30TH ANNIVERSARY BUYERS GUIDE

FALL 2016

POWER SYSTEMS

A PLAYCORE Company

SINCE 1986, Power Systems' passion for fitness has been fueled by our customers. This October at Power Systems, we are celebrating our 30th year of providing our customers with the products and resources to advance health, fitness, and physical performance for everyone. Together and right alongside you, we have seen the fitness industry grow and change tremendously over the past three decades. We understand that in order to remain your trusted and valued partner, we must also continue to move forward with the same dynamics as our industry.

As our company continues to evolve with the industry, we are in pursuit to reach our fullest potential of empowering you with everything you need to use fitness as a means to influence the world. By creating new partnerships, updating your favorite products, and providing educational programs, we continue with great effort to become a complete solution for you.

This milestone anniversary serves as the beginning of our power your potential initiative - our goal as a company to make sure that we are strong enough to stand by your side as you pursue your goals. We realize that your potential has no limits; our hope is that we can continue to be a trusted resource on your journey.

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GSA

Are you with a Federal Government Agency?
Call for government pricing & personalized service.
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powersystems.com/GSA

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Prices and offers subject to change.

Phone - 800-321-6975 or 865-769-8223

Email - customerservice@power-systems.com

Fax - 800-298-2057 or 865-769-8211

Mail - Power Systems
5700 Casey Drive
Knoxville, TN 37909

GROUP TRAINING

Group Fitness allows you and your clients to encourage and inspire one another to achieve more. With Power Systems group fitness products, instructors have numerous options to create engaging and effective exercise classes. Versatile products like bands, tubing, and steps are essential to challenge people of all ages and fitness levels. Power your groups to challenge themselves with our durable and innovative group fitness equipment.

CARDIO BARBELL PG. 6
CARDIO STEPS PG. 7
POWERWAVE PG. 9
BOSU PG. 12-13
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Power Systems CardioBarbell Set NEW

Designed to provide your group fitness classes a bar and plate set that is superior in quality and versatility. The new design features durable urethane plates, powder-coated steel 5 lbs. bar and spring collars.

55901	Power Systems CardioBarbell Plate	2.5 lbs.	$ 13.95/ea.
55902	Power Systems CardioBarbell Plate	5 lbs.	$ 21.95/ea.
55903	Power Systems CardioBarbell Plate	10 lbs.	$ 41.95/ea.
55904	Power Systems CardioBarbell Bar		$ 33.95/ea.
55899	Power Systems CardioBarbell Set		$ 159.95
55905	Power Systems CardioBarbell Storage Rack (10 Set)		$ 279.95
55906	Power Systems CardioBarbell Storage Rack (20 Set)		$ 599.95
55907	Power Systems CardioBarbell (10 Set w/ Rack)		$1,597.95
55908	Power Systems CardioBarbell (20 Set w/ Rack)		$3,229.95

- Plates feature a stainless steel inner ring for increased durability and ease of transition on and off the bar.
- Power Systems color palate provides easy weight identification at a glance for ease of weight description.
- Plates feature unique beveled edges with designated grip locations that form a unique polygon design. This prevents the set from rolling when not in use and allows the plates to be used as free weights.

Reebok Step

Introduced to health clubs over 25 years ago, the timeless aerobic Reebok Step remains an integral and immensely popular piece of equipment in the group fitness exercise arena today. Sturdy and durable for every lunge and jump, the Reebok Step's non-slip rubber surface means the user can focus on their form and positioning.
Adjustable to 3 different heights (6"/8"/10")

10743	$99.95

Freestyle™ Step

The Red/Black color combination is an eye-catching addition to your group fitness area. Includes the Freestyle risers which offer you 3 position combinations: flat, horizontal, and vertical slant. The step platform offers a more cushioned surface for comfort and texture.
Rubberized stepping surface and slip-resistant bottom. Includes 2 Freestyle Risers (gray) and 2 traditional risers (black) and Step. Weight limit: 300 lbs. See below for color options. 24 lbs. 40" L x 14" W. CR

91145	Freestyle Step	Gray/Black	$ 123.95
91144	Freestyle Step	Red/Black	$ 123.95
91146	Freestyle Risers (pair)	Gray	$ 51.95

Freestyle™ Circuit Step

The Freestyle Circuit Step features a non-slip platform surface for secure footing. Adjustable in height from 4" to 8" with the included risers.
Includes one platform and 2 Freestyle risers to adjust the height. Includes 2 workout DVDs. Weight limit: 275 lbs. Red/Black. 9 lbs. 29" L x 14½" W. CR

91162	FreeStyle™ Circuit Step	Red/Black	$82.95
91164	Additional Risers (pair)	Black	$30.95

Storage Cart

Storage cart for the Original Health Club Step.
Made of PVC Material. 84"L x 20"W x 53"H. Black/Grey.

92567	Storage Cart only		$ 324.95
92568	w/ 12 Original Health Club Steps	Violet/Teal	$1,470.95
92569	w/12 Original Health Club Steps	Gray/Black	$1,470.95
92558	w/12 Freestyle Steps	Red/Black	$1,575.95
92559	w/ 12 Freestyle Steps	Gray/Black	$1,575.95

Original Health Club Step®

The name says it all! This is the step that started the greatest exercise trend in the fitness industry. Adjustable in height from 4" to 8" with the included risers. Optional Storage cart rolls easily on locking casters.
Rubberized deck and slip-resistant bottom that provides a safe and stable surface. Includes platform with 4 risers (2 pairs). Weight limit: 300 lbs. See below for color options. 22 lbs. 40" L x 14" W. CR

91120	Original Health Club Step	Black/Gray	$ 113.95
91140	Original Health Club Step	Violet/Teal	$ 113.95
91123	Additional Risers	Violet (pair)	$ 30.95
91122	Additional Risers	Black (pair)	$ 30.95
91127	Platform only	Teal	$ 87.95
91126	Platform only	Gray	$ 87.95

The Stackable Step®

Add another element to your Step routine with The Stackable Step. Stack them to increase height, or run a tube through the notched base for added resistance.
Slip-resistant bottom for added stability. Available in 4" or 6" heights. Weight limit: 250 lbs. 4" Step is 7 lbs. 6" Step is 10 lbs. 22" L x 12" W. CR

70134	4" Green	$30.95
70136	6" Blue	$41.95

The Circuit Step®

A smaller, more economical version of the Original Club Step. Adjustable in height from 4" to 8" with the included risers.
Slip-resistant bottom for added stability. Includes platform and 4 risers (2 pairs). Weight limit: 250 lbs.12 lbs. 25" L x 11" W. CR

91154	The Circuit Step	Black/Gray	$72.95
91156	Additional Risers (pair)	Black	$22.95

High Step™

The perfect step for circuit training, step testing or plyos! The step is portable and adjustable in height from 4" to 12"
Rubberized deck and slip-resistant bottom provide added stability and safety. Includes platform and 4 risers (2 pairs). Weight limit: 275 lbs. 12" L x 12" W. Blue/black. Includes DVD. 14 lbs. CR

91165	$97.95

Premium VersaBar®

Unique square ends keep the bar in place, reduce noise, and protect floors. Weight is molded into the caps so it won't wear off and color coding makes identification easy.
2-year limited warranty. Solid steel construction. Bar is hollow steel construction. Square rubber end caps. Color coded by weight. Bar color: Black. CR

91261	6 lbs.	4' L	$ 31.95
91262	9 lbs.	4' L	$ 37.95
91263	12 lbs.	4' L	$ 42.95
91264	15 lbs.	4' L	$ 47.95
91265	18 lbs.	4' L	$ 52.95
91266	24 lbs.	5' L	$ 67.95
91267	30 lbs.	5' L	$ 88.95
91268	36 lbs.	6' L	$102.95

VersaBar®

Keep your class moving without stopping to load and unload plates. These weighted aerobic bars offer superior rubberized coating for long-lasting durability.
Solid steel construction. Rubber end caps. Color coded by weight. Bar color: Black. CR

91205	4 lbs.	4' L	$21.95
91206	6 lbs.	4' L	$24.95
91209	9 lbs.	4' L	$29.95
91212	12 lbs.	4' L	$31.95
91215	15 lbs.	4' L	$37.95
91218	18 lbs.	4' L	$47.95
91224	24 lbs.	5' L	$57.95
91230	30 lbs.	5' L	$67.95
91236	36 lbs.	6' L	$83.95

See below for details on the VersaBar Kit.

Body Bar®

The original weighted bar! Features foam rubber covering for a secure and comfortable grip.
Solid steel construction. Rubber end caps. Color coded by weight. Bar color: Black. CR

91303	3 lbs.	4' L	$ 31.95
91304	4 lbs.	4' L	$ 30.95
91306	6 lbs.	4' L	$ 33.95
91309	9 lbs.	4' L	$ 40.95
91312	12 lbs.	4' L	$ 46.95
91315	15 lbs.	4' L	$ 51.95
91318	18 lbs.	4' L	$ 61.95
91324	24 lbs.	4' L	$ 79.95
91330	30 lbs.	5' L	$ 97.95
91336	36 lbs.	6' L	$108.95

Body Bar FLEX®

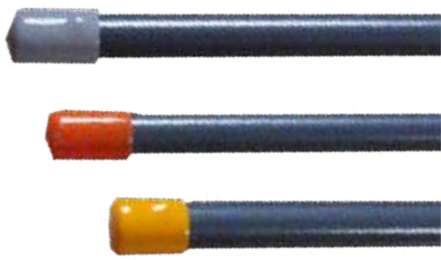
The Body Bar FLEX® variable resistance bar is a unique fitness device, ideal for developing strength, flexibility, mobility, balance, and endurance for total body conditioning. Lightweight and flexible, it can be used to stretch and strengthen the entire body – in standing, seated, or reclining positions.
Color coded by weight. Bar color: Black. 4' L. CR

91407	5 lbs.	$44.95
91409	10 lbs.	$44.95

The Mini Body Bar®

A shorter version of The Body Bar Classic. Ideal for independent arm movements. Add resistance to core exercises, perform wrist rotations, and even use in rehab or physical therapy.
Solid steel construction. Rubber end caps. Color coded by weight. Bar color: Black. 2' L. CR

91291	4 lbs.	$32.95
91293	6 lbs.	$35.95
91295	9 lbs.	$41.95



ActivMotion Bar®

Filled with rolling steel weights, the ActivMotion Bar delivers a fun and effective workout experience like no other. The internal rolling weights create unstable motion that engages mind and muscle to help improve every aspect of your fitness.

91440	6 lbs.	$119.99
91442	8 lbs.	$129.99
91444	10 lbs.	$139.99
91446	15 lbs.	$149.99
91448	18 lbs.	$159.99

Aerobic Bar Vertical Storage Rack

KIT & SAVE

The 4 storage compartments on this fixed rack allow you to store up to 24* weighted aerobic bars. (*Storage amounts may vary by bar weight and style.)
Assembly required. Bars not included with rack. Storage amounts may vary by bar weight and style. 25" L x 19" W x 41" H. CR $
Kit includes: storage rack with 16 Versa Bars: (2) 4 lbs.,(4) 6 lbs., (4) 9 lbs., (4) 12 lbs., (1) 15 lbs., (1) 18lbs.

91242	Rack only	$144.95
91434	Kit: Rack w/ Versa Bars	$529.95

Premium Aerobic Bar Vertical Storage Rack

Store up to 72* weighted aerobic bars in the 6 compartments on this stationary storage rack. Rack features adjustable feet for leveling and stabilizing on uneven flooring.
*Assembly required. 44" L x 27" W x 52" H. Bars not included with rack. *Storage amounts may vary by bar weight and style.* CR $

91250 $349.95

The Beast

Spartan

Super

PowerWave™ NEW

An all-in-one training device that is revolutionary by design and provides a total body workout that will unleash explosive core strength & physical endurance. Paired with the Wave20™ workout, the PowerWave™ is all you need to add a 20 minute, total body, metabolic workout to your programming – helping your clients achieve their fitness goals in less than half the time.

Super - weight 7 kg/15.4 lbs, 1" grip track. Spartan - weight 12 kg/26.4 lbs, 1" grip track. The Beast - weight 20 kg/44 lbs, 2" grip track. Black.

13320	Super	$159.99
13322	Spartan	$189.99
13324	The Beast	$219.99

SUPER - Weight: 15.4 lbs
The ideal weight for novice users at a beginning level of fitness and those who want increased muscle endurance and a leaner toner body.

SPARTAN - Weight: 26.4 lbs
The ideal weight for intermediate users at a base level of fitness and those who want to improve muscle strength, generate lean muscle gains, and increase muscle definition.

THE BEAST - Weight: 44 lbs
The ideal weight for advanced users at a level of fitness which requires a high output to achieve results and those who want maximum muscle strength and generate muscle mass.

INTRODUCING POWERWAVE CLASS PACKS NEW

13325	Wave 20 Class Pack w/ Rack - 10 Pack *Super (6), Spartan (4), Power Rack (1)*	$1,759.95	13331	Beast Reps Class Pack w/ Rack - 10 Pack *Spartan (6), The Beast (4), Power Rack (1)*	$2,014.95
13326	Wave 20 Class Pack w/ Rack - 20 Pack *Super (12), Spartan (8), Power Rack (2)*	$3,518.95	13332	Beast Reps Class Pack w/ Rack - 20 Pack *Spartan (12), The Beast (8), Power Rack (2)*	$4,028.95
13327	Wave 20 Class Pack w/ Rack - 30 Pack *Super (18), Spartan (12), Power Rack (3)*	$5,278.95	13333	Beast Reps Class Pack w/ Rack - 30 Pack *Spartan (18), The Beast (12), Power Rack (3)*	$6,043.95
13328	Wave 20 Class Pack - 10 Pack *Super (6), Spartan (4)*	$1,461.95	13334	Beast Reps Class Pack - 10 Pack *Spartan (6), The Beast (4)*	$1,716.95
13329	Wave 20 Class Pack - 20 Pack *Super (12), Spartan (8)*	$2,923.95	13335	Beast Reps Class Pack - 20 Pack *Spartan (12), The Beast (8)*	$3,433.95
13330	Wave 20 Class Pack - 30 Pack *Super (18), Spartan (12)*	$4,385.95	13336	Beast Reps Class Pack - 30 Pack *Spartan (18), The Beast (12)*	$5,150.95

PowerRack NEW

The PowerRack was designed as a storage solution for Power Systems' newest innovation the PowerWave™ and the very popular VersaFit Logs. The PowerRack is a durable and versatile storage solution that maximizes floor space by stacking gym equipment vertically. Great for all types of exercise and training studios.
66" H x 40" W x 31" D.
Weight: 58lbs. Gray. $

24035 PowerRack $350.00

BECOME A CERTIFIED POWERWAVE INSTRUCTOR

- Certified PowerWave Instructors are the key to maximizing the results the PowerWave's Wave20, Beast Reps, and Complete 30/40 programming can bring your facility. Increase group fitness classes and small group training attendance and maximize client results by adding PowerWave classes to your programming.
- For more information on the PowerWave program and upcoming PowerWave Instructor Course training dates, visit www.power-systems.com/powerwave or contact our Education Coordinator at education@power-systems.com

FIND OUT MORE ABOUT THE POWERWAVE, WORKOUTS, AND CERTIFICATION, AT POWERSYSTEMS.COM/POWERWAVE.

Assault® Air Bike

The Assault is truly the best-in-class fan bike available today! Designed with the user in mind, this bike ensures durability with sealed cartridge bearings and full high-tensile steel construction, customizable programming, and no fuss usage. Keep it mellow or jump into bouts of high intensity intervals- the workouts are unlimited! Let the Assault Air Bike be the primary tool in your calorie-burning tool kit!

51190 $999.00

Keiser M3 Exercise Bike with Computer

The result of more than a decade of Keiser cycle development. The hallmark of the M3 Indoor Cycle is its durability. The M3 is made of corrosive resistant materials, has a resistance system that doesn't wear, and is virtually maintenance free; requiring less work from your facility to keep it running. All of this, plus it is backed by one of the best warranties in the industry. Keiser scrutinized and quality-tested every single component, from the top of our dual-placement handles to the bottom of our rock-solid base and absolutely everything in between.

93224 $1,848.95

Green Series 6000 Indoor Cycle

Designed by world-renowned designer Thomas Hawk for a beautiful and flawless construction that is ideally used for light commercial use.
145 lbs. overall weight and holds a maximum user weight of 300 lbs. Saddle and handlebars are adjustable fore/aft and vertically for perfect fit. Includes a micro-adjust safety knob with emergency stop. 43" L x 24" H.

51116 $1,795.00

Green Series 7000 Indoor Cycle

Features multiple position hand grips including racing handles with incorporated guards that ward off sweat from flywheel. This cycle can be used for full commercial, everyday club use. Built and warranted for club use, but also meant for the discriminating cyclist.
145 lbs. unit weight with a 500 lbs. maximum user weight. Saddle and handlebars are infinitely adjustable fore/aft and vertically for perfect fit. 43" L x 24" W.

51143 $2,195.00

Green Series 6000 Upright Cycle

Designed to accommodate workouts ranging from relaxed to rigorous. The soft gripped handle bar, ergonomic seat cushion and padded elbow rests provide superior support during workouts.
13 Level Adjustable Seat, Multi-Position Handlebars, 16 Resistance Levels, Cordless, 7 Programs, Dot Matrix Screen. 39" L x 24" W x 58" H.

51113 $2,695.00

Green Series 7000 Upright Cycle

The built in Digital TV is an entertaining workout machine designed specifically to accommodate workouts ranging from relaxed to rigorous. With integrated LED console display that is intuitive control panel that offers easy selection to individual programs and adjustment to resistance level with a simple touch of a button, making workouts easy to personalize to the user's specific needs.
13 Level Adjustable Seat, Multi- Position Handlebars, 16 Resistance Levels, Cordless, 7 Programs, 10 in. Touch Screen with Built in TV or 6 LED + Dot Matrix Screen. 41" L x 27" W x 58" H.

51137	Built-in Digital TV	$4,695.00
51140	LED Console	$3,695.00

Green Series 6000 Recumbent Cycle

Recumbent Cycle places the rider in the laid-back position to evenly distribute the rider's weight and support the back and lower-body. *Electro Magnetic Resistance, Easy Seat Adjustment, Self-leveling pedals with toe straps, 16 Resistance Levels, 7 Programs, Dot Matrix Screen. 61" L x 24" W x 52" H.*

51110 $2,995.00

Green Series 7000 Recumbent Cycle

Recumbent Cycle with Built in Digital TV provides an entertaining workout and is designed to easily maintain and operate. The LED Console is cordless, self-powered green design that enables the elliptical to be powered by the user, thus reducing power consumption and saving energy. *Electro Magnetic Resistance, Easy Seat Adjustment, Self Leveling Pedals with Toe Straps, 16 Resistance Levels, 7 Programs, 10 in. Touch Screen with Built in TV or 6 LED + Dot Matrix Screen. 62" L x 24" W x 52" H.*

51131	Built-in Digital TV	$4,995.00
51134	LED Console	$3,995.00

Premium Neoprene Coated Dumbbell

Cast iron dumbbells encased with a thick neoprene shell prevents rusting and offers a comfortable gripping surface.
Small, compact design for stacking and storing. Weight printed on ends for easy identification. 2-year limited warranty. Purple Neoprene. CR

61601	1 lb.	$ 2.95/ea.
61602	2 lbs.	$ 3.95/ea.
61603	3 lbs.	$ 4.95/ea.
61604	4 lbs.	$ 5.95/ea.
61605	5 lbs.	$ 6.95/ea.
61606	6 lbs.	$ 7.95/ea.
61607	7 lbs.	$ 8.95/ea.
61608	8 lbs.	$10.95/ea.
61609	9 lbs.	$11.95/ea.
61610	10 lbs.	$12.95/ea.
61612	12 lbs.	$15.95/ea.
61615	15 lbs.	$18.95/ea.

Apple Vinyl Dumbbell

Unique apple shape keeps this vinyl-encased cast iron dumbbell from rolling away. Indentations on top and bottom also allow for incorporation into push-ups for different stability challenges.
Comfortable ergonomic handle. Small, compact design for stacking and storing. Weight printed on ends for easy identification. 2-year limited warranty. Black. CR

63701	1 lb.	$ 3.95/ ea.
63702	2 lbs.	$ 4.95/ ea.
63703	3 lbs.	$ 5.95/ ea.
63704	4 lbs.	$ 6.95/ ea.
63705	5 lbs.	$ 7.95/ ea.
63706	6 lbs.	$ 8.95/ ea.
63707	7 lbs.	$ 9.95/ ea.
63708	8 lbs.	$12.95/ ea.
63709	9 lbs.	$13.95/ ea.
63710	10 lbs.	$15.95/ ea.
63711	12 lbs.	$18.95/ ea.
63712	15 lbs.	$21.95/ ea.

Deluxe Vinyl Coated Dumbbell

Vinyl shell protects the user's hand as well as hardwood floors in training studios. Small, compact design for stacking and storing. Weight printed on ends for easy identification.
Color coded by weight; colors may vary. 2-year limited warranty. CR

61701	1 lb.	Pink	$ 2.95/ea.
61702	2 lbs.	Yellow	$ 3.95/ea.
61703	3 lbs.	Purple	$ 4.95/ea.
61704	4 lbs.	Lt. Yellow	$ 5.95/ea.
61705	5 lbs.	Green	$ 6.95/ea.
61706	6 lbs.	Blue	$ 7.95/ea.
61707	7 lbs.	Orange	$ 8.95/ea.
61708	8 lbs.	Dark Blue	$10.95/ea.
61709	9 lbs.	Gray	$11.95/ea.
61710	10 lbs.	Black	$12.95/ea.
61712	12 lbs.	Aqua	$15.95/ea.
61715	15 lbs.	Red	$18.95/ea.

JumpSport Trampoline

Get up to 4 million bounces thanks to the Enduralast Cords™, which also add to the unit's smooth performance and up to 40% lower impact than traditional rebounders. The Flex Bounce™ adjustable suspension system incorporates 3 easy-to-adjust firmness settings for a personalized workout. The patent pending arched legs offer exceptional stability and allow the unit to be securely stored when not in use.
Rated for users up to 250 lbs. Includes basic workout DVD. 33½" diam. Permatron™ mat with skirt. CR

91052	Model 350	$307.95

Urban Rebounder™ Folding Unit

Designed for the commercial environment, this rebounder incorporates heavier walled tubing, thicker springs reinforced legs to consistently perform. Strengthens your core and improves your balance and coordination
Includes commercial-quality mini trampoline, stabilizing bar elevated leg kit, 2 DVDs with 9 workouts, and instructional manual. Folds for easy storage, super soft jumping surface, heavy duty springs. 300 lbs. capacity. CR

91113	$144.95

kôr™ Kettleball NEW DESIGN

Like a traditional kettlebell, the kôr Kettleball is an excellent tool for strengthening the core. The kôr Kettleball is an attractive, user-friendly alternative to cast iron kettlebells in group exercise classes and personal training sessions. These unique, nonscuffing kettleballs are uniformly sized for consistent technique development and feature a 1¼" durable, molded polypropylene handle for a solid grip and smooth rotation.
Fits standard kettlebell racks. 1¼" durable, molded polypropylene handle. Patent Pending. Color coded by level. 12" H x 8" diam. CR

50178	5 lbs.	Yellow	$ 51.95
50180	8 lbs.	Yellow	$ 56.95
50182	10 lbs.	Orange	$ 61.95
50184	12 lbs.	Orange	$ 66.95
50186	15 lbs.	Orange	$ 72.95
50188	20 lbs.	Blue	$ 87.95
50190	25 lbs.	Blue	$ 102.95
50192	30 lbs.	Blue	$ 113.95
50194	35 lbs.	Blue	$ 123.95

BOSU® Pro Balance Trainer

BOSU Pro Balance Trainer has a commercial grade design for durability and the platform is molded so that it has extra strength. This model has the PRO logo detail for easy identification and the non-marking, non-skid base is smooth. Pro Model sold with or without 120 page BOSU Integrated Balance Training Programming Guide and 60 min. DVD. Includes foot pump.
300 lbs. weight capacity. Product weight, 17 lbs. One year commercial warranty. Dark Blue with Gray base. 8-10" H x 25" diam.

70284	BOSU Pro w/ Book & DVD	$164.95
70283	BOSU Pro only	$154.95

BOSU® Elite

Reference points for unique programming. Introduces new Power Zone and Power Line. Increased resistance for high-intensity loading. Benefits include: creates a stronger athletic position, improves hip & pelvis positioning, strengthens & primes the body for heavier lifts, reduces injury & improves flexibility, unifies movements & body mechanics.
Includes: Foot pump,Owner's manual, Workout DVD, Wall Chart, and 2-year warranty 8-10" H x 25" diam. Black with Gray base.

70265 $205.95

BOSU® Sport

The new, redesigned BOSU Sport 50cm Balance Trainer, a smaller version of the original BOSU Balance Trainer (65cm), is constructed with the same rim and base style. The sleek, compact design of the BOSU Sport 50cm Balance Trainer allows for easy transportation and storage, quick positioning for any type of workout, and is ideal for fitness enthusiasts and athletes of all ages. The smaller size offers a variety of configuration, stance, and workout options, especially when paired with additional BOSU Sport 50cm Balance Trainers, BOSU Balance Trainers, BOSU Elite, or BOSU Ballast® Balls.
Includes BOSU Sport 50cm Balance Trainer, foot pump and owner's manual. 22" diam. Maximum user weight limit – 250 lbs. Blue or Pink with green rim. Black base with six (6) rubberized feet.

70255	Blue	$102.95
70257	Pink	$ 99.95

BOSU® Home Balance Trainer

Get the same great BOSU workout that you're used to in the gym in the comfort of your own home. Workout DVD included.
300 lbs. weight capacity. Product weight, 15 lbs. 90 day home warranty. Light Blue with Black base. 8-10"H x 25" diam.

70275 $113.95

Set of 3

BOSU® POWERSTAX™

Improve the versatility, intensity, and usability of the BOSU Balance Trainer, and add an adjustable resistance training tool to your workouts with BOSU POWERSTAX. Each BOSU POWERSTAX is designed to elevate the BOSU Balance Trainer by 4", partially stabilize the BOSU Balance Trainer in a platform side up or down position, and create unpredictable resistance challenges (or load) when filled with up to 35 lbs. of water.
Ideal for all ages and skill levels. Includes workout DVD.

70253	Single	$ 92.95
70254	Set of 3	$ 257.95

BOSU® Ballast™ Ball

WEIGHTED STABILITY BALL! Lift it, shift it, shake it–together the ball and the weighted material create dynamic resistance. With 2 ½ lbs. of unstable weight inside it, this stability ball won't roll away when you're exercising. You can perform traditional stability ball exercises plus design new exercise sequences. It's a total-body training tool that's more versatile than a traditional stability ball. 6 unique designs on the ball's surface provide points of reference for exercise techniques and cueing. You can even use it like a medicine ball.
Includes foot pump, manual, and workout DVD. Translucent blue. Product weight: 6 ½ lbs. 55 cm-65 cm Inflated.

70208	$61.95

BOSU® Storage

Small Cart for BOSU stores up to 8 BOSU Balance Trainers.
Carts feature locking casters and fit through standard doorways. Assembly required. Welded steel construction. Gray. CR $

BOSU Storage Rack stores up to 14 BOSU Balance Trainers, helping facilities conserve valuable floor space.
Rack features locking casters and fits through standard doorways. Assembly required. Welded steel construction. Gray. CR $

70279	Storage Rack w/ 14 BOSU Pro	$2,013.95
70278	Small Cart w/ 6 BOSU Pro	$ 941.95
70293	8 capacity Storage Cart only	$ 180.95
70290	14 capacity Storage Rack only	$ 205.95

Club Mat

THREE LENGTHS! All-purpose 2-color mat offers a padded surface and insulation for floor exercises. Closed-cell foam structure provides durability and comfort. Odor, stain, and moisture resistant. Easily wipes clean with a damp cloth. Rolls for easy storage.
Jet black on bottom; choose midnight blue or jet black for top.

83593	48" L x 24" W x ⅜" thick	Midnight Blue	$26.95
83594	48" L x 24" W x ⅜" thick	Jet Black	$26.95
83595	56" L x 24" W x ⅜" thick	Midnight Blue	$31.95
83596	56" L x 24" W x ⅜" thick	Jet Black	$31.95
83598	68" L x 24" W x ⅜" thick	Midnight Blue	$37.95
83599	68" L x 24" W x ⅜" thick	Jet Black	$37.95

Midnight Blue
Jet Black

Hanging Club Mat

Identical, high-quality materials and construction as our Club Mats. Includes integrated eyelets for hanging. Hanging mats conserve floor space and allow mats to dry quickly which helps them last longer.
Jet black on bottom; choose midnight blue or jet black for top.

83608	48" L x 24" W x ⅜" thick	Midnight Blue	$30.95
83609	48" L x 24" W x ⅜" thick	Jet Black	$30.95
83611	56" L x 24" W x ⅜" thick	Midnight Blue	$34.95
83612	56" L x 24" W x ⅜" thick	Jet Black	$34.95
83614	68" L x 24" W x ⅜" thick	Midnight Blue	$41.95
83615	68" L x 24" W x ⅜" thick	Jet Black	$41.95

Midnight Blue
Jet Black

LifeFitness® Fitness Mats

Soft and durable, this is the perfect mat for group fitness, core, and stretching exercises.
Includes integrated reinforced rings for easy hanging. 72" L x 24" W x ½" thick. CR

72215	Black/Black	$66.95
72217	Blue/Black	$66.95

AIREX® Mat

MULTIPLE SIZES AND COLORS! These high-quality, multifunctional mats offer superior cushioning and excellent durability. Use for pilates, yoga, general fitness, and more. The non-slip surface is soft to the touch.
Closed-cell foam construction resists moisture, inhibits bacteria growth and wipes clean.

92004	Fitline 140	56" L x 23" W x ⅜" thick	Kiwi	$ 56.95
92006	Fitline 140	56" L x 23" W x ⅜" thick	Pink	$ 56.95
92008	Fitline 140	56" L x 23" W x ⅜" thick	Charcoal	$ 56.95
92000	Fitline 140	56" L x 23" W x ⅜" thick	Aqua	$ 56.95
91995	Fitline 120	48" L x 23" W x ⅜" thick	Blue	$ 61.95
92010	Fitline 180	72" L x 23" W x ⅜" thick	Aqua	$ 72.95
92024	Fitline 180	72" L x 23" W x ⅜" thick	Kiwi	$ 72.95
92026	Fitline 180	72" L x 23" W x ⅜" thick	Pink	$ 72.95
92028	Fitline 180	72" L x 23" W x ⅜" thick	Charcoal	$ 72.95
75123	YogaPilates 190	75" L x 23" W x ¼" thick	Charcoal	$ 77.95
75125	YogaPilates 190	75" L x 23" W x ¼" thick	Purple	$ 77.95
75100	Coronella 185	72" L x 23" W x ⅝" thick	Blue	$ 97.95
75102	Coronella 185	72" L x 23" W x ⅝" thick	Green	$ 97.95
75097	Coronella 200	78" L x 23" W x ⅝" thick	Charcoal	$102.95
75098	Coronella 200	78" L x 23" W x ⅝" thick	Terra	$102.95
75099	Coronella 200	78" L x 23" W x ⅝" thick	Platinum	$ 99.95
75105	Corona 185	72" L x 39" W x ⅝" thick	Blue	$149.95
75107	Corona 185	72" L x 39" W x ⅝" thick	Green	$149.95
75109	Corona 200	78" L x 39" W x ⅝" thick	Charcoal	$159.95
75110	Corona 200	78" L x 39" W x ⅝" thick	Terra	$159.95
75111	Corona 200	78" L x 39" W x ⅝" thick	Platinum	$159.95
75120	Hercules	78" L x 39" W x 1" thick	Blue	$247.95

Kiwi | Pink | Charcoal | Aqua | Purple
Blue | Green | Terra | Platinum

LifeFitness® Stretching Mats

Designed to create a soft, yet durable barrier for stretching and basic exercises.
The breathable design helps keep the mat dry to prevent slippage. Integrated reinforced rings. 56" L x 24" W x ⅜" thick. CR

72175	Blue	$59.95
72177	Black	$59.95

Premium Gym Mat

Two inch thick foam mats! Heavy-duty soft vinyl covering adds to durability and comfort. Conveniently folds in sections.
Zipper panel closure. Odor resistant. Wipe clean with a damp cloth. Polyurethane foam. Additional shipping charges may apply. $

90808	48" L x 24" W x 2" thick	$ 86.95
90811	72" L x 24" W x 2" thick	$104.95
90816	72" L x 36" W x 2" thick	$146.95
90823	96" L x 48" W x 2" thick	$199.95

Premium Hanging Club Mat

These mats offer the same comfortable feel and quality construction as our Premium Club Mats, yet they have two reinforced rings so you can hang them on the rack and out of the way.
Resists moisture and wipes clean with a damp cloth. Available in two lengths.

93836	56" L x 23" W x ⅜" thick	Ocean Blue	$34.95
93834	56" L x 23" W x ⅜" thick	Jet Black	$34.95
93828	56" L x 23" W x ⅝" thick	Ocean Blue	$43.95
93830	56" L x 23" W x ⅝" thick	Jet Black	$43.95
93842	72" L x 23" W x ⅜" thick	Ocean Blue	$39.95
93840	72" L x 23" W x ⅜" thick	Jet Black	$39.95
93824	72" L x 23" W x ⅝" thick	Ocean Blue	$49.95
93832	72" L x 23" W x ⅝" thick	Jet Black	$49.95

Premium Club Mat

ONE OF OUR THICKEST MATS! Sponge-like feel provide excellent cushioning for yoga, stretching or any other activity where a mat is needed. Nonslip surface is soft to the touch.
Rolls for easy storage. Supportive closed-cell foam structure resists moisture and wipes clean with a damp cloth. Available in two lengths.

83502	56" L x 23" W x ⅝" thick	Tranquility Blue	$39.95
83499	56" L x 23" W x ⅝" thick	Jet Black	$39.95
83504	72" L x 23" W x ⅝" thick	Tranquility Blue	$47.95
83506	72" L x 23" W x ⅝" thick	Jet Black	$47.95

Single Layer Club Mat NEW

An entry level club mat to fit your facility and training needs. Lightweight construction provides for easy portability and storage
Charcoal.

92030 $14.95

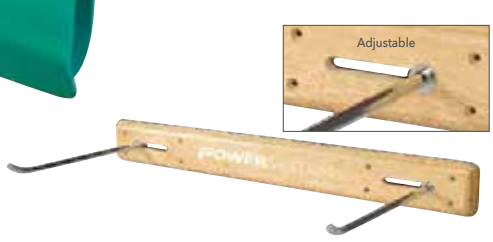
Club Rack Shown

Multi-Purpose Storage Rack

Studio Rack – Compact and fits into smaller spaces. The rack's 3 shelves hold just the right amount of equipment for small studios.

Club Rack – At nearly twice the length, store multiple types of equipment on the rack's 6 mesh shelves, and hang items on its 4 end pegs.
Both racks include casters for easy mobility. Equipment sold separately. Assembly required. PVC. Gray. Club rack: 75" L x 22" W x 70" H
Studio rack: 47" L x 22" W x 70" H. CR

92595	Studio Rack	$189.95
92582	Club Rack	$235.95



Mat Cart

A. Stay organized with this mobile storage unit that holds 60-120 mats, depending on thickness. Wide rods support 2 standard width mats side by side. The cart's narrow design and rounded frame with locking casters allow it to fit through standard doorways.
Mats sold separately. Assembly required. Ships in 2 boxes. Steel construction. Black.
54 ½" L x 25 ½" W x 48 ½" H. CR $

92538 $205.95

Standing Hanging Mat Rack

B. Free up space on your floor and walls. This standing rack lets you store eyelet mats vertically anywhere you choose.
10" prongs hold up to 14 mats on each side. Mats Sold Separately. Assembly required. Steel. Gray/Black. 30" L x 29" W x 79" H. CR

92590 $198.95

Wall-Mounted Mat Rack

C. Reclaim needed floor space with this sturdy wall-mounted rack. Keep your yoga, Pilates, and AIREX® mats in good condition by hanging them to dry after each use.
Holds up to 60 thin mats. Wide design lets you hang 2 mats up to standard width mats side-by-side. Mounting holes on 12" centers (mounting hardware not included). Steel construction. Black. 50" L x 7" W x 2" H.

92552 $97.95

Metal Wall Mounted Mat Rack

D. Save much desired space with our sleek Metal Wall Mounted Mat Rack. This rack gets your mats off of the floor and out of the way. Holds up to 12 of our Premium Club Mats.
Mounting hardware not included. Metal. Black. 3' L x 26.05" W x 8.15" H.

98558 $41.95

Wall-Mounted Hanging Mat Rack

E. A simple, adjustable wall-mounted rack holds up to 10 hanging mats.
Hangers are adjustable to fit most mats. Mats sold separately. Wood body, steel rods. 24" W x 3" H.

92555 $29.95

YOGA & PILATES

Yoga is a universal way to improve the mind-body connection. Beneficial for all age groups and skill levels, Yoga is ideal for those seeking to put their mind at ease, to increase their flexibility, or to recover between high intensity workouts. Help your clients increase core strength, balance, and flexibility with mats, blocks, bands and more.

YOGA MATS PG. 18-19
YOGA BLOCKS PG. 20
YOGA & PILATES ACCESSORIES PG. 21

Shown: Premium Yoga Sticky Mat & Airex CALYANA

Airex CALYANA®

The CALYANA yoga mats offer optimal long-lasting grip and are 100% antislip. Hands and feet do not slide. CALYANA yoga mats offer a comfortable feel and are inherently stable. The **Prime** is portable, lightweight, and thin, with very good cushioning and comfort for all of your yoga needs. The **Professional** has optimal cushioning and comfort. Ideally suited for use at home or in the yoga studio.
73" L x 23" W.

