



Fitness
Superstore

The
UK's No.1
supplier of
**Quality Home
Fitness
Equipment**

FITNESS
EQUIPMENT
CATALOGUE

2015-16

www.fitness-superstore.co.uk : 0800 783 4506

Call for your copy of our Strength Equipment Catalogue

or request a copy from our website



BODY POWER

Exercise Equipment Floor Protector Mats

To help maintain your machine, reduce the level of dust, eliminate vibration through the unit and to protect the area you have sited your product on, we suggest you purchase a floor protector mat.



Upright Cycle/ Compact Elliptical (3' x 4')

#BPMA34

Treadmills / Large Elliptical (3' x 6.5')

#BPMA36

Large Treadmill/Rowers (3' x 7.5')

#BPMA37

Compact Multi Gym (4' x 6')

#BPMA46

Large Rower (250cm x 80cm)

#BPMA250

Ultra FIT

MAGAZINE'S

Home Gym Guide TREADMILLS

The onwards march of technology combined with reduced manufacturing costs means that you can now buy a reliable home-use treadmill with gradient control, pre-set programmes and a running action that is absurdly close to commercial quality treadmills for under £1000! And that's good news, because running and hill walking are great forms of cardiovascular training and both are also effective for weight control and body fat reduction. A good treadmill can provide a superior level of cushioning to reduce impact on your joints whilst emulating the feel of the open road, and there's none of the hassle of finding traffic and pollution-free routes, or safety issues especially for women during dark winter evenings. However treadmills require more complex engineering than other types of CV equipment, which means that there's plenty to think about before rushing out and making that purchase...

WHAT TO LOOK FOR

- Overall dimensions - check it will fit into your intended location (near a power point) with sufficient space to mount and dismount. If space is tight, consider a folding treadmill.
- Motor power - should be rated at least 1.5 continuous horsepower and have good torque (at very low speeds, the belt should not slow when you step onto it).
- Treadmill cushioning and stability - what does the treadmill feel like to run on? A good treadmill should offer excellent cushioning, yet not shake, wobble, rattle or vibrate on each foot strike.
- Belt or Tread - check that the treadmill belt is wide enough and long enough to accommodate your running style without feeling cramped and that it moves smoothly over the running deck, even when you're walking at slow speeds.
- Maximum Speed - ensure it's at least 2mph higher than your regular running pace to prolong the life of the motor.
- Maximum Gradient - higher maximum gradients e.g. 12%+ are useful for walking workouts. Also check how quickly the gradient changes once the button is pressed!
- Console feedback and ease of use - how clear and comprehensive is the displayed information? How easy is it to access programmes (if there are any)? Are the buttons clearly visible and easy to use?
- Programmes - many treadmills offer interval training, hill courses or allow you to create your own custom running/walking courses. Some also offer interactive training and heart rate control.
- Noise - how noisy is the treadmill especially at higher speeds? Quieter treadmills usually indicate a better standard of construction and motor.
- Folding - does the treadmill fold for compact storage?
- Standard of Construction - welded frames are better than bolted frames, (bolts can work loose under heavy pounding) and the treadmill shouldn't visibly yield when you step on it (a sign of a flimsy build)!
- Warranty - check what sort of motor warranty is offered - the motor is the heart of the treadmill and expensive to put right in the event of a failure. Many manufacturers now offer 10-year motor warranties and an extended warranty on the frame and parts.

Life Fitness

Club Series CST Treadmill #LFTRCST

Now you can enjoy a gym-quality experience at home with the most popular commercial treadmill now refined for the home. The Club Series delivers unmatched durability through a combination of exclusive features, like the patented FlexDeck™ Shock Absorption System, and the rigorous testing performed by reliability engineers. This treadmill also offers a refreshed, non-intimidating console with more options for the personalised entertainment, which helps you complete more enjoyable workouts.



CST Treadmill	
Display	26 character, 7-segment amber LED alphanumeric message center
Display Readout	Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Custom Messaging, Speed, Incline, Distance Climbed
Workout Programmes	Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate, Random, Hill, 5K, 10K, Speed Interval Training, Calories, Distance, Time in Zone, Custom
Heart Rate Monitoring	Polar® Telemetry (optional chest strap required)
Speed	0.5–12.0 mph (0.8–19.3 kph)
Incline	0-15% in 0.1% increments when used with a chest strap
Motor System	4-HP AC Continuous Duty Motor with MagnaDrive™ motor controller
Deck	5/8" Commercial Grade Isocyanide
Deck Shock Absorption	8 Lifespring™ shock absorbers
Belt	20 x 60 (51 cm x 152 cm)
Dimensions (L x W x H)	83" (211 cm) x 37" (94 cm) x 63.5" (161 cm)
Unit Weight	431 lbs (195 kg)
Warranty	In Home: Limited lifetime on frame, LifeSpring™ shock absorbers and drive motor; 3-years parts and labour. Light Commercial: 1 year parts and labour, or 1000hrs (whichever is sooner)



The FlexDeck™ Shock Absorption System reduces knee and joint stress by up to 30% more than non-cushioned surfaces, decreasing the chance for injury. Eight incredibly durable Lifespring™ shock absorbers deliver consistent cushioning.

Treadmill Details

- Patented FlexDeck™ Shock Absorption System
- 0.5 – 12 mph (0.8 – 19 kph)
- 0 – 15% incline
- Powerful 4 HP AC Continuous Duty motor
- Ergonomically correct handlebars and siderails
- 26-character alphanumeric message center and workout profile
- Heart rate monitoring
- 22 workouts
- 7 languages
- Integrated reading rack and accessory tray
- iPod Compatibility
- Integrated iPod controls
- Auto sleep mode when not in use



SEAMLESS COMPATIBILITY WITH IPOD

Connecting an iPod to the console charges the device to provide great motivation through music.

INTEGRATED ENTERTAINMENT CONTROLS

Newly integrated controls allow you to skip songs and adjust the volume for the iPod right from the console.

DX3™ BELT AND DECK SYSTEM

This groundbreaking system combines a lubricant-infused belt, Advanced Belt Tracking System (ABTS™) and our patented FlexDeck™ Shock Absorption System for the ultimate in durability and comfort.

HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the easy-to-grip Ergo™ bar to provide walkers with precise heart rate monitoring, and Polar® telemetry provides runners with accurate, “handsfree” heart rate monitoring. (Telemetry requires optional chest strap.)

MOTIVATING WORKOUT VARIETY

Zone Training+™ Workouts automatically adjust the incline level to keep users in their target heart rate zone



TRACK+ CONSOLE

CONNECT AND ENGAGE

1 Choose your Console

ANDROID™ CONNECTIVITY



Plug in an Android device to access personalised workouts on the LFconnect™ app and track results with a number of different fitness apps

USB PORT

Allows for future software upgrades

ENERGY SAVER

Lowers energy use significantly when the unit is turned on but not in use

HEARTSYNC

Heart rate monitoring and five heart rate controlled workouts through wireless chest strap or hand sensors



iPhone®/iPod® DOCKING STATION



Connect to your music library and track your progress in real time with the LFconnect app, Lose It! or other compatible apps (iPod not included)

PERSONALISED WORKOUTS

Scroll through and access custom workouts created at the LFconnect website when an Android or Apple smartphone/tablet or USB stick is connected to the Track+ Console

ENTERTAINMENT RACK

Puts your tablet, reading materials or smartphone at your fingertips. Attach an iPad on the entertainment rack across all Track+ features

CONTROL

Integrated iPod/iPhone Controls

GO CONSOLE

STREAMLINED EFFICIENCY

HANDS ON OR OFF

Contact hand sensors and wireless telemetry for convenient heart rate monitoring and heart rate controlled workout

- 13 workout programmes
- Wireless heart rate chest strap
- 2 user profiles
- 1 custom workout per user profile
- Energy Saver mode
- Race mode
- Wireless heart rate chest strap



MOTIVATING VARIETY

13 workouts including three Classic, two Advanced, three Goal-based and five HeartSync heart rate controlled workouts

DUAL FITNESS

Create two customized user profiles for quicker set-up and save one custom workout per profile

2 Choose your Frame

T3 Treadmill

The sleekly designed workhorse

The non-folding Life Fitness T3 treadmill is designed with form and functionality in mind. From its sleek aesthetic curves that complement any home environment, to patented features that provide comfort and control, the T3 Treadmill is everything you expect from Life Fitness.



Track+
#LFTRT3TP



Go
#LFTRT3G

Pictured with Track Console



F3 Folding Treadmill

Quality, durability, and convenience

The F3 Treadmill is the first of its kind—a foldable treadmill that doesn't sacrifice quality. It's loaded with everything that has made Life Fitness treadmills the top choice among discerning exercisers around the world. And the highest-quality components ensure years of rugged use. The F3 is so sturdy and sleek, you'll be amazed that it actually folds.



Pictured with Go Console



F3 Folded

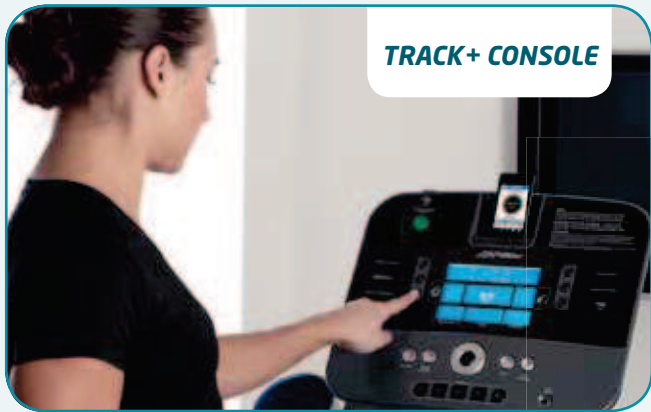


Track+
#LFTRF3TP



Go
#LFTRF3G

	Speed	Incline	Motor System	Deck	Deck Shock Absorption	Belt	Rollers	Hand Rails	Dimensions (L x W x H)	Max User Weight	Warranty
T3	0.5 - 12.0 mph (0.8 - 19.3 kph)	0-15% in 0.1% increments when used with a chest strap	3.0 Horsepower Continuous Duty DC MagnaDrive™ Motor System	1" Medium Density Fiberboard	FlexDeck® Shock Absorption System	60"L x 20"W multi-ply, pre-lubricated (153 cm x 51 cm)	2.6" (6.7 cm) precision crowned front roller and 2" (5.1 cm) rear roller	ErgoBar™ front handlebar with side handrails	79.5" x 34.5" x 57.5" (202cm x 88cm x 146cm) Wt 243 lbs (110 kg)	350 lbs (159 kg)	Limited lifetime on frame, LifeSpring™ shock absorbers; 10 year on drive motor; 3-year on mechanical and electrical parts and labour
F3	0.5 - 10.0 mph (0.8 - 16.1 kph)	0-12% in 0.1% increments when used with a chest strap				55"L x 20"W multi-ply, pre-lubricated (140 cm x 51 cm)	2.0" (5 cm) precision crowned		78.5" x 34.5" x 58.5" (198.5cm x 87cm x 148cm) Folded - L86 x W87 x H192cm Wt 264 lbs (120 kg)		



TRACK+ CONSOLE

ENERGY CONSCIOUS

Efficient Energy Saver technology reduces energy use up to 90% so your T5 is only running when you are



T5 Treadmill

Built for unmatched customization

CUSTOMIZE YOUR WORKOUT

Choose Go or Track consoles, each providing classic, advanced and personalised workouts, with the premium Track Console offering Android™/iOS app compatibility, iPhone/iPod connectivity and marathon mode



Also available with the Go console

Designed specifically for the home with sophisticated details, clean lines and stylish design

- Customize your T5 by choosing either the Go or Track console
- Heavy duty construction with commercial grade rollers and deck
- Energy Saver feature reduces power draw when not in use
- Adjustable FlexDeck® Select shock absorption system with 3 cushioning settings
- Contact heart rate hand sensors and wireless telemetry provide convenient heart rate monitoring (wireless chest strap included)
- Unlimited custom workouts through the LFconnect website (Track console only)
- GoSystem™ Quick Start with 3 personalised speed and incline presets
- Spacious 60" x 22" running surface which is the largest available on Life Fitness treadmills
- iPod not included

ROOM TO RUN

Spacious 60" x 22" running surface accommodates long strides and gives you ultimate freedom of movement



#LFTRT5TP

Track+



#LFTRT5G

Go

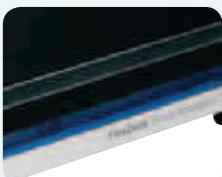
	Workout Programmes	Workout Feedback	Speed/ Incline	Motor System	Deck	Deck Shock Absorption	Dimensions (L x W x H)	Product Weight	Max User Weight	Warranty
T5	<p>Classic Workouts: Manual, Random, Hill</p> <p>Advanced Workouts: EZ Incline, Sport Training, Fit Test</p> <p>HeartSync™ Workouts: Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™.</p> <p>Goal Workouts: Calories, Distance, Target Heart Rate</p> <p>Marathon Mode: Manual, Heart Rate</p>	Incline, Time, Speed, Pace, Distance, Heart Rate & Target Rate, Calories, METs	<p>0.5 - 12.0 mph (0.8 - 19.3 kph)</p> <p>0-15% in 0.1% increments when used with a chest strap</p>	3.0 Horsepower Continuous Duty Motor System	3/4" Commercial Grade Isocyanide Deck	FlexDeck® Select Shock Absorption System with 3 Firmness settings	80" x 32" x 60" (203cm x 81cm x 152cm)	339 lbs (154kg)	400 lbs (181 kg)	Limited lifetime on frame, LifeSpring™ shock absorbers; 10-year on drive motor; 3-year on mechanical and electrical parts and labour

LifeFitness

F1 SMART Treadmill #LFTRF1

Life Fitness is the most recognized name in health clubs and trusted at home by knowledgeable exercisers who want the best.

The F1 Smart Treadmill is refined in the same biomechanics lab used for our health club equipment. Our reliability experts test for hundreds of hours and simulate over five million footfalls to ensure the treadmill investment pays off over many years of workout success.



Flex Deck™ Shock Absorption System

Our patented system reduces knee and joint stress by up to 30% more than when running outside, decreasing the chance for injury. Plus, our virtually indestructible LifeSpring™ shock absorbers ensure comfortable workouts for years to come.



iPod® Control and Charging

Enjoy exercising more with your favourite music enabled by seamless controls for iPod. Plus, connect an iPod to charge it while working out—both you and the device finish the workout energized.



Energy Saver

Conveniently located button lowers energy usage by 90% when the unit is turned on but not in use and wakes up quickly so workouts never wait.



Activity Zone

With Quick Start walk, jog, run preset buttons and speed, incline, pause/resume, stop and iPod controls conveniently located at their fingertips, you can make the most of every workout.



	Display	Workout Feedback	Workout Programmes	Speed/Incline	Motor System	Deck	Deck Shock Absorption	Dimensions (L x W x H)	Product Weight	Max User Weight	Warranty
F1	LCD with blue background and white characters	Incline, Time, Speed mph, km/h, Distance, Heart rate, Target Heart rate, Pace, Level, Calories, Watts, Animated symbols	7 preprogrammed workouts on console, plus unlimited workouts through the Life Fitness Virtual Trainer website and USB port	0.5 - 10.0 mph (0.8 - 16.1 kph) 0-12%	2.5 Horsepower Continuous Duty DC MagnaDrive™	1" Medium Density Fiberboard	FlexDeck® Select adjustable shock absorption system	77" x 34" x 59" (196cm x 86cm x 150cm), Folded: 35" x 34" x 75" (89 x 86 x 190.5cm)	259 lbs (117 kg)	300 lbs (136 kg)	Limited lifetime on frame, LifeSpring™ shock absorbers; 10-year on drive motor; 3-year on mechanical and electrical parts and labour



OPTIONAL Passport MEDIA PLAYER

#JHTPMP



WHAT IT DOES

Run or walk through your destination as dynamic, high definition video content is displayed on your television. The experience is further brought to life as you feel gradual terrain changes under your feet as you go up and down hills or stairs.

HOW IT WORKS

1



Connect Passport™ Player to your TV using the included video cables. Connect power adaptor to player and power outlet. Follow menu options to sync player.

2



Insert Passport™ USB stick into the player.

Swiss Alps / Pacific Northwest #JHTUSBSP
Utah / Wild California #JHTUSBUW
American West / Northern Rockies #JHTUSBAN
Los Angeles / Chicago #JHTUSBLC

3



Follow the menu prompts to run through the included destinations.

Consoles (see page 11)

	Classic	Elegant	Touch
Display	Extra-large LED	10" Full-color advanced LCD	15.6" High-definition touch screen display
Workout Feedback	Time, Speed, Incline, Distance, Calories, Pace & Heart Rate	Time, Speed, Incline, Miles, KM, Calories, Watts, Mets, Heart Rate, Max HR, Calories/Hour	Total Time, Time Remaining, Time Elapsed, Clock, Heart Rate, Max HR, % Max HR, Target Heart Rate, Distance, Calories, Calories Per Hour, Watts, Mets, Pace, Avg. Pace, Level, Incline, Speed
Programmes	Manual, Intervals, Weight loss, Fitness Test, Target HR (speed based) – 5 Total	Manual, Intervals, Weight loss, Fitness Test, 5K, 10K, Calorie Goal, Distance Goal, Sprint 8@, Target HR (speed based), % Target HR (speed based), Target HR (incline based), % Target HR (incline based), Virtual Active 1, Virtual Active 2 - 15 Total	Manual, Intervals, Weight loss, Fitness Test, 5K, 10K, Calorie Goal, Distance Goal, Sprint 8@, Target HR (speed based), % Target HR (speed based), % Target HR (incline based), Custom 1, Custom 2, Custom 3, Saved Program, Virtual Active 1, Virtual Active 2 - 19 Total
Heart Rate	Contact grips and Polar® wireless receiver	Contact grips, Polar® wireless receiver and free chest strap	
Extras	Passport Ready*, charge USB device, Energy Saver mode	Built-in speakers, Passport Ready*, charge USB device, Energy Saver mode	Workout tracking, Made for iPod/iPhone (audio/video), Built-in speakers, Passport Ready*, charge USB device, Energy Saver mode

*Passport Media Player sold separately

Frames (see page 11)

	TF20	TF40
Frame Type	Folding frame	
Running Area	51 x 145 cm / 20" x 57"	51 x 152 cm / 20" x 60"
Cushioning	Ultra Zone Cushioning System	
Belt Type	2-ply maintenance-free waxed belt	
Drive Motor	2.75 CHP digital drive motor	3.0 CHP digital drive motor
Speed Range	0.8 - 20 km/h / 0.5 - 12 mph	
Incline Range	0% - 15%	
Dimensions	201 x 110 x 160 cm 79" x 43" x 63"	211 x 110 x 160 cm 83" x 43" x 63"
Folding Dimensions	102 x 110 x 183 cm 40" x 43" x 72"	105 x 110 x 192 cm 41" x 43" x 76"
Product Weight	122 kg / 268 lbs	126 kg / 277 lbs
User Weight Limit	170 kg / 375 lbs	182 kg / 400 lbs
Warranty	Lifetime Frame & Motor. 5 years parts and 3 years labour	

1 Choose your Console >

These consoles each feature a clean design and intuitive interface, making it easier for you to adjust settings and fine-tune your workout. Plus, they're all compatible with our amazing Passport Media Player, which connects to a television and allows you to work out in stunning places like the Italian Alps.



Classic



Elegant



Home Screen

Touch



Virtual Active Screen



2 Choose your Frame >

Be confident in yourself and the equipment you need to reach your goals with our treadmills, which include maintenance-free belts for longer life and other great features. We offer a variety of models, and you can pick which of our consoles suits your needs. Built on sturdy frames with top-quality part, our treadmills provide an incredibly stable platform for exercising.



TF20
Folding Treadmill



TF40
Folding Treadmill



Classic
#VITRTF20C

Elegant
#VITRTF20E

Touch
#VITRTF20T

Classic
#VITRTF40C

Elegant
#VITRTF40E

Touch
#VITRTF40T



HORIZON
FITNESS

Our Best Seller



	T4000 Premier
Programmes	10 Multi Level: Manual, Intervals, Rolling, Weight Loss, Hill Run, Hill Climb, Race, HRC & 2 x Custom
Console	4 x LED Data Windows and 3-Colour Dot Matrix Display
Feedback	Time, Distance, Calories, Speed, Incline, Heart Rate and Laps
Heart Rate Feedback	Hand Pulse Grips & Polar Chip Receiver
Speed/ Incline	Speed 0.5-12mph - 0.8-20 km/h Incline 0-12% (0.5 Increments)
Belt Type	4.4 mm Orthopaedic Belt
Running Area	51 x 140 cm / 20" x 55" (approx.)
User Weight Capacity	159kgs / 350lbs
Motor	2.5 HP (4.0HP peak) Digital Drive
Dimensions: (L x W X H) cm	186 x 86 x 132
Folded (L x W X H) cm	83 x 86 x 176
Weight	112kgs / 246lbs
Warranty	Lifetime Frame and Motor, 3 Years Parts and Labour

T4000 Premier

Folding Treadmill #HOTRT4000

The superb T4000 Premier treadmill is not only exceptional value but it combines a powerful motor with a comprehensive display for maximum performance. Features an extended, orthopaedic running belt, advanced shock absorption and 10 workouts.



