work, sports and everyday wear.

Size: S/M 100 cm x 20 cm
L/XL 110 cm x 20 cm

Materials: Polyester 58% / Neoprene 5% / Nylon 34% / Foam 3%

63065-S/M
63065-L/XL

TENNIS ELBOW SUPPORT 2.0

Forearm support to help relieve painful tennis/golf elbow symptoms. Adjustable hook and loop velcro strap for direct tendon pressure and custom support.

Size: 42 cm x 5 cm

Materials: Polyester 50% / Neoprene 10% / Nylon 34% / Spanex 6%

63067



WRIST SUPPORT 2.0

3mm neoprene wrist support with adjustable tightness helps to promote healing and pain relief. Thumb hole design and velcro closures for custom fit and comfort.

Size: 36 cm x 11,5 cm

Materials: Polyester 15% / Neoprene 45% / Nylon 34% / Spanex 6%

63068





ONLINE VIDEO



ACTIVE EXERCISE BALL

Exercise Ball is one of the most popular home fitness equipment's in the world. A primary benefit of exercising with a bodyball is that the body responds to the instability of the ball to remain balanced, engaging many more muscles. Exercise Ball can be used for stretching, strength training and balance training in more versatile ways than any other fitness equipment. Includes: hand pump, exercise chart and link for online training.

- Available in: 65 cm & 75 cm
- Color: Blue
- Material: pvc

72005 (65cm)
72006 (75cm)



ONLINE VIDEO



ACTIVE PILATES BALL 20CM

Active Pilates Ball suits for many different exercises like MindBody, Pilates, Wellness and Fitness. Ball can be used for example to strengthen the spine musculature, mobility of the spine joints, relaxation, abdominal training, pelvis training and for neck massage. Includes: exercise chart and link for Online training.

- Diameter: 20cm
- Color: Blue
- Material: pvc

72007





ACTIVE TRAINING MAT CORK

Active Training Mat Cork remains good grip even when it's wet. This makes it a great choice for hot yoga, stretching, strength training and pilates training.

- Size: 170 x 60 x 0,4cm
- Weight: 0,77kg
- Color: Cork-Black
- Material: Cork and tpe

72001



ACTIVE 2-TONE TRAINING MAT

Active 2-Tone Training Mat ensures a non-slip and safe exercise platform for example for stretching, strength training and pilates training. The mat is durable and easy to keep clean.

- Size: 170 x 60 x 0,5cm
- Weight: 1,41kg
- Color: Blue-Black
- Material: pvc

72002-BB

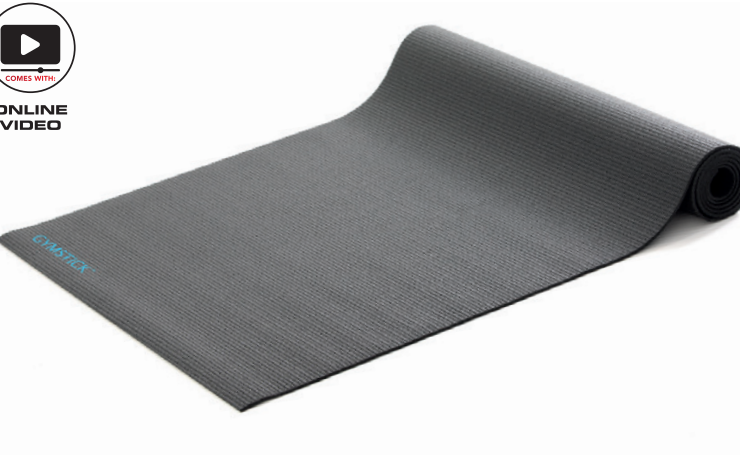


ACTIVE WORKOUT MAT

Active Workout Mat provides comfort platform for home fitness training. Training is safe and pleasant on this thick, soft and non-slip exercise mat. Mat is made of environmentally friendly NBR-material.

- Size: 180 x 60 x 1,0 cm
- Weight: 0,91kg
- Color: Black
- Material: NBR

72003

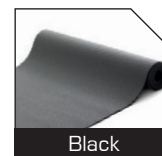


ACTIVE TRAINING MAT

Active Training Mat ensures a non-slip and safe exercise platform for example for stretching, strength training and pilates training. The mat is durable and easy to keep clean. Available in 3 different colors: black, pink and white.

- Size: 170 x 60 x 0,4cm.
- Weight: 0,9kg
- Material: pvc

72004-BL / 72004-PI / 72004-WH





ACTIVE POWER BAND

Power Bands are durable closed-loop resistance bands. Great for strength & speed training, agility drills, jump, resistance and pull-up exercises.

- Available in three different resistance levels
- Material: latex

72008-L	Size: 208 x 0,64 x 0,45cm / Max. pull force: 7,5kg
72008-M	Size: 208 x 1,27 x 0,45cm / Max. pull force 15kg
72008-S	Size: 208 x 2,86 x 0,45cm / Max. pull force 30kg



ONLINE VIDEO



ACTIVE WORKOUT TUBE WITH DOOR ANCHOR

Excellent tool for toning and strengthening the muscles of the whole body. Great for beginners & intermediate-level workouts. Door anchor brings countless exercise possibilities more to the already versatile product. Comes with a door anchor.

- Length: 140cm
- Material: tpr

72009



ONLINE VIDEO



ACTIVE WORKOUT BAND SET 3PCS

Tones and shapes the whole body. Ideal for warming-up and musclecondition exercises. Includes: 3 pcs durable resistance bands.

- Length: 120cm
- Material: tpr

72010



ONLINE VIDEO



ACTIVE MINI BANDS SET 2PCS

Mini Bands are compact closed-loop elastic rubber bands, which are used especially in warm-up, activation drills and rehabilitation in the gym or at home. Mini Bands offer new training methods for different step exercises, leg extensions, shoulder stabilization and for clute activation exercises.

- Includes: 2 pcs, Medium (blue) and Strong (black)
- Length: 25cm

72011





ACTIVE FASCIA MASSAGER

Active Fascia Massager offers instant relief for tight and achy muscles. It's equipped with two rotating balls which are fixed to a rigid stand. Non-slip stand keeps well on its place while massaging. Suitable especially for arm, foot, calf, neck and back areas.

- Size: 19 x 13 x 11,5 cm

72043



ONLINE VIDEO



ACTIVE JUMP ROPE 275CM

Improves cardiovascular endurance and fat loss. 275cm in length with adjustable clip inside the handle. Rigid plastic handle with non-slip padding for extra comfort.

- Comfortable handle
- Adjustable length

72014



ONLINE VIDEO



ACTIVE BALANCE AIR PAD

This fresh looking air pad provides an excellent platform for versatile balance and core training exercises. Great tool for rehabilitation and especially for improving ankle's range of motion and sensomotoric abilities. Air pad works also in helping lower back problems because it makes sitting more dynamic. Includes a hand pump.

- Diameter: 33cm

72015



ACTIVE HOT & COLD MASSAGE SET

Hot & Cold massage set provides effective relief from everyday aches and stiffness. Ergonomic shape roller contours to the arch of the foot and textured ball offers comfortable massage treatment. The liquid inside allows the products to maintain its temperature for up to 20 minutes of hot or cold therapy. For heating: in warm or hot water (no boiling water, no microwave allowed). For cooling: freezer (max 5 hours per time).

- Size: 18,5 x 8,2cm (roller)
- Diameter: 7,5cm (ball)
- Material: pvc

72034



ACTIVE ANKLE & WRIST WEIGHT 2 X 1KG

Soft neoprene material contours well giving a close fit and will not restrict movement to perform exercises.

- Size: 26,5 x 11 cm
- Material: neoprene
- Sold as a pair

72023



ACTIVE FOAM HAND GRIPS

A convenient training tool for grip force. Training activates blood circulation in the entire area of the arm and thus reduce the risk of synovium- and elbow problems.

- Steel springs
- Size: 9,5 x 2,5 x 12,5cm
- Sold as a pair

72017



ACTIVE ADJUSTABLE HAND GRIP

An excellent tool for building the hand and forearm strength as well as for stress management. Just turn the knob back and forth to find the ideal tension.

- Adjustable tension from 10kg to 40kg
- Steel spring
- Size: 13 x 15,5 x 2,2cm

72018



ONLINE VIDEO



ACTIVE VINYL DUMBBELLS

Soft vinyl surface offers a comfortable training and it does not leave marks on the floor. Available in three different weight: 1kg, 3kg and 5kg.

- Material: vinyl, cement • Sold as a pair

72021-1 / 2 x 1kg
72021-3 / 2 x 3kg
72021-5 / 2 x 5kg



ONLINE VIDEO



ACTIVE 10KG VINYL DUMBBELL SET

10kg Adjustable Dumbbell Set is designed for effective strength training.

- 1 x handle (360 x 25 mm)
- 4 x 2,5 kg vinyl weight plate
- 2 x spring collar

72022-10

1X10 KG SET



ONLINE VIDEO



ACTIVE 15KG VINYL DUMBBELL SET

15kg Adjustable Dumbbell Set is designed for effective strength training.

- 1 x handle (480 x 25 mm)
- 4 x 2,5 kg vinyl weight plate
- 4 x 1,25 kg vinyl weight plate
- 2 x spring collar

72022-15

1X15 KG SET

ACTIVE MULTI DOOR GYM

The bar can be attached to any standard doorway in a few seconds without any mounting brackets. Possible to perform chin-ups, push-ups, triceps dips and sit-ups.

- Size: 93 x 42 x 1 cm
- Material: steel
- Max. user weight: 100 kg

72020



ONLINE VIDEO

ACTIVE CHIN UP BAR

Chin Up training is one of the most popular training methods for upper body muscles. Chin Up Bar can be fixed to the doorway. Includes: chin-up bar, doorway mounting and screws.

- Material: sbr, pp and steel
- Max. user weight: 130kg
- Adjustable length: 66-91 cm

72019



ONLINE VIDEO

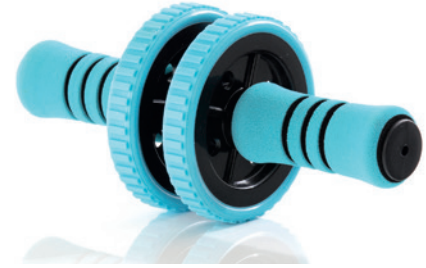


ACTIVE WORKOUT ROLLER

Active Workout Roller helps you to tone abs, arms, shoulders and back. Two easy-glide wheels and ergonomic handles to make training efficient. This compact size portable exercise equipment is easy to use anywhere.

- Width: 25,5cm
- Wheel diameter: 10,5cm

72012

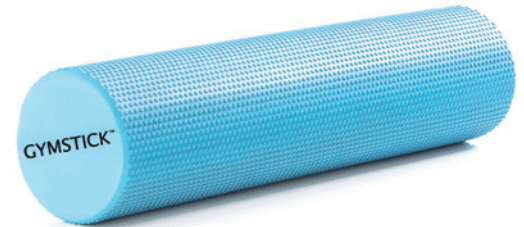


ACTIVE FOAM ROLLER 60CM

Foam roller takes care of soft tissue adhesions to restore flexibility and bring relief to muscular pain. May also be used for gentle stretching and self-mobilization of joints and spine.

- Size: 60 x 15cm
- Material: eva

72024



ACTIVE BARREL ROLLER 33CM

Active Barrel Roller is perfect for developing core stabilization, lower body balance and stamina. Roller is suitable for myofascial treatments for better mobility and muscle condition. With Barrel roller you take care of your muscles, joints and spine in an easy and effective way.

- Size: 33 x 14cm
- Material: eva, pvc

72025-BLA
72025-BLU



ACTIVE COMPACT FOAM ROLLER 30CM

Compact Foam roller takes care of soft tissue adhesions to restore flexibility and bring relief to muscular pain. May also be used for gentle stretching and self-mobilization of joints and spine.

- Size: 30 x 10cm
- Material: eva

72026





ONLINE VIDEO



ACTIVE HALF BARREL ROLLER 13CM

Half Barrel Roller takes care of soft tissue adhesions to restore flexibility and bring relief to muscular pain. May also be used for gentle stretching and self-mobilization of joints and spine.

- Size: 12,5 x 13cm
- Material: eva, pvc

72027



ONLINE VIDEO



ACTIVE MINI BARREL ROLLER 15CM

The Mini Barrel Roller is perfect for relieving tight muscles. Can be used both before and after exercise, the roller is very portable and simple to use.

- Color: 15 x 6,7cm
- Material: eva, abs

72028



ACTIVE MINI MASSAGER

Relieve and roll out muscular aches and tired feet with this compact mini massager. It is specifically designed for foot and forearm but can also be used for other parts of the body. Ergonomic shape provides comfortable massage. Compact size for easy transport.

- Size: 13,8 x 3,2cm
- Material: tpr

72029



ACTIVE MASSAGE BAR

Massage Bar is a comfortable and effective tool for relieving muscle tensions for whole body. Spiked massage balls on the bar trigger muscle tension, activates blood circulation and relaxes. Soft handle parts bring comfort in massaging and reduces pressure on the hands.

- Width: 42cm
- Ball diameter: 6cm
- Material: pvc, pp and foam

72030





ACTIVE MASSAGE HOOK

Massage Hook is a lightweight and durable self-massager that's easy to use. Simply hook it over your shoulder or around your body and massage tight, achy muscles for instant relief. Hook is equipped with roller at the end so besides direct pressure you can roll sore muscles with the hook.

- Size: 35 x 7,5 x 16cm
- Material: pp, tpr and steel

72040



ACTIVE RECOVERY TWIN BALL

An easy-to-use mobility tool which is firm enough to deliver a deep tissue massage. Helps to improve blood circulation and relieve sore, overworked muscles.

- Size: 15,7 x 8 cm
- Material: epp

72032

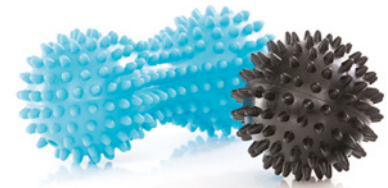


ACTIVE SPIKEY MASSAGE COMBO

Two easy-to-use mobility tools which are firm enough to deliver a deep tissue massage. The spiky design helps to improve circulation and relieve sore, overworked muscles.

- Size: 15,6 x 7 cm (double ball)
- Diameter: 7,5 cm (ball)
- Material: pvc

72033

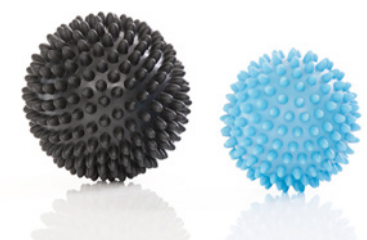


ACTIVE SPIKEY MASSAGE BALL SET 2PCS

Two easy-to-use mobility tools which are firm enough to deliver a deep tissue massage. The spiky design helps to improve circulation and relieve sore, overworked muscles.

- Diameter: 9 cm (large) and 7 cm (small)
- Material: pvc

72039





ACTIVE COLD MASSAGER

Massage and cold treatment in one. Reduces inflammation and swelling from training, sports injuries, arthritis and more. After freezing the stainless roller ball, it stays cold longer than ice. It doesn't melt so you can relieve muscle tensions without wet mess.

Ergonomically shaped handle and stainless steel ball with cooling gel inside. Freezer time: max 5 hours per time.

- Ball diameter: 5 cm
- Material: stainless steel, pp

72031



ACTIVE COLD RECOVERY ROLLER

Active Cold Recovery Roller is an effective tool for relieving muscle tensions. The steel-made roller can be placed into freezer. Cold treatment reduces inflammation and swelling from training, sports injuries, arthritis and more. The roller activates blood circulation and relaxes.

- Size: 4,8 x 43 x 4,8 cm
- Material: Stainless steel, pp

72044



ACTIVE COLD RECOVERY BALL

Combines myofascial and cold treatment in one. Compact ball targets small sections of muscle and penetrates tissues more deeply. The ball has cooling gel inside and it can be placed into freezer (max 5h per time). Cold treatment reduces inflammation and swelling from training and sports.

- Ball comes with removable easy-to-grip handle-base
- Ball diameter: 6cm
- Material: stainless steel

72045



ACTIVE COLD RECOVERY DOUBLEBALL

Combines myofascial and cold treatment in one. Doubleball structure enables fast and effective pain relief especially in the neck, back, shoulder and calf areas. The ball has cooling gel inside and it can be placed into freezer (max 5h per time).

- Size: 6 x 12,8 x 6 cm
- Material: stainless steel

72046





ONLINE VIDEO



ACTIVE FASCIA BALL CORK

Use this effective tool for muscles and inter-connective tissues throughout the body. Compact and firm ball allows you to target even the smallest parts of the muscle. The cork material is 100% biogradable, highly renewable, recyclable and it comes from sustainable source.

- Diameter: 6,5cm
- Material: cork
- Hygienic and skin-friendly

72047



ONLINE VIDEO



ACTIVE FASCIA DOUBLEBALL CORK

Use this effective tool for muscles and inter-connective tissues throughout the body. Doubleball structure enables fast and effective pain relief especially in the neck, back, shoulder and calf areas. The cork material is 100% biogradable, highly renewable, recyclable and it comes from sustainable source.

- Size: 13,5 x 6,5, x 6,5 cm
- Material: cork
- Hygienic and skin-friendly

72048



ONLINE VIDEO



ACTIVE FASCIA ROLL CORK

Cork roller takes care of soft tissue adhesions to restore flexibility and bring relief to muscular pain. May also be used for gentle stretching and self-mobilization of joints and spine. The cork material is 100% biogradable, highly renewable, recyclable and it comes from sustainable source.

- Size: 10,5 x 30 x 10,5 cm
- Material: cork
- Hygienic and skin-friendly

72049



ONLINE VIDEO



ACTIVE YOGA BLOCK CORK

Yoga Block Cork will improve flexibility, balance and alignment. Firm and stable cork construction allows you to feel secure while training. The cork material is 100% biogradable, highly renewable, recyclable and it comes from sustainable source.

- Size: 22,5 x 15 x 7,5cm
- Material: cork
- Hygienic and skin-friendly

72050



ACTIVE YOGA WHEEL CORK

Yoga Wheel helps to increase flexibility, build core strength and relieve stress. Durable abs construction together with anti-slip cork surface allows you to feel secure while training. The cork material is 100% biogradable, highly renewable, recyclable and it comes from sustainable source.

- Size: 33 x 12,7 x 33cm
- Material: cork and ABS
- Hygienic and skin-friendly

72051





ACTIVE MASSAGE ROPE BALL

Rope Ball is a great tool for muscle knots you just can't reach. The rope helps you to keep the ball on the right spot either by leaning on a wall or laying down on the floor. Perfect for relieving muscle tension in the back, shoulders, legs and other spots needing to penetrate tissue more deeply. Rope Ball comes with two balls.

- Diameter: 6,5cm
- Length: 65cm
- Material: tpr

72035



ONLINE VIDEO



ACTIVE RECOVERY BALL 10CM

An easy-to-use mobility tool which is firm enough to deliver a deep tissue massage. Ball helps to improve blood circulation and relieve sore, overworked muscles.

- Diameter: 10cm
- Material: epp

72036



ONLINE VIDEO



ACTIVE MYOFASCIA BALL

Active MyoFascia Ball is a compact and effective tool for myofascial release exercises and various techniques to assist in equalizing muscle tension and releasing inter-connective tissues throughout the body. This firm ball allows you to target a small section of the muscle and penetrate tissue more deeply. When used in regular basis you can achieve more relaxed muscles, better range of movement and better posture.

- Diameter: 6cm
- Material: rubber

72037



ACTIVE MINI MASSAGE BALL

An easy-to-use mobility tool which is firm enough to deliver a deep tissue massage. Ball helps to improve blood circulation and relieve sore, overworked muscles.

- Diameter: 4,8cm
- Material: pvc

72038





ACTIVE SPIKE MAT

Active Spike Mat is effective tool for releasing muscular tension, aches and pains. Pressure of the spikes enhances blood circulation and it makes you feel calm and relaxed.

- Size: 64 x 40 x 3cm
- Material: 100% cotton, spikes abs

72041



ACTIVE WALKER

Gymstick Active Walker -poles are suitable for Nordic walking for beginners and fitness enthusiasts. Active Walkers shaft is lightweight and durable. The straps are comfortable and well adjustable. The handle is made of soft and comfortable foam.

- Shaft: 100% glassfiber
- Paw: universal paw
- Available: 105 - 125cm / 5cm

72042-105*-125



ACTIVE EXERCISE BIKE

Active Bike is an elegant exercise bike with fine details designed for home training. Indoor cycling effectively develops cardiovascular fitness and tones your muscles. Computer with LCD-display and ipad-holder.

- 8-level manual magnetic resistance
- Functions: time, distance, speed, CAL, pulse (hand sensors), ODO and scan.
- Vertical seat adjustment and transportation wheels
- Maximum user weight: 100kg.
- Assembly size: 88 x 49 x 124cm / Weight: 20,5kg
- Carton size: 73,5 x 24,5 x 53cm / Weight: 23,3kg

EB-ACTIVE

Nordic Walking Poles



231105*-125

GO WALKER

Gymstick Go Walker -poles are suitable for Nordic walking for beginners and fitness enthusiasts. Go Walkers shaft is lightweight and durable. The straps are comfortable and well adjustable. The handle is made of soft and comfortable EVA foam and comes with well-fitting thumb strap.

- Shaft: 100% glassfiber • Paw: universal paw • Available: 105-125cm / 5cm



Adjustable 83 - 135 cm

28000

TELESCOPIC FIT WALKER

High quality and fresh colored two-section telescopic Nordic walking poles. Thanks to adjustability from 83 - 135 cm they can be easily carried around and also used by several users. Cork handgrips are comfortable and warm even when the weather gets colder.

- Shaft: 20% carbon • Paw: universal paw • Packing length: 83 cm



GYMSTICK™ Emotion



ONLINE VIDEO



20KG PUMP SET

This pink-colored Pump Set is perfect for training at home. 3-piece-bar is made of resilient metal and is coated to ensure a secure grip. Weight plates are made of vinyl, so they will not leave marks on the floor.

Includes:

- 140 cm long 3-piece bar (2,5 kg)
- 2 spring locks • 6 weight plates (2×1,25 kg, 2×2,5 kg and 2×5 kg).
- Instruction poster
- Grip area on the bar is 92 cm
- Hole diameter of the weight plates is 30 mm.
- Size: 140 x 26 x 26 cm

62053



ONLINE VIDEO



AEROBIC STEPPER

Step board is a great tool to bring power and versatility in your training. It helps you to train harder and keeps your heart rate higher during the exercise. It may also be combined conveniently with pump exercise or dumbbell workout. Step bench surface is roughened, so it provides a good grip. Board height is easily adjustable to three different heights (12, 17 and 22 cm).

- Size: 63 x 25 x 12 cm
- Material: pp
- Max.User W: 100 kg

62054





EMOTION VINYL KETTLEBELL

Emotion Vinyl Kettlebell is stylish ergonomically designed kettlebell. The benefit of kettlebell training is based on functional movement which means that more than one muscle group is working at the same time. Kettlebell training uses dynamic full body actions that will challenge the muscular and cardiovascular systems. Includes written instructions and is perfect for home use.

- Available in 5 kg and 8 kg
- Size (cm): 5 kg - 21,5 x 15 x 23 / 8 kg - 24,5 x 18 x 27
- Material: vinyl and cement

61306-5 (5 kg)
61306-8 (8 kg)



5 kg

8 kg



TRAINING GLOVES - PINK

Quality training gloves provide comfortable fit and great grip for all of your workouts. Breathable mesh back offers good ventilation while ergonomic palm gives extra comfort. With practical pull loops the gloves are easy to put on and remove. Reinforced stitched stress areas with padded palm for durability.

61318-S (Small)
61318-M (Medium)
61318-L (Large)



EMOTION SPIDER TUBES

Versatile tool for toning and strengthening the muscles of the whole body. Spider tubes have four loops with handles, one loop for each limb. You can perform dozens of effective functional movements or just simply use it for daily basic exercising. Easy to carry, easy to store.

- Material: TPR
- Color: Pink and black

61309



EMOTION 0,75 KG JOINED HULA HOOP

0.75kg hula hoop brings versatility to core workout. Extra weight makes training much more effective than a normal ring training. The ring is covered with a soft eva material. Training tightens the torso and enhance mobility while reducing the risk of back problems.