75132	4.5 mm thick	Ocean Blue	$ 81.95
75131	4.5 mm thick	Green/Brown	$ 91.95
75130	6.8 mm thick	Black	$ 101.95

Ocean Blue
Green/ Brown
Black

Premium Yoga Sticky Mat

Slip-resistant! Mats offer a secure adhesive, textured surface, and firm, cushioned support. Lightweight and extremely durable, these mats are ideal for yoga as well as stretching and Pilates. Rolls for easy storage.
Wipe clean with a damp cloth.

83311	68" L x 24" W x ⅛" thick	Ocean Blue	$20.95
83301	68" L x 24" W x ⅛" thick	Mystic Purple	$20.95
83296	68" L x 24" W x ⅛" thick	Tea Leaf Green	$20.95
83331	68" L x 24" W x ⅛" thick	Jet Black	$20.95
83327	68" L x 24" W x ¼" thick	Ocean Blue	$27.95
83333	68" L x 24" W x ¼" thick	Mystic Purple	$27.95
83324	68" L x 24" W x ¼" thick	Tea Leaf Green	$27.95
83329	68" L x 24" W x ¼" thick	Jet Black	$27.95

Mystic Purple
Tea Leaf Green
Jet Black
Ocean Blue

LifeFitness® Premium Yoga Mat

The LifeFitness Yoga Mat offers premium design in both look and feel. Enhance your exercisers' yoga practice with a mat that is comfortable for all exercises and movements.
68" L x 24" W x ¼" thick. CR

72195 $72.95

Jacquard Yoga Towel & Mat NEW

Jacquard fabric combined with functional natural bamboo fibers is integrated with a durable anti-slip mat to provide a two in one options for your Hot Yoga needs.
24"L x 68" W x 4mm thick.

83213	Turquoise Geometric	$40.95
83214	Blue Circles	$40.95

Professional Club Grade Yoga Mat NEW

Our most durable mat features an ideal elasticity and support density to be used in clubs and high volume yoga studios.
Slate Gray.

83215 $35.95

Natural Jute Yoga Mat NEW

A great combination of natural jute fiber and eco-friendly anti-slip that is strong, supple and sustainable. This yoga mat is suitable for all yoga types.
68"L x 24"W x 4mm thick. Natural.

83216	Pink	$40.95
83217	Blue	$40.95

Kiss the Sky Oval Yoga Mat NEW

The only sustainable, ultra-grippy yoga mat designed to take your practice higher. Performance-centric design holds the floor and hugs your hands and feet, keeping you from sliding, even in hot yoga. Earth-loving oval shape features straight sides and rounded corners that won't curl and is made from 100% recycled materials.
72"L x 24W x 3/16" thick. 3.7lbs. Black.

83225 $79.95

Shown: Kiss the Sky Oval Yoga Mat

Shown: Premium Yoga Block

Premium Yoga Block

A new take on yoga blocks! Colorful, lightweight, non-slip edges hold block and hands in place during transitions and poses. Unlike ordinary foam yoga blocks, the ergonomic side openings offer sturdy gripping areas for improved stability.
Purple/Black. 9" W x 6" H x 3" D.

83392 $20.95

Yoga Block

For additional support during transitions and poses, these lightweight, durable foam blocks are the perfect tool.
Choose the thickness that meets your needs. 9" L x 6" W.

83350	3" thick	Purple	$ 9.95
83360	3" thick	Blue	$ 9.95
83370	4" thick	Purple	$ 12.95
83380	4" thick	Blue	$ 12.95

Round Edge Cork Yoga Block NEW

Comfort of a round edge, a firmness greater than our foam yoga blocks and made with a sustainable high quality cork. Making this a popular choice for individual users and yoga studios everywhere.
4" x 6" x 9".

83220 $24.95

Striped Yoga Block NEW

Our most durable and comfortable yoga blocks are designed with specific density for support of the wrists and hands.
4"x 6" x 9". Dark Gray.

83218	Dk Gray/Orange	$19.95
83219	Dk Gray/Pink	$19.95

Yoga Strap

A yoga strap can assist you with getting into the proper pose or position. It is also an excellent tool for increasing flexibility. Buckle allows you to adjust the strap length.
Strong cotton blend strap wih PVC buckle.
2 lengths, 2 colors. CR

83405	6' L	Purple	$7.95
83410	6' L	Blue	$7.95
83420	8' L	Purple	$9.95
83430	8' L	Blue	$9.95

Metal D-Ring Yoga Strap

NEW

Ideal for stretching and assisting with body positioning with a durable Metal D-ring for easy adjusting of strap length.
8' L. Available in two colors.

83221	Dark Gray	$10.95
83222	Light Blue	$10.95

Pilates Versa-Tube®

Fire up your "powerhouse" core muscles while increasing flexibility and postural alignment awareness. This tube lets you experience Pilates-style resistance workouts without the heavy equipment. Four equal length resistance tubes (2 with padded handles and 2 with foot/ankle cuffs) connect to a center nylon strap, allowing you to simulate Reformer- or Cadillac-style workouts in a mat-based setting.
Tube length: 10". Overall length: 25".

84576	Light	Lime Green	$19.95
84580	Medium	Red	$20.95

Reform Bar

This portable Pilates studio lets you perform Reformer-style movements without the machine. Use it for personal training or at home. Two 30" long resistance tubes are attached to each side of the bar, so you can perform a variety of movements using the attached Velcro adjustable cuffs.
Unit includes tubing with attached ankle cuffs, padded 39" bar, and carry bag. Bar disassembles for easy storage. CR

84591	Light	Lime Green	$42.95
84593	Medium	Red	$44.95

REP Band® Exercise Band

Available in 10 resistances. LATEX-FREE and POWDER-FREE. Comes in a dispenser box. Width: 4".

84975	4" W x 6 yd. Roll	Extra Light	Peach	$ 9.95
84980	4" W x 6 yd. Roll	Light	Orange	$10.95
84985	4" W x 6 yd. Roll	Medium	Green	$11.95
84990	4" W x 6 yd. Roll	Heavy	Blue	$12.95
84995	4" W x 6 yd. Roll	Extra Heavy	Plum	$13.95
85115	4" W x 50 yd. Roll	Extra Light	Peach	$49.95
85120	4" W x 50 yd. Roll	Light	Orange	$59.95
85125	4" W x 50 yd. Roll	Medium	Green	$74.95
85130	4" W x 50 yd. Roll	Heavy	Blue	$84.95
85135	4" W x 50 yd. Roll	Extra Heavy	Plum	$95.95

Pilates Ring

Enhance your Pilates workout. This flexible ring with a soft foam cover and handles offers different levels of resistance for isometric exercises that will firm the muscles of the upper arms and inner thighs.
Choose a resistance level appropriate to the exercise you or your client will be performing. Fiberglass ring, foam cover, plastic handles. 15" diam. CR

83921	Light	Purple	$20.95
83922	Moderate	Gray	$24.95
83923	Firm	Black	$27.95

Mind & Body Ball

Weighted ball with Velcro strap fits in the palm but stays connected to the hand, so you can move your arms freely to perform multiple poses. As strength and technique improve, advance to a heavier ball.
Durable outer shell with filler. Balls do not bounce and are not intended for throwing. 5" diam. CR

82901	1 lb.	$17.95
82902	2 lb.	$18.95
82905	4 lb.	$20.95

Poz-A-Ball

Enhance traditional Pilates and yoga poses by adding the elements of strength, intensity, and balance with this inflatable ball that assists in proper alignment.
Ships deflated, use included straw to inflate. Pliable PVC. 8" diam. CR

83915	Blue	$14.95
83913	Red	$14.95

FUNCTIONAL TRAINING

Functional training at its core is comprised of exercises that mimic everyday life, catering to everyone, no matter where they are in their fitness journey. We want your clients to power their workouts with quality functional training equipment that will help them develop overall strength while improving their day to day lives. From the Basic Power Medicine Ball and the new PowerWave to foam rollers and stability balls, these versatile products are vital to any functional training routine and will allow you to provide your clients with a variety of exercise and intensity options.

MEDICINE BALLS PG.24-29
SUSPENSION TRAINING PG. 31-33
TRAINING ROPES PG. 35
TUBING & BANDS PG. 36-41
STABILITY BALLS PG. 42-44
BALANCE & CORE PG. 45-47
FOAM & MASSAGE ROLLERS PG. 48-49
FUNCTIONAL TRAINING TOOLS 50-55

	OUTER MATERIALS	FEATURE	PRICE
Elite Power Med-Ball	Durable hollow textured rubber surface	Textured surface aids in grip and durability	$25.95-$123.95
CorBall Plus	Durable hollow textured rubber surface	Dual handgrips adds diversity to training	$42.95-$102.95
Premium Slam Ball	Durable rubber textured surface	Range of weights from 4 to 50lbs Size range from 7" to 9" Black or gray color	$36.95-$81.95
PowerForce Medicine Ball	Vinyl	14" diameter allows for consistent form	$64.95-$114.95
XD™ Kevlar® Medicine Ball	Kevlar	Built out of the same material as bulletproof vest	$97.95-$149.95
Dynamax Medicine Ball	Flexible vinyl-coated polyester	Uniformed diameter	$72.95-$140.95

MEDICINE BALLS

Known as one of the oldest pieces of fitness equipment, medicine balls are still relevant and gaining popularity today. The versatility of medicine balls makes them a popular training tool – available in a variety of textures, sizes, weights, and bounce ratings to meet the needs of all fitness levels. Medicine ball training can lead to increases in power, strength, and coordination.

Introducing the newest medicine ball from Power Systems – the PowerForce Medicine Ball features an internally reinforced design & tightly stitched external panels that allow it to retain its shape through the toughest workouts. Each PowerForce Medicine Ball has a 14" diameter to facilitate consistent user form & technique while in use.

Basic Power Med-Ball

KIT & SAVE

BOUNCEABLE! Hold it, toss it, bounce it! Durable textured surface for easy grip.
Hollow synthetic rubber. Limited one year warranty. 2 lbs.=7" diam., 4 lbs.=7½" diam., 6 lbs. to 10 lbs.=9" diam., 12 lbs. to 25 lbs.=11" diam. CR

25234	2 lbs.	7" diam.	Yellow/Black	$ 20.95
25236	4 lbs.	7½" diam.	Green/Black	$ 25.95
25238	6 lbs.	9" diam.	Blue/Black	$ 35.95
25240	8 lbs.	9" diam.	Orange/Black	$ 46.95
25242	10 lbs.	9" diam.	Red/Black	$ 51.95
25244	12 lbs.	11" diam.	Purple/Black	$ 61.95
25246	15 lbs.	11" diam.	Gray/Black	$ 66.95
25248	18 lbs.	11" diam.	Gray/Black	$ 77.95
25252	20 lbs.	11" diam.	Gray/Black	$ 87.95
25254	25 lbs.	11" diam.	Gray/Black	$ 97.95
25256	30 lbs.	11" diam.	Gray/Black	$113.95

See page 28 for Med Ball Tree Kit options.

Elite Power Med-Ball

BEST SELLER | KIT & SAVE

BOUNCEABLE! Exclusive design! Perfect balance and durable construction guaranteed to retain its shape. Pass, toss, or bounce these superior medicine balls, they can take it!
Hollow synthetic rubber. Limited 3 year warranty. Color coded by weight; colors may vary. 2lbs. to 4 lbs.=8" diam., 6 lbs. to 8 lbs.=9" diam., 10 lbs. to 18 lbs.=10" diam., 20 lbs. to 30 lbs.=11" diam. CR

25202	2 lbs.	8" diam.	Yellow	$ 25.95
25204	4 lbs.	8" diam.	Green	$ 30.95
25206	6 lbs.	9" diam.	Blue	$ 41.95
25208	8 lbs.	9" diam.	Orange	$ 51.95
25210	10 lbs.	10" diam.	Red	$ 58.95
25212	12 lbs.	10" diam.	Purple	$ 68.95
25215	15 lbs.	10" diam.	Green	$ 75.95
25218	18 lbs.	10" diam.	Blue	$ 85.95
25220	20 lbs.	11" diam.	Orange	$ 97.95
25225	25 lbs.	11" diam.	Red	$108.95
25230	30 lbs.	11" diam.	Purple	$123.95

See page 28 for Med Ball Tree Kit options.

Premium Slam Ball

NONBOUNCE! Built to take a beating, the Premium Slam Ball is completely rubberized and will not split. With a smaller diameter, knurled surface for superior grip, and a bit of give so it will not bounce, it is the choice of athletes. Grip, durability, it's got it all!
4-8 lb. balls have a 7" diameter, and the 10-30 lb. balls have a 9" diameter. Gray. CR

25450	4 lbs.	$36.95	25458	15 lbs.	$56.95
25452	6 lbs.	$41.95	25460	20 lbs.	$61.95
25454	8 lbs.	$46.95	25462	25 lbs.	$66.95
25456	10 lbs.	$51.95	25464	30 lbs.	$76.95

Hammer Strength® Medicine Balls

The Hammer Strength Medicine Ball offers both a unique look and great function. The rugged design and textured surface aids in grip and durability. Great for adding resistance to almost any exercisers' training regimen.
Size of ball will vary by weight. Not intended for ball "slams."

71025	4 lbs.	$ 42.95	71035	15 lbs.	$ 87.95
71027	6 lbs.	$ 51.95	71037	18 lbs.	$101.95
71029	8 lbs.	$ 59.95	71039	20 lbs.	$118.95
71031	10 lbs.	$ 67.95	71041	25 lbs.	$129.95
71033	12 lbs.	$ 74.95	71043	30 lbs.	$143.95

Mega Slam Ball

NON-BOUNCE! This no-bounce, no-roll ball is specifically designed for high-impact throwing and slamming to the ground and is a must for any cross-training regimen. Use in place of a standard medicine ball to perform traditional core exercises or pass back and forth between partners.
Rugged, textured surface provides superior grip, handling, and long life. Black.

25430	10 lbs.	$31.95	25437	35 lbs.	$61.95
25432	15 lbs.	$36.95	25438	40 lbs.	$71.95
25434	20 lbs.	$41.95	25439	45 lbs.	$76.95
25435	25 lbs.	$46.95	25440	50 lbs.	$81.95
25436	30 lbs.	$56.95			

CorBall® Plus

The CorBall Plus combines the Elite Power Med-Ball and the Power Grip-Ball. Improve and enhance abdominal training, rotational movements, and strength training.
Hollow synthetic rubber construction. Color coded by weight; colors may vary. 9" diam. CR

28306	6 lbs.	Peach	$ 42.95
28308	8 lbs.	Teal	$ 47.95
28310	10 lbs.	Burnt Orange	$ 54.95
28312	12 lbs.	Red	$ 59.95
28314	14 lbs.	Royal Blue	$ 67.95
28316	16 lbs.	Yellow	$ 71.95
28318	18 lbs.	Tan	$ 76.95
28320	20 lbs.	Gray	$ 81.95
28322	25 lbs.	Purple	$ 92.95
28324	30 lbs.	Forest Green	$ 102.95

LifeFitness® Medicine Balls

The incredibly durable LifeFitness Medicine Ball can be used to provide resistance for both static and dynamic exercises. The long-lasting textured surface makes it easy to hold, toss, and catch. Available in multiple weights to meet a variety of training needs.
Color coded for easy weight recognition. Not intended for ball "slams".

71005	4 lbs.	Red	$51.95
71007	6 lbs.	Gray	$61.95
71009	8 lbs.	Blue	$69.95
71011	10 lbs.	Black	$78.95
71013	12 lbs.	Red	$84.95

Soft Touch Med-Ball

Soft and pliable medicine balls fit comfortably in the palm of your hand allowing you to move easily through a full range of motion when exercising. Hold one in each hand for additional resistance during upper and lower body exercises.
Balls do not bounce and are not designed for throwing. Durable PVC outer shell is filled with sand. Color coded by weight; colors may vary. 1 lbs. to 5 lbs. 5½" diam., 6 lbs. to 10 lbs. 6½" diam. CR

26151	1 lbs.	5½" diam.	Pink	$ 12.95
26152	2 lbs.	5½" diam.	Yellow	$ 13.95
26153	3 lbs.	5½" diam.	Gray	$ 14.95
26154	4 lbs.	5½" diam.	Green	$ 15.95
26155	5 lbs.	5½" diam.	Blue	$ 16.95
26156	6 lbs.	6½" diam.	Black	$ 18.95
26158	8 lbs.	6½" diam.	Green	$ 20.95
26161	10 lbs.	6½" diam.	Black	$ 22.95
92574	5 Ball Rack w/5 Soft Touch Med-Balls (includes one each of 1 lb. - 5 lbs. balls, pg. 29)			$130.95

PowerForce Medicine Ball NEW

14" diameter allows for consistent form while using a variety of weight options up to 30lbs. Coated black vinyl shell with a moisture and scuff resistant textured surface to provide a confident grip. Internally reinforced design is durable and maintains shape while remaining soft to the touch.

23989	6 lbs.	$ 64.95
23990	8 lbs.	$ 69.95
23991	10 lbs.	$ 74.95
23992	12 lbs.	$ 79.95
23993	14 lbs.	$ 84.95
23994	16 lbs.	$ 89.95
23995	18 lbs.	$ 94.95
23996	20 lbs.	$ 104.95
23997	25 lbs.	$ 109.95
23998	30 lbs.	$ 114.95

XD™ Kevlar® Medicine Ball NEW DESIGN

The toughest medicine ball, reinforced with DuPont™ Kevlar® fiber. This extremely durable and low-bounce ball keeps its shape due to its patented construction. The tacky surface provides maximum control along with embroidered weight identification that won't fade or peel. Consistent 14" diameter regardless of weight. Part of the XD™ Kevlar® line of products.
14" diam. filler material provides even weight distribution and helps maintain shape.

11190	4 lbs.	$ 97.95
11191	6 lbs.	$102.95
11192	8 lbs.	$108.95
11193	10 lbs.	$113.95
11194	12 lbs.	$118.95
11195	14 lbs.	$123.95
11196	16 lbs.	$128.95
11197	18 lbs.	$133.95
11198	20 lbs.	$139.95
11199	25 lbs.	$144.95
11200	30 lbs.	$149.95

Dynamax™ Medicine Ball

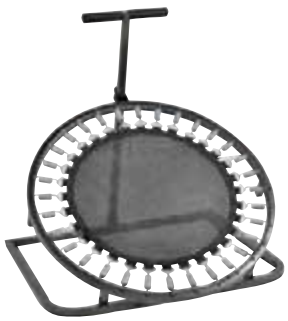
NON-BOUNCE! The soft-shell construction and balanced, uniform weight of this ball make it easy to handle. It remains dimensionally stable and balanced while providing functional resistance during any fitness, sport, or rehabilitation exercise. Ideal for exercises where bounce from the ball is not wanted, or for grip training.
Casing is sewn from 18 oz. flexible vinyl-coated polyester. Filler material provides even weight distribution and helps maintain shape.

24004	Stinger 1	4 lbs.	$ 72.95
24006	Stinger 2	6 lbs.	$ 77.95
24008	Accelerator 1	8 lbs.	$ 82.95
24010	Accelerator 2	10 lbs.	$ 87.95
24012	Stout 1	12 lbs.	$ 92.95
24014	Stout 2	14 lbs.	$102.95
24016	Hefty 1	16 lbs.	$108.95
24018	Hefty 2	18 lbs.	$113.95
24020	Burly 1	20 lbs.	$118.95
24021	Burly 2	25 lbs.	$129.95
24023	Husky	30 lbs.	$140.95

Power Rope-Ball®

BOUNCEABLE! Develop rotational strength and power with this functional training tool that combines a medicine ball with a rope handle. Rope-ball combination allows you to perform quick rotational movements in an assortment of patterns and planes of movement. Hollow synthetic rubber construction allows the ball to rebound, so it's ideal for swinging and chopping motions too. Rope is permanently attached to ball; washers on each side of ball ensure that rope doesn't slide. Handle attachment offers even more gripping options.
Rope length: 36". Colors may vary.

25100	2 lbs.	8" diam.	Yellow	$ 48.95
25101	4 lbs.	8" diam.	Green	$ 67.95
25102	6 lbs.	9" diam.	Blue	$ 81.95
25103	8 lbs.	9" diam.	Orange	$ 91.95
25104	10 lbs.	10" diam.	Red	$108.95
25105	12 lbs.	10" diam.	Purple	$122.95
25108	15 lbs.	11" diam.	Green	$142.95
25109	18 lbs.	11" diam.	Blue	$159.95



Medicine Ball Rebounder

The 28" diameter multi-purpose rebounding area is perfect for beginners and for those using med balls for rehab exercises. Handle with padded grip provides added stability for the beginner. Features built-in tray to hold medicine balls when not in use.
Medicine ball sold separately. Assembly required. Tubular steel frame.
40" L x 40" W x 43" H.

21060 $432.95

PlyoBack™ Reflex Rebounder

Multi-use rebounder! Fully integrated training station with large frame and rebounding surface - great for balance, angled plyo jumps, jogging in place and med ball training. Integrated stabilization handle provides support when using for jogging or balance training.
Assembly required. 44" L x 40" W x 54½" H.

21055 $633.95

A

Med-Ball Tree

KIT & SAVE

A. Store up to 5 medicine balls (up to 11" diam) in this space-saving, easily accessible rack.
Molded plastic feet on the bottom provide stability and protect floors. Assembly required. 14" L x 11" W x 52" H. CR

27190	Rack only	Gray	$102.95
27274	Kit w/ 5 Basic Balls - 4,6,8,10,12lb	Gray	$273.95
27276	Kit w/ 5 Basic Balls -12,15,18,20,25lb	Gray	$420.95
27278	Kit w/ 5 Elite Balls - 4,6,8,10,12lb	Gray	$319.95
27280	Kit w/ 5 Elite Balls -12,15,18,20,25lb	Gray	$477.95
27150	Rack only	Black	$ 99.95
27273	Kit w/ 5 Basic Balls - 4,6,8,10,12lb	Black	$265.95
27275	Kit w/ 5 Basic Balls - 12,15,18,20,25lb	Black	$420.95
27277	Kit w/ 5 Elite Balls - 4,6,8,10,12lb	Black	$319.95
27279	Kit w/ 5 Elite Balls - 12,15,18,20,25lb	Black	$477.95

B

Double Med-Ball Tree

KIT & SAVE

B. Store up to 10 medicine balls (up to 11" diam). Vertical design is space saving and uses minimal floor space.
Molded plastic feet on the bottom of rack protect floors and provide stability. Assembly required. 23" L x 11" W x 52" H.
Kits include: 4,6,8,10,12,15,18,20,25,30 lbs. Basic or Elite Med Balls. CR

27192	Rack only	Gray	$128.95
27282	Kit w/ 10 Basic Balls	Gray	$687.95
27284	Kit w/ 10 Elite Balls	Gray	$795.95
27180	Rack only	Black	$128.95
27281	Kit w/ 10 Basic Balls	Black	$687.95
27283	Kit w/ 10 Elite Balls	Black	$795.95

C

Premium Med-Ball Tree

KIT & SAVE

C. Stores up to 20 medicine balls. Ball-bearing casters provide smooth transport and lock into position.
Assembly required. Ships in 2 boxes. 25" L x 25" W x 56" H.
Kits include: (1) 2, (2) 4, (2) 6, (2) 8, (2) 10, (2) 12, (2) 15, (2) 18 ,(2) 20, (2) 25, (1) 30 lbs. Basic or Elite Med Balls. CR

27194	Rack only	Gray	$ 308.95
27286	Kit w/ 20 Basic Balls	Gray	$1,302.95
27288	Kit w/ 20 Elite Balls	Gray	$1,501.95
27155	Rack only	Black	$ 299.95
27285	Kit w/ 20 Basic Balls	Black	$1,302.95
27287	Kit w/20 Elite Balls	Black	$1,501.95

3-Tier Med–Ball Rack

Stores 15 to 21 medicine balls. Trays increase in width from top to bottom to accommodate different sized balls. Rack includes locking casters for easy transport and storage, and the narrow width allows it to fit easily through doorway.
Balls sold separately. Assembly required. Steel construction. Black. Ships in 2 boxes. 58" L x 20.5" W x 38" H. CR

27188	Black	$211.95
27189	Gray	$211.95

Ultra 4 Tier Med Ball Tower

Stores up to 20 medicine balls. This space efficient circular steel rack makes med balls easily accessible.
Assembly required. Includes casters. Black. Balls sold separately.

27148 $419.95

Secure Med-Ball Cart

Portable, secure storage option for medicine balls and other fitness or sport-training equipment. Swing top can be securely padlocked (lock not included). Swivel casters provide mobility and lock into position. Cart fits through standard doorways. Holds approximately 20-50 balls depending on diameter.
Balls sold separately. Constructed of 1" welded steel tubing. Assembly required. 45" L x 27" W x 31" H. Ships freight carrier. CR

27163	Black	$442.95
27164	Gray	$442.95

Mega Medicine Ball Storage Rack

This rack is the perfect solution to get your oversized medicine balls off the floor. This attractive rack holds 8 Dynamax™ Medicine balls in a safe secure manner. The space-saving design allows users to retrieve a ball from any angle.
Dynamax Medicine Balls not included. Gray. 66" thick x 21.5" W x 35.5" L. CR

24025 $184.95

3 Tier Mega Medicine Ball Rack

Keep your oversized medicine balls off the floor and securely in place. The 3-tier rack holds up to 12 14-inch diameter medicine balls.
63.5" L x 16.5" W x 43" H.

24026 $449.95

Wall-Mounted Med-Ball Rack

Stores up to 6 medicine balls. Space-saving, wall-mounted design stores weighted balls off the floor. Balls rest securely in cradle, so they don't sit against the wall.
Mounting holes on 12" centers. Balls sold separately. Assembly required. (Mounting hardware not included.) Steel construction. Black. 49½" L x 11" W x 13½" H. CR

27187 $179.95

Soft Touch Med-Ball Rack

Organize and store your Soft Touch Med-Balls on these two compact storage racks. Available in 5 or 10 ball models, each rack will hold 5½" to 6½" diameter balls.
Assembly required. PVC. 5-Ball Rack: 34" L x 4" W x 4½" H. 10-Ball Rack: 34" L x 4" W x 11" H. Rack with 5 balls includes one each of 1 lb. to 5 lbs. Soft Touch™. White. CR

92573	5 Ball Rack Only	$ 61.95
92575	10 Ball Rack Only	$ 102.95
92574	5 Ball Rack w/5 Soft Touch Med-Balls	$ 130.95

Set of 2 rings and 2 straps

Training Rings

Not just for gymnasts! One of the hottest pieces of alternative training equipment are the Training Rings. Challenge your fitness level and your body weight training like never before. Perform pull-ups, rows, muscle-ups, and other suspended exercises on the independently hanging rings.
Includes two easy-to-grip durable ABS material rings, ring thickness 1⅛", ring diam = 7⅛" inside diam., 9⅜" outside diam., (2) 1" W x 14' L straps with 2 heavy duty secure buckles.

93896 $72.95

Set of 2 rings and 2 straps

Wood Training Rings

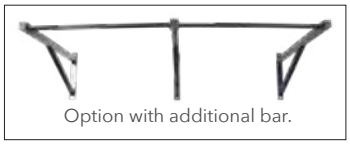
No need to use chalk! Dip, row, and muscle-up with the confidence of a secure grip using Power Systems Wood Training Rings. These wood rings are light and textured, unlike steel or plastic rings. Sold in sets, these rings come with length labeled, nylon straps and adjustable buckles. These are great for gym, box, or home gym use.

93910 $79.95

Pull-Up Handles

Train stabilizer muscles as well as primary muscles with these movable handles. Unlike traditional lat pull down and chin up bars, these steel handles have a revolving grip. Adjust the spacing between the handles for a wider or more narrow grip. Can be hooked to most rack systems.
Steel Handles. Silver/Black. 15" L x 6" W.

67095 $51.95/pair



Option with additional bar.

Premium Pull Up Bar

This wall-mounted pull-up bar takes your pull-ups to the next level. It offers plenty of room for various grip widths and saves on space. Attach the additional pull up bar for more pull-up stations in your facility or gym.
Assembly required. Mounting hardware not included. May require professional installation. Additional shipping charges may apply. Additional bar sold separately. Black. 43.25" L x 39.5" W x 19" H.

40062 Premium Pull Up Bar $231.95
40063 Additional Bar $128.95

Chin-Up Bar

Wide solid steel chin-up bar provides plenty of room for various grip widths. Bolts to wall.
Bolts to wall. Hardware not included. Assembly required. Steel. Black. 49½" L x 16" W x 16" H.

40060 $179.95

Adjustable Chin-Up Bar

Wall-mounted design with adjustable bar accommodates users of various heights and abilities. Bar adjusts to 5 positions in 4" increments and locks into place on chrome guide tracks with U-pin for safety. Grip is 16" from wall. Perform chin-ups, hanging leg raises, and underhand hang.
Bolts to wall. Hardware not included. Assembly required. 350 lbs. weight capacity. Black. 48" W x 36" H.

40065 $209.95

GOFLO® Trainer NEW

The GOFLO® Trainer is a unique combination of a spring loaded suspension trainer with multiple attachments including a body harness, straps, and handles for your feet or hands. This array of attachments allows you to vary your workout and training in an infinite number of fat burning exercises and routines.

The GOFLO® Trainer provides your body both support and resistance allowing you to work WITH the GOFLO® and become almost weightless as it supports and assists you with your training OR work AGAINST the GOFLO® spring loaded explosive power bands to raise intensity to new levels! The GOFLO® Trainer will allow you to work your body in new challenging ways and from different angles never before possible.

68239 $399.00

Lifeline® Jungle Gym XT

The Jungle Gym XT bodyweight suspension system features a split design allowing the straps to be placed in multiple positions, from "V" to wide angle. Shifting your body angle lets you vary your workout intensity. The Jungle Gym XT suspension system relies on your bodyweight to deliver a challenging workout. The premium quality design and construction make the Jungle Gym XT indispensable in your exercise program.

- Split strap design for shifting from "V" to wide angle changing exercise intensity and force on your body.
- Comfortable, molded foot cradle for easy, hands-free use.
- In-line buckle is simple to adjust during use.
- Easy to grip handles wipe clean.

Includes instructional poster. CR

93894 $102.95

JGXT Strap Xtenders

Add 8 ft. of length to your Jungle Gym XT.
8' L. CR

93898 $30.95

JGXT Wall Anchors

With a maximum load of 300 lbs. per mount, the JGXT Wall Anchors are perfect for attaching your Jungle Gym XT to wall or ceiling studs.
Includes hardware and mounting instructions. CR

93899 $30.95

Shown: TruFit Training Kit

TruFit Training Kit NEW

TruFit is a lightweight, portable training system that sets up quickly and provides workout options for all fitness levels. TruFit® has developed a training platform that takes your workouts to new heights.

68290 $199.95

Stroops VITL Kit NEW

With the VITL kit you will be able to accomplish almost anything you want in your training! The list of things you can do with the VITL kit is endless!

The VITL kit includes: (4) 36" slastix that stretch to 12 feet, (2) Foot straps, (2) Contour handles, (1) Universal swivel belt, (2) Cloth Anchors, (5) Dots, (1) Cinch Bag.

13766 $199.00

Slastix Body Weight Gym

Stroops Slastix Body Weight Gym offers high quality materials, useful features, and a wide array of applications. With the included Slastix resistance cords, you are able to perform explosive exercises and work on strengthening smaller stabilizing muscle groups.

Attaches to any overhead anchor (not included). Made from durable 1.5" webbing.

11034 $154.95

TRX® Commercial

TRX® Pro Suspension Training® Kit

Kit includes durable, rubber handles, a theft-deterring carabiner, Suspension and Door Anchors, Xtender Strap, 5 workout cards, and access to Trainer Basics video. *1-year limited commercial warranty.* CR

68226 $257.95

TRX® Home Suspension Training® Kit

Train all major muscle groups. Includes quick set-up guide, door anchor attachment, suspension attachment, and access to 6 digital workout videos. *Foam grip handles, 1 year limited non-commercial warranty that is void if used in gym or commercial setting.* CR

68225	TRX Home Kit	$205.95
68189	TRX Extender	$ 15.95

TRX® Commercial Suspension Trainer™

Designed for high-volume use in commercial environment. *Includes commercial-grade handles, a Kevlar® Equalizer loop, quick adjust steel barrel locks, Xtender Strap, and a theft deterring carabiner, 1-year limited commercial warranty.* CR

68227	TRX Commercial Trainer	$205.95
68189	TRX Extender	$ 15.95
68186	TRX Door Anchor	$ 25.95

TRX® – X Mount

Efficient, secure anchoring point attaches easily to walls, vertical studs, or overhead beams for TRX Suspension Trainer use. *Mounting hardware included. Steel/Gray.* CR

68190 $35.95

TRX® Rip™ Trainer Basic Kit

Everything you need to build total body strength and power. Lever bar and resistance cord system attaches quickly to any secure anchor point. *Medium resistance cord, carry bag, Basic Training DVD, user guide, carabiner, safety strap, and door anchor. Additional resistance cord levels sold separately.* CR

68183	Basic Kit	$189.95
68301	Light Cord (15 lbs)	$ 18.95
68302	Medium Cord (20 lbs)	$ 20.95
68303	Heavy Cord (25 lbs)	$ 22.95
68304	Extra Heavy Cord (38 lbs)	$ 24.95
68305	XX-Heavy Cord (50 lbs)	$ 24.95

TRX® Rip™ Group Training Station & Bundle Pack

The TRX Rip Group Training Station accommodates up to 10 users, is made of high-grade steel, and includes wheel for portability. It collapses for storage and can be used indoors or outdoors. *Stand weighs 100 lbs. Can be loaded with weight plates for more stability. Includes TRX Rip Group Training Station, 10 TRX Trip Trainers, and TRX Banner.* CR

For complete pricing and options go to powersystems.com

TRX® S-Frame™

Choose from 2 models to train medium to large groups. Standard model-8'3" tall, integrated Hammer and Dip bars, heavy bag/band attachment. Elevated model-9' tall, integrated Hammer and Dip bars, heavy bag/band attachment. *Both models: commercial-grade steel construction suitable for indoor or outdoor training, available in 5', 10', 15', 20',25', and 30' configurations. Commercial-grade mobility casters sold separately.* CR

68321	5 ft. - Elevated	$2,986.95
68323	15 ft. - Elevated	$4,428.95
68327	5 ft. - Standard	$2,780.95
68329	15 ft. - Standard	$4,068.95

For complete pricing and options go to powersystems.com

TRX® MultiMount™

Train small to mid-size groups in small space. Includes monkey bars and attachment points for training tools. *Available in 7', 14' and 21' configurations. Commerical-grade steel construction for maximum durability.* CR

For complete pricing and options go to powersystems.com

Gliding™ Discs

Create a smooth sliding surface for all of your upper and lower-body workouts. Incorporates body sculpting, balance, flexibility, core, and cardio and will change the way you train clients. Available in 2 styles; home or studio flooring.

Individual Kit *includes pair of discs for either hardwood or carpet for use in personal training or at home.*

Club Kit *includes 25 pairs of discs for either hardwood or carpet, a storage box, Total Body Basics DVD, Personal Trainers DVD, instructional manual, and marketing materials on a CD ROM. This kit requires a single-site licensing agreement to be signed (all facilities that offer Gliding™ classes or instruction must obtain a license).*

Add-On Kit *includes 25 pairs of discs for hardwood, carpet, or a combination of both (split 12/13), plus the Gliding Beyond Basics DVD. Valid only for customers who have purchased a club kit.* CR

93042	Individual Kit (Carpet Discs)	$ 15.95/pair
93044	Individual Kit (Hardwood Discs)	$ 15.95/pair
93038	Club Kit (Carpet Discs)	$205.95/25 pairs
93040	Club Kit (Hardwood Discs)	$205.95/25 pairs

Parallettes

Swing through, master handstand push-ups, and test your limits on Power Systems Parallettes! With steel tube construction, and a textured coating for premium grip, these parallettes can hold any weight without shifting during use.

24½" L x 14½" W x 13"H 1¾" diameter grip. CR

92441 $64.95

SKLZ® Slidez

Use them unilaterally, bilaterally, or anywhere you'd like to take them – Slidez are the choice of athletes! The low-friction, non-marking bottoms smoothly slide on virtually any surface. Ergonomic tread patterned tops provide a superior grip for hands or feet. The unique shape allows you to move omnidirectionally to build the core you've always wanted. To build strength, mobility, and size it's got to be Slidez!

93063 $30.95

Lebert Equalizer™

The Lebert Equalizer™ is a total-body strength training piece of equipment that is extremely versatile. Train the arms, back, and core muscles using your own body weight for resistance. Stack together for efficient storage when not in use.

Supports up to 400 lbs. Assembly required. Each unit includes a workout poster and beginner/intermediate workout DVD. 8 lbs. 25" W x 28½" H. CR

92435	Yellow	$102.95/pair
92433	Pink	$102.95/pair
92434	Lime Green	$102.95/pair

Push-Up Bars

No more slipping from sweaty hands. Handles have heavy padding to keep your hands comfortable. Neoprene coating on bottom reduces movement, so you can perform many variations of push-ups.

Handles have .25" heavy neoprene padding. Assembly required. Black/Gray. Molded plastic. 9½" L x 5¾" W x 5¾" H. CR

93411 $16.95/pair

Power Training Rope

Nothing works the body for developing power quite like rope training. Various lengths and diameters push your stamina, grip strength, and overall conditioning like no other workout. Find out what all of the excitement is about. Start rope training!

Available in Black or White, in 1 ½" and 2"diam. and 30', 40', & 50' lengths. Weight varies by length and diameter.

White

13660	30' L x 1½" diam.	$121.95
13662	40' L x 1½" diam.	$137.95
13664	50' L x 1½" diam.	$162.95
13666	30' L x 2" diam.	$172.95
13668	40' L x 2" diam.	$204.95
13670	50' L x 2" diam.	$254.95

Black

13642	30' L x 1½" diam.	$126.95
13644	40' L x 1½" diam.	$147.95
13646	50' L x 1½" diam.	$172.95
13652	30' L x 2" diam.	$182.95
13654	40' L x 2" diam.	$214.95
13656	50' L x 2" diam.	$264.95

The Beast Battle Rope

Take your battle rope workout to the next level with The Beast. Traditional battle ropes only allow for a single plane of force, while The Beast counters every movement, demanding muscle contractions throughout the whole body. Perfect tool for resistance training to work on explosive sprints, rotational and lateral movements, reverse walking and cardiovascular endurance.

Lightweight, nylon sheath protects user from unprotected elastic bands. Includes one 20' resistance Slastix rope with 60' stretch.

13781	20' L	47 lbs.	$144.95	13785	20' L	105 lbs.	$226.95
13783	20' L	77 lbs.	$195.95	13787	20' L	150 lbs.	$257.95

Son of the Beast Battle Rope

Shorter length than The Beast, but same great benefits.

Sold in pairs. Each rope stretches up to 3 times its original length.

13772	10' L	47 lbs.	$154.95	13776	10' L	105 lbs.	$247.95
13774	10' L	77 lbs.	$199.95	13778	10' L	150 lbs.	$288.95

Battle Rope Anchor Station

Take your group training sessions to the next level with the Power Systems Battle Rope Anchor Station. Anchor up to 12 battle ropes for the ultimate group training experience.

24" L x 24" W x11½" H.

13692 $359.95

Rope Anchor

Securely hold your training rope in place during workouts with the wall mounted Rope Anchor. Simply mount it and get to work! Does not include mounting hardware.

10" T x 2 ½" W x 4.5" D. Black. 2 lbs. CR

13690 $27.95

Rope Hanger

Keep your training ropes out of the way and protected with the Rope Hanger. Does not include mounting hardware.

The heavy-duty design will hold up to a 50' rope. Black. 10½" T x 2½" W x 14" D. CR

13688 $34.95

Same Great Tube, Added Peace of Mind for Only a $1 More

Versa-Tube PLUS NEW

Patent Pending double tube design provides peace of mind without changing range of motion for optimum performance. Features Power Systems unique plastic grommet which increases durability as it disperses weight evenly along its wedge. Power Systems color palette provides easy resistance level identification at a glance for quick selection.
Nylon handle, PVC grip. 48" L.

84003	Extra Light	Orange	$ 8.95
84008	Light	Lime Green	$ 9.95
84012	Medium	Red	$10.95
84014	Heavy	Light Blue	$11.95
84018	Extra Heavy	Purple	$12.95
84024	Ultra Heavy	Gray	$13.95

Premium Versa-Tube® PLUS NEW

Same great quality as our Versa-Tube PLUS, *plus* a thicker handle for a more comfortable grip!
Nylon handle, premium padded grips . 48" L.

84002	Extra Light	Orange	$ 9.95
84007	Light	Lime Green	$10.95
84011	Medium	Red	$11.95
84017	Heavy	Light Blue	$12.95
84019	Extra Heavy	Purple	$13.95
84023	Ultra Heavy	Gray	$14.95

INTRODUCING THE NEXT GENERATION OF RESISTANCE BANDS:
Premium Versa-Tube PLUS

What the Premium Versa-Tube Plus has to offer:

- Patent Pending double tube design provides peace of mind without changing range of motion for optimum performance.

Color	*Resistances*	*Recommended Use*
	Extra Light	Rehabilitation and those who have little or no exercise activity.
	Light	Rehabilitation and those with some exercise activity. Starting size for most women.
	Medium	Those who exercise regularly. Starting size for most men.
	Heavy	Intermediate to advanced exercises. Good for training larger muscle groups.
	Extra Heavy	Highly advanced exercisers who have mastered form and technique.
	Ultra Heavy	Trained athletes and extremely advanced exercisers that require a higher resistance.

Regular Handle Shown

Versa-Tube® Short

TUBES FOR USERS WHO ARE 5′ OR LESS. A shorter version of our original Versa-Tube designed for a shorter range of movement.
Nylon handle, PVC grip. 36" L.

84082	Extra Light	36" L	Orange	$ 6.95
84087	Light	36" L	Lime Green	$ 7.95
84090	Medium	36" L	Red	$ 8.95
84098	Heavy	36" L	Light Blue	$ 9.95
84104	Extra Heavy	36" L	Purple	$10.95
84096	Ultra Heavy	36" L	Gray	$11.95

Premium Versa-Tube® Short

TUBES FOR USERS WHO ARE 5′ OR LESS. Same great quality as our Versa-Tube Short *plus* a thicker handle for a more comfortable grip!
Nylon handle, premium padded grips. 36" L.

84083	Extra Light	36" L	Orange	$ 8.45
84088	Light	36" L	Lime Green	$ 9.45
84091	Medium	36" L	Red	$10.45
84099	Heavy	36" L	Light Blue	$11.45
84109	Extra Heavy	36" L	Purple	$11.95
84097	Ultra Heavy	36" L	Gray	$13.45

Premium Handle Shown

Versa-Tube®

Our basic design at an affordable price. Ideal for personal use but sturdy enough for fitness club use!
Nylon handle, PVC grip. 48" L.

84051	Extra Light	48" L	Orange	$ 7.95
84056	Light	48" L	Lime Green	$ 8.95
84060	Medium	48" L	Red	$ 9.95
84066	Heavy	48" L	Light Blue	$10.95
84071	Extra Heavy	48" L	Purple	$11.95
84072	Ultra Heavy	48" L	Gray	$12.95

Premium Versa-Tube®

Same great quality as our Versa-Tube *plus* a thicker handle for a more comfortable grip!
Nylon handle, premium padded grips . 48" L.

84001	Extra Light	48" L	Orange	$ 8.95
84006	Light	48" L	Lime Green	$ 9.95
84010	Medium	48" L	Red	$11.95
84016	Heavy	48" L	Light Blue	$11.95
84021	Extra Heavy	48" L	Purple	$12.95
84022	Ultra Heavy	48" L	Gray	$13.95

Premium Handle Shown

Versa-Tube® Long

Our longer design at an affordable price. Ideal for personal use but sturdy enough for fitness club use!
Nylon handle, PVC grip. 60" L.

84044	Extra Light	60" L	Orange	$ 8.45
84045	Light	60" L	Lime Green	$ 9.45
84035	Medium	60" L	Red	$10.45
84046	Heavy	60" L	Light Blue	$11.45
84047	Extra Heavy	60" L	Purple	$12.45
84038	Ultra Heavy	60" L	Gray	$13.45

Premium Versa-Tube® Long

Same great quality as our Versa-Tube Long *plus* a thicker handle for a more comfortable grip!
Nylon handle, premium padded grips. 60" L.

84040	Extra Light	60" L	Orange	$ 9.95
84041	Light	60" L	Lime Green	$10.95
84027	Medium	60" L	Red	$10.95
84042	Heavy	60" L	Light Blue	$12.95
84043	Extra Heavy	60" L	Purple	$13.95
84030	Ultra Heavy	60" L	Gray	$14.95

Regular Handle Shown

Ultra Versa-Tube®

This version of our original Versa-Tube is covered with a 23″ nylon sliding sleeve for greater durability. The sleeve helps protect the tube from damage when standing on during strengthening exercises.
Nylon handle, PVC grip. 48" L.

84147	Extra Light	48" L	Orange	$ 8.45
84153	Light	48" L	Lime Green	$ 9.45
84155	Medium	48" L	Red	$10.45
84168	Heavy	48" L	Light Blue	$11.45
84170	Extra Heavy	48" L	Purple	$12.45
84164	Ultra Heavy	48" L	Gray	$13.45

Premium Ultra Versa-Tube®

Same great quality as our Ultra Versa-Tube *plus* a thicker handle for a more comfortable grip!
Nylon handle, premium padded grips. 48″ L.

84152	Extra Light	48" L	Orange	$ 9.95
84154	Light	48" L	Lime Green	$10.95
84156	Medium	48" L	Red	$11.95
84169	Heavy	48" L	Light Blue	$12.95
84171	Extra Heavy	48" L	Purple	$13.95
84165	Ultra Heavy	48" L	Gray	$14.95

Premium Handle Shown

Double Versa-Tube®

Double tube design offers increased resistance and versatility to your workout.
Nylon handle, PVC grip. 48″ L

84503	Extra Light	48″ L	Orange	$12.95
84508	Light	48″ L	Lime Green	$13.95
84511	Medium	48″ L	Red	$14.95
84513	Heavy	48″ L	Light Blue	$15.95
84517	Extra Heavy	48″ L	Purple	$16.95
84521	Ultra Heavy	48″ L	Gray	$17.95

Premium Double Versa-Tube®

Double tube design offers increased resistance and versatility to your workout.
Nylon handles with premium padded grips. 48" L.

84502	Extra Light	Orange	$14.45
84507	Light	Lime Green	$15.45
84510	Medium	Red	$16.45
84512	Heavy	Light Blue	$17.45
84514	Extra Heavy	Purple	$18.45
84520	Ultra Heavy	Gray	$19.45

Versa-Tube® for Step

This specialty tube is designed for use with an exercise step. The nylon center strap reduces wear and tear on the tube while allowing you to add to your tubing and step workouts.
Step sold separately. Nylon handles with hard PVC grips. 2 independent tubes: 21" tubes connected by a 21" nylon strap.

84249	Extra Light	Orange	$10.95
84251	Light	Lime Green	$11.95
84255	Medium	Red	$12.95
84261	Heavy	Light Blue	$13.95
84263	Extra Heavy	Purple	$14.95

Versa-8®

Figure-8 design provides increased resistance when performing 1- and 2-arm exercises or lower body exercises. Double-lock system ensures tubing doesn't come apart and foam handles provide a comfortable, secure grip.
Available in 5 different resistances. Padded foam handles. 13½" L.

84201	Extra Light	Orange	$7.95
84206	Light	Lime Green	$8.45
84210	Medium	Red	$8.95
84216	Heavy	Light Blue	$9.45
84221	Extra Heavy	Purple	$9.95

Versa-O®

Versatile tubing system is ideal for strengthening and conditioning the upper and lower body.
Available in 5 resistances. Padded foam handles. 10" diam.

84101	Extra Light	Orange	$5.95
84106	Light	Lime Green	$5.95
84110	Medium	Red	$5.95
84116	Heavy	Light Blue	$6.95
84121	Extra Heavy	Purple	$6.95

Versa-Cuffs®

Strengthen and tone lower body with this versatile system. Padded ankle cuffs for comfort and adjustable Velcro strap fits most.
Available in 6 resistances. 12" L, padded cuffs, Velcro straps.

84301	Extra Light	Orange	$11.95
84306	Light	Lime Green	$12.95
84310	Medium	Red	$13.95
84316	Heavy	Light Blue	$14.95
84321	Extra Heavy	Purple	$15.95
84322	Ultra Heavy	Gray	$16.95

Versa-Loop® BEST SELLER

Ideal for short, limited movements, the versatile Versa-Loop® fits comfortably around the upper and lower legs and allows you to exercise hip and leg muscles.
Available in 6 resistances. 2" W x 12" L.

84801	Extra Light	Orange	$2.80
84806	Light	Lime Green	$3.00
84810	Medium	Red	$3.25
84816	Heavy	Light Blue	$3.50
84823	Extra Heavy	Purple	$3.75
84821	Ultra Heavy	Gray	$4.00

LifeFitness® Resistance Tubes

LifeFitness Resistance Tubes are ideal for group fitness classes, personal training, and injury rehabilitation. Premium padded handles ensure a comfortable grip while performing any exercise.
Premium padded handles, color coded for easy identification. CR

72005	Light	Red	$11.50
72007	Medium	Gray	$12.50
72009	Heavy	Blue	$13.50
72011	Extra Heavy	Black	$14.50

Double Cords & Double Cords Long

Perfect if you lack space. Double Cords offer a full range of motion and simulate exercises performed on cable weight machines.
Tubes are connected with a 10½" nylon anchor strap that can be held by a partner or attached to a doorjamb or other fixed object. Nylon handles with premium padded grips.

36"

84649	Extra Light	Orange	$23.95
84651	Light	Lime Green	$23.95
84652	Medium	Red	$23.95
84655	Heavy	Light Blue	$23.95
84657	Extra Heavy	Purple	$23.95
84658	Ultra Heavy	Gray	$23.95

48"

85139	Extra Light	Orange	$25.95
85141	Light	Lime Green	$25.95
85142	Medium	Red	$25.95
85145	Heavy	Light Blue	$25.95
85147	Extra Heavy	Purple	$25.95
85148	Ultra Heavy	Gray	$25.95

Assist Strap

Anchor any band or tubing to a doorknob, doorjamb or fixed object with this uniquely designed attachment strap to add another dimension to your workout.
1.65" L x 11.05" W x 0.45" H. CR

84790 $6.95

LifeFitness® Double Cord™ Resistance Tubes

LifeFitness Double Resistance Tubes easily connect to the LifeFitness Synrgy360 system or Hammer Strength® Heavy Duty Racks to allow exercisers to simulate movements performed on cable weight machines.
Available in 4 resistances and color coded for easy identification. CR

72025	Light	Red	$28.95
72027	Medium	Gray	$28.95
72029	Heavy	Blue	$28.95
72031	Extra Hvy	Black	$28.95

Slastix™ Toner

Slastix technology incorporates a Safety Sleeve™ to make your latex tubing last longer. The sleeve encloses the tubing and protects it from ultraviolet light, body oils, and nicks and cuts from daily use. Sleeve also provides stretch limitations when doing resistance training.
Nylon handle , padded grip, 50" L. CR

84618	Extra Light	50" L	Purple	$ 16.95
84620	Light	50" L	Yellow	$ 17.95
84625	Medium	50" L	Red	$ 18.95
84630	Heavy	50" L	Blue	$ 19.95
84632	Extra Heavy	50" L	Green	$ 20.95
84633	Super Heavy	50" L	Silver	$ 26.95

Slastix™ Pro

High quality resistance tubing in a protective sleeve. Anchor the tubes to a stationary object or use with a partner holding the anchor loops.
Safely stretches up to three times its length. Two connected 4' bands with handles and anchor loop. Nylon handles, PVC grip.

84662	Extra Light	Purple	$34.95
84664	Light	Yellow	$37.95
84666	Medium	Red	$38.95
84668	Heavy	Blue	$39.95
84670	Extra Heavy	Green	$42.95
84672	Ultra Heavy	Silver	$45.95

Shown: Slastix™ Toner

Strength Band

A power lifter's favorite! Strength bands attach to bars and benches for added resistance during lifts. Bands are also an effective stretching tool.

Sturdy seamless construction. Color coded to indicate resistant levels. Bands sold individually. Available in 7 resistances. 41" L, Latex.

68162	Extra Light	Orange	$ 9.95
68163	Light	Red	$12.95
68164	Medium	Black	$19.95
68165	Heavy	Purple	$24.95
68166	Extra Heavy	Green	$32.95
68167	Ultra Heavy	Blue	$42.95
68168	Super Heavy	Black	$69.95

Level	*Resistance*
Extra Light	2-6 lbs.
Light	5-25 lbs.
Medium	10-35 lbs.
Heavy	30-50 lbs.
Extra Heavy	65-85 lbs.
Ultra Heavy	80-100 lbs.
Super Heavy	120-200 lbs.

Bulk Tubing

Bulk resistance tubing is perfect when you need quality and quantity. Latex tubing cuts easily with scissors so you can customize the length of the resistance tubing to suit your needs.

100' box includes 4 sections (approx. 25' ea.)
Handles sold separately.

84451	25' Box	Extra Light	Orange	$20.95
84456	25' Box	Light	Lime Green	$21.95
84460	25' Box	Medium	Red	$22.95
84466	25' Box	Heavy	Light Blue	$23.95
84471	25' Box	Extra Heavy	Purple	$24.95
84472	25' Box	Ultra Heavy	Gray	$25.95
84401	100' Box	Extra Light	Orange	$79.95
84406	100' Box	Light	Lime Green	$83.95
84410	100' Box	Medium	Red	$87.95
84416	100' Box	Heavy	Light Blue	$90.95
84421	100' Box	Extra Heavy	Purple	$94.95
84422	100' Box	Ultra Heavy	Gray	$99.95

Resistance Training Station

Multiple connection points allow you to quickly change between exercises for a full body workout. Included are 2 anchor straps and 2 carabiners to attach resistance tubing and strength bands. Rails can be installed vertically or horizontally onto load-bearing walls. Arrange side-by-side for partner training or stack vertically for a wide range of low to high angles.

Mounting hardware not included. Tubing and bands sold separately. Comes with two 34" long metal rails. Each rail has 6 welded loops spaced 5½" apart.

68158 $149.95

Web-Slide® Exercise Rail System

Multi-level, multi-tube exercise system is wall mounted to save valuable floor space. Easy to mount to wall studs. Resistance tubes slide easily into place.

Unit comes with a 3-piece wall tower (each piece has 5 attachment points) and a storage rack that holds 16 tubes (tubing sold separately). Rail: 28" L x 6" W. Total height: 84". Storage rack: 24" W x 3" H x 2" D. Mounting hardware not included.

84330 $429.95

Order a variety of tubes to meet all your training needs.

3 types of tubing are available for the Web-Slide: 36" single tube with padded handle, 36" single tube with thigh strap and 36" single tube with ankle strap.

84340	Single Tube w/Padded Handle	Light	Green	$14.95
84342	Single Tube w/Padded Handle	Medium	Red	$15.95
84344	Single Tube w/Padded Handle	Heavy	Blue	$16.95
84350	Single Tube w/Ankle Strap	Light	Green	$16.95
84352	Single Tube w/Ankle Strap	Medium	Red	$17.95
84354	Single Tube w/Ankle Strap	Heavy	Blue	$18.95
84360	Single Tube w/Thigh Strap	Light	Green	$16.95
84362	Single Tube w/Thigh Strap	Medium	Red	$17.95
84364	Single Tube w/Thigh Strap	Heavy	Blue	$18.95

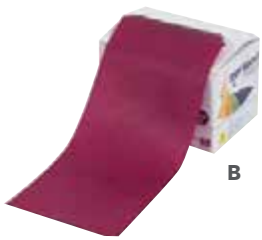
Shown: Flat Band & Flat Band Handles

Flat Band

A. *6 yd. and 50 yd. rolls are marked along each foot for assistance in cutting lenght. Comes in a dispenser box. Width: 6".*

84701	6" W x 4' Band	Extra Light	Orange	$ 3.00
84706	6" W x 4' Band	Light	Lime Green	$ 3.20
84710	6" W x 4' Band	Medium	Red	$ 3.50
84716	6" W x 4' Band	Heavy	Light Blue	$ 3.75
84721	6" W x 4' Band	Extra Heavy	Purple	$ 4.25
84722	6" W x 4' Band	Ultra Heavy	Gray	$ 5.00
84731	6" W x 6 yd. Roll	Extra Light	Orange	$ 10.95
84736	6" W x 6 yd. Roll	Light	Lime Green	$ 11.95
84740	6" W x 6 yd. Roll	Medium	Red	$ 13.95
84746	6" W x 6 yd. Roll	Heavy	Light Blue	$ 15.95
84751	6" W x 6 yd. Roll	Extra Heavy	Purple	$ 17.95
84752	6" W x 6 yd. Roll	Ultra Heavy	Gray	$ 19.95
84761	6" W x 50 yd. Roll	Extra Light	Orange	$ 69.95
84766	6" W x 50 yd. Roll	Light	Lime Green	$ 74.95
84770	6" W x 50 yd. Roll	Medium	Red	$ 79.95
84776	6" W x 50 yd. Roll	Heavy	Light Blue	$ 89.95
84781	6" W x 50 yd. Roll	Extra Heavy	Purple	$ 99.95
84782	6" W x 50 yd. Roll	Ultra Heavy	Gray	$109.95

A



B

REP Band® Exercise Band

B. *Available in 10 resistances. LATEX-FREE and POWDER-FREE. Comes in a dispenser box. Width: 4".*

84975	4" W x 6 yd. Roll	Extra Light	Peach	$ 9.95
84980	4" W x 6 yd. Roll	Light	Orange	$10.95
84985	4" W x 6 yd. Roll	Medium	Green	$11.95
84990	4" W x 6 yd. Roll	Heavy	Blue	$12.95
84995	4" W x 6 yd. Roll	Extra Heavy	Plum	$13.95
85115	4" W x 50 yd. Roll	Extra Light	Peach	$49.95
85120	4" W x 50 yd. Roll	Light	Orange	$59.95
85125	4" W x 50 yd. Roll	Medium	Green	$74.95
85130	4" W x 50 yd. Roll	Heavy	Blue	$84.95
85135	4" W x 50 yd. Roll	Extra Heavy	Plum	$95.95

Tubing Handles - Pair

The unique pressure-locking system of these handles holds resistance tubing into position so user can set to desired length. Allows user to control range of motion for a variety of total body fitness and strength exercises.
Tubing and resistance bands sold separately. Black. CR

84698 $14.95/pair

Flat Band Handles

PADDED! For a comfortable grip, simply slide a flat band through the locking bar on these handles and lock securely in position. To customize the band length, adjust the spacing of the handles.
Hard PVC with neoprene pad. Black. Flat bands sold separately. 8.90" L x 7.10" W x 1.70" H. CR

84696 $19.95/pair

Total Body Travel Kit

Take your training on the road!
Includes one each of Versa-Tube, Versa-Cuffs, Versa-8, DVD and mesh carry bag. Available in 5 resistances.

93153	Extra Light Set	Orange	$47.95
93150	Light Set	Lime Green	$49.95
93151	Medium Set	Red	$52.95
93154	Heavy Set	Light Blue	$54.95
93155	Extra Heavy Set	Purple	$56.95

VersaBall®

This durable, professional-grade stability ball is perfect for any fitness or athletic facility.
Available in 4 sizes - order by user's height (see chart above). Deflates slowly if punctured. Tape measure included. PVC.

80010	45 cm	Sunrise Gold	$26.95
80011	45 cm	Jet Black	$26.95
80016	55 cm	Glacier Blue	$27.95
80015	55 cm	Calypso Berry	$27.95
80018	55 cm	Jet Black	$27.95
80017	55 cm	Silver Frost	$27.95
80025	65 cm	Glacier Blue	$31.95
80026	65 cm	Calypso Berry	$31.95
80028	65 cm	Jet Black	$31.95
80027	65 cm	Silver Frost	$31.95
80036	75 cm	Jet Black	$36.95
80037	75 cm	Silver Frost	$36.95

Sunrise Gold | Jet Black | Glacier Blue | Calypso Berry | Silver Frost

	VersaBall®	*VersaBall® Pro*
Primary Uses	Core, Stabilization, and Rehabilitation	Larger Users and Dynamic Resistance Training
Static Weight Limit	800 lbs.	1,000 lbs.
Burst Resistant To	500 lbs.	1,000 lbs.
Sizes	45 cm to 75 cm	55 cm to 75 cm

Ball Diameter	*User Height*
45 cm (17.7")	4'6" to 5'0"
55 cm (21.6")	5'1" to 5'7"
65 cm (25.5")	5'8" to 6'1"
75 cm (29.5")	6'2" to 6'7"

All balls shipped deflated. See Air Pumps on Right.

VersaBall® PRO

When you need firm support under heavy loads, choose the VersaBall PRO. It's designed for dynamic workouts that incorporate moderate levels of resistance.
Available in 3 sizes. Order by user's height (see chart above). Tape measure included to ensure proper inflation. Deflates slowly if punctured. PVC.

80110	55 cm	Purple Surf	$36.95
80112	55 cm	Jet Black	$36.95
80111	55 cm	Calypso Berry	$36.95
80117	65 cm	Purple Surf	$42.95
80115	65 cm	Jet Black	$42.95
80113	65 cm	Calypso Berry	$42.95
80125	75 cm	Midnight Blue	$49.95
80127	75 cm	Silver Frost	$49.95

Purple Surf | Jet Black | Calypso Berry | Midnight Blue | Silver Frost

Life Fitness Stability Balls

Improve balance and core fitness.
Burst-resistant rating of 1,250 lbs. (567 kg). CR

71053	55 cm	Red	$48.95
71055	65 cm	Gray	$56.95
71057	75 cm	Blue	$64.95

Hammer Strength Stability Ball

The Hammer Strength Stability Ball is one of the strongest balls in the industry. Specifically designed for strength-training demands, the Hammer Strength Stability Ball will challenge the balance, stability, and strength of your strongest athletes and clients.
Available in one size only. Inflates up to 75 cm. Burst-resistant rating of 2,000 lbs (907 kg). CR

71081	75cm	Black	$195.95

Ball Base Large

Ball Base

Provide added stability for beginners by keeping the ball stationary while allowing advanced users to perform more challenging movements. The large base is notched so resistance bands and tubes can be added to increase versatility of ball.
Small holds 30 cm to 55 cm stability balls; Large holds 65 cm to 85 cm stability balls. Black. Balls sold separately. CR

80605	18" diam. x 2" H	Small	$20.95
80610	20" diam. x 4" H	Large	$25.95

Stability Ball Chair

Strengthen your back and improve your posture. Ergonomic seating system combines the core strengthening benefits of the stability ball and the convenience of a rolling base while promoting active seating. Use with or without the back support.
Burst-resistant up to 300 lbs. Includes 50 cm ball and air pump. Assembly required. Dark Gray. 22" L x 22" W x 31" H. CR

80625 $102.95

Air Pumps

Choose the pump that fits your needs! The Personal Hand Pump or Needle Pump is suited for when you need to pump up only one ball. Pro Foot Pump or Club Hand Pump work well for inflation of multiple balls. Mini Electric Pump inflates multiple balls at a rate of 35L/min and delivers up to 100 PSI. It operates on AC 120V and includes a pressure gauge and additional nozzles for use with other inflatables.

80168	Needle Pump	$ 8.95
80085	Personal Hand Pump	$ 10.95
80090	Club Hand Pump	$ 23.95
80095	Pro Foot Pump	$ 25.95
80098	Mini Electric Pump	$154.95

16 Ball Rack Option

8 Ball Rack Option

Stability Ball Storage Rack

Freestanding racks keep your exercise area safe and organized. Available in 3 different sizes for storing 8 to 16 stability balls from 45 cm to 85 cm. Lightweight and sturdy.
Available with or without locking casters. Balls sold separtely. Assembly required. Hard PVC tubing. Gray. CR

92482	8 Ball Rack	$144.95
92492	8 Ball Rack w/ casters	$164.95
92502	12 Ball Rack	$180.95
92512	12 Ball Rack w/ casters	$205.95
92522	16 Ball Rack	$226.95
92533	16 Ball Rack w/ casters	$244.95

12 Ball Rack Option

Elite Stability Ball Storage Rack

All-metal design provides both function and good looks! Sturdy, stable, and easily moved with included casters.
Assembly required. Gray. 6 Ball Rack: 79" H x 32" W x 59" L. 12 Ball Rack: 79" H x 32" W x 114" L CR

92474	6 Ball Rack w/ casters	$308.95
92476	12 Ball Rack w/ casters	$360.95

Stability Ball Wall Storage Rack

Wall-mounted design provides easy access and keeps stability balls off the floor when not in use.
Holds up to 4 stability balls. Assembly required Mounting hardware not included. Balls sold separately. Hard PVC tubing with cable wall attachments. Gray. 96" L x 20" W. CR

92579 $61.95

Elite Stability Ball Wall Storage Rack

Add an attractive design to your facility with this all-metal hanging ball rack.
Assembly required. Mounting hardware not included. Gray. 99" L. CR

92478 $154.95

Premium Stability Ball Rack

Keep stability balls off the floor and out of the way.
Holds up to 3 stability balls on 9" diameter rings. Top level holds up to 85 cm; other levels holds up to 65cm. Balls sold separately. Assembly required. Tubular steel frame with metal rings. White. 63" H x 20" W. CR

92465 $205.95

AIREX® Balance Pad

Super-soft specialty foam has destabilizing properties. The Standard with its smooth surface is ideal for starting out with barefoot balance training. The Balance Pad Elite has a textured surface for better grip. The Balance Pad XL provides the same great feel as the Balance Pad Elite but almost twice the length for a larger surface area to stand or lie on.

Blue/Gray. Balance Pad 19" L x 16" W x 2½" H. Balance Pad Elite 19" L x 16" W x 2½" H. Balance Pad XL 39" L x 16" W x 2½" H. CR

81000	Standard	19" L x 16" W x 2½" H	Blue	$ 61.95
81002	Elite	19" L x 16" W x 2½" H	Blue	$ 75.95
81008	Elite	19" L x 16" W x 2½" H	Lava(Black)	$ 75.95
81012	XL	39" L x 16" W x 2½" H	Blue	$154.95

VersaBalance® Pad

Soft foam provides balance and proprioceptive challenge to any workout.

Molded closed-cell EVA foam provides durability and protection against odor causing moisture. Blue. 19" L x 15" W x 2" H. CR

83550 $54.95

AIREX® Balance Beam

Super-soft foam beam combines the qualities of the AIREX Balance Pad with a traditional balance beam. Trapezoid design allows beginners to use the wide side and advanced users the narrow side.

Do not stand on while wearing shoes. Blue. 62" L x 9" W x 2½" H. CR $

81010 $133.95

VersaBalance® Log

Use this half-round log with the flat side down for a stable training surface or use the rounded side down to raise the level of difficulty. Durable construction provides firm support and textured surface prevents slipping.

EVA foam. Blue. 35" L x 8" W. CR

81017 $61.95

Core Roller

Build firmer, stronger abs, plus strength in the shoulders, chest, and core. Wide single wheel with ergonomic handles lets you perform roll-outs, inch worms, lat/diagonal pulls, and rolling planks.
Assembly required. Textured, molded plastic wheel.
Teal/Black. Wheel: 2⅛" W x 7" diam. CR

92446 $13.95

Perfect Ab Carver™ Pro

Kinetic engine made of a carbon steel spring turbo-charges abdominal and arm workouts. Ultra-wide wheel stabilizes movement to carve left, right, and center. Rubberized, non-slip ergonomic grips for stability control. Includes foam kneepads made from high-density foam for superior comfort.
15½" L x 7¾" D x 7¾" H. Maximum user weight: 300 lbs.

92401 $41.95

Power Wheel®

According to a study conducted by California State University-Sacramento, The Lifeline Power Wheel® activated the upper and lower abs and obliques significantly greater than other exercises.
Assembly required. Includes instructional DVD, Wheel 14" diam. CR

67150 $51.95

AbMat™

The AbMat has a safe, comfortable design contoured to your lower back to provide support and help prevent injury during abdominal workouts. The AbMat is small and portable and designed to take anywhere.
Instructional DVD included. Black. 15" L x 12" W x 2 ½" H. CR

67188 $29.95

CorDisc®

Our largest inflatable disc! Extra-large surface area offers versatility by maximizing total-body balance training for beginners as well as advanced users. Surface is wide enough to stand with feet shoulder-width apart. It targets the large muscle groups of the upper and lower body as well as the auxiliary stabilizing muscles that often are overlooked during workouts.
Ships deflated. Sold individually. Burst resistant up to 300 lbs. Soft PVC. Red. 24" diam. x 7" H. Air pumps sold separately. CR

80130 $56.95

VersaDisc®

Incorporate this air-filled disc when doing balance-based exercises. Enhance balance and functional training by incorporating 2 discs. The bottom of the VersaDisc has small nodules for use in rehabilitation and massage; also keeps disc from moving during exercise.
Burst resistant up to 300 lbs. Ships inflated. Soft PVC. 13½" diam. x 2½" H. CR

80160	Red	$23.95/ea.
80161	Purple	$23.95/ea.
80159	Blue	$23.95/ea.

Red Purple Blue

VersaDisc® Pro

More stability challenges! This 17½" diameter disc offers the same great benefits as the VersaDisc but it's wide enough for you to stand on with both feet. Plus, it provides more instability and difficulty for intermediate/advanced users. Each side offers a different level of challenge.
Burst resistant up to 300 lbs. Soft PVC. Ships deflated. Sold individually. Air pumps sold separately. Blue. 17½" diam. x 6" H. CR

80156 $38.95

VersaSteps®

Arrange these colorful air-filled, textured domes into a variety of patterns for personal training, rehabilitation and group programming. Place flat side down for basic balance training and dome side down for more advanced exercises. Textured surface provides traction during training and offers proprioceptive feedback when stepped upon without shoes. Store and transport with the included carry bag.
6 steps included per set. Burst resistant to 300 lbs. Ships inflated. Soft PVC. Colors may vary. 6½" diam. x 3½" H. CR

80185 $49.95

Set with stand

Professional Rocker & Wobble Boards Kit

Stand, sit, or kneel! The Rocker Board moves in one directional plane and has a large square design for beginners. The Wobble Boards move in multiple planes and have a smaller round design for intermediate and advanced users. Both Wobble Boards offer 3 levels of difficulty and adjust in seconds.
All 3 boards feature birch wood construction with slip-resistant top. Rocker Board (20" sq.): up to 14° angle. Wobble Board (20" diam.): 10°, 12°, or 15° angle. Wobble Board (16" diam.): 15°, 17°, or 20° angle.

80355	Set of 3 w/Stand	$339.95
80350	20" Rocker Board – Beginner	$109.95
80360	20" Wobble Board – Intermediate	$ 79.95
80370	16" Wobble Board – Advanced	$ 92.95

Modern Movement M-Board™

Strengthen the core, improve balance, and gain a competitive edge with this unique training tool. It allows for a wider range of movement that is more closely associated with the way our bodies move in balance, sports, and in everyday living.
Includes the deck, a custom 4kg medicine ball, a workout poster, and a DVD with several workout options. The M-Board 1.1 can accommodate users up to 350 lbs. 30"L.

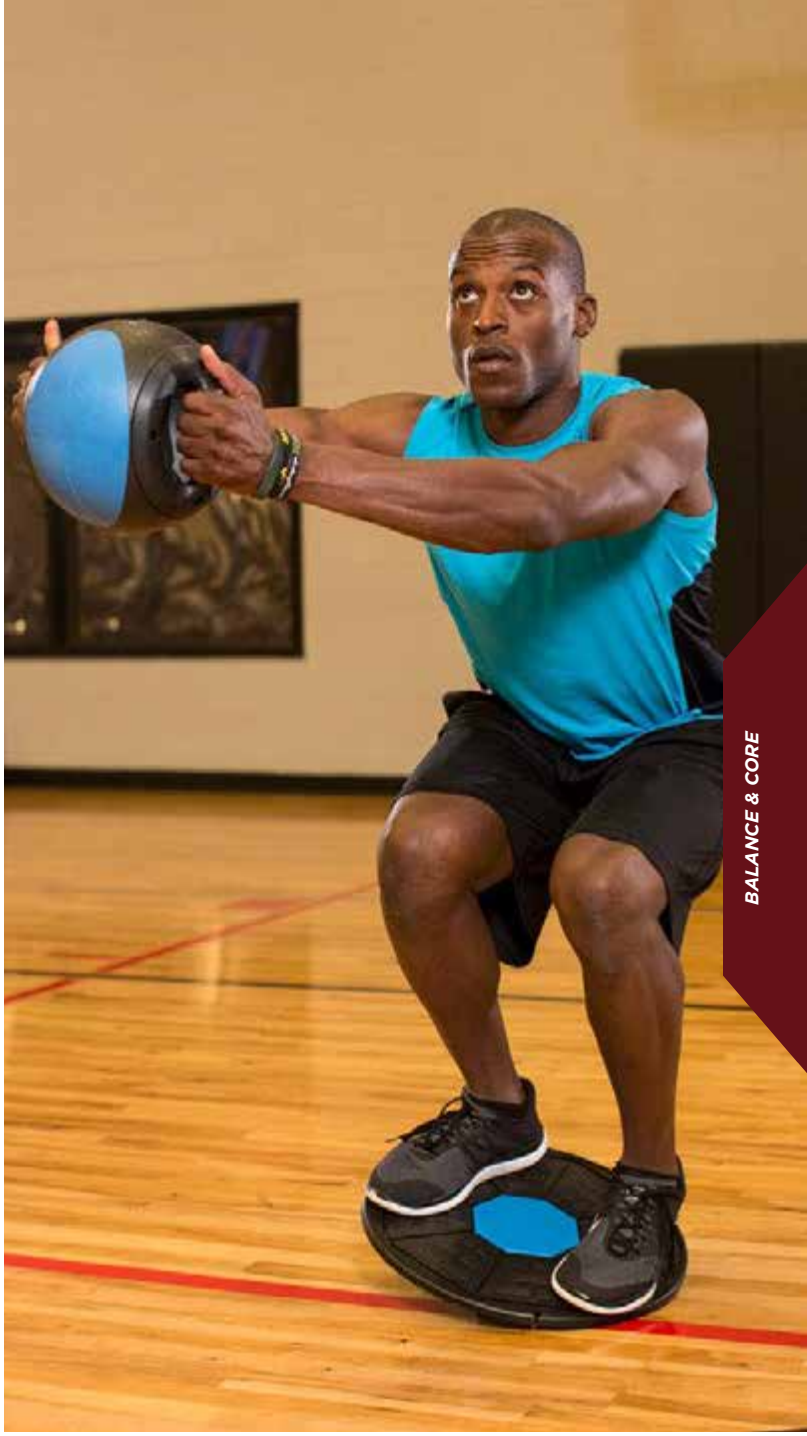
70732 $132.95

Bottom

Bongo™ Balance Board

This advanced balance training tool simulates lateral and radial movements, making it ideal for performing more complex proprioceptive exercises. Double ball-bearing wheel system causes two halves to rotate independently. Tapered roller ends allow toe-heel movement and rotation.
9-ply maple deck. Urethane roller with polypropylene center and a rubber nylon bungee cord. 31" L x 8" W x 5" H. 1-year limited warranty.

80150 $133.95



Pop-on Adapters Included

2¼"

3½"

VersaBalance® Board

Versatile 2-in-1 balance board lets you select between 2 levels of difficulty to target any skill level, making it perfect for group settings! Height adjusts quickly and easily from 2¼" to 3½" with a pop-on adapter. Notches around edge allow you to incorporate tubing.
High-quality PVC. Black. 16½" diam. (CR)

80390 $35.95

High-Density Foam Roller

BEST SELLER

This firm, high-density molded foam roller provides a deeper massage during usage. The closed-cell construction lasts up to 5 times longer than open-cell foam rollers. Select round for traditional massage and alignment and half round for balance and stabilization.
Black.

80234	Half Round	12" L x 6" diam.	$ 7.95
80233	Round	12" L x 6" diam.	$10.95
80231	Half Round	36" L x 6" diam.	$14.95
80237	Round	18" L x 6" diam.	$14.95
80232	Round	36" L x 6" diam.	$19.95

Closed-Cell Foam Roller

Roller provides consistent pressure to massage your muscles and improves posture and alignment.
Closed-cell foam. White.

80200	12" L x 6" diam.	$11.95
80225	18" L x 6" diam.	$17.95
80220	36" L x 6" diam.	$20.95

Premium EVA Foam Roller

EVA closed-cell foam results in a roller that feels soft to the skin while still providing excellent support. Designed for heavy use, these rollers will maintain their shape and firmness longer than open-cell and non-EVA rollers. Resists moisture and bacteria and wipes clean. Round design is great for traditional massage and alignment.
Blue.

80265	12" L x 6" diam.	$16.95
80260	36" L x 6" diam.	$34.95

LifeFitness Foam Roller

Stretch it out! The LifeFitness Foam Roller features a textured surface for outstanding comfort during stretching exercises.
Textured.

71087	36" L x 6" diam.	$51.95

The GRID® Series

These revolutionary foam rollers feature Distrodensity™ Matrix Technology and an environmentally friendly design. Select the 26" to easily accommodate the largest muscle groups, while the 13" is ideal for the user on-the-go.

80248	13" L x 5" diam.	Orange	$41.95
80249	13" L x 5" diam.	Gray/Green	$41.95
80258	26" L x 5" diam.	Orange	$66.95
80259	26" L x 5" diam.	Gray/Green	$66.95

The GRID®X

Twice as thick as the original GRID foam roller, the GRID X was created to break through the body's toughest, tightest trouble spots. The Grid X's three-dimensional surface allows tissue to aerate while you roll, promoting the flow of blood and oxygen needed to repair muscle.
Weight tested to support up to 550 lbs. static load.
1½ lbs. Black/Red.

80244	13" H x 5½" diam.	$51.95

RumbleRoller®

Innovative design provides continual deep tissue massage via the evenly spaced bumps along the roller. Non-porous surface includes an infused antimicrobial additive to inhibit bacteria and mold growth. Select the full-size (6" diam.) for traditional, total body rolling. The compact size (5" diameter) is excellent for on-the-go users who need a portable training option. The extra-firm option is 36% firmer and is intended for experienced users.

80194	Firm Blue	12" L x 5" diam.	$46.95
80196	Extra-Firm Gray	12" L x 5" diam.	$46.95
80192	Firm Blue	31" L x 6" diam.	$72.95
80193	Extra-Firm Gray	31" L x 6" diam.	$72.95

The Grid® Stk & The Grid® Stk X

The GRID STK and GRID STK X are an innovation in hand-held foam rollers. Specifically designed with GRID® surface and AcuGRIP™ handles to roll, release, and relieve minor aches and pains.
Available in two densities, regular, and the extra-firm GRID STK X for intense relief. CR

75578	The Grid Stk	Orange	$36.95
75580	The Grid Stk X	Black	$41.95

Myo-Roller

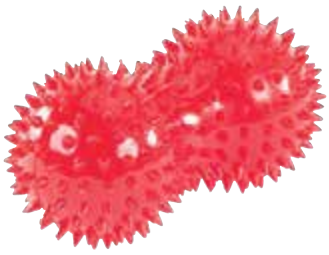
Smaller and less cumbersome than a traditional foam roller, the Myo-Roller has a channeled, or H-shape, design to promote spinal alignment and target different pressure points during myofascial release. Textured nodules add comfort during pinpoint or acute release moves for the legs, back, and arms.
Heat-sealed EVA foam construction maintains shape and resists moisture and bacteria growth. Blue. CR

80675	6" L x 6" diam.	$33.95

NANO™ Foot Roller & NANO™ Foot Roller X

Innovative foam roller specifically designed to increase flexibility and relieve minor muscular aches and pains associated with the foot. The NANO Foot Roller surface provides a systematic approach to blood flow by channeling nutrients directly to the tissue.
Available in two densities, regular, and the extra-firm NANO X for intense relief. CR

75582	NANO Foot Roller	Orange	$25.95
75584	NANO Foot Roller X	Black	$25.95



Massage Peanut

Features a spike design to promote recovery of sore, tight, and tired muscles. Peanut shape contours to the body's form and covers a wider area.
Red. 6" L x 9 cm diam. CR

75040	$9.95

Muscle Knot Massage Peanut NEW

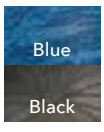
Firm interior and soft exterior is based on the feel of a massage by the human elbow. The 3D surface contact allows for a deep tissue massage while the non-slip exterior creates better grip. Compact and easy to use.

83223	Hard	Blue	$19.95
83224	Soft	Green	$19.95

Myo-Release Ball

Firm and solid, these lightweight, smooth balls keep their shape under pressure of massage.
Smooth foam surface. Made of heat- sealed, closed-cell EVA foam. CR

80270	6" diam.	Blue	$23.95
80271	6" diam.	Black	$23.95
80272	8" diam.	Blue	$28.95
80273	8" diam.	Black	$28.95

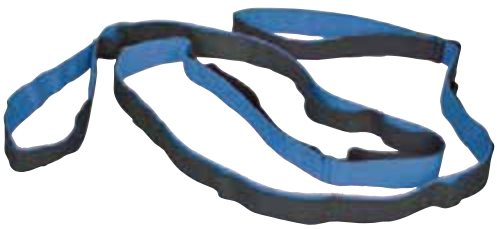


Shown: Dynamic Stretching Strap

Stretch Out® Strap

The 10 fixed loops of the Stretch Out® Strap allows you to progressively stretch the major muscle groups of the body starting with a light stretch and gradually working into a deep stretch.
Available with chart or book. Heavy-duty nylon. Green. 72" L x 1" W.

70400	Stretch Out Strap w/Chart	$17.95
70420	Stretch Out Strap w/Book	$19.95



Dynamic Stretching Strap

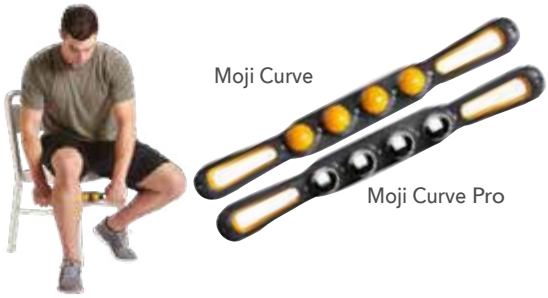
Durable nylon strap with 10 fixed elastic loops that flex and provide additional support while progressively stretching the major muscle groups of the body. This is the longest strap for stretching we offer.
Includes exercise guide. Blue/Black, 75½" L x 1" W.

70445 $17.95

Calf Raiz™

Helps build powerful, defined calf muscles and improve flexibility.
Nonslip, stable platform is 20" x 2". Welded steel construction. Black. 20" L x 10" W x 3" H.

67055 $41.95



Moji Curve® and Moji Curve Pro®

These total body massagers are lightweight, portable, and travel friendly. With rotating massage spheres, you choose how you massage: trigger point, elongation, or cross friction.
Moji Curve Pro – How about an ice massage? With the Moji Curve Pro's stainless steel massage spheres, just pop it in the freezer prior to use.
Target those problem areas that are hard to reach with ease and comfort with Moji's high quality construction.

75525	Moji Curve	$41.95
75527	Moji Curve Pro	$51.95

Moji Foot

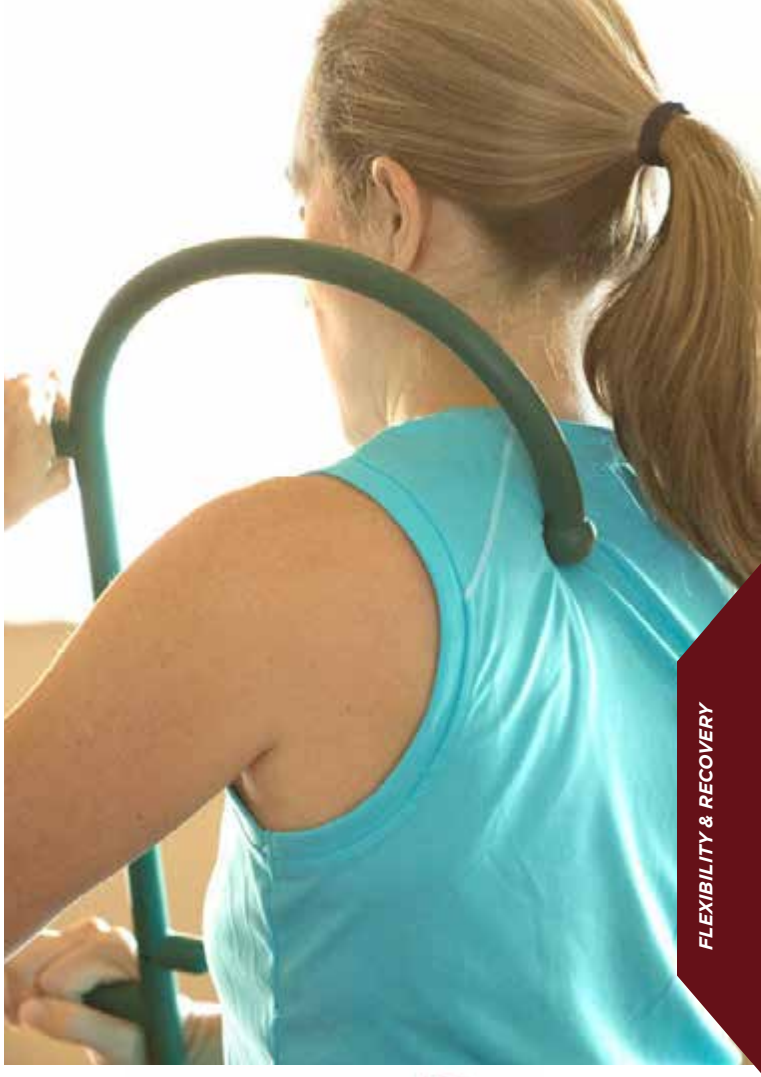
Foot massage? Yes, please! Revitalize your sore and tired feet with a Moji Foot Massager. Made with unique massaging spheres, you can customize your massage – deep tissue or light and relaxing. Great for Plantar Fasciitis!

75531 $30.95

Moji Mini Pro®

A powerful massage rests in the palm of your hand! With Omni-directional spheres and natural flex, you'll get a more effective massage than static pressure. Hand it to Moji Mini Pro for an awesome massage!

75529 $30.95



TheraCane®

The TheraCane is made to get to those hard-to-reach places with its hook shape and massage balls on the ends. The light flexing action of the extended handle allows you to apply as much or as little pressure as needed.
Includes instructional manual. Fiberglass and plastic composition. Green. 24" L x 15" W.

75042 $43.95

T-Roller™

Innovative, hand-held TriggerPoint roller, specifically designed to relieve minor muscular aches and pains that can't be easily reached with a traditional hand-held massage product, such as the neck, arms, and chest. Capped with a patent pending AcuGRIP™ handle that is uniquely designed for acute myofascial release.

75586 $20.95

Elite Standing Rack

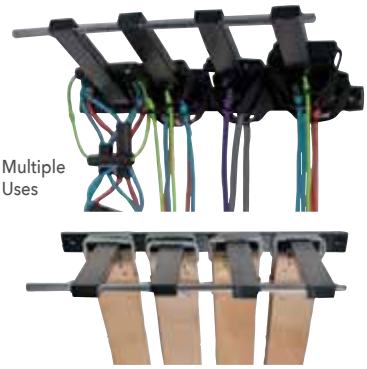
Easy access! Rotating rack allows easy access to tubing and jump ropes while storing the equipment neatly in one place.
14 prongs hold up to 100 tubes or 400 standard jump ropes. Stable circular base with 4 casters for mobility. 28" W x 74" H. Prongs: 6". Equipment sold separately. Gray. CR

92592 $257.95

Premium Standing Rack

Keep your tubes and jump ropes organized and easily accessible.
14 posts holds up to 100 tubes or 400 standard jump ropes. Includes casters for easy mobility. Black. 23" L x 23" W x 73" H. Posts: 8". Equipment sold separately. Locking casters. CR

92546 $154.95



Multiple Uses

Secure Wall-Mounted Rack

Securely store more than 50 tubes on this wall-mounted rack's 4 arms.
Removable solid steel locking bar slides through all 4 arms to keep equipment secure. Mounting hardware and lock not included. 26" W. Arm: 13". Black. CR

68155 $154.95

Wall-Mounted Rack

Wall-mounted rack holds up to 24 tubes on 4 posts.
Mounting hardware not included. 26" W. Posts: 6". Black. CR

68160 $56.95

Metal Removable Sections

Economy Wall Rack for Foam Rollers

A simple and cost effective way to store your foam rollers. This easy to assemble easy to mount rack provides storage for up to 6 foam rollers. Simply remove unneeded sections of the rack if less space is required.
24" W x 47.5" T x 9" D.
Foam Roller tray = 16.75" W x 9" D. Black. CR

80241 $164.95

Club

Studio

Foam Roller Storage Cart

Designed for convenience and portability. Club model holds up to 24 foam rollers. Studio model holds up to 12 foam rollers.
Sturdy tubular steel construction with casters. Gray. Assembly required. CR

80186	Studio	$159.95
80187	Club	$249.95

Foam Plyo Box

Customize the height of your plyo box with the Power Systems Foam Plyo Box. Each platform is covered with durable vinyl and can be stacked and secured with strong Velcro flaps on all four sides.
Available in 5 height options. Sold Separately. Black. Foam core. Vinyl cover.

20670	3 in	$ 124.95
20672	6 in	$ 149.95
20674	12 in	$ 224.95
20676	18 in	$ 284.95
20678	24 in	$ 359.95
20680	Set of 5	$ 1,132.95

Safe Edge Plyo Box

The dual construction of the Safe Edge Plyo Box gives you a wooden frame with a compressed foam top to decrease the chance of injury. There are 3 height options and dimensions to choose from to meet all of your training needs. Wood frame construction, compressed foam top.
Wood frame construction. Compressed foam top.

20640	Small	(12x16x20)	$139.95
20642	Medium	(16x20x24)	$149.95
20644	Large	(20x24x30)	$179.95

Add Your Logo - call today for customizable options!

20650	Small "Custom"	(12x16x20)	$139.95
20652	Medium "Custom"	(16x20x24)	$149.95
20654	Large "Custom"	(20x24x30)	$179.95

3 in 1 Plyo Box

The Power Systems 3-in-1 Plyo Box is the perfect solution to training all fitness levels. It provides 3 surface heights for plyometric training all in one box. Each side of the solid wood construction is clearly marked with an arrow and height measurement- 20", 24", and 30". No matter which side is up, the corners, edges, and handles are finished to prevent splintering.
Wood.

20690 $159.95

ViPR™

ViPR introduces a new concept in fitness and sports conditioning – Loaded Movement Training. It combines full-body movement with load, enhancing the vitality, performance, and reconditioning goals of clients and athletes.
CR - *ViPR Rack only.*

13800	4KG	$162.95
13804	6KG	$179.95
13808	8KG	$208.95
13812	10KG	$237.95
13816	12KG	$281.95
13820	16KG	$297.95
13824	20KG	$344.95
13828	26KG	$446.95
13832	ViPR Rack	$454.95
13836	4KG VGF	$183.95
13840	6KG VGF	$199.95
13844	8KG VGF	$234.95
13848	VGF Rack	$720.95

ViPR Rack (Silver)

PowerWave™ NEW

An all-in-one training device that is revolutionary by design and provides a total body workout that will unleash explosive core strength & physical endurance.

Each individual kit includes the PowerWave™ weight of your choice and an exclusive serial number. Use the serial number to register your PowerWave at www.powerwave.tv. Create an account and gain online access to warm up & cool down tutorials, 5- 20 minute Wave20™ (lean and tone) workouts, 2- 20 minute Beast-REPS™ (size and strength) workouts, choice of nutrition plan based on goals, and social network to find users and instructors in your area.

Super - weight 7 kg/15.4 lbs, 1" grip track. Spartan - weight 12 kg/26.4 lbs, 1" grip track. The Beast - weight 20 kg/44 lbs, 2" grip track. Black.

SUPER - Weight: 15.4 lbs
The ideal weight for novice users at a beginning level of fitness and those who want increased muscle endurance and a leaner toner body.

SPARTAN - Weight: 26.4 lbs
The ideal weight for intermediate users at a base level of fitness and those who want to improve muscle strength, generate lean muscle gains, and increase muscle definition.

THE BEAST - Weight: 44 lbs
The ideal weight for advanced users at a level of fitness which requires a high output to achieve results and those who want maximum muscle strength and generate muscle mass.

13320	Super	$159.99
13322	Spartan	$189.99
13324	The Beast	$219.99

FOR MORE INFORMATION – **about PowerWave programming, education & certifications, see page 9.**

VersaFit® Log

VersaFit Log provides a challenging alternative to traditional strength training. VersaFit Logs have multiple handles and Velcro straps that allow you to vary exercise focus and function by gripping the bag in different ways. VersaFit Log enhances balance, plyometric training, and rotational movements. Use for Olympic chops and throws.

Can be used indoors or outdoors. Black. 23" x 8" diam.

13481	10 lbs.	$ 99.95
13482	20 lbs.	$ 109.95
13483	30 lbs.	$ 119.95
13484	40 lbs.	$ 129.95
13485	50 lbs.	$ 149.95

The Ultimate Sandbag™

The Ultimate Sandbag is designed to meet the demands of everyday training. Each shell is constructed from non-abrasive, high-quality materials and includes seven gripping options. Power Package has 7-contour grip handles. Strength and Advanced Packages have 5-contour grip handles and two end flaps. End flaps roll to improve grip and are not designed to be held as handles.

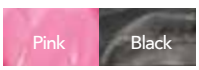
Includes a set of filler bags that are designed to hold sand or similar filler (not included) and allow you to customize the weight for each session. Select from three options: Power, Strength, or Advanced. Each package includes a training DVD, color workout poster, and instruction manual.

Power Package: 1 power shell (19" L x 9" W) and 2 filler bags (5 – 15 lbs. capacity/bag). Maximum power shell capacity is 30 lbs.

Strength Package: 1 strength shell (27" L x 10" W) and 2 filler bags. (20 – 40 lbs. capacity/bag). Maximum strength shell capacity is 80 lbs.

Advanced Package: 1 advanced shell (27" L x 13" W) and 3 filler bags (20 – 40 lbs. capacity/bag). Maximum advanced shell capacity is 120 lbs.

13581	Power Package Elite	Black	$102.95
13584	Power Package Elite	Pink	$102.95
13582	Strength Package Elite	Black	$133.95
13583	Advanced Package Elite	Black	$175.95



EXCLUSIVELY AVAILABLE FROM POWER SYSTEMS

MostFit Core Hammer

The MostFit Core Hammer offers a portable sledgehammer workout without a tire. Sledgehammer workouts are dynamic, fun, and now safe. This type of training engages all your muscles and challenges your cardiovascular system. It's great for athletes, fitness enthusiasts, and even casual exercisers. Enjoy your favorite sledgehammer exercises in your front yard, outside the office, or at a gym. Features: Durable plastic covered fiberglass handle. Head made of solid urethane.
Fiberglass/urethane. Blue/Black.

91342	8 lbs.	$205.95
91344	12 lbs.	$231.95

RMT Club

Each features of the RMT Club is specifically designed around the principles of rotational movement training, non-dominant side training, and spiraling movement patterns. Improves athletic movement, balance, coordination, and unify both sides of the body. Extremely durable – can be struck against padded surfaces. Use the shifting weight within the club for dynamic resistance training.
Available in 4 different weights. Training DVD and wall chart included. Reinforced handle with rubber grip. Black. 21"L.

91390	2 lbs.	$ 97.95
91392	4 lbs.	$102.95
91394	6 lbs.	$108.95
91396	8 lbs.	$113.95

SteelBells®

Filled with tiny, dense balls of steel shot, The Hyperwear SteelBell is the most intense free weight ever created! Slam, throw, or toss, think of the SteelBell as a medicine ball, challenging your stabilizing muscles with every move to improve your performance. The SteelBell is constructed from extra-thick neoprene with a super texture surface for grip improvement. It is roughly half the size, per weight, of its SandBell counterpart, but packs twice the dynamic punch – making it the choice of the NFL , collegiate teams, and the armed forces.

13452	5 lbs.	$ 30.95
13453	10 lbs.	$ 51.95
13454	15 lbs.	$ 72.95
13455	20 lbs.	$ 92.95
13456	25 lbs.	$113.95
13457	30 lbs.	$133.95
13458	40 lbs.	$164.95
13459	50 lbs.	$195.95

SandBell®

The SandBell is a cross between a sandbag, a dumbbell, a barbell, a grip bag, a medicine ball, a slam ball, a stability pod, a gliding disk, and a kettlebell. Made of tough, flexible neoprene, the SandBell is the most versatile and enjoyable functional weight training tool on the market.
SandBell utilizes a patent pending fill mechanism that allows the end user to fill or empty the SandBell with dry play sand (not included). (CR)

13389	6 lbs.	$ 16.95
13391	8 lbs.	$ 20.95
13392	10 lbs.	$ 25.95
13394	12 lbs.	$ 30.95
13396	15 lbs.	$ 37.95
13398	20 lbs.	$ 49.95
13400	25 lbs.	$ 60.95
13402	30 lbs.	$ 72.95
13404	40 lbs.	$ 92.95
13406	50 lbs.	$102.95

FITNESS ASSESSMENT & TESTING

The key to a successful training routine is setting goals, measuring results, and assessing progress. Having the proper tools to do so is what will keep your clients on track to meeting their goals. Fitness assessment and testing products are vital to powering your client's results and driving them to meet their potential. Keep on track with heart rate monitors, body fat analyzers, jump and flexibility testers, and more to improve performance and overall fitness.

TESTING PG.58-59
TIMERS & SCOREBOARDS PG. 60-61
ACTIVITY TRACKERS PG. 62-63

Detecto® Eye-Level Beam Scale

Die-cast metal beam displays weight clearly from front or back. Available with height rod.
Weight capacity of 400 lbs. in ¼ lb. increments. White. Scale: 59" H. Platform: 14½" L x 10½" W.

85200	Scale Only	$370.95
85205	w/ Height Rod	$391.95

Omron Scale

The HBF-510W provides Full Body Sensing - a comprehensive understanding of your body composition to help you reach your fitness goals. Full body sensing is more accurate than measuring with feet alone. Easy to use, the HBF-510W measures 5 fitness indicators including body fat, visceral fat, BMI, skeletal muscle, and body weight.
4 AA batteries included. 1 year warranty.

85208 $102.95

Saehan® Skinfold Caliper

Caliper has spring-loaded levers and low-pressure bearings for constant pressure when measuring body composition using the Durnin Formula. Scale permits reading up to 60 mm. Cannot be calibrated.
Wrist strap, soft carry case, and instructions included. Green.

85310 $201.95

Tape Measure

Take length and circumference body measurements with the Body Tape Measure or the Gulick Tape Measure. These compact, self-locking tape measures have a flexible vinyl tape that will not stretch and a push-button release. The Gulick Tape Measure is spring loaded, offering a higher level of accuracy with consistent tension that prevents excessive compression of body tissue.
Tapes measure up to 60" (150 cm).

85410	Body Tape Measure	$13.95
85415	Gulick Tape Measure	$31.95

Acuflex® I

Uses the modified method as well as the traditional sit-and-reach protocol. Choose this model if you need precise, individualized tests. Unit also features maximum reach indicator and adjustable tension.
Assembly required. Instructions included. Metal construction. 30" L x 12" W x 13" H.

70210 $257.95

Tanita® Digital Scale

Column-mounted electronic scale measures body weight quickly and accurately. Features 1" LCD display, instant lb/kg switch, and auto center zero.
Weight capacity of 440 lbs. Operates on AC adapter (included) or 6 AA batteries (not included). 13" L x 11" W x 33".

85210 $566.95

Lange® Skinfold Caliper

Designed for simple, accurate skinfold measurement. Spring-loaded levers provide a substantially constant standard pressure of 10 gm/sq mm over the entire operating range. Uses the Durnin Formula. Easy-to-read scale measures up to 60 mm.
Durable aluminum. Hard carry case and instructions included. Green. 2 lbs.

85300 $308.95

Slim Guide

Basic caliper to measure body composition using the Durnin Formula. Easy-to-read scale measures up to 80 mm.
Instructions included. Durable PVC construction with stainless steel springs. Black.

85350 $25.95

Omron® Body Fat Analyzer

Handheld unit displays body fat percentage and body mass index (BMI) in 7 seconds. 2 modes to accommodate athletes and the general population.
Stores up to 9 profiles. Optional metric display. Batteries and instructions included. Black.

85360 $66.95

Flex-Tester®

Uses the traditional sit-and-reach protocol. Choose this model if you need to quickly test groups or individuals.
Assembly required. Standards table included. Metal construction. 21" L x 13" W x 13" H.

70200 $154.95

Wall-Mounted Vertec™

Vertec™ & Wall-Mounted Vertec™

Get accurate vertical jump measurements to the nearest ½". Open design allows jumps from 1 or 2 feet and facilitates dynamic approaches. Reset pole lets you adjust height of vanes to measure jumps from 6' to 12'. Wall-Mounted Vertec™ swings away from wall 15" in testing position and lays flat for storage against wall. Bracket easily attaches to masonry or wood (hardware not included).

Assembly required. Steel frame construction with rigid high-impact vanes. CR $

22550	Vertec	$669.95
22560	Wall-Mounted Vertec	$617.95
22565	Bracket only	$283.95

Long Jump Tester

This portable, shock-absorbing mat takes the guesswork out of testing. Clear screened markings indicate distance traveled from 24" to 144" in ½" increments.

Made of flex rubber to cushion landing, and prevent sliding. Rolls for easy storage. 167" L x 22" W x ¼" thick. CR

22510 $329.95

Just Jump

Measure vertical jump accuracy to within 1/10". Multiple test modes measure overall vertical jump for leg power, average ground time for reaction, and average vertical jump for muscle endurance. Use on flat surfaces.

Unit consists of a 28" square jump pad with handheld digital display and manual. Operates on a 9V battery (not included). CR

22580 $617.95

Brower® Speed Trap I Timing System

An excellent device for accurate short-distance timing-accurate to 1/100 of a second. Wired system times distances up to 55 yards. Fully automatic, hands-free usage for self-timing. Timing begins when pressure is released from starting pad. Single sensor beam stops the clock at the finish line.

Portable for use indoors or outdoors. Unit includes timer, start pad, 55 yards of wire, sensor, stopwatch, tripod, battery, and carry case. CR

18030		$463.95
18035	Extra 55 Yard Cord	$ 51.95

Robic® Bright View Display Timer

Great for all types of timed sports. Large 6" display and hi-resolution LED display are easily seen from up to 100 feet away. Counts up to, or down from 100 minutes. Three preset countdown times of 12, 15, and 30 minutes. Pause and time out timing with loud completion alarm. Pushbutton operation, cable-control activation. Supplied with convenient remote control for operation from a distance. Operates on AC power.

Adapter included. Can be hung on wall or set on table top. 17"L x 9"H x 2"D.

18222 $ 308.95

Detail of measurment markings.

Wall-Mounted Vertical Jump Tester

Quickly measure vertical jump and reach from 1" to 48" in ½" increments. Board features screened measurements for years of use and magnets for marking reach and jump height.

Includes solid steel board, 48" retrieval rod, and 2 magnets. White with black markings. 50" H x 6" W. CR

22505 $144.95

Brower® TC-Timing System

Wireless handheld display! This wireless device shows 3 lines of timing data (split, split interval, and cumulative) in an LCD display. Stores up to 9 split intervals and 199 cumulative in its memory recall. Accurate to 1/100 or 1/1000 of a second. Fully automatic, hands-free usage for self-timing. Additional sensors can be set up to record split times. Includes "Count Mode" to record number of contacts in 30, 45, or 60 seconds. Includes a handheld device with 1000 ft. range to give you the freedom to move around. 5 selectable radio channels for multiple systems at one location. Portable for use indoors or outdoors.

Includes timer, 2 infrared electric eyes with built-in transmitter, 2 tripods, TC Motion Start, batteries, and carry case. CR

18024	Brower TC-Timing System	$ 1,128.95
18026	Brower TC-Gate	$ 464.95

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DM51

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Robic® SC-877 Complete Training Timer

A. The SC-877 offers world class timekeeping functions in a sleek and modern new form developed with comfort and ease of use in mind. 180 Dual Memory Recall and a total reading capacity of 1000 times. 1/100 second precision up to 60 minutes. Lap Counter to 999 readings. Program up to 3 countdown timers to operate independently or simultaneously, they can loop or sequence through each time or stop at the end of the preset time. Water resistant design;
Lithium CR-2032 battery. One year factory warranty.

18123 $51.95

OSLO® Silver 100 Dual Memory Stopwatch Countdown & Stroke Rate

B. Three line display shows lap, split, and accumulated running times. Includes 100 dual memory for recall of lap and split times, backlight for nighttime or low light uses, time of day, alarm, and calendar.
Instructions included. Water resistant up to 30m.

18122 $39.95

Seiko® Digital Metronome

C. Use for setting cadence. 4 levels of adjustable volume. Tempo ranges from 30 to 250 times/mins. with clear sound and flashing light. Clips onto clothing, a clipboard, or any other object.
Instructions included. 2¼" L x 1½" W x 1" H. CR

85444 $37.95

Robic® 12 Memory Chrono

D. Lap, split, or event timing; 1/1000 second; precision to 24 hours; autolap counter to 99; 1st through 5th place times.
Instructions included.

18140 $25.95

Gymboss®

E. The Gymboss is a quality interval timer that will make any workout easier to plan and execute with more accuracy and consistency by allowing you to keep 1 or 2 different time intervals from 2-99 mins. The Gymboss has many more features to help you maximize your training!
Water resistant, AAA Battery (not included),
1¾" x 2¼", 1 lb.

18128 $20.95

Oslo® 1000-W

F. Full function split stopwatch; extra-large, easy-to-read display; professional, snap-action push buttons; 1/100 second resolution to 30 minutes; 1st and 2nd place times; audible beep confirmation.
Instructions included.

18120 $18.95

Robic® M339 3D Motion Sensor 7 Day Memory Pedometer

G. Takes the worry out of using Pedometers. Wear it anywhere - in your pocket, purse, or backpack. The Robic M339 accurately counts steps taken up to 100,000, with the ability to set a daily step target goal. 7-Day memory recall of steps, distance, and calories. Estimates calorie consumption up to 10,000 calories. Automatically times time spent walking up to 24 hours. Replaceable Lithium Battery.
Lithium CR-2032 or equivalent battery. One year factory warranty.

91006 $16.95

Robic® SC-522 Digital Count-Up & Countdown Timer

H. Counts up or down from zero, select time in seconds (up to 99 min & 59 secs) or in minutes (up to 9999 mins), automatic reset at event completion, lock function.
Breakaway lanyard, instructions included.

18132 $15.95

Advantage™ 6016 Digital Wrist BP Monitor

Measures systolic pressure, diastolic pressure and pulse quickly and accurately. Smart Logic™ Technology ensures correct inflation and Average mode will calculate the average of 3 separate readings for more meaningful results. Includes advanced 2 zone memory with date and time stamp recalls for the last 30 readings/user for two profiles.
Latex free wrist cuff fits 5" to 7" wrists. Auto off and compact storage case. 5-year limited warranty. Includes 2 AAA batteries. CR

85402 $102.95

Portable Multisport Scoreboard NEW

The Colorado Multisport scoreboard is an ideal solution for facilities that require a scoreboard that can display scoring information for a number of sports. This unit can be mounted on 3-inch legs, 3-foot stand, or a wheeled scoreboard caddy. Scoreboard INCLUDES: built-in wireless capabilities, wireless scoreboard controller, built-in horn, and free customization options.

80588 $3,625.00

Mini Scoreboard NEW

The Mini LED Scoreboard from Colorado Time Systems provides the best of both worlds: it provides the same information as two lines from the LED-R Scoreboard at a quarter of the size. The Mini Scoreboard contains two lines of digits that can be configured in a multitude of ways to fit your needs for swimming, water polo, synchronized swimming, and track.
Height: 13.75"H x 48"W x 4"D.

80595 $2,793.00

Slim Pace Clocks NEW

The Slim Pace Clock line offers an elegant pacing and time of day solution for your facility. The slim profile is perfect for displaying time of day and pacing with minimum extension from the wall of your facility. A straightforward and elegant display, the large 13" digits are easily visible from a distance. The slim pace clocks are available with 4- or 6-LED digits. The 4-digit clock displays hours and minutes or minutes and seconds. The 6-digit clock displays hours, minutes, and seconds. If multiple pace clocks are used in a facility, they will wirelessly synchronize the time of day automatically.
4-digit Slim Pace Clocks: 19.25"H x 42.25"W x 2.8"D. 15 lbs. 6-digit Slim Pace Clocks: 19.25"H x 63"W x 2.8"D. 20 lbs.

80590	Slim Pace 4-digit clock	$1,418.00
80591	Slim Pace 6-digit clock	$1,849.00

Wallmount Multisport Scoreboard NEW

The Colorado Multisport scoreboard is an ideal solution for facilities that require a scoreboard that can display scoring information for a number of sports. This unit is designed to be mounted on a wall, and does not include batteries for portable operation. Scoreboard INCLUDES: built-in wireless capabilities, wireless scoreboard controller, built-in horn, and free customization options.

80589 $3,380.00

Dolphin Wireless Stopwatch Timing System NEW

Dolphin is a proven wireless timing system with a fully integrated Hy-Tek Meet Management interface. Dolphin provides wireless, synchronized, stopwatch-style timing for swimming competitions. It significantly reduces the amount of time and effort required to run a meet and manage data. By eliminating manually writing in times and manually typing them, the system has dramatically improved accuracy in comparison to manual stopwatches.
2.75"L x 4.5"W x 1"D. 4.8oz.

80593	6-lane w/ 1 watch per lane	$2,437.00
80594	6-lane w/ 2 watches per lane	$3,320.00

Pace Clock Pro NEW

Features 15 training modes to fine-tune skills and create customized workouts.

80592 $1,115.00

FT4™

FT1™

FT7™

RS 300X™

Polar Heart Rate Monitors

FT1™ – Entry level heart rate monitor featuring automatic/manual target zones. Coded transmission to avoid cross-talk. One training file with summaries, back light, date/time.
Water resistant up to 30m. HeartTouch™ feature allows for button-free operation.

FT4™ - Provides automatic target zone to help maintain the intensity, but can be changed by the user. Audible alarm alerts the user when out of their zone. OwnCal® counts and displays caloric expenditure. Tracks totals for session, training hours, and in-zone training.
Button-free HeartTouch Function. Coded to avoid frequency interruption.

FT7™ – EnergyPointer visually indicates when you are in your fat-burning range or aerobic fitness range. A weekly training summary provides feedback on your workouts and keeps up to 99 files in memory. Coded to avoid frequency interruption.
Offers all the features of the FT4™ plus EnergyPointer.

RS300X™ – Monitor heart rate, speed and distance. For recreational athletes who require all essential heart rate and timing features. Helps you train at the right intensity with personal sport zone. The Polar Fitness test measures your aerobic fitness at rest and tells you your progress. Also displays calories burned.

Each unit consists of a waterproof chest strap (transmitter) with adjustable closure and a water-resistant watch (receiver). Strap fits 25" to 54" chest. Instructions included. CR

91972	Large Chest Strap (fits 27" to 66")		$ 6.95
91978	FT1™	Black	$ 61.95
92017	FT4™	Silver/Black	$ 92.95
92018	FT7™	Black/Silver	$ 113.95
91936	RS 300X™	Black	$ 154.95

Polar® H6

Provides live, accurate heart rate to mobile training apps, including Polar Beat- the world's smartest training app. Soft, comfortable band.
Compatible with dozens of fitness apps. Compatible with iPhone 4S, iPhone 5, iPod touch (5th generation), iPad (3rd & 4th generation), iPad mini, and iPod Nano (7th generation). CR

91932 XS, S $69.95

Polar® H7

Combination heart rate sensor that provides live, accurate heart rate to your mobile training app, including Polar Beat, turning it into a smart training companion. **The H7 also connects to many Polar products as well as compatible gym equipment.**
Compatible with dozens of fitness apps. Compatible with iPhone 4S and later, and with selected Android devices including Samsung Galaxy S3 and S4 using Android 4.3 or later. Transfers heart rate information while swimming with products which support 5kHz transmission (*FT1, FT2, FT4, FT7, FT40, FT60, FT80, RS100, RS300X, RS400, RCX5, CS100, CS200, CS300)* CR

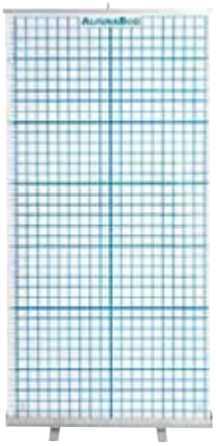
91934 $82.95

*FT1, FT2, FT4, FT7, FT40, FT60, FT80, RS100, RS300X, RS400, RCX5, CS100, CS200, CS300

AlignaBod®

Backdrop grid for posture assessment photos helps you document progress. Use as a visual aid to demonstrate posture deviations and to educate clients about posture. Rolls easily for storage.
Hardware not included. Includes posture assessment booklet and poster showing correct posture and deviations. Styrene. Blue/White. 90" L x 40" W. CR

83320 $175.95



Portable AlignaBod®

Easy, fast setup with no tools required. Quality vinyl backdrop for durability. Includes posture assessment booklet and poster showing correct posture and deviations.
Includes vinyl carrying case, aluminum base & extension rods. 39" W x 80" L. CR

83319 $308.95

Withings Go NEW

Go automatically recognizes steps, runs, and swim sessons, while providing detailed information on duration, distance and calories expended. Go also syncs with your phone automatically so that you can track all progress and view full-color graphs in the free Health Mate app. No charging needed, operates on standard button cell watch battery.

91890	Black	$ 79.95
91891	Red	$ 79.95
91892	Yellow	$ 79.95
91893	Green	$ 79.95
91894	Blue	$ 79.95

Withings Pulse Ox NEW

The Pulse OX advanced health & fitness tracker tracks steps, running, calories burned, elevation and distance while measuring your heart rate & blood oxygen levels with a single touch. Also analyzes your night & sleep cycles.

91895	Black	$ 99.95
91896	Blue	$ 99.95

Activité Steel NEW

Track your activities at a glance. Fully automatic tracking means no buttons to press. Activate Steel is water-resistant up to 150 feet. Tracks walks, runs, swims, and sleep. Set your personal goal in the Health Mate app. No charging needed - uses standard button cell watch battery.

91897	Black	$ 149.95
91898	White	$ 149.95

Activité Pop NEW

Same great features as Activate Steel with a Pop of color. Water-resistant up to 150 feet. Tracks walks, runs, swims, and sleep. Set your personal goal in the Health Mate app. No charging needed - uses standard button cell watch battery.

91899	Sand	$ 129.95
91900	Azure	$ 129.95
91901	Shark Grey	$ 129.95
91902	Pink	$ 129.95

Withings Body Cardio Scale NEW

Scale displays weight, body fat, and water percentage, as well as bone and muscle mass. All data syncs to the Withings Health Mate app, automatcially via WIFI or Bluetooth. Record up to 8 users. Charges with USB. 0.7 inches thick.

91903	Black	$ 179.95
91904	White	$ 179.95

Withings Body Scale NEW

Full body composition scale. Track weight, BMI, total body fat and water percentage plus bone and muscle mass. Automatcially syncs to Health Mate app via WiFi or Bluetooth. Best in class accuracy via Poistion Control ™ technology, a patented pody position detector. Recognizes up to 8 users. Uses four standard AAA batteries (included).

91905	Black	$ 129.95
91906	White	$ 129.95

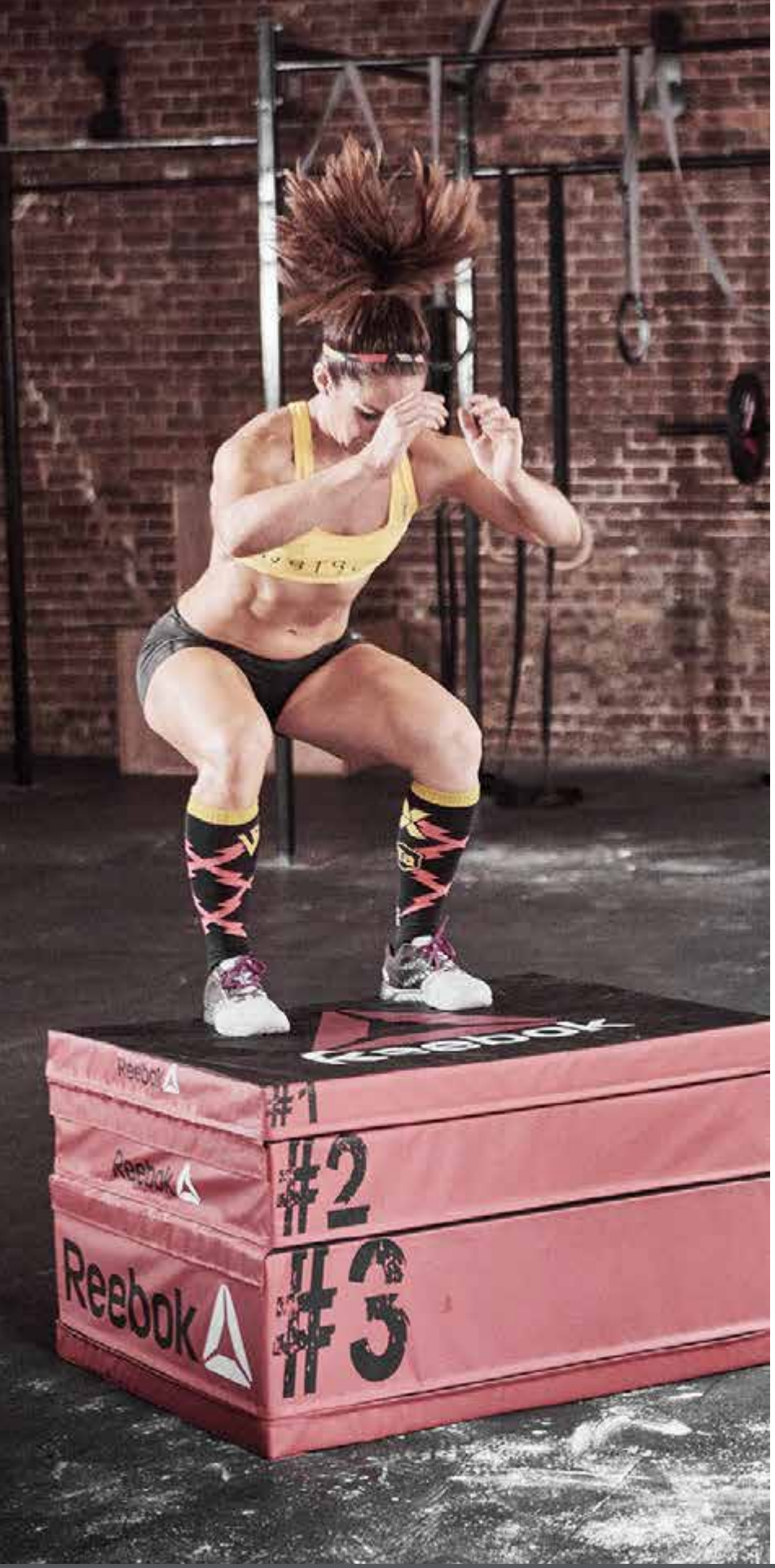
REEBOK

Power Systems and Reebok:
Bringing innovation and relevancy for the future of fitness.

Over one century ago, the world was introduced to Reebok - an American-inspired, global brand. Today Reebok leads its revolution: that fitness has the power to make us better humans - physically, mentally and socially.

We, at Power Systems, embrace this philosophy. with a shared passion for the fitness community, our partnership will ensure health clubs and gym facilities have access to the best equipment and resources for their members to be fit and healthy for life.

FUNCTIONAL PG. 66-69
STUDIO PG. 70-73
COMBAT PG. 74-75



Reebok PlyoStack

Ideal for plyometric training to increase explosive muscle power. The Reebok PlyoStack is made to be stable yet soft enough to avoid shin or knee injuries with foam plyo boxes secured by with Velcro® straps, ensuring they don't slip when stacked.

10690	PlyoStack Complete	$1,510.95
10691	3"	$ 166.95
10692	6"	$ 199.95
10693	12"	$ 299.95
10694	18"	$ 379.95
10695	24"	$ 479.95

Reebok Slam Ball

Overhead weighted ball slams are a great exercise for working the entire body and releasing stress. The Reebok Slam Balls measure 9" in diameter and feature a pliant, textured surface to reduce bounce and provide a better grip during workouts.
9" dia.

10696	5 lb	$46.95
10697	10 lb	$52.95
10698	15 lb	$58.95
10699	20 lb	$64.95
10700	25 lb	$68.95
10701	30 lb	$71.95

Reebok Pro Flat Bench

The Reebok Pro Flat Bench is straight forward and offers endless exercise opportunities. Easy to assemble and featuring high density foam cushioning, the 10" x 47.5" bench provides a comfortable and sturdy surface for weightlifting, with a 17" ground clearance for greater stability and reduction of back arch through your lift.
10" x 47.5" back support, 17" ground clearance.

10704 $219.95

Reebok Utility Bench

The Reebok Utility Bench provides the ultimate in versatile weight training. With 7 adjustable angles and 3 seat adjustments via a quick pull rod mechanism. Featuring high density foam cushioning, the bench can be kept in peak condition thanks to its easy wipe clean surface.
10" x 52" back support, 17" ground clearance.

10705 $499.95

Reebok Ab Wedge Mat

Ideal for core-specific strengthening to a functional training regime, The Reebok Ab Wedge Mat isolates the abs for the perfect crunch. The Reebok mat's flat, non-slip base keeps it in place throughout movement and the high density foam construction keeps it firm for prolonged use.

10706 $37.95

Reebok Tri-Fold Mat

The heavy-duty Tri-Fold Mat from the Reebok Functional range is suitable for a wide variety of exercises and stretches. The padded Reebok Mat is made with reinforced PU material which is easy to clean after use and its tri-fold design with integrated handles allows for space efficient storage and transportation convenience.
24" x 72", 1.5" thick.

10707 $59.95

Reebok Functional Mat

Essential for a functional training regime, the heavy-duty Reebok Functional Mat is 69 x 23.5in and 0.3in thick, The Reebok fitness mat provides a comfortable surface for all types of exercises and stretches with a ridged underside for additional grip and a textured non-slip workout surface which is easy to wipe down after use.
69" x 24" x ⅓" thick.

10708 $62.95

Reebok Suspension Rings

Suitable for gym use and all functional areas, common exercises can take on a whole new dimension when performed using the rings. Use these pair of Reebok Suspension Rings to perform exercises such as dips, push ups, lunges and muscle ups through the use of the heavy-duty nylon adjustable straps which can be easily released using the quick-release buckle.

10709 $99.95

Reebok Premium Speed Rope

Combining sophisticated technology and sleek design, the black Reebok Premium Speed Rope is a classic piece of equipment for improving cardiovascular fitness and agility. Fully adjustable, 10' durable coated steel cable and weighted handles with textured grip feature an integrated ball bearing mechanism to ensure a super quick, smooth rotational motion.
10' quick and easy adjustable length.

10703 Black $29.95

Reebok Hex Dumbbells

Reebok Hex Dumbbells are available in weights ranging from 5lb up to 100lb, making them ideal for progressive functional training and increasing body strength. Strong and robust in design, the Reebok Hex Dumbbells are heavy-duty with a rubber coating which lessens noise, floor damage, and wear and tear on the dumbbells themselves.

10711	5 lb	$ 9.95	10719	45 lb	$ 88.95
10712	10 lb	$ 19.95	10720	50 lb	$ 97.95
10713	15 lb	$ 29.95	10721	55 lb	$ 102.95
10714	20 lb	$ 39.95	10722	60 lb	$ 111.95
10715	25 lb	$ 49.95	10723	70 lb	$ 130.95
10716	30 lb	$ 58.95	10724	80 lb	$ 149.95
10717	35 lb	$ 68.95	10725	90 lb	$ 167.95
10718	40 lb	$ 78.95	10726	100 lb	$ 176.95

Reebok Kettlebells

An effective means of improving strength gains, full-body conditioning, agility and balance, The Reebok Kettlebells are constructed of highly durable cast iron and feature a wide handle to allow for a more comfortable grip for both one and two handed exercises such as the one-hand snatch or kettlebell swing.

10727	9 lb	$ 52.95	10733	62 lb	$148.95
10728	13 lb	$ 64.95	10734	70 lb	$173.95
10729	18 lb	$ 82.95	10735	80 lb	$193.95
10730	35 lb	$ 101.95	10736	88 lb	$219.95
10731	44 lb	$ 108.95	10737	97 lb	$322.95
10732	53 lb	$ 128.95			

Reebok Tri Rig

The stylish Tri Rig system is the perfect solution if you are looking for a versatile, compact free standing design.
119" X 134".

10773 $7749.95

Reebok Power Station

The Power Station is the perfect all in one performance solution incorporating storage columns. Compact and configured for Olympic weightlifting with the option to extend into multiple power stations through connecting stations.
112" X 125".

10774 $7749.95

Shown: Reebok Step

Reebok Step

Introduced to health clubs over 25 years ago, the timeless aerobic Reebok Step remains an integral and immensely popular piece of equipment in the group fitness exercise arena today. Sturdy and durable for every lunge and jump, the Reebok Step's non-slip rubber surface means the user can focus on their form and positioning.
Adjustable to 3 different heights (6"/8"/10")

10743 $99.95

Reebok Deck

The Reebok Deck enables you to perform effective cardio workouts based on aerobic stepping, plus it can convert into a flat, incline or decline weight bench. With its natural inertia, low centre of mass and non-slip rubber surface, the Reebok Deck remains very stable and safe throughout every workout. And, compact in size, can be easily transported and stored away.
43" x 13" x 8" with 2 variable heights (8"/14") and 16 different configurations.

10744 $199.95

Reebok Double Grip Medicine Ball

Ideal for use in gym classes, the Reebok Double Grip Medicine Balls feature two textured grip handles for additional hold and flexibility, and can be used for a wide range of exercises. The high density, rubber compound is designed for easy cleaning and helps to avoid scuffs on walls or studio floors.
10" dia.

10738	10 lb	$ 75.95
10739	15 lb	$ 84.95
10740	20 lb	$ 89.95
10741	22 lb	$ 96.95

Reebok Core Board

The Reebok Professional Core Board provides an unstable platform that can be used by both beginners and advanced users to help improve strength and function of the core muscles with its ability to tilt, twist and recoil against the body's natural movements. Featuring 2 adjustable levels of stability, plus 8 points around the perimeter which can be used to attach resistance bands (sold separately), the Reebok Core Board is a versatile fitness accessory and unique training tool for group instructors and personal trainers.

10745 $219.95

Reebok Studio Kettlebell

In addition to strength workouts, kettlebells also offer a great cardio workout due to the extra movement involved in executing specific exercises. The Reebok Kettlebells are 100% cast iron with a heavy duty dipped vinyl coating, adding durability and safety for the user and the studio floor. The wide grip handle is perfect for heavy use and strength training which enables the kettlebell to sit easily on the forearm.

10748	5 lb	$ 52.95	10751	30 lb	$ 92.95
10749	10 lb	$ 68.95	10752	40 lb	$ 108.95
10750	20 lb	$ 82.95	10753	50 lb	$ 128.95

Reebok Leather Skipping Rope

Skipping is one of the most effective cardiovascular exercises, providing a total body workout. The high build quality of the leather rope is considerably noticeable during workouts as the motion is smooth and consistent, whilst its ergonomically designed handle helps ensure the user can maintain a natural grip throughout.
9' Leather Rope.

10747 $21.95

Reebok Yoga Mat

The Reebok Yoga mat is designed to be durable and long lasting without compromising comfort. Formed from a single piece of 0.6" thick foam to maintain an even consistency when compressed, the Yoga Mat is ideal for class settings, and being 5' 6" in length, the mat provides a large platform to practise.
68"x 24"x 0.6".

10754	$23.95

Reebok Elite Yoga Mat

The added thickness (0.2") and extra length (72" x 24") of the premium Reebok Elite Yoga Mat helps you perform a wider range of Yoga poses, with greater comfort with colour stripes act as a useful guide for better hand and feet positioning.

10755	Orange	$64.95
10756	Pink	$64.95

Reebok Pilates Mat

The Pilates Mat provides an extra-thick plush surface for Pilates class members, designed to be durable and long-lasting for extensive use. Formed from a single piece of 0.6" thick foam, the mat retains its consistency when compressed, making it ideal for all types of Pilates exercises and routines.
68"x 24"x 0.6".

10757	$ 59.95

Reebok Studio Mat

The 0.4" thick Reebok Studio Mat provides a plush platform for all types of studio classes such as Yoga, Pilates and floor-based workouts. Formed from a single piece of 0.4" thick foam, the mat retains its consistency when compressed, making it ideal for all types of exercises and routines.
39"x 20"x 0.4".

10758	$ 39.95

Reebok Combat Upper Cut Bag

Focus on perfecting your upper cut power using the Reebok Combat Upper Cut Bag. Featuring 4 heavy duty hanging straps, the boxing bag can be relied upon to withstand the hardest strikes.

10764 $149.95

Reebok Combat Thai Bag

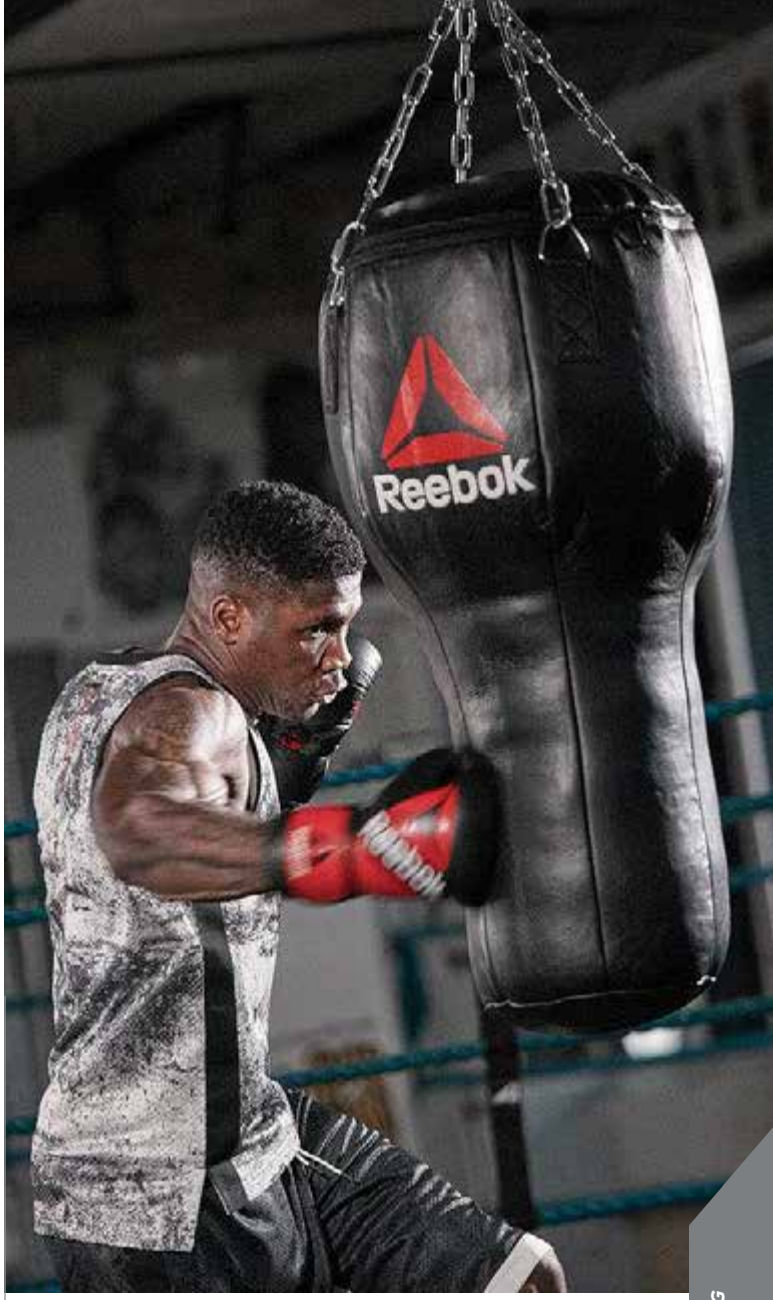
The 6ft Reebok Combat Thai Bag provides complete resiliency for high intensity combat workouts. Sturdy design allows for practice of a variety variety of boxing combinations as it keeps steady in place. Plus its leather construction ensures it can stand up to consistent use.
6' H.

10765 $299.95

Reebok Combat Heavy Bag - 130 lb

The Reebok heavy punch bag weighing 130lb and standing 5ft tall is perfect for all types of training sessions, designed with heavy duty leather and soft inner filling to absorb shock on impact. It features secure hanging straps for suspending to a boxing stand.
5' H.

10766 $319.95



Reebok Combat 4ft Bag 80 lb

The professional Reebok Combat Bag weighs 80lb and is 4ft tall, is ideal for 360 degree combat sports training. It has a high quality heavy duty leather with a soft inner filling to absorb impact through every strike.
4' H.

10767 $279.95

Reebok Combat Leather Training Glove

The Reebok Combat Training Glove is the ideal option for all types of boxing training including bag work and sparring. Conforming to the natural shape of the user's fist with plush padding which protects the hand. Reebok Combat gloves feature a layer of dense foam to provide a higher degree of shock absorbency plus a Velcro strap for added wrist support and lace-up fastening.

10759	10 oz	$79.95	10761	14 oz	$79.95
10760	12 oz	$79.95	10762	16 oz	$79.95

Reebok Combat Strike Pad

A key piece of fitness equipment for martial arts and combat training. The Reebok Combat Strike Pad is constructed with high density foam for ultimate impact protection. It features durable handles to ensure precise control through every hit and the shield's ergonomic curve design makes it ideal for developing leg techniques and upper cuts.
28" x 15" x 5".

10763 $118.95

Reebok Combat Focus Pads

The full leather Reebok Combat Focus Pads are an essential piece of training equipment for any boxer or martial arts athlete. Easy to put on and take off, the mitts help to improve strike speed and accuracy and are made from high density impact resistance foam.

10768 $59.95

Reebok Combat Thai Pad (Single Unit)

Perfect for attack and defence training, including kickboxing and knee work, the authentic Reebok Combat Thai Pad is constructed with heavy duty leather with a reinforced handle.

10769 $99.95

Reebok Combat Body Shield

Featuring a moulded anatomical design to fit comfortably to the body, the Reebok Combat Body Shield offers superior protection for boxing trainers whilst allowing them to move freely. The protector includes a hard wearing exterior with shock absorbing multi-layer padding on the interior, making it an essential piece of combat equipment for coaches training the heaviest hitting boxers.

10770 $169.95

Reebok Combat Speed Bag

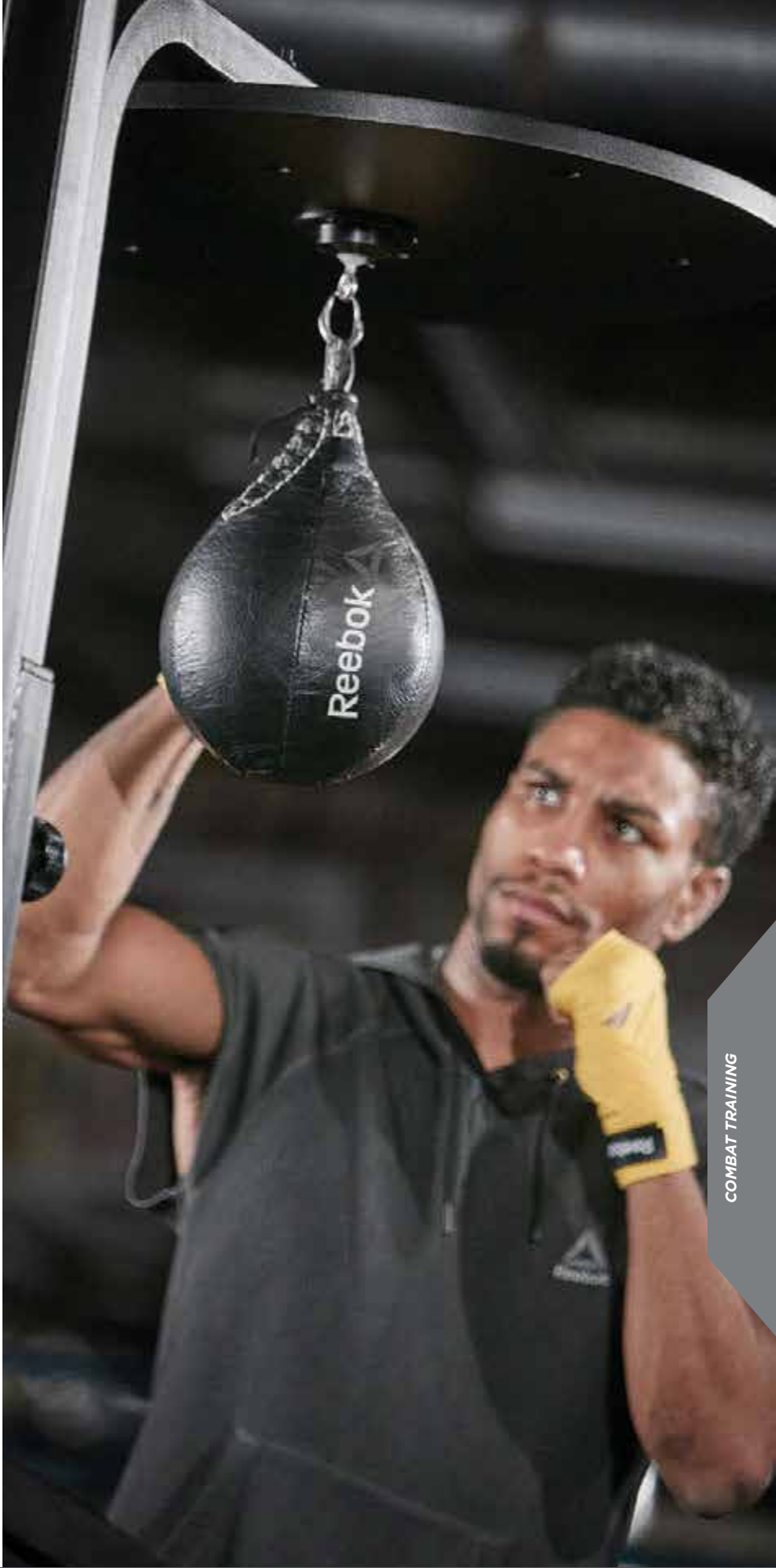
The Reebok Combat Speed Bag offers absolute accuracy, lightning-fast speed and long-lasting durability to promote skill and punching precision. With 360 degree access, you can hit the speed bag from all angles, adjusting your movements accordingly.

10771 $49.99

Reebok Combat Grappling Bag

For the combat athlete, a grappling bag is the next best thing to a real opponent, enabling you to mimic fighting moves and wrestling manoeuvres including holds, slams, through and ground techniques.

10772 $249.95



GYM ESSENTIALS

A gym wouldn't be complete without some of the necessities. Products like proper flooring and hygienic supplies are vital to keeping your facility top notch. Maintain a clean and germ-free environment with gym wipes and wipe dispensers to ensure your clients health and safety beyond their workouts. Choose from a variety of flooring options to maintain comfort and safety for all users while improving the quality of your gym.

FLOORING /TURF PG. 78-79
GYM WIPES PG. 80
CHILDCARE ACTIVITIES PG. 81

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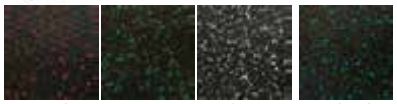
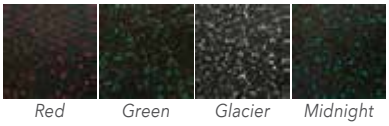


Red Green Glacier Midnight

Loktuff™ Interlocking Rubber Flooring Mats

A. Available in 1/2" for institutional/commercial settings and 3/8" for light-duty use (3/8" in black only). Border and corner mats have beveled edge. *Please note that when the ½" interlocking edges of 2 mats are fastened together, the total length of the connected mats is reduced by 1". $500 minimum order– ships freight carrier.* CR $

Color Mats				
62400	Center Mat	½"	4' x 4'	$92.95
62410	Border Mat	½"	4' x 4'	$92.95
62420	Corner Mat	½"	4' x 4'	$92.95
Black Mats				
62450	Center Mat	⅜"	4' x 4'	$61.95
62460	Border Mat	⅜"	4' x 4'	$61.95
62470	Corner Mat	⅜"	4' x 4'	$61.95
Black Mats				
62500	Center Mat	½"	4' x 4'	$77.95
62510	Border Mat	½"	4' x 4'	$77.95
62520	Corner Mat	½"	4' x 4'	$77.95



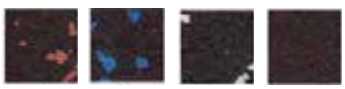
Red Green Glacier Midnight

Guardian® Rubber Flooring Mats

Available in 3 thicknesses: ⅜" for light-duty use; ½" and ¾" for institutional/commercial settings. 4' x 6'. CR $

62000	⅜"	Black	$ 75.95
62010	½"	Black	$ 81.95
62020	¾"	Black	$ 91.95
62030	½"	Color	$113.95

Color choices for conditioning flooring & rubber rolls flooring. Samples shown reflect 10% color added.



Red Blue Eggshell Black

B

Conditioning Flooring Rolls

B. All-purpose continuous rolled flooring of polyurethane and rubber provides a cushioned surface that's ideal for running, jumping, and bounding.
Available in thicknesses of ⅜" and ½" and widths of 32", 36", 42", and 48". Black. Sold in linear feet–multiply length of mat to calculate total cost. Minimum order 20 linear feet per roll. Open rolls cannot be returned. **Call for price quote and shipping costs.** CR $

63010	⅜" x 32" W	$5.95	($2.23/sq. ft.)
63020	⅜" x 36" W	$6.95	($2.32/sq. ft.)
63030	⅜" x 42" W	$7.95	($2.27/sq. ft.)
63040	⅜" x 48" W	$8.95	($2.24/sq. ft.)
63050	½" x 32" W	$6.95	($2.61/sq. ft.)
63060	½" x 36" W	$7.95	($2.65/sq. ft.)
63070	½" x 42" W	$8.95	($2.56/sq. ft.)
63080	½" x 48" W	$9.95	($2.49/sq. ft.)

C

Rubber Floor Rolls

C. Ideal for heavy traffic areas, this high-density recycled rubber flooring is designed to handle heavy use and abuse. Nonskid, shock-absorbing surface suppresses noise and resists stains and scuffs. Easy to install and maintain.
Available in thicknesses of ¼" and ⅜". Width: 48". Red, Blue, Eggshell, Black. Sold in linear feet–multiply length of mat to calculate total cost. Minimum order 30 linear feet per roll. Open rolls cannot be returned. **Call for price quote and shipping costs.** CR $

62934	⅜" x 48" W	Red	$ 11.95	($2.99/sq. ft.)
62936	⅜" x 48" W	Blue	$ 11.95	($2.99/sq. ft.)
62938	⅜" x 48" W	Black	$ 11.95	($2.99/sq. ft.)
62940	⅜" x 48" W	Eggshell	$ 11.95	($2.99/sq. ft.)
62942	¼" x 48" W	Red	$ 9.95	($2.49/sq. ft.)
62944	¼" x 48" W	Blue	$ 9.95	($2.49/sq. ft.)
62946	¼" x 48" W	Black	$ 7.95	($1.99/sq. ft.)
62948	¼" x 48" W	Eggshell	$ 9.95	($2.49/sq. ft.)

Equipment Floor Mats

Protect floors from damage caused by strength equipment, bikes, and treadmills.
Soft PVC construction. Black. ¼" thick with beveled edge. CR

62800	3' x 4'	$41.95
62810	3' x 6'	$51.95

Power Systems Custom Turf NEW

Add an indoor speed and agility zone or functional training area with custom turf. Whether you are interested in a traditional green or colors to match your brand, Power Systems can help you achieve the look you want. Options also include adding your logo, hand and foot markings, or simple hash marks to complete your custom turf. Call for additional details and request a quote.

62237 Call for Pricing

Don't Forget! *When purchasing a Gym Wipe Dispenser or stand, a package of gym wipes must also be purchased in order to complete your transaction.

NOTE: Buckets do not fit in the GymWipes Stainless Steel or Contemporary Wall Dispensers.

Mega Roll Biodegradable Wipes

A. These biodegradable 8" x 8" moist towelettes are an economical solution for keeping your equipment clean.
Phenol-free, alcohol-free, and bleach-free these pre-moistened wipes are safe for use on all surfaces.

95516	2- 1200 ct. Rolls	$75.95

CareWipes® Hand Wipes Biodegradable Mega Roll Wipes

B. Soft & durable towelettes are non-toxic, non-abrasive, and clean thoroughly without irritating the skin.
Hand Wipes refills are designed for use with wall dispensers or to refill Buckets.

95519	Case of 2- 700 ct.	Rolls	$81.95

GymWipes® Antibacterial Wipes

C. These antibacterial wipes are designed to sanitize all hard surfaces.
EPA registered disinfectant wipes. Each wipe is super-absorbent, 8" x 6" in size and pre-moistened.

95506	2- 700 ct. Buckets	$ 75.95
95508	4- 700 ct. Rolls	$154.95

GymWipes® Professional Wipes

D. Specially formulated to remove sweat & germs. Alcohol-free, ammonia-free formula is also residue-free.

95511	Case of 2- 700 ct.	Buckets	$ 75.95
95513	Case of 4- 700 ct.	Rolls	$154.95

GymWipes® Antibacterial Force Wipes

E. Kill MRSA with GymWipes / CareWipes Antibacterial Force wipes.
Each wipe is super-absorbent, 8" x 6" x "double-thick" and stays wet 30% longer.

95501	2- 800 ct. Buckets	$92.95
95503	2- 800 ct. Rolls	$79.95

GymWipes Stainless Steel Wall Dispenser

F. Touchless one-at-a-time dispensing. High-volume capacity means less maintenance.
*Constructed stainless steel.*See above for purchase requirement.*

95532	$308.95

Contemporary Wall Dispenser

G. Wall dispenser provides touchless one-at-a-time dispensing which reduces excess wipe usage and minimizes the risk of cross contamination.
*Each unit includes labels and mounting hardware. Wipes sold separately. *See above for purchase requirement.*

95527	White	$51.95
95529	Smoke Gray	$51.95

The Wicked Wire Chrome Stand

H. 2-tier chrome wire wipe stand provides convenient access to towelettes. Lower tier is constructed with a self-centering guide to ensure the included trash receptacle stays in place.
*Wipes sold separately. Steel. 36"H. *See above for purchase requirement.*

95538	Chrome	$108.95
95535	White	$97.95

The Stainless Stand Defender

I. Compact design with smudge-resistant finish. Top-tier holds refill buckets of towelettes while rubber grommet dispensing hole yields one towelette at a time. Lower-tier has a waste receptacle.
*Wipes sold separately. Stainless steel. 36"H x 12" diam.*See above for purchase requirement.*

95547	$411.95

The Stainless Stand

J. Dispensing stand with integrated waste receptacle is certain to add style to your facility. Smudge-resistant glazed finish to help reduce appearance of fingerprints.
*Wipes sold separately. Stainless steel. 36"H x 12"W. *See above for purchase requirement.*

95544	The Stainless Stand	$411.95
95541	With door	$566.95

Climbing Wall

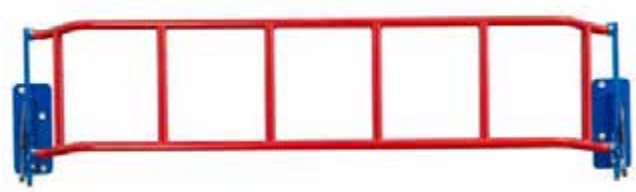
Standard™ Traverse Wall® NEW

Standard™ Traverse Wall® features earth tones and a lightly textured surface. The color-coded Groperz™ Hand Holds offer a variety of options for climbers to use as they climb. Green hand holds are the largest and easiest to grip. The yellow holds come in a variety of sizes and offer a light challenge. The red holds are medium sized and provide the most challenge. Climbers can choose to use any color hand hold, or try the extra challenge of climbing using only hand holds of the same color. The signature Red-Relief Line® is a safety feature that reminds climbers to stay within three feet from the floor and is a helpful tool for the climbing wall supervisor. The Standard Climbing Wall offers all you need to get youth climbing the walls!

Each 4' x 8' Standard Climbing Wall panel includes 20 patented Groperz Route-Setting Hand Holds, 66 preset placement options for mounting hand holds, the Red-Relief Line and safety mats that tip up and lock to the wall to prevent unauthorized use. A 10'-high version and fire retardant upgrade are available.

Safety mats tip up and lock to the wall to prevent unauthorized use and are recommended. *Also available in Black.*

68062 $2,160.00



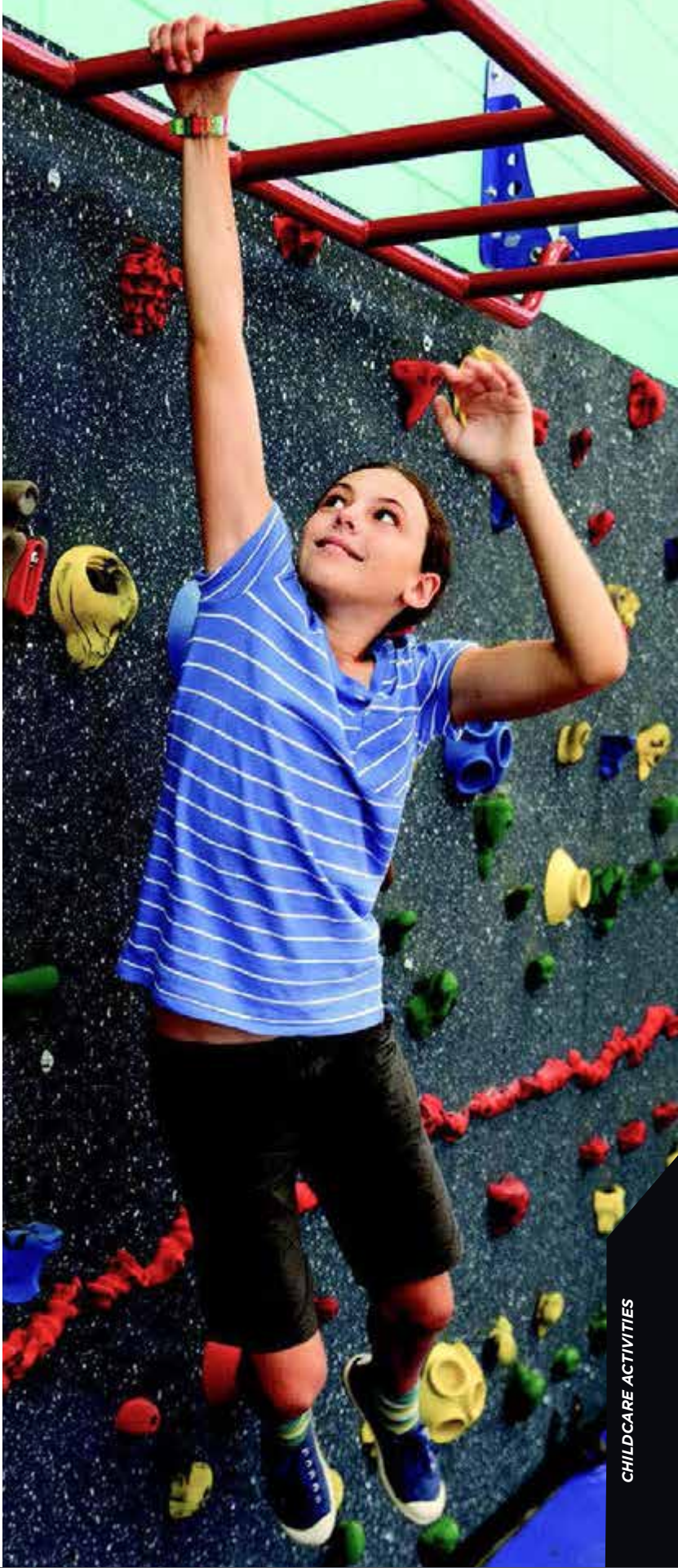
Safari® Monkey Bars NEW

The Safari® Monkey Bars are a great indoor element that helps develop upper body strength, balance and coordination.

The Safari Monkey Bars are made of durable powder-coated steel. They are wall mounted and can be used alone or combined with other indoor jungle gym equipment to maximize fitness opportunities with minimal space requirements. Mounting brackets and mat-locking system help stow and lock components to prevent unauthorized use. Can be mounted to concrete block or poured concrete walls only. Complete package includes a Mat-Locking® System, mounting brackets, hardware, installation instructions, safety sign, and activity guide.

68063 $1,617.00

NOTE: Safety surfacing recommended.
Call for information – 1-800-321-6975



AQUATICS

Aquatic fitness is an excellent choice for those of all ages who require low-impact yet high endurance workouts. Water workouts are also a perfect way to change up your client's normal routine. This type of exercise is perfect for building muscle, burning calories, and developing cardiovascular and muscular endurance without putting unnecessary strain on the body. Power Your aquatics with weights specifically designed for use in a pool environment, aquatic boards, and more to develop adaptable, low impact and fun workouts for everyone.

FLOTATION BELTS PG.84
WATER NOODLES PG. 85
WATER DUMBBELLS PG. 86
WATERFIT PG. 87
POOL LIFTS PG. 88-89

Kickboard

Kickboard Plus

Kickboard & Kickboard Plus

Aquatic boards provide stability and buoyancy during water exercise. The Plus model's larger surface offers more control and its curved underside increases stability.

Constructed of strong, durable closed-cell foam. Kickboard: Blue/Yellow. 19" L x 12" W x 1½" thick. Kickboard Plus: Blue. 27" L x 19" W x 2" thick.

86690	Kickboard	19" L x 12" W x 1½" thick	Blue/Yellow	$19.95
86692	Kickboard Plus	27" L x 19" W x 2" thick	Blue	$34.95

Water Flotation Belt

Flexible foam contours to the back and sides by adjusting the nylon belt. Stabilizes the body by distributing buoyancy around the body.

Order by user's weight.

86500	S (100-160 lbs.)	$24.95
86510	M (160-220 lbs.)	$25.95
86520	L (220+ lbs.)	$26.95

Pull Buoy

Develop endurance and upper-body strength in the water. Contoured, closed-cell EVA foam fits comfortably between legs to provide flotational support for lower body during aquatic training. Eliminates kicking, so focus and intensity is on the upper body and technique. Simple, strapless design for ease of use.

Blue/White. 9½" L x 3½" W x 5" thick.

86398 $11.95

AquaJogger® Belt

Patented, contoured design supports the lower back by suspending the body vertically in water at shoulder level. Women's Classic fits most average body types. Men's Classic Pro is 30% more buoyant and has a higher arch.

Resilient closed-cell foam won't absorb water and resists chlorine damage. Includes Getting Started DVD and Water Workout Guide. 48" woven elastic belt adjusts to fit waist. Blue.

86484	Women's Classic (120-180 lbs.)	$56.95
86486	Men's Classic Pro (160-220 lbs.)	$61.95

Neoprene Water Gloves

Heavy-duty open finger Neoprene Water Gloves add resistance to increase the heart rate during aquatic exercises.

Neoprene "rubber-like" palm and secure Velcro closure. Blue/Black.

86610	Medium (6½" to 7½")	$17.95/pair
86620	Large (7½" to 8½")	$17.95/pair

BodyBar AquaFLEX

The BodyBar AquaFLEX Bar is the same as the versatile Body Bar FLEX, but redesigned for use in water fitness classes. The bar is very lightweight, flexible, and buoyant; plus its variable resistance adds to the natural resistance of the body's movement through the water for a very effective workout.

48" L. 10 lbs. bar - weighs 25 oz, 20 lbs. bar - 27 oz.

91381	10 lbs.	$44.95
91383	20 lbs.	$44.95

Water Noodle

Use on top of water for buoyant support and stabilization; use underwater for resistance. Superior quality and durability.
Blue. Sold in cases of 10. 54" L x 3" diam. Additional shipping charges will apply.

86312 Case of 10 $92.95

Water Cuffs

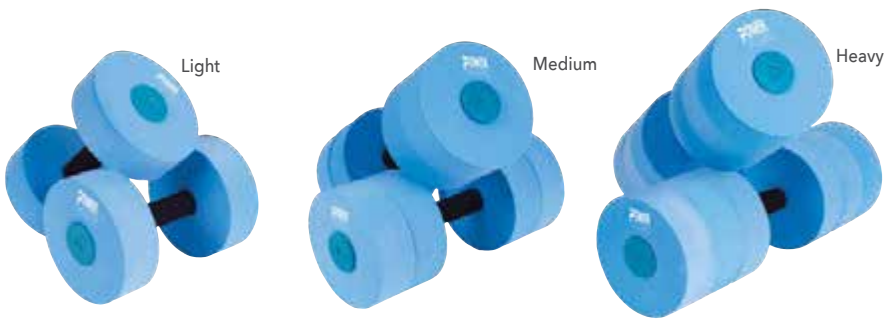
Designed to be worn on the ankles, each cuff features a fully adjustable strap with a fastening clip that secures it around the ankle and under the foot.
Blue. One size fits most.

86595 $35.95/pair

Water Dumbbells

Designed like traditional dumbbells, our aquatic version has 1, 2, or 3 round floats on each end, depending on desired resistance level.
Handgrips are cushioned for comfort. Blue. CR

86550	Light	$27.95/pair
86560	Medium	$29.95/pair
86570	Heavy	$32.95/pair



Bar Float

Featuring the same design as our water dumbbell, offering triple floats at each end. Provides stable, secure buoyancy for added support, and resistance.
Not adjustable. Blue. 25". CR

86590 $34.95

INTRODUCING THE NEWEST TREND IN AQUATIC FITNESS:

WaterFit

What the WaterFit line has to offer:

WaterFit is a European-influenced versatile water immersion training solution to help improve joint flexibility and cardiovascular fitness while targeting particular muscle groups. The low-impact workouts are perfect for both rehabilitation patients and water enthusiasts alike. WaterFit is a perfect fit for an intense, yet therapeutic workout.

WaterFit Treadmill NEW

The newest trend in fitness is aquatic fitness. This European-influenced versatile treadmill uses water as a natural form of resistance. Designed to tone and shape legs and buttocks, improve joint flexibility, and improve cardiovascular fitness; the treadmill provides an effective, low-impact workout that is perfect for rehabilitation patients or water enthusiasts. The treadmill itself is lightweight and comes in a variety of colors. WaterFit your way into shape with an intense, yet therapeutic workout.
Standard color: Orange. Custom colors are also available.

80586 $2,250.00

WaterFit Aquatic Bike NEW

The newest trend in aquatic fitness is aquatic cycling. This European-influenced versatile underwater aquatic bike uses water as a natural form of resistance for an effective, low-impact workout that is perfect for rehabilitation patients or water enthusiasts. The aquatic bike itself is lightweight and comes in a variety of colors. With adjustable handle bars and seat, riders can pedal in exercise, standing, or race mode. WaterFit your way into shape with an intense, yet therapeutic workout.
Standard color: Bright blue. Custom colors are also available.

80585 $2,195.00

WaterFit Underwater Trampoline NEW

The newest trend in aquatic fitness. This European-influenced versatile underwater trampoline uses water as a natural form of resistance. Designed to strengthen abdominal muscles, tone and shape legs and glutes, and improve balance; the underwater trampoline provides an effective, low-impact workout that is perfect for rehabilitation patients or water enthusiasts. The underwater trampoline itself is lightweight and comes in a variety of colors. WaterFit your way into shape with an intense, yet therapeutic workout.
Standard color: Bright blue. Custom colors are also available.

80587 $1,550.00

Shown: Motion Trek

Portable Freedom 300 NEW

The Portable Freedom is an ADA compliant battery powered lift that is self-operable from the deck and the water with a robust operating system.

80719 $6,650.00

Aspen 350 NEW

The Aspen battery powered ADA pool lift is designed for installation in the decks of in-ground and above-ground pools/spas. The Aspen ADA pool lift and ADA spa lift is an ADA/ABA compliant battery powered lift that has a safe and easy operating system and is rotationally and vertically powered. Accommodates a setback of 6" to 22" and a water draft up to 12".
Includes: Two watertight remote controls, battery and battery charger, adjustable swing out footrest for ease of transfer, armrests with non-slip grip for safety and comfort, padded head rest, seat belt.

80718 $3,941.00

Motion Trek NEW

The Motion Trek 350 is an ADA compliant battery powered lift that is self-operable from the deck and water with a robust operating system. The Motion Trek 350 is designed for in-ground pools and spas.

80717 $3,649.00

Battery for Aspen 350 NEW

This battery pack is designed to operate our 24VDC pool lift actuators and utilizes a wired connection to connect to the receiver. This design enhancement limits exposed parts and corrosion.

80723 $197.00

S.S. Maint. Kit NEW

Spectra-Clean System 1 is a ready-to-use stainless steel passivation solution that is perfect for daily use. Stainless steel is a corrosion-resistant alloy; however, it may display rusting characteristics under certain conditions. Routinely wiping down rail surfaces and rinsing with unchlorinated water minimizes the potential for corrosion. In the event stainless steel equipment displays stubborn rust stains or heavy deposit build-up, specialized materials are needed to remove these foreign substances and to restore the original rail finish.

80726 $157.00

Remote Control NEW

Waterproof remote control enables self-operability of pool lifts from both the deck and water. Replaces SBC-WT.
5"x 5" x 5". 0.1lbs.

80724 $87.00

BKP Pump 1hp NEW

Economical units for cleaning mid-sized pools.

80725 $2,673.00

Anchor Kit for Aspen/Freedom NEW

Aspen/Freedom pool lift anchor with lid and key.
Stainless steel bonding screw provided. 6" deep. Fabricated of glass filled polypropylene.

80721 $264.00

Motion Trek/ Freedom/Aspen Cover NEW

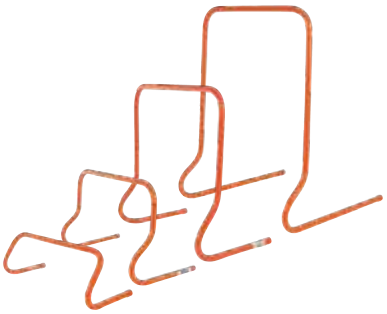
The optional PVC/texturized polyester safety cover protects pool lifts from unauthorized use and from environmental elements. The cover includes a warning sign clearly visible from the pool/spa deck. *Blue.* (CR)

80722 $261.00

PERFORMANCE TRAINING

Performance training is a great way to improve speed, agility, and quickness. Whether you are training for a sport or just seeking to change up your workout and improve your skills. Power your client's performance with hurdles, plyo boxes, and more to develop a unique and challenging workout routine. Design your own speed tool or create custom drills with agility cones, ladders, and rings to train for peak performance.

AGILITY LADDERS PG. 93
SPEED TOOLS PG. 96
PLYOMETRICS PG. 100-101
JUMP ROPES PG. 102-103
MMA /KICKBOXING PG. 104-105



Step Hurdles

Step Hurdle 6"
Use for quick foot drills and lateral training.
6" H x 18" W. CR

30200	Step Hurdle	$ 9.95
30201	Set of 12	$116.95

Step Hurdle 12"
Optimal for drills emphasizing a strong, quick knee lift and lateral movements.
12" H x 18" W. CR

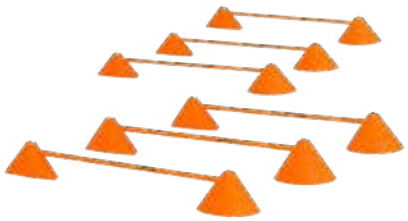
30100	Step Hurdle	$ 10.95
30202	Set of 12	$128.95

Step Hurdle 18"
Ideal for plyometric training and drills involving high knee lift.
18" H x 18" W. CR

30150	Step Hurdle	$ 15.95
30203	Set of 12	$187.95

Step Hurdle 24"
Use for hurdle walks, plyometric bounding.
24" H x 18" W. CR

30152	Step Hurdle	$ 18.95
30204	Set of 12	$222.95



Quick Cone Hurdle Set

This hurdle set adds variety to foot-speed and agility drills. Cone height quickly adjusts to 3", 5", or 7"; wide base measures 11 ½". Multiple set-up options allows creation of different patterns for developing quick foot lift and control.
Set includes 12 pliable PVC cones, 6 units of 38" PVC crossbars, (12 cones and 6 crossbar units require assembly), and a carry bag. Use indoors or outdoors. CR

30280	Set of 6	$82.95

VersaStep® Hurdles

Step on these extremely durable and pliable hurdles and they return to their original shape. Weight of base helps keep hurdle in place, reducing the need to keep resetting hurdles. Hurdle sets stack together on carry handle, making transport easy.
Sold individually or in sets. Sets include 6 hurdles and a stacking carry handle. Soft PVC. Orange/black. 18" W. CR

30276	6" H x 18" W	$14.95/ea.
30278	12" H x 18" W	$16.95/ea.
30275	6" H x 18" W - Set of 6	$82.95
30277	12" H x 18" W - Set of 6	$92.95

High-Step Runner™ Kit

Improve foot speed, quickness and knee lift. Two height adjustments–6" and 12". Collapsible bungee cord will give when hit or stepped on for added stability.
12 squares 30" each. Use indoors or outdoors. Assembly required. PVC tubing. Gray. 15' L x 5' W CR

30794	High-Step Runner	$308.95
30790	Replacement Cords only	$ 46.95

Power Hurdle

Keep drills safe with this hurdle that collapses when hit. Vary height in 12 different positions ranging from 6" to 42".
Gateboard measures 41". Rigid high-impact PVC gateboard will not splinter. Powder-coated 1" tubular steel legs are rust-resistant. Red/White. CR

22100	Power Hurdle	$ 39.95
22150	Starter Set (4 Hurdles)	$156.95
22200	Advanced Set (8 Hurdles)	$308.95

Additional products sold separately

Plyo-Runway Mat

All-purpose cushioned surface reduces the stress of impact on joints and muscles during explosive training sessions. Designed for running, jumping, and bounding. Rolls up for storage and easy transport. Sold individually. Additional products sold separately.
PVC. Black. 6' L x 3' W x ¼" thick. CR

62810 $51.95

Portable Hurdle Spacing Device

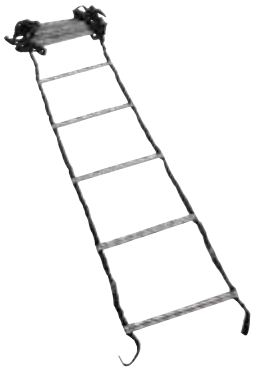
Quickly and easily space hurdles or cones to a consistent distance using this compact spacing tape with highly visible, color-coded markings. Marks set at 18", 24", 30", and 36" for a range of set-ups. Use with all types of hurdles as well as cones, plyo boxes, and other training devices.
Nylon. Gray with multi-colored markings. Width: 1". 15 yds. 1 lb.

30265 $9.95

Pro Agility Ladder

This agility ladder features adjustable slats with our exclusive quick-change latches. These latches secure the slats in the desired position along the ladder. Use narrow spacing between the slats to develop short, quick steps and wider spacing for longer strides. Reset your spacing quickly to 18" spacing using the highly visible markings on each side.
Available in two sizes: 15' and 30'. Each 30' long ladder separates into two 15' sections providing you with more training variety. Metal stakes anchor the ladder outdoors and oversized nylon loops secure weight plates indoors. Includes 4 metal stakes, carry bag and carry handle. PVC Slats. Red/White. 30' L x 20" W ladder has 20 slats. 15' L x 20" W ladder has 10 slats. CR

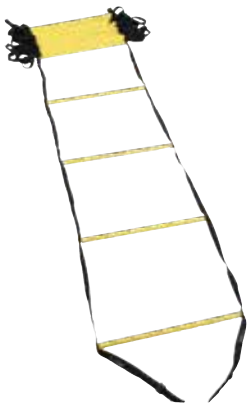
30652	Pro Agility Ladder	15' L x 20" W (10 slats)	$56.95
30650	Pro Agility Ladder	30' L x 20" W (20 slats)	$89.95



Indoor Agility Ladder

This weighted agility ladder resists movement on indoor flooring during training drills. Rungs spaced 18" apart contain two enclosed iron rods that serve to keep the ladder flat and in place. Nylon materials will not damage floors.
Available in 2 sizes: 15' and 30'. Each 30' long ladder separates into two 15' sections providing more training variety. Includes carry bag. Black/White. 15' L x 20" W (11 slats), 30' L x 20" W (22 slats) CR

30682	15' L x 20" W (11 slats)	$59.95
30683	30' L x 20" W (22 slats)	$79.95



Agility Ladder

2 lengths! Develop rapid, precise foot strikes and focus. Fixed round rungs save set-up time and withstand abuse from cleats and other turf shoes.
30' ladder separates into two 15' sections. 15' ladder has Velcro tabs to connect to other units for a customized length; connect 2 or more end to end for super-long drills. Use indoors or outdoors. High-impact round PVC rungs. Includes carry bag. 15' L x 20" W (9 rungs), 30' L x 20" W (18 rungs). CR

30692	15' L x 20" W (9 rungs)	$44.95
30694	30' L x 20" W (18 rungs)	$75.95

Smart Indoor Ladder

The 15-foot Smart Indoor Ladder helps athletes of all levels improve their quickness, agility, coordination, and control. Easy to use and easy to store.
Made with a rubber material to keep the ladder in place on any indoor surface and does not harm the floor.
15' L x 16" W.

30704 $71.95

Impulse Agility Ladder

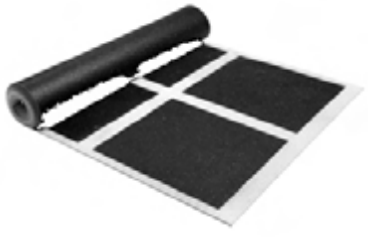
Set up a variety of footwork patterns using **5 ladder sections of different lengths.** Configure sections to promote forward, backward, and lateral movements in the same training run. Includes carry bag. Use indoors or outdoors.
PVC rungs. Black/Yellow. 10' section with 8 rungs, 9' section with 7 rungs, 8' section with 6 rungs, and two 5' sections with 4 rungs. All sections are 20" W. CR

30696 $72.95

Roll Out Ladder

Spend more time taking your performance to the next level! We have all used ladders before and spent more time fixing them than actually working on footwork and coordination. Here is the solution! Made from high quality rubber this non-slip, non-marring ladder is perfect for indoor speed and agility training. Great for teams and individuals.
15' L x 16" W, 12 lbs.

11028 $78.95



Double Roll Out Ladder

Specifically designed to accommodate groups or individuals of any level of ability. With two side-by-side ladders to jump between, athletes are challenged to shift and widen their stance and strengthen their side-to-side movements, which translates into increased agility and reaction time on game day.
15' L x 32" W, 24 lbs.

11029 $123.95

Power Chute®

Resistance and overspeed training during the same run. Increase speed, explosiveness, and acceleration. The Power Chute provides both resistance and explosive training to improve the 2 key elements of speed: stride length and frequency. Chute opens during training runs for resistance and the Velcro belt allows for mid-stride release for overspeed training.

10004	S	$47.95
10014	M	$54.95
10024	L	$57.95

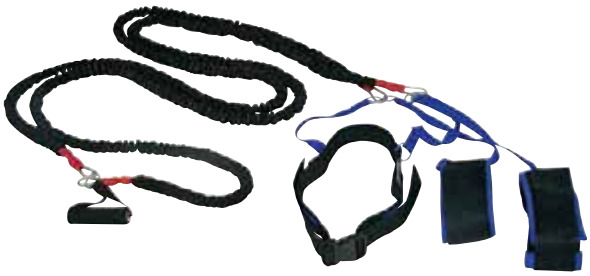
Power Chute® User Recommendations			
Athlete's Weight	*Beg.*	*Int.*	*Adv.*
Under 170 lbs.	S	M	L
170 to 210 lbs.	M	L	L
Over 210 lbs.	L	L	L

Option	*Resistance**	*Dimensions*
S	15 lbs.	40" x 40"
M	20 lbs.	48" x 48"
L	30 lbs.	56" x 56"
**Approximate*		

Accelerator

Train speed, agility, balance, quickness, and explosiveness. Perform drills that emphasize all the major muscle groups. Adjustable padded harness is large enough to fit over shoulder pads but adjusts small enough to fit young athletes.
Available in 2 resistance levels. Includes harness, 10' resistance tubing, and anchor attachment. CR

10224	Beginner	105 lbs.	$144.95
10222	Advanced	150 lbs.	$185.95



The Accelerator 360°

Increase first-step explosion and acceleration with light-load and high-velocity training. The Accelerator 360° places part of the load on the waist and part of the load on the hip flexors, helping the athlete to stay low in an explosive position while allowing the hip flexors to fire at near maximum velocity with a light load. Allows the athlete to train in every direction. Perform loaded-hip sprints, agility moves, and backpedal drills.
Includes Two 6' Slastix™ bungee, 2 thigh cuffs, 1 adjustable swivel belt, and instructions. CR

13275 $133.95

Speed Harness

Improve speed by training stride length and frequency in 2 athletes simultaneously. Stretch the Slastix tubing to the desired tension and have both athletes run in the same direction. The front athlete receives resistance training while the back athlete receives overspeed training. The fully sheathed Slastix resistance tubing provides a smooth, consistent pull for both athletes while offering maximum safety. Swivel waist belt allows athlete to easily change direction of pull without removing belt. Shoulder harness option (designed for trailing runner) also available.
Unit includes 20' of Slastix tubing (60' maximum stretch), a pair of waist belts or a shoulder harness and a waist belt, and carry bag. CR

10302	With Standard Belts & Medium Tubing	$ 99.95
10304	With Standard Belts & Heavy Tubing	$ 99.95
10306	With Shoulder Harness & Medium Tubing	$102.95
10308	With Shoulder Harness & Heavy Tubing	$102.95

Belt / Harness Size Chart		
Option	*Waist*	*Chest*
Standard Waist Belt	30"- 42"	N/A
Shoulder Harness	N/A	Up to 56"

Tubing Size	*Athlete's Weight*
Medium	160 lbs. or less
Heavy	160 lbs. or more

Power Harness

Increase the rate of force production and develop maximum leg drive for improved acceleration. This harness system uses partner-controlled resistance. Suitable for short sprints, lateral shuffles, and explosive forward and backward movements.
Each unit includes a strong nylon lead, a padded handle constructed of tubular steel, and a waist belt or shoulder harness. Waist belt allows for multidirectional training. CR

10210	With Standard Waist Belt	$38.95
10290	With Shoulder Harness	$49.95

Bullet Belt

Improve stride length and frequency in the same run. Unique design uses variable Velcro closure to modify resistance for athletes at any level. Free-swivel D-ring on belt allows for training in all directions.
"Pop" option causes the athlete to pop free from the handle and starts the overspeed training.

"Pop & Rip" gives the coach more control over the duration of the resistance run and the moment of release into overspeed training. Quickly pull the integrated steel release cable to force separation at any point during the training run.

Select the Partner Pack with either type to get more reps in less time.
High-quality nylon with steel D-ring and Velcro tail, PVC handles. 54" circumference. Red/Black. CR

12030	Pop feature	$ 51.95
12035	Pop/Rip feature	$ 82.95
12040	Partner Pack (2 Belts & Pop feature)	$ 82.95
12042	Partner Pack (2 Belts & Pop/Rip feature)	$113.95

Dual Resistance Harness

Change running positions without removing belts. No buckles or straps to undo; belts simply rest over hips. Ideal for forward, backward, and lateral agility drills. 1-piece harness has two 3" wide waist belts connected by a 9' nylon strap.
Waist belts fit up to 48" waists and rest securely over the hips. Black.

12000 $39.95

Leapfrog

Similar to the game of leap frog, the lead and trailing runner take turns providing assistance and resistance. Ideal for resistance running and sport-specific plyometric training.
48" Slastix™ tubing (12' maximum stretch) with 2 swivel belts (each fit 30"-42" waist). CR

10995 $46.95

Premium Slide Board™

Solid, one-piece sliding board from 5' to 8'. High-quality molded deceleration ramps provide stable surface for change of direction. Built-in handle for easy transport.
High-density polyethylene sliding surface with nonskid backing. Each unit includes board with 2 ramps and 1 pair of standard booties (extra booties sold separately). 24" W x 7/16" thick. Ships in 2 boxes. CR $

21149 $489.95

Pro Slide Board™

Fixed length sliding board. Use on hard, flat surfaces. Rolls up for easy storage and secures with nylon strap to fit in carry bag.
High-density polyethylene sliding surface with nonskid backing. Unit includes board with attached ramps, 1 pair of standard booties (extra booties sold separately), and carry bag. White/Black. 24" W. CR

21161 $185.95

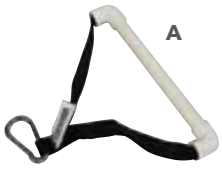
Booties

Standard Booties

21215 (men's sizes 5–12) $20.95

Create Your Own Speed Tool

Want to create the ultimate Speed Training Tool? Now you can. We've made it easier and more versatile than ever! With our NEW Mix and Match solution, you can put together various products to make the kit that best fits YOUR needs. No matter what attachment option you choose, they all work perfectly with the Super Bungie, Safety Cord Tubing, or Bungie Cordz. Train your athletes and clients to be the very BEST!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Pro Bungie Handle

A. *1" thick PVC with nylon strap and steel carabiner.*

21580 $18.95

Pro Nylon Ankle / Wrist Strap

B. Wide nylon strap with thick neoprene pad for a secure, comfortable fit. D-ring attachment and adjustable Velcro closure. *Black. 17" L x 4" W (flat).*

50765 $22.95

Pro Ankle Cinch Strap

C. *4½" wide nylon with neoprene padded strap and large D-ring connector.*

21576 $29.95

Pro Thigh Cinch Strap

D. *4½" wide nylon with neoprene padding and large D-ring connector.*

21578 $32.95

Pro Padded Upper Body Harness

E. *2" wide nylon with neoprene padding and large D-ring connector.*

21574 $34.95

Predator Belt

F. Nylon waist belt with a sizable pad reduces cutting and discomfort during heavy resistance pulls by dispersing the force over a large surface area. Three fixed D-rings allow you to attach leads to the back or sides so you can perform forward runs, back pedals, lateral shuffles, and other multidirectional drills. Overlapping Velcro closure ensures belt stays secure.
Use it with the Power Harness™, Premium Speed Sled™, Power Sled™, Power Builder™, Speed Harness™, or Leap Frog. Fits up to 48" waist. Belt: 2" W. Pad: 19" L x 6" W x ½" thick. Red/Black.

10198 $41.95

Pro Waist Belt Cinch Strap

G. *4½" wide nylon with neoprene padding and steel D-ring. Fits up to 44" waist.*

21572 $44.95

Turfcordz™ Safety Cord Tubing

H. *Featuring a proprietary safety cord design with a strong nylon cord spanning the length of the heavy latex tube.* CR

21586	8' L - Light	Red	$48.95
21588	8' L - Medium	Blue	$51.95
21590	8' L - Heavy	Black	$54.95

Turfcordz Bungie Cordz™

I. *Made from high-strength, large-diameter Bungie Cord with industrial strength steel snaps.* CR

21594	6' - Light	$ 51.95
21596	6' - Medium	$ 58.95
21598	6' - Heavy	$ 92.95
21606	10' - Light	$ 61.95
21608	10' - Medium	$ 77.95
21610	10' - Heavy	$123.95

Super Bungie

Offers superior durability and eliminates jarring movements during drills. Waist belt permits training in all directions and strong handle allows coach or trainer to control resistance. *Includes carry bag. Braided rubber bungie, nylon belt (fits 16"-40" waist), PVC handle. 8'L x ½" diam.* CR

21560 $124.95

Reaction Belt

TWO LENGTHS! Improves reaction time and quickness and promotes competition with partner training. Two athletes are connected with a Velcro attachment. Objective is for one athlete to attempt to outmaneuver the other and force the nylon tails to separate. Excellent for pursuit drills. The Reaction Belt Short forces an even quicker reaction than the Reaction Belt Long and is also ideal for indoor use.
Both belts accommodate any waist size. Black. Short: 2 belts with 24" nylon tail. Long: 2 belts with 60" nylon tail.

30402	Reaction Belt Short	$12.95	30400	Reaction Belt Long	$14.95

Power Stepper

FOUR CHALLENGING LEVELS! Develop strong first-step quickness and target the hard-to-isolate inner and outer thigh muscles. Start with intermediate resistance to teach and perfect skill and then graduate to advanced and elite resistance. Padded ankle cuffs are designed to accommodate more users.
Each unit includes one 10" long latex tube and 2 padded ankle cuffs with Velcro straps.

30298	Basic	Red	$23.95
30301	Intermediate	Light Blue	$25.95
30306	Advanced	Purple	$27.95
30308	Elite	Gray	$29.95

Indoor Agility Rings

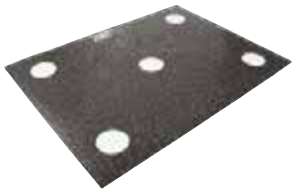
Thin, flat design makes these rings ideal for use on indoor surfaces. Flexible construction prevents breakage.
Use indoors. High-impact PVC. Orange. Set of 12: 1/16" thick x 19" diam. CR

30745 Set of 12 $35.95

Agility Dome Set

Durable, easy to see markers. Use indoors or outdoors. Set includes 40 domes (10 of each color) and stacking carry handle.
Pliable PVC. Mutliple colors. Set of 40: 7" diam x 3" H each CR

30620 Set of 40 $64.95



Dot Drill Mat

Improve foot speed, reaction time, and balance. Perform multiple footwork patterns. Start with both feet and progress to single foot drills. Position multiple mats in a row to increase the challenge. All rubber construction; nonslip surface. Screened dots resist wear.
48 ½" L x 36" W x ½" thick. CR

30700 $51.95

Reflex Ball

Jumbo Reflex Ball

Reflex Ball

Two Sizes! Reflex Ball has a compact design producing faster, more erratic bounces. The Jumbo Reflex Ball has a softer bounce and larger size making it easier to catch.
Dense rubber. Reflex Ball: 3" diam. Jumbo Reflex Ball: 4" diam. CR

30550	Reflex Ball	3" diam.	$ 9.95
30560	Jumbo Reflex Ball	4" diam.	$10.95

Agility Rings

Attach the PVC clips to maintain ring position during drills. Lightweight design for convenient transport. Use indoors or outdoors. Set includes 12 rings and clips, and a carry bag.
PVC. Blue. Set of 12: ¼" thick x 19" diam. CR

30750 Set of 12 $49.95

Short Cone Set

Basic markers at an affordable price. Cones resist damage from direct foot strikes. Use indoors or outdoors. Set includes 40 cones (10 of each color) and stacking pin.
Pliable PVC. Multiple colors. Set of 40 (10 of each color): 7" diam x 4 ½" H each. CR

30090 Set of 40 $51.95

Agility Dots

These nonslip dots make excellent targets for training sport-specific movements that require technical footwork patterns. Combine multiple sets to create challenging patterns that develop foot speed, coordination, balance, and mental focus.
Includes 12 dots and carry bag. Soft PVC. Multi-colored (colors may vary).
Set of 12: 10" diam. CR

30760 Set of 12 $39.95

SKLZ Hopz

The Hopz vertical leap resistance trainer will help you develop explosive leg drive and power and strengthen key muscles in your lower body, to ultimately maximize your vertical leap ability. Carabineer clips on the resistance bands allow for quick set-up and changes in resistance load.
Each unit includes two ankle straps with shoe harness, one pair each of 5½" and 7½" long resistance bands, adjustable waist belt (one size fits most) and instructional guide. Recommended for users 5'4" to 6'2".

82501 $61.95

SKLZ Speed Hurdle Pro

Elevate speed and agility training with durable and flexible, multi-height, quick-adjusting Speed Hurdle Pro. Add heights in 3 inch increments on these bounce back hurdles as you improve, pushing your performance to the next level. Less tripping means more pushing with The Speed Hurdle Pro!
Comes with 6 hurdles.

30074 $72.95

SKLZ® SpeedSac™

Build explosive leg drive out of the blocks with the SKLZ SpeedSac. This variable weight sled allows you to strengthen your lower body muscle groups by providing options for increased resistance training similar to metal sleds. You can also use the handles on the bags to execute lunge walks for additional hamstring and quadricep strengthening.
Includes waist belt with adjustable lead, 3 (10 lb capacity) weight bags (shipped empty), SpeedSac with single buckle enclosure.

82500 $82.95

CHECK OUT OUR FULL RANGE OF PRODUCTS FROM SKLZ >> **POWER-SYSTEMS.COM/SKLZ**

Hyper Vest Pro

The Hyper Vest Pro features a revolutionary control system and fabric . The innovative design of the Hyper Vest Pro holds high-density steel weights firmly and comfortably close to the core, even during vigorous, multi-plane movements. The compression fabric hugs the chest in the horizontal plane, allowing full chest expansion and contraction for breathing while the weights stay in place. Slim profile of vest allows the user complete range of motion.

Pre-loaded with 10 lbs. of weight. Add-on weights available. Odor resistant material. Open sides for ventilation. Hand washable. Unisex.Gray.

13290	Small	$ 205.95
13292	Medium	$ 205.95
13294	Large	$ 205.95
13296	Extra Large	$ 205.95
13298	Additional 5lb Weights (for Hyper Vest Pro)	$ 41.95

VersaFit® Vest

Padded vest comes with removable sand-filled weight bags, so you can quickly customize resistance. Easily add or remove bags to customize overall weight to suit specific training needs. Use for plyometric drills, bodyweight exercises, and more.

Available in 3 different models. 10 lbs. nylon vest includes 10-1 lb. weights; 20 lbs. vest includes 20-1 lb. weights; 40 lbs. vest includes 20-2 lbs. weights. 10lbs.=28"-48" Chest. 20lbs.=32"- 56" Chest. 40lbs.=34"-62" Chest. CR

13227	10 lbs.	$ 79.95
13228	20 lbs.	$ 99.95
13229	40 lbs.	$129.95

Infinity Vest

Improve your strength and overall fitness with the comfortable, form fitting Infinity vest. Add resistance to your bodyweight training, jogging, jumping, or other fitness activities without hindering range of motion! The breathable design offers adjustable, quick release buckles, reflective stripes and a secure pocket for your phone or MP3 player.

One size fits most. With non-adujstable weights. Available in 6 lbs. and 10 lbs. models. Do not machine wash or soak in water. CR

13242	6 lbs.	Blue	$61.95
13244	10 lbs.	Black	$72.95

Power Toss Football

Improve arm and grip strength with our weighted footballs. Weighing slightly more than a standard football, these balls provide resistance in offensive training: quarterback exchanges, hand-offs to backs, short passes to receivers, and deep snaps.

Molded rubber. Color coded by weight. CR

25354	2 lbs.	Yellow	$35.95
25356	3 lbs.	Orange	$41.95

Baseball

Softball

Power Throw-Ball

Strengthen and rehabilitate the shoulder and upper body. Durable and small, these weighted balls help develop dynamic strength through the throwing motion.

Available in baseball and softball sizes. Vinyl shell with filler. Color coded by weight; colors may vary. CR

Baseball Size

26007	7 oz.	Red	$13.95
26014	14 oz.	Yellow	$14.95
26021	21 oz.	Blue	$15.95
26025	Complete Set & Bag		$41.95

Softball Size

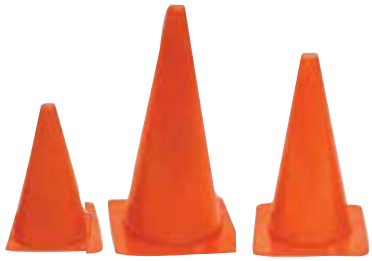
26107	7 oz.	Red	$13.95
26114	14 oz.	Yellow	$14.95
26121	21 oz.	Blue	$15.95
26125	Complete Set & Bag		$41.95

Collapsible Agility Cone

Flexible cone collapses when stepped on.

Soft PVC. Orange. CR

30920	6" H	$4.95
30922	9" H	$4.95
30924	12" H	$5.95



Agility Cone

Lightweight and portable cone.

Hard PVC. Orange. CR

30906	6" H	$2.55
30909	9" H	$2.95
30912	12" H	$3.95
30915	15" H	$4.55

Soft Agility Cone

Extremely durable cone returns to original shape when stepped on. Sturdier base provides more stable cone!

Soft PVC. Orange with black base. CR

30956	6" H	$6.95
30959	9" H	$7.95
30962	12" H	$9.95

Pro Power Jumper

Develop explosive power! Improve jump height and reaction time for better overall performance. Train with maximal jumps for power, repeated jumps for reaction and endurance, and lateral jumps for improved agility. Large 30" x 50" nonslip jumping platform is counterweighted on each side with a 45 lbs. weight plate (sold separately). Choose from the following harness options: standard waist belt, XXL waist belt, or shoulder harness.

Unit includes resistance tubing, harness or belt, and jumping platform. Use indoors. Red/Black. CR $

20116	Platform Only	$411.95
20100	w/ Standard Belt & Regular Tubing	$411.95
20104	w/ XXL Belt & Regular Tubing	$411.95
20112	w/ Shoulder Harness & Regular Tubing	$411.95
20124	Long Tubing Only (*athletes 5'11" & over*)	$ 92.95

VertiMax®

Increase the explosive power of all major muscle groups in the legs to improve the vertical jump and acceleration/deceleration capabilities. Resistance easily adjusts to hundreds of levels. Train up to 3 athletes simultaneously. Side-facing wheels for portability. (Additional waist belts sold separately). **Please call Customer Service for additional colors and logo customization options.**

VertiMax Standard - 4' x 5' platform
VertiMax Elite - 4' x 6' platform $

10498	Standard V8 Plus	$3,187.95
10499	Elite V8 Plus	$3,393.95
10493	Youth Waist Harness	$ 58.95

The Tank NEW

Feeling the resistance increase with speed causes a surprise "wow" reaction and a unique exercise experience that users will love. Select from three levels of resistance and perform bursts of acceleration and speed, varying the intensity in different runs or within the same run. TANK's inflated soft wheels are gentle on carpeting, hardwood, and natural turf grass. Bi-directional – resistance is supplied in both directions, eliminating the need to turn the TANK around. This narrows the path required for your "TANK ZONE".

WARRANTY 10 year frame and welds/1 year parts and finish on workmanship and materials. Plates not included. 49" L x 36" W x 18" H. 185 lb. Black.

10441 $1,999.95

Predator Sled

As its name suggests, the Predator helps fighters dominate by developing the power, speed, and stamina they need to crush their opponent. A trainer and elite fighter's dream tool, the Predator box is a push-pull sled, training station, and plyometric box all in one impressive tool. As a sled, the Predator provides graduated pushing or pulling resistance; as a plyometric box, the Predator supplies an excellent array of interval training options; and as a training station, it features anchor points for attaching resistance training tools.

Can hold up to 540 lbs. 39" L x 28" W x 18" H , 60 lbs. Landing Platform: 36" L x 30" W.

11031 $463.95

Power Sled

Multiple Training Options! Push it or pull it, this sled is the perfect training tool for developing explosive leg drive and improving leg strength. Build powerful hips and legs using the handles or target stride length using the belt/harness. For forward, backward, and lateral training, the waist belt provides versatility. Dual leads stabilize sled during runs. Round tubing allows for smoother slide with less damage to the field. Holds up to 180 lbs. Weight post holds up to four 45 lbs. plates (sold separately).

Includes 2 leads and a choice of either a shoulder harness or a waist belt. Assembly required. Strong welded steel. 37" L x 18" W x 9" H. Red. CR $

10413	Power Sled Only	$185.95
10420	w/ Std. Waist Belt & Leads	$185.95
10440	w/ Shoulder Harness & Leads	$185.95

Handle for Power Sled

Converts Power Sled into Drive Sled! Insert the handle into the sled and go – no bolts needed! Handle fits snugly into sled, positioning the hands 35" to 37" from the ground and putting the athlete in the ideal drive position to push or pull. Steel construction.

Power Sled and weight plates sold separately. 16 lbs. Red. 62" L x 31" W x 35" H. lbs. CR $

10402 $154.95

Monster Sled

Ideal for training runs or coach-assisted runs, the Monster Sled features a 37" wide handle to accommodate wide and narrow grips as well as alternate grip positions.

Padded shoulder harness for comfort with strong nylon lead. Two 12" weight posts hold up to 540 lbs. (45 lbs. weight plates sold separately). Assembly required. Instructions included. Strong welded steel. 50" L x 32" W x 2" H. Red. CR $

10424 w/ Shoulder Harness and Lead $391.95

Shown: Premium Power-Plyo Box

Premium Power-Plyo Box

With a stable square frame and a large landing area, this heavyweight plyo box is a solid choice for plyometric training. The platform is covered with an extra-thick mat and the perimeter is rounded for added safety.

Square tubular steel construction. Stackable. Use indoors or outdoors. 5-year limited warranty. Set of 4 contains 1 ea. 12", 18", 24", 30". Black.

	Height	Top/Base	
20602	12"	22" x 22"	$149.95
20604	18"	25" x 25"	$179.95
20606	24"	28" x 28"	$199.95
20608	30"	32" x 32"	$229.95
20610	Complete Set		$649.95

Power-Plyo Box

These plyo boxes provide maximum stability and durability with their steel construction and fully welded frames. Available in multiple heights for developing reaction time and overall explosiveness. Nonslip platform maximizes safety.

Advanced set contains 1 ea. 12" to 42". Starter set contains 1 ea. 12", 18", 24", 30". Square tubular steel construction. Tops are reinforced ¾" plywood with nonslip surface. Stackable for easy storage. Use indoors or outdoors. 5-year limited warranty. Red/black.

	Height	Top	Base	
20508	6"	11" x 11"	12" x 12"	$110.95
20514	12"	13" x 13"	15" x 15"	$120.95
20520	18"	14" x 14"	18" x 18"	$135.95
20526	24"	15" x 15"	21" x 21"	$152.95
20532	30"	16" x 16"	23" x 23"	$168.95
20538	36"	20" x 20"	28" x 28"	$189.95
20544	42"	22" x 22"	32" x 32"	$212.95
20552	Starter Set			$450.95
20562	Advanced Set			$795.95

Adjustable Lateral Plyo Box

Highly durable platform trains explosive lateral movements for strong and quick direction changes. Quickly adjust sides of platform to 25˚, 35˚, or 45˚ to target all muscles of the ankle, leg, and hip. Reinforced nonslip platforms provide a stable and secure contact area. Each side holds a 45 lbs. weight plate (sold separately).

Assembly required. Square steel construction. Red/Black. 84" L x 18" W.

10953	$391.95

Foam Plyo Box

Customize the height of your plyo box with the Power Systems Foam Plyo Box. Each platform is covered with durable vinyl and can be stacked and secured with strong Velcro flaps on all four sides.
Available in 5 height options. Sold Separately. Black. Foam core. Vinyl cover.

20670	3 in	$ 124.95
20672	6 in	$ 149.95
20674	12 in	$ 224.95
20676	18 in	$ 284.95
20678	24 in	$ 359.95
20680	Set of 5	$1,132.95

Safe Edge Plyo Box

The dual construction of the Safe Edge Plyo Box gives you a wooden frame with a compressed foam top to decrease the chance of injury. There are 3 height options and dimensions to choose from to meet all of your training needs. Wood frame construction, compressed foam top.
Wood frame construction. Compressed foam top.

20640	Small	(12x16x20)	$139.95
20642	Medium	(16x20x24)	$149.95
20644	Large	(20x24x30)	$179.95

Add Your Logo - call today for customizable options!

20650	Small "Custom"	(12x16x20)	$139.95
20652	Medium "Custom"	(16x20x24)	$149.95
20654	Large "Custom"	(20x24x30)	$179.95

3 in 1 Plyo Box

The Power Systems 3-in-1 Plyo Box is the perfect solution to training all fitness levels. It provides 3 surface heights for plyometric training all in one box. Each side of the solid wood construction is clearly marked with an arrow and height measurement- 20", 24", and 30". No matter which side is up, the corners, edges, and handles are finished to prevent splintering.
Wood.

20690 $159.95

Shown: 3-in-1 Plyo Box

Shown: Speed Bead Rope

Beaded Jump Rope

Durable nylon rope with PVC beads and molded PVC handles.
Gray handles. Rope color coded by length. CR

35206	6' L	Green/White	$5.95
35207	7' L	Blue/White	$5.95
35218	8' L	Red/White	$5.95
35219	9' L	Black/White	$6.95
35220	10' L	Black/Red	$6.95

Speed Bead Rope

Durable nylon rope with PVC beads. Foam-padded ergonomic ball-bearing handles swivel.
Black handles. Rope color coded by length. CR

35318	8' L	Red/White	$13.55
35319	9' L	Black/White	$13.95
35320	10' L	Black/Red	$14.55

Ball Bearing Ropes for a Faster Spin!

Revolver™ Rope

The Revolver Rope comes with either aluminum or plastic handles and an adjustable rope. The ball-bearings and unique hinge system make this the fastest spinning jump rope on the market. The tapered handles allow for easy grip.
10' L.

11220	Aluminum	$46.95
11221	Plastic	$25.95

Leather Jump Rope

Ball bearings in handles allow for easy rotation.
Leather rope. Padded, wood handles. CR

35014	7' L	$16.95
35015	8' L	$16.95
35020	9' L	$15.95
35025	10' L	$16.95

Superope™

Designed for high-velocity rotations.
Rope made of stainless steel cable encased in flexible PVC. Ball-bearing handles made of molded PVC. Black. CR

35408	8' L	$22.95
35409	9' L	$22.95
35410	10' L	$22.95

Shown: Speed Rope

Speed Rope

Durable vinyl rope with molded PVC handles.
Handles color coded by length. Black rope.

35096	6' L	Yellow	$4.95
35097	7' L	Green	$4.95
35098	8' L	Red	$4.95
35099	9' L	Blue	$5.95
35100	10' L	Black	$5.95
35101	11' L	Orange	$5.95

Pro-Vinyl Jump Rope

BEST SELLER

Vinyl rope and molded PVC handles with precision radial ball bearings.
Black handle. Rope color coded by length. 1lb. Vinyl rope.

35058	8' L	Red	$14.95
35059	9' L	Blue	$14.95
35060	10' L	Black	$14.95

PoweRope®

Weighted jump rope. Weight is evenly distributed throughout solid rubber rope to provide both a cardio and a strength workout in one.
Padded PVC handles with ball-and-socket swivel. Rope color coded by weight. Colors may vary. CR

35505	8' L	Gray	½ lb.	$26.95
35500	9' L	Gray	½ lb.	$26.95
35506	8' L	Red	1 lb.	$29.95
35501	9' L	Red	1 lb.	$29.95
35507	8' L	Blue	2 lbs.	$32.95
35502	9' L	Blue	2 lbs.	$32.95
35503	9' L	Green	3 lbs.	$49.95
35508	10' L	Green	3 lbs.	$49.95
35504	9' L	Orange	4 lbs.	$54.95
35509	10' L	Orange	4 lbs.	$54.95

Lifeline® Weighted Speed Rope

A powerful and effective cardio workout! The weight is all in the rope, not in the handles, making your workout comfortable and smooth. High-tech ball bearing handles keep the rope rotating smoothly.
Adjust the rope to any length quickly and easily with the two sliding rope adjustors. Includes booklet and workout log. CR

35414	10' L	Red	0.75 lb.	$20.95
35416	10' L	Black	1.25 lb.	$25.95

LifeFitness® Jump Rope

The LifeFitness Premium Vinyl Jump Rope is designed with heavy duty handles and radial ball bearings for smooth gliding movement.
Available in 4 different lengths to fit a variety of exercisers.

72145	8'	Red	$23.95
72147	9'	Gray	$23.95
72149	10'	Blue	$23.95
72151	11'	Black	$23.95

PowerForce® Double Focus Target

You'll know you've hit your mark with the distinct, audible sound created when the target is struck. The smaller target area requires more accuracy for kick placement than using a sheld.

The 2-piece handheld striking target has a contoured handle for comfort and a durable elastic wrist strap for secure grip. Black. 1 lb. 15" L x 8" W. CR

88212 $36.95

PowerForce® Punch Mitts

Each handheld mitt features a large striking surface.

Soft synthetic construction with 1½" thick shock-absorbing foam. Full hand pocket contoured for secure fit with padded cloth-lined wrist. One size fits most. Polyurethane cover.
Red/Black. 1 lb. Mitt area: 9½" L x 8" W. CR

88204 $41.95/pair

PowerForce® Pro Kick & Punch Shield

Large, contoured striking surface provides firm target for kicks and punches.

Sturdy arm sling with 3 grips for secure hold. Smooth, synthetic covering backed with nylon and 4" firm padding. Black. 3 lbs. 26" L x 12" W x 6" Thick (Striking Surface: 23" L x 12" W). CR

88208 $123.95

Hand Wraps

Protect knuckles and stabilize the wrists during punches.

Thumb-starter loop design with Velcro closure. 100% cotton. Black. 108" L x 2" W. CR

92185 $6.95/pair

PowerForce® FreeStanding Bag

Designed for kicking and punching without the need for hanging. Features a removable collar to increase/decrease pivoting of the bag. The oversized striking surface allows for any size user. *Striking surface: 77"H x 16½" diam. Bag and collar covered in smooth durable fabric backed with nylon canvas and open cell padding. Fill the 33½" diam., 2-piece base with up to 280 lbs. of water or sand for stability. Ships in 2 boxes. Dry weight 57 lbs. Assembly required.* CR $

88214 $370.95

PowerForce® Boxing Gloves

Preshaped 12 oz. pro glove with washable smooth synthetic cover, water/odor resistant lining, and triple layered foam in strike areas for added protection. *3" cuff with 3" Velcro closure for secure fit. Polyurethane cover. Closed thumb. One size fits most. Red/Black. 2 lbs.* CR

88202 $54.95/pair

PowerForce® Pro-Curve Bag Gloves

These 1 lb. Pro-Curve Bag Gloves feature preshaped nubuck synthetic construction. Molded, shock-absorbing padding with cushioned palm grip to protect the hand while punching. *Elastic wrist strap. Open thumb. One size fits most. Polyurethane cover. Red/ Black. 2 lbs.* CR

88206 $35.95/pair

PowerForce® Heavy Bag NEW

The 100 lbs. PowerForce Heavy bag provides the opportunity for an efficient cardio workout. The heavy bag features a durable design to withstand the strongest punches and kicks even in the largest fitness clubs. Instead of the usual cotton, sand, paper and miscellaneous filling found in most heavy bags the PowerForce Heavy Bag features a specifically designed foam infill which allows the bag to maintain its shape and prevents shifting, clumping or sagging. *High grade, premium PU cover. Filled with high rebound EVA. Includes heavy duty chain. 51"H x 15⅝" diam. 100 lbs. Black.* $

88217 Bag Only $250.00
Bag w/stand $531.95

PowerForce® Hanging Bag KIT & SAVE

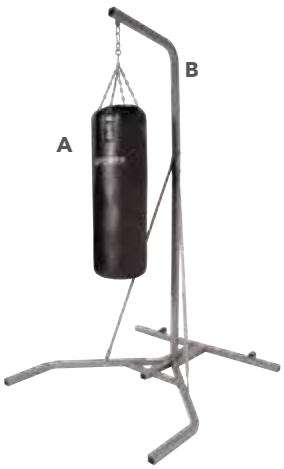
A. This 50 lb. hanging bag lets you work on striking techniques without the risk of knocking the bag over. Perform low and high punches and kicks into this suspended bag. The compact size is ideal for areas where space is limited. *Includes chains for hanging. PVC cover. Black. 42" L x 12" diam.* CR

88216 Bag Only $135.95
88334 Bag w/stand $399.95

PowerForce® Heavy Bag Stand

B. The ultimate heavy bag stand. Holds bags of various lengths and weights and supports bags up to 100 lbs. *Solid-steel construction large footprint for a stable and sturdy base. Includes wheels to allow for portability. Assembly required. Bag not included. Gray. 92.4 lbs. 41½"W x 54" L x 94" H.* CR

88332 $308.95



STRENGTH TRAINING

Strength training workouts are valuable to everyone, not just those seeking to increase muscle size. Clients will develop endurance, strength, and power from the traditional and innovative strength training programming you provide. Power Systems offers quality strength training equipment and accessories will increase the safety and effectiveness of your strength training program and allow you to push your clients to the next level. Power your client's passion for building strength with options ranging from plates and barbells to dumbbells and kettlebells.

BARS, PLATES, & DUMBBELLS PG. 108-115
KETTLEBELLS PG. 116-119
LIFTING BELTS, ACCESSORIES, & COLLARS PG. 120-124
CABLE ATTACHMENTS PG. 125-127

	OUTER MATERIALS	FEATURE	PRICE
Bumper Plate	Solid rubber	Inner stainless steel ring for added durability and all black color palette for clean look	$44.95-$89.95
Olympic Bumper Plate	Solid rubber	Inner stainless steel ring for added durability competition colors and weights	$54.95-$114.95
Urethane Plate	Urethane	Unique beveled edges with designated gripping location for easy pick up	$8.95-$135.95
Olympic Grip Plate	Urethane	Grip areas for added versatibilty	$6.95-$88.95
Pro Olympic Plate	Cast iron	Machined holes and edges for smooth feel	$4.95-$57.95
Diamond Pro Bumper Plate	Recycled rubber	Made in the USA	$16.95-$93.95
Standard Rubber Plate	Rubber	Standard rubber weights at a great price	$4.95-$15.95
Standard Plate	Cast iron	Standard iron weights at a great price	$3.95-$12.95

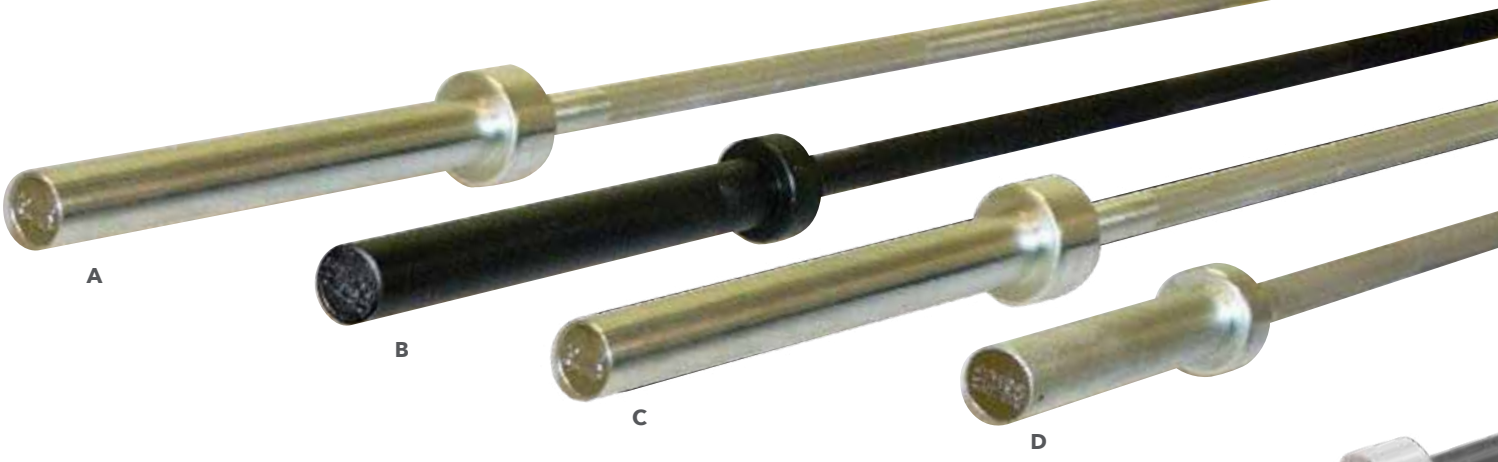
PLATES

Olympic plates are a strength training staple in our industry as their application stretches from health clubs and strength & conditioning facilities to personal training studios and home gyms. Select an appropriate barbell and plate combination to accommodate training programs for developing endurance, strength, or power.

Power Systems has responded to the consistent demand for updated traditional training tools by introducing the new Power Systems Plate Series. All plates in this series feature a stainless steel inner ring for increased durability and ease of transition from the rack to the barbell.

The Power Systems Bumper Plates feature an all rubber design and a uniform black color palette with weights measured in pounds.

The Power Systems Olympic Bumper Plates feature competition colors and are available in kilograms.



Pro Power Bar

The bar of choice for squats, bench presses, and deadlifts. Olympic quality, built to last.
Heat-treated alloy with top-quality thrust bearings for smooth spin and durability. Unique nut-and-pin system keeps sleeve secure. Uniform knurled grips. Length: 86". Sleeve: 15 ¼" L x 2" diam. 45 lbs.

Pro Power Bar – 700

A. *30 mm diam. 700 lbs. capacity. Length: 86". Sleeve: 15 ¼" x 2" diam. 45 lbs.*
Kit w/ Pro Olympic Weight Set - (2)2½ lb , (4)5lb (2)10lb, (2)25lb, (2)35lb, (2)45lb

61810	Black	$223.95
61815	Nickel	$221.95
61751	Kit	$485.95

Pro Power Bar – 1500

B. *32 mm diam. 1,500 lbs. capacity. Length: 86". Sleeve: 15 ¼" L x 2" diam. 45 lbs.*

61800	Black	$293.95
61805	Nickel	$291.95

Premium Olympic Bar

C. Quality thrust bearings in the sleeves allow for an extremely fast rotation that is required for Olympic lifting. Diamond knurling for a secure grip.
Designed for Olympic lifting only; 500 lbs. capacity. Nickel. 45 lbs. Length: 86". Sleeve: 15 ¼" L x 2" diam.

61820 $329.95

Aluminum Training Bar

D. This training bar is great to teach beginners the fundamentals of lifting exercises.
Inside grip measures 49 ½" and fits all wide-style Olympic benches. 200 lbs. W Sleeve: 8 ½". 15 lbs. 72"L x 1.1" Diam.

61850 $199.95

Texas Power Bar

E. Perfect for any high school or college weight room. 7' shaft is coated with black zinc. The 4" center aggressive knurling makes for a safe and easy grip. This virtually maintenance free bar can be put into any application without worry. The sleeves are made of one-piece roll pin construction. The bar has minimum rotation for power lifts such as squats and dead lifts.
150k PSI. 1500 lbs. capacity. Shaft diam. 28 mm. Black zinc finish.

61767 $334.95

Bars Made In USA

Diamond Pro Bushing & Bearing Bars

IWF 15kg Bar

F. Snap ring construction and 1¼" bronze self lubricating oil lite bushing give this bar smooth even spin and great durability.
No center knurling and IWF and IPF knurl markings. Black bar w/ zinc collars. 25 mm shaft. 150k psi tensile strength.

61736 $194.95

IWF 20kg Bar

G. Snap ring construction and 1¼" in bronze self lubricating oil lite bushing give this bar smooth even spin and great durability.
Black bar w/ zinc collars. 28.5 mm shaft. 150k psi tensile strength. No center knurling and IWF and IPF knurl markings.

61733 $211.95

Select 20kg Bar

H. Snap ring assembly with industrial needle bearings for the smoothest spin.
Black bar w/ zinc collars. Bar meets IWF specs. 28.5 mm shaft. 150k PSI tensile strength. No center knurling and IWF and IPF knurl markings.

61739 $422.95

Select 15kg Bar

I. Snap ring assembly with industrial needle bearings for the smoothest spin.
Black bar w/ zinc collars. Bar meets IWF specs. 25 mm shaft. 150k PSI tensile strength. No center knurling and IWF and IPF knurl markings.

61742 $375.95

Power Bar

J. Great for power lifters.
Black bar w/ zinc collars. 32mm shaft. 150k psi tensile strength. 1,500 lb capacity. Roll-in assembly with steel bushings.

61730 $231.95

Pro Olympic Curl Bar

K. Textured TPR* grips. Length: 50". Sleeve: 71/2". 20 lbs.
Zinc-plated alloy steel bars with ball bearings. Thermoplastic rubber.* (CR)

61838 $99.95

K

Pro Olympic Tricep Bar

L. Textured TPR* grips. Length: 33". Sleeve: 7". 24 lbs.
*Zinc-plated alloy steel bars with ball bearings. *Thermoplastic rubber.* (CR)

61845 $101.95

L

Short Olympic Bar

M. Knurled grips. Length: 60". Sleeve:9 ½". 30 lbs. * Thermoplastic rubber.
*Zinc-plated alloy steel bars with ball bearings. * Thermoplastic rubber* (CR)

61830 $145.95

M

6ft Curl Bar

N. This is the only curl bar that fits onto an Olympic bench. Length: 74". Shaft Diameter: 30mm. 35lbs.
Light knurling. Snap ring sleeve attachment. 300 lbs. capacity.

61765 $139.95

N

Olympic Bar Holder

Holds up to 6 bars. Bar sleeves are 8 ½" high with PVC inserts to protect bar ends from damage. Weighted base helps prevent tipping if holder is loaded unevenly. Bars sold separately.
Black. 22" L x 18" W x 9" H. 35 lbs. (CR)

40420 $102.95

Hex Bar

Classic hexagonal design helps keep weight centered through the body's midline, reducing stress on the athlete's lower back. Designed for deadlifts, shrugs, and power pulls. 2-handle option accommodates athletes of all sizes and adds variety to lifts.
Use with Olympic plates (sold separately). Bar length: 56 ¼". 23" W x 21" L (inside). Sleeve: 9". (CR) ($)

61858 $165.95

Multi Grip Bar

This weight-lifting bar has 3 different hand positions for complete muscular development of the shoulders and chest. Ergonomic placement of hands helps reduce stress on shoulders and wrists during pressing exercises.
Collars and plates sold separately.
Heat-treated alloy with knurled handgrips. Fixed 15 ¼" sleeves. Black. Length: 84". (CR) ($)

50080 $309.95

Cambered Squat Bar

Cambered design helps user maintain form. Heavily padded shoulder harness with built-in handgrips for comfort. Bar fits standard racks for racking and unracking during exercise.
7-gauge tubular steel with Olympic-size, chrome-plated barrels. Weight capacity is 700 lbs. Assembly required. Plates and collars sold separately. Black/ Chrome. Bar length: 81". Inside length: 54". Sleeve: 11 ⅛". (CR)

50050 $299.95

Fat Bar

Thick grip targets hands, wrists, and forearms for greater strength development.
Collars and plates sold separately.
Made of 3" tubular steel with knurled grips and fixed sleeves. Short Fat Bar: 47" L w/ 7 ½" Sleeve. Long Fat Bar: 86" L w/ 15" sleeve. (CR)

50060	Short Fat Bar	$119.95
50070	Long Fat Bar	$149.95

Shown: Olympic Bumper Plates

Bumper Plate NEW

Designed for optimum performance with an inner stainless steel ring surround by all rubber to increase durability, assist with sound dampening, limit rebound, and provide top-tier shock absorption.

55889	10 lbs.	$ 44.95/ ea.
55890	25 lbs.	$ 59.95/ ea.
55891	35 lbs.	$ 69.95/ ea.
55892	45 lbs.	$ 79.95/ ea.
55893	55 lbs.	$ 89.95/ ea.

Olympic Bumper Plate NEW

Power Systems Olympic Bumper plate features an inner stainless ring surrounded by an all-rubber for increased durability. The sound dampenings rubber construction creates top-tier shock absorption and limits rebound.

55894	5 kg	Grey	$ 54.95/ ea.
55895	10 kg	Green	$ 64.95/ ea.
55896	15 kg	Yellow	$ 74.95/ ea.
55897	20 kg	Blue	$ 94.95/ ea.
55898	25 kg	Red	$ 114.95/ ea.

Diamond Pro Bumper Plate

The plates for your next PR! These recycled rubber, Made in America bumper plates have superior durability. These plates are ready for the challenge.

Fits 2" bar sleeves. All plates are 17.7" in diameter.

60965	10 lbs.	$ 16.95/ea.
60967	15 lbs.	$ 25.95/ea.
60969	25 lbs.	$ 42.95/ea.
60971	35 lbs.	$ 59.95/ea.
60973	45 lbs.	$ 76.95/ea.
60975	55 lbs.	$ 93.95/ea.

VTX® Premium Bumper Plates

Give your athletes an easy way to visually identify weight with color-coded bumper plates. Useful in a weight room or training center where multiple athletes are repeatedly sharing and changing the bumpers on the same Olympic bar.

1-year limited warranty. Solid rubber with solid steel inserts. Fits 2" bar sleeves. All plates are 17.7" in diameter.

60849	10 lbs.	Green	$ 119.95/ pair
60852	25 lbs.	Yellow	$ 164.95/ pair
60853	35 lbs.	Blue	$ 216.95/ pair
60854	45 lbs.	Red	$ 236.95/ pair
60872	10 lbs.	Black	$ 79.95/ pair
60874	25 lbs.	Black	$ 109.95/ pair
60875	35 lbs.	Black	$ 144.95/ pair
60876	45 lbs.	Black	$ 190.95/ pair

Urethane Plate NEW

Designed for maximum flexibility and durability Power Systems urethane plates feature an unique beveled edge design to prevent weights from rolling with designated gripping locations for easy pick up off of gym floors and exercise flexibility. *Black.*

55883	2.5lbs.	$ 8.95/ea.
55884	5lbs.	$ 15.95/ea.
55885	10lbs.	$ 30.95/ea.
55886	25lbs.	$ 75.95/ea.
55887	35lbs.	$ 105.95/ea.
55888	45lbs.	$ 135.95/ea.

Olympic Grip Plate

This is the cast iron version of the Elite Urethane Olympic Grip Plate. This plate features the same 3 grip areas and raised white letters for easy identification.
Attractive hammertone finish.
Fits 2" bar sleeves. CR

61088	2½ lbs.	$ 6.95/ ea.
61090	5 lbs.	$ 12.95/ ea.
61092	10 lbs.	$ 20.95/ ea.
61094	25 lbs.	$ 49.95/ ea.
61096	35 lbs.	$ 68.95/ ea.
61098	45 lbs.	$ 88.95/ ea.

Pro Olympic Plate

Precision cast for accurate weight. Machined holes and edges offer great appearance and smooth feel. Raised numbers for easy identification.
Baked hammertone. Black. Fits 2" bar sleeves. CR

61102	2½ lbs.	$ 4.95/ea.
61105	5 lbs.	$ 7.95/ea.
61110	10 lbs.	$ 13.95/ea.
61125	25 lbs.	$ 31.95/ea.
61135	35 lbs.	$ 43.95/ea.
61145	45 lbs.	$ 57.95/ea.

Olympic Plate Rack

Store Olympic sized plates and collars on the rack's 7 posts. Plates and collars sold separately.
Outer posts are 8" long and center posts are 5 ¼" long. Wide base provides stability to rack. Assembly required. Black. 28" L x 15" W x 36 ½" H. CR

40440	$115.95

Standard Plate

Precision cast iron standard weight plates. Machined holes are 1 1/16" diameter. Distinct numerals for easy reading.
Gray baked hammertone. CR

61622	2½ lbs.	$ 3.95/ea.
61625	5 lbs.	$ 6.95/ea.
61627	7½ lbs.	$ 9.95/ea.
61630	10 lbs.	$12.95/ea.

Shown: Pro Olympic Plates

Standard Rubber Plate

Precision cast iron standard weight plates encased with rubber.
Machined holes are 1 1/16" diameter. Distinct numerals for easy reading. Black. CR

61636	2½ lbs.	$ 4.95/ea.
61637	5 lbs.	$ 8.95/ea.
61639	10 lbs.	$15.95/ea.

Rubber Octagonal Dumbbell

Cast metal dumbbell heads encased with a thick rubber coating to prevent chipping and help protect floors and equipment. Call for shipping information.

Solid steel knurled ergonomic handle with zinc coating. Weight printed on ends for easy identification. 2-year limited warranty. Available in 5lb. increments after 50lbs.

61503	3 lbs.	$ 6.95	61540	40 lbs.	$ 62.95
61504	4 lbs.	$ 7.95	61545	45 lbs.	$ 70.95
61505	5 lbs.	$ 8.95	61550	50 lbs.	$ 77.95
61506	6 lbs.	$ 9.95	61555	55 lbs.	$ 81.95
61507	7 lbs.	$ 10.95	61560	60 lbs.	$ 89.40
61508	8 lbs.	$ 12.95	61565	65 lbs.	$ 96.85
61509	9 lbs.	$ 13.95	61570	70 lbs.	$104.30
61510	10 lbs.	$ 15.95	61575	75 lbs.	$111.75
61512	12 lbs.	$ 19.95	61580	80 lbs.	$119.20
61515	15 lbs.	$ 23.95	61585	85 lbs.	$126.65
61520	20 lbs.	$ 31.95	61590	90 lbs.	$134.10
61525	25 lbs.	$ 39.95	61595	95 lbs.	$141.55
61530	30 lbs.	$ 46.95	61500	100 lbs.	$149.00
61535	35 lbs.	$ 54.95			

Premium Neoprene Coated Dumbbell

Cast iron dumbbells encased with a thick neoprene shell prevents rusting and offers a comfortable gripping surface.

Small, compact design for stacking and storing. Weight printed on ends for easy identification. 2-year limited warranty. Purple Neoprene. CR

61601	1 lb.	$ 2.95/ea.
61602	2 lbs.	$ 3.95/ea.
61603	3 lbs.	$ 4.95/ea.
61604	4 lbs.	$ 5.95/ea.
61605	5 lbs.	$ 6.95/ea.
61606	6 lbs.	$ 7.95/ea.
61607	7 lbs.	$ 8.95/ea.
61608	8 lbs.	$10.95/ea.
61609	9 lbs.	$11.95/ea.
61610	10 lbs.	$12.95/ea.
61612	12 lbs.	$15.95/ea.
61615	15 lbs.	$18.95/ea.

Apple Vinyl Dumbbell

Unique apple shape keeps this vinyl-encased cast iron dumbbell from rolling away. Indentations on top and bottom also allow for incorporation into push-ups for different stability challenges.

Comfortable ergonomic handle. Small, compact design for stacking and storing. Weight printed on ends for easy identification. 2-year limited warranty. Black. CR

63701	1 lb.	$ 3.95/ ea.
63702	2 lbs.	$ 4.95/ ea.
63703	3 lbs.	$ 5.95/ ea.
63704	4 lbs.	$ 6.95/ ea.
63705	5 lbs.	$ 7.95/ ea.
63706	6 lbs.	$ 8.95/ ea.
63707	7 lbs.	$ 9.95/ ea.
63708	8 lbs.	$12.95/ ea.
63709	9 lbs.	$13.95/ ea.
63710	10 lbs.	$15.95/ ea.
63711	12 lbs.	$18.95/ ea.
63712	15 lbs.	$21.95/ ea.

Deluxe Vinyl Coated Dumbbell

Vinyl shell protects the user's hand as well as hardwood floors in training studios. Small, compact design for stacking and storing. Weight printed on ends for easy identification.

Cast iron dumbbells encased with a thick vinyl shell. Color coded by weight; colors may vary. 2-year limited warranty. CR

61701	1 lb.	Pink	$ 2.95/ea.
61702	2 lbs.	Yellow	$ 3.95/ea.
61703	3 lbs.	Purple	$ 4.95/ea.
61704	4 lbs.	Lt. Yellow	$ 5.95/ea.
61705	5 lbs.	Green	$ 6.95/ea.
61706	6 lbs.	Blue	$ 7.95/ea.
61707	7 lbs.	Orange	$ 8.95/ea.
61708	8 lbs.	Dark Blue	$10.95/ea.
61709	9 lbs.	Gray	$11.95/ea.
61710	10 lbs.	Black	$12.95/ea.
61712	12 lbs.	Aqua	$15.95/ea.
61715	15 lbs.	Red	$18.95/ea.

Neoprene / Vinyl Dumbbell 4-Tier Rack

KIT & SAVE

Horizontal design organizes dumbbells on 4 sturdy metal shelves. Holds a complete set of 1 lb. to 15 lbs. dumbbells.
Assembly required. Steel construction. Black. 24" L x 33" W x 36" H. CR $

61775	Rack only	$ 221.95
61776	Rack w/ Neoprene Set	$ 396.95
61778	Rack w/ Vinyl Set	$ 396.95
61777	Rack w/ Apple Vinyl Set	$ 445.95

Neoprene / Vinyl Dumbbell Vertical Rack

KIT & SAVE

Space-saving design stores and protects dumbbells in individual cradles. Holds a complete set of 1 lb. to 15 lbs. dumbbells.
Assembly required. Steel construction. Black. 28" L x 23" W x 50½" H. CR $

61788	Rack only	$ 220.95
61786	Rack w/ Neoprene Set	$ 395.95
61787	Rack w/ Vinyl Set	$ 395.95
61791	Rack w/ Apple Vinyl Set	$ 445.95

Horizontal Dumbbell Rack

Holds multiple styles of dumbbells. Rubber-lined trays protect dumbbells and reduce noise. Holds 6 to 9 pairs. Dumbbells sold separately.
Assembly required. Steel construction. Black. Ships in 2 boxes. 58" L x 21" W x 33" H. CR $

61796 $314.95

Premium Dumbbell Storage Rack

KIT & SAVE

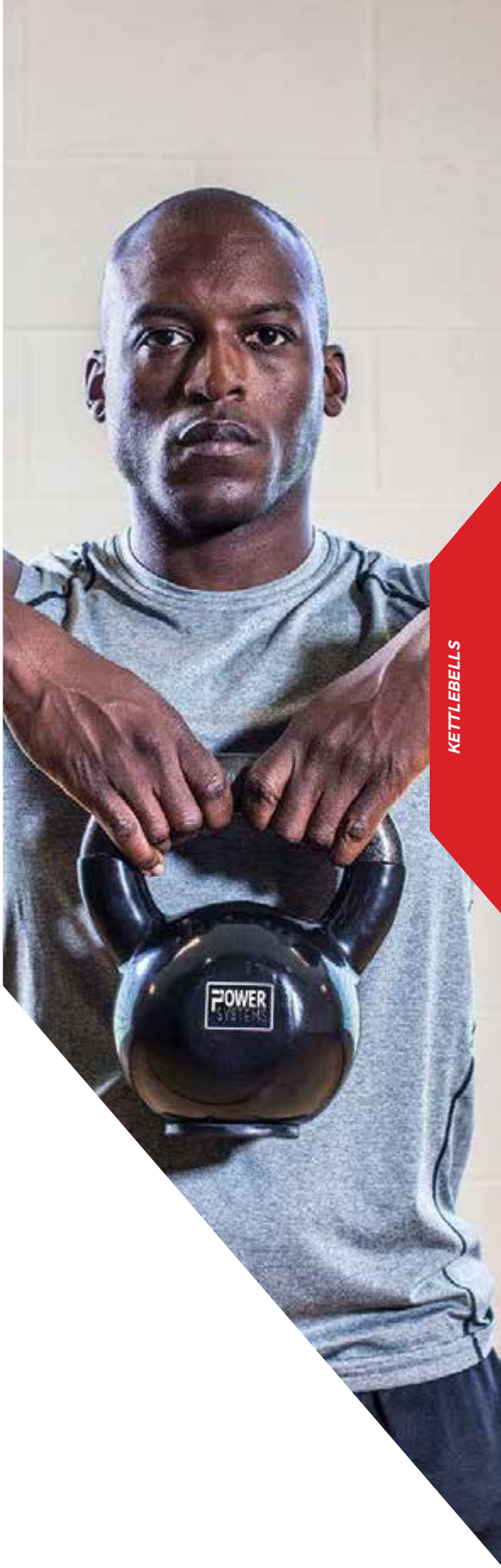
Store dumbbells securely and neatly. Rack with sturdy metal tray supports up to 44 pairs of dumbbells. Removable solid steel bar locks dumbbells into place when not in use (lock not included). Dumbbells sold separately.
Includes casters for easy mobility. Steel construction. Assembly required. Black. Ships freight carrier. 43" L x 28" W x 44" H. CR

61799	Rack only	$ 299.95
60286	Rack w/ 44 Pairs of Premium Neoprene Dumbbells	$ 725.95
61725	Rack w/ 44 Pairs of Deluxe Vinyl Dumbbells	$ 725.95
61726	Rack w/ 44 Pairs of Apple Vinyl Dumbbells	$ 843.95

	OUTER MATERIALS	FEATURE	PRICE
Competition Kettlebell	Steel bell and handle	Uniform size regardless of weight	$56.95-$257.95
Premium Kettlebell	Cast iron bell encased in vinyl with rubber plate on the bottom	Help reduce noise and prevents damange to floors and racks	$35.95-$102.95
Kettlebell	Cast iron bell	Traditional look and feel	$19.95-$149.95
Ultra Kettlebell	Cast Iron bell with rubber plate on bottom	Smooth, solid steel handle for comfortable grip	$26.95-$147.95
kôr™ Kettleball *(see pg.11 for more information)*	Molded Polypropylene	Nonscuffing & Uniform size regardless of weight	$51.95-$123.95

KETTLEBELLS

Kettlebell training began in Russia in the late 19th century and is associated with the birth of weightlifting in that country. Today kettlebell training is a popular form of exercise for strength, core, and functional training. Due to the unique design of the kettlebell, it is most commonly used for powerful, dynamic movements. Many kettlebell exercises integrate cardiovascular training with strength training for a wide variety of benefits including: strength endurance, improved grip strength, enhanced flexibility, and core strength.



Shown: Premium Kettlebell

Competition Kettlebell

To help eliminate detrimental effects to skill technique, each steel kettlebell is the exact same physical size and shape in all weights.
The unpainted handle allows for ease of movement as well as chalk application. Color coded by weight; colors may vary. Handles are 1 ⅜" in circumference. CR

50481	8 kg	Pink	$ 56.95	50489	24 kg	Green	$ 102.95
50482	10 kg	Sky Blue	$ 61.95	50490	26 kg	Black	$ 108.95
50483	12 kg	Blue	$ 66.95	50491	28 kg	Orange	$ 118.95
50484	14 kg	Light Brown	$ 72.95	50492	32 kg	Red	$ 138.95
50485	16 kg	Yellow	$ 82.95	50493	36 kg	Gray	$ 154.95
50486	18 kg	Light Purple	$ 87.95	50494	40 kg	White	$ 175.95
50487	20 kg	Purple	$ 92.95	50495	44 kg	Silver	$ 216.95
50488	22 kg	Light Green	$ 97.95	50496	48 kg	Gold	$ 257.95

Premium Kettlebell

Cast iron bell is encased in vinyl with rubber plate on bottom to help reduce noise and prevent damage to floors and racks.
Smooth, solid steel handle for comfortable grip. For indoor use only. Color coded by weight; colors may vary. Handles are 1"-1 ⅜" in circumference depending on size/weight of kettlebell. CR

50351	5 lbs.	Light Blue	$ 35.95	50358	25 lbs.	Gray	$ 65.95
50352	8 lbs.	Purple	$ 41.95	50359	30 lbs.	Black	$ 73.95
50353	10 lbs.	Yellow	$ 45.95	50360	35 lbs.	Red	$ 80.95
50354	12 lbs.	Green	$ 46.95	50361	40 lbs.	Blue	$ 86.95
50355	15 lbs.	Orange	$ 51.95	50362	45 lbs.	Gray	$ 95.95
50356	18 lbs.	Red	$ 54.95	50363	50 lbs.	Black	$ 102.95
50357	20 lbs.	Blue	$ 58.95				

A

Premium Kettlebell Rack - Studio

A. The attractive, compact design of this rack is perfect for the personal training studio or small spaces. Store all of your kettlebells on the rack's 3 shelves.
Assembly required. Steel construction. Black/Gray. 31" L x 23"D x 33" H. CR

50090 $379.95

B

Premium Kettlebell Rack - Club

B. Keep your kettlebells organized and looking great with this 3-tier rack. Rubber mats on shelving reduce noise. Back lip on each shelf prevents fall through.
Assembly required. Holds up to 18 kettlebells. Steel construction. Black/Gray. Ships in 2 boxes. 54" L x 25" D x 36" H. CR $

50095 $514.95

Shown: Kettlebell

Kettlebell

Traditional cast iron bell and handle.
Handle circumference varies from 1" to 2" depending on the size and weight of the kettlebell. Black. CR $

50201	5 lbs.	$ 19.95	50217	40 lbs.	$ 70.95
50202	8 lbs.	$ 24.95	50219	45 lbs.	$ 79.95
50203	10 lbs.	$ 29.95	50221	50 lbs.	$ 89.95
50204	12 lbs.	$ 32.95	50222	55 lbs.	$ 99.95
50205	15 lbs.	$ 35.95	50223	60 lbs.	$ 109.95
50207	18 lbs.	$ 40.95	50226	70 lbs.	$ 119.95
50209	20 lbs.	$ 42.95	50228	80 lbs.	$ 129.95
50213	25 lbs.	$ 49.95	50231	90 lbs.	$ 139.95
50214	30 lbs.	$ 54.95	50233	100 lbs.	$ 149.95
50216	35 lbs.	$ 63.95			

Ultra Kettlebell

Cast iron bell with rubber plate on the bottom to prevent damage to floors and racks. Smooth, solid steel handle for comfortable grip.
Black. Handles are 1"-1 ⅜" in circumference depending on size/weight of kettlebell. CR $

50302	5 lbs.	$ 26.95	50322	40 lbs.	$ 71.95
50304	8 lbs.	$ 30.95	50324	45 lbs.	$ 78.95
50306	10 lbs.	$ 33.95	50326	50 lbs.	$ 84.95
50308	12 lbs.	$ 35.95	50328	55 lbs.	$ 90.95
50311	15 lbs.	$ 40.95	50329	60 lbs.	$ 96.95
50313	18 lbs.	$ 43.95	50331	70 lbs.	$109.95
50314	20 lbs.	$ 46.95	50332	80 lbs.	$122.95
50316	25 lbs.	$ 52.95	50333	90 lbs.	$134.95
50319	30 lbs.	$ 58.95	50334	100 lbs.	$147.95
50321	35 lbs.	$ 64.95			

LifeFitness® Kettlebells

The LifeFitness Premium Kettlebell offers a thick, durable rubber coating and a smooth chrome handle for superior movement. Great for all traditional kettlebell exercises.
Large, color-coded weight markers for easy identification. Black, thick rubber coated body with chrome handle.

72047	10 lbs.	$ 59.95	72057	25 lbs.	$ 100.95
72049	12 lbs.	$ 64.95	72059	30 lbs.	$ 111.95
72051	15 lbs.	$ 69.95	72061	35 lbs.	$ 118.95
72053	18 lbs.	$ 80.95	72063	40 lbs.	$ 123.95
72055	20 lbs.	$ 90.95	72065	45 lbs.	$ 133.95

Hammer Strength® Kettlebells

Featuring a rugged rubber shell and smooth handle, these kettlebells help both athletes and everyday exercisers achieve outstanding results. This kettlebell delivers the durability, toughness, and performance that exercisers expect from Hammer Strength.
Rugged rubber shell and smooth handle. CR

72095	10 lbs.	$ 64.95	72107	40 lbs.	$ 128.95
72097	15 lbs.	$ 75.95	72109	45 lbs.	$ 138.95
72099	20 lbs.	$ 95.95	72111	50 lbs.	$ 144.95
72101	25 lbs.	$ 106.95	72113	55 lbs.	$ 149.95
72103	30 lbs.	$ 116.95	72115	60 lbs.	$ 154.95
72105	35 lbs.	$ 123.95			

Pro Abdominator

Develop the core muscles by performing hanging leg raises with a pair of these extra wide 8" padded arm straps. They support the body comfortably, so you can perform multiple reps.
Supports up to 300 lbs. Black. CR

67112 $66.95

Pulling Stands

A great teaching aid for beginning Olympic lifters. Bars and plates sold separately.
Stand adjusts from 13" to 20" in 1" increments. Rubber-coated cradle area is curved to keep bar centered. Wide base for stability. Ships in 2 boxes. 22" L x 13" W x 20" H (ea.) CR

68052 $185.95/ pair

Hand-Forearm Blaster

Build hand and forearm strength by adding desired weight and squeezing handles together. Plates sold separately.
Weight post adaptor will hold both standard and Olympic-size plates. Assembly required. Steel construction. Black. 28" L x 19" W x 20" H. CR

40520 $102.95

Premium Forearm Exerciser

Increase forearm strength with customizable resistance in ½ lb. plates. Set includes forearm exereciser, 7-3" plates, and carry bag.
Black/chrome. Handle: 13" L x 1" W. CR

40530 $61.95

Pro Wrist Roller

Strengthen your grip and forearm strength by rolling the weight up and down. Add resistance by increasing the weight.
Uses only standard plates (sold separately). Tubular steel and padded handles. 16" L x 1 ½" thick. CR

67090 $41.95

Pro Chalk Container & Chalk

Keep your weight room clean by keeping your lifting chalk in the container. Rubber encased rim provides safety and helps keep chalk in bowl.
Large, 23" diameter is mounted on a strong, tubular steel base with 4 swivel casters for easy movement. Assembly required. Black. 24"L x 24"W x 44"H. CR

68130 $164.95

Chalk is 100% pure magnesium carbonate to keep hands dry for a secure grip.
Chalk ball: 2 oz. Chalk Box: 8 - 2 oz. balls. CR

68092	Chalk Ball	$ 6.95
68090	Chalk Box - *(8 balls)*	$ 15.95

Padded Cotton Lifting Straps

Strong straps that wrap around bar and wrists aid in grip strength during heavy lifting, allowing you to overload the muscles being worked during lifts.
Double-stitched cotton webbing. Padded neoprene foam. Black. 1½" W.

65355 $13.95/pair

Pro Wrist Wraps

Premium strength elastic wrap for consistent support and durability.
Sewn thumb loop with Velcro closure for easy use. White with red stripes. 3" W x 12" L.

65385 $10.95/pair

Harbinger Pro Thumb Loop Wrist Wraps NEW

Extended 20" length provides strong support and wrist stability. Thumb loop secures wrap on hand. Fully adjustable closure.
Black. 20" W.

65430 $10.00

Harbinger Lifting Hooks NEW

No drop grip" heavy duty hooks hold weights when hand grip fails. Adjustable hook positioning based on hand size. Extra wide hook works on most bars. Premium hook coating increases grab on bar. Neoprene cuff cushions wrist. Fully-adjustable nonrestrictive closure.
Black/Blue.

65426 $25.00

Harbinger Lifting Grips NEW

Revolutionary new 3-in-1 Training Tool... Lifting Strap, Palm Protector and Leather Hook, all in one! Lifting Grips are sized for best fit and grip coverage.
Black.

65427	Small/Medium	$30.00
65428	Medium/Large	$30.00
65429	Large/XL	$30.00

Harbinger Red Line Knee Wraps NEW

Distinctive red line competition grade elastic maximizes knee stability and support. Extended 78" length provides full spectrum tension in wrapping and knee positioning.Fully adjustable.
Black. 78"W.

65432 $25.00

Harbinger Power Knee Wraps NEW

Heavyweight elastic provides strong support and knee stability. Full 72" length offers multiple wraps and knee positioning.
Black. 72" W.

65431 $15.00

Shown: Harbinger ClassicOiled Leather Belt

Harbinger Padded Leather Belt NEW

Designed for medium-to-heavy lifting, the 4" Padded Leather Belt contours around hips and ribs to maximize midsection fit.
Black. 4"W.

65416	Small	$21.99
65417	Medium	$21.99
65418	Large	$21.99
65419	XL	$21.99

Premium Leather

Leather Power Belt

Adjustable, sturdy support belt for heavy lifts.
Premium-quality leather. Double-pronged steel buckle. Tan. 4" W.

65202	S	26" - 32" waist	$49.95
65204	M	30" - 36" waist	$49.95
65206	L	34" - 40" waist	$49.95
65208	XL	38" - 44" waist	$49.95

Nylon Dip / Pull-Up Belt

Belt helps add weight to one's own body during dips and pull-ups to increase resistance and level of difficulty.
Nylon belt with padded back. Black. 6" W. CR

65325 $34.95

Harbinger Leather Dip Belt NEW

30" heavy-duty steel chain features a premium speed clip to easily add/subtract weight for chin-ups and dips.
Black.

65425 $40.00

Harbinger ClassicOiled Leather Belt NEW

Traditionally-styled lifting belt designed to provide excellent back support and help increase load capacity.
Natural. 4"W.

65420	Small	$50.00
65421	Med.	$50.00
65422	Large	$50.00
65423	XL	$50.00

Harbinger 4" Nylon Belt NEW

Full 4" wide belt with 3" support strap helps protect lower back and abdomen. Flexible nylon web core moves with body. Heavy-gauge steel tensioning buckle customizes fit.
Black. 4"W.

65408	Small	$16.99
65409	Medium	$16.99
65410	Large	$16.99
65411	XL	$16.99

Harbinger 5" Foam Core Belt NEW

A lightweight alternative to heavy leather lifting belts, this functional and versatile belt provides strong stabilizing support to help you complete your workouts.
Black. 4"W.

65412	Small	$21.99
65413	Medium	$21.99
65414	Large	$21.99
65415	XL	$21.99

Harbinger Polypropolene Dip Belt NEW

Lighter weight than traditional leather dip belts, the Polypro Dip Belt is constructed to be flexible, firm, and snug while working out.
Black.

65424 $30.00

Strength Band

A power lifter's favorite! Strength bands attach to bars and benches for added resistance during lifts. Bands are also an effective stretching tool.
Sturdy seamless construction. Color coded to indicate resistant levels. Bands sold individually. Available in 7 resistances. 41" L, Latex.

68162	Extra Light	Orange	$ 9.95/ea.
68163	Light	Red	$12.95/ea.
68164	Medium	Black	$19.95/ea.
68165	Heavy	Purple	$24.95/ea.
68166	Extra Heavy	Green	$32.95/ea.
68167	Ultra Heavy	Blue	$42.95/ea.
68168	Super Heavy	Black	$69.95/ea.

Level	*Resistance*
Extra Light	2-6 lbs.
Light	5-25 lbs.
Medium	10-35 lbs.
Heavy	30-50 lbs.
Extra Heavy	65-85 lbs.
Ultra Heavy	80-100 lbs.
Super Heavy	120-200 lbs.

Grip4orce®

Grip4orce is an innovative product designed to increase grip strength, muscle activation, and increase lifting technique. It converts barbell and dumbbell handles to 2" diameter. The anti-slip design makes it safe and effective for all lifts.
Black. 2 lbs. CR

67252 $41.95/pair

Landmine

This ground-based rotational training device works the entire body. Perform explosive 1 and 2 arm movements and other rotational exercises by simply inserting any Olympic-size bar (not included) into the 12" pivoting sleeve at the unit's base. A 4" sleeve is also available to hold standard 1" bars. Portable for use in or out of the weight room.
Solid steel. Nonskid rubber bottom. Includes handle for easy transport. Assembly required. Black. Base: 19½" L x 16" W. CR

60054	Landmine	$249.95
60055	w/ Wide Handle	$284.95

Handle for Landmine

Add the wide handle attachment to the Landmine for a workout that targets the shoulders, core, and hips.
Ergonomic grips positioned approximately 26" apart. Solid steel. Black. CR

60056 $39.95

Manta Ray®

Snap the Manta Ray onto any bar to maintain an upright position when performing back squats. With the Manta Ray, weight is transferred across trapzius muscle, reducing neck pain and discomfort.
Instructions included. Blue. One size fits most. CR

67070 $46.95

Pro Bar Wrap Pad

The single most comfortable wrap pad available.
Premium 1½" nylon covered foam pad with Velcro closure. Black. 18" L. CR

67088 $24.95

Bar Wrap Pad

Quality 1" nylon-covered foam pad with Velcro closure protects neck and back from bar.
Black. 1" Thick, 16" L. CR

67085 $15.95

Shown: MostFit SYN Rings

MostFit™ SYN Rings EXCLUSIVE

Exclusively available from Power Systems
Allows the user to suspend weight plates from an Olympic weightlifting bar creating instability, forcing the user to engage more core and stability muscles. Ring design allows the weight to move in all directions, including forward, back, side-to-side, up-and-down.
Nylon strap material. 21"L x 1 ⅜" W.

50401 $41.95

Lifting Chains

Lifting chains provide a great workout. Each link offers additional resistance as you move through your full range of motion.
Sold in pairs, each chain is 60" L.

63242	20 lbs. pair	$113.95
63244	30 lbs. pair	$144.95
63246	48 lbs. pair	$185.95
63247	82 lbs. pair	$308.95

Premium Ankle Weights

Add or remove weight without taking the cuffs off. These ankle weights have external pockets, so you can adjust the weight to suit your needs.
Avaible in 3 different weight capacities. Adjustable Velcro closures. One size fits most. Removable weights included. Black. CR

90575	5 lbs.	Pair (2½ lbs. ea.)	$29.95/pair
90580	10 lbs.	Pair (5 lbs. ea.)	$34.95/pair
90582	20 lbs.	Pair (10 lbs. ea.)	$61.95/pair
90590	20 lbs.	Single	$52.95

Ankle-Wrist Weights

The unique design of these soft, fabric-covered weights make them suitable for wearing around the ankle or on the wrist. Velcro closures.
Velcro closures. One size fits most. CR

90602	2 lbs.	Pair (1 lb. ea.)	$16.95
90605	5 lbs.	Pair (2½ lbs. ea.)	$19.95
90610	10 lbs.	Pair (5 lbs. ea.)	$24.95

Shown: Lock-Jaw Pro Collars

Standard Spring Collars

These spring collars fit a standard 1" diameter bar and offer comfortable push tabs for easy grip and operation.
Steel construction w/ black plastic tabs.
*Will not fit Olympic bars.

50436 $8.95/pair

Olympic Spring Collars

Basic spring-loaded collars hold weights securely in place and fit all 2" diameter Olympic bar sleeves.
Steel chrome finish. 1 lb/pair.

50440 $12.95/pair

Olympic Muscle Clamps

Simple twist on-and-off collars.
Fits all 2" diam. Olympic bar sleeves. Resin compound. 1 lb/pair.

50450 $49.95/pair

Croc Lock™ Collar

The Croc Lock Collars are extremely versatile and durable. Molded from a strong but flexible thermo-plastic rubber material, they are surrounded by an easily replaceable band of durable high-denier nylon webbing with integral Velcro straps. These collars fit any bar including specialty and pipe bars and can be refurbished back to new after years of use.
2.75" x 2". 1lbs.

50405 $46.95/pair

Lock Jaw® Olympic Barbell Collars

Pads and quick-action cams prevents damage to plates or bars. Solid frame construction for superior durability.
Fits any Olympic-style bar. PVC. Gray. 2" diam. 1 lb.

50475 Black $41.95/pair
50476 Red $41.95/pair

Olympic Bulldog® Collars

Patented Power-Lock design. Solid steel hardware. ABS adjusting knob.
5 year warranty. Fits any Olympic-style bar. Silver with black knob. 2½ lbs per set.

50398 $59.95/pair

Lock-Jaw® Standard Barbell Collars

Solid nylon frame and fully-encased pressure pins make this the most durable resin collar available.
Fits all standard (1"/25mm) bars. 4 oz per set.

50478 $30.95/pair

Lock-Jaw® Pro Barbell Collars

The Lock-Jaw Pro Barbell Collar features a single-action cam lock to securely clamp the collar once positioned on the bar. Quickly and easily releases with one hand when changing weights. A permanent spring snap-latch keeps the collar secured on the bar through the most brutal workouts.
Solid nylon resin frame and injection moded pressure pads. Fits 2" Olympic bars.

50473 Black $47.95/pair
50472 Red $47.95/pair

Husker® Power Locks

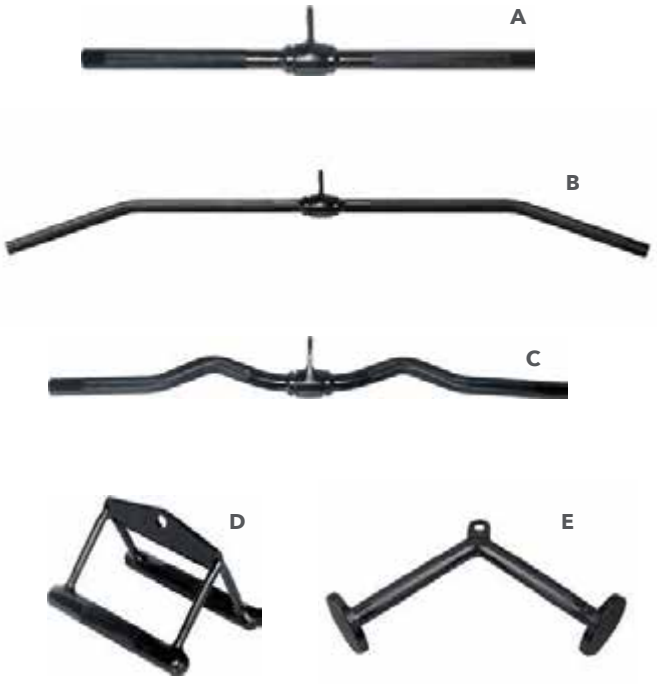
Collars lock quickly and release easily, reducing weight change time. Compression lock offers superior hold. Nylon bushings prevent damage to bar.
Fit all 2" diam. Olympic bar sleeves. Nylon and plastic. Black. 2 lbs/pair.

50465 $59.95/pair

Black Chrome Cable Attachments NEW

Introducing the next generation of cable attachments from Power Systems featuring all black chrome fit and finish. Diamond patterned knurling provides a solid and consistence grip without being abrasive. Constructed from top quality steel. Universal design fits all cable machines.

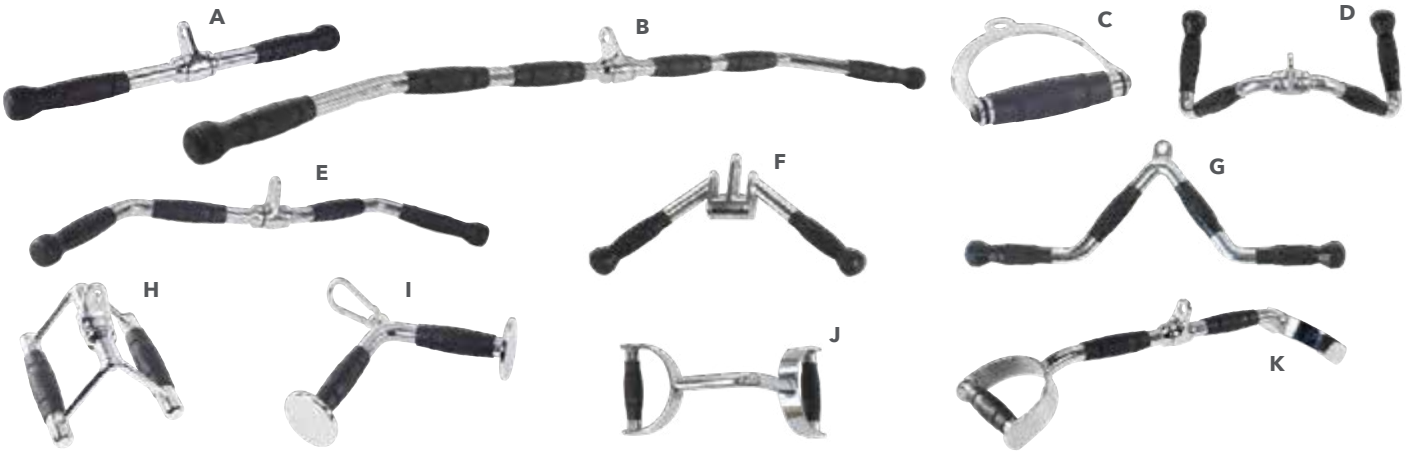
A.	61936	20" Black Chrome Cable Straight Bar	$ 30.95
B.	61937	48" Black Chrome Cable Lat Bar	$ 50.95
C.	61939	28" Black Chrome Cable Curl Bar	$ 40.95
D.	61940	Black Chrome Cable Row Handle	$ 30.95
E.	61941	Black Chrome Cable Tricep Pushdown Handle	$ 30.95
F.	61942	Black Chrome Cable Stirrup Handle	$ 17.95
G.	61943	Black Chrome Cable Multi Purpose Handle	$ 40.95
H.	61944	Black Chrome Cable Multi Purpose V Bar	$ 35.95
I.	61945	Black Chrome 36" Cable Pro Style Lat Bar	$ 60.95
J.	61947	Cable Attachment Bar and Accessory Rack	$ 260.95



Premium Cable Attachment Bars

Top-quality steel bars with chrome finish allow for more concentrated movement than a rope attachment.
Ergonomic, Thermoplastic Rubber (TPR) handgrips are textured for greater comfort and safety. Designed for all cable systems. 2-year limited warranty.

A.	61952	Revolving 20" Straight Bar	$35.95
B.	61950	Revolving 48" Lat Bar	$59.95
C.	61966	Single Grip Handle w/Rotating Handle	$24.95
D.	61962	Revolving Multi Exercise Bar	$56.95
E.	61970	Revolving Curl Bar	$49.95
F.	61958	Revolving Press Down Bar	$41.95
G.	61956	Multi Purpose V-Bar	$41.95
H.	61972	Revolving Low Pulley Bar	$37.95
I.	61960	Tricep Press Down Bar	$34.95
J.	61968	Narrow Pulldown Bar	$41.95
K.	61954	Revolving 24" Lat Bar	$69.95



Cable Attachment Bar Storage Rack

Store up to 22 cable attachment bars and other accessories neatly and orderly.
Steel construction. Assembly required. Black. 48" H x 20" W.

61896	Rack	$262.95
61898	Rack w/ 12 Cable Attachment Bars	$729.95

Abdominal Crunch Strap

Add resistance to your abdominal workout. Special handles on shoulder straps keep the hands close to the chest.
D-ring attachment. Nylon. Black. 19" L x 2" W.

50755 $33.95

Spiral Strength™ Singles™ (2 Grips)

Singles™ attach effortlessly to exercise equipment to allow for comfortable, neutral grip exercises.
Durable US made rubber grip. Premium US made double braided minimal stretch polyester rope. Rated for 150 lbs. per grip.

50771 $61.95

Spiral Strength™ Dually™

The Dually™ replaces antiquated styling with a dynamic coupled system featuring two spiral strength grips.
Durable US Made rubber grips. Premium US made double braided minimal stretch polyester rope. Rated for 300 lbs.

50774 $77.95

Shown: Pro Tricep Rope

Super Tricep Rope

Work both triceps at the same time with the Super Tricep Rope. Extra-long rope provides greater range of motion.
Cotton rope. 40"L x 1½" diam. CR

50745 $39.95

Machine Add-On Weight

Add weight to most selectorized machines in 2½ or 5 pound increments.
Fits machines with maximum width of 3¼" between guide rods. Rubber coated solid cast iron. Black. 2" diam. CR

61998 2½ lb. $10.95/ ea.
61999 5 lb. $15.95/ ea.

Pro Tricep Rope NEW DESIGN

Work both triceps at the same time with the Pro Tricep Rope. Rope allows for more dynamic movement than solid piece.
Nylon rope, rubber stopper. Black. 28" L x 1¼" diam.

50740 $29.95

Nylon Thigh Strap

Work the upper leg and hip. Heavy strap with neoprene lining for comfortable fit.
D-ring attachment and adjustable Velcro closure. Nylon strap. Black. 34" L x 2½" W (Flat)

50750 $19.95

Nylon Ankle/ Wrist Strap

Attaches to ankle or wrist for an upper and lower body workout. Wide strap with thick neoprene pad for a secure, comfortable fit.
D-ring attachment and adjustable Velcro closure. Nylon strap. Black. 17" L x 2½" W

50760 $14.95

Single Grip Handle Strap

All-purpose handle for a variety of exercises using one arm at a time.
Plastic handle, neoprene grip, nylon strap. Black. 10" L x 5½" W

50710 $14.95

Double Grip Handle Strap

All-purpose handle for a variety of exercises. Work both arms at same time.
Nylon strap, plastic handles with neoprene grip. Black. 14" L x 5½" W

50715 $29.95

Pro Nylon Ankle/ Wrist Strap

Attaches to ankle or wrist for an upper and lower body workout. Extra-wide strap provides a more comfortable fit.
D-ring attachment and adjustable Velcro closure. Nylon strap. Black. 17" L x 2½" W

50765 $22.95

Harbinger Neoprene Padded Ankle Cuff NEW

Use with weight stack to strengthen and tone leg muscles. Heavy duty steel D ring clips on to universal gym cables. Plush neoprene padding protects and cushions ankle. Adjustable closure.
Black. 2" W.

65433 $10.00

Harbinger Heavy Duty Ankle Cuff NEW

Use with weight stack to strengthen and tone leg muscles. Heavy duty steel D rings clip on to universal gym cables. Synthetic shearling pad lining enhances comfort. Adjustable closure.
Black. 3" W.

65434 $15.00

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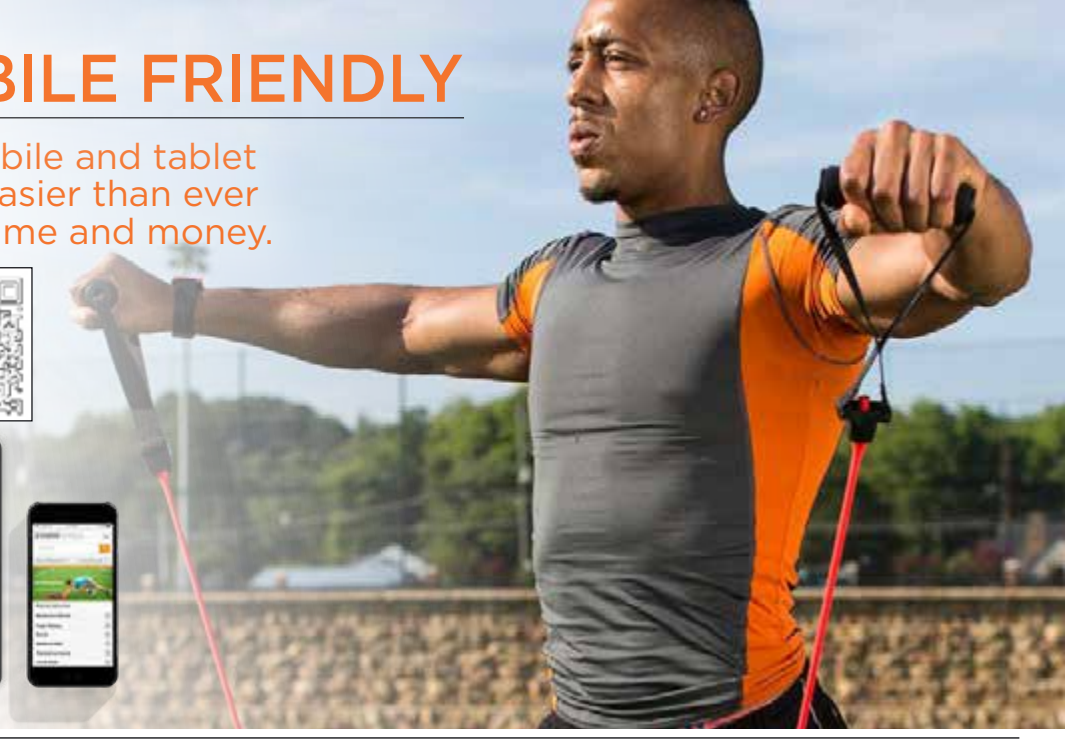

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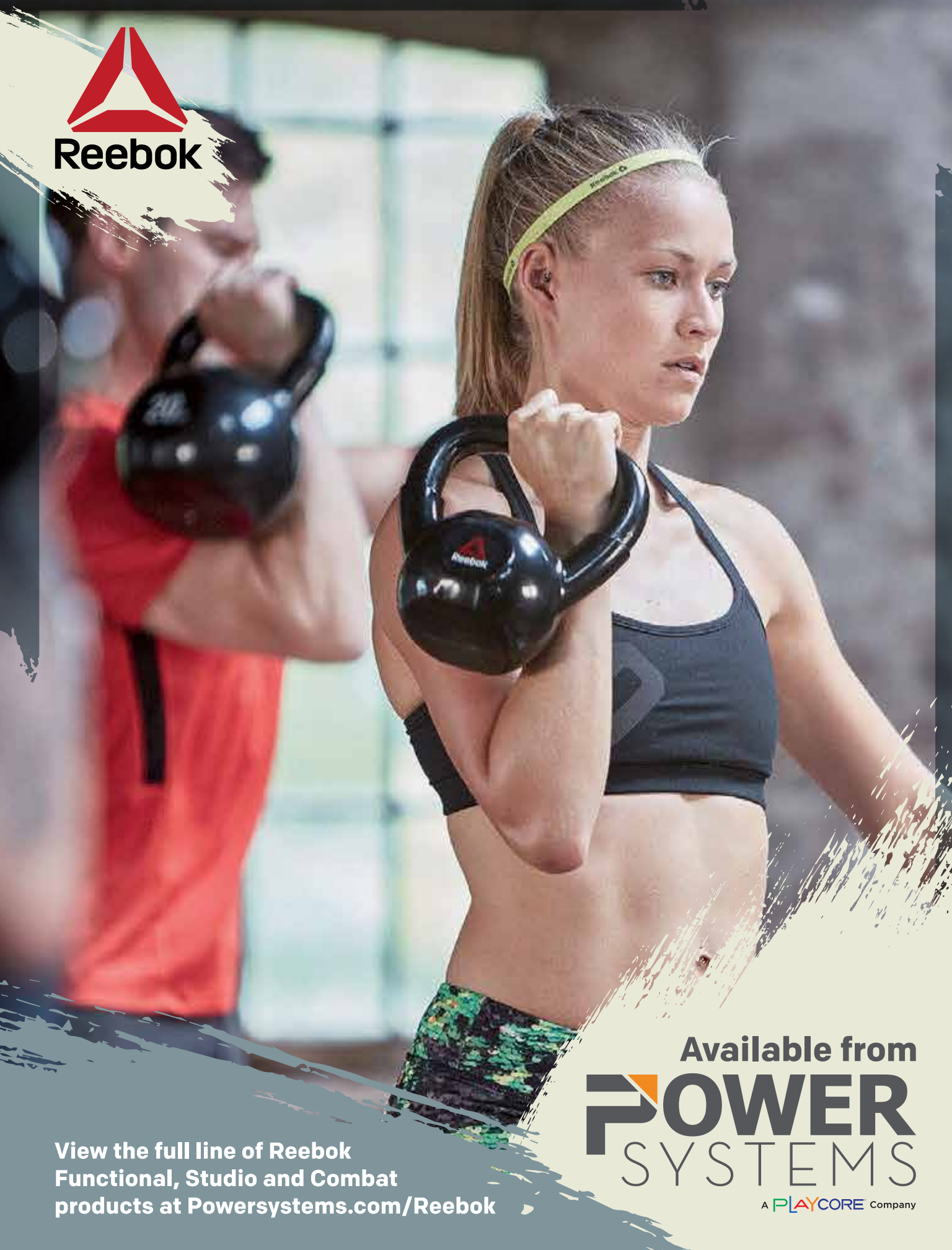
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