	Omega 3	Omega 2
Programmes	10 including 3 Targets (Time, Distance, Calories), 3 Basic (Manual, Intervals, Weight Loss) and Heart Rate Control (HRC)	6 (Manual, Interval, Rolling, Weight Loss, Hill Run and Heart Rate Control (HRC))
Console	3 Blue LED Windows, 1 Dot-Matrix Profile Display	2 Blue LED Windows, 1 Additional Communication LCD Display
Feedback	Time, Distance, Incline, Speed, Calories, Heart Rate, Programme Profile, Targets and Workouts	Time, Distance, Incline, Speed, Calories, Heart Rate, % Complete and Scan
Heart Rate Feedback	Contact Grips and Polar® Wireless Receiver	
Speed/ Incline	Speed 0.8 - 18 km/h / 0.5 - 11 mph Incline 0 - 12%	Speed 0.8 - 16 km/h / 0.5 - 10 mph Incline 0 - 10%
Running Area	140 x 50 cm	135 x 46 cm
User Weight Capacity	136 kg / 300 lbs	125 kg / 275 lbs
Motor	2.0 CHP Digital Drive Motor	1.75 CHP Digital Drive
Dimensions: (L x W x H) cm	179 x 85 x 134	177.5 x 85 x 134
Folded (L x W x H) cm	116 x 85 x 155	108 x 85 x 154.5
Weight	83 kg / 183 lbs	80 kg / 176 lbs
Warranty	Lifetime Frame / Motor, 3 years parts and labour	



Omega 3

Folding Treadmill #HOTRO3

- Generous running area accommodates most runners
- 0-11mph/ 0-12% Incline
- 3 blue LED windows, 1 profile, and 10 motivating programmes keep your workouts interesting

Designed for simplicity

Not only do these fold up easily, but their unique design also makes assembly simple for everyone.



Omega 2

Folding Treadmill #HOTRO2

- Great workout area size for runners and walkers alike
- 0-10mph/0-10% incline
- 2 blue LED windows, 1 LCD and 6 motivating programmes for diverse workouts

Features for both Omega 3 & 2



MyKeys

Set personal incline and speed levels, and press them to easily go to those levels.



Hand Pulse Grips

Monitor your Heart Rate using the Hand Pulse Grips.



Adjustable Console

The angle can be changed so you get the best view of the display.



See page 10 for a full description on the Passport Media Player

	Elite T5000	Elite T4000	Elite T3000
Programmes	15 (Manual, Speed Intervals, Peak Intervals, Stamina Builder, Weight Loss, Golf Course, Foot Hills, Mountain Climb, 5K, 10K, HR Intervals, THR Zone, Steps HR and Custom 1 & 2, Passport Ready*)	12 (Manual, Speed Intervals, Peak Intervals, Stamina Builder, Weight Loss, Golf Course, Foot Hills, Mountain Climb, HR Intervals, THR Zone, and Custom 1 & 2, Passport Ready*)	10 (Manual, Speed Intervals, Peak Intervals, Stamina Builder, Weight Loss, Golf Course, Foot Hills, Mountain Climb, THR Zone and Custom, Passport Ready*)
Console	3 Orange 10 x 14 LED Screens with Dot Matrix, 16 Digit Alphanumeric Display		3 orange LED screens with dot matrix
Feedback	Time, Distance, Incline, Speed, Pace, Calories, Heart Rate, Clock, Date		
Heart Rate Feedback	Hand Pulse Grips & Polar Chip Receiver		
Speed/Incline	Speed 0.8-20 km/h / 0.5-12 mph Incline 0 - 15%	Speed 0.8-20 km/h / 0.5-12 mph Incline 0 - 14%	Speed 0.8-20 km/h / 0.5-12 mph Incline 0 - 12%
Running Area	153 x 50 cm / 60" x 20" Orthopaedic Belt 4.4mm		140 x 50cm / 55" x 20" Orthopaedic Belt 2.2mm
User Weight Capacity	170kgs / 375lbs		160kgs / 350lbs
Motor	2.75 CHP Digital Drive	2.5 CHP Digital Drive	
Dimensions: (L x W X H) cm	215 x 93.5 x 145		205 x 93.5 x 145
Folded (L x W X H) cm	110 x 93.5 x 195.5		110 x 93.5 x 185.5
Weight	130 kgs / 286 lbs		122 kg / 269 lbs
Warranty	Lifetime Frame and Motor, 3 Years Parts and Labour		

*Passport Media Player sold separately



Elite T5000

Folding Treadmill #HOTRELT5000

The Horizon Elite T5000 Treadmill has super comfortable 4.4mm orthopaedic belt providing the ultimate balance between firmness and shock absorption, plus a durable and spacious 60 x 20" running deck.

15 motivational programmes with integrated iPod control and MP3 compatibility, enabling users to listen to their favourite music on iPod, iPhone or iPad while working out.

Passport Ready, Made for iPod® Speakers, iPod® Control, Audio in/out Jacks





Elite T4000

Folding Treadmill #HOTRELT4000

The Horizon Elite T4000 Treadmill has a super comfortable 4.4mm orthopaedic belt providing the ultimate balance between firmness and shock absorption, plus a durable and spacious 60 x 20" running deck.

12 motivational programmes offering a variety of motivational workouts to challenge and interest the user.

Discover the difference that the right fitness equipment can make.



Elite T3000

Folding Treadmill #HOTRE3000

The Horizon Elite T3000 Treadmill has a super comfortable 2.2mm orthopaedic belt providing the ultimate balance between firmness and shock absorption, plus a durable and spacious 55" x 20" running deck.

10 motivational programmes, Passport Ready with MP3 compatibility, enabling users to listen to their favourite music while working out.

For comfort the T3000 has VCS (Variable Cushioning Support) for ultimate support.





iFIT[®]
powered by **Google maps**

NordicTrack[®]

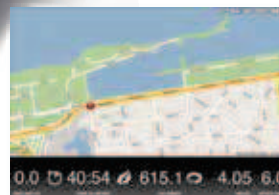
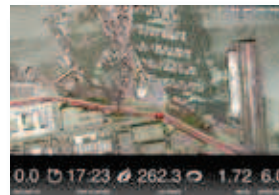
YOU'LL NEVER WORK OUT THE SAME WAY AGAIN!

Redefining the Fitness Experience

iFit Live™ Technology picks up the wireless network in your home and is the only connection between the Internet and your home fitness equipment! Now, all of your customised workouts are automatically downloaded to your fitness equipment and as you work out, your results are uploaded to iFit.com, helping you manage your online profile and track your results!



Screen Displays



Connect your ifit machine with a wireless connection

Welcome to an exciting new technology that combines your fitness activities, diet and lifestyle into a fully integrated fitness experience! Featuring workouts powered by Google Maps™, training expertise and competitive races, this wireless technology is the ultimate workout tool! Customise your own fitness programme—draw a map or select a course from online to get started.

This incredible feature provides exciting new opportunities for you to tour the world, run and train for races and compete with others, right from your own home!



See Google Maps™ Street View on your laptop, TV, smartphone or on selected equipment console

Smarter workouts. faster results.

Packed with features, you'll have everything you need for smarter workouts and faster results right at your fingertips! With the My iFit Dashboard, you can easily track your goals, progress and upcoming workouts for result-specific fitness options. Plus, with our impressive range of fitness levels, you can always increase your intensity level for consistent improvement. iFit Live™ takes all the guesswork out of exercising and provides the motivation you need to achieve any fitness goal!

	Elite 4000
Motor	4.0 CHP DurX™ Commercial Pro
Speed	0–22 Km/h 1-Touch™ Speed Control
Incline/Decline	0 to 15% 1-Touch™ Incline and 0 to -3% 1-Touch™ Decline Control
Tread Belt	55 cm x 152 cm Non-Stretch, 2-Ply Tread Belt
Display	7" Color Touch-Screen Display with Web Browser Powered by Android™
Workouts	40 Workouts Apps and iFit® Enabled*
Pulse	Dual Grip CardioGrip™ Heart Rate Monitor with Polar® Chest Pulse Strap included
Cushion	Runners Flex™ Cushioning
Entertainment	15" Integrated HDTV, Colour Touchscreen with Android™ Browser, Compatible Music Port for iPod®, Intermix Acoustics™ 3.0
Other	SpaceSaver® Design, EasyLift™ Assist, Upper & Lower AutoBreeze™ Workout Fans
Deck	145 kg Weight Capacity
Product Size	204.47 x 99.82 x 198.12 cm, Folded: 109 x 100 x 190 cm
Product Weight	104 kgs
Warranty	Lifetime Frame, 10 Years Motor, 2 Years Parts and Labour Manufacturers Warranty is 12 months standard and upgraded upon registering the product within 28 days of purchase

NordicTrack®

NOW YOU CAN GET ONLINE WHILE YOU WORK OUT!

Elite 4000 Folding Treadmill #NTTRE4000

The NordicTrack Elite 4000 features the iFit Tablet, a beautiful, responsive 7" full-colour touch screen, featuring a browser Powered by Android™. Connect to your home's wireless network to check the news, read email, watch sports highlights, get on Facebook and more!

Plus, navigate through workout stats and options with the swipe of a finger and track your speed, time, distance, incline, decline, calories burned and pulse. And, with iFit Live Technology*, you can watch your workout progress through GoogleMaps™ Street View!

Incline / Decline Training

Accelerate your training with incline and decline on the Elite 4000 Treadmill. With up to 15% incline, you'll recruit more muscle targeting your hips, quads and glutes. And, to perfect your cadence and strengthen your legs for the downhill segments of your next marathon or 10K, the 3% decline adds variety and realistic training to your program. Integrated with iFit Live Technology, the Elite 4000 recreates any trail in the world! You'll increase your performance, improve your time and train the right way with incline and decline!

Battle Boredom in High Definition

Channel your energy and improve your workout experience with a 15-inch high-definition television right on your treadmill. Precision-designed mounting hardware lets you put your fitness equipment in any room in the house and still enjoy your favourite sports, shows and movies. It's at eye-level and fixed above the display so your entertainment never interferes with your workout.

*iFit Live module included.

7" Full colour touch-screen display with web browser powered by Android™

Get online while you work out! Connect to your home's wireless network to check the news, read email, watch sport highlight, get on Facebook and more with this 7" touch-screen display.

iFIT
powered by Google maps





Exclusive to Fitness Superstore

	Elite 1500	T18.0
Workouts	34 Workout Apps, iFit® Live** Technology Compatible	28 Workout Apps, iFit® Live** Technology Compatible
Console	LCD display tracks speed, time, distance, calories, pulse and incline. iPod Compatible Intermix 3.0 Audio with two speakers.	
Feedback	Perfectly clear and easy to read, this display tracks your speed, time, distance and calories burned so you can monitor your progress throughout your workout	
Heart Rate Feedback	CardioGrip™ Heart Rate Monitor with Polar® Chest Pulse Strap included	Dual-Grip EKG Heart Rate Monitor sensors and Polar® T34 Wireless Chest Pulse Strap
Speed	Speed 0 - 22 Km/h	
Incline/Decline	0 - 15% 1-Touch™ Incline and 0 to -3% 1-Touch™ Decline Control	0-15% 1-Touch™ incline control
Running Area	55 x 152 cm	51 x 152 cm
User Weight Capacity	145 kg	159 kg
Motor	3.5 CHP DurX™	3.0 CHP DurX™
Dimensions: (L-W-H)	190 x 93 x 160 cm	210 x 97 x 152 cm
Folded (L-W-H)	120 x 93 x 184 cm	91 x 97 x 182 cm
Weight	104 Kgs	123 Kgs
Warranty	Lifetime Frame, 10 Years Motor, 2 Years Parts and Labour* *Manufacturers Warranty is 12 months standard and upgraded upon registering the product within 28 days of purchase	

Elite 1500 Folding Treadmill #NTTRE1500

Advanced with a quiet, powerful motor and the best fitness technology available, the Elite 1500 Nordic Track treadmill is loaded with specs and features that put your goals in reach. The smooth, self-cooling 3.5 CHP motor drives a workout easily adjusted with 1-Touch™ controls, while FlexSelect™ cushioning provides noticeable comfort and protection to your knees, ankles and back.

15% incline and -3% decline training prep you for any event and ban the boredom of treadmill workouts with iFit® technology** and take your workout anywhere in the world.



FlexSelect™ Cushioning

T18.0 Folding Treadmill #NTTRT18.0

Push your limits with the T18.0! Featuring a 3.0 CHP DurX motor powering a maximum speed of 22 km/h and 15% incline, it challenges all fitness levels. Includes advanced, adjustable cushioning, 28 workout apps and iFit Live compatibility.

A Certified Personal Trainer creates a unique, personalised programme and you can load the workouts right onto your equipment through iFit Live™ Technology**. Workouts automatically adjust the speed and incline of the treadmill to maximize your results.



Adjustable Deck



**iFit Live module and subscription sold separately.



Exclusive to Fitness Superstore

	C100	T9.2
Workouts	16 Workout Apps	20 Workout Apps, iFit® Technology Compatible**
Console	6" Blue Tinted Display	6" Backlit Display
Feedback	Backlit LCD Grafixx display. Perfectly clear and easy to read, this display tracks your speed, time, distance and calories burned so you can monitor your progress throughout your workout	
Heart Rate Feedback	CardioGrip™ Heart Rate Monitor	Dual-Grip EKG™ Heart Rate Monitor and Polar Chest Included
Speed/Elevation	Speed 0 - 20 Km/h Elevation 0 - 10%	Speed 0 - 20 km/h Elevation 0 - 10%
Running Area	51 x 140 cm	
User Weight Capacity	125 kg	150 kg
Motor	2.5 CHP DurX™	2.5 CHP motor
Dimensions: (L-W-H)	186 x 91 x 173 cm	185 x 86 x 149 cm
Folded (L-W-H)	91 x 92 x 169 cm	118 x 86 x 174 cm
Weight	79 Kgs	79 kgs
Warranty	Lifetime Frame, 10 Years Motor, 2 Years Parts and Labour Manufacturers Warranty is 12 months standard and upgraded upon registering the product within 28 days of purchase	

T9.2
Folding Treadmill #NTTR9.2

With the touch of a button, quickly adjust your incline up to 10%. Higher inclines reduce impact on your joints and help you burn calories for faster weight loss.

This patented, revolutionary design allows your treadmill to fold vertically for storage. To make it even easier, this treadmill includes a powerful shock that will help lift the deck with an easy push.



C100
Folding Treadmill #NTTRC100

Kickstart your fitness campaign on the NordicTrack C100 treadmill. The 2.5 CHP motor provides smooth power to the wide 51 x 140 cm running area. Select the running area comfort level you prefer with the quickly adjusted FlexSelect Cushioning, which can support up to 125 kg user weight. Intermix Acoustics audio system keeps your workouts fun as well as challenging.



Adjustable Cushioning



**iFit Live module and subscription sold separately.



Innovative technology, powerful features, and extra comfort—the Performance 1450 delivers everything to achieve your goals. Adjust your training without losing focus, while an iFit Compatible console offers the latest in fitness technology**.

**iFit Live module and subscription sold separately.

1450 ZLT

PERFORMANCE

Folding Treadmill #PRTR1450



50.5 x 148.5 cm Treadbelt

Dual-Grip EKG™ HRM
Polar Chest Included



Innovative technology folds the deck up and out of the way. Plus, with EasyLift™ Assist, the heavy duty deck is easy to move!

Designed to operate both smoother and quieter than the average treadmill belt



Motor	2.75 CHP Mach Z™ Commercial Motor (4.0HP)
Speed/Incline	0-20 km/h QuickSpeed™/ 0 - 12%
Display	15 cm Backlit Display, RaceTrack™ Display
Workouts	22 Personal Trainer & iFit™ Compatible**
Entertainment	Music Port for iPod, Intermix Acoustics™ 2.0
Product Size	197 x 88 x 150 cm, Folded: 102 x 88 x 181 cm

Warranty

The Home Use Warranty is lifetime on frame, 5 years on the motor and 2 years parts and labour. *(The standard warranty is 1 year parts & labour, however the warranty will be extended free of charge to 2 years parts & labour provided the product is registered with Proform either by warranty card or via their website, along with proof of purchase, within 28 days of purchase).

No warranty is available for non domestic environments.

The Pro-Form Endurance S9 Treadmill delivers reliable, comfortable home training for maximised performance. Run up to 20km/h and reach a 10% incline on the large, cushioned belt and choose from 16 workouts.

Endurance S9

Folding Treadmill #PRTRS9END



51 x 140 cm Treadbelt

Motor	2.5 CHP Mach Z™ Motor (3.0HP)
Speed/Incline	0-20 km/h QuickSpeed™/ 0 - 10%
Display	Multi Window LED Display
Workouts	16 Workout Apps
Entertainment	Music Port for iPod, Intermix Acoustics™ 2.0
Product Size	186 x 92 x 149 cm, Folded: 91 x 92 x 169 cm

Train every day on the quality Pro-Form Endurance S7. With a top speed of 18km/h and 10% vertical climb, it offers incredible range, while 18 built-in workouts provide motivation. The spacious treadmill features ProShox cushioning to reduce impact by up to 28%.

Endurance S7

Folding Treadmill #PRTRS7END

Lose weight and burn more calories with the built in 8 week weightloss centre. This onboard programming delivers 8 weeks of audio coaching. Each workout is progressive and automatically adjusts your speed and incline so you get amazing results

51 x 140 cm Treadbelt

Walk, jog or run your way to incredible results with this heavy-duty treadmill. The long deck is perfect for long or short strides.



ProShox™ Cushioning

Work out longer with cushioning that reduces impact by up to 28%.



Motor	2.5 CHP Mach Z™ Motor (3.0HP)
Speed/Incline	0-18 km/h QuickSpeed™/ 0 - 10%
Display	5" Backlit Display
Workouts	18 Workout Apps
Entertainment	Music Port for iPod®/mp3, Intermix Acoustics™ 2.0
Product Size	186 x 92 x 149 cm, Folded: 91 x 92 x 169 cm

Getting fit shouldn't cost the earth and the ProForm 525 ZLT treadmill provides everything you need to improve your health and fitness at home in an affordable package.

525 ZLT

Folding Treadmill #PRTR525ZLT

This LCD display panel makes it easy to track your speed, time, distance and calories burned so you can monitor your progress throughout your workout.



We are "Love the World" certified which means that ProForm compensate all carbon emission generate by the Development, Production, Transportation and use of this machine

46 x 127 cm Treadbelt



Space Saver™ technology allows the walking board to fold up out the way when not in use.



Warranty	The Home Use Warranty is lifetime on frame, 5 years on the motor and 2 years parts and labour. *(The standard warranty is 1 year parts & labour, however the warranty will be extended free of charge to 2 years parts & labour provided the product is registered with Proform either by warranty card or via their website, along with proof of purchase, within 28 days of purchase). No warranty is available for non domestic environments.
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Motor	2.0 CHP Mach Z™
Speed/Incline	0-16 km/h QuickSpeed™/ 0 - 10%
Display	LCD with RaceTrack™ System
Workouts	16 Workout Apps, 8 x Performance & 8 x Calorie Burn
Entertainment	Music Port for iPod®/mp3, Intermix Acoustics™ 2.0
Product Size	168 x 81 x 140 cm, Folded: 82 x 81 x 153 cm

BH

BH Fitness are one of the world's largest fitness equipment manufacturers and global leader in design and production of fitness equipment for home and commercial use. They provide a selection of products developed from more than 100 years of industry experience, giving you simply the best value on the market today. BH Fitness is confi-

dent you will find the right equipment to ensure you not only reach your fitness goals, but also enjoy the journey that takes you there. The BH Fitness product range includes cardio and fitness equipment ranging from exercise bikes including racers to elliptical trainers for both commercial and home use.

F6 AERO

#BHTRG6426T



12 Pre-Set Programmes



Use	Intensive
Maximum User Weight	140 Kgs (309 lbs)
Vertical folding	Yes
Power (Peak / Continuous)	3.5 HPP / 2 HP
Speed	1-20 km/h / 0.6-12.4 mph
Electrical inclination	12%
Screen	Dot Matrix + 6 LEDs
Pre-set programmes	12
Running surface (LxW)	140 x 51 cms / 55" x 20"
Handgrip pulse	Yes
Wireless pulse supported	Yes, optional telemetric band
Dimensions (LxWxH)	184 x 94 x 149 cm / 72.5" x 37" x 58.7"
Weight	102 Kgs / 224 lbs
In Home Warranty	2yrs parts & labour

**FINANCE
AVAILABLE**
See page 3 for details

**Home
Use**

F1 Folding Treadmill

#BHTRG6414



12 Pre-Set Programmes

FINANCE AVAILABLE
See page 3 for details

Home Use

Use	Regular
Maximum User Weight	135 Kgs (298 lbs)
Vertical folding	Yes
Power (Peak / Continuous)	2.5 HPP / 1.25 HP
Speed	1-16 km/h / 0.6-9.9 mph
Electrical inclination	12%
Screen	6.8" blue backlit LCD
Pre-set programmes	12
Running surface (LxW)	135 x 45 cms / 53" x 18"
Handgrip pulse	Yes
Wireless pulse supported	No
Dimensions (LxWxH)	174 x 78 x 140 cms / 68.5" x 30.4" x 55.1"
Weight	86 Kgs / 190 lbs
In Home Warranty	2yrs parts & labour



F2 Folding Treadmill

#BHTRG6416



12 Pre-Set Programmes

FINANCE AVAILABLE
See page 3 for details

Home Use

Use	Regular
Maximum User Weight	135 Kgs (298 lbs)
Vertical folding	Yes
Power (Peak / Continuous)	2.75 HPP / 1.5 HP
Speed	1-18 km/h / 0.6-11.2 mph
Electrical inclination	12%
Screen	6.8" blue backlit LCD
Pre-set programmes	12
Running surface (LxW)	135 x 45 cms / 53" x 18"
Handgrip pulse	Yes
Wireless pulse supported	Yes, optional telemetric band
Dimensions (LxWxH)	174 x 78 x 140 cms / 68.5" x 30.4" x 55.1"
Weight	86 Kgs / 190 lbs
In Home Warranty	2yrs parts & labour



KETTLER



Tablet not included



RUN 1 Folding Treadmill #KETRRUN1

The high quality Run 1 Folding Treadmill features a 16km/h top speed and 10% incline for varied workout challenges. A cushioned belt provides comfortable running, while the innovative Smartphone control (Android and iOS) via app delivers exciting workout options via the free S-Fit app. World Tours 2.0 compatible.



