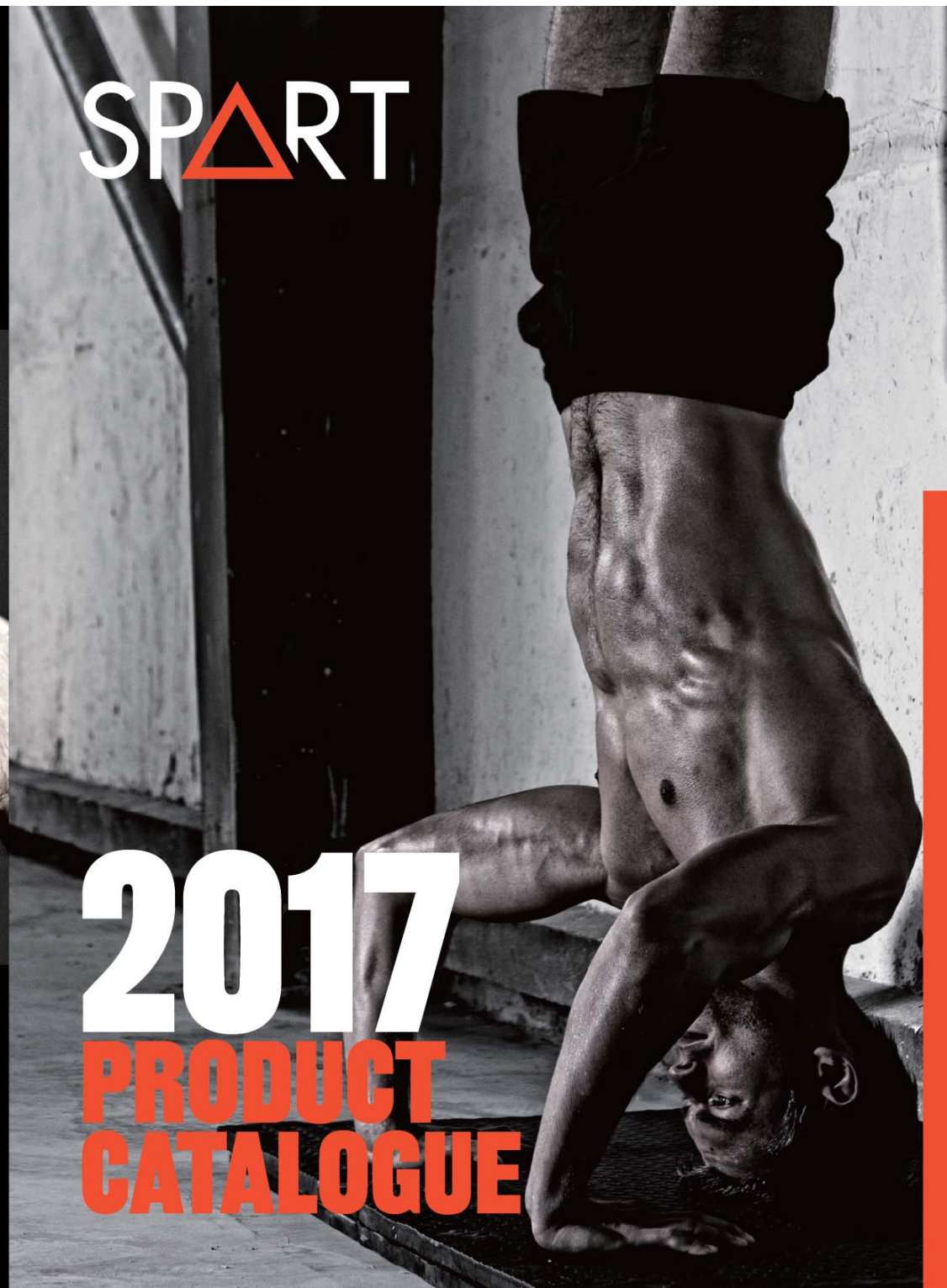


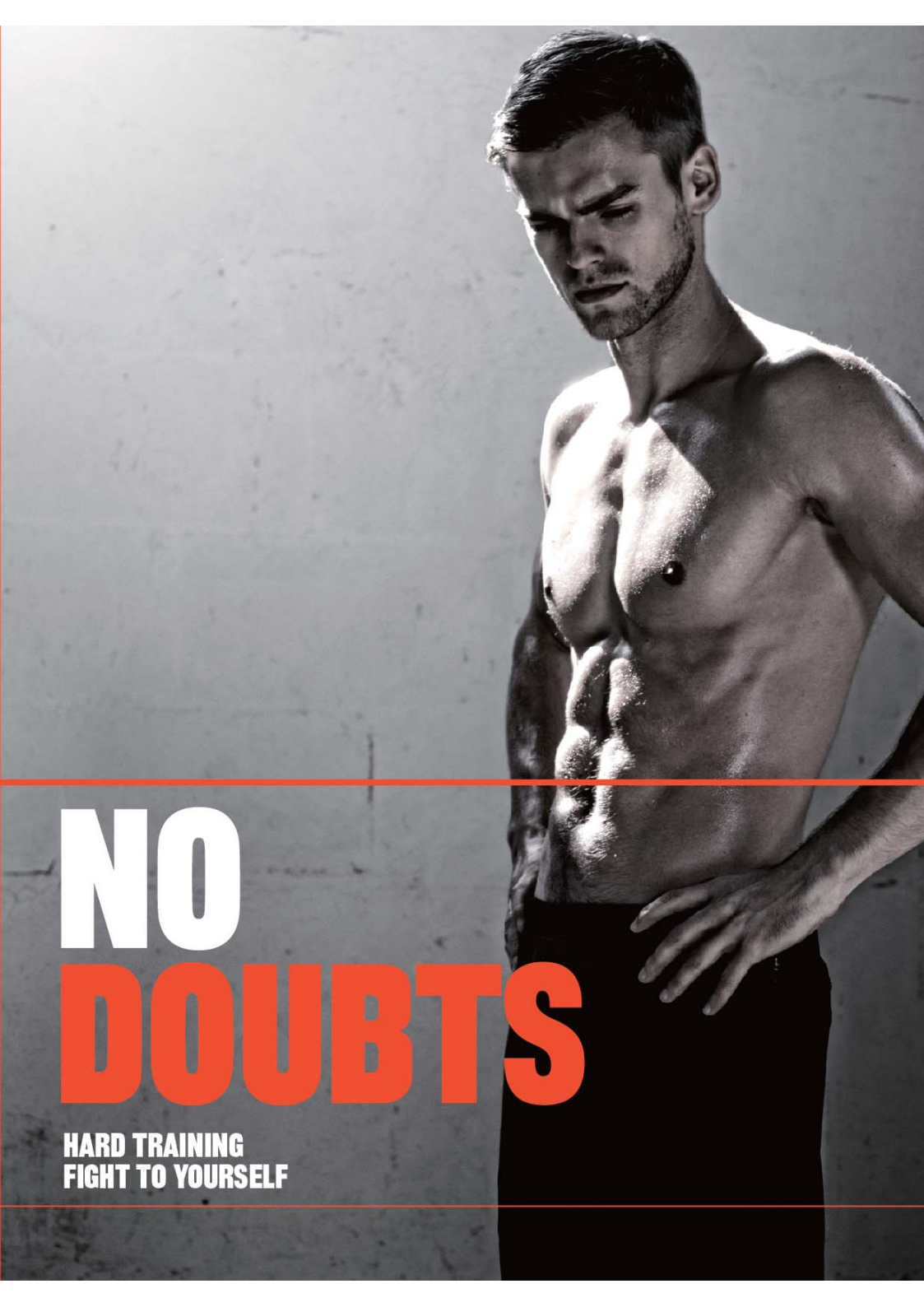


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2017
PRODUCT
CATALOGUE



SPART



NO DOUBTS

HARD TRAINING
FIGHT TO YOURSELF



PRIMORDIAL MOVEMENTS IN THE DNA

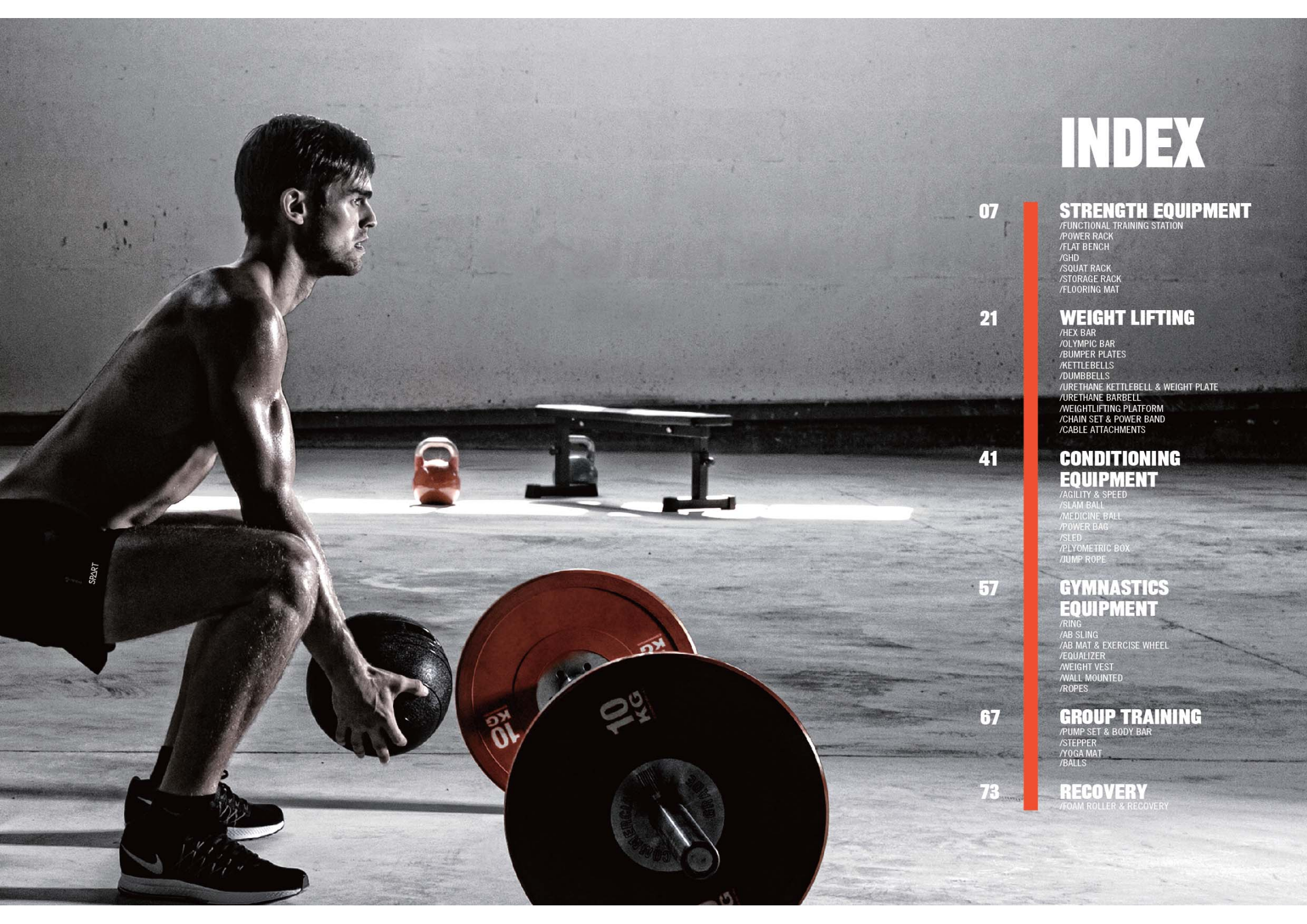
SPART PHILOSOPHY

Strength, balance and agility: these are the three keywords on which we build a collection entirely dedicated to the functional training.