- Includes: six parts 0,75 kg hula-ring (diameter 90 cm) and a workout poster

61058-0,75P





ONLINE VIDEO



EMOTION BARREL ROLLER

Emotion Barrel Roller is perfect for developing core stabilization, lower body balance and stamina. Roller is suitable for myofascial treatments for better mobility and muscle condition. With Barrel roller you take care of your muscles, joints and spine in an easy and effective way.

- Size: 33 x 14cm
- Material: eva, pvc
- Color: Pink-black

61308



EMOTION MASSAGE ROLLER

Emotion massage Roller is a comfortable and effective tool for relieving muscle tensions in neck, back, arm and foot areas. Soft spiked massage rollers trigger muscle tension, activates blood circulation and relaxes. Soft handle parts bring comfort in massaging and reduces pressure on the hands.

- Size: 9 x 42 x 9 cm
- Material: pvc, pp, iron, pu

61317



EMOTION SPIKE MAT

Emotion Spike Mat is effective tool for releasing muscular tension, aches and pains. Pressure of the spikes enhances blood circulation and it makes you feel calm and relaxed.

- Size: 68 x 42 cm
- Material: 100% cotton, spikes abs plastic
- Includes: Mat with 6210pcs spikes

61316



ONLINE VIDEO



EMOTION EXERCISE MAT WITH CARRY STRAP

Exercise mat with carry strap is suitable for home fitness. Comfortable and non-slip surface. Fashionable design.

- Size: 160 x 61 x 0,40 cm
- Includes velcro carry strap
- Color: white with pink pattern

61304



ONLINE VIDEO



EMOTION EXERCISE BALL

Emotion - Exercise Ball is a stylish training tool for versatile fitness training for home users. The effectiveness of ball exercise is based on the fact that working in unstable ground activates more muscles. Training develops muscle strength and balance and body control on the whole body area.

- Includes: exercise ball, hand pump and written instructions
- Available in: 65 cm and 75 cm sizes

61302 Emotion Exercise Ball 65 cm
61303 Emotion Exercise Ball 75 cm



ONLINE VIDEO



EMOTION STABILITY AIR PAD

This fresh looking air pad provides an excellent platform for versatile balance and core training exercises. Great tool for rehabilitation and especially for improving ankle's range of motion and sensomotoric abilities. Air pad works also in helping lower back problems because it makes sitting more dynamic.

- 33 cm diameter air pad comes with a hand pump and exercise chart

61313



ONLINE VIDEO



EMOTION ROLLING BALL

Emotion rolling ball is an effective tool for stretching, core strength training and massage. Small knobs on the ball will increase blood circulation and relax muscles by activating acupuncture points. The ball suits especially well for lower back stretching and core muscle workout. Includes rolling ball with knobs. (dia. 20 cm / 8", hand pump and exercise chart.

- Diameter 20 cm
- Weight: 0,3 kg

61314



ONLINE VIDEO



EMOTION MASSAGE BALL SET 2PCS

Two easy-to-use mobility tools which are firm enough to deliver a deep tissue massage. The spiky design helps to improve circulation and relieve sore, overworked muscles.

- Diameter: 9 cm (large-pink) and 7 cm (small-white)
- Material: pvc

61307





ONLINE VIDEO



EMOTION MYOFASCIA BALL

Emotion MyoFascia Ball is a compact and effective tool for myofascial release exercises and various techniques to assist in equalizing muscle tension and releasing inter-connective tissues throughout the body. This firm ball allows you to target a small section of the muscle and penetrate tissue more deeply. When used in regular basis you can achieve more relaxed muscles, better range of movement and better posture.

- Diameter: 6,3 cm
- Color: pink
- Material: rubber

61319



EMOTION MASSAGE BALL

An easy-to-use mobility tool which is firm enough to deliver a deep tissue massage. The spiky design help improve circulation and relieve sore, overworked muscles.

- Diameter: 9,5 cm
- Material: pvc
- Color: pink

61315



ONLINE VIDEO



EMOTION EXERCISE BANDS

Exercise bands are versatile tool in toning and shaping the whole body. You can do exercises to develop upper, middle and lower body muscles. Exercise bands strain joints just a little so it suits for a beginner as well as for advanced exercisers. The advantage of its small size is that you can take it along where ever you go. Contains: Emotion resistance band (size 120 cmx15 cm) and written instructions.

- Material: tpr
- Available in: light, medium, strong

61312-L (Light)
61312-M (Medium)
61312-S (Strong)



ONLINE VIDEO



EMOTION MINI BAND SET 3PCS

Mini Bands are compact closed-loop elastic rubber bands, which are used especially in warm-up, activation drills and rehabilitation in the gym or at home.

- Set includes: 3 pcs of Mini Bands (light, medium, strong)
- Each band size: 25 x 5 cm
- Material: Latex

61310



FITROCKS™

The handmade Finnish Fitrocks began their journey 600 million years ago when the lava began to bubble up deep from beneath the earth's crust to create mountains. Numerous ice ages shaped and carved the mountains to create chunks of rock which then were shaped by sand and water to create these beautiful Fitrocks.

We collect the toughest, most unique and beautiful granite stones from Finland to create exercise equipment that are not only functional but also appealing to the eye. Appropriate for the gym or home, Fitrocks bring nature and movement together.



FITROCKS DUMBBELL

With the Fitrocks Dumbbell you can effectively exercise upper body and arms. Dumbbell training also challenges core and lower body. Dumbbells are excellent tool also for rehabilitation. Wooden handle guarantees comfortable experience.

Available in 2 kg, 4 kg, 6 kg, 8 kg and 10 kg

50001-2 (-10)

Sold as single



FITROCKS KETTLEBELL

The benefit of Fitrock Kettlebell training is based on functional movement which means that more than one muscle group is working at the same time. Training challenges your muscular and cardiovascular system with dynamic full body actions.

Available in 4 kg, 6 kg, 8 kg and 10 kg

50002-4 (-10)



FITROCKS ROLLER

With Fitrocks roller you can perform a complete core stabilization session or take care of your joints and spine by self-mobilization anywhere you go. Roller can also be used for myofascial treatments for better mobility and muscle condition. Wooden center makes the roller to keep its shape very good even with hard pressure but the hemp rope makes the surface just enough soft for comfortable feeling.

Roller size 36 x 9 cm

50006



FITROCKS GRIPBELL

Fitrock Gripbell is functional tool which will improve your upper body and core strength same way as dumbbell training but the best development will happen in your grip strength. Gripbell is also suitable for throwing exercises outdoors.

Available in 6 kg, 8 kg, 10 kg and 16 kg

50004-6 (-16)

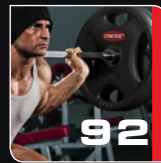
Sold as single



For you

HIGHLIGHTS

CARDIO / STRENGTH / RACKS / ACCESSORIES / EDUCATION



VAPOR ROWER 10.0

Gymstick Vapor is commercial level foldable rowing machine with adjustable manual air resistance. Vapor has heavy-duty steel chain drive system, smooth aluminum track, fancy back-lit console and user weight capacity of 180kg. It's designed for high intensity cardio interval training and full-body conditioning workouts. Vapor's unparalleled quality and durability will match the level rowing machines needs to hold up with any kind of intense training protocol.



OPERATING ENVIRONMENT	FULL COMMERCIAL
MODEL NO.	RW-PRO10.0
RESISTANCE TYPE	Air-resistance (8 levels)
TRANSMISSION TYPE	Nickel-plated Steel Chain
POWER SUPPLY	Battery for console
MAXIMUM USER WEIGHT	180 CM
PRODUCT SIZE / WEIGHT	246 x 62 x 125,5 CM / 46,5 KG
CONSOLE	LCD window with back-light
CONSOLE FUNCTIONS	Time, Time 500m, Watt, Calories/Hour, Strokes, Pulse (wireless receiver), Distance, SPM, Level
PROGRAMS	Manual, Custom, Distance, SPM, Race
HEART RATE	Built-in receiver (5kHz)
FRAME	Super sturdy steel frame
ERGONOMICS AND DETAILS	Ergonomic handlebar, Aluminum track, Foldable design, Transport wheels, Extra-large foot pads
CERTIFICATIONS	CE and EN-957
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	147 x 77,5 x 125,5 CM / 56 KG
LOADING 20'	60 pcs.

VAPOR BIKE 10.0

Vapor Bike is designed for the commercial use. The heavy-gauge steel frame and smooth high-end flywheel create the perfect base. The console offers multiple programs and 16 levels of resistance which is enough feedback information to make sure your clients never grow bored. The multi-grip handlebar, along with precision pin-locking seat mechanism, assures your client an extra-comfortable workout.



OPERATING ENVIRONMENT	FULL COMMERCIAL
MODEL NO.	EB-PRO10.0
RESISTANCE TYPE	Motorized magnetic
TRANSMISSION TYPE	V-Belt
FLYWHEEL	7 KG (260 mm)
POWER SUPPLY	Generator
MAXIMUM WATT	300 Watt
MAXIMUM USER WEIGHT	140 KG
PRODUCT SIZE / WEIGHT	104,5 x 56 x 152 CM / 45 KG
CONSOLE	LED matrix (5 led)
CONSOLE FUNCTIONS	Time, Speed, RPM, Distance, Pulse, Calories, Watt, Recovery
PROGRAMS	Preset program x 12, HRC x 4, Manual x 1, User x 4, Goal x 3, Watt, Recovery x 1
HEART RATE	Telemetric (wireless receiver 5kHz) and Contact
FRAME	Super sturdy steel frame
ERGONOMICS AND DETAILS	Ergo seat, self-balancing pedals, transport wheels in front
HRC	Built-in receiver 5 kHz Yes
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	98 x 34 x 78,5 CM / 53 KG
LOADING 20'	84 pcs.

PRO CROSS 50

The Gymstick Pro Crosstrainer 50 commercial elliptical is designed for the commercial environment, from its heavy-gauge steel frame to its durable painting. The extra-smooth feel of the Pro Cross 50 comes from the combinations of ergonomically positioned foot plates, 20" stride length and perfectly balanced integrated generator/fly wheel system. This combination, along with the easy-to-use console will keep your clients happy workout after workout.



OPERATING ENVIRONMENT	FULL COMMERCIAL
MODEL NO.	PRO CROSS 50B
CONSOLE	Large Blue-LED Matrix Window w/ 20-Character LED Message Center, Separate LED Heart Rate Bar, and Integrated Reading Rack
PROGRAMS	2 Heart Rate (Standard & Auto Pilot), Hill, Fat Burn, Cardio, Strength, Interval, Custom, Fit Test and Manual
CONSOLE FEEDBACK	Time, Distance, Calories, Watts, Speed, RPM, Pulse, METs
COOLING FAN	Single Turbo Cooling Fan
HEART RATE	Telemetric and Contact
RESISTANCE LEVELS	40 levels
TECHNICAL SPECIFICATIONS	
RESISTANCE SYSTEM	Integrated Generator w/ 13.5 KG Flywheel
FRAME	Heavy-Gauge High-Strength Steel w/ Durable Powder-Coat Paint
SEAT	Dual-Spring Cushioned Seat
SEAT RAIL	Easy-Ratchet w/ Full, Fore/Aft Adjustment
HANDLEBARS	Multi-Grip Position
PEDALS	Dual-Width Self-Balancing
POWER	Self-Generating
PRODUCT DIMENSIONS	194 x 60 x 170 CM / 78" x 28" x 67"
PRODUCT WEIGHT	111 KG / 245 LBS.
MAX. USER WEIGHT	200 KG / 450 LBS.
PACKAGE SIZE AND WEIGHT	167 x 58 x 83 CM / 124 KG

PRO BIKE 50

Pro Bike 50 is designed for the commercial use. The heavy-gauge steel frame and heavyweight flywheel create the perfect base. The console offers multiple programs, most with 40 levels of resistance, and enough feedback information to make sure your clients never grow bored. The multi-grip handlebar, along with the easy ratcheting seat post, integrated with the fore/aft positioning of our dual-spring seat, assures your client an extra-comfortable workout. It's all in the details.