KETTLER



Tablet not included



RUN 7 Folding Treadmill #KETRRUN7

Enjoy versatile training on the Run 7 Folding Treadmill. An advanced 20km/h top speed and 15% incline offers great workout variety on a generous sized treadbelt. A cushioned belt provides comfortable running, while the innovative Smartphone control (Android and iOS) via app delivers exciting workout options via the free S-Fit app. World Tours 2.0 compatible.



	Pulse-rate measurement	Display / strain graph	Display	Motor	Speed min. / max. in km/h	incline	Running Surface (cm)	Size (L/W/H in cm)	Folded Size (L/W/H in cm)	Max user weight	Warranty
RUN1	Built in handlebar sensors and integrated Polar wireless receiver (chest strap as extra)	Blue backlit LCD	6 key performance stats	2CHP	0.8 -16 (0.1 km/h steps)	0 - 10%	132 / 45.5	181 / 80 / 134	94 / 80 / 157	120 kg	3 years parts and labour
RUN7				2,75CHP	0.8 - 20 (0.1 km/h steps)	0 - 15%	142 / 51	180 / 84 / 137	103 / 84 / 158	135 kg	

Home Gym Guide
ELLIPTICAL TRAINERS

Ellipticals were originally developed by exercise scientists to provide a movement as free as possible from the impacts and stresses associated with the more conventional forms of exercise such as running, cycling and aerobics. As well as protecting joints from strain, shear and compression type injuries, they also wanted to ensure that any movement required minimal co-ordination, and involved a maximum proportion of the lower body large muscle groups in order to help promote aerobic fitness gains and efficient fat burning. The elliptical was born! With the addition of upper body handles to work the chest back and arms, it quickly evolved into the elliptical cross-trainer. Today, home-use ellipticals are almost as popular as treadmills, with an enormous choice of models...

WHAT TO LOOK FOR

- Braking system – almost all ellipticals use magnetic braking, and you'll need this option if you want programmes.
- Lower Body Movement Feel – the feel of an elliptical is very subjective. Ideally it should feel smooth throughout the range of movement, with a natural stride pattern – not jerky or snatchy, or with a footplate that changes direction very suddenly as it reaches the 'end' of the ellipse.
- Upper Body Movement Feel - the handles should be comfortable to grip and without significant play as the handles change direction. Check that at high resistance levels, there's no rocking or instability.
- Stride length adjustment – some machines allow you to shorten or lengthen the stride, making it easier to match the machine's movement to your own natural stride pattern.

- Console feedback and ease of use - how clear and comprehensive is the displayed information? How easy is it to access programmes (if there are any)? Are the buttons clearly visible and easy to use?
- Programmes - these can offer variety and motivation by simulating various hill courses, allowing you to create your own or by controlling your heart rate.
- Power – some ellipticals are self-powered; others need mains connection.
- Standard of construction - the frame should be built predominantly from metal, the welds tidy and the overall finish good without sharp or rough edges. Moving parts should be adequately shielded from prying fingers.



CSX Club Series
Elliptical Cross-Trainer #LFELCSX13

World-class light commercial workout

The Life Fitness Club Series Elliptical Cross-Trainer offers a health club level total-body cardiovascular workout. Built for comfort, it is a proven machine that offers a variety of low-impact workouts. This cross-trainer also offers a refreshed console with more options for personalised entertainment, so you can complete more enjoyable workouts.

SEAMLESS COMPATIBILITY WITH iPod

Connecting an iPod to the console charges the device to provide great motivation through music.

TOTAL-BODY EXERCISE

Proven Classic Stride technology produces a unique, popular motion with 18" stride length, research-based ellipse path and biomechanically correct moving arms.

OVERSIZED PEDALS

The pedal design allows users to adjust foot position comfortably and the narrow 2.8" pedal spacing minimizes lateral hip shifting, which reduces lower back stress.

HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the easy-to-grip Ergo™ bar to provide you with precise heart rate monitoring, and Polar® telemetry gives you accurate, "handsfree" heart rate monitoring. (Telemetry requires optional chest strap.)



iPod not included



Self Powered



- Dimensions: L 211 cm x W 72 cm H 155cm
- Max user weight: 159 kg
- Unit weight: 107 kg



	Console	Display	Workout Programmes	Heart Rate Monitoring	Stride	Resistance levels	Warranty
CSX	LED: Alphanumeric message center, workout profile and lower level time/level display	Elapsed Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Watts, METs, Workout Profile, Resistance Level, Speed	Manual, Quick Start, Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate, Hill, Random, Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training, Cross Train Aerobic, Cross Train Reverse	Polar® Telemetry (optional chest strap required)	Classic Stride Technology with 18" (45.7 cm) Stride Length	25	In Home: Limited lifetime on frame, LifeSpring™ shock absorbers and drive motor; 3-years parts and labour Light Commercial: 1 year parts and labour, or 1000hrs (whichever is sooner)

LifeFitness

E5 Elliptical Cross-Trainer

#LFELE5TR

with WhisperStride™ Technology

Part of the innovative E Series, the E5 Elliptical with Track Plus console is a premium-quality total body training platform. Featuring an adjustable stride path (46cm -61cm), it allows you to switch up your training to target different areas while the console brings exciting virtual training options. Incredibly comfortable, the powerful elliptical drive keeps things smooth and natural, while WhisperStride™ technology ensures one of the quietest strides available. Cushioned, anti-slip pedals ensure secure footing and comfort while two sets of handlebars allow you to switch from total body workouts to lower body targeting. The handlebars also come with handy one-touch thumb resistance and stride controls for easy workout adjustments.



iPod not included

E5 Special Features

- Contact heart rate hand sensors allow for convenient heart rate monitoring
- ErgoGrip™ stationary handlebar supports lower-body workouts
- Link6™ elliptical drive produces a natural stride that mirrors human movement
- Cushioned, anti-slip pedals for comfort, support and freedom of natural movement



LifeFitness

E3 Elliptical Cross-Trainer

#LFELE3TR

with WhisperStride™ Technology

The health club inspired E3 Elliptical with Track Plus console merges durability with engaging features so you can experience optimised training in your own home. Driven by a powerful elliptical drive and WhisperStride™ technology, enjoy exceptionally smooth, quiet motion, while the advanced club-inspired Track Plus console takes your workout to new heights of engagement.

Ideal for all users, the E3 features a generous 20" stride path for natural movement. With a focus on comfort, cushioned, anti-slip pedals ensure secure footing while two sets of handlebars allow you to switch from synchronised upper and lower body workouts to lower body targeting with convenient contact heart rate sensors in both. You can also use the included wireless chest strap. The multi-grip moving handlebars also come with handy one-touch thumb resistance controls for easy workout adjustments.



iPod not included

Special Features

- Contact heart rate hand sensors on the ErgoGrip™ bullhorn handlebars
- Life Fitness Virtual Trainer: download and create custom workouts
- CoachZone™ coaches you on targeting different muscle groups
- Durable, heavy-duty welded steel frame is guaranteed for life



	Contact heart rate hand sensors on stationary handlebars	Stride: Elliptical motion identical to commercial-grade model	Whisper eStride™ technology provides remarkably quiet, fluid electronic stride adjustments from 18" to 24"	ErgoGrip™ stationary front handlebar	Patented Link6™ elliptical drive system	Oversized, dual accessory trays	ActivityZone™ Leg and Total Body Trainer workouts	Resistance levels	Maximum user weight	Dimensions	Unit weight	In Home Warranty
E5	•	Adjustable	•	•	•	•	•	20	181 kg	L214 x W87 x H168cm	250 lbs 114 kg	Limited lifetime on frame, 3-years parts and labour
E3	•	Fixed	–	•	•	•	•	20	181 kg	L211 x W86 x H160cm	250 lbs 113 kg	
E1	•	Fixed	–	•	•	•	•	20	182 kg	L206 x W76 x H150cm	215 lbs 98 kg	

LifeFitness

Go Model Shown

E1 Elliptical Cross-Trainer

Quiet and attractive

Boasting outstanding durability, natural motion and club-inspired, stylish looks, the E1 Elliptical is an ideal home training platform for all fitness levels. The solid steel frame is incredibly sturdy while the powerful elliptical drive and WhisperStride™ technology work together to deliver an incredibly smooth and quiet motion. One of the quietest home ellipticals available, you are able to focus on your goals without distraction or disturbing others.

Complete with a large, 20" fixed stride length, the E1 Elliptical offers a smooth, natural motion. This is boosted by the oversized pedals, which allow you the freedom to move comfortably, while 20 resistance levels provide enough intensity to suit every level of fitness and training regime.



E1 Special Features

- WhisperStride™ technology provides a remarkably quiet, fluid stride
- Contact grips on ErgoGrip stationary handlebars, wireless heart rate with chest strap
- Patented Link6™ elliptical drive system provides a smooth, natural stride
- Oversized, non-slip pedals for a natural stride path
- durable steel frame with club-inspired Titanium finish

Choose either the Track+ or Go Workouts Console with the E1:



#LFELE1TR

Track+



#LFELE1GO

Go

For more information on the Track+ and Go Consoles please go to page 6

Track+ Console

- 14 workout programmes
- Workout programmes grouped by type on 4 keys for easier selection
- Wireless heart rate chest strap
- 4 user profiles
- 3 custom workouts per user profile
- iPod Compatibility
- Life Fitness Virtual Trainer accessibility
- Energy Saver mode



iPod not included



Available on the E1 model only

Go Console

- Energy Saver
- 13 Workouts
- 2 User profiles
- 1 Custom Workout
- Wireless Heart Rate Chest Strap



Octane
FITNESS

#OCXR6XI

xR6xi

Tablet not included



		xR6xi
Key Mechanical Features	PowerStroke™	•
	Step-through design	•
	Soft grip pedals	•
	Stationary foot pegs	•
	Seat height adjustments	20
	Seat tilt adjustments	5
	MultiGrip™ and Converging Path™ handlebars	•
	Water bottle/accessory holders	2
Electronic Features	SmartLink compatible	•
	SmartLight	Multi-colour
	MOM mode	•
	Wireless heart rate compatibility	Bluetooth® 4.0 and ANT+, Polar® (Free Polar heart rate strap with xi console)
	Digital contact heart rate sensors	•
Workouts	Resistance levels	20
	Number of Programmes	9
	SMARTLINK Programmes	Lose weight 9, Feel better 11, Tone up 4, Athletic performance 10
Specifications	Chest Press, X-Mode, Leg Press	•
	Max user weight	300 lbs (136 Kg)
	Footprint	35" x 71" (89 x 181cm)
	Product weight	244 lbs (110 Kg)
	Warranty	In Home Warranty Lifetime frame, 5 years parts, and 2 years labour

xRide IGNITING A REVOLUTION

The Best in Seated Cardio! Octane Fitness redefined seated workouts with the invention of the one-of-a-kind xRide recumbent elliptical. Built based on the health club model, the premium xR6 has the ability to interact with your iPad® via the SmartLink app and features SmartLight technology to keep you motivated throughout your workout.

Taking advantage of PowerStroke technology, the xRide gives you 343% more glute activity and helps you burn 23% more calories compared to recumbent bike workouts at the same exertion levels, according to a university study.

With its step-through design, it's safe and easy to get on and off the elliptical machine.

Plus, the xR6 is fully loaded with Octane features including MultiGrip handlebars, soft grip pedals and Workout Boosters.



PEDALS



Oversized pedals accommodate every size foot, and soft rubber provides a safe grip surface while enabling you to maximise your efforts.

PEGS



Isolate the upper body for focused strength workouts simply by resting your feet comfortably on the stationary foot pegs.

What is SmartLink?

SmartLink is an app from Octane Fitness that helps link your fitness goals to real results! SmartLink wirelessly connects to and controls your Octane machine from your iPad®. With this free app, you can access a ton of information and programmes that make your workouts more efficient, effective and motivating!

Take advantage of customised 30, 60 or 90-day goal-based programmes that coach, motivate and drive results; workout tracking; live videos of CROSS CIRCUIT exercises and Workout Boosters and a ton of extras that help you get fit and stay fit.

Plus, with easy app updates, you'll benefit from even more exercises and workouts over the years!

POWERSTROKE TECHNOLOGY



The defining feature that sets the xRide recumbent elliptical apart from recumbent bikes is Octane's 16" PowerStroke technology. PowerStroke allows for optimal leg extension and power drive, delivering more muscle engagement.

University studies show that xRide users demonstrate 343% more activity in their glutes, produce 22% more mechanical power and burn 23% more calories than when using a recumbent bike at the same exertion level.



FINANCE AVAILABLE
See page 3 for details



Octane
FITNESS

#OCELQ47XI

#OCELQ47X

Q47xi & Q47x

ELLIPTICAL TRAINERS



	Q47xi	Q47x	
Key Mechanical Features	Electronic stride adjustment	•	
	Stride length	18"-26"	
	Stride & resistance buttons on moving handlebars	•	
	Pedal spacing	1.8" (4.6cm)	
	Low step-up height	5" (12.7cm)	
	Converging handlebars	•	
Electronic Features	MultiGrip handlebars	•	
	SmartStride	•	
	SmartLight	multi-colour	1-colour
	MOM mode	•	
	SmartLink compatible	•	-
	Polar® wireless heart rate	•	-
	Bluetooth 4.0 & ANT+ compatible	•	-
Digital contact heart rate on moving handlebars		•	
Workouts	Number of Programmes	14	10
	Workout Boosters X-Mode™, GluteKicker™, ArmBlaster		•
Specifications	Max user weight	300 lbs (136 Kg)	
	Footprint	28" x 72" (71.1 x 182.9cm)	
	Product weight	290lbs (132Kg)	
	In Home Warranty	Lifetime Frame, 5 Years Parts (Powerbands 90 days) and 2 Years labour	



CONSOLE TECHNOLOGY ▶

The console workout centre is simple to navigate, whether you're choosing Quick Start or an advanced workout – or whether you're connecting to SmartLink. You choose the level of technology you want to fuel your workout. The console accommodates your iPad with three placement options – Watch, Read and Surf.

◀ Q47xi & Q47x

THE BEST ELLIPTICALS JUST GOT SMARTER

The best ellipticals just got smarter with SmartLink, the intelligent app links your goals to results! There's nothing new to learn or buy – it's all available on your iPad.

With a variety of 30, 60 or 90-day workout plans customised to your goal, you're on your way right away with a push of two buttons.

CROSS CIRCUIT comes to life with more than 35 workout plans and instructional videos that show 225 exercises. And the demos of Workout Boosters ensure that you have proper form to maximize your efforts and results.



SMARTSTRIDE® ▲

Whether you walk, jog, run or go backwards on the elliptical, the patented SmartStride automatically takes you there. Interactive ergonomics analyze your speed and direction and adjust stride length accordingly for the most natural movement and flow.

Optional CROSS CIRCUIT + Kit (for Q47xi & Q37xi) ▶ #OCACCKXI

Octane is the only elliptical that offers both a cardio and strength workout in one location! The CROSS CIRCUIT + kit includes side-steps, 3-powerbands with resistance levels ranging from beginner to advanced, 1-set of extendable handle grips and an instructional powerband guide.





Octane
FITNESS

#OCELQ37XI

#OCELQ37X

Q37xi & Q37x

ELLIPTICAL TRAINERS

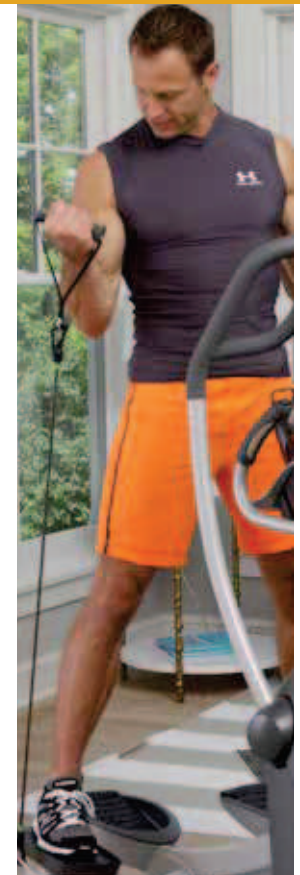
		Q37xi	Q37x
Key Mechanical Features	Fixed stride length	20.5" (52 cm)	
	MultiGrip handlebars	•	
	Watch, Read, Surf placement options	•	-
	Set of resistance bands	•	-
	CROSS CIRCUIT attachments	•	
	Low step-up height	4" (10.2 cm)	
Electronic Features	Pedal spacing	1.8" (4.6 cm)	
	SmartLight	multi-colour	1-colour
	MOM mode	•	
	SmartLink compatible	•	-
	Polar® wireless heart rate	•	-
	Bluetooth 4.0 & ANT+ compat	•	-
Workouts	Digital contact heart rate on stationary handlebars	•	
	Number of Programmes	10	8
Specifications	Workout boosters X-Mode™, GluteKicker™, ArmBlaster	•	
	Max user weight	300 lbs (136 Kg)	
	Footprint	30" x 65" (76 x 165 cm)	
	Product weight	220 lbs (100 Kg)	
In Home Warranty	Frame Lifetime, Parts 5 years (Powerbands 90 days) Labour 2 years		



◀ THE NEW Q37 SERIES...

...is ramped up and ready to take you and your workout to the next level. See the results you have been trying to find for years... better results in less time with the redefined Octane Q37.

Add Octane's signature workout boosters...xMode and ArmBlaster and GluteKicker, with customizable resistance levels and interval timing, and you've got full control over your workout.



CROSS CIRCUIT® ▶

The ultimate in multi-tasking, Octane's exclusive CROSS CIRCUIT combines cardio intervals on the elliptical with strength-training exercises using Octane's Powerbands, dumbbells, body weight and more for exhilarating, total body conditioning.

With endless variety, you'll stay motivated and get double the workout in half the time and space!





Octane
FITNESS

#OCELQ35X

Q35x

ELLIPTICAL TRAINER

		Q35x
Key Mechanical Features	Fixed stride length	20.5" (52 cm)
	Low step-up height	4" (10.2 cm)
	Pedal spacing	1.8" (4.6 cm)
Electronic Features	MOM mode	•
	Digital contact heart rate on stationary handlebars	•
Workouts	Number of Programmes	8
	Workout boosters X-Mode™, GluteKicker™, ArmBlaster	•
Specifications	Max user weight	300 lbs (136 Kg)
	Footprint	26" x 65" (66 x 165.1 cm)
	Product weight	210 lbs (95 Kg)
	In Home Warranty	Frame Lifetime, Parts 5 years, Labour 2 years



THE ORIGINAL OCTANE ELLIPTICAL...

...just keeps getting better, delivering the form, function and results that you crave. The new Q35x features contact heart rate monitoring and enhanced X-Mode Workout Booster to let you get even more out of your workout. From the natural fluid motion of Body-Mapping Ergonomics™ and QuadLink drive to the informative electronics and variety of pre-programmed workouts, this elliptical gets you moving and seeing results in no time.



PERFECT EXECUTION...

Just get on an Octane Fitness elliptical and immediately notice the great feel of the natural, fluid motion. There are also digital contact heart rate sensors, goal programmes, soft grip pedals, and close pedal spacing.

Built precisely around human biomechanics, these machines are designed to fit you and offer workouts that not only get you fit, but also feel good on your body – both during and after exercise.

Q35x Unbeatable Function and Value

- Body-Mapping Ergonomics—scientifically engineered to deliver fluid, comfortable, natural motion
- 1.8" pedal spacing—mimics human biomechanics and provides optimal comfort
- Space-efficient footprint—fits conveniently in any room in your home
- QuadLink drive—delivers smooth, natural flow, both forward and backward, without stress on your joints
- MOM Mode—promotes family safety and provides peace of mind for parents by disabling console buttons and restricting movement so little ones cannot easily move arms and pedals
- X-Mode—original Octane Workout Booster with 8 challenging prompts to vary your exercise routine, keeping you interested and driven to greater results
- GluteKicker and ArmBlaster—Workout Boosters that give focus to key areas for greater toning and muscle development
- Informative, easy-to-use electronics—including auto Quick Start and DedicatedLogic



FINANCE AVAILABLE
See page 3 for details



OPTIONAL Passport MEDIA PLAYER

#JHTPMP



WHAT IT DOES

Run or walk through your destination as dynamic, high definition video content is displayed on your television. The experience is further brought to life as you feel gradual terrain changes under your feet as you go up and down hills or stairs.

HOW IT WORKS

1



Connect Passport™ Player to your TV using the included video cables. Connect power adaptor to player and power outlet. Follow menu options to sync player.

2



Insert Passport™ USB stick into the player.

Swiss Alps / Pacific Northwest #JHTUSBSP
Utah / Wild California #JHTUSBUW
American West / Northern Rockies #JHTUSBAN
Los Angeles / Chicago #JHTUSBLC

3



Follow the menu prompts to run through the included destinations.

Consoles

	Classic	Elegant	Touch
Display	Extra-large LED	7" Full-colour advanced LCD	10" high-definition touchscreen display
Workout Feedback	Time, Speed, RPM, Distance, Calories, Pace, Heart Rate	Time, Speed, RPM, Distance, Calories, Watts, Mets, Heart Rate, Max HR, Calories/Hour	Total Time, Time Remaining, Time Elapsed, Clock, Heart Rate, Max HR, % Max HR, Target Heart Rate, Distance, Calories, Calories Per Hour, Watts, Mets, Pace, Avg. Pace, Level, Speed, RPM, Resistance
Programmes	Manual, Intervals, Weight loss, Constant Watts, Target HR – 5 Total	Manual, Intervals, Weight loss, Constant Watts, 5K, 10K, Calorie Goal, Distance Goal, Sprint 8, Target HR, % Target HR, Virtual Active 1, Virtual Active 2 – 13 total	Manual, Intervals, Weight loss, Constant Watts, 5K, 10K, Calorie Goal, Distance Goal, Sprint 8, Target HR, % Target HR, Custom 1, Custom 2, Custom 3, Saved Program, Virtual Active 1, Virtual Active 2 – 17 total
Heart Rate	Contact grips and Polar® wireless receiver	Contact grips, Polar® wireless receiver and free chest strap	
Extras	Passport Ready*, charge USB device, Energy Saver mode	Built-in speakers, Passport Ready*, charge USB device, Energy Saver mode	Workout tracking, Made for iPod/iPhone (audio/video), Built-in speakers, Passport Ready*, charge USB device, Energy Saver mode

*Passport Media Player sold separately

Frames

	X20	XF40
Frame Type	Front-drive non-folding frame	Front-drive folding frame
Stride Length	51 cm / 20"	
Step-on Height	25 cm / 10"	
Flywheel Weight	10.5 kg / 23 lbs.	
Resistance System	ECB magnetic braking system	
Resistance Range	1 - 20	
Pedal Spacing	0 cm / 0"	
Pedal Type	Oversized pedals	Oversized pedals with cushioned footpad
Handle Bar Type	Standard with foam grip	Multi-position with rubberized grip
Assembled Dimensions (LxWxH)	189.7 x 65.6 x 166.5 cm / 75" x 26" x 66"	189.7 x 77 x 166.5 / 75" x 30" x 66"
Folding Dimensions (LxWxH)	n/a	130 x 80 x 170 cm / 51" x 31" x 67"
Max User Weight	135 kg / 300 lbs.	148 kg / 325 lbs.
Warranty	Lifetime Frame & Brake. 5 years parts and 3 years labour	

1 Choose your Console >

LOW IMPACT. LESS NOISE. NO MORE REASONS TO PUT OFF EXERCISING.
 Commit to reaching your goals in comfort with Vision's low-impact ellipticals. With a variety of ergonomically advanced features, their unique designs deliver motion that better replicates natural body movement. These ellipticals are also smooth and quiet, courtesy of friction-free magnetic resistance and large drive belts. For convenience and easy storage, the XF40 folds.



2 Choose your Frame >

LOW IMPACT. HIGH COMFORT.
 An ideal fit for total-body workouts, these front-drive ellipticals utilise a patented design and 10.5-kilogram balanced flywheel to deliver a smooth, fluid motion with consistent resistance. Long pedal arms, overlapping pedals and pivoting footpads allow your stride to feel natural. Each model also has front transport wheels for easy movement if you ever decide to relocate or store the elliptical.



Classic #VIELXF40C
Elegant #VIELXF40E
Touch #VIELXF40T

XF40
 Folding Elliptical Trainer
 It has it all, including one-step folding and 4 transport wheels for easy storage.

- Multi-position handgrips for variety
- Long 51 cm / 20" stride length
- 10.5 kg / 23 lb. balanced flywheel
- Oversized pedals with cushioning

FINANCE AVAILABLE
See page 3 for details

X20
 Elliptical Trainer
 For a feature-packed elliptical, try the X20.

- Ergonomic contact heart rate grips
- Long 51 cm / 20" stride length
- 10.5 kg / 23 lb. balanced flywheel
- Oversized pedals

FINANCE AVAILABLE
See page 3 for details

Classic #VIELX20C
Elegant #VIELX20E
Touch #VIELX20T



S60 Suspension Elliptical Trainer # VIELS60

Part of the Vision Fitness 60 series Light Commercial line, the S60 features an impressive specification. With a heavy, gauge steel frame, the machine has long lasting durability with less maintenance while its self-powered generator means you have the freedom to place the machine wherever you wish without the need for mains power.

Featuring a huge 21" stride path and perfectly positioned pedal spacing, it mimics a natural running or walking motion so users can achieve maximum results with comfort and support.



	Console	Programmes	Stride Length	Max User Weight	Dimensions	Product Weight	Warranty
S60	10x14 dot-matrix LED profile display, 16 alphanumeric LEDs with scrolling feedback, 4 customisable feedback LEDs and HR zone display	12: Classic (Manual, Interval, Fat Burn, Random), Watts (Constant Watts, Interval Watts, Hill Watts), Goal (Time Goal, Distance Goal, Calories Goal), HRT (HRT Weight Loss, HRT Interval)	53.4 cm 21"	182 kg / 400 lbs / 28.5 Stone	Length: 185.8cm x Width: 74.8cm x Height: 163.5cm	140 kg / 308 lbs	Home: Lifetime Frame/Motor/Brake, 5 years parts and 3 years labour Light Commercial: Up to 6 hours use only per day; 2 years frame and brake, 2 year parts and labour

iFIT
powered by Google maps



Exclusive to Fitness Superstore

iFIT
powered by Google maps



E7.2 Incline Elliptical Trainer

#NTELE7.2

The NordicTrack E7.2 elliptical cross trainer allows you to get results faster. With an adjustable 18-20" stride, you can target different muscle groups, personalise your stride to obtain maximum comfort or work different muscles for variety. With 20 digitally-controlled resistance levels and 5-position incline ramp, you can tweak to your exact needs. Comes with 20 workouts and iFit Live compatibility**.

iFIT
powered by Google maps



E11.5 Power Incline Elliptical Trainer

#NTELE11.5

Workout variety is the fastest way to reach your goals and the feature-rich E11.5 gives you plenty of flexibility to shake up your normal routine. The power incline ramp not only allows you to adjust the stride between 18-20", but you can target different muscle groups and challenge your limits with its 10-30° incline. Choose from 30 motivational built-in workouts or go interactive with iFit Live compatibility**. This online fitness tool, powered by Google Maps, offers event training, personalised workouts and much more. A great space saver, the E11.5 folds away for easy storage.

AutoStrider 500 Elliptical Trainer

#NTELAS500

The AutoStrider 500 delivers everything you need for varied, total body workouts. Powered by innovative SMR Silent Magnetic Resistance, you can enjoy smooth motion across 20 challenging levels while the ample stride path keeps you comfortable for the long haul. For added variety, take your pick from 20 Personal Trainer workouts or train online, courtesy of iFit Live compatibility**. Plot your own real-world routes, download limitless workouts or stride through different scenery with every workout.

	AS 500
Dimensions	168 x 60 x 170 cm
Workouts	20 Personal Trainer Workouts (10 Calorie and 10 Performance), iFit Live Technology Compatible
Warranty	5 years on frame, 2 years* parts and labour. *The standard warranty is 1 year parts & labour, however the warranty will be extended free of charge to 2 years parts & labour upon registering the product warranty within 28 days of purchase

	E7.2
Dimensions	173 x 68 x 176 cm
Workouts	20 Workout Apps, iFit Live Technology Compatible
Warranty	5 years on frame, 2 years* parts and labour. *The standard warranty is 1 year parts & labour, however the warranty will be extended free of charge to 2 years parts & labour upon registering the product warranty within 28 days of purchase

	E11.5
Dimensions	204 x 67 x 166 cm
Workouts	30 Personal Trainer Workouts (10 Intensity, 10 Performance and 10 Calories Burned), iFit Live Technology Compatible
Warranty	5 years on frame, 2 years* parts and labour. *The standard warranty is 1 year parts & labour, however the warranty will be extended free of charge to 2 years parts & labour upon registering the product warranty within 28 days of purchase

**iFit Live module and subscription sold separately.

KETTLER

KETTLER crosstrainers are outstanding machines designed specifically for home use. The build quality is second to none, and is backed up with a 3 year parts and labour warranty. KETTLER is renowned worldwide for technical innovations such as EXT (Extended-Motion Technology), which lengthens and flattens the stride length to reduce impact. With its new models SKYLON and UNIX, KETTLER succeeds uniquely in combining the ideal of physical fitness with the modern lifestyle of stylish and contemporary fitness users.

The new SKYLON and UNIX cross trainers are also compatible with S-FIT, which allows the smartphone to interact with the machine via bluetooth. This opens up an infinite amount of training programmes, as well as KETTFIT, the online community where all your training data is stored. Choose KETTLER for the very best in home fitness equipment

	Skylon 3	Cross P	Skylon 5	Unix S	Skylon S
Total Exercising Programmes	10 programmes (2 x manual, 6 x pre-set and 2 x HRC)	12	10	Total exercising programmes – Innovative Smartphone control (Android + iOS) (via app)	Total exercising programmes – Innovative Smartphone control (Android + iOS) (via app)
Console	LCD back-lit	LCD	Tri-colour LCD	LCD	LCD
Heart Rate Feedback	Integrated POLAR compatible pulse receiver for use with chest strap (extra)	Integrated POLAR compatible pulse receiver for use with chest strap (extra)	Integrated POLAR compatible pulse receiver for use with chest strap (extra)	Integrated POLAR compatible pulse receiver for use with chest strap (included)	Integrated POLAR compatible pulse receiver for use with chest strap (included)
User Weight Limit	150kg	130kg	150kg		
Brake System	Magnetic (Motorised)			Induction	
Flywheel	20kg	14kg	22kg		
Dimensions (L/W/H in cm)	201 / 68 / 170	132 / 62 / 169	201 / 68 / 170	144 / 56 / 162	201 / 68 / 170
In Home Warranty	3 years parts and labour				

 Made in Germany

SKYLON 3 Folding Crosstrainer #KEELS3

- Back-lit training computer with HeartRate Light which changes the console colour in accordance with your heart rate: blue = try harder, green = ideal zone, red = stop!
- 10 training programmes including Heart Rate Controlled
- Continuous display of 9 functions
- Motor-adjustable magnetic-brake system with 15 resistance levels
- 20kg flywheel for especially smooth running



CROSS P Crosstrainer #KEELCRP

The Kettler Cross P elliptical cross trainer provides an efficient workout with its 12 different programmes and electrically controlled brake system offering 16 levels of resistance. The LCD display provides feedback on time, distance, speed, RPM and energy consumption. Heart rate is measured via hand sensors and integrated Polar receiver for use with chest belt (not included), hand sensors and ear clip (included) can also be used.



■ ■ ■
Made In Germany

SKYLON 5
Folding Crosstrainer
#KEELS5

- Induction brake system from 25 - 400 watts
- 22kg flywheel for especially smooth running
- Height adjustable cockpit
- Especially narrow gaps between foot plates
- Comfortable folding system for space saving storage with one hand operation
- Castors and height adjustment



S FIT

SKYLON S
Folding Crosstrainer
#KEELSS

- Induction-brake system with power range from 25 - 400 W
- 22kg flywheel for especially smooth running
- Height adjustable cockpit
- Especially narrow gaps between foot plates
- Comfortable folding system for space-saving storage
- Castors and height adjustment

■ ■ ■
Made In Germany



REVOLUTIONARY TECHNOLOGY

UNIX S
Crosstrainer #KEELUS

- Induction-brake system with power range from 25 - 400 Watts
- 22kg flywheel for especially smooth running
- EXT Technology (Extended Motion) for a range of movement that is particularly effective and gentle on joints. EXT gives a stride length similar to that experienced on the machines in the gym, but the size of the machine is still small, fitting in the smallest of spaces

■ ■ ■
Made In Germany



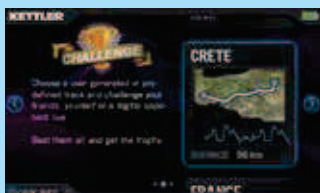
THE EVOLUTION CONTINUES!

KETTLER S-FIT-APP

In combination with a Bluetooth-enabled smartphone or tablet (Android/iOS), the S-LINE units develop their full potential: As soon as a mobile end device with the installed KETTLER S-FIT APP is connected to an S-LINE machine, the user has a choice of the additional training modes FUN, CHALLENGE, and EXPERT.



CHALLENGE



FUN



EXPERT



PULSE-HOLD FUNCTION

WATT / RPM



KETTLER
S-FIT APP



SMARTPHONE HOLDER

TIME / HEART RATE DISPLAY

JOG WHEEL

Ingeniously simple!
The **S-FIT RANGE COCKPIT**

	Elite E4000	Endurance 4
Programmes	14 programmes (Manual, Intervals, Weight Loss, Constant Watts, Muscle Toner, Reverse Train, Oregon Trail, THR Zone, HR Intervals, Cardio Boost, Mountain Climb and 3 Custom)	12 programmes (Manual, Speed Intervals, HR Intervals, Peak Intervals, Cardio Burn, Muscle Toner, Strength Builder, Peak Descent, Nature Trail, Mountain Climb, Constant Watts and HRC)
Console	2 Orange LED Windows, 10 x 14 Dot-Matrix, 16 Digit Alphanumeric LED Display	5.6" Yellow/Green Backlit LCD with Profile Display and Fully Customisable Feedback Windows
Feedback	Time, Distance, Speed, Calories, RPM, Resistance Level, Heart Rate, Clock, Date and Watts	Time, Distance, Speed, Calories, Heart Rate, Resistance Level and Watts
Heart Rate Feedback	Contact Grips and Polar® Wireless Receiver	
Stride Length	50.8 cm / 20"	
User Weight Limit	159 kg / 350 lbs	136 kg / 300 lbs
Resistance Range	20 Electronically Adjustable	
Flywheel	10.5 kg / 23 lbs	8.5 kg / 18.7 lbs
Tension Control	ECB Magnetic Brake	
Belt	Poly V Belt	
Dimensions: (L x W x H) cm	187 x 62 x 167	190 x 62 x 168
Weight	80 kg / 176 lbs	84 kg / 185 lbs
Warranty	Lifetime Frame / Brake, 3years parts and labour	



Elite E4000

Elliptical #HOELEL4000

- The E4000 has a console that is packed with features, 14 programmes, profile performance tracking, and passport compatibility.
- It also supports iPod, with made for iPod speakers, and is compatible with the Nike+ iPod system.

See page 32 for a full description on the Passport Media Player



Oversized Pivoting foot Pads

Extra-large foot pads pivot to imitate your natural movement for a more comfortable workout.



Endurance 4

Elliptical #HOELE4

- Long, 50.8cm/20" stride length mimics your normal walking/jogging motion
- 5.6" yellow-green backlit LCD with profile display and 12 motivating programmes provide a variety of workout options
- Oversized rubber pedals offer more space to find comfortable positioning



Manual Incline (Endurance 4)

Five positions are available for variety or a challenge.



	Endurance 3	Syros
Programmes	9 program Options incl. 3 Targets (Time, Distance, Calories), 3 Program (Rolling, Weight Loss, and Intervals)	9 Programmes (Manual, 6 Preset Program, HRC and User)
Console	5.6" LCD with Profile Display and Fully Customisable Feedback Windows	5.8" LCD with Profile Display and Fully Customisable Feedback Windows
Feedback	Time, Distance, Speed, Calories, Heart Rate, Resistance Level and Watts	Time, Distance, Speed, Calories, RPM, Pulse, Watts, Recovery and Body Fat
Heart Rate Feedback	Contact Grips and Polar® Wireless Receiver	Contact Grips and Wireless Receiver
Stride Length	45.7 cm / 18"	41 cm / 16"
User Weight Limit	136 kg / 300 lbs	
Resistance Range	16 Electronically Adjustable	
Flywheel	7 kg / 15.4 lbs	
Tension Control	ECB Magnetic Brake	
Belt	Poly V Belt	-
Dimensions: (L x W x H) cm	187 x 62 x 168	145 x 60 x 160
Weight	71 kg / 156 lbs	48.5 kg / 107 lbs
Warranty	Lifetime Frame/Brake, 3 Years Parts & Labour	2 Years Frame/Brake, Parts & Labour



SixStar Certified frame, which delivers a unique combination of six key elements for the most natural elliptical feel

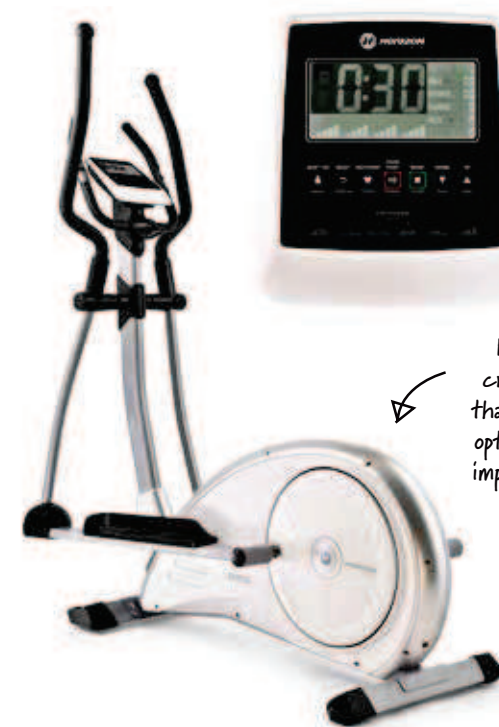
Endurance 3

Elliptical #HOELE3

- Non-Folding, SixStar Certified frame delivers the most natural elliptical feel
- 45.7cm/18" stride length helps mimic a natural walking/jogging motion
- 5.6" LCD with profile display and 9 motivating programmes keep your workouts interesting



Fan (Endurance 5/4/3)
High quality blower fan keeps you cool during your workout.



Rear-drive cross-trainers that are durable options for low-impact workouts

Syros

Elliptical #HOELS

- Non-folding, rear-drive design
- 5.8" LCD with profile display and 9 programmes keep you motivated
- Oversized pedals offer more space to find comfortable positioning



Low Step-On Heights
These trainers are great value for your home exercise routine.

Enjoy engaging total body workouts on the high quality Pro-Form ZLT Elliptical Crosstrainer. Features smooth magnetic resistance, 18 resistance levels, High Definition console featuring 20 workouts and iFIT Live compatibility**.

900 ZLE



Folding Crosstrainer #PREL900ZLE



Flywheel	10 kg
Resistance	18 levels
Display	Backlit HD LCD display
Programmes	20 Plus iFit™ Live Compatibility**
Entertainment	Music Port for iPod, Intermix Acoustics™ 2.0
Heart rate monitoring	Dual-Grip EKG™ handlebar sensors
Product Size (assembled)	(LxWxH): 185 x 87 x 170cm

**iFit Live module and subscription sold separately.

A great value elliptical with great training variety and space saver design. Features SMR™ Silent Magnetic for fluid motion, 16 resistance levels, 20 stimulating workout programmes, heart rate sensors and transport wheels.

SpaceSaver 700

Folding Crosstrainer #PREL700



Flywheel	10 kg
Resistance	16 levels
Display	Large backlit LCD display
Programmes	20 and a recovery test
SMR™ Silent Magnetic Resistance	Smooth and friction-free for easy resistance changes
Heart rate monitoring	Dual-Grip EKG™ handlebar sensors
Product Size (assembled)	(LxWxH): 163 x 69 x 155cm

Enjoy engaging total body workouts on the Pro-Form 475 ZLE Elliptical Crosstrainer. Features 14 digital resistance levels, 14 varied workouts, natural 17" stride path and EKG™ Heart Rate monitoring.

475 E

Crosstrainer #PRELEL475



Flywheel	7 kg
Resistance	14 levels
Display	LCD display
Programmes	14 Built-in workouts
Entertainment	iPod/mp3 compatibility, Intermix™ Acoustics 2.0
Heart rate monitoring	Dual-Grip EKG™ handlebar sensors
Product Size (assembled)	(LxWxH): 153 x 65 x 170cm

Warranty: Two years on frame, and two years parts and labour. Two years parts and labour is subject to registering the elliptical with ProForm within 28 days of purchase.

This can be done by warranty card or via the ProForm website, along with proof of purchase. If you do not register, warranty for parts and labour is valid for one year. No warranty is available for non-domestic environments.

AFTER 30 YEARS IN THE GYM, WE'VE DROPPED A FEW SIZES.

Since 1983, StairMaster has been a legendary name in the gym, delivering a real workout and real results. Now, with the StepMill 3, we're bringing it all home. The StepMill 3 gives you a full cardiovascular and strength workout in one, and a compact, lightweight design makes it perfect for home gyms and workout spaces, medical offices and corporate fitness centres. It's the tough, effective workout you've come to expect from the original name in climbing fitness in a size that fits your needs.



EASY-TO-NAVIGATE CONSOLE FEATURING
MOTIVATING PROGRAMMES AND FEATURES
ON A LARGE, BACKLIT LCD

TECHNICAL SPECS...

Product Dimensions	227 lbs (103 kg)
Product Weight	Input Voltage 100-240 VAC 50/60 Hz 100 VA
Power Requirements	Backlit LCD Console
Display	Standard console programmes
Workouts	N/A
Fitness tests	Electronically controlled alternator, brake, and drive chain precisely controls the stair speed allowing a wide range of users to exercise smoothly within their comfort zones
Drive System	Revolving staircase with six, 6" inch steps
Step Action	9" Fixed step
Step Range	Home and Light Commercial : 10 years frame, 2 years mechanics, 1 year electronics, 1 year wear items, 2 year labour home use, 1 year labour light commercial
Warranty	



46" L x 29" W x 73" H (117cm x 74cm x 185cm)



LIGHT COMMERCIAL AND
HOME USE WARRANTY





#OCZR7

ZERO RUNNER

the new way to run...



Key Mechanical Features	User-defined running motion	•
	Dynamic stride length	up to 58" (147cm)
	Total body	•
	Locations for mobile device	2
	CROSS CIRCUIT® attachment points	7
	CROSS CIRCUIT resistance bands	1 set
	Pedal spacing	1.8" (4.6 cm)
	Low step-up height	5.2" (13.2 cm)
	Rubber non-slip pedals	•
	Lock-out handlebars	•
	Water bottle holder	•
	Whisper-quiet operation	•
	Transport wheels	•
Electronic Features	SmartLink™ compatible	•
	Bluetooth® 4.0 for mobile device connectivity	•
	Head up LCD display	•
	Self powered*	•
	Quick Start (Run)	•
	Cool down	•
	Wireless heart rate (Polar, ANT+ and Bluetooth 4.0**)	•
Digital contact heart rate	•	
Specifications	Max user weight	300 lbs (136 Kg)
	Footprint	38"W x 63"L (97 x 160cm)
	Product weight	195 lbs (89 Kg)
	In Home Warranty	Lifetime on frame, 5 years parts and 2 years labour, resistance bands: 90 days

*Includes 4 AA batteries
 **when connected to free SmartLink app

Replicate real running motion – minus the impact

The ability to imitate true running with zero impact has arrived with the birth of the Zero Runner. Unlike any other cardio machine, Octane Fitness's revolutionary Zero Runner delivers a natural, super-smooth running stride that's just like the real thing – but minus the pounding on your joints. A breakthrough in running biomechanics, it's the ultimate tool to help you maximise your performance, avoid injury and strengthen your entire body for an extended running career.



Top Benefits



Zero impact running

Suspending your body and engaging your core, your feet never hit the ground. Completely eliminating impact on your joints, it removes any limits to your running schedule. You can continue to add the miles, using exactly the same muscles you would use outdoors.

Personalised, natural stride

The patented design of the bionic legs allows you to replicate your own running gait, while the hip and knee pivots provide total flexibility. Totally personalised and unique to you, it makes every run a great run.

Increase efficiency and build strength

Supplementing your outdoor training with the Zero Runner will help you remain strong, build endurance and prevent injury. It's perfect for active recovery days as you can still run without losing the miles.

Master your stride to improve performance

With built-in intelligence* that traces your gait, the Zero Runner teaches you about the health of your running form. Analysing every step, you can focus on achieving a consistent stride to increase your efficiency and overall performance. *SmartLink app required. Download for free from iTunes.

Key Features

ENHANCED CONSOLE ▲

View all your running stats via the sleek display, including your stride length, pace and calories burned. Plus, with two placement options for your mobile device, you can add entertainment too.



CORDLESS AND WHISPER-QUIET ▼

Self-powered, you can place the Zero Runner anywhere in the house. With no motor, you can enjoy silent motion. And you save on energy bills!



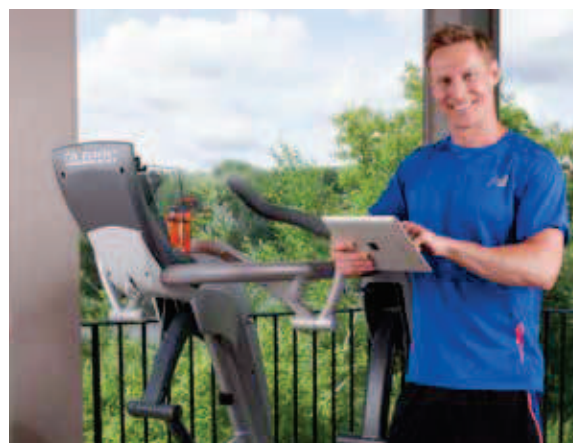
WIRELESS HEART RATE MONITORING ▲

Equipped with wireless heart rate technology with chest strap for Polar, ANT+ and Bluetooth 4.0. There are also digital heart rate sensors conveniently built into the stationary handlebars.



CROSS CIRCUIT ▼

Fitted with 7 CROSS CIRCUIT attachment points, you can combine cardio with strength training. Condition your body, target weak spots and minimise injury. One set of resistance bands are included.



THE SMARTLINK APP ▲

Free to download to your mobile device, the SmartLink app allows you to monitor the health of your stride, features goal-based programmes, workout stats and varied CROSS CIRCUIT workouts.



The humble stationary bike remains one of the most popular and affordable types of aerobic training equipment and it's easy to understand why. For starters, stationary bikes offer a relatively inexpensive entry route for those seeking high quality aerobic training gear without breaking the bank. This is because the engineering required to build a decent, reliable bike is modest and also because stationary bike technology is so well tried and tested.

The cycling movement itself is another reason; almost everyone can cycle, there's very little co-ordination required and the weight-bearing nature of the exercise makes it particularly easy on the hips, knees and ankles - ideal for beginners, the elderly or those suffering /recovering from injury. The icing on the cake is that cycling is also a truly excellent cardiovascular exercise

WHAT TO LOOK FOR

- Braking system – most bikes use electronic braking, which although not cheap, is generally smooth in use and enables manufacturers to offer programmes such as hill and heart rate control. Mechanical braking is simple, cheap and offers potentially very high resistance levels, but it needs a heavy flywheel to give a good pedalling feel and requires regular maintenance. Air braking gives you more resistance as you pedal faster, a nice cooling breeze and is a robust system of generating resistance. However, it doesn't allow you to alter resistance without changing your pedalling speed.
- Flywheel – All other things being equal, the heavier the flywheel, the smoother and less jerky will be the pedalling action
- Recumbent/Upright – upright bikes place you in the conventional upright cycling position, whereas recumbents place you in a more horizontal position, are easier to mount and dismount and have a more supportive seat with a back support. However, recumbents take up more room and are generally more costly for the same standard of bike.

- Pedalling feel – ideally should be silky smooth with the same level of resistance throughout the 360 degrees of pedal revolution, even at high resistance levels and out of the saddle. Avoid models with an uneven or jerky pedalling feel.
- Console feedback and ease of use – how clear and comprehensive is the displayed information? How easy is it to access programmes (if there are any)? Are the buttons clearly visible and easy to use?
- Programmes – can offer variety and motivation by simulating various hill courses, allowing you to create your own or by controlling your heart rate.
- Power supply – is the bike self-powered or does it need mains electricity?
- Riding position adjustability – the more adjustable the bike, the more comfortable during longer sessions. All bikes have saddle height adjustment; check whether the saddle or handlebars can be moved backwards/forwards too.
- Saddle comfort – How padded is the saddle?

LifeCycle GX

#LFCYGXH

DESIGNED FOR GREATNESS...



FINANCE
AVAILABLE
See page 3 for details



ENGINEERED TO BE THE BEST



The company that brought you the original lifecycle® exercise bike now introduces the Lifecycle GX. It's biomechanically designed and user-tested to ensure a comfortable yet effective workout. Plus quality construction provides long-lasting durability ride after ride after ride.

Product Features

Robotically Welded Steel Frame with Rust Prevention E-Coating
Dual-Magnetic Brake Resistance System
Multi-ribbed Belt Drive
Precision Resistance Braking Lever
Dual-Sided SPD Pedals
Vertical and Fore/Aft Seat and Handlebar Adjustments
Dual Water Bottle Holders
Custom Molded Stretching Platforms

Technical Specifications

Length	54.6" (139 cm)
Width	23" (58 cm)
Height	39.5" (100 cm)
Weight	111 lbs (50.5 kg)

Console Feedback Display

Display Screen 1

RPM, Resistance Level, Heart Rate, % Maximum Heart Rate, Calories, Distance, Speed, Time

Display Screen 2

RPM Maximum, RPM Average, Speed Maximum, Speed Average, Maximum Heart Rate, % Maximum Heart Rate, Average Heart Rate, % Average Heart Rate
(Languages: English, Spanish, German, Italian, French, Dutch, Portuguese)

Warranty

Lifetime on frame and 3 years parts and labour

LifeFitness



Club Series Recumbent Lifecycle #LFCYCSLR

The Lifecycle® Recumbent Bike delivers the durable components and advanced technology you expect from Life Fitness. Features a durable, virtually maintenance-free drive system powering 25 resistance levels, personalised entertainment and self-powered convenience.

SEAMLESS COMPATIBILITY WITH IPOD

Connecting an iPod to the console charges the device to provide great motivation through music.

INTEGRATED ENTERTAINMENT CONTROLS

Newly integrated controls allow exercisers to skip songs, adjust the volume for the iPod right from the console.

HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the easy-to-grip Ergo™ bar to provide precise heart rate monitoring, and Polar® telemetry gives you accurate, “handsfree” heart rate monitoring. (Telemetry requires optional chest strap.)

SELF-POWERED CONVENIENCE

Cordless, so you can place your bike anywhere in your home.

RELIABLE BELT DRIVE SYSTEM

Custom-designed system is quiet and virtually maintenance free.



iPod not included



Club Series Upright Lifecycle #LFCYCSLU

The Club Series Upright Lifecycle® Exercise Bike is designed with the advanced engineering and durable components you expect from Life Fitness. Built for easy use, riders of all sizes can adjust the bike seat in seconds to ensure an optimum workout. This bike also offers a refreshed, non-intimidating console with more options for personalised entertainment, which helps you complete more enjoyable workouts.

SEAMLESS COMPATIBILITY WITH IPOD

Connecting an iPod to the console charges the device to provide great motivation to the exerciser through music.

INTEGRATED ENTERTAINMENT CONTROLS

Newly integrated controls allow exercisers to skip songs, adjust the volume for the iPod right from the console.

COMFORT CURVE™ SEAT WITH EASY ADJUSTMENTS

The convex shape and swept back seat design on our Club Series Upright Bike provide superior comfort. Ratchet seat adjustment with 27 positions makes it easy for users to adjust the seat height, even while in a seated position.

HEART RATE MONITORING

Lifepulse™ digital heart rate monitoring hand sensors are conveniently placed on the easy-to-grip Ergo™ bar to provide walkers with precise heart rate monitoring, and Polar® telemetry provides runners with accurate, “handsfree” heart rate monitoring. (Telemetry requires optional chest strap.)

SELF-POWERED CONVENIENCE

Cordless, so you can place your bike anywhere you like to in your home.



	Display	Workout Programmes	Resistance	Heart Rate	Power	Dimensions	Unit Weight	Warranty
CLUB SERIES RECUMBENT	LED: Alphanumeric message center, workout profile and lower level time/level display	Manual, Quick Start, Zone Training+™ Heart Rate Workouts: Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate, Hill, Random, Around the World, Cascades, Foothills, Interval, Kilimanjaro, Speed Training, Watts, Mets, Calories, Distance, Time in Zone, Fit Test	25	Polar® Telemetry (optional chest strap required)	Self powered	L 54" (137 cm)	400 lbs (180 kg)	In Home: Limited lifetime on frame, 3-years on mechanical and electrical parts and labour Commercial: 1 year parts and labour, or 1000hrs (whichever is sooner)
W 26" (66 cm)								
CLUB SERIES UPRIGHT						L 48" (122 cm)		
						W 24" (61 cm)		
						H 54" (137 cm)		

	RS3	RS1	C3	C1
Resistance Levels	20			
Seat Adjustments	13 positions		14 positions	
Dimensions	L 145 cm W 69 cm H 131 cm	L 169 cm W 65 cm H 131 cm	L 114 cm, W 69 cm, H 142 cm	
Pedals	Self-balancing non-slip pedals	Standard self-balancing pedal	Enhanced cushioning non-slip, self-balancing pedals with straps	Standard self-balancing pedal
Handle Bars	Deluxe two-grip front assist and side-mounted		Ergonomically-designed racing style handlebars	
Unit Weight	70 kg	61 kg	113 lbs 51kg	116 lbs 53 kg
Power Requirements	Plug-in	Plug-in	Plug-in *Self-powered option with Go Console	Plug-in
Heart Rate Feedback	Heart Rate Hand Sensors on handlebars *Wireless Cheststrap included with RS3			
Warranty	Limited lifetime on frame, 3-years on mechanical and electrical parts and labour			
Resistance System	Generator	Eddy Current	Generator	Eddy Current
Max User Weight	182 kg	137 kg	180 kg	135 kg

Track+ Console



- Android Connectivity
- 4 User Profiles
- USB Port
- Energy Saver
- Heartsync

- iPhone, iPod & iPad Compatibility (not included)
- Personalised Workouts
- Entertainment Rack



Go Console





- Energy Saver
- 13 Workouts
- 2 User Profiles

- 2 Custom Workouts
- Wireless heart rate chest strap



For more information on the Track+ and Go Consoles go to page 6

	Display	Workout Programmes	Special Features	Workout Feedback
 Track+	4" x 6" (10cm x 15cm) blue and white custom etched LCD	Manual, Random, Hill, EZ Resistance, Sport Training, Fat Burn, Cardio, Heart Rate Hill,™ Heart Rate Interval,™ Extreme Heart, Fit Test, Calories, Distance, Target Heart Rate	Integrated Tablet/Smartphone Rack, Auto Save, Quick Start, Cool Down/Warm Up Modes, User Profiles, LF Accessibility, Energy Saver	Level/Incline, Speed, mph, km/h, rpm, Distance, Heart rate, Target Heart Rate, Calories, METs, Animated symbols.
 Go	4" x 6" (10cm x 15cm) blue and white custom etched LCD	Manual, Random, Hill, EZ Resistance, Sport Training, Fat Burn, Cardio, Heart Rate Hill,™ Heart Rate Interval,™ Extreme Heart, Calories, Distance, Heart Rate	Quick Start, Race Mode, Cool Down mode, warm Up mode, User profile - 2, Energy Saver	

2 Choose your Frame

RS3 and RS1 Recumbent Lifecycles

The RS3 and RS1 exercise bikes combine challenging workouts with incredible comfort. Just lean back in the seat and notice how it supports your size, your abilities, and your preferences. Smooth, quiet, durable—on a Lifecycle® recumbent bike, you can achieve your fitness goals comfortably.

RS3 Special Features

- Ergonomic design, for easy exit and entry
- Electromagnetic resistance system with 20 levels
- Reclining seat with a breathable mesh fabric back
- Front transport wheels for ease of movement
- Self-balancing non-slip pedals, easy adjustments



#LFCYRS3TP

or



#LFCYRSG3

Go



RS1 Special Features

- Eddy current resistance system with 20 levels
- Reclining seat
- Rear mounted water bottle holder
- Self-balanced pedals with ratcheting straps for easy adjustments



#LFCYRS1TP

or



#LFCYRS1G

Go



C3 and C1 Upright Lifecycles

Quiet, superb performance

Experience a traditional cycling workout in your home whenever you're ready. Remarkably quiet, you can read, listen to music, or watch television without distraction while you pedal the miles away on a C3 or C1 Lifecycle® exercise bike. And each bike is precisely engineered to deliver the most natural upright riding position, ensuring a safe, effective workout.

C3 Special Features

- Electromagnetic resistance system with 20 levels
- Ergonomic racing-style handlebars
- Standard upright seat with deluxe upholstery
- Front mounted accessory tray
- Self-balanced pedals with ratcheting straps for easy adjustments
- Durable, heavy-duty welded steel frame is guaranteed for life



#LFCYC3TP

or



#LFCYC3G

Go



C1 Special Features

- Eddy current resistance system with 20 levels
- Ergonomic racing-style handlebars
- Standard upright seat
- Front mounted water bottle holder
- Self-balanced pedals with ratcheting straps for easy adjustments



#LFCYC1TP

or



#LFCYC1G

Go





JOIN THE REVOLUTION

SWAY*

Road cycling is a full body workout... so is evo cycling

The Core Active Sway Frame™ simulates the natural motion of pedalling and balancing on a road bike, as well as the upper body motion needed for hard climbs and standing sprints.

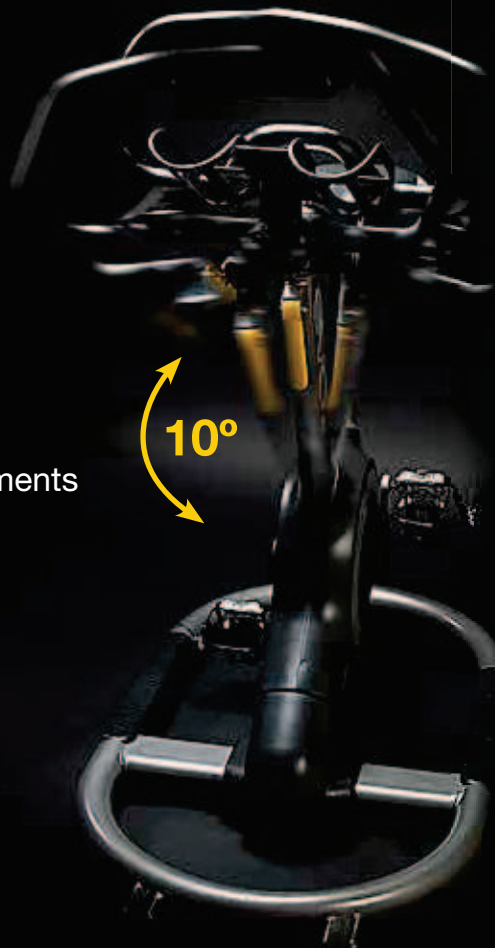
The advantages of bike sway:-

- Engage your core and upperbody
- Toned arms, shoulders, and ab muscles
- More rapid fat loss through full body movements
- Faster, more effective workouts
- Enhanced functional strength
- Better balance and coordination

Tricore indoor cycling DVD



*except evo i



evo cxc

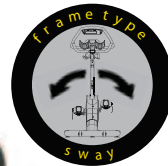
Frame type - sway & lock to fix

Computer displays

Time, distance, rpm, heartrate + light. Shows calories when using HR Strap

Racing seat

Fore & Aft adjustment



#EVCYCX



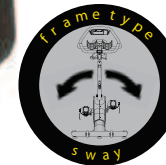
evo dx

Frame type - sway

Computer display

Time, distance, rpm + light

Maximum comfort seat



#EVCY-IX



evo FITNESS BIKE

Ramp

SWAYS WITH BODY MOVEMENT TO ENGAGE CORE MUSCLES



Infinite Fit
4+ MULTI POSITION HANDLEBAR WITH NON-SLIP GRIP



Orb
NO CHAINS, NO BELTS, NO PROBLEMS



Dual Pedal
CAGE AND SPD CLIP

Max user weight: 350 lbs/159 kg **Product Dimensions:** 121.9 L x 66 W x 142.2 H cm **Product Weight:** 62kg (approx)
Warranty: (Home) Frame - 10 years, Parts - 3 years, Labour - 2 years / (Commercial) Parts - Wear items and labour - 6 months



OPTIONAL Passport MEDIA PLAYER #JHTPMP



WHAT IT DOES

Run or walk through your destination as dynamic, high definition video content is displayed on your television. The experience is further brought to life as you feel gradual terrain changes under your feet as you go up and down hills or stairs.

HOW IT WORKS

1



Connect Passport™ Player to your TV using the included video cables. Connect power adaptor to player and power outlet. Follow menu options to sync player.

2



Insert Passport™ USB stick into the player.

Swiss Alps / Pacific Northwest #JHTUSBP
Utah / Wild California #JHTUSBUW
American West / Northern Rockies #JHTUSBAN
Los Angeles / Chicago #JHTUSBLC

3



Follow the menu prompts to run through the included destinations.

Consoles

	Classic	Elegant	Touch
Display	Extra-large LED	7" Full-color advanced LCD	10" high-definition touchscreen display
Workout Feedback	Time, Speed, RPM, Distance, Calories, Pace, Heart Rate	Time, Speed, RPM, Distance, Calories, Watts, Mets, Heart Rate, Max HR, Calories/Hour	Total Time, Time Remaining, Time Elapsed, Clock, Heart Rate, Max HR, % Max HR, Target Heart Rate, Distance, Calories, Calories Per Hour, Watts, Mets, Pace, Avg. Pace, Level, Speed, RPM, Resistance
Programmes	Manual, Intervals, Weight loss, Constant Watts, Target HR – 5 Total	Manual, Intervals, Weight loss, Constant Watts, 20K, 30K, Calorie Goal, Distance Goal, Sprint 8, Target HR, % Target HR, Virtual Active 1, Virtual Active 2 – 13 total	Manual, Intervals, Weight loss, Constant Watts, 5K, 10K, Calorie Goal, Distance Goal, Sprint 8, Target HR, % Target HR, Custom 1, Custom 2, Custom 3, Saved Program, Virtual Active 1, Virtual Active 2 – 17 total
Heart Rate	Contact grips and Polar® wireless receiver	Contact grips, Polar® wireless receiver and free chest strap	
Extras	Passport Ready*, charge USB device, Energy Saver mode	Built-in speakers, Passport Ready*, charge USB device, Energy Saver mode	Workout tracking, Made for iPod/iPhone (audio/video), Built-in speakers, Passport Ready*, charge USB device, Energy Saver mode

*Passport Media Player sold separately

Frames

	R20	R40	U20	U40
Frame Type	Step-thru recumbent frame		Upright bike frame	
Pedal Type	Self balancing pedals with adjustable straps			
Seat Type	Comfort Arc™ with breathable mesh seat		Comfort Arc™ seat	
Seat Adjustment	Fore/Aft		Up/down	
Flywheel Weight	10.5 kg / 23 lbs.	11 kg / 24 lbs.	10.5 kg / 23 lbs.	11 kg / 24 lbs.
Resistance System	ECB magnetic braking system			
Resistance Range	1 - 20			
Assembled Weight	64 kg / 141 lbs.	73 kg / 161 lbs.	38.5 kg / 85 lbs.	47.7 kg / 105 lbs.
Assembled Dimensions (LxWxH)	158.3 x 65.7 x 138 cm 62.5" x 26" x 54"	162 x 65.7 x 138 cm 64" x 26" x 54"	105 x 66 x 147 cm 41" x 26" x 58"	105 x 69 x 149 cm 41" x 27" x 59"
Max User Weight	135 kg / 300 lbs.	148 kg / 325 lbs.	135 kg / 300 lbs.	148 kg / 325 lbs.
Warranty	Lifetime Frame & Brake. 5 years parts and 3 years labour			

1 Choose your Console >

Look forward to years of worry-free cycling on these durable exercise bikes. We offer two styles, and they both feature high-quality components for a smooth, stable ride that will help you achieve your goals in comfort. In fact, these seats are considered the most comfortable in the fitness industry, and these bikes are designed to make it very easy for you to get in the rider's seat.



2 Choose your Frame v

Whether you choose an upright or recumbent style of exercise bike, you can be confident that you'll pedal your way to your goals in comfort. All of our bikes feature a Comfort Arc seat that will keep your haunches happy, thanks to body-contoured foam and free range of motion. With an ideal gear-pulley ratio, these bikes are engineered to be smooth and quiet.

10" Touch Screen HD



R20 Classic #VICYR20C R20 Elegant #VICYR20E R20 Touch #VICYR20T

R40 Classic #VICYR40C R40 Elegant #VICYR40E R40 Touch #VICYR40T

U20 Classic #VICYU20C U20 Elegant #VICYU20E U20 Touch #VICYU20T

U40 Classic #VICYU40C U40 Elegant #VICYU40E U40 Touch #VICYU40T

KETTLER

KETTLER exercise bikes are outstanding machines designed specifically for home use. The build quality is second to none, and is backed up with a 3 year parts and labour warranty.

The new RACER S and ERGO S exercise bikes are also compatible with S-FIT, which allows the smartphone to interact with the machine via bluetooth. This opens up an infinite amount of training programmes, as well as KETTFIT, the online community where all your training data is stored. Choose KETTLER for the very best in home fitness equipment.

	Cycle P	Racer 3	Racer 9	Ergo S	Racer S
Programmes	12	36	4	Infinite programmes via S-Fit Smartphone app	Infinite programmes via S-Fit Smartphone app
Continuous display of	7 functions	5 functions	7 functions	7 functions (output in watts, timer, distance covered per session, total distance, speed, step frequency and energy consumption)	
Heart Rate Measurement	Integrated POLAR compatible receiver for use with chest belt (excluded)	Integrated POLAR compatible receiver for use with chest belt (excluded)	Integrated POLAR compatible receiver for use with chest belt (included)	Integrated POLAR compatible receiver for use with chest belt (included)	Integrated POLAR compatible receiver for use with chest belt (included)
Brake system	Electronically controlled brake system offering 16 stages of resistance	Self-generated power with magnetic brake	Induction-brake system		Induction
Flywheel	9 kg	18 kg	18 kg	10 kg	18 kg
Size when set up (L / W / H in cm)	90 / 60 / 146	102 / 53 / 113	131 / 53 / 126	115 / 54 / 125	131 / 53 / 126
Maximum load	130kg			150kg	
Handlebars	Inclination of handlebar may be adjusted	Adjustable in height	Triathlon handlebars adjustable in height and distance (exchangeable)	Multiposition handlebar adjustable in height	Triathlon handlebars adjustable in height and distance (exchangeable)
In Home Warranty	3 years parts and labour				

CYCLE P Upright Cycle



#KECYAP

The Kettler Cycle P exercise bike has a console with a large LCD display and perspiration-resistant keys that help you easily monitor your workout. There are 12 training programmes offered by the bike and the heart rate is measured with pulse grip sensors or telemetrically with an integrated Polar sensor (chest strap is not included). The bike has been equipped with an electronically controlled magnetic brake and a 9kg (20lbs) flywheel.



RACER 3 Self-Powered Indoor Race Cycle



#KECYR3

The Kettler Racer 3 exercise bike has a blue back-lit training computer with 36 programmes, including Heart Rate Controlled Continuous display for 5 functions. It has a self-generated power with magnetic brake through 32 resistance levels and a 18 kg flywheel mass for especially smooth running. The Racer 3 has is of a sturdy frame design and the racing seat adjustable horizontally and vertically.



Made In Germany

Campagnolo
Electronic gear shifters

RACER 9
Indoor Cycle
#KECYRA9

Mirror your outdoor cycling training with the exceptional ergonomics of the Racer 9. Features unique chain shifter mode with electronic handlebar gear shifters, adjustable triathlon handlebars and seat plus World Tours 2.0 virtual training software included.



Made In Germany

RACER 7
Indoor Racer Cycle
#KECYR7

The Racer 7 delivers high quality indoor cycling. The 18kg flywheel provides ultra-smooth motion to give you an incredibly realistic feel, while the electronically adjustable brake system powers 16 resistance levels so you can push your limits and achieve outstanding performance. Comes with 10 programmes and custom settings.



S FIT

REVOLUTIONARY TECHNOLOGY

ERGO
Upright Cycle
#KECYES

This high quality upright bike features an innovative Smartphone control (Android and iOS), infinite programmes via the S-Fit app, ultra-smooth motion and user-friendly touch screen controls. Comes with unique hydraulic gel saddle with adjustments. World Tours 2.0 compatible.



Made In Germany



Ingeniously simple!
The **S-FIT RANGE COCKPIT**

THE EVOLUTION CONTINUES!

KETTLER S-FIT-APP

In combination with a Bluetooth-enabled smartphone or tablet (Android/iOS), the S-LINE units develop their full potential: As soon as a mobile end device with the installed KETTLER S-FIT APP is connected to an S-LINE machine, the user has a choice of the additional training modes FUN, CHALLENGE, and EXPERT.



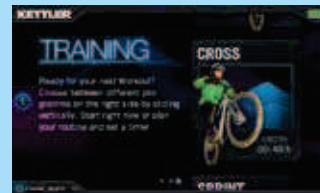
CHALLENGE



FUN



EXPERT



PULSE-HOLD FUNCTION

WATT / RPM



KETTLER S-FIT APP



SMARTPHONE HOLDER

TIME / HEART RATE DISPLAY

JOG WHEEL

BH



Home
Use

SB1.4 Home Cycle

#BHCYH9158

Use	Regular
Maximum User Weight	110 Kgs (243 lbs)
Brake	Friction braking system and emergency lock
Flywheel weight	18 kgs / 39.7 lbs
Drive	Poly-V belt
Pedals	Toe clips
Monitor	LCD Screen
Info shown in monitor	RPM / Speed / Time / calories and distance
Settings	Saddle and handlebar: horizontal and vertical
Others	Wheels for transportation
Dimensions (LxWxH)	104 x 49 x 117 cm / 40.9" x 19.3" x 46.1"
Weight	39 Kgs / 86 lbs
Warranty	2 years parts and labour



Prestige
Home
Use

FINANCE
AVAILABLE

SB3 Magnetic Cycle

#BHCYH919N

Use	Regular
Maximum User Weight	110 Kgs (243 lbs)
Brake	Friction braking system and emergency lock
Flywheel weight	18 kgs / 39.7 lbs
Drive	Poly-V belt
Pedals	Toe clips
Monitor	LCD Screen
Info shown in monitor	RPM / Speed / Time / calories and distance
Settings	Saddle and handlebar: horizontal and vertical
Others	Wheels for transportation
Dimensions (LxWxH)	104 x 64 x 119 cm / 40.9" x 19.3" x 46.1"
Weight	39 Kgs / 86 lbs
in Home Warranty	2 years parts and labour



Tablet not included

BH Arctic Dual Upright Cycle

#BHCYWH674U

Use	Regular
Maximum User Weight	110 Kgs (243 lbs)
Brake	Magnetic brake system
Flywheel weight	8 kgs / 17.6 lbs
Resistance	24 intensity levels
iConcept Technology with Dual Kit BE included	Access iConcept fitness apps with compatible Smartphones or Tablets
Monitor	Dual colour backlit LCD display
Info shown in monitor	RPM / Speed / Time / Watts and distance
Settings	Saddle and handlebar: horizontal and vertical
Others	Wheels for transportation
Dimensions (LxWxH)	103 x 54 x 128 cm / 40.5" x 21.2" x 50.4"
Weight	30 Kgs / 66 lbs
in Home Warranty	2 years parts and labour

BT AERO

Bicycling Training



LCD Screen :
Telemetric pulse control supported

BT Aero Home Cycle

#BHCYH9175T

Use	Regular
Maximum User Weight	115 Kgs (254 lbs)
Brake	Friction braking system and emergency lock
Flywheel weight	18 kgs / 39.7 lbs
Drive	Chain
Pedals	Mixed (automatic or toe clips)
Monitor	LCD Screen
Info shown in monitor	RPM / Speed / Time / calories and distance
Settings	Saddle and handlebar: horizontal and vertical
Wireless pulse	Optional telemetric band
Others	Wheels for transportation
Dimensions (LxWxH)	104 x 64 x 107 cm / 40.9" x 25.2" x 42.1"
Weight	46 Kgs / 101 lbs
Warranty	2 years parts and labour





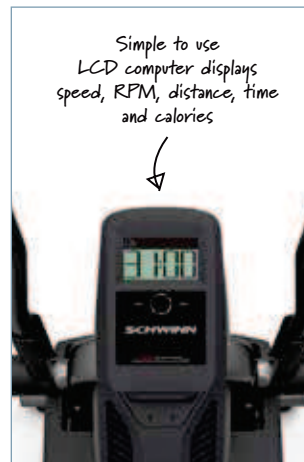
SCHWINN® AirDyne™

“These compact but powerful total body machines will more than meet your expectations.”

AD2 Airdyne Dual Action Air Cycle

#SCCYAD2B

- BioDyne Performance - Synchronised arm & leg motion simulates natural movement
- BioConnect® Feedback - Simple to use LCD console
- Infinite resistance levels (Air system)
- Drive System: Single stage-belt drive
- Workouts: Simultaneous upper lower body or upper body workouts
- Display Readouts: Time, Distance, Calories, RPM
- Warranty: 2 years parts and labour



AD6 Airdyne Dual Action Air Cycle

#SCCYAD6

- RevMeter™ RPM gauge - Perfect for interval training
- BioSynch™ linkage system provides safer workouts
- Infinite resistance levels
- New console layout with continuous visual metrics
- Resistance System: High-strength, ABS plastic fan
- Drive System: Dual-stage super-torque drive belts
- Workouts: Simultaneous upper lower body or upper body workouts
- Extra padded seat
- Display Readouts: RevMeter, Time, Distance, RPM, Calories, Power, Pulse
- 2 years parts & labour



AC Performance Plus Indoor Cycle

#SCCYACPP



AC Sport Indoor Cycle

#SCCYACS



IC Pro Indoor Cycle

#SCCYICP



THE CYCLE OF EXCELLENCE CONTINUES



- Magnetic braking and resistance via controller knob and emergency stop
- Chain drive using forged steel crank and ISIS oversized bottom bracket
- Double link pedals with SPD and toe-clip combination. Schwinn Triple Link pedal compatible
- Warranty: (Home and Light Commercial): 2 years parts, 6 months wear items and 10 years frame cover (structural), 5 years frame corrosion cover



- Magnetic braking and resistance via controller knob and emergency stop
- Chain drive using forged steel crank and ISIS oversized bottom bracket
- Seat adjusts horizontally and vertically for best fit and maximum comfort
- Warranty: (Home and Light Commercial): 2 years parts, 6 months wear items and 10 years frame cover (structural), 5 years frame corrosion cover



- Friction braking and resistance via controller knob and emergency stop
- Chain drive using forged steel crank and ISIS oversized bottom bracket
- Seat adjusts horizontally and vertically for best fit and maximum comfort
- Warranty: (Home and Light Commercial): 2 years parts, 6 months wear items and 10 years frame cover (structural), 5 years frame corrosion cover



	U4000 Elite
Programmes	14 Programmes (Manual, 11 Preset Programmes, HRC and Watts)
Console	2 Orange LED Windows, 10 x 14 Dot-Matrix LED brickyard, 16 Digit Alphanumeric LED Display
Feedback	Time, Distance, Speed, Calories, RPM, Resistance Level, Heart Rate, Clock, Date and Watts
Heart Rate Feedback	Contact Grips and Polar® Wireless Receiver
User Weight Limit	159 kg / 350 lbs
Resistance Range	20 Electronically Adjustable
Flywheel	9 kg / 19.8 lbs
Dimensions: (L x W x H) cm	102 x 56 x 145 cm
Weight	41.5 kg / 91 lbs
Warranty	Lifetime Frame & Brake, 3 years Parts & Labour



U4000 Elite

COMFORT & STYLE #HOCYEU4000

- Comfort Arc upright seat adjusts to provide the best ergonomics regardless of your size
- Multi-position handgrips add variety, and contact Heart Rate grips monitor your condition
- Heavy-duty steel frame provides stability

For a natural cycling feel and top performance, choose the Elite U4000. The heavyweight 9kg flywheel and friction-free ECB Magnetic Resistance work together seamlessly so you can enjoy a smooth, fluid workout across 20 levels of resistance. The comprehensive LCD screen displays all your essential training feedback including speed, time, calories burned and heart rate so you can monitor your performance with ease.

With 14 built-in workout programmes, you can ensure you stay motivated and challenged, whatever your fitness goals. With handlebar contact grips and Polar® wireless receiver, you can monitor your heart rate with ease. The U4000 is made for iPod speakers too, which provide premium levels of entertainment, along with compatibility for tracking your workout with Nike+ iPod.

See page 50 for a full description on the Passport Media Player

	S3 Plus	Paros
Programmes	-	9 Programmes (Manual, 6 Preset Programmes, User and HRC)
Console	Easy to use LCD screen	5.8" LCD with Profile Display and Fully Customisable Feedback Windows
Feedback	Time, Speed, Distance, Calories, RPM, ODO (Odometer) and Clock	Time, Distance, Speed, Calories, RPM, Pulse, Recovery and Body Fat
Heart Rate Feedback	-	Contact Grips and Wireless Receiver
User Weight Limit	130 kg / 286 lbs	136 kg / 300 lbs
Resistance Range	Micro tension controller	16 Electronically Adjustable
Flywheel	22 kg	7 kg
Dimensions: (L x W x H) cm	124 x 49 x 116	103 x 60 x 135
Weight	43 kg / 95 lbs	31 kg / 68 lbs
Warranty	Lifetime on frame, 2 years Parts & Labour	2 years frame and brake, 2 years parts and labour



S3 Plus

CLASS CYCLE #HOCYS3P

- Adjustable seat (horizontal and vertical) and handlebar (vertical) help you to find your perfect riding position.
- Micro-adjustable tension control knob provides smooth resistance and easy push-down emergency braking.
- Compact design and built-in transport wheels



Paros

THE NATURAL CHOICE #HOCYP

- Comfort seat provides hours of enjoyable cycling
- 5.8" LCD with profile display and 9 programmes keeps you motivated.
- 7kg balanced flywheel keeps your pedalling smooth



GXR4.2 Recumbent Cycle #NTCYGXR4.2

Enjoy smarter workouts and faster results with the GXR4.2. The 9kg flywheel provides plenty of resistance over 22 levels, while the 4" high resolution LCD display allows you to monitor your progress at a glance. Take advantage of iFit Live interactive workouts powered by Google Maps™, 24 built in programmes and customisable comfort features for the ultimate workout experience!

U100 Upright Cycle #NTCYU100

The U100 boasts high-tech functionality and smooth, interactive training. Features a High Definition display, 24 pre-set workouts and extensive resistance range. Includes EnergyReturn cushioned seat, contact heart sensors and workout fan. iFit Live compatible.

	GXR4.2
Dimensions	(LxWxH) 135 x 64 x 131cm
Workouts	24 (12 calorie, 12 performances); iFit Live compatible**
Warranty	5 years on frame, 2 years* parts and labour. *The standard warranty is 1 year parts & labour, however the warranty will be extended free of charge to 2 years parts & labour upon registering the product warranty within 28 days of purchase

	GX3.4
Dimensions	(LxWxH) 104 x 63 x 141cm
Workouts	24 (11 Calorie, 11 Performance, 2 User Defined); iFit Live compatible**
Warranty	5 years on frame, 2 years* parts and labour. *The standard warranty is 1 year parts & labour, however the warranty will be extended free of charge to 2 years parts & labour upon registering the product warranty within 28 days of purchase

**iFit Live module and subscription sold separately.



iFIT
powered by Google maps

love the world
carbon neutral

Home Use



VX500 Upright Cycle #NTCYVX500

The VX500 Upright Cycle allows you to achieve high performance workouts at home. SMR Silent Magnetic Resistance delivers incredibly smooth, quiet motion so you can train without distraction, while 20 digital resistance levels allow you to choose from a lighter exercise to an intense challenge. Choose from 20 personal trainer workouts or take advantage of the iFit Live compatibility for limitless interactive training. A cushion seat and ergonomic pedals ensure a comfy ride for the long haul.

GX7.0 Indoor Cycle #NTCYGX7W (white); #NTCYGX7B (black)

The GX7.0 delivers a solid platform for intense cycling at home. Featuring a smooth belt drive and multiple resistance levels plus key comfort features including, padded, adjustable seat, secure pedal cages and quick-stop braking system. Available in white or black.

Home Use

FINANCE AVAILABLE
See page 3 for details

	VX500
Dimensions	(LxWxH) 116 x 60 x 146cm
Workouts	20 personal trainer workouts (10 Calorie and 10 performance), iFit Live compatible**
Warranty	5 years on frame, 2 years* parts and labour. <small>*The standard warranty is 1 year parts & labour, however the warranty will be extended free of charge to 2 years parts & labour upon registering the product warranty within 28 days of purchase</small>

	GX7.0
Dimensions	(LxWxH) 135 x 53 x 124cm
Resistance	Multi-level adjustments
Warranty	5 years on frame, 2 years* parts and labour. <small>*The standard warranty is 1 year parts & labour, however the warranty will be extended free of charge to 2 years parts & labour upon registering the product warranty within 28 days of purchase</small>

**iFit Live module and subscription sold separately.



New Le Tour de France

Get the true feeling of the outdoors at home with the official New Tour de France Indoor Cycle. Features awesome interactive training with iFit Live, 7" full colour touch screen, digital incline/decline controls and 30 gears.

#PRCYTDF



Flywheel	18kg inertia-enhanced flywheel
SMR™ Silent Magnetic Resistance	Smooth, Frictionless system for easy resistance changes
Digital inclination	-20 - +20% Digital Incline™
Heart rate monitoring	compatible with hands-free BLE (Bluetooth) and ANT+ wireless heart rate monitors (purchased separately)
Programmes	24 Tour de France Workout Apps and iFit Live
Accessories	compatible music port for iPod, Intermix Acoustics 2.0 built-in sound system, dual water bottle holders
Maximum User Weight	159kg (25st approx.)
Product Size (assembled)	(LxWxH): 163 x 64 x 14 cm
Warranty	Home Use, 2 years on frame & 2 years parts and labour (The standard warranty is 1 year parts & labour, warranty will be extended free of charge to 2 years parts & labour when registered with Proform either by warranty card or via their website, along with proof of purchase, within 28 days) No warranty is available for non domestic environments.



Know the Road

Train on the exact course of your next race -anywhere in the world with iFit® interactive technology - as you follow along via Google Maps™ Street View on the 7-inch touchscreen display. Choose from 24 pre-mapped courses or draw your own using the console's Android™ powered browser.



Climb

With revolutionary 20 percent incline and decline capabilities-the TDF Centennial automatically adjusts the incline and decline to simulate the actual landscape of your selected route.

320 SPX



#PRCY320



350 CSX



#PRCYRE350CSX



345 ZLX



#PRCY345

Compatible with iPod, Intermix Acoustics™ 2.0 Sound System



Flywheel	20 kg
System	Chain driven
Resistance	Manual multi-level resistance
Adjustments	Adjustable seat with Padding, Adjustable, Non-Slip Handlebars
Maximum User Weight	136kg (21.4st approx.)
Product Size (assembled)	(LxWxH): 123 x 51 x 118 cm
Warranty	Home Use, 2 years on frame & 2 years parts and labour (The standard warranty is 1 year parts & labour, warranty will be extended free of charge to 2 years parts & labour when registered with Proform either by warranty card or via their website, along with proof of purchase, within 28 days) No warranty is available for non domestic environments.

Flywheel	8 kg
Magnetic Resistance	22 levels - Smooth, Frictionless system for easy resistance changes
Display Feedback	Speed, Distance, Time and Pulse, Calories Burned
Heart rate monitoring	dual-grip EKG handlebar sensors
Programmes	24 (12 x speed, 12 x calorie) designed by certified personal trainers; iFIT LIVE compatibility**
Maximum User Weight	136kg (21.4st approx.)
Product Size (assembled)	(LxWxH): 137 x 64 x 127cm
Warranty	Same as 320 SPX

Flywheel	9 kg
SMR™ Silent Magnetic Resistance	18 levels - Smooth, Frictionless system for easy resistance changes
Display Feedback	Distance, Time, Resistance, Pulse, Carbs Burned, Calories Burned
Heart rate monitoring	dual-grip EKG handlebar sensors
Programmes	18 designed by certified personal trainers; iFIT LIVE compatibility**
Maximum User Weight	115kg (18st approx.)
Product Size (assembled)	(LxWxH): 97 x 62 x 141 cm
Warranty	Same as 320 SPX

**iFit Live module sold separately

Home Gym Guide INDOOR ROWERS

Rowing not only develops aerobic fitness and promotes fat burning, but also tones and conditions large numbers of muscles throughout the body, including

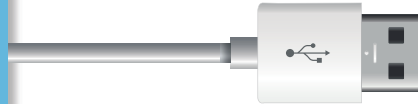
those of the back and arms, explaining why rowing is sometimes referred to as the 'total conditioning exercise'. The sliding movement up and down the rail encourages flexibility in the knee and hip area and rowers are also free from jarring and impact. Top quality rowing machines are also comparatively cheap, making them ideal for those on a budget seeking a serious aerobic training machine! In fact, the only caveat is that while rowing in itself is unlikely to cause lower back problems, the biomechanical requirements of the rowing action could aggravate an existing lower back condition. If you fall into this category, try some regular rowing down at your local gym first in order to ensure that you and rowing are totally compatible.

WHAT TO LOOK FOR

- Standard of construction – look for a well-finished all-metal construction, with an aluminium seat rail.
- Braking system – electronic rowers use magnetic braking and are very quiet in use, but tend to lack the feel of top quality air and water rowers. Air rowers can offer a very high standard of movement and accuracy of feedback, but can be a little noisy. Water braked rowers create the closest feel to actually rowing on water and provide a wonderfully soothing swishing sound to boot!
- Transmission – look for chains or straps, which give a positive feel to the oar action without any stretching or give as you accelerate the oar.
- Quality of movement – look for a smooth and even feel with no jerkiness or points where resistance suddenly drops away, especially at the beginning of the stroke (common with rope transmission). Check the range of the movement; when you're as far forward on the runner as possible (i.e. buttocks as close to the heels as possible) with your arms fully extended and holding the oar, the oar shouldn't have reached its start position.
- Console feedback & ease of use – how clear and comprehensive is the displayed information? How easy is it to access programmes (if there are any)? Are the buttons clearly visible and easy to use?
- Seat comfort – the seat should feel comfortable, even after rowing!
- Seat runner and rail – move the seat to one end of the rail and tilt that end of the rower up a couple of inches – a good runner and rail will allow the seat to roll freely to the other end with a tiny amount of tilting.
- Oar grip – does the oar feel comfortable to hold? Does it offer good grip, even when your hands are becoming tired and sweaty?
- Footplate adjustability – check that your feet can be securely and comfortably accommodated in the footplates
- Overall dimensions – rowers generally are amongst the most compact of home CV equipment but tend to have a long, narrow footprint. Some rowers can be stored upright, useful if you're tight for space.
- Warranty – rowers are pretty robust, but check what warranty is offered on the frame, transmission and any electronics.

Rowing is second only to cross-country skiing in overall muscle engagement, using over 82% of the body's muscles. It also works most of the body's joints through a significant and beneficial range of movement with virtually no impact. This makes it one of the best forms of exercise for all kinds of people:

- Those seeking weight loss, cardiovascular fitness or muscle tone
- Those seeking flexibility, strength or endurance
- Competitive athletes
- People recovering from injuries
- People of any age



USB CONNECTIVITY

The USB connectivity now built into all new models of First Degree Console and Integration Performance Monitors allows you to enhance your exercise experience by connecting to your home PC or Laptop via a standard USB cable:

USB Connectivity enhances your workout experience.

BENEFITS OF USB CONNECTIVITY

- Record your Sessions for later Viewing and Analysis
- Internet Connectivity for On-line Racing
- Access to Web Based Logging and Ranking System

LOGSITALL FOR ROWERS

First Degree Fitness are affiliated with LOGSITALL, an on-line CrossFit Exercise Logging and Ranking System.



Free Basic Membership

Log your Rower Workout Sessions

Record your other Workouts in the same user space, Running, swimming, CrossFit Training and more



View Table or Graphical Data

Compare your performance with other FDF Rower Users



For more information and downloads go to...
www.firstdegreefitness.com

VORTEX VX-3

#FDROVX3

SEAMLESS INTEGRATION OF FORM AND FUNCTION, DESIGNED FOR PERFORMANCE AND RELIABILITY

The prestigious full commercial, flagship VX-3 from First Degree Fitness delivers world-class performance. Compact with small footprint, it features 20 levels of adjustable resistance, superb construction, customisation and interactive performance monitoring. With the best water emulation available, it delivers natural catch and feel.

FEATURES AND BENEFITS

- 20 Level, Patented Variable Fluid Resistance
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to ensure optimal foot placement and comfortable rowing position
- Fitted with Heart Rate receiver as standard
- Designed and constructed for the toughest environments with unmatched performance, stability, comfort and durability - virtually maintenance free
- Low noise Belt Drive - smoother, quieter, more durable and no lubrication, an altogether better feeling
- Air-Glide seat rollers for safer, cleaner and smoother operation
- Fitted with Heart Rate receiver as standard
- Maximum user weight 204kg (450lbs)
- Dimensions: length 190cm, width 80cm, height 85cm
- Warranty: 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 10 years frame, 3 years tank and seals, 1 year other parts and 1 year labour

"The Ultimate Professional Health Club Rowing Machine"

NEW MONITOR

Interactive Performance Monitor

(IPM) with USB port: The IPM displays: time; speed; distance; stroke rate; calories per hour; watts; level, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programmes, interval training, USB port allows interactive programming.



Height Adjustable footplates with Advanced Heel Cradle footboard design



Optional Backrest #FDROSBK



VORTEX VX-2

#FDROVX2

STYLISH, TOUGH AND FUNCTIONAL DESIGN PROVIDING CONSISTENT PERFORMANCE AND RELIABILITY

The full commercial VX-2 from the world-class Vortex Series, is a compact professional rower complete with outstanding features and function. Catering to all fitness levels and training needs, it delivers an incredible full body workout, complete with great flexibility and most natural water emulation available. And all provided with first-rate construction.

FEATURES AND BENEFITS

- 16 Level Patented Variable Fluid Resistance
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to ensure optimal foot placement and comfortable rowing position.
- Fitted with Heart Rate receiver as standard
- Rigid frame construction for maximum stability. Rubber feet for adhesion to floor surfaces and to prevent damage. Extended transport wheels for ease of movement
- Belt drive – no noisy chains, no lubrication
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands
- Air Glide low friction seat rollers, concealed for cleaner, safer, and smoother ride. Tough hardened dual anodised aluminum seat rails
- Maximum user weight 204kg (450lbs)
- Compact footprint 190 x 56 cm (75 x 22") and stands vertical for storage in just 55 x 75cm (22 x 30")
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 10 years frame, 3 years tank and seals, 1 year other parts and 1 year labour

NEW MONITOR

Interactive Performance Monitor

(IPM) with USB port: The IPM displays: time; speed; distance; stroke rate; calories per hour; watts; 16 level adjustment, pacer, and has a heart rate receiver but not built into the monitor. The IPM gives you quick start, manual programmes, interval training, USB port allows interactive programming



Height Adjustable footplates with Advanced Heel Cradle footboard design



Optional Backrest #FDROSBK



E-520 FLUID ROWER

FDR0520U

STYLE DURABILITY RUGGED PERFORMANCE

The E520 Fluid Rower is the top of the range, full commercial rower from FluidRower's outstanding Evolution Series. Designed for heavy duty use it features the highest quality construction that also delivers on comfort and innovation. Designed to suit all fitness levels and training goals, it offers a flexible full body workout with the best water emulation available.

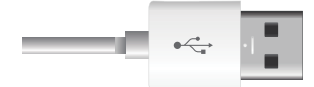
FEATURES AND BENEFITS

- 20 Level Patented Variable Fluid Resistance
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to ensure optimal foot placement and comfortable rowing position.
- Compact side mounted tank design delivers ease of adjustment.
- Fitted with Heart Rate sensor as standard compatible with all main HR belts
- 6 previous workout memories and a unique pacer system.
- Unmatched Durability - Virtually Maintenance Free
- Strikingly attractive blue polycarbonate tank with contrasting seal
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands
- Low noise Belt Drive - No Chains to lubricate
- Rubber feet for adhesion to floor surfaces and to prevent damage
- Rubber dipped retainer for damage free handle stowage when not in use
- Maximum user weight 204kg (450lbs).
- Dimensions: 190 x 71 cm (75 x 28") in use.
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 10 years frame, 3 years tank and seals, 1 year other parts and 1 year labour



NEW MONITOR

Interactive Performance Monitor (IPM) with **USB port**: The IPM displays: time; speed; distance; stroke rate; calories per hour; watts; 20 level adjustment, pacer, and has a heart rate receiver but not built into monitor. The IPM gives you quick start, manual programmes, interval training, USB port allows interactive programming.



Stands for storage



Height Adjustable footplates with Advanced Heel Cradle footboard design



Optional Backrest #FDROSBK

Best Seller In Store

E-316 FLUID ROWER

#FDRO316U

ORIGINAL TECHNOLOGY THOUGHTFULLY APPLIED AND CRAFTED WITH CARE

Patented Fluid Technology is the only system that provides Variable Fluid Resistance at the touch of a lever.

The E-316 Fluid Rower delivers the closest thing to real, on-water rowing with a natural catch and resistance through the stroke. Plus, like all the rowers in the high spec Evolution Series family, it has unmatched durability, is easy to use and delivers a great whole body workout, calorie and cardio burn. The E-316 has 16 resistance levels and has a smooth, belt driven system.

FEATURES AND BENEFITS

- 16 Level Patented Variable Fluid Resistance
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to ensure optimal foot placement and comfortable rowing position.
- Fitted with Heart Rate receiver as standard
- Rigid frame construction for maximum stability. Rubber feet for adhesion to floor surfaces and to prevent damage. Extended transport wheels for ease of movement
- Belt drive – no noisy chains, no lubrication
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands
- Air Glide low friction seat rollers, concealed for cleaner, safer, and smoother ride. Tough hardened dual anodised aluminum seat rails
- Maximum user weight 204kg (450lbs).
- Compact footprint 190 x 56 cm (75 x 22”) and stands vertical for storage in just 55 x 75cm (22 x 30”)
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 10 years frame, 3 years tank and seals, 1 year other parts and 1 year labour

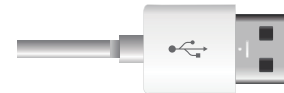


NEW MONITOR

Interactive Performance Monitor

(IPM) with USB port: The IPM displays: time; speed; distance; stroke rate; calories per hour; watts; 16 level adjustment, pacer, and has a heart rate receiver built in.

The IPM gives you quick start, manual programmes, interval training, USB port allows interactive programming



Stands for storage



Height Adjustable footplates with Advanced Heel Cradle footboard design



Optional Backrest #FDROSBK



VIKING PRO ROWER

#FDROVIKP

A UNIQUE SYNERGY OF STYLE AND STRENGTH

The Viking Pro Rower is a commercial-quality rowing machine that delivers on both strength and aesthetics. Featuring solid timber construction wrapped in first grade American Ash, it's an incredibly robust platform for intense training while the on-water rowing simulation delivers a realistic stroke, just like the real thing.

FEATURES AND BENEFITS

- Widest range of fluid resistance, adjusted at the turn of a dial from light stokes to high intensity challenges
- Solid timber construction around a central frame of pressure formed laminate delivers incredible, commercial-grade durability
- First grade American Ash hand-finish provides stunning, stylish aesthetics
- Multi-level workout monitor displays time / distance / 500m split time / strokes per minute / calories per hour / watts / interval training / optional heart rate (compatible with all main Heart Rate belts - belt sold separately) and USB port for online performance tracking
- Active recoil system uses extended bungee length and two sets of precision one way bearings for rapid stroke rates
- Deluxe ergonomic handle and seat deliver maximum comfort for maximised training at every level
- Resilient belt drive - super-smooth, clean, quiet and maintenance free
- Maximum user weight: 150kg (23.6st)
- Dimensions (LxWxH): 214 x 55 x 54cm (in use); 55x54cm (upright storage)
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 5 years frame, 2 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 5 years frame, 2 years tank and seals, 1 year other parts and 1 year labour



NEW MONITOR

Multi-level exercise monitor (with USB port for extended functionality): time, distance, 500M split time, strokes per minute, calories per hour, watts, interval training and (optional) heart rate



Height Adjustable footplates with Advanced Heel Cradle footboard design



Stands for storage



VORTEX PRO 2 FLUID ROWER

FDROVXPRO

REDEFINING THE COMMERCIAL ROWER

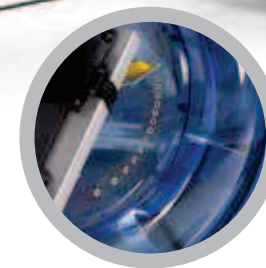
The Vortex Pro 2 Fluid Rower represents the ultimate in robustness and stability. Perfectly merging strength, beauty, and high performance, this full commercial rower is built for intensive use; delivering a comfortable, effective workout to challenge users of all fitness levels. Using real water to power the resistance, the Vortex Pro 2 provides the closest thing to real on-the-water rowing yet.

FEATURES AND BENEFITS

- 16 level Variable Fluid Resistance: instant intensity adjustments to suit all levels of fitness and flexible training needs
- Patented fluid resistance technology: twin tank with stainless steel flywheel delivers consistent resistance with sensory stimulation of being on the water
- Multi-level exercise monitor tracks key performance statistics including time / distance / 500m split time / calories per hour / watts / strokes per minute, with interval training and optional heart rate
- Smooth action seat, ergonomic handle and adjustable footplates provide a comfortable, customisable experience
- Ergonomic handle minimizes strain on hands, wrists and arms
- Easily adjusted footplates with secure heel cradles and angled surface under ball of foot to assist leg drive
- Durable belt drive is smooth, clean and maintenance-free
- Maximum user weight: 150kg (23.6st)
- Dimensions (LxWxH): 195 x 80 x 100cm
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 10 years frame, 3 years tank and seals, 1 year other parts and 1 year labour



Computer displays: time, distance, 500m split time, strokes per minute, calories per hour, watts, interval training and optional heart rate reception.



Adjustable fluid resistance



Height Adjustable footplates with Advanced Heel Cradle footboard design

TRIDENT AR FLUID ROWER

#FDROTRIAR

STYLE DURABILITY RUGGED PERFORMANCE

The Trident Challenge is an entry level, commercial rowing machine that delivers outstanding performance. A high quality machine at an affordable price, it offers exceptional strength, endurance along with an excellent cardio workout with high calorie burn all in one incredibly easy to use piece of equipment. It features a broad range of variable fluid resistance, a super comfortable seat and quality finish.

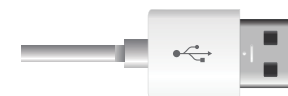
FEATURES AND BENEFITS

- Adjustable fluid resistance: adjusting from MIN to MAX delivers a broad range suitable for any fitness level, at the turn of a dial.
- Height adjustable footplates and straps ensure optimal foot placement and comfortable rowing position.
- Strong oval steel tube construction and heavy duty seat rail.
- Deluxe ergonomic handle allows comfortable grip and minimized strain on forearms, wrists and hands
- Super comfortable seat running on precision bearings and Delrin low friction seat rollers along a concealed track for cleaner, smoother and safer operation.
- Durable belt drive: smooth, clean, quiet (no whirring noises) and built to last.
- Simple assembly and virtually maintenance free - ideal for the commercial environment.
- Tough polycarbonate tank shell with a triple-bladed stainless steel paddle.
- Maximum user weight 150kg (330 lbs).
- Dimensions: 213 x 80 cm (84.6 x 31.5") in use.
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 5 years frame, 2 years tank and seals, 2 years other parts and 1 year labour



NEW MONITOR

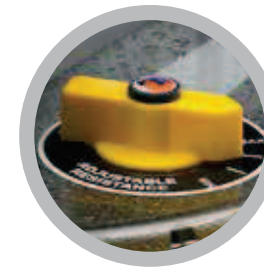
Multilevel computer complete with USB port displays: Time, distance, 500M split time, strokes per minute, calories per hour, watts, interval training and heart rate (optional).



Stands for storage



Height Adjustable footplates with Advanced Heel Cradle footboard design



Adjustable fluid resistance



APOLLO PRO FLUID ROWER

#FDROAPRO

A HEART OF STEEL WRAPPED IN FIRST GRADE AMERICAN ASH

The Apollo Pro seamlessly unites durability with stylish good looks. The entry level for the commercial market, it features a solid steel frame wrapped in first grade hand-lacquered American Ash to deliver a solid platform for high intensity training. The patented water resistance flywheel and twin tank provide a smooth, realistic rowing stroke and offers the broadest range of resistance adjustment to suit every level of fitness from the novice to the highly experienced campaigner.

FEATURES AND BENEFITS

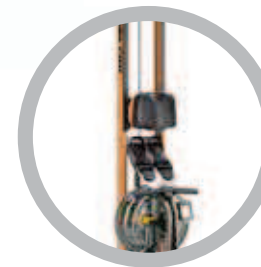
- Adjustable Fluid Resistance: tweak the intensity at the turn of a dial to challenge all abilities
- Patented twin tank design with triple-blade, stainless steel impeller delivers instant catch with no dead spots
- Solid steel frame wrapped in first grade American Ash seamlessly combines high durability and exceptional looks
- Multi-level exercise monitor with USB port displays key workout statistics with interval training and optional heart rate
- Deluxe ergonomic handle prevents strain on arms, wrists and hands
- High comfort seat shapes to the user with textured finish to prevent slip; office height for easy access
- Easily adjusted footplates with secure heel capture and angled surface under ball of foot to assist leg drive
- Durable belt drive is smooth, clean and maintenance-free
- Maximum user weight: 150kg (23.6st) Dimensions (LxWxH): 214 x 55 x 54cm (in use); 55x54cm (upright storage)
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 5 years frame, 2 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 5 years frame, 2 years tank and seals, 1 year other parts and 1 year labour



Computer displays: time, distance, 500m split time, strokes per minute, calories per hour, watts, interval training and optional heart rate reception.



Adjustable fluid resistance



Stands for storage



Height Adjustable footplates with Advanced Heel Cradle footboard design

VIKING 2 AR ROWING ERGOMETER

FDROVIK2

SIMPLY THE BEST WOODEN FRAMED ROWING MACHINE

World class functionality and fine wood design. The ideal "fitness furniture", the Viking 2 from First Degree Fitness delivers incredible quality with unbeatable value for money. It features a rigid American Ash frame, adjustable resistance and components to last a lifetime. Stores vertically.

FEATURES AND BENEFITS

- No dead spots! Patented twin tank design with triple-blade, stainless steel impeller delivers instant catch and consistent resistance through the entire stroke.
- Deluxe ergonomic handle minimizes strain on hands, wrists and forearms.
- Smooth and silent seat action and seat that shapes to the user, with textured finish to prevent slip. Exceptional comfort assured.
- Easily adjusted footplates with secure heel capture and angled surface under ball of foot to assist leg drive.
- Durable belt drive – smooth, clean, quiet and maintenance free.
- Active recoil system to facilitate rapid stroke rate utilises extended bungee length and 2 x precision one-way bearings.
- Best emulation of actual rowing with the sensory stimulation of the sight, sound and feel of being on the water. Smooth, progressive and satisfying exercise action.
- Warranty: Home use - 5 years frame, 3 years tank and seals, 2 years mechanical components, parts and labour.

NEW MONITOR

Multi-level exercise monitor (with USB port for extended functionality): time, distance, 500M split time, strokes per minute, calories per hour, watts, interval training and (optional) heart rate



Height Adjustable footplates with Advanced Heel Cradle footboard design



Stands for storage



APOLLO HYBRID AR ROWING ERGOMETER

FDROAP

THE SYNERGY OF A STEEL FRAME WRAPPED IN FIRST GRADE AMERICAN ASH

The Apollo Hybrid AR Rower is a prime example of a high quality, durable machine delivered in beautiful packaging. With a solid steel frame seamlessly integrated with first grade hand-lacquered American Ash, this rowing machine is the perfect synthesis of form and function and is the ideal complement to any home setting.

FEATURES AND BENEFITS

- Adjustable Resistance, from feather light to Olympic challenge at the turn of a dial. Instantly adapts for progressive training, interval training or multiple users.
- Ergonomic handle minimizes strain on hands, wrists and forearms.
- Easily adjusted footplates with secure heel capture and angled surface under ball of foot to assist leg drive.
- Durable belt drive – smooth, clean, quiet and maintenance free.
- Best emulation of actual rowing with the sensory stimulation of the sight, sound and feel of being on the water. Smooth, progressive and satisfying exercise action.
- Multi-level exercise monitor (with USB port for extended functionality): time, distance, 500M split time, strokes per minute, calories per hour, watts, interval training and (optional) heart rate.
- Stores in upright position 550x540mm (22x21") and assembled length 2135mm (84"), width 550mm (22"), height 540mm (21"). Maximum user weight 150kg (330lbs).
- Warranty: Home use - 5 years frame, 3 years tank and seals, 2 years mechanical components, parts and labour.

NEW MONITOR

Multi-level exercise monitor (with USB port for extended functionality): time, distance, 500M split time, strokes per minute, calories per hour, watts, interval training and (optional) heart rate



Height Adjustable footplates with Advanced Heel Cradle footboard design



Stands for storage



PACIFIC CHALLENGE AR

#FDROPACARU

A GREAT HOME ROWER AT AN AFFORDABLE PRICE POINT

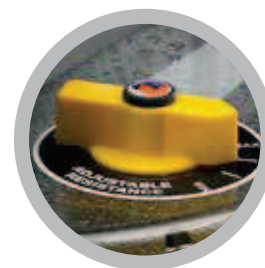
The Pacific Challenge AR is a high quality rowing machine delivered at a lower price point. Designed by professional rowers at commercial grade quality, it seamlessly merges excellence and comfort. Whether you are very fit or new to fitness, you will find the Pacific Challenge delivers one of the best low impact, fun, intuitive use, total body workouts with a touch of that real on-water sensory experience.

FEATURES AND BENEFITS

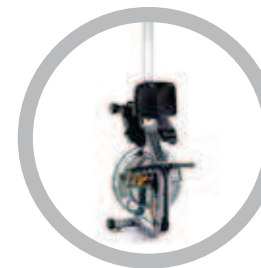
- Adjustable fluid resistance: adjusting from MIN to MAX delivers a broad range suitable for any fitness level, at the turn of a dial.
- Height Adjustable footplates and straps to ensure optimal foot placement and comfortable rowing position.
- Improved pulley system greatly increases the range of resistance with no dead spots, whilst retaining constant tension and recoil action.
- Applies fluid resistance technology: water – nature’s perfect resistance.
- Ergonomic handle: designed to prevent strain on arms, wrists and hands.
- Built-in transit wheels. Light and easy to move around.
- Super comfortable seat running on precision bearings and rollers.
- Highest quality anodized aluminium seat rail for smoothness, appearance, strength and durability.
- Durable belt drive: smooth, clean, quiet (no whirring noises) and built to last.
- Maximum user weight: 136kg (300lbs).
- Length: 1975mm (77.8”), width: 530mm (20.9”), height: 510mm (20.1”).
- Warranty: Home use - 5 years frame, 3 years tank and seals, 2 years mechanical components, parts and labour.



Computer displays: time, distance, 500m split time, strokes per minute, calories per hour, watts, interval training and optional heart rate reception.



Adjustable fluid resistance



Stands for storage



Height Adjustable footplates with Advanced Heel Cradle footboard design

NEPTUNE CHALLENGE AR

FDRONEPAR

COMMERCIAL GRADE HOME ROWER

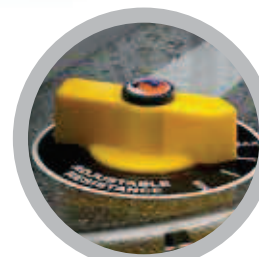
Delivering commercial grade quality at incredible value, the attractive Neptune Challenge Rower provides the feeling of real on-water rowing to your home. Complete with extensive adjustable resistance – usually found only in commercial rowing machines – it can challenge all levels, while its solid, intelligent construction ensures smooth, quiet motion with every stroke.

FEATURES AND BENEFITS

- Fluid Resistance Technology -No dead spots. Triple bladed impeller system offers instant catch. The pull is strong and consistent through the complete stroke using water – nature’s perfect resistance.
- Ergonomic Handle: Intelligently designed to prevent strain on arms, wrists and hands. Belt drive ensures you only feel the fluid resistance.
- In-Built Transit Wheels: Light and easy to move on any surface,
- Pivoting Footboards: Perfectly balanced to pivot on the line of thrust. No need to adjust for foot size. Comfort, strength and ease of use.
- Super comfortable seat running on precision bearings and Delrin rollers on a custom extruded high quality anodized aluminum seat rail provides absolute smoothness, strength, durability together with excellent appearance.
- Simplified assembly and virtually maintenance free enriches the overall customer experience.
- Stores Upright in just 53x51cm (21x 20”).
- Maximum user weight 136kg (300lbs)
- General specifications: length – 1975mm (77.8”), width – 530mm (20.9”), height – 510 mm (20.1”)
- Warranty: Home use - 5 years frame, 3 years tank and seals, 2 years mechanical components, parts and labour.



Performance monitor: program for time, stroke count and tempo signal. Displays strokes per minute, calories.



Adjustable fluid resistance



Stands for storage



Height Adjustable footplates with Advanced Heel Cradle footboard design



R25 Folding Magnetic Rower

Programmes	Dimensions (Folded)
3 Training Modes Quick start, Manual, HR min / max limits	(L)94 x (W)53 x (H)124cm
Feedback	Maximum User Weight
Time, Distance, Time / 500m, Strokes / min, Energy consumption, Heart rate.	135 kg / 300lbs / 21.4 stone
Dimensions	Warranty
(L)200 x (W)53 x (H)82 cm	15 years Frame, 2 years Parts and Labour (can be extended to 3 years when you register warranty online)



TUNTURI®

R25 Our best seller...

Folding Rower #TUROR25

The ideal rowing machine for beginners. This beginner model offers excellent value for money! Extremely compact rowing machine. Trusted Tunturi quality. New ergonomic and functional design means this rowing machine is highly suitable for beginners.



MODEL D WITH PM5 CONSOLE

- Aluminium rail capped with a stainless-steel track allows the seat to move smoothly and facilitates full leg involvement
- Ergonomic handle allows for a natural arm and hand position while rowing.
- Fan engineered to minimise noise while providing the smooth feel of rowing on the water
- Performance Monitor (PM5): backlit display screen displays speed, distance, pace, calories burned, watts; compatible with USB Flash Drive for storing workout data (one included)

concept 2

INDOOR ROWER

- Adjustable footrests adjust for quick and easy sizing
- Spiral damper controls airflow to the flywheel allowing users to choose the feel of a sleek, fast boat or a slow, heavy
- Dimensions (LxWxH): 244 x 61 x 36 cm, Folded: 64 x 84 x 137 cm
- Maximum User Weight : 227kg (35.7st approx.)
- Warranty : 5-year warranty on the frame, 2-year warranty on the monitor and moving parts



Aquo R308 Rower

#BHROR308

Flywheel : 5.5 kg
 Brake : Magnetic braking system
 Monitor : LCD screen with 6 pre-set profiles
 Pulse : Telemetric band (optional)
 Folding frame
 Central turn with nylon strap
 Wheels for easy transportation

Length x Width x Height
 179 x 50 x 53 cms /
 70.5" x 19.7" x 20.9"
 Weight : 25 Kgs / 55.1 lbs
 Max user weight : 120 kg
 Warranty : 2 Years
 Parts and Labour





HORIZON

FITNESS



Easy to Fold and Easy to Store, it has it all, with a unique one step release



Oxford 5

Folding Air Rower #HOR00X5

- Natural Rowing Feel: the Oxford 5 inherits the best Air Resistance System which provides an excellent workout experience
- Ergo Form Seat and Easy Adjust Pedals for enhanced comfort and custom support
- Our newly designed seat offers enhanced comfort and support. From the seated position you can custom fit our easy adjust pedal straps
- Easy to fold and store with a unique one step release, integrated levellers and two transport wheels

Console	Feedback	User Weight Capacity	Dimensions: (L x W X H) cm	Folded (L x W X H) cm	Warranty
5.4" LCD	Time, Stroke, Strokes Per Minute (SPM), Metres, Time/500M, Heart Rate, Watts	130 kgs	253 x 54 x 101	111 x 54 x 163	Lifetime on Frame/motor/brakes, 3 Years Parts and 3 Years Labour



YORK FITNESS

R301 #YOROR301 Folding Rowing Machine



A great value, durable rowing machine with smooth air magnetic resistance. The R301 features 16 resistance levels with comprehensive display. Comes complete with 16 workout programmes, comfortable moulded seat and adjustable footplates. Folds away for convenient storage.



	R301
Resistance	16 levels of air magnetic resistance
Console	7" backlit LCD screen displaying time, distance, pulse, calories, strokes and strokes/min
Heart rate monitoring	built-in wireless heart rate receiver
Programmes	16 (12 pre-set, 1 Heart Rate Control (HRC), 1 User Defined, Race and Manual)
Maximum user weight	120kg (18.9st approx)
Dimensions (LxWxH)	253 x 58 x 100cm (assembled) 107 x 58 x 162.5cm (folded)
Product weight	34kg
Warranty	12 months parts and labour (increases to 24 months when you register online)

KETTLER

	COACH M	AXOS	
TRAINING COMPUTER	Time measurement	•	•
	Total km covered	•	•
	Oar strokes	•	•
	Calorie consumption	•	•
	Pulse measurement	Chest Belt Included	Cardio pulse set (extra)
	Pulse recovery test	-	•
	Average values at end of training	•	-
	Maximum pulse rate	Display in percentage as well as visual and acoustic alarm	-
	Target-zone training (FAT/FIT)	•	•
	Recovery pulse with fitness rating	•	-
TECHNICAL DATA	Drive system	Rope pull system	
	Flywheel	6kg	4kg
	Dimension (L/W/H in cm)	204 / 53 / 67	219 / 56 / 94
	Folding Dimension (L/W/H in cm)	67 / 53 / 206	102 / 56 / 139
	Maximum load	130 kg	
	Chest belt for cable-free measurement of pulse rate	Included	-
FEATURES	Resistance	10-stages manual	Magnetic resistance in 8 stages.
	Seat	Roller seat, ball-bearing mounted	
	Foot supports	Rotating / straps additional foot plate	
	Warranty Inhome	3 years parts and labour	

Coach M

Magnetic Folding Rower #KEROCM


Made In Germany

The KETTLER Coach M rowing machine is a top of the range model replacing the Kettler Coach LS. It boasts numerous features to aid your work out. Features include a 6kg fly wheel for a maximum workout, 8 stages of magnetic resistance, and 6 user functions including time, distance, oar strokes and energy consumption. Like with all Kettler fitness equipment, it works as well as any rower that you find in the gym, but it also looks like a piece of fine art, complementing any room!

- Rope-pull rowing machine with linear-guide system for ball-bearing mounted roller seat
- Training computer with easy-to-read LCD display, variable settings and pulse-range setting for fat combustion and fitness zone
 - Magnetic-brake system, speed-related stress control in 10 steps
 - Space-saving storage by new folding mechanism



Axos

Magnetic Folding Rower #KEROA

The KETTLER Rower is a great value rowing machine which features 8 stages of resistance which are manually adjustable, easy to use computer to measure data and set data before session. The computer also measures time, total km covered, oar strokes and calorie consumption. Pulse rate is measured by ear clip. It also neatly folds.





Big Rewards, Compact Design

#PPVPMY3

my3



Power Plate Accessories

- 1 Hand Straps
- 2 my3/my5 Power Shield
- 3 my3 Rubber Mat Set (set of 3)



A Premium Workout at Home

#PPVPMY5

my5



Power Plate Accessories

- 1 Hand Straps
- 2 my3/my5 Power Shield
- 3 my5 Rubber Mat Set (set of 3)
- 4 Remote Control for my5 machine



Our expertise is grounded in years of product innovation, published scientific research and evidence-based practice.

Say Hello to Your New Personal Trainer

#PPVPMY7

my7



Power Plate Accessories

- 1 my7 Power Shield
- 2 my7 Rubber Mat

	colour	weight - kg	size - cm	max load - kg	freq range - hz
my3	silver	57	64 x 74 x 152	120	35
my5	silver	90	69 x 89 x 147	136	30 - 40
my7	silver	130	87 x 80 x 153	136	30 - 40

Warranty on all : 2 years parts and labour, 3 months on wearing parts.

About Power Plate®

Power Plate® is the global leader in whole body vibration, with years of product innovation, published scientific research and evidence-based practice behind it.

Power Plate equipment uses a vibrating platform to amplify the effects of any movement performed. The vibration is provided through harmonic waves - a safe, consistent, controlled level of vibration that moves the plate in three directions: up and down, forward and back, and side to side. The platform creates an unstable surface for the user, triggers reflexive contractions in the muscles, the body's natural response to the destabilising effects of vibration. These contractions mean that more muscle fibres are engaged when using the Power Plate than performing the same movement on solid ground.

Power Plate machines are certified as Class IIa medical devices, under the European Medical Device Directive. Not only does this indicate that each and every machine is manufactured to the highest European Health and Safety Standards, they can be prescribed as part of a wider medical treatment programme to assist with a variety of ailments or conditions.

Whether you want to look better, feel better, or play better, Power Plate is the solution.

Optional accessory pack #PPVPAC

Comprises a power plate step cushion, push up set and a back pillow.



**Home Gym Guide
HOME MULTI GYMS**

Quite apart from its muscle toning and injury protection benefits, resistance training also increases muscle mass, thereby speeding up metabolism and helping with weight loss or control. This is precisely why a well-balanced fitness programme should include both aerobic and resistance training! While free-weights are inexpensive, they usually involve the hassle of loading and unloading plates each time you want to use a different weight and constant tying up in order to avoid tripping over plates on the floor. The good news is that high-quality home-use multi-station gyms have never been cheaper. But with a huge choice on offer, you'll need to do a bit of groundwork to ensure that you end up with the multi-gym that's right for you...

WHAT TO LOOK FOR

- Resistance Type – weight stack; resistance is provided by weight plates, which are attached to the levers or handles of the machine by a system of cables or chains and pulleys - by far the most common type of multi-gym. Hydraulic/Pneumatic; fluid/air-filled cylinders provide resistance in both directions of movement. Tend to be fiddly to change resistance and are inherently less reliable. Body Weight; harness your own body weight to provide resistance, by connecting the fulcrum of movement of the handles or levers to the weight-bearing seat of the machine upon which you sit. Tend to be lightweight, with a quiet mode of operation. The comparative lack of moving parts also provides inherent reliability.
- Maximum resistance – how much weight is provided? Is the weight stack expandable? You don't want to outgrow your home multi-gym in a few months!
- Overall Dimensions – will it fit into your intended location? Don't forget you need space around the multi-gym in which to work. Weight stack machines can also be very heavy – check your floor is up to it!
- Standard of Construction – look for quality and consistency of shape of weight plates – poor quality plates can lead to 'snagging' on the guide rods, giving a jerky, uneven feel to the movement. Frames should be constructed of large section high gauge steel, well finished and with no sharp edges or protrusions. Hold the frame and try to rock it – it should remain fairly stable and not sway around in the breeze! Upholstery on seats and armrests should be sufficiently padded for comfort and well secured with high quality stitching.
- Transmission – cables should be steel and have a tensile strength rating of at least 2,000lbs. Some multi-gyms use straps, which are strong and give a very good feel of movement, but avoid ropes like the plague!
- Movement feel – should be smooth, stable and quiet in use with a good range of movement. If you've never experienced what decent equipment can feel like, then try a couple of machines well above your price point to gauge some idea of what is possible.
- Comfort and ergonomics - check your training position is comfortable and check also that the adjustments to the stations are quick and simple to carry out.
- Number of stations – if you train with a partner or friends, a multi-gym with more than one working station will allow you to train simultaneously.
- Total number of exercises – all the main muscle groups should be catered for, but while more exercises can make for more variety, bear in mind that a multi-gym that does the basics well is far better than one offering a vast number of exercises, none of which feel particularly good.
- Safety – are the weight stacks and moving parts shielded from prying fingers?
- Add-On Options – many multi-gyms allow you to add on extra movements (such as leg press) at a later date. Very useful if you're tight for space and/or money now, but want to keep your options open.
- Warranty – many multi-gyms carry lifetime warranties on the frames, but it's the cables, pulleys and upholstery that tend to wear. Ask your dealer what the procedure would be in the event of a failed part and be wary of the need to ship components in from abroad.

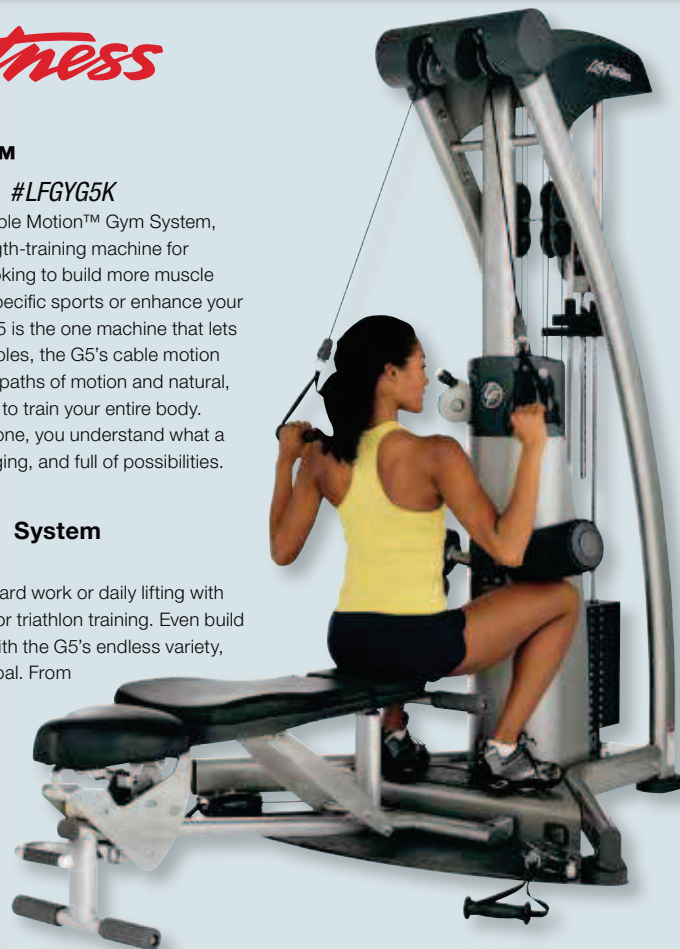


**G5 Cable Motion™
Home Gym & Bench #LFGYG5K**

Introducing the Life Fitness G5 Cable Motion™ Gym System, the quintessential functional strength-training machine for everyday living. Whether you're looking to build more muscle tone, increase strength, train for specific sports or enhance your daily activities, the revolutionary G5 is the one machine that lets you do it all. Using pulleys and cables, the G5's cable motion technology allows for unrestricted paths of motion and natural, biomechanically-correct exercises to train your entire body. When you see a machine like this one, you understand what a home gym should be. Solid, engaging, and full of possibilities.

**The Ultimate Home Gym System
with Cable Motion™**

Improve your golf swing. Take on yard work or daily lifting with ease. Supplement your road race or triathlon training. Even build more muscle tone. You name it. With the G5's endless variety, you're bound to accomplish any goal. From the upper to the lower-body, the G5 allows you the freedom to train multiple muscles and joints simultaneously with your feet on the ground. That way you can build better balance, enhance coordination, and strengthen the core muscles of your abdomen and back – the muscles you use every day of your life. It's the kind of strength-training variety that used to come from working out in a full-service gym.



KEY FEATURES

- Weight stack 160lb (73kg)
- Unrestricted Cable Motion™ exercise movements
- Removable bench allows for stability ball, balance device, or standing exercises
- 3V-Groove pulley zones to work upper-body, lower-body, and torso
- Quick Lock cable end attachments for quick and easy exercise change over
- Removable, adjustable bench with 6 incline angles
- Sound-dampening bushings between weight plates ensure a quiet workout
- Dimensions (LxWxH): 130 x 137 x 210 cm (length is 226cm with bench)
- In Home Warranty: Limited lifetime on frame, welds, pulleys and parts; 3-year on upholstered pads and cables
- Light Commercial Warranty: 1 year parts and labour, or 1000hrs (whichever is sooner)

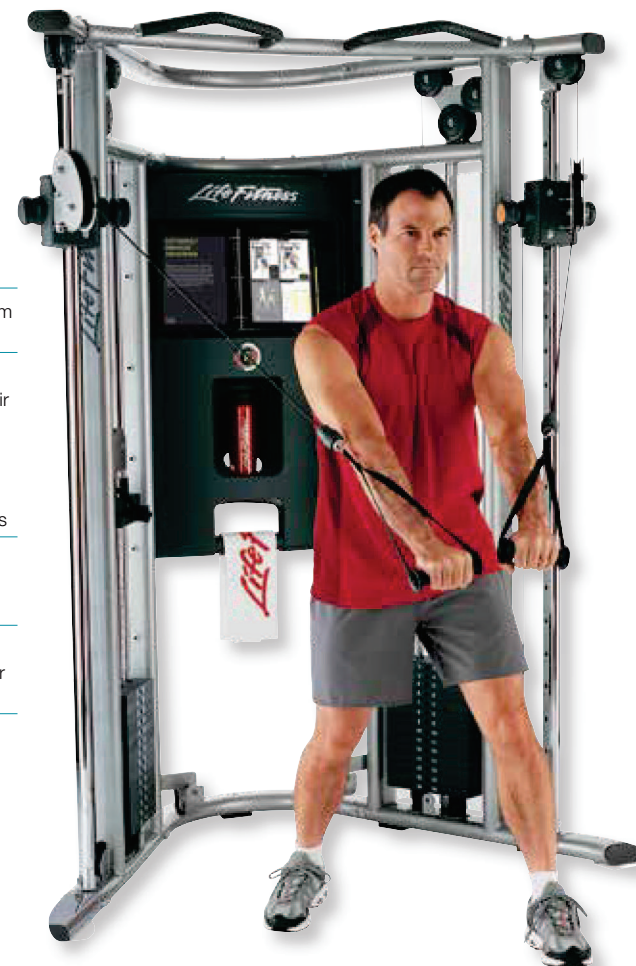
LifeFitness

G7 Cable Motion™ Home Gym & Bench #LFGYG7K

Inspired by our popular health club model, the G7 adjustable pulley home gym offers you the ultimate in exercise options and customisation. The G7 offers exclusive features that allow you to build your own training workouts, track your progress and use the included DVD to follow-along with your own certified personal trainer while she guides you through 2 training routines. With these personalised features, it's easy for any level of user to get started and stay motivated. Bring the health club experience home with the smartly designed G7.

KEY FEATURES

- Two dual weight stacks (2 x 73kg) allow you to exercise one side of the body at a time or both sides at the same time
- 20 ultra-smooth pulley adjustments per column enable you to perform a virtually endