

Our range of weight based training machines are built to the highest standards. These machines will be an asset to any establishment. All machines are manufactured to the European Standards. Installation can be arranged by our team of trained engineers



Machines are silver framework and metallic Lilac upholstery as standard, alternative colours are available (see below), however additional costs may be incurred, please contact our Sales Department for more details.



Black



Red



Green



Blue



Orange



Yellow



Dark Grey



Burgundy



Metallic Lilac



Metallic Orange



Metallic Burgundy



1 TEN STATION/EIGHT USERS MULTI STATION FITNESS MACHINE

PPI039

£23,793.08 each

Station 1 ADJUSTABLE ABDOMINAL BENCH

Station 2 HIP FLEXOR ABDOMINAL

Station 3 LONG SEATED ROW AND PULLDOWN
100kgs weight stack in 5kg increments

Station 4 CHEST PRESS
90kgs weight stack in 2.5 and 5kg increments

Station 5 LEG PRESS
100kgs weight stack in 5kg increments

Station 6 LEG EXTENSIONS/LEG CURL (Multi-Leg)
70kgs weight stack in 2.5 and 5kg increments

Station 7 VERTICAL CHEST
90kgs weight stack in 2.5 and 5kg increments

Station 8 SEATED ROW MACHINE
90kgs weight stack in 2.5 and 5kg increments

Foot print size 4.06m x 3.68m x 2.25m



2 SEVEN STATION/FIVE USERS MULTI STATION FITNESS MACHINE

PPI040

£15,427.83 each

Station 1 ADJUSTABLE ABDOMINAL BENCH

Station 2 LONG SEATED ROW AND PULLDOWN
100kgs weight stack in 5kg increments

Station 3 CHEST PRESS
90kgs weight stack in 2.5 and 5kg increments

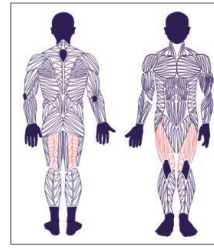
Station 4 LEG PRESS
100kgs weight stack in 5kg increments

Station 5 LEG EXTENSIONS/LEG CURL (Multi-Leg)
70kgs weight stack in 2.5 and 5kg increments

Foot print size 3.49m x 3.23m x 2.25m



Prices quoted are for supply only. Please contact our Sales Department for installation prices on +44 (0)1621 868700
Should this equipment be ordered as supply only, it must be assembled by suitably qualified engineers



1 LEG CURL/EXTENSION (MULTI LEG)

SHK001

£3,384.22 each

This is a great machine which incorporates two exercises in one!

- ✓ Machine is 1638mm long x 1070mm wide x 1505mm high
- ✓ Weight stack is 60kg in increments of 5kgs and 10kgs

2 SEATED LEG PRESS

SHK002

£4,317.71 each

- ✓ Machine is 1813mm long x 1038mm wide x 1505mm high
- ✓ Weight stack is 160kg in increments of 10kgs



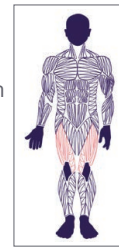
Alternative coloured framework and upholstery is available, please contact our Sales Department for details

3 SEATED LEG CURL

SHK003

£2,774.68 each

- ✓ Machine is 1752mm long x 1048mm wide x 1505mm high
- ✓ Weight stack is 60kg in increments of 5kgs and 10kgs



4 LEG EXTENSION

SHK004

£2,851.41 each

- ✓ Machine is 1092mm long x 1104mm wide x 1505mm high
- ✓ Weight stack is 70kg in increments of 5kgs and 10kgs



5 STANDING LEG CURL

SHK005

£2,866.75 each

- ✓ Machine is 1242mm long x 1099mm wide x 1668mm high
- ✓ Weight stack is 60kg in increments of 5kgs and 10kgs



6 ADDUCTOR MACHINE

SHK006

£3,021.05 each

- ✓ Machine is 1227mm long x 1370mm wide x 1505mm high
- ✓ Weight stack is 50kgs in increments of 5kgs



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1 ABDUCTOR MACHINE

SHK007

£2,828.39 each

- ✓ Machine is 1541mm long x 1023mm wide x 1505mm high
- ✓ Weight stack is 50kgs in increments of 5kgs

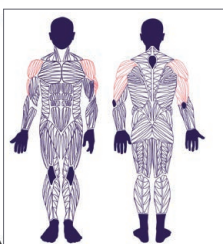


2 SHOULDER PRESS

SHK008

£2,949.45 each

- ✓ Machine is 1829mm long x 1543mm wide x 1505mm high
- ✓ Weight stack is 50kgs in increments of 5kgs and 10kgs

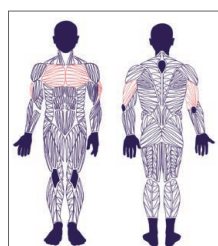


3 CHEST PRESS

SHK009

£3,278.51 each

- ✓ Machine is 1249mm long x 1644mm wide x 1505mm high
- ✓ Weight stack is 70kg in increments of 5kgs and 10kgs



4 BICEP CURL

SHK010

£3,058.57 each

- ✓ Machine is 1192mm long x 1112mm wide x 1505mm high
- ✓ Weight stack is 50kg in increments of 5kgs

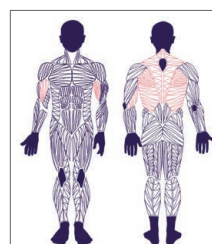


5 SEATED ROW

SHK011

£2,977.58 each

- ✓ Machine is 1187mm long x 1161mm wide x 1505mm high
- ✓ Weight stack is 100kgs in increments of 5kgs and 10kgs

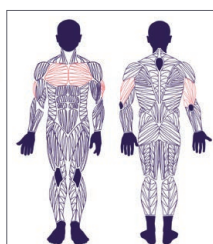


6 TRICEPS PRESSDOWN

SHK012

£2,890.62 each

- ✓ Machine is 1603mm long x 1372mm wide x 1505mm high
- ✓ Weight stack is 70kg in increments of 5kgs and 10kgs



7 VERTICAL CHEST

SHK013

£3,235.89 each

- ✓ Machine is 1245mm long x 1619mm wide x 1505mm high
- ✓ Weight stack is 70kgs in increments of 5kgs and 10kgs



8 LONG SEATED ROW AND PULLDOWN

SHK014

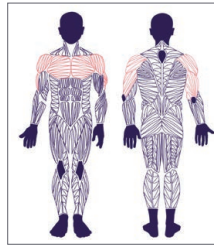
£2,374.01 each

- ✓ Machine is 1864mm long x 570mm wide x 2235mm high
- ✓ Weight stack is 100kgs in increments of 5kgs and 10kgs

Alternative coloured framework and upholstery is available, please contact our Sales Department for details



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1 MULTIPOWER MACHINE

SHK015

£3,611.84 each

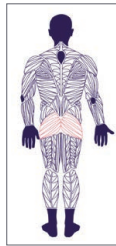
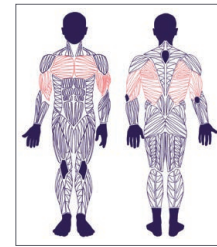
- ✓ Machine is 1252mm long x 1753mm wide x 2230mm high
- ✓ Weight stack is 60kgs in increments of 5kgs and 10kgs (on each side of the machine)

2 ASSISTED CHINNING/DIPPING

SHK016

£2,936.66 each

- ✓ Machine is 1589mm long x 1279mm wide x 2393mm high
- ✓ Weight stack is 80kg in increments of 5kgs



3 GLUTEUS MACHINE

SHK017

£3,149.78 each

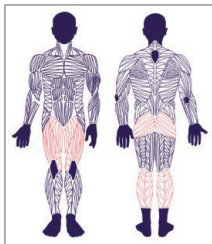
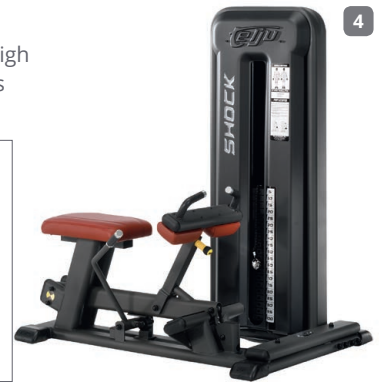
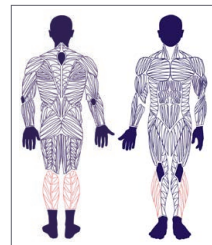
- ✓ Machine is 1260mm long x 986mm wide x 1505mm high
- ✓ Weight stack is 70kgs in increments of 5kgs and 10kgs

4 SEATED CALF RAISE

SHK018

£2,677.50 each

- ✓ Machine is 1296mm long x 1066mm wide x 1505mm high
- ✓ Weight stack is 100kgs in increments of 5kgs and 10kgs

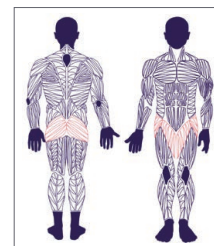


5 STANDING SQUAT AND CALF MACHINE

SHK019

£3,333.92 each

- ✓ Machine is 1675mm long x 1133mm wide x 1505mm high
- ✓ Weight stack is 160kgs in increments of 10kgs



6 MULTI HIP MACHINE

SHK020

£3,045.78 each

- ✓ Machine is 1299mm long x 1451mm wide x 1505mm high
- ✓ Weight stack is 60kgs in increments of 5kgs and 10kgs

Alternative coloured framework and upholstery is available, please contact our Sales Department for details

7 ABDOMINAL MACHINE

SHK021

£3,096.93 each

- ✓ Machine is 1277mm long x 1158mm wide x 1505mm high
- ✓ Weight stack is 60kgs in increments in 5kgs and 10kgs



8 THREE STATION PULLEY MACHINE

SHK022

£4,992.63 each

- ✓ Machine is 2298mm long x 1928mm wide x 2235mm high
- ✓ This machine has three weight stacks which are 80kgs in increments of 5kgs and 10kgs



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1 HIP FLEXOR ABDOMINAL

SHK023

£1,130.70 each

- ✓ Machine is 1149mm long x 883mm wide x 1721mm high

2 ABDOMINAL CRUNCH BENCH

SHK024

£814.05 each

- ✓ Bench is 1380mm long x 733mm wide x 942mm high

3 PLAIN BENCH

SHK025

£536.13 each

- ✓ Bench is 1482mm long x 733mm wide x 470mm high

4 ADJUSTABLE BENCH

SHK026

£1,082.35 each

- ✓ Bench is 1189mm long x 733mm wide x 1234mm high

5 OLYMPIC BENCH PRESS

SHK027

£925.72 each

- ✓ Bench is 1530mm long x 1317mm wide x 1208mm high

6 TRIPLE ADJUSTABLE BENCH

SHK028

£1,616.25 each

- ✓ Bench is 1369mm long x 983mm wide x 1667mm high

7 INCLINE BENCH PRESS

SHK029

£1,053.60 each

- ✓ Bench is 1436mm long x 930mm wide x 1396mm high

8 SHOULDER PRESS BENCH

SHK030

£967.50 each

- ✓ Bench is 1130mm long x 930mm wide x 1730mm high

9 BENCH PRESS

SHK031

£780.80 each

- ✓ Bench is 1317mm long x 930mm wide x 1208mm high

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1 DUAL ADJUSTABLE PULLEY

FIT1194*

£2,646.13 each

The Origin Dual Adjustable Pulley boasts a full range of features including a 91kg weight stack on either side, allowing users to incrementally increase their weights as they progress. Included in this station is a range of cable attachments which, paired with the versatile positioning of the handles, enables varied and functional workouts for users. The incorporated pull up bar also gives users that extra option when choosing their workout

Attachments included are:

- ✓ 1 x long bar
- ✓ 1 x short bar
- ✓ 1 x tricep rope
- ✓ 1 x ankle strap
- ✓ 2 x single handles



2 POWER RACK

FIT1100*

£1,090.87 each

1966 long x 1747 wide x 2442mm high this is a great full power rack for use in any facility

3 STEEL HIGH PERFORMANCE OLYMPIC STEEL BAR

FIT1177*

£188.25 each

7' (2.2m) long, 28mm diameter with a brushed steel finish, tested to 750kgs

4 OLYMPIC SPRING COLLARS

FIT1103*

£6.57 pair

5 CLASSIC OLYMPIC RUBBER DISCS

Classic stylish design, discs have a premium rubber coating with 3 contoured hand grips and 50mm Olympic centre

FIT1178*	1.25kg disc
FIT1179*	2.5kg disc
FIT1180*	5.0kg disc
FIT1181*	10.0kg disc
FIT1182*	15.0kg disc
FIT1183*	20.0kg disc
FIT1184*	25.0kg disc

£3.91 each
£7.77 each
£15.52 each
£31.05 each
£46.07 each
£61.59 each
£77.11 each



6 SINGLE CABLE HANDLE WITH URETHANE GRIP

FIT1077*

£15.02 each

6

7 V HANDLE

FIT1078*

£18.03 each

8 ANGLED PRESSDOWN BAR

FIT1079*

£22.03 each

9 STRAIGHT CABLE BAR

FIT1080*

£22.03 each

7



8



9



1 TRICEP ROPE (BLACK)

FIT1081*

£16.02 each



2 PIVOTING PRESSDOWN BAR

FIT1082*

£33.05 each



3 CABLE EZ CURL BAR

FIT1083*

£28.04 each



4 CABLE CURL BAR

FIT1084*

£34.05 each



5 PARALLEL GRIP LAT PULLDOWN BAR - WIDE

FIT1085*

£44.06 each



6 PARALLEL GRIP LAT PULLDOWN BAR - NARROW

FIT1086*

£38.06 each



7 CLOSE GRIP LOW ROW/PULLDOWN HANDLE

FIT1087*

£36.05 each

8 36" STANDARD LAT PULLDOWN BAR

FIT1088*

£40.56 each

9 48" STANDARD LAT PULLDOWN BAR

FIT1089*

£43.06 each



10 CABLE ATTACHMENT RACK

FIT1090*

£459.49 each

Stylish vertical rack for cable attachments, complete with 15 cable attachments as follows:

- ✓ 1 x 36" standard lat pulldown bar
- ✓ 1 x 48" standard lat pulldown bar
- ✓ 1 x angle pressdown bar
- ✓ 1 x cable curl bar
- ✓ 1 x cable EZ curl bar
- ✓ 2 x cable handles with rubber grip
- ✓ 1 x close grip low row/pulldown handle
- ✓ 1 x parallel grip lat pulldown bar (narrow)
- ✓ 1 x parallel grip lat pulldown bar (wide)
- ✓ 1 x pivoting pressdown bar
- ✓ 1 x straight cable bar
- ✓ 1 x tricep rope
- ✓ 1 x V handle
- ✓ 1 x single rope





Conforms to EN ISO 20957-1 & 20957-6

1 MATRIX T1X LOW IMPACT TREADMILL

CAV/MAT/T1X

£5,094.90 each

This treadmill comes complete with a large LED display for easy viewing and simple controls, an ultimate hard-wax reversible 1" deck system for superior performance and durability, a low 19cm step on height, JID 4.2hp AC drive system. It has an incline range of 0-15% (317kg elevation motor), has a speed range of 0.8-20 kph/0.5-12 mph, has contact and telemetric heart rate sensors. The workouts available are manual, rolling hills, fat burn, 5K, target HR, Gerkin protocol. A 200-240v power supply is required



Conforms to EN ISO 20957-1 & 20957-6

2 MATRIX T3X LOW IMPACT TREADMILL

CAV/MAT/T3X

£6,012.90 each

This treadmill comes complete with a large LED display for easy viewing and simple controls, an ultimate hard-wax reversible 1" deck system for superior performance and durability, a low 19cm step on height, JID 4.2hp AC drive system. It has an incline range of 0-15% (589kg elevation motor), has a speed range of 0.8-20 kph/0.5-12 mph, has contact and telemetric heart rate sensors. The workouts available are manual, rolling hills, fat burn, 5K, target HR, Gerkin protocol, army PFT, navy PRT, marine PFT, air force PRT, physical efficiency battery (PEB). A 200-240v power supply is required



Conforms to EN ISO 20957-1 & 20957-5

3 MATRIX U1X UPRIGHT CYCLE

CAV/MAT/U1X

£2,034.90 each

This upright cycle comes complete with a 7" blue backlit graphic LCD console display. It has quick-zip pedal straps for easy adjustment and a race inspired handle which feature contoured elbow rests for comfort and enhanced ergonomics. This machine is self powered so no need for a battery or plug with a JID hybrid generator, it also has convenient thumb switch controls, 20 resistance levels and contact and telemetric heart rate sensors. The workouts available are manual, interval (hill interval, random interval), goal (time goal, distance goal, calories goal), multi FX (constant watts, random) heart rate (target HR, weight loss), fit test, warm up and cool down

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1 MATRIX R1X RECUMBENT CYCLE

CAV/MAT/R1X

£2,340.90 each

This recumbent cycle comes complete with a 7" blue backlit graphic LCD console display. It's Ergo Form seat and back enhances comfort and support and it has step-through entry for easy access. This machine is self powered so no need for a battery or plug with a JID generator, it also has convenient thumb switch controls, 20 resistance levels and contact and telemetric heart rate sensors. The workouts available are manual, interval (hill interval, random interval), goal (time goal, distance goal, calories goal), multi FX (constant watts, random) heart rate (target HR, weight loss), fit test, warm up and cool down



Conforms to EN ISO 20957-1 & 20957-5

2 MATRIX S3X STEP MACHINE

CAV/MAT/S3X

£3,870.90 each

This step machine comes complete with a LED console display, it has ultra non-slip large pedals for increased stability and an angled independent stepping motion which mimics real climbing feel. This machine is self powered so no need for a battery or plug. There are 25 resistance levels and workouts available are manual, rolling hills, target hr, interval training, constant watts, fat burn, fitness test and random



Conforms to EN ISO 20957-1 & 20957-8

3 ORIGIN OC3 STUDIO BIKE

FIT1193*

£640.92 each

The Origin OC3 Studio Bike is a perfect entry level indoor cycle for home and commercial usage. The OC3 boasts many great features: weighted flywheel, dual sided pedals, adjustable saddle & handlebars, bottle holder, transportation wheels and many more. The weighted flywheel paired with the chain drive system replicates real life cycling giving users a superior workout experience. 125cm long x 56.9cm wide x 115cm high



4 MONARK CYCLE 827 E

CAV/UPC/827*

£1,493.17 each

This cycle is specifically designed for intensive use in gymnasiums. It has a completely housed fly wheel and strengthened frame. The electronic instrument shows effective output in watts and heart rate using telemetry. The Monark pendulum balance ergometer is the world's most used test cycle for fitness testing



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1 MATRIX E1X ELLIPTICAL TRAINER

CAV/MAT/E1X

£3,564.90 each

This elliptical trainer comes complete with a 7" blue backlit graphic LCD console display, has auto-positioning pedals which provide a smooth and comfortable workout and a stride length of 48cm/19". This machine is self powered so no need for a battery or plug with a JID generator, it also has convenient thumb switch controls, 20 resistance levels and contact and telemetric heart rate sensors. The workouts available are manual, interval (hill interval and random interval), goal (time goal, distance goal, calories goal), multi FX (constant watts, random) heart rate (target HR, weight loss), fit test, warm up and cool down

Conforms to EN ISO 20957-1 & 20957-9



2

Conforms to EN ISO 20957-1 & 20957-7



2 MATRIX ROWING MACHINE

CAV/MAT/ROW

£1,422.90 each

This air resistance rowing machine comes complete with a battery-powered LCD display. It has a poly-V belt drive system for quiet operation, the slide rail and distance mimics real rowing feel and the fan wheel technology provides a smooth, natural movement. The workouts available are time, distance, SPM (strokes per minute), stroke, watts, heart rate and calories

3 CONCEPT II INDOOR ROWER

A CAV/ROW/001

£1,175.34 each

The Concept II Indoor Rower has long been established as the worlds best indoor rowing machine. The Model D with the PM5 performance monitor allows rowing without pushing any buttons, and you can choose from a library of pre-set workouts which load instantly

B CAV/ROW/002

£1,395.66 each

This is the new model E version with the PM5 performance monitor as standard. The frame is 6" higher than previous models and has a one piece design for greater stability and solid feel



Conforms to EN ISO 20957-1 & 20957-7

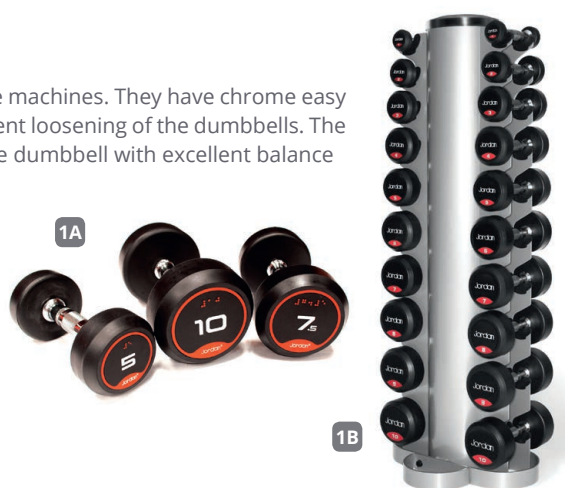


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1 RUBBER DUMBBELLS WITH SOLID ENDS

The stylish and durable black rubber finish of these dumbbells will not chip or damage machines. They have chrome easy grip handles, raised number weight identification and a unique locking system to prevent loosening of the dumbbells. The compact one piece design encapsulated in odourless rubber offers a compact durable dumbbell with excellent balance

- | | | | |
|----------|-----------------|--|--------------------|
| A | FIT1001* | 2.5-25kg rubber dumbbells (2.5kg increments) | £856.89 set |
| | FIT1002* | 1-10kg rubber dumbbells (1kg increments) | £345.51 set |
| B | FIT1003* | 1-10kg rubber dumbbells with rack (1kg increments) | £585.86 set |
| | FIT1004* | 2-20kg rubber dumbbells (2kg increments) | £691.01 set |
| | FIT1005* | 2-20kg rubber dumbbells with rack (2kg increments) | £926.36 set |



2 NEOPRENE STUDIO DUMBBELLS

Great for group exercise classes, these dumbbells are coated in tactile neoprene for greater user comfort, they do not become slippery when hands get wet

- | | | | |
|----------|-----------------|---------------------------------|--------------------|
| A | FIT1046* | 0.5kg (yellow) | £2.48 pair |
| | FIT1047* | 1kg (red) | £4.95 pair |
| | FIT1048* | 2kg (orange) | £9.90 pair |
| | FIT1049* | 3kg (green) | £14.86 pair |
| | FIT1050* | 4kg (purple) | £19.81 pair |
| | FIT1051* | 5kg (black) | £24.76 pair |
| B | FIT1052* | 42 neoprene dumbbells with rack | £778.33 set |



3 RUBBER BARBELLS

These stylish and durable black rubber barbells will not chip or damage machines, the unique locking system prevents loosening of the barbell head and minimizes maintenance. The compact one piece design encapsulated in odourless rubber offers a compact durable barbell with excellent balance. The handles are easy grip chrome

- | | | | |
|----------|-----------------|-----------------------------------|----------------------|
| | FIT1010* | 10-45kg rubber barbells | £821.20 set |
| A | FIT1011* | 10-45kg rubber barbells with rack | £1,151.69 set |
| B | FIT1012* | 10kg barbell | £35.25 each |
| | FIT1013* | 15kg barbell | £52.89 each |
| | FIT1014* | 20kg barbell | £70.50 each |
| | FIT1015* | 25kg barbell | £88.14 each |
| | FIT1016* | 30kg barbell | £105.77 each |
| | FIT1017* | 35kg barbell | £123.40 each |
| | FIT1018* | 40kg barbell | £141.02 each |
| | FIT1019* | 45kg barbell | £158.65 each |
| | FIT1020* | 50kg barbell | £176.27 each |
| | FIT1021* | 55kg barbell | £193.90 each |
| | FIT1022* | 60kg barbell | £211.52 each |



4 FIT BARS

Ideal for performing various exercises including lunges, squats, sit-ups and upper body exercises. Bars have a solid steel core for evenly distributed weight and are covered with soft black foam for comfort and durability. Each bar has coloured end caps for identification. Rack has a silver oval frame and is 1200mm high x 850mm wide x 750mm deep

- | | | | |
|----------|-----------------|---|----------------------|
| A | FIT1068* | 3kg (1000mm bar) | £15.89 each |
| | FIT1069* | 4kg (1000mm bar) | £18.20 each |
| | FIT1070* | 5kg (1000mm bar) | £22.33 each |
| | FIT1071* | 6kg (1100mm bar) | £25.72 each |
| | FIT1072* | 7kg (1250mm bar) | £28.41 each |
| B | FIT1073* | 40 bars and rack (10 x 3kg, 10 x 4kg, 10 x 5kg, 5 x 6kg, 5 x 7kg) | £1,094.05 set |
| | FIT1074* | Rack only | £247.62 each |



1 MEDICINE BALLS

Premium quality textured rubber surface medicine ball for excellent grip with rubber weighted centres for good balance



FIT1031*	1kg (pale blue)	£20.33 each
FIT1032*	2kg (pink)	£23.72 each
FIT1033*	3kg (deep blue)	£26.71 each
FIT1034*	4kg (pale orange)	£30.10 each
FIT1035*	5kg (mauve)	£32.72 each
FIT1036*	6kg (yellow)	£36.37 each
FIT1037*	7kg (green)	£39.74 each
FIT1038*	8kg (red)	£42.75 each
FIT1039*	9kg (blue)	£51.75 each
FIT1040*	10kg (orange)	£66.60 each
FIT1041*	5 medicine balls with vertical rack (1-5kg)	£220.91 each
FIT1042*	5 medicine balls with vertical rack (6-10kg)	£324.52 each



2 DOUBLE GRIP MEDICINE BALLS

FIT1185*	5kg (mauve)	£48.74 each
FIT1186*	6kg (yellow)	£53.18 each
FIT1187*	7kg (green)	£58.13 each
FIT1188*	8kg (red)	£64.12 each
FIT1189*	9kg (blue)	£70.37 each
FIT1190*	10kg (orange)	£75.60 each

3 MEDICINE BALL RACK (Balls not included)

FIT1043* **£87.33 each**
Silver oval frame which holds 5 medicine balls 1600mm high x 280mm wide x 360mm deep



4 MEDICINE BALL RACK (Balls not included)

FIT1044* **£207.49 each**
Silver oval frame which holds 20 medicine balls complete with lockable wheels. 1020mm high x 1510mm wide x 640mm deep



5 PHYSICAL SPEED ROPES

Lightweight and compact these ropes are manufactured from highly durable plastic

FIT/001/ROP	2100mm (7') Kids	£15.21 each
FIT/002/ROP	2450mm (8') Juniors	£15.39 each
FIT/003/ROP	2750mm (9') Adults	£15.72 each
FIT/004/ROP	3050mm (10') Adults	£15.99 each



6 SUPAFLEX RESISTANCE BANDS

Manufactured from natural rubber, ideal for upper and lower body exercises, tones and strengthens all muscle groups

FIT/001/BND	Intermediate	£12.65 each
FIT/002/BND	Advanced	£12.76 each



1 NEOPRENE COVERED KETTLEBELLS

These kettlebells have a coloured neoprene covered base which helps protect the floor, cast iron handles, easy weight identification and are perfectly balanced

FIT1053*	4kg blue	£11.52 each
FIT1054*	8kg yellow	£23.03 each
FIT1055*	12kg red	£34.55 each
FIT1056*	16kg orange	£46.07 each
FIT1057*	20kg green	£57.58 each
FIT1058*	24kg grey	£69.10 each
FIT1059*	28kg black	£80.62 each
FIT1060*	32kg dark blue	£92.14 each
FIT1061*	40kg purple	£115.17 each
FIT1062*	Womens beginner set 4kg, 8kg, 12kg	£67.10 set
FIT1063*	Beginner set 12kg, 16kg, 20kg	£134.20 set
FIT1064*	Intermediate set 20kg, 24kg, 28kg	£199.29 set
FIT1065*	Advanced set 28kg, 32kg, 40kg	£280.41 set
FIT1066*	Full set 1 x 4kg, 1 x 8kg, 1 x 12kg, 2 x 16kg, 2 x 20kg, 1 x 24kg, 1 x 28kg and rack	£599.88 set



2 KETTLEBELL RACK

FIT1067* **£186.89 each**

Kettlebell rack, complete with rubber mats on shelves to reduce noise and protect kettlebells. Silver framework, 840mm H x 530mm W x 1220mm L, stores a full set of 9 kettlebells

3



3 REEBOK CORE BOARD

FIT/001/RBK **£239.80 each**

Unlike any other piece of training equipment, the Reebok Core Board's revolutionary design engages the Core muscles using movements, which also encompass the arms and legs. The board tilts, twists, torques and recoils with your body's movement, giving a highly effective, time efficient workout

4 CORE STABILITY PREMIUM SAFETY BALLS

Manufactured from the new Flexton Anti Burst Material. Maximum loading 250kg

FIT/001/BAL	420mm diameter	£21.01 each
FIT/002/BAL	530mm diameter	£27.63 each
FIT/003/BAL	650mm diameter	£30.75 each

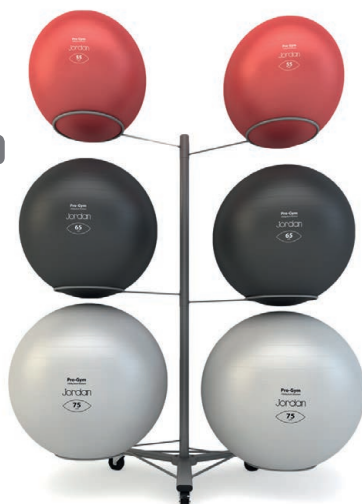


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5 THREE BALL CORE STABILITY RACK (Balls not included)

FIT1075* **£102.48 each**

Silver frame rack 1530mm high x 765mm wide x 765mm long – holds three balls

6 SIX BALL CORE STABILITY RACK (Balls not included)

FIT1076* **£186.37 each**

Silver frame rack 1810mm high x 930mm wide x 930mm long – holds six balls



1

1 ROCKER BOARD

FIT/001/BRD

£31.88 each

Useful for ankle extension and flexion exercises. Sturdy construction with warm cork anti-slip surface. 500 x 500 x 76mm high



2

1 WOBBLE BOARD

FIT/002/BRD

£47.23 each

Designed to assist in the exercising of ankles and knees. Warm cork non-slip surface and tough cruciform base. 500 diameter x 77mm high

3 REEBOK STEP SYSTEM

PPI068

£86.80 each

One piece construction, non-slip floor blocks and rubber moulded platform provides a safe surface to step on. Adjusts to three training heights with unique interlocking block positions. 900 x 350 x 150/200/260mm. Colours may vary



3



4



4B

4 SANDBAG PRO

Suitable for indoor and outdoor use these sandbag pros are great for improved strength, strength-endurance and power-endurance as an alternative to dumbbells, barbells or medicine balls

	FIT1113*	5kg	£53.08 each
A	FIT1114*	10kg	£62.09 each
	FIT1115*	15kg	£65.10 each
	FIT1116*	20kg	£68.10 each
	FIT1117*	25kg	£71.10 each
	FIT1118*	30kg	£77.11 each
	FIT1119*	35kg	£82.12 each
B	FIT1153*	Sandbag rack	£186.27 each



4A

5 FLEXI-BAG

The Flexi-Bag allows the user to easily work in all three planes of motion, and perform many exercises for every human movement pattern making this the ultimate functional training tool. It's great for co-ordination, balance and shoulder mobility/stability drills, increases strength and muscular endurance of your grip and develops strength and/or power throughout the entire body

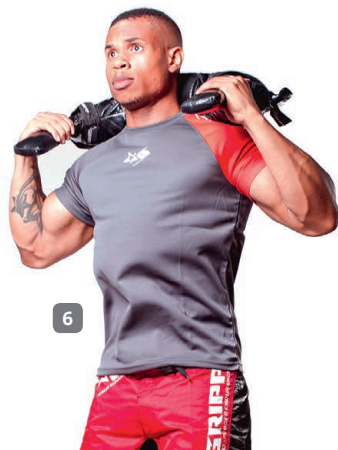
FIT1143*	5kg - yellow	£36.38 each
FIT1144*	7.5kg - green	£42.55 each
FIT1145*	10kg - orange	£53.59 each
FIT1146*	15kg - blue	£62.21 each
FIT1147*	20kg - red	£75.97 each



5



5



6

6 POWERWAVE

This is a multi-functional training device that is revolutionary by design allowing a complete body workout that is guaranteed to unleash explosive core strength and physical endurance to achieve a desirable shape in just 20 minutes. It enhances core strength, muscle development and endurance, increases metabolic rate, which results in accelerating fat loss. Its unique shape will enhance speed and agility in a way that free weights and static machines cannot

FIT1149*	7kg powerwave Super	£104.32 each
FIT1150*	12kg powerwave Spartan	£116.84 each
FIT1152*	20kg powerwave The Beast	£133.52 each



6



1 SOFT PLYO BOXES

Made from a high density foam and covered with hard wearing, non-skid vinyl, the main benefit of this is that the foam will absorb some of the impact during a landing. The set of 5 (which can be purchased individually as well) range from 76mm to 609mm in height and can be stacked together up to a height of 1600mm. The boxes are attached together with strong hook and loop straps to help ensure safety during use. Working platform area – 914mm x 762mm

FIT1154*	Set of 5 boxes	£916.03 set
FIT1155*	3"/76mm purple box	£81.42 each
FIT1156*	6"/152mm blue box	£111.22 each
FIT1157*	12"/304mm green box	£175.76 each
FIT1158*	18"/457mm orange box	£250.24 each
FIT1159*	24"/609mm red box	£322.23 each

2 ViPR™

Designed to provide an effective, complete body workout, which builds muscle and burns calories through strength and movement training. Can be lifted, pulled, dropped or slammed

FIT1160*	4kg	£160.03 each
FIT1161*	6kg	£176.03 each
FIT1162*	8kg	£200.05 each
A FIT1163*	10kg	£233.36 each
FIT1164*	12kg	£280.06 each
FIT1165*	16kg	£293.38 each
B FIT1166*	Rack – holds 20-30 ViPR (up to 200kg)	£483.62 each
FIT1167*	Rack – holds 30 ViPR (up to 300kg)	£720.81 each



3 ORIGIN SQYRE

A multifunctional piece of equipment that gives you a wide variety of different workouts whilst being less intimidating than a standard rubber tyre. Due to the design the Origin Sqyre is much more predictable than standard tyres when thinking about direction and stability, this means it can be used in classes or in close vicinity to other clients

FIT1168*	45kg – red	£1,280.22 each
FIT1169*	60kg – blue	£1,414.99 each
FIT1170*	80kg – green	£1,483.70 each

4 TUFNUT

With a hexagonal sturdy steel frame surrounded by super resilient foam and covered with a strong PVC cover, this piece of kit can take as much as you can give. TufNut gives you all the challenge of a tyre with all the control you want. There are straps on various faces – so you can jump, flip, roll, lift, push, pull and walk until your heart and muscles are content

FIT1192*	40kg	£528.66 each
FIT1195*	60kg	£670.98 each
FIT1196*	80kg	£806.28 each
FIT1197*	100kg	£881.29 each



1 LIFTING CHAINS

High quality chains with a chrome finish, complete with chrome collars for Olympic bars, chains are 1524mm long, available in 3 sizes for all abilities

FIT1120*	13.5kg, 20mm chain	£125.11 pair
FIT1121*	20kg, 25mm chain	£169.43 pair
FIT1122*	27kg, 30mm chain	£205.92 pair



1

2 TRAINING ROPES

These ropes have a waterproof jacket so they are suitable for indoor and outdoor use, each rope is 15kg

FIT1123*	38mm diameter rope	£159.59 each
FIT1124*	50mm diameter rope	£199.49 each



2

3 GYM HAMMER

Silver, smooth finish gym hammer used to slam into tyres, with optimal grip to prevent slippage during use

FIT1125*	4kg	£26.64 each
FIT1126*	8kg	£52.53 each
FIT1127*	10kg	£66.67 each



3



4

4 SLAM BALLS

Suitable for indoor and outdoor use these slam balls are a great way to exercise any area of your body including the core, upper and lower extremities. All weights are the same 23cm diameter and are a bright red colour which makes it easier to spot when being thrown

FIT1132*	3kg	£14.45 each
FIT1133*	5kg	£15.54 each
FIT1134*	7kg	£18.98 each
FIT1135*	9kg	£24.32 each
FIT1136*	12kg	£29.41 each
FIT1137*	15kg	£38.43 each

5 AGILITY LADDER

Fast feet, agility and coordination all improve with this device. Rings are linked together with durable nylon webbing. Carry bag included

FIT1138	4m ladder	£15.45 each
FIT1139	8.5m ladder	£26.56 each



5



6

6 POWER SPEED CHUTE

FIT1140

£21.67 each

As you sprint the power speed chute expands with air creating a drag effect, which helps to improve acceleration, speed endurance and high speed direction change

7 POWER SPEED RESISTOR

FIT1141

£13.47 each

Excellent for explosive speed and anaerobic fitness workouts, one person provides the load by holding back on the strap attached to the harness, while the runner sprints at maximum effort



7

1 SPEED BOUNCE MAT

FIT/001/SBM

£69.14 each

Tests speed, agility, co-ordination and stamina for all ages. Foam wedge is 200mm high. Complete with laminated activity card



2

2 VERTICAL JUMP TIP-2-TIP

FIT/001/TTT

£146.91 each

A simple but effective device for measuring jumping height relative to the height of the athlete. Can be fixed to any surface. Complete with laminated activity card for primary and secondary school use



3 INTERMEDIATE METROMAT

FIT/001/MET

£340.60 each

Fully graduated, portable mat for standing long jump, including carrying bag. Suitable for primary and secondary school use, complete with laminated activity card



4

4 METAL SIT AND REACH BOX

FIT/002/SRB

£90.15 each

This measures the participants flexibility. Manufactured from metal, it has two settings; 15cm or 30cm and it comes complete with a laminated top and slider



5 PEAK FLOWMETER

This is a simple, accurate way to monitor asthma, it's compact, lightweight and portable, suitable for adults and children. The easy-to-read scale markers indicate PEF readings with 100% being the asthmatics best. Variability of PEF of greater than 20% should alert the asthmatic to a possible asthma attack. Robust and hardwearing, the Vitalograph Peak Flow Meter features a comfortable integral mouthpiece, conforms to all peak flow standards and is suitable for multi-subject use

A FIT/001/PEK

£10.45 each

B FIT/002/PEK Pack of 500 spare mouthpieces

£33.61 pack

5A

5B



6 WEIGHING SCALES

FIT/003/SCA

£113.06 each

Classically designed flat scale with an oversized dial face for easy reading. Maximum capacity of 150kg/23st 7lb

6

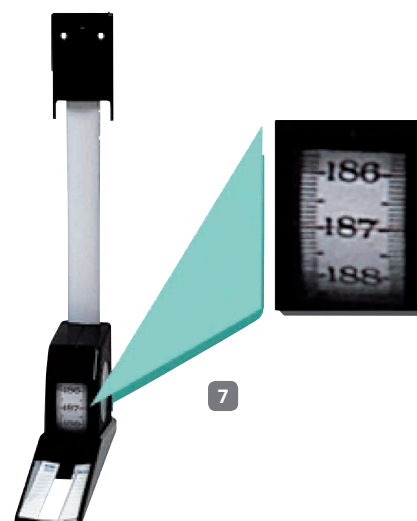


7 HEIGHT METER

FIT/001/HEM

£7.30 each

Easy to use and offers a unique wall mounting pull-down design. 0-2000mm



7



1 ANALOGUE GRIP DYNAMOMETER

FIT/001/DYN

£165.76 each

An analogue device used to measure hand grip strength and power. It measures in Kilogram-Force units with a measuring range of 0-100kgf and minimum measurement of 1kgf. Dimensions are 154mm x 235mm x 59mm, made from robust reinforced plastic

2 DIGITAL GRIP DYNAMOMETER

FIT/002/DYN

£267.09 each

A digital device designed to examine the static flexor power of each forearm. It will also display the maximum measured values for both the left and right forearm to make obtaining results easier. It measures in kilograms which is displayed on an indicator screen on the front of the device, it has a measuring range of 5-100kgf and a minimum measurement of 0.1kgf. Dimensions are 154mm x 235mm x 62mm, made from robust reinforced plastic and comes complete with 2 x 4A batteries



3 ANALOGUE BACK AND LEG MUSCLE DYNAMOMETER

FIT/003/DYN

£313.22 each

An analogue device used to measure back and leg (hamstring) muscle strength. Results are displayed on a large plate scale on the front of the device, showing measurements in kilograms. It has a measuring range of 0-300kgf with a minimum measurement of 1kgf. Dimensions are 315mm x 315mm x 328mm, made from robust reinforced plastic

4 DIGITAL BACK AND LEG MUSCLE DYNAMOMETER

FIT/004/DYN

£441.29 each

A digital device used to measure back and leg (hamstring) muscle strength. The device has an LCD screen on the front displaying the results and will give the maximum result of 2 examinations, making it quick and easy to obtain accurate results. It has a measuring range of 20-300kgf and a minimum measurement of 0.5kgf. Dimensions are 315mm x 315mm x 328mm, made from robust reinforced plastic and comes complete with 2 x AAA batteries



5 ANATOMICAL TAPE

FIT/001/TAP

£4.09 each

Accurate measure of any anatomical girth. Range in 60"/150cm. Graduation in 1/16" and 1mm

6 BODY FAT CALLIPERS

FIT/002/CAL

£30.56 each

The FatTrack Gold Digital Body Fat Caliper incorporates a large clear view display, which uses the familiar Jackson-Pollack 3-site formula for determining body fat and allows you to store four separate profiles. Measure yourself with the MyoTape Body Tape Measure included. MyoTapes ergonomic, comfortable grip handle makes it easier to hold and control than other body tape measures.



7 BODY FAT MONITOR WITH SCALE

FIT/002/BFM

£52.13 each

A quick and easy way to get your body fat, body weight and BMI. The Omron Body Composition Monitor will also give you readings on skeletal muscle for a complete overview of body composition. The scale will remember your previous measurement and allows up to 4 users to be stored in its memory. The scale is supplied with 4 AAA batteries, a warranty card and instruction manual

8 OMRON BLOOD PRESSURE MONITOR

FIT/001/BPM

£59.83 each

This fully automatic upper arm monitor is designed with both comfort and accuracy in mind. The Intellisense™ Technology ensures that cuff inflates neither too tightly or too loosely. The unique cuff wrapping guide icon shows when the cuff is wrapped correctly



KEY STAGE 1 AND 2 OUTDOOR GYMS

Our outdoor gyms have been designed and developed by sports and exercise professionals to provide a range of physical and health benefits. From building strength in all the major muscle groups, developing cardiovascular fitness to improving flexibility, balance and co-ordination. **Kids love working-out in pairs, and with quite a few pieces of our equipment they work out with each other making it even more fun!** Each product is rigorously tested and the entire range conforms to UK safety standards (EN1176 & EN16630). There are no finger entrapments, bumps or crush points on any of our equipment and simple labelling allows anybody to use our equipment without consulting a professional and without the need for an instructor. Resistance is provided by the users body weight, meaning that users will always work within their own limits. If ordered as supply only, full installation instructions are provided



1 STARTER PACKAGE

A fantastic starter pack with four pieces of the most popular pieces, with seven user stations in all. Included in this pack is Spinners, Twin Skier, Twin Air Walker, Arm and Pedal Bike (please refer to our website for more detailed description)

FIT/001/STA Supply only

£3,761.10 pack

FIT/002/STA Additional cost for installation* **£1,981.14 pack**

* Subject to satisfactory site survey form being filled out



2 STARTER PACKAGE

A fantastic primary pack with seven pieces of the most popular pieces, with fourteen user stations in all. This package covers 50% of a standard class size so is easier to incorporate into PE lessons etc. (children can work in pairs with one working and one resting). Included in this pack is Spinners, Twin Skier, Twin Air Walker, Arm and Pedal Bike, Twin Cross County Skier, Hip Twister, Twin Leg Press (please refer to our website for more detailed description)

FIT/001/PRI Supply only

£7,253.40 pack

FIT/002/PRI Additional cost for installation* **£3,637.20 pack**

* Subject to satisfactory site survey form being filled out



Please refer to our website for more detailed descriptions