The SPART name comes from the old Greek warriors, which is the most strong fighter in the world! Our equipments allow you to focus on managing your own body weight that fights against the gravity force.

Our philosophy is to think of your training as a way to develop and improve your strength, coordination and balance, giving the best-quality tools in order to achieve it.

BE A SPART! NO DOUBT!



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STRENGTH EQUIPMENT

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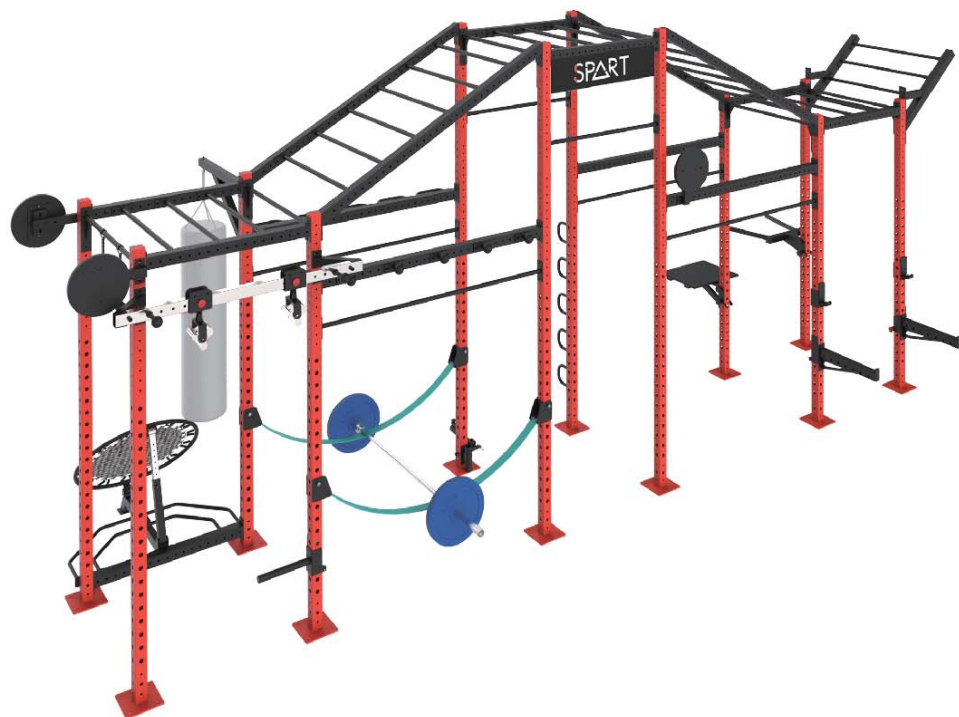
/SQUAT RACK

/STORAGE RACK

/FLOORING MAT

/01 STRENGTH EQUIPMENT FUNCTIONAL TRAINING STATION

ST1001



TECHNICAL MEASURES

Assembly Size : L827 x W227 x H368cm

PRODUCT FEATURES

- /Provides a dedicated space for countless functional training exercise.
- /Monkey bars are great for developing shoulder and arm strength.
- /Attach any bodyweight training device, such as climbing ropes, rings etc for unique training options.
- /Includes specially designed holders for resistance bands, training ropes, Olympic Bars and weight plates.

/01 STRENGTH EQUIPMENT FUNCTIONAL TRAINING STATION

ST1022



TECHNICAL MEASURES

Assembly Size : L636.5 x W304 x H330cm

PRODUCT FEATURES

- /This functional training rigs can allow clubs to maximise the potential of their functional training areas.
- /It is the perfect option for group exercise classes where space needs to be utilised effectively. The rig features a variety of stations including punchbag, dip station, the Wall Ball Target, chin up, monkey bar, plyo platform, power rack.
- /It provides a storage area with configurable shelves. This is where medicine balls, kettlebells, dumbbells and plates can be stored.

/01 STRENGTH EQUIPMENT

POWER RACK

ST1019



TECHNICAL MEASURES

Assembly Size : L528.5 x W371 x H231cm

PRODUCT FEATURES

- /Provides a dedicated space for countless functional training exercise.
- /Dual workout compatibility (additional pull up station and squat rack).
- /Includes specially designed multi-purpose racks for storing power bags, dumbbells, kettlebells and medicine balls.
- /Solid construction for commercial use.
- /Safety spotter for bench work.
- /J-hook for barbell storage.

/01 STRENGTH EQUIPMENT

POWER RACK

ST1009



TECHNICAL MEASURES

Assembly Size : L126 x W140 x H230cm

PRODUCT FEATURES

- /Ideal rack for squats & bench press exercises, provides safety when working out.
- /2 x full length safety bars, 2 x barbell rests, built in solid steel pull up bar.
- /Solid construction for commercial use.

/01 STRENGTH EQUIPMENT **POWER RACK**

ST1003



TECHNICAL MEASURES

Assembly Size : 226x234x225cm

PRODUCT FEATURES

/Extremely stable base to support the hardest cross trainer.
/Perform any exercise you would normally perform on a regular power rack such as presses, lifts, squats.
/Can be used with the optional bumper plate toaster rack for tidy storage and easy selection of bumper plates.

/01 STRENGTH EQUIPMENT **FLAT BENCH**

ST1005



TECHNICAL MEASURES

Assembly Size : 134x61x46cm

PRODUCT FEATURES

/Backrest = 120cm (Length) x 30cm (Width) x 6cm densely thick padding. Gives you some of the best free weight exercises to build a rock solid body!
/Get a full-body workout with the strongest and most versatile Flat Bench available
/Front handle & Dual rear transport wheels allows you to easily move and roll the bench anywhere you like without having to pick up the bench completely



/01 STRENGTH EQUIPMENT

GHD

ST2002



TECHNICAL MEASURES

Assembly Size : 221.5x74.8x109.4cm

PRODUCT FEATURES

The GHD is stable and solidly constructed of steel. Perfect for commercial or home gym use. The half moon pad is made of high density foam and upholstered in vinyl, making it very resistant to crushing and easy to clean. The single pop-pin adjustability makes it easy to change pad-to-foot roller lengths when moving between exercises or athletes. Bolt-together design allows it to be shipped flat, resulting in considerable freight savings.



/01 STRENGTH EQUIPMENT **SQUAT RACK**

ST3001



TECHNICAL MEASURES

Assembly Size : 228x101x186cm

PRODUCT FEATURES

- /Many incremental adjustments for the perfect height required for your exercise
- Weight holder on back for extra storage.
- /Dip handles included as standard (slightly angled so very ergonomic).
- /Adjustable width squat stands.

/01 STRENGTH EQUIPMENT STORAGE RACK

ST1017



TECHNICAL MEASURES

Assembly Size: L543 x W40 x H101cm

PRODUCT FEATURES

This amazing storage rack is expandable to any length and shapes, available in 2-tier and 3-tier. Fulfill all of your storage needs in one system. Fully adaptable and expandable in length, size, and trays to choose from. Additional wheel helps you move it easily.



KETTLEBELL SHELF ST1017-B



MEDICINE BALL SHELF ST1017-C



PLATE SLEEVE ST1017-F



DUMBBELL SHELF ST1017-E



ACCESSORY(Band,Belt,etc.) SHELF ST1017-G



WALL BALL/SLAM BALL SHELF ST1017-D



BUMPER PLATE SHELF ST1017-H



UPRIGHT TUBE

ST1017-A10

Height: 1m

ST1017-A16

Height: 1.5m

ST1017-A10W

Height: 1m(with wheels)

ST1017-A16W

Height: 1.5m(with wheels)



/01 STRENGTH EQUIPMENT FLOORING MAT

RUBBER FLOORING MAT FM1005

TECHNICAL MEASURES

/Shock absorbent and scuff resistant.
/Perfect for exercise rooms, multi-functional training areas and locker rooms.
/Easy to install, low maintenance.
/Size : 100x100x1.5cm
100x100x2.0cm
100x100x2.5cm



ROLL RUBBER FLOORING MAT FM1006

TECHNICAL MEASURES

/Durable athletic gym and exercise flooring.
/Easy installation, no adhesive required.
/Great for home gym floors, basement floors and exercise rooms.
/Easy to roll up and store.
/Size: L20/10 x W1.25/1 m
/Thickness: 4-10mm





/02

WEIGHT LIFTING

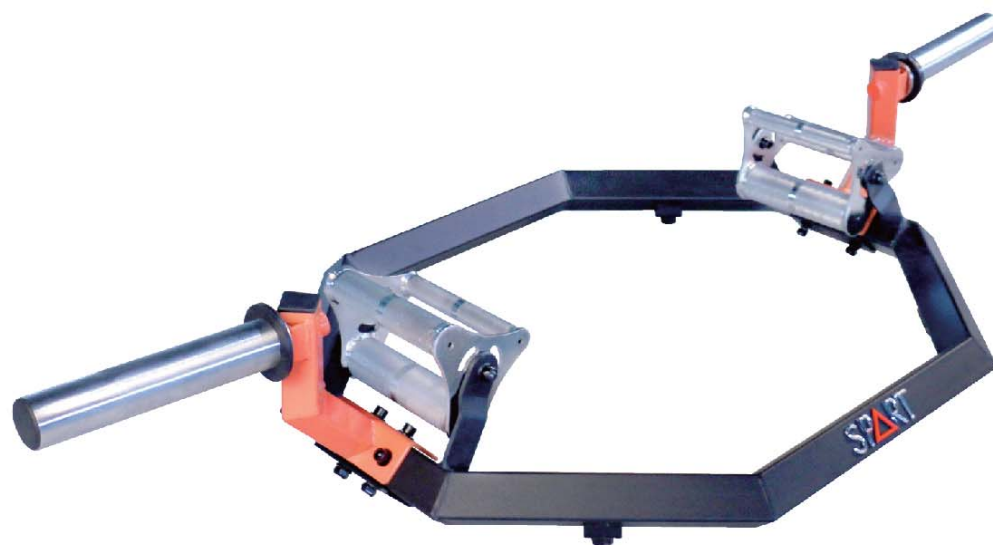
- /HEX BAR
- /OLYMPIC BAR
- /BUMPER PLATES
- /KETTLEBELLS
- /DUMBBELLS
- /KETTLEBELL, WEIGHT PLATE & BARBELLS
- /WEIGHTLIFTING PLATFORM
- /CHAIN SET
- /POWER BAND
- /CABLE ATTACHMENTS





/02 WEIGHT LIFTING HEX BAR

WL4001



TECHNICAL MEASURES

Assembly Size: 168x80x29cm
Main Pipe: 50x3mm
Packing Size: 96x45x19cm
(Split Design in small package)
G.W./N.W.: 27kg / 24kg

PRODUCT FEATURES

/Ideal for Dead lifts, Squats, Shrugs, Farmers Walk and Core Fitness
/The SPART Hex Bar comes with rotating handles which enables a user to vary the grip, intensifying and adjusting the workout. Three different handles ranges which can adapt to any workout.
/Patent num. 201130240929.9, 201110209953.5, 201120265670.8



/02 WEIGHT LIFTING OLYMPIC BAR

OLYMPIC WL BAR **OBM-86**

PRODUCT FEATURES

Total Length: 2200mm
Satin Finish: Abrasion resistant industrial hard chrome on the bar shaft and sleeves



WOMEN'S OLYMPIC WL BAR **OBM-80**

PRODUCT FEATURES

Total Length: 2010mm
Satin Finish: Abrasion resistant industrial hard chrome on the bar shaft and sleeves



JUNIOR TRAINING BAR **OBM-66**

PRODUCT FEATURES

Total Length: 1680mm
Satin Finish: Abrasion resistant industrial hard chrome on the bar shaft and sleeves



WE7004
BARBELL PAD



WE7005
GYMNASTIC GRIPS



CL1003
BARBELL COLLARS (Aluminum)



WL8014
GYM CHALK

/02 WEIGHT LIFTING BUMPER PLATES

/02 WEIGHT LIFTING BUMPER PLATES



RUBBER BUMPER PLATE WL5001

TECHNICAL MEASURES

/Drop test : 2m x 5000 repetitions
/Steel rim bushing.
/Weights:
5kg-25kg in 5kg increments

PRODUCT FEATURES

/ Plates feature solid rubber construction
/ Include solid steel inserts to protect equipment as well as facilitate easier plate loading and removal
/ Durable, rugged plates are engineered to meet the most demanding bumper plate standards

BUMPER PLATE RACK WL5002

TECHNICAL MEASURES

Assembly Size: 146x34x28cm
The rack can be loaded with bumper plate:
1.25kg x 4pcs, 2.5kg x 2pcs,
5kg x 2pcs, 10kg x 2pcs,
15kg x 2pcs, 20kg x 2pcs
25kg x 2pcs



URETHANE BUMPER PLATE (CPU) WL5005

TECHNICAL MEASURES

/Drop test : 2m x 10000 repetitions
/Steel rim bushing.
/Weights:
5kg-25kg in 5kg increments

PRODUCT FEATURES

/CPU Urethane encased outer shell provides unsurpassed durability
/One-piece steel hub, no bolts or welds
/Urethane shell is molded and cured around a large inner flange to ensure strength and stability of the bumper as one unit
/Urethane encasing has low bounce creating a safer environment for athletes

/02 WEIGHT LIFTING KETTLEBELLS

CLASSICAL KETTLEBELL WL6001

TECHNICAL MEASURES

/One piece, cast iron bell has no fillers.
/New coating makes bells more consistent and durable.
/Use for squats, cleans, jerks, snatches, rotational swings and more.
/Weights: 4kg, 8kg-20kg in 2kg increments
24kg, 28kg, 30kg, 32kg, 36kg, 40kg



COMPETITION STEEL KETTLEBELL WL6002

TECHNICAL MEASURES

/Steel kettlebells have an unpainted handle, allowing chalk to stick better.
/Competition colors are used for easy identification.
/All kettlebells are the same size and diameter-makes going up in weight an easier transition.
/Weights: 8kg-24kg in 2kg increments
28kg, 32kg, 40kg, 44kg, 48kg



/02 WEIGHT LIFTING KETTLEBELLS

SOFT KETTLEBELL WL6003

TECHNICAL MEASURES

/Made of heavy-duty vinyl, strong and hard-wearing.
/Black painting iron handle.
/Don't worry about dropping them on your toe or damaging your floor by accident.
/Weights: 4kg-16kg in 2kg increments



URETHANE COMPETITION KETTLEBELL (CPU) WL6006

TECHNICAL MEASURES

/Steel kettlebells have an unpainted handle, allowing chalk to stick better.
/The origin Urethane kettlebells are built to the highest quality. Urethane is highly durable and has the added bonus of not marking floors or equipment.
/Weights: 8kg-24kg in 2kg increments



/02 WEIGHT LIFTING DUMBBELLS

RUBBER HEXAGON DUMBBELL WL3005



TECHNICAL MEASURES

1kg-10kg in 1kg increments
12.5kg-50kg in 2.5kg increments
55kg-80kg in 5kg increments

PRODUCT FEATURES

Cast metal dumbbell heads encased with a thick rubber coating to prevent chipping and help protect floors and equipment. Solid steel knurled ergonomic handle with zinc coating.

DUMBBELL RACK WL3105



TECHNICAL MEASURES

Assembly Size: 143 x 65 x 87 cm

/02 WEIGHT LIFTING DUMBBELLS

URETHANE DUMBBELL WL7101



TECHNICAL MEASURES

1kg-10kg in 1kg increments
12.5kg-50kg in 2.5kg increments

PRODUCT FEATURES

Novel exterior, eco-friendly Polyurethane material, high quality, Commercial resistance to high impacts, Steel inside with Hard Chrome handle, Top quality for the professional gym!

DUMBBELL RACK WL7102 (5 Pairs) WL7112 (12 Pairs)



TECHNICAL MEASURES

(5 Pairs) Size: 125 x 52 x 81 cm
(12 Pairs) Size: 245 x 52 x 81 cm

/02 WEIGHT LIFTING

KETTLEBELL & WEIGHT PLATE

URETHANE KETTLEBELL WL7103

TECHNICAL MEASURES

The new kettlebell range delivers the durability, toughness and performance exercisers expect from hammer strength. Featu ring a rugged rubber shell and smooth handle, these kettlebells help both athletes and everyday exercisers achieve outstanding results.

4kg-12kg in 2kg increments
16kg-24kg in 4kg increments



URETHANE OLYMPIC PLATE WL7105

TECHNICAL MEASURES

Aesthetically pleasing design. Perfect for the professional gym! Eco-friendly polyurethane. Commercial resistance to high impacts. Stainless steel rim

Weights:
1.25kg, 2.5kg
5kg-25kg in 5kg increments



KETTLEBELL RACK WL7104

TECHNICAL MEASURES

Size:120 x 52 x 85 cm



PLATE RACK WL7106

TECHNICAL MEASURES

Size:130 x 103 x 121 cm



/02 WEIGHT LIFTING

BARBELL



URETHANE BARBELL SET WL7107

TECHNICAL MEASURES

10kg-45kg in 5kg increments



URETHANE BARBELL SET WL7108

TECHNICAL MEASURES

10kg-45kg in 5kg increments



BARBELL RACK WL7109

TECHNICAL MEASURES

Size:106 x 90 x 126 cm



/02 WEIGHT LIFTING WEIGHTLIFTING PLATFORM

WEIGHT LIFTING PLATFORM WL7001

TECHNICAL MEASURES

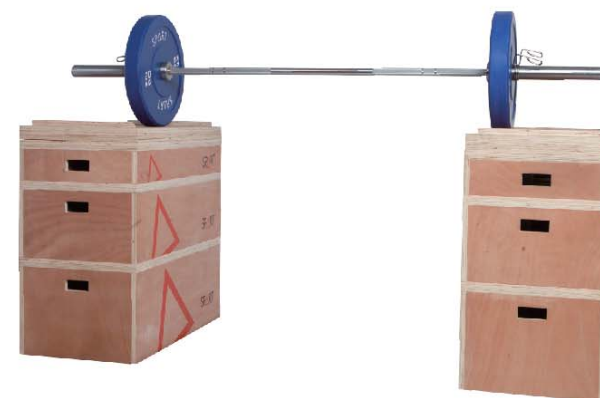
- /The weightlifting platform has a 50x25mm steel frame that bolts together. Easily with gusseted corners.
- /The rubber surface is shock absorbing and will cause less wear and tear on your equipment.
- /It also dampens the sound when dropping a fully loaded barbell.
- /Also it is with additional band peg set for your dynamic effort work.
- /Assembly Size : 256x206x3.2cm



WOODEN JERK BLOCK CD9003

TECHNICAL MEASURES

- /Stoppers Prevent Weight Roll-off
- Top Platform
- /Size : 76x43x6cm
 - 91x51x15cm
 - 91x51x30cm
 - 91x51x38cm



/02 WEIGHT LIFTING CHAIN SET

WL7002

TECHNICAL MEASURES

1 set including:
 Φ30mmx1.86M-2pcs-(31.7KGx2)
 Φ25mmx1.86M-2pcs-(24.5KGx2)
 Φ20mmx1.83M-2pcs-(14.5KGx2)

PRODUCT FEATURES

/Chains can be used to build strength and to increase speed and acceleration.
 /Throw a set or two over your shoulders and do weighted pull-ups or dips.
 /Each chain is zinc electroplated to prevent rust.

/02 WEIGHT LIFTING POWER BAND

WL7003



TECHNICAL MEASURES

Size: 200cmx1.3cmx0.45cm (Resistance is 7kg - 16kg)
 200cmx2.2cmx0.45cm (Resistance is 11kg - 30kg)
 200cmx3.2cmx0.45cm (Resistance is 16kg - 38kg)
 200cmx4.4cmx0.45cm (Resistance is 22kg - 56kg)
 200cmx6.5cmx0.45cm (Resistance is 30kg - 80kg)

PRODUCT FEATURES

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

/02 WEIGHT LIFTING

CABLE ATTACHMENTS

REVOLVING LAT BAR
WL8100



REVOLVING LAT BAR
WL8101



REVOLVING LAT BAR
WL8102



REVOLVING LAT BAR
WL8103



TRICEP PRESS DOWN BAR
WL8300



REVOLVING CURL BAR
WL8200



REVOLVING LAT BAR
WL8201



REVOLVING CURL BAR
WL8202



REVOLVING LAT BAR
WL8203



REVOLVING LAT BAR
WL8204



TRICEP PRESS DOWN BAR
WL8302



REVOLVING PRESS DOWN BAR
WL8301



/02 WEIGHT LIFTING

CABLE ATTACHMENTS

MULTI PURPOSE V-BAR
WL8303



REVOLVING MULTI EXERCISE BAR
WL8304



SINGLE TRICEP ROPE
WL8305



PRO TRICEP ROPE
WL8306



SINGLE GRIP HANDLE
WL8307



REVOLVING LOW PULLEY BAR
WL8308



CABLE ATTACHMENTS RACK
WL8400

Assembly Size : 47 x 43 x 101cm



LOW PULLEY BAR
WL8309



SINGLE GRIP HANDLE STRAP
WL8310



SPRING COLLARS
WL8501

Ideal for Ø30mm bar



SPRING COLLARS
WL8502

Ideal for Ø30mm bar



▷
/03

CONDITIONING EQUIPMENT

/AGILITY & SPEED
/SLAM BALL
/MEDICINE BALL
/POWER BAG
/SLED
/PLYOMETRIC BOX
/JUMP ROPE



/03 CONDITIONING

AGILITY & SPEED

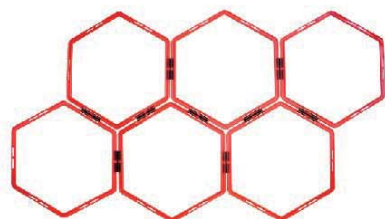


HURDLES

CD8001

TECHNICAL MEASURES

/15/22.5/30/45cm steps for intermediate to advanced polymeric exercise.
/Change heights for speed or strength work and lateral movement drills.



CONES

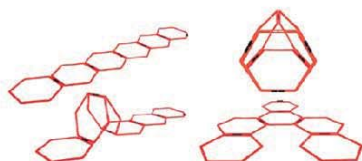
CD8002

TECHNICAL MEASURES

/Saucer Cones are bright and easy to see on any surface.
/Made of strong, pliable PVC, cones resist damage from direct foot strikes.
/Size: 5cm



Variety of shapes for preferential needs.....



REACTION BALL

CD8003

TECHNICAL MEASURES

/The random bounces of the reaction ball improve overall coordination.
/Ball can be bounced off any hard surface.
/Dia: 6.7cm



AGILITY RINGS

CD8023

TECHNICAL MEASURES

/Ideal tool to improve foot speed, coordination, overall balance and general fitness.
/6 individual rings can create a variety of shapes for preferential needs.

/03 CONDITIONING

AGILITY & SPEED



TIMER

CD8006

TECHNICAL MEASURES

The Timer offers a variety of standard functions including; clock display, stop watch to the hundredths of a second and 20 min count down. In addition the timer can be programmed with specific count up and down from times. The timer can also be used to program custom intervals. The timer can save up to eight custom programs.



POWER CHUTE

CD8004

TECHNICAL MEASURES

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.
Power Chute includes: Adjustable belt with storage pocket.



LADDER

CD8005

TECHNICAL MEASURES

Develop rapid, precise foot strikes and focus. Fixed round rungs save set-up time and withstand abuse from cleats and other turf shoes. Use indoors or outdoors. High-impact round PVC rungs. Includes carry bag. 9.15cm L x 50.8cm W ladder has 20 rungs. 4.6cm L x 50.8cm W ladder has 10 rungs.
Material: Fabric



ROLL OUT LADDER

CD8008

TECHNICAL MEASURES

The Roll Out Ladder resists bunching-up and stays in place on all types of indoor surfaces, and select outdoor surfaces. Made of heavy-duty, durable, non-skid recycled rubber, this ladder quickly unrolls and lies flat, then rolls up for easy storage and portability. Size: 454 x 410 x 0.35cm



/03 CONDITIONING AGILITY & SPEED

RESISTANCE TUBE CD8009



TECHNICAL MEASURES

Size: 5x12x2000mm
6x13x2000mm
6x16x2000mm

PRODUCT FEATURES

Improve speed by training stride length and frequency in 2 athletes simultaneously. Stretch the 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 resistance tubing provides a smooth, consistent tension for both athletes while offering maximum safety. Swivel waist belt allows athletes to change direction of the tension easily without removing belt.



CORE TRAINER CD8010

TECHNICAL MEASURES

Assembly Size: 81x69x27cm
Without Plate & Bar

PRODUCT FEATURES

This ground-based rotational training device works the entire body. Perform explosive 1 and 2-arm movements and other rotational exercises simply by inserting any Olympic-size bar (not included) into the pivoting sleeve at the unit's base. A 14cm sleeve is also available to hold standard 2.5cm bars. Portable for use in or out of the weight room.



/03 CONDITIONING SLAM BALL



PRODUCT FEATURES

Durable, sand-filled no-bounce balls are ideal for tossing and slamming activities. Heavy-duty rubber shell provides maximum durability. Pliable, tacky surface is easy to grasp and throw. Perfect for rebounder, wall and floor slams.



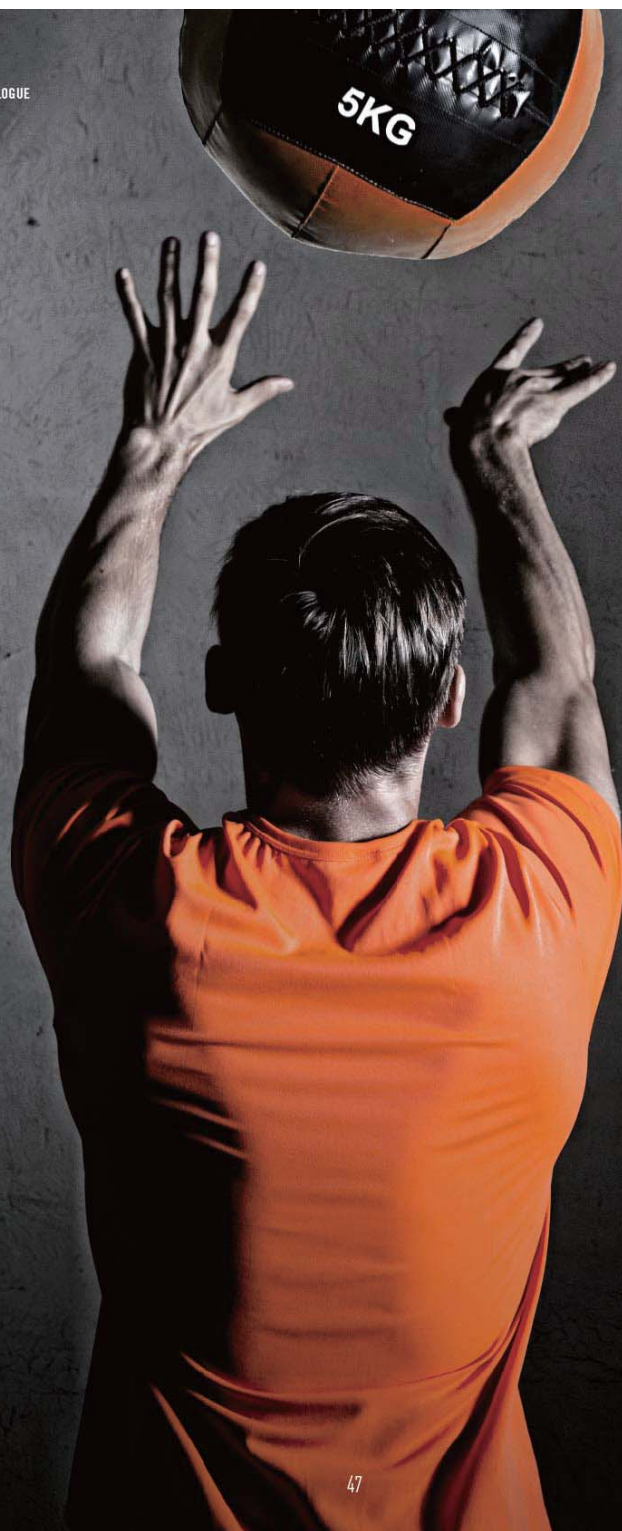
SLAM BALL CD8007

TECHNICAL MEASURES

Weight:
1kg-10kg in 1kg increments
12kg, 15kg, 16kg, 18kg, 20kg, 23kg
25kg-65kg in 5kg increments

PRODUCT FEATURES

Durable, sand-filled no-bounce balls are ideal for tossing and slamming activities. Heavy-duty rubber shell provides maximum durability. Pliable, tacky surface is easy to grasp and throw. Perfect for rebounder, wall and floor slams.



/03 CONDITIONING MEDICINE BALL

HEAVY-DUTY VINYL MEDICINE BALL **CD8031**



TECHNICAL MEASURES

Dia.: 35.5cm
3kg-13kg in 1kg increments

PRODUCT FEATURES

The soft-shell construction and balanced, uniform weight of this ball make it easy to handle. It covered with heavy-duty vinyl coated nylon. Water and scuff resistant. This non-slam, oversized ball is ideal for toss-and-catch activities and soft on the hands.

/03 CONDITIONING POWER BAG

POWER BAG CD8113



HEAVY-DUTY VINYL



TECHNICAL MEASURES

5kg-25kg in 5kg increments

PRODUCT FEATURES

POWER BAGS are excellent for complex motion based workouts with multi-joint movements that require a high emphasis on stability. Movement training, such as fast feet, ladder drills, heel flicks etc. Jumps & drops, which are hard to do due to awkwardness of bags. Throwing, hard to achieve with most items other than a medicine ball which doesn't often exceed over 15kg.

Catching and absorbing impact, hard to achieve with most items. Dynamic movements with a partner, throw..move..catch..throw..move..catch. Total resistant core stability movements.



BLACK

CORDURA POWER BAG CD8012

TECHNICAL MEASURES

One Set Including : 1 Bag + 2 Inner Bags;
S max loading 18kg
M max loading 35kg
L max loading 45kg

PRODUCT FEATURES

The sand bags are built with heavyweight Military Spec 1000D Cordura; That means they are tough as nails! This material is relied upon in the most demanding of conditions every day! The Cordura material has a DWR coating to make each sand bag water resistant so you can wash these if needed.



/03 CONDITIONING SLED

PREMIUM SLED

CD8014



TECHNICAL MEASURES

Assembly Size: 121x114x88cm

PRODUCT FEATURES

This heavy-gauge steel, solid welded construction, 42kg sled trains speed, quickness, and explosiveness. Dual-point harness attachment provides an even load while pulling. Flat bottom rails slide smoothly on most surfaces. 36cm center post accommodates up to 143kg in Olympic plates.



/03 CONDITIONING

PLYOMETRIC BOX


**SOFT
PLYOMETRICBOX
CD9001**
TECHNICAL MEASURES

Outside cover is heavy duty vinyl leather, inter layer is soft material, inside is high density board.

CD9001 40x50x60cm

CD9001S 50x60x75cm

Patent num. 201520792550.1


**PLYOMETRIC
BOX
CD9007**
TECHNICAL MEASURES

Get the advantage of three plyo boxes in one.

CD9007 40x50x60cm

CD9007S 50x60x75cm


**PLYOMETRIC
STEEL BOX
CD9004**
TECHNICAL MEASURES

Height	Top	Base	Height	Top	Base
30cm	33 x 33cm	38 x 38cm	76cm	41 x 41cm	58 x 58cm
46cm	36 x 36cm	46 x 46cm	91cm	51 x 51cm	71 x 71cm
61cm	38 x 38cm	53 x 53cm	107cm	56 x 56cm	81 x 81cm

**PRODUCT FEATURES**

These plyometric boxes provide maximum stability and durability with their steel construction and fully welded frames. Athletes can use these boxes for forward jumps, lateral jumps and other plyometric drills. Available in multiple heights for developing reaction time and overall explosiveness. Nonslip platform maximizes safety.

/03 CONDITIONING JUMP ROPE

SPEED ROPE CD1101

TECHNICAL MEASURES

Designed and tested to outperform any other jump rope available. The Speed Rope has an ergonomically-designed handle that eliminates friction. Outstanding durability and unmatched speed in competitive categories. Additional features of the rope include: a height adjustable cord with a vinyl coating and technically superior speed bearings to ensure fluid and precise movement at high speeds.

Cable size: $\Phi 2.5\text{mm} \times 3\text{m}$



SPEED ROPE CD1102

TECHNICAL MEASURES

Wirerope Length: 3m
PP Handle with sweatband
With removable weights.



SPEED ROPE CD1103

TECHNICAL MEASURES

Removable Weight per Handle :
40g x 2 or 75g x 2
Cable size: $\Phi 2.5\text{mm} \times 3\text{m}$
Bearing: with versatile ball
Patent num. 201320706066.3



SPEED ROPE CD1105

TECHNICAL MEASURES

Aluminum handle
Cable size: $\Phi 2.5\text{mm} \times 3\text{m}$



PRODUCT FEATURES

The Speed Rope comes with a thicker, more durable cable. Making it less susceptible to wear and tear as well as crinkling. The handle is reinforced for durability and ergonomically designed for comfort in your hands.

The optional weight in the handles allows you to push your shoulder and forearm conditioning to their limits! Once you're feeling the burn, you can unscrew the bottom of the handle and remove the weight to relax the common fatigue areas of your forearms and shoulders.





/04

GYMNASTICS EQUIPMENT

- /RING
- /AB SLING
- /AB MAT
- /EXERCISE WHEEL
- /EQUALIZER
- /WEIGHT VEST
- /WALL MOUNTED
- /ROPES



/04 GYMNASTICS RING

ABS GYM RING CE2101



PRODUCT MEASURES

Dia of handle: Φ 2.8cm
Width of strap: 2.5cm
Length of strap: 4.6m

PRODUCT FEATURES

They're 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. This unstable environment will call in more muscles to assist in almost every exercise.

WOODEN GYM RING CE2102



PRODUCT MEASURES

Made with the same superior quality you have come to expect, but with a thicker 3.2cm diameter for secure gripping.

PRODUCT FEATURES

This multi-laminated, hardwood ring set is great for performing muscle-ups, L-sits, pull ups, dips, pushups and more...Includes two 4.6m/5.5m foot, 2.5cm/3.8cm wide nylon straps with safe and secure quick-release buckles. Attaches quickly and easily to a weight rack or any secure overhead object.

/04 GYMNASTICS AB SLING



CE2103

PRODUCT FEATURES

/For strengthening and toning abdominal muscles.

/Brushed nylon lining for enhanced comfort.

/Forged steel carabineers lock on to any universal gym.



/04 GYMNASTICS AB MAT

AB MAT CE2104



PRODUCT FEATURES

The AbMat is a totally one-of-a-kind abdominal exerciser and core trainer. A safe, comfortable design contoured to your lower back to provide support and to help prevent injury. One size fits all! Small & portable.

/04 GYMNASTICS EXERCISE WHEEL

EXERCISE WHEEL CE2105



PRODUCT FEATURES

Build firmer, stronger abs and strength in the shoulders, chest, and core.
Extra-wide single wheel with ergonomic handles lets you perform roll-outs, inch worms, lat/diagonal pulls, and rolling planks.

/04 GYMNASTICS EQUALIZER



EQUALIZER CE2106

TECHNICAL MEASURES

Size : 64cmx80cmx73cm

PRODUCT FEATURES

It 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. Strong design supports up to 181kg. Stack together for efficient storage when not in use.

PARALLETTE CE2107

TECHNICAL MEASURES

Size : 36cmx59cmx31cm

PRODUCT FEATURES

/Build upper body pressing strength while improving hand balancing and inverted skills.
/Powder coated handles for better grip.
/Welded Joint for extra rigidity.
/Made from 38mm steel tube with 2mm thick ness.





/04 GYMNASTICS WEIGHT VEST



WEIGHT VEST CE3101

TECHNICAL MEASURES

Weights: 10kg, 20kg, 30kg

PRODUCT FEATURES

This sweat-resistant cordura adjustable vest comes with flexible 1kg weighted iron blocks that fit easily and securely into hook-and-loop vest pockets. Large overlapping hook-and-loop waist straps secure vest tightly to body even while running, jumping, and bounding.



WEIGHT VEST CE3102

TECHNICAL MEASURES

Weights: 10kg

PRODUCT FEATURES

/Fashion camouflage pattern
/Comes with flexible 2kg weighted iron blocks that fit easily and securely into hook-and-loop vest pockets.
/Large overlapping hook-and-loop waist straps secure vest tightly to body.

/04 GYMNASTICS WALL MOUNTED



MULTI-GRIP CHIN UP CE4101

TECHNICAL MEASURES

Assembly Size : 131x58x60cm

PRODUCT FEATURES

Chin-ups are arguably the best upper body exercise around. There is no other pulling exercise that can replace its functional value; and no, the lat pull down is a not a suitable replacement.

A chin-up bar in a gym is a highly useful fixture, given that it can also be used as an anchor for rings, bands or a suspension training device.

/04 GYMNASTICS ROPES

CLIMBING ROPE CE5101

TECHNICAL MEASURES

Material: sisal
Size: Φ 38mmxL15m
 Φ 38mmxL4m
 Φ 38mmxL7m
 Φ 50mmxL15m



PRODUCT FEATURES

Great for building upper body strength. Superior quality "Grade A" manila rope complete with specially-designed mounting bracket for easy installation to ceiling attachments. This natural fiber rope absorbs perspiration for the best grip and is extremely durable. 38mm/50mm diameter and custom lengths available.

BATTLE ROPE CE5102

TECHNICAL MEASURES

Material: polypropylene fibre
Size: Φ 38mm x L15m
 Φ 50mm x L15m



PRODUCT FEATURES

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

Available in Black or White both 38mm and 50mm diam. Custom lengths is available.

BATTLE ROPE WITH NYLON COVER CE5103

TECHNICAL MEASURES

Size: Φ 38mm x L15m
 Φ 50mm x L15m



PRODUCT FEATURES

With nylon cover
The same great metabolic and strength workout as before, now with the all-weather covered training ropes designed to withstand the toughest indoor and outdoor conditions. Each rope is available in various lengths.



/05

GROUP TRAINING

/PUMP SET
/BODY BAR
/STEPPER
/YOGA MAT
/BALLS



/05 GROUP TRAINING

PUMP SET & BODY BAR



PUMP SET GT1000

TECHNICAL MEASURES

/Rubber plate pl26c: 1.25kg / 2pcs, 2.5kg / 2pcs, 5kg / 2pcs
/Chromed hollow bar: 28 / 30 x 1300 mm
/Spring collar: 1pr



BODY BAR GT1010

TECHNICAL MEASURES

/Steel tube covered with tearproof foam.

Ø25 / 2kg / L1250mm	Ø28 / 6kg / L1250mm
Ø25 / 3kg / L1250mm	Ø32 / 8kg / L1250mm
Ø25 / 4kg / L1250mm	Ø36 / 10kg / L1250mm
Ø25 / 5kg / L1250mm	Ø40 / 12kg / L1250mm



PUMP SET RACK GT1500

TECHNICAL MEASURES

Assembly Size: 153 x 80 x 150 cm



BODY BAR RACK GT1501

TECHNICAL MEASURES

Assembly Size: 126 x 68 x 131 cm

/05 GROUP TRAINING

STEPPER

AEROBIC STEP CD8033

TECHNICAL MEASURES

/Dimension: 98L x 38W x 15H cm
/Adjust: from 15cm to 20cm to 25cm
for all heights and fitness levels.



AEROBIC STEP CD8034

TECHNICAL MEASURES

SIZE A /Dimension: 110L x 41W x 11H cm
/Adjust: from 10cm to 15cm to 20cm
for all heights and fitness levels.
 SIZE B /Dimension: 72L x 36.5W x 15H cm
/Support blocks: 5cm when placed in position.
/Adjust: from 10cm to 15cm for all heights and fitness levels.



/05 GROUP TRAINING YOGA MAT

NBR YOGA MAT FY1002

TECHNICAL MEASURES

Size: 142 x 58 x 1.5 cm
183 x 58 x 1.5 cm



TPE YOGA MAT FY1003

TECHNICAL MEASURES

/Size: 175 x 60 cm
/Thickness: 0.4, 0.6 cm



/05 GROUP TRAINING BALLS

EXERCISE BALL CD8045

TECHNICAL MEASURES

Ball Size: 55 / 65 / 75 cm
Weight: 2000 / 2200 / 2200 g



MEDICINE BALL CD8037

TECHNICAL MEASURES

Weight:
1kg-10kg in 1kg increments

MEDICINE BALL RACK GT3502

TECHNICAL MEASURES

/Stores up to 10 medicine balls.
/Assembly size: 107x56x147 cm



/06 RECOVERY

FOAM ROLLER & RECOVERY

EVA MASSAGE ROLLER CE6101



TECHNICAL MEASURES

/Ideal for pilates, core, ab and back stabilization and strengthening.
/Made from premium EVA foam.
/Essential balance training tool.
/Release myofascial tightness and self massage of the back, calf, hamstring, glutes and quads.
/Designed to maintain its shape even after years of use.
/Size: 90x15cm.

DEEP TISSUE FOAM ROLLER CE6102



TECHNICAL MEASURES

Size : 14 x 33cm
Maximum User Weight : 60kgs

DEEP TISSUE FOAM ROLLER CE6103



TECHNICAL MEASURES

Size : 14 x 33cm
Maximum User Weight : 60kgs

LACROSSE MASSAGE BALL CE7001



TECHNICAL MEASURES

Material: Silica gel
Diameter: 65mm

LACROSSE MASSAGE BALL CE7002



TECHNICAL MEASURES

Material: Silica gel
Diameter: 65mm

NO DOUBTS