OPERATING ENVIRONMENT	FULL COMMERCIAL
MODEL NO.	PRO BIKE 50B
CONSOLE	Large Blue-LED Matrix, Window w/ 20-Character, LED Message Center, Separate LED Heart Rate Bar and Integrated Reading Rack
PROGRAMS	2 Heart Rate, (Standard & Auto Pilot), Hill, Fat Burn, Cardio, Strength, Interval, Custom, Fit Test, and Manual
CONSOLE FEEDBACK	Time, Distance, Calories, Watts, Speed, RPM, Pulse, METs
COOLING FAN	Single Turbo Cooling Fan
HEART RATE	Telemetric and Contact
RESISTANCE LEVELS	40 levels
TECHNICAL SPECIFICATIONS	
RESISTANCE SYSTEM	Integrated Generator w/ 13.5 KG Flywheel
FRAME	Heavy-Gauge High-Strength Steel w/ Durable Powder-Coat Paint
SEAT	Dual-Spring Cushioned Seat
SEAT RAIL	Easy-Ratchet w/ Full, Fore/Aft Adjustment
HANDLEBARS	Multi-Grip Position
PEDALS	Dual-Width Self-Balancing
POWER	Self-Generating
PRODUCT DIMENSIONS	109 x 56 x 137 CM / 43" x 22" x 54"
PRODUCT WEIGHT	52 KG / 115 LBS.
MAX. USER WEIGHT	200 KG / 450 LBS.
PACKAGE SIZE AND WEIGHT	114 x 49 x 76 CM / 60 KG

FTR 90 CROSSTRAINER

FTR 90 crosstrainer represents the peak of the quality and performance in home fitness. The solidly constructed frame will take a maximum user weight of 130 kg. Everything about it demonstrates your serious attitude to exercise. The computer driven magnetic is behind the smooth and enjoyable motion which only the "front wheel" can offer. Pre-set programs, built-in cooling fan and eye-catching looks will inspire you exercise.



OPERATING ENVIRONMENT	HOME
MODEL NO.	CT-90FTR
RESISTANCE TYPE	Computer magnetic
FLYWHEEL	app. 10,5 KG, Two-way bearing
POWER SUPPLY	Mains powered
MAXIMUM USER WEIGHT	130 KG
PRODUCT SIZE	158 x 54,5 x 161 CM / 70 CM
COMPUTER	Large LCD-window with blue backlight
COMPUTER FUNCTIONS	Time, Distance, Speed, Calories, RPM; Pulse, Pulse recovery, Watt control
PROGRAMS	16 resistance levels, Built-in cooling fan 12 Pre-set programs, 1 User program, 1 H.R.C. program, Manual program
ERGONOMICS AND OTHER DETAILS	Stride length 46cm, transport wheels, floor leveller
CERTIFICATIONS	EN-957 / RoHS certified
PRODUCT PACKAGE	
PACKAGE TYPE	
PACKAGE SIZE AND WEIGHT	
LOADING 20' / 40' / 40'HC	Carton box 152 x 59 x 77,5 CM / net 70 KG gross 78 KG 42 / 90 / 90 pcs.

H2O ROWER

H2O Rower offers super smooth and steady rowing experience which elevates your workout. Water together with steel fan blades provide unlimited resistances and dynamic response. Mold padded seat, non-slip foot pedals and ergonomic handle bar makes training comfortable and ensures optimal rowing mechanics. Can be stored upright - takes limited space.



OPERATING ENVIRONMENT	HOME
MODEL NO.	RW-H2O
RESISTANCE TYPE	Water with hydro blades
TRANSMISSION TYPE	Belt
POWER SUPPLY	Battery for console
MAXIMUM USER WEIGHT	110 KG
PRODUCT SIZE / WEIGHT	204 x 56 x 95 CM / 37 KG
COMPUTER	LCD-window
COMPUTER FUNCTIONS	Time, Time 500M, Distance, SPM, Total strokes, Calories, Strokes, Pulse [wireless receiver]
HEART RATE	Built-in receiver (5kHz)
FRAME	Sturdy steel frame
ERGONOMICS AND DETAIL	Ergonomic mold padded seat with high profile, Non-slip-foot pedals, Transport wheels
CERTIFICATIONS	CE and EN-957
PRODUCT PACKAGE	
PACKAGE TYPE	Brown carton
PACKAGE SIZE AND WEIGHT	114,5 x 57 x 52 CM / 48 KG
LOADING 20'	80 pcs.

PRO FTR INDOOR RACER

The PRO FTR Indoor Racer can deliver a complete cardiovascular workout with super smooth performance. This full commercial indoor racer has stable frame as well as sturdy 22kg flywheel weight. Gel seat for added comfort and variable handle bar for a perfect cycle position. The smooth belt drive give the user a true cycling experience.



OPERATING ENVIRONMENT	FULL COMMERCIAL
MODEL NO.	SB-PROFTR
RESISTANCE TYPE	Top brake with emergency brake
TRANSMISSION SYSTEM	Belt
FLYWHEEL	22 KG
CRANK	3 pcs
PEDALS	Double access: SPD and toe strap on the otherside
MAX.USER WEIGHT	150 KG
PRODUCT SIZE	L/W/H 122 x 61 x 118 CM / 70,5 KG
FRAME	Steel
SADDLE	Extra padded anatomically designed
UPRIGHT POST	Brushed steel
SEAT POST	Brushed steel
HANDLEBAR ADJUSTMENT	Height and horizontal with quick releases
SEAT ADJUSTMENT	Height, horizontal and tilt with quick releases
TRANSPORT WHEELZ	Yes
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	114 x 28 x 95 CM / net 70,5 KG, gross 77 KG
LOADING 20°/40°/40°HC	92 / 188 / 212 pcs.

Home Cardio Equipment

FTR INDOOR RACER

For those who require the very best indoor cycling experience at home. Attack your fitness goals and make every ride your own with the FTR Indoor home bike. An incredibly smooth belt-driven racer made with precision and attention to every detail.



OPERATING ENVIRONMENT	HOME
MODEL NO.	SB-FTR
RESISTANCE TYPE	Top brake with emergency brake
TRANSMISSION SYSTEM	Belt
FLYWHEEL	18 KG
CRANK	3 pcs
PEDALS	Aluminium with foot straps
MAX.USER WEIGHT	125 KG
PRODUCT SIZE	123 x 54 x 115 CM / 42 KG
COMPUTER	LCD-window
COMPUTER FUNCTIONS	Time, distance, speed, calories, pulse
FRAME	Steel
SADDLE	Anatomically designed
UPRIGHT POST	Chromed steel
SEAT POST	Chromed steel
HANDLEBAR ADJUSTMENT	Height and horizontal with quick releases
SEAT ADJUSTMENT	Height, horizontal and tilt
TRANSPORT WHEELZ	Yes
CERTIFICATIONS	EN957
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	103 x 20,5 x 82,5 CM / net 42 KG, gross 46 KG
LOADING 20°/40°/40°HC	160 / 320 / 362 pcs.

IC CROSS 4.0 – INDOOR CROSSING

IC 4.0 is a precise computer driven crosstrainer with electronic resistance.

The innovative training computer with stylish blue backlight display and large program profile window let you easily track your progress through any of the 12 workout programs. The unit offers silky smooth elliptical motion which delivers the result you're looking for.



OPERATING ENVIRONMENT	HOME
MODEL NO.	CT-IC4.0
RESISTANCE TYPE	Computer magnetic
CRANK AND POWER	Mains powered
FLYWHEEL SET	app. 7 KG, one-way bearing
MAXIMUM USER WEIGHT	120 KG
PRODUCT SIZE	118 x 64,5 x 165 CM
COMPUTER	LCD-window with blu backlight
COMPUTER FUNCTIONS	Time, speed, distance, calories, watt, pulse and scan
PROGRAMS	12 programs with racing game, user programs, H.R.C., Watt program
ERGONOMICS AND OTHER	Transportation wheels in front
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	109 x 45 x 56 CM / net 44 KG, gross 47,9 KG
LOADING 20' / 40' / 40'HQ	102 / 218 / 250 pcs.

IC BIKE 4.0 – INDOOR CYCLING

IC 4.0 is a precise computer driven exercise bike with electronic resistance. The innovative training computer with stylish blue backlight display and large program profile window let you easily track your progress through any of the 12 workout programs. The 3-piece chromed crank with sealed bearings offers a smooth pedaling touch at all resistance levels.



OPERATING ENVIRONMENT	HOME
MODEL NO.	EB-IC4.0
RESISTANCE TYPE	Computer magnetic
CRANK AND POWER	3 pcs. Crank / mains powered
FLYWHEEL SET	app. 6 KG, one-way bearing
MAXIMUM USER WEIGHT	120 KG
PRODUCT SIZE	105 x 64 x 144 CM
COMPUTER	LCD-window with blue backlight
COMPUTER FUNCTIONS	Time, speed, distance, calories, watt, pulse and scan
PROGRAMS	12 programs with racing game, user programs, H.R.C., Watt program
ERGONOMICS AND OTHER	Seat adjustments: horizontal, height and tilt. Tilt adjustment for handle bar. Transportation wheels in front
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	101 x 26 x 71 CM net 31,4 KG, gross 34,5 KG
LOADING 20' / 40' / 40'HQ	145 / 290 / 328 pcs.

RUN 3.0

The compact size Gymstick RUN 3.0 treadmill offers a comfortable running feeling and a number of enjoyable features. Running speed can be changed from the quick controls on the handlebars and monitor the exercise progression from the clear LCD display. Cushioned running surface ensures a smooth run while reducing shock strain on the joints. The sturdy frame, armrests and safety key guarantees a safe training. To make the training more challenging you can adjust the incline angle (3 different positions).



OPERATING ENVIRONMENT	HOME
MODEL NO.	TM-RUN3.0
MOTOR	1,5 HP DC motor
OPERATING ENVIRONMENT	Home
SPEED AND POWER SUPPLY	1.0 - 16.0 km/h / Mains powered
ELEVATION	Manual incline (3 levels)
MAXIMUM USER WEIGHT	100 KG
RUNNING SURFACE	120 x 40 CM
PRODUCT SIZE AND WEIGHT	158 x 69,5 x 126 CM / 53 KG
COMPUTER	LCD-window with blue backlight
COMPUTER FUNCTIONS	Time, Speed, Distance, Calories, Pulse
HEART RATE	Contact and 5kHz wireless receiver
COMPUTER PROGRAMS	12 pre-set programs
ERGONOMICS AND OTHER DETAILS	Transport wheels, Foldable by cylinder and flexible running surface for extra running comfort
CERTIFICATIONS	CE and EN957 certified
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	166 x 28,5 x 75,5 CM / 60 KG
LOADING 20'/40'/40"HC	80 / 168 / 189 pcs.

FTR 40 ROWING MACHINE

With a steady magnetic resistance – together with an aluminium seat track, the FTR 40 rowing machine offers an ultra smooth rowing action. FTR 40 provides most comfortable rowing position, and with a foldable seat track it can be compactly stored when not being used. Large comfortable seat, pivoting footplates with adjustable Velcro straps and a multifunctional computer display complete the package.



OPERATING ENVIRONMENT	HOME
MODEL NO.	RW-40FTR
RESISTANCE TYPE	Manual magnetic
POWER SUPPLY	Batteries for computer
MAXIMUM USER WEIGHT	120 KG
PRODUCT SIZE	192,5 x 53 x 71 CM / 25 KG
FLYWHEEL	app. 6 KG
COMPUTER	LCD-window
COMPUTER FUNCTIONS	Time, Calories, Reps, Total count and Scan
ERGONOMICS AND OTHER DETAILS	Foldable (space saver!), Comfortable seat, feet support bends with movement, floor leveller, transport wheels
CERTIFICATIONS	EN-957 / computer RoHS certified
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	114 X 28 X 57 CM / net 25 KG gross 27 KG
LOADING 20'/40*/40"H	154 / 336 / 370 pcs

IC BIKE 3.0 – INDOOR CYCLING

IC 3.0 has not only a sporty looks but it also feels sporty as the steady computer driven magnetic resistance offers perfect workout every day. Comes with a large seat with easy height and reach adjustments. 16 levels of resistance and 12 preset programs are available to challenge experience riders and allow new riders to work their way up.



OPERATING ENVIRONMENT	HOME
MODEL NO.	EB-IC3.0
RESISTANCE TYPE	Computer magnetic
CRANK AND POWER	1 pcs. / Mains powered
FLYWHEEL SET	app. 5 KG, one-way bearing
MAXIMUM USER WEIGHT	100 KG
PRODUCT SIZE	79,5 x 52 x 137,5 CM
COMPUTER	LCD-window with blu backlight
COMPUTER FUNCTIONS	Time, distance, speed, calories and pulse
PROGRAMS	13 pre-set programs, 16 resistance levels
ERGONOMICS AND DETAILS	Seat adjustments: horizontal, height and tilt. Tilt adjustment for handle bar. Transportation wheels in front.
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	60 x 28,5 x 73 CM / net 24 KG, gross 26,7 KG
LOADING 20' / 40' / 40'HQ	247 / 510 / 560 pcs.



IC CROSS 3.0 – INDOOR CROSSING

IC 3.0 has not only a sporty looks but it also feels sporty as the steady computer driven magnetic resistance offers perfect workout every day. The computer is equipped with blue backlight which enables to read and monitor the exercising easily. 16 levels of resistance and 12 preset programs are available to challenge experience riders and allow new riders to work their way up.

OPERATING ENVIRONMENT	HOME
MODEL NO.	CT-IC3.0
RESISTANCE TYPE	Computer magnetic
CRANK & POWER SUPPLY	Mains power
FLYWHEEL SET	app. 5 KG, one-way bearing
MAXIMUM USER WEIGHT	100 KG
PRODUCT SIZE	111 x 58 x 158 CM
COMPUTER	LCD-window with blu backlight
COMPUTER FUNCTIONS	Time, distance, speed, calories and pulse
PROGRAMS	13 pre-set programs, 16 resistance levels
ERGONOMICS AND OTHER	Integrated transportation wheels in front
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	103 x 26 x 59 CM / net 31,9 KG, gross 34,8 KG
LOADING 20' / 40' / 40'HQ	175 / 352 / 385 pcs.



PRO RUN DIAMOND 10.0

High quality and stylish PRO RUN Diamond 10.0 treadmill brings smoothness and performance for running. Several functions combined with the reliable 3.0 HP AC motor provide active runners exactly what they expect from top-level treadmill. The mat is designed for quality-conscious users for both gym and home training purposes.



OPERATING ENVIRONMENT	FULL COMMERCIAL
MODEL NO.	TM-RUN10.0
MOTOR	Continuous 3.0 HP AC / Peak 4.5 HP AC
OPERATING ENVIRONMENT	Light-commercial
SPEED AND POWER SUPPLY	1 - 20 km/h / Mains powered
ELEVATION	Quiet incline system 0% to 15%
MAXIMUM USER WEIGHT	150 KG
RUNNING SURFACE	150 x 56 CM
PRODUCT SIZE AND WEIGHT	203 x 76 x 144 CM / 161 KG
COMPUTER	10" LCD screen with blue backlight
COMPUTER FUNCTIONS	Time, Speed, Distance, Incline, Calories, Pulse, Body Fat
COMPUTER PROGRAMS	24 pre-set programs, 1 manual and 3 user's program
ERGONOMICS AND OTHER	Unfoldable, wheels for transportation easily
HEART RATE	Contact
FRAME	Super sturdy steel frame (with 8pcs high class shock absorbers)
CERTIFICATIONS	CE, RoHS, EN957 and IEC
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	229 x 103 x 41,5 CM / 176 KG
LOADING	20° / 40° / 40°HC
	29 / 62 / 62 pcs

Home Cardio Equipment

DIAMOND RUN 7.0

Speed, performance and comfort are really the best way to describe Diamond Run 7.0 treadmill. In addition to stylish design of this machine Diamond Run 7.0 can offer all the features that are expected from a high-home level treadmill. With 10" vibrant LCD display all the needed feedback during the workout can be clearly received. Top speed of 20 km/h and the special shock absorbers gives the runner a promise of a fast but smooth ride.



OPERATING ENVIRONMENT	HOME
MODEL NO.	TM-RUN7.0
MOTOR	Continuous 2.5 HP DC / Peak 3.5 HP DC
SPEED AND POWER SUPPLY	1.0 - 20.0 km/h / Mains powered
ELEVATION	Quiet inclined system 0% to 15%
MAXIMUM USER WEIGHT	130 KG
RUNNING SURFACE	150 x 51 CM
PRODUCT SIZE AND WEIGHT	206 x 93 x 145 CM / 131,6 KG
COMPUTER	10" LCD screen with blue backlight
COMPUTER FUNCTIONS	Time, Speed, Distance, Incline, Calories, Pulse, Body Fat
COMPUTER PROGRAMS	24 pre-set programs, 1 manual and 3 user's program
HEART RATE	Contact and 5kHz wireless receiver
ERGONOMICS AND OTHER	Foldable for storage, wheels for transportation
FRAME	Sturdy steel frame (with 6pcs cushions)
CERTIFICATIONS	CE, RoHS, EN957 and IEC
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	222,5 x 43 x 100 CM / 145 KG
LOADING	20° / 40° / 40°HC
	27 / 54 / 64 pcs

DIAMOND RUN 4.0

Diamond Run 4.0 provides quality and value in a form of good features and stylish treadmill. With strong and reliable 2.0 HP DC motor and a running deck with shock absorbers it's a good start. But when we add features like easy-to-read blue backlight LCD display, top speed of 18 km/h, 36 motivating pre-set programs and Polar compatible heart rate receiver training with Diamond Run 4.0 will make an hour long workout feel twice shorter.



OPERATING ENVIRONMENT	HOME
MODEL NO.	TM-RUN4.0
MOTOR	Continuous 2.0 HP DC / Peak 3.0 HP DC
SPEED AND POWER SUPPLY	1.0 - 18.0 km/h / Mains powered
ELEVATION	Quiet inclined system 0% to 15%
MAXIMUM USER WEIGHT	130 KG
RUNNING SURFACE	140 x 48 CM
PRODUCT SIZE AND WEIGHT	175 x 83 x 130 CM / 85 KG
COMPUTER	7" LCD screen with blue and yellow backlight
COMPUTER FUNCTIONS	Time, Speed, Distance, Incline, Calories, Pulse, Body Fat
COMPUTER PROGRAMS	36 pre-set programs, 1 manual and 3 user
HEART RATE	Contact and 5kHz wireless receiver
ERGONOMICS AND OTHER	Foldable for storage, wheels for transportation
FRAME	Sturdy steel frame [with 6pcs cushions + 2pcs external cushions]
CERTIFICATIONS	CE, RoHS, EN957 and IEC
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	191 x 37.5 x 87 CM / 96 KG
LOADING 20'/40'/40"HC	44 / 93 / 112 pcs

TITANIUM RUN 2.0

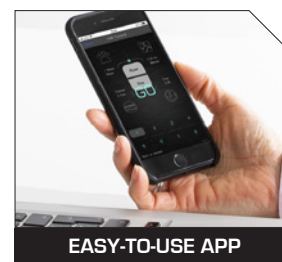
A combination of stylish design, performance and comfort is the best way to describe Titanium Run 2.0 treadmill. Robust frame and an excellent cushioning system for smooth and enjoyable running. LCD display with multiple training programs provides all the feedback you need for an effective workout. Heart rate can be measured either using the hand sensors or with separate 5kHz chest belt transmitter. Built-in speakers together with MP3 and USB input enables you to listen your favorite tunes during your workout.



OPERATING ENVIRONMENT	HOME
MODEL NO.	TM-RUN2.0
MOTOR	Continuous 1.0 HP DC / Peak 2.0 HP DC
SPEED AND POWER SUPPLY	1.0 - 14.0 km/h / Mains powered
ELEVATION	Quiet inclined system 0% to 15%
MAXIMUM USER WEIGHT	110 KG
RUNNING SURFACE	120 x 43 CM
PRODUCT SIZE AND WEIGHT	162 x 75 x 123 CM / 58 KG
COMPUTER	5" LCD screen with blue backlight
COMPUTER FUNCTIONS	Time, Speed, Distance, Calories, Incline and Heart rate
COMPUTER PROGRAMS	8 pre-set programs, 1 manual and 1 body fat program
HEART RATE	Contact and 5kHz wireless receiver
ERGONOMICS AND OTHER	Transport wheels, Foldable by cylinder and 6pcs gel + 4pcs rubber cushions for extra comfort
CERTIFICATIONS	CE and EN957
PRODUCT PACKAGE	
PACKAGE TYPE	Carton box
PACKAGE SIZE AND WEIGHT	171 x 73 x 28 CM / 63 KG
LOADING 20'/40'/40"HC	82 / 164 / 189 pcs

DESK WALKER

Desk Walker is a treadmill that allows you to continue working while at the same time walking on a treadmill. Instead of sitting down all day, it allows you to work out while at work, hence burning calories and improve your mental and physical health. Desk Walker can be controlled by smartphone app or with simple remote controller. It comes with foldable handlebar, so you can use the product with the handlebar or without under the desk.



DESK WALKER FOR HEALTHY AND DYNAMIC WORKING

DESK WALKER		OPERATING ENVIRONMENT	HOME & OFFICE
MODEL NO.	TM-DESK	ERGONOMICS AND DETAILS	Slim design, Transport wheels and Foldable handle bar
MOTOR	0,75 HP DC motor	FRAME	Stylish sturdy wooden frame with steel base
SPEED & POWER SUPPLY	1.0 - 6.8 km/h / Mains powered	CERTIFICATIONS	CE, EN-957, RoHS, LVD, MD, RED
MAXIMUM USER WEIGHT	100 KG	PACKAGE TYPE	Carton box
RUN./WALKING SURFACE	98 x 40 CM	PACKAGE SIZE & WEIGHT	155 x 70,5 x 27 CM / 40,5 KG
PRODUCT SIZE & WEIGHT	139,5 x 62 x 105,5 CM / 37 KG	LOADING	20' / 40' / 40' HC
FOLDED SIZE	143,5 x 62 x 20,5 CM		116 / 240 / 286 pcs.
COMPUTER	Remote and APP control (iOS and Android)		
COMPUTER FUNCTIONS	Wireless remote control: On/Off, Speed APP control: Time, Speed, Distance, Calories, Steps		

DESK BIKE

Standing at your height-adjustable desk all day long may not work for you –rather than sit in a standard office chair and counteract all the benefits you are achieving by working on your feet. Easy suitable level of cycling will allow you to continue your desk work without interruption. Most importantly it will activate your core, keep your muscles moving, circulate blood and essentially make sitting healthy. Sit on the comfortable saddle of Desk Bike and start pedaling!



LCD DISPLAY



COMFORTABLE SEAT



ADJUSTABLE STRAPS



CARRY-HANDLE

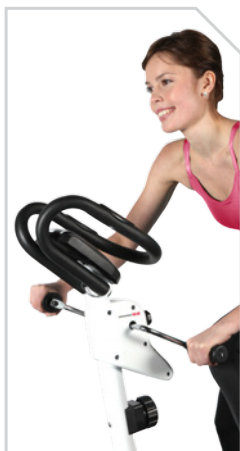
DESK BIKE IS QUIET, ENERGY EFFICIENT AND REQUIRES LITTLE SPACE

DESK BIKE	EB-DESK	OPERATING ENVIRONMENT	HOME & OFFICE
MODEL NO.	EB-DESK	ERGONOMICS AND OTHER DETAILS	Height adjustable seat, comfortable extra wide seat, handle for easy transportation, adjustable front support feet
RESISTANCE TYPE	Manual magnetic (8-levels)	CERTIFICATIONS	EN-957
CRANK AND POWER	Crank leg: 5,1" / Battery (1 x AAA)	PACKAGE TYPE	Brown carton
FLYWHEEL SET	app. 2,5 KG, two-way bearing	PACKAGE SIZE AND WEIGHT	73 x 58,5 x 37 CM / 19,5 KG
MAXIMUM USER WEIGHT	120 KG	LOADING 20'	170 pcs
PRODUCT SIZE	L/W/H 77 x 52 x 87 CM / 15 KG		
COMPUTER	LCD-window		
COMPUTER FUNCTIONS	Time, distance, speed, calories and scan		

CRANKBIKE X4

Training with crankbike provides a new way to build aerobic capacity and also upper body strength while burning calories and building core stability. Cycling with Crankbike x 4 can be 40% more effective compared to normal indoor cycling. Since it utilizes both the upper and the lower body it represents a unique cross-training opportunity for all fitness enthusiast. Crankbike takes fat burning workout to a new level and users may select from upper body, lower body or combine exercises. Cycling the Crankbike x 4 is fun, effective, inspiring and easy to learn.

CRANKBIKE X4



X4		OPERATING ENVIRONMENT	HOME
MODEL NO.	EB-DESK	ERGONOMICS AND OTHER DETAILS	Seat adjustments: horizontal, height and tilt
RESISTANCE TYPE	Legs: Manual magnetic / Arms: Brake	CERTIFICATIONS	EN-957
CRANK AND POWER FLYWHEEL SET	Crank leg: 6,0" / Crank arm: 5,5" / Battery app. 5 KG, One-way bearing	PACKAGE TYPE	Brown carton
MAXIMUM USER WEIGHT	110 KG	PACKAGE SIZE	89,5 x 60,5 x 25,5 CM
PRODUCT SIZE	L/W/H 90 x 53 x 148 CM / 25,7 CM	PACKAGE WEIGHT	27,5 KG
COMPUTER	Large LCD-window	LOADING 20'	209/440/468 pcs.
COMP. FUNC. FOR LEGS	Speed, Time, Distance, Calories, Odo, Pulse		
COMP. FUNC. FOR ARMS	Scan, Time, Reps, Calories		



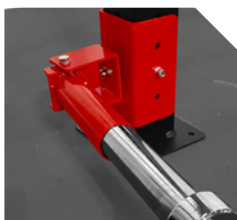
STRENGTH

PRO STRENGTH EQUIPMENT
86
93
HOME STRENGTH EQUIPMENT

CROSSTRAINING CAGE

The Cage is manufactured in Finland and it provides a comprehensive framework for effective workout. High-quality rack is commercial grade, suitable for both indoor and outdoor use, and it can be painted in factory colors of your choice.

The rack has wall bars, pull-up bar, dip bars and 2 monkey bars which makes training possibilities very versatile. In addition, it comes with a pair of height adjustable J-hooks for various bar exercises. Barbell swivel, brackets for battle rope and boxing bag are included so your training options will not run out. Several additional training tools can be attached to the Cage (rings, slings, bands, straps) according to your needs. It is complete multi-person work station.



- **COMMERCIAL GRADE**
- **SUITABLE FOR INDOOR AND OUTDOOR USE**
- **SUPERIOR QUALITY**
- **CHOOSE YOUR OWN COLORS**

CROSSTRAINING CAGE

MODEL NO.

PRO CTC

INCLUDING

Frame (4 x legs + 2 side beams), Monkeybar x 2, Rotational trainer (Barbell swivel), Wallbars, Chin up bar (Detachable and Height adjustable), Dip bars (Detachable and Height adjustable), Jointed Carabiners x 4, Barbell holders (Detachable and Height adjustable), Battle rope mount, Boxing bag mount

SIZE

Total size of the Cage (space needed for the complete set): 230 CM (L) x 210 CM (W) x 240 CM (H) / Weight: 220 KG

OPERATING ENVIRONMENT

FULL COMMERCIAL

MATERIAL

BASIC FRAME DIMENSION

PRODUCT WEIGHT

MAX. LOADING WEIGHT

Sturdy commercial level steel

160 CM (L) x 120 CM (W) x 240 CM (H)

220 KG

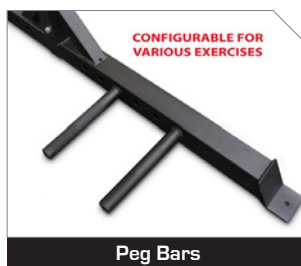
600 KG (Bar catchers)



ALPHA CAGE

Alpha Cage, professional grade half-power rack, will make sure you get the absolute most from your workouts. Full Commercial Alpha is a rock-solid training partner that is without compromise, perfect for those who's looking to take their training to a new level. It has large footprint and over 100kg frame giving it ultimate stability. Rack combines squat rack, bench press station, dip station, pull up bar combo all in one.

OPERATING ENVIRONMENT	FULL COMMERCIAL
MODEL NO.	PRO-ACH
INCLUDING	Free standing Alpha Cage 2 x J-hooks 2 x Spotter Arms 4 x Peg bars 2 x Weight horns
TUBE SIZE	75 x 75 x 3 MM
ASSEMBLED SIZE	188 x 120 x 239 CM [LxWxH]
WEIGHT	107 KG
COLOR	Black
MATERIAL	Sturdy steel
MAXIMUM WEIGHT LOAD	400 KG
ERGONOMICS AND DETAILS	J-hooks, Spotter arms and Pull-up bars are all height adjustable Holes to anchor Alpha into ground if needed UHMW J-hooks and Spotter arms to protect the finish on your barbell
PRODUCT PACKAGE	
PACKAGE TYPE	3 x Carton box
SIZE	1) 235 x 19 x 9,5 CM 2) 193 x 36 x 19 CM 3) 113 x 46 x 19 CM
WEIGHT	1) 33 KG 2) 41 KG 3) 38 KG
TOTAL WEIGHT	112 KG



ALPHA CAGE - EXPANSION KIT

With Expansion Kit you can convert your Alpha Cage into a full Power Cage.

- DUAL WORKOUT COMPATIBILITY
- FULL CAGE APPEARANCE
- EXTRA STABILITY AND SUPPORT

OPERATING ENVIRONMENT	FULL COMMERCIAL
MODEL NO.	PRO-ACE
INCLUDING	2 x Main Uprights 2 x Square Cross Bars 1 x 32mm Pull-Up Bar 4 x Triangle Plates for connecting back uprights and crossbar 2 x Solid spotter pins + Necessary Hardware for assembly
TUBE SIZE	75 x 75 x 3 MM
COLOR	Black
MATERIAL	Sturdy steel
ERGONOMICS AND DETAILS	You can add a pair of Alpha J-hooks or Peg bars to expand kit. J-hooks for dual squatting and Peg bars for example additional plate storage to uprights. Sold separately.
PRODUCT PACKAGE	
PACKAGE TYPE	2 x Carton box
SIZE	1) 235 x 19 x 9,5 CM 2) 113 x 28 x 17cm
WEIGHT	1) 33 KG 2) 34 KG
TOTAL WEIGHT	67 KG



ALPHA POWER RACK

The Alpha Power Rack is the ultimate free weight training set up for the serious weight trainer. This simple yet heavy duty power rack includes the standard 32mm pull up bar along with a 50mm bar for increasing grip strength and partner workouts. This cage does not need to be anchored to the floor. The back stabilizing bar keeps the whole system stable and sturdy during heavy lifts. No need to tear up your floor with this rack!

OPERATING ENVIRONMENT	FULL COMMERCIAL	
MODEL NO.	PRO-APR	
INCLUDING	Power Rack, 2 x J-hooks, 2 x Safety rails	
TUBE SIZE	75 x 75 MM	
ASSEMBLED SIZE	147 x 127 x 213 CM (LxWxH)	
WEIGHT	89,5 KG	
COLOR	Black	
MATERIAL	Sturdy steel	
MAXIMUM WEIGHT LOAD	400 KG (bar catches)	
FUNCTIONS	J-hooks and safety rails are both height adjustable. UHMW j-hooks to protect the finish on your barbell	
PRODUCT PACKAGE		
PACKAGE TYPE	2 x carton box	
SIZE	1) 210,5 x 26 x 16,5 CM	2) 155,5 x 52,5 x 16,5 CM
WEIGHT	1) 38 KG	2) 55 KG
TOTAL WEIGHT	93 KG	



CHIN UP & DIP RACK PRO

High- quality chin up and dip rack made of sturdy material. Safe non-slip step up entry. Comfortable thick and firm back and arm pads. Comfortable oversized handgrips.

OPERATING ENVIRONMENT	FULL COMMERCIAL	
MODEL NO.	PRO CDR	
SIZE	121,5 x 113 x 229 CM (LxWxH)	
WEIGHT	76 KG	
COLOR	black	
MATERIAL	Steel tube	
MAXIMUM USER WEIGHT	180 KG	
FUNCTIONS	Vertical knee raise station, multi-grip chin up station, dip station, push-up station	
ERGONOMICS AND DETAILS	Comfortable high quality padding	
PRODUCT PACKAGE		
PACKAGE TYPE	brown carton	
SIZE	234 x 21 x 102 CM	
WEIGHT	83 KG	



SQUAT RACK PRO

Traditional height adjustable Squat rack for barbell training. Sturdy steel structure for heavy use. Adjustable height between 90- 157cm.

OPERATING ENVIRONMENT	FULL COMMERCIAL	
MODEL NO.	PRO SQR-1	
SIZE	50 x 40 x 110-177 CM (LxWxH)	
WEIGHT	54 KG	
COLOR	Black	
MATERIAL	Steel	
MAXIMUM WEIGHT LOAD	350 KG	
FUNCTIONS	Various barbell training with or without bench	
ERGONOMICS AND DETAILS	Easy height adjustability with secure locking	
PRODUCT PACKAGE		
PACKAGE TYPE	2 x brown cartons	
SIZE	1) 50 x 40 x 116 CM / 28 KG	2) 50 x 40 x 116 CM / 28 KG
WEIGHT	56 KG	



BACK EXTENSION BENCH

Back Extension Bench is angled in 45 degrees for easy entry and exit and is ideal for exercising lower-back muscles. You may increase the intensity of the training by adding separate weights to your exercise. Hip support is adjustable to several different heights.

OPERATING ENVIRONMENT	FULL COMMERCIAL
MODEL NO.	PRO BB
SIZE	143 x 83 x 88 CM (LxWxH)
WEIGHT	44 KG
COLOR	Black
MATERIAL	Steel
MAXIMUM USER WEIGHT	180 KG
FUNCTIONS	Back extension station for commercial use
ERGONOMICS AND DETAILS	Comfortable high quality padding
PRODUCT PACKAGE	
PACKAGE TYPE	brown carton
SIZE	140 x 70 x 25 CM
WEIGHT	45 KG



ADJUSTABLE BENCH PRO

Sturdy and adjustable bench for versatile dumbbell and muscle training. Both the backrest and the seat are adjustable to several different positions from 90-degree angle to horizontal plane, which makes very versatile workout possible. You can make for example, a variety of push up-, rowing- and chest muscle exercises. The gripping handle located on the front of the seat and rear mounted impact resistant wheels allow this bench to be easily moved around.

OPERATING ENVIRONMENT	FULL COMMERCIAL
MODEL NO.	PRO ADJB
SIZE	159 X 80 X 139 CM (LXWXH)
WEIGHT	36 KG
COLOR	black
MATERIAL	Steel
MAXIMUM WEIGHT LOAD	300 KG (including user weight)
FUNCTIONS	Various dumbbell training
ERGONOMICS AND OTHER	Adjustable seats
PRODUCT PACKAGE	
PACKAGE TYPE	brown carton
SIZE	157 x 60 x 24 CM
WEIGHT	37 KG



WEIGHT BENCH 200

Weight Bench 200 is well suitable for active and hard strength training. Very sturdy bench not wobble so it allows you to just concentrate on your training. Padded bench with durable surface material brings comfort to training. Bench is suitable for both home use and for light gym use. 200kg maximum weight load satisfies the training needs of most users.

OPERATING ENVIRONMENT	LIGHT COMMERCIAL
MODEL NO.	WB-200B
SIZE	149 X 131 X 120 CM (LXWXH)
WEIGHT	37,5 KG
COLOR	Black
MATERIAL	Steel
MAXIMUM WEIGHT LOAD	200 KG
FUNCTIONS	Various barbell training
ERGONOMICS AND OTHER	3 heights for barbell catches
PRODUCT PACKAGE	
PACKAGE TYPE	Brown carton
SIZE	141 x 45 x 18,5 CM
WEIGHT	41 KG

HOME GYM 2

Home Gym 2 is a versatile training platform designed for home training. With Home Gym 2 you can effectively train all the main muscle groups of the body. You can do a number of different exercises for example for legs, chest, shoulders, back and for arms. 70kg weight stack offers good adjustability and enough resistance for effective home training. The sturdy steel frame together with the full-length weight stack cover provides safe training.



PULLEY SYSTEM



PEC DECK - CHEST PRESS



FOOT PLATE FOR STANDING EXERCISES



STEEL WEIGHT STACK COVER

COMPLETE GYM IN ONE STATION FOR HOME USE

HOME GYM 2		OPERATING ENVIRONMENT	HOME
MODEL NO.	STR-HG2B	PRODUCT PACKAGE	
SIZE	L 137 x 104 W x H 204 CM	PACKAGE TYPE	3 x Brown cartons
WEIGHT	105,5 KG	SIZE	1) 191 x 49,5 x 20 CM / 49,2 KG
WEIGHT STACK	Adjustable weight stack 0 - 70 kg covered with full length weight stack cover		2) 38,5 x 19,5 x 27,5 CM / 41,6 KG
MATERIAL	Main frame: Steel tube	WEIGHT	3) 38,5 x 28 x 19 CM / 29,6 KG
MAXIMUM USER WEIGHT	110 KG	LOADING 20'	106,3 KG
FUNCTIONS	Bench press, Pec deck, Lat pull and Curl bar, Seated leg developer, Different rope exercises for Arm curls and rowing, Metal step for standing Curl exercises and seated low pulley row		120 pcs.



WEIGHT BENCH

Weight Bench is an adjustable and foldable fitness bench, which allows an effective and versatile strength training workout. Bench enables you to train bench press, inclined bench press and strengthen your leg muscles. The backrest is adjustable to 4 different heights. After training the bench can be folded and so preserving takes only little space.

OPERATING ENVIRONMENT	HOME
MODEL NO.	STR-WB1
SIZE	143 x 56 x 117,5 CM
WEIGHT	18 KG
MATERIAL	Main frame: Sturdy steel tubing
MAXIMUM USER WEIGHT	100 KG
MAXIMUM WEIGHT LOAD	80 KG
FUNCTIONS	Adjustable backrest (4 different heights)
ERGONOMICS AND OTHER	Foldable frame saves space
CERTIFICATIONS	EN-957 Certified
PRODUCT PACKAGE	
PACKAGE TYPE	Brown carton
SIZE	111,5 x 47 x 11 CM
WEIGHT	18,5 KG



WEIGHT BENCH WITH 40KG BARBELL SET

Weight Bench is an adjustable and foldable fitness bench, which allows an effective and versatile strength training workout. Bench enables you to train bench press, inclined bench press and strengthen your leg muscles. The backrest is adjustable to 4 different heights. After training the bench can be folded and so preserving takes only little space. Weight Bench 40 comes with a 40kg vinyl weight set that allows safe and effective training. Weight plates are suitable for use with the weight barbell and also in the seated leg developer.

OPERATING ENVIRONMENT	HOME
MODEL NO.	STR-WB40
SIZE	150 x 56 x 106,5 CM
WEIGHT	18 KG + Barbell weight set 40 KG
MATERIAL	Main frame: Sturdy steel tubing
MAXIMUM USER WEIGHT	100 KG
MAXIMUM WEIGHT LOAD	80 KG
FUNCTIONS	Includes bench, barbell, weights
ERGONOMICS AND OTHER	Foldable frame saves space
CERTIFICATIONS	EN-957 Certified
PRODUCT PACKAGE	
PACKAGE TYPE	3 x Brown cartons
SIZE	1) 111,5 x 47 x 11 CM / 18,5 KG 2) 53,5 x 28 x 23 CM / 33,3 KG
WEIGHT	3) 170,5 x 8 x 8 CM / 7,5 KG
	59,3 KG
Loading 20'	260 pcs.



WEIGHT BENCH 400

STR-400 weight bench is designed for home fitness and it provides a good platform for effective and versatile muscle strength training. This multi-function bench allows you to practice bench press, inclined bench press, biceps curls and strengthen leg muscles. The bench is well adjustable, sturdy and safe to use.

OPERATING ENVIRONMENT	HOME
MODEL NO.	STR-400
SIZE	173 x 103 x 119 CM
WEIGHT	37 KG
MATERIAL	Main frame: Sturdy steel tubing
MAXIMUM USER WEIGHT	100 KG
MAXIMUM WEIGHT LOAD	120 KG
FUNCTIONS	Bench press, squat, bicep bench and bar, seated leg developer. Product does not include weights or barbell
ERGONOMICS AND OTHER	Adjustable back seat, (weights and barbell not included)
CERTIFICATIONS	EN-957 Certified
PRODUCT PACKAGE	
PACKAGE TYPE	1 carton box
SIZE	109,5 x 21 x 80 CM
WEIGHT	37 KG
Loading 20'/40'/40*HC	130 / 270 pcs.



HALF-POWER RACK

High quality free standing half-rack is sold with a pair of j-hooks, spotting arms, barbell holder and weight storage pins. Spotting arms will give the confidence to push further without the worry of damage or injury. Almost infinite flexibility and safety with 20 easy to adjust bar catch position. Power band resistance bars and multi-grip chin up bar gives even further possibilities for various training. Includes also closed hook for boxing bag or sling trainer.

OPERATING ENVIRONMENT	HOME	
MODEL NO.	STR-HPR	
SIZE	124 x 165 x 228 CM (LxWxH)	
WEIGHT	56 KG	
COLOR	Black-red	
MATERIAL	Steel tube	
MAXIMUM USER WEIGHT	200 KG (chin up bar)	
MAX. WEIGHT LOAD	350 KG (bar catches)	
FUNCTIONS	J-hooks and spotting arms for various barbell exercises, multi-grip chin up station, closed hook for boxing bag or sling trainer, power band resistance bars, weight plate storage pegs and barbell holder weight stack cover, Adjustable seat, Adjustable pec/arm press	
ERGONOMICS AND OTHER	Adjustment holes at 70mm increments, barbell holder inner dia. 48,5mm, weight plate storage pegs dia. 2x25mm and 2x48,5mm	
PRODUCT PACKAGE		
PACKAGE TYPE	2 x Brown cartons	
SIZE	A) 217 x 19,5 x 7 CM	B) 128 x 38 x 17 CM
WEIGHT	A) 23,5 KG	B) 35 KG Total: 58,5 KG



PRESS & SQUAT STAND

This is a freestanding multi-purpose stand. Ideal for use in a home where maximising space is a key. The stand is fully mobile and does not require drilling to the floor. It is great to use on its own or with a bench. It includes height adjustable bar catches and safety spotters. Adjustable base for larger footprint and weight plate pegs adds more stability for the stand.

OPERATING ENVIRONMENT	HOME	
MODEL NO.	STR-PSS	
SIZE	54-64 x 2*52 x 106-164 CM (LxWxH)	
WEIGHT	19,5 KG	
COLOR	Black-red	
MATERIAL	Steel tube	
MAX. WEIGHT LOAD	150 KG	
FUNCTIONS	Various barbell training with or without bench.	
ERGONOMICS AND OTHER	Weight plate storage pegs dia. 25mm	
PRODUCT PACKAGE		
PACKAGE TYPE	Brown carton	
SIZE	111 x 47 x 12,5 CM	
WEIGHT	21 KG	



PULL-UP & DIP RACK

Wall mounted multi-functional rack allows you to do various kinds of exercises like chin-ups with multiple grips, dips, knee and leg raises. Does not require a lot of space and is excellent for those who don't want to have big bulky tower or are limited with space. No need to unscrew it from the wall to change from pull-up to dip position. Change will take virtually just seconds.

OPERATING ENVIRONMENT	HOME	
MODEL NO.	STR-PUD	
SIZE	86 x 86,5 x 57 CM (LxWxH)	
WEIGHT	12 KG	
COLOR	Black-Red	
MATERIAL	Steel tube	
MAXIMUM USER WEIGHT	100 KG	
MAX. WEIGHT LOAD	100 KG (bar catches)	
FUNCTIONS	Chin-ups with various grips, triceps dips, knee and leg raises	
ERGONOMICS AND OTHER	Can be installed on any type of solid wall, punching bag can be hung from it. Comes with wall mounts and mounting bolts.	
PRODUCT PACKAGE		
PACKAGE TYPE	Brown carton	
SIZE	90 x 55 x 12 CM	
WEIGHT	13,3 KG	





MULTI BENCH

Multiple functions in compact size. 7 adjustable positions for the back support and additional functions for training abs, back and biceps muscles. Sturdy and well-adjustable bench is safe to use and it will fold into storage

OPERATING ENVIRONMENT	HOME
MODEL NO.	STR-MB
SIZE	151 x 44 x 112 CM
WEIGHT	16 KG
MATERIAL	Steel tube
MAXIMUM WEIGHT LOAD	180 KG (including user weight)
FUNCTIONS	Adjustable incline-decline bench, ab bench, back bench and bicep bench all in one
ERGONOMICS AND OTHER	No assembly required
PRODUCT PACKAGE	
PACKAGE TYPE	brown carton
SIZE	133 x 49 x 21 CM
WEIGHT	19 KG



FITNESS BENCH

Sturdy and adjustable bench for versatile dumbbell and muscle training. Both the backrest and the seat are adjustable to several different positions (6 different for backrest and 2 seat pad positions), which makes very versatile workout possible. You can make for example, a variety of push up-, rowing- and chest muscle exercises.

OPERATING ENVIRONMENT	HOME
MODEL NO.	STR-FB
SIZE	122 x 63 x 117 CM
WEIGHT	13 KG
MATERIAL	Steel tube
MAXIMUM WEIGHT LOAD	180 KG (including user weight)
FUNCTIONS	Bench press, squat, bicep bench and bar, seated leg developer. Product does not include weights or barbell
ERGONOMICS AND OTHER	6 different for backrest and 2 seat pad positions
PRODUCT PACKAGE	
PACKAGE TYPE	brown carton
SIZE	116x 41x 13,5 CM
WEIGHT	14 KG



AB BENCH

Adjustable foam securing pads for the legs and ankles are height adjustable for perfect positioning and to enhance comfort. Board also is height adjustable for increasing or decreasing the challenge of the exercises. Can be folded inwards for quick and easy storage. Padded high density upholstery ensures comfort during exercise.

OPERATING ENVIRONMENT	HOME
MODEL NO.	STR-AB
SIZE	133 x 32 x 62 CM (LxWxH)
WEIGHT	7,5 KG
MATERIAL	Steel tube
MAXIMUM USER WEIGHT	100 KG
FUNCTIONS	Various abdominal exercises
ERGONOMICS AND DETAILS	Height adjustable ab board, can be folded inwards for quick and easy storage.
PRODUCT PACKAGE	
PACKAGE TYPE	brown carton
SIZE	124 x 38 x 10,5 CM
WEIGHT	8 KG



RACK FOR PRO DUMBBELLS (6 PR)

Offset angle prevents wrist strain when removing and replacing dumbbells. Individual dumbbell cradles improves racking and safety. Storage space for 6 pairs of any size dumbbells.

OPERATING ENVIRONMENT	COMMERCIAL
MODEL NO.	61057-4-6B
SIZE	148 x 54 x 81 CM [LxWxH]
WEIGHT	36 KG
MATERIAL	Sturdy Steel
FUNCTIONS	Dumbbell rack
ERGONOMICS AND DETAILS	Individual dumbbell cradles improves safety
PRODUCT PACKAGE	
PACKAGE TYPE	2 x Brown carton
SIZE	1) 81 x 61 x 18 CM / 13,8 KG 2) 152 x 28 x 13 CM / 25 KG
WEIGHT	38,8 KG



TOWER RACK FOR CHROME DUMBBELLS

This 2-sided space saving black tower rack offers an excellent racking arrangement for Chrome dumbbells 1-10kg.

OPERATING ENVIRONMENT	COMMERCIAL
MODEL NO.	61072-0
SIZE	45 x 41 x 120 CM [LxWxH]
WEIGHT	19 KG
MATERIAL	Steel
FUNCTIONS	Dumbbell rack
ERGONOMICS AND DETAILS	Space saving designs
PRODUCT PACKAGE	
PACKAGE TYPE	Brown carton
SIZE	125 x 53 x 22 CM
WEIGHT	20 KG



RACK FOR KETTLEBELLS

Sturdy commercial level rack for kettlebells. Holds up atleast 12 any size kettlebells. It's space efficient 2-tier design makes the removal and replacement of the kettlebells very easy.

OPERATING ENVIRONMENT	COMMERCIAL
MODEL NO.	61098-0
SIZE	60 x 120 x 75 CM [LxWxH]
WEIGHT	30 KG
MATERIAL	Steel
FUNCTIONS	Kettlebell rack
ERGONOMICS AND DETAILS	Easy to use sturdy commercial level rack
PRODUCT PACKAGE	
PACKAGE TYPE	Brown carton
SIZE	127 x 70 x 14 CM
WEIGHT	31 KG



PRO RACK FOR WEIGHT PLATES

Rack for Olympic weight plates with sturdy steel construction. Suitable for both commercial and home use. Made in Finland.

OPERATING ENVIRONMENT	COMMERCIAL
MODEL NO.	STR-PROWR
SIZE	88,5 x 37 x 33,5 CM (LxWxH)
WEIGHT	17 KG
COLOR	Black
MATERIAL	Commercial grade steel
FUNCTIONS	Storage for weight plates
ERGONOMICS AND WEIGHT	Totally 10 openings for weight plates - 6 openings has inner dia. 9 CM - 4 openings has inner dia. 4,5 CM
PRODUCT PACKAGE	
PACKAGE TYPE	Brown carton
SIZE	92 x 40 x 36 CM
WEIGHT	19 KG



RACK FOR OLYMPIC WEIGHT PLATES

Compact, but robust weight plate rack for 50mm hole weight plates. The rack has 6 stands for weight plates, as well as one stand for locks. Rubber coated feet doesn't leave stains on the floor.

OPERATING ENVIRONMENT	COMMERCIAL
MODEL NO.	STR-WR1
SIZE	38,5 x 72 x 92 CM (LxWxH)
WEIGHT	8,5 KG
MATERIAL	Steel
FUNCTIONS	Weight plates rack for 50mm plates
ERGONOMICS AND DETAILS	Compact size, in-expensive rack for commercial and home use
PRODUCT PACKAGE	
PACKAGE TYPE	Brown carton
SIZE	96 x 75 x 6,5 CM
WEIGHT	9,4 KG



RACK FOR MEDICINE BALLS / KETTLEBELLS

A simple 3-level rack for medicine balls/kettlebells. Holds up to 5 pieces.

OPERATING ENVIRONMENT	COMMERCIAL
MODEL NO.	61045-0
SIZE	39 x 48 x 66 CM (LxWxH)
WEIGHT	8 KG
MATERIAL	Steel
FUNCTIONS	Medicine Ball / Kettlebell rack
ERGONOMICS AND DETAILS	Compact size sturdy commercial level rack
PRODUCT PACKAGE	
PACKAGE TYPE	Brown carton
SIZE	79 x 49 x 9 CM
WEIGHT	8,5 KG



RACK FOR FITNESSBAGS

Innovative space saving design allows this rack to hold up to 12 fitnessbags making it ideal for studio or gym classes. The rack is movable thanks to its wheels and it also stays in place as wheels are lockable.

OPERATING ENVIRONMENT	COMMERCIAL
MODEL NO.	62055-0
SIZE	76 x 82 x 127 CM (LxWxH)
WEIGHT	39 KG
MATERIAL	Steel
FUNCTIONS	Fitnessbag rack
ERGONOMICS AND DETAILS	Lockable transport wheels for easy handling of the rack
PRODUCT PACKAGE	
PACKAGE TYPE	Brown carton
SIZE	128 x 77 x 22 CM
WEIGHT	41 KG



RACKS FOR 15 AND 30 PRO PUMP SETS

The space efficient Pro Pump set racks are suitable for any fitness studio. Two options available for 30 or 15 Pro pump sets. The rack is equipped with high quality rubber coated transport wheels which makes it easy to be moved around.

OPERATING ENVIRONMENT	COMMERCIAL
MODEL NO.	For 30 sets: 61057-1 / For 15 sets: 61057-0
SIZE	For 30 sets: 120 x 130 x 164 CM (LxWxH) For 15 sets: 120 x 106 x 164 CM (LxWxH)
MATERIAL	Steel
FUNCTIONS	Rack for pump sets, weights and barbells
ERGONOMICS AND DETAILS	Durable transport wheels for easy handling
PRODUCT PACKAGE	
PACKAGE TYPE	2 x Brown cartons
SIZE	1) 160 x 123/50 x 24 CM (LxWxH) 2) 58 x 58 x 17 CM (LxWxH)
WEIGHT	89,5 KG



RACK FOR AEROBIC BARS

The Gymstick Pro aerobic bar rack has a space efficient and unique design making it suitable for even the smallest fitness studio. Holds up to 50 aerobic bars. The rack is equipped with high quality rubber coated transport wheels which makes it easy to be moved around.

OPERATING ENVIRONMENT	COMMERCIAL
MODEL NO.	61051-0
SIZE	93 X 77 X 105 CM (LxWxH)
MATERIAL	Steel
FUNCTIONS	Rack for pump sets, weights and barbells
ERGONOMICS AND DETAILS	Durable transport wheels for easy handling
PRODUCT PACKAGE	
PACKAGE TYPE	2 x Brown cartons
SIZE	1) 133,5 x 120 x 28 CM 2) 76,5 x 47 x 20 CM



RACK FOR IRON WEIGHT PLATES

Compact, but robust plate and barbell rack for 30 mm weight plates. Holder pin diameter is 25 mm. The rack has 6 pins for weight plates, center ring and bottom base for barbells. Bottom base stores locks as well.

OPERATING ENVIRONMENT	COMMERCIAL
MODEL NO.	IP-RACK
SIZE	107 x 51 x 91 CM (LxWxH)
WEIGHT	14,5 KG
COLOR	Black
MATERIAL	Steel
FUNCTIONS	Rack for weight plates (30mm) and barbells
ERGONOMICS AND DETAILS	Compact size, in-expensive rack for commercial and home use
PRODUCT PACKAGE	
PACKAGE TYPE	Brown carton
SIZE	102 x 39 x 10 CM
WEIGHT	16 KG



MULTI-LAYER RACK FOR DUMBBELLS

A sturdy rack made of steel for all kind of dumbbells. Angled design for easy access and storage. 4 separate shelves offer good space for full set of dumbbells.

OPERATING ENVIRONMENT	COMMERCIAL
MODEL NO.	STR-MLR
SIZE	78 x 136 x 120 CM (LxWxH)
WEIGHT	54 KG
COLOR	Black
MATERIAL	Steel and rubber
FUNCTIONS	Rack for dumbbells
PRODUCT PACKAGE	
PACKAGE TYPE	2 x Brown cartons
SIZE AND WEIGHT	1) 124 x 27 x 17 CM / 19,5 KG 2) 128 x 86 x 11 CM / 37,5 KG Total 76 KG



RACK FOR QUICK-LOCK DUMBBELLS

Compact rack with sturdy framework for Quick-Lock Dumbbells. Lifts the Dumbbells off the ground to make the training more convenient. Rack can hold pair of quick-lock dumbbells (Dumbbells not included).

OPERATING ENVIRONMENT	HOME
MODEL NO.	61031-0
SIZE	59 x 82 x 56 CM (LxWxH)
WEIGHT	11KG
MATERIAL	Steel
FUNCTIONS	Rack for pair of Quick-lock dumbbells
ERGONOMICS AND DETAILS	Compact and in-expensive rack
PRODUCT PACKAGE	
PACKAGE TYPE	Brown carton
SIZE	63 x 30 x 10 CM
WEIGHT	12,5 KG



BARBELL HOLDER

This heavy duty steel based bar holder holds up to five bars. It is designed to fit Olympic Barbells, Tricep Bars and EZ Bars. Holds bars vertically to save space.

Size: 35 x 35 x 20,5 cm
Weight: 15 kg, Color: Black

OB-BH



MAT RACK - FIXED

Storing mats has never been easier. The simple but stylish mat rack has a chromed structure. The prongs are 500mm apart and length is 340mm. Each rack comes with a fitting kit.

Mat rack holds 15 x 1,5 cm or 20 x 1,0 cm NBR mats.

61106-F



MULTI-USE HANGER

Wall-mounted Multi-Use hanger is stylish steel rack which virtually takes just about any lightweight gym accessory – belts, bands, chains, jump ropes etc. This simple unit helps to “clean-up” a training space and also makes it more efficient. Customers can quickly and easily find what they need.

Size: 60 x 12,5 x 16,9 cm (LxWxH)

STR-MUH

MOUNTING FOR BOXING BAG

Mounting for Boxing Bag

BX-MOUNT



BATTLE ROPE WALL/ FLOOR MOUNT

61090-0





GYMSTICK ORIGINAL SPARE BANDS (SOLD IN PAIRS)

- 30001 Original Exercise bands green/light
- 30002 Original Exercise bands blue/medium
- 30003 Original Exercise bands black/strong
- 30004 Original Exercise bands silver/extra strong
- 30005 Original Exercise bands gold/super strong



GYMSTICK AQUA SPARE BANDS (SOLD IN PAIRS)

- 34001 Gymstick Aqua Exercise bands green/light
- 34002 Gymstick Aqua Exercise bands blue/medium
- 34003 Gymstick Aqua Exercise bands black/strong

ADDITIONAL SPARE PARTS FOR ALL NORDIC WALKING POLES

- 20008 GS Universal Paw (2 pcs)
- 20009 GS Universal Spike (2 pcs)



TREADMILL LUBRICATION

Keep your treadmill in good condition and give it longer life with this quality and easy to use lubricant. When used regularly it also reduces wear on the other parts of the machine. 250ml pump bottle with long straw
61141



HR CHEST BELT 5 KHZ

Heart rate chest belt measures your heart rate and transmits the data to most compatible 5 kHz receiver devices. Comfortable soft chest belt is washable. Compatible with most of the Gymstick devices.



GYMSTICK TEAM BAG, SMALL

A strong bag for a group instructor or a group. Holds 15-20 Gymstick Originals.

45001



GYMSTICK TEAM BAG, BIG

A strong bag for a group instructor or a group. Holds 45 Gymstick Originals.

45002



POWERSLIDER SLIDING GLOVES

Sold in pairs
Material: stretchable high-quality lycra

62131-G



POWERSLIDER SPARE SLIDING SOCKS

Sold in pairs
Material: stretchable high-quality lycra
62131-SL



SPD PEDALS

Pedal with high impact resin cage for greater foot stability. Designed for all round use with pop-up binding mechanism for easy entry and release. Pedal can be also used with normal shoes.

SB-SPD



EDUCATION

The purpose in each Gymstick education is to provide instructors with a clear and extensive overview of how to use each Gymstick fitness tool. All courses include theory and practical components on how the Gymstick fitness tool can be used to improve muscle strength, endurance, balance, coordination, mobility and cardiovascular conditioning. Every year Gymstick reviews each education to ensure that the information is up to date with the latest in functional training methods.

PROGRAMS

Check out our programs below.



MUSCLE READMORE
gymstick.com/education/



FITNESSBAG READMORE
gymstick.com/education/



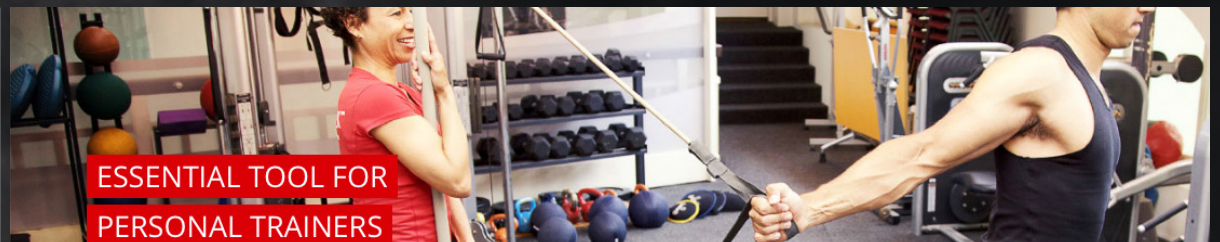
POWERSLIDER READMORE
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H2O READMORE
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PT READMORE
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INNOVATIONS



PERFORMANCE



WEIGHTS



FITNESS



WELLNESS



STRENGTH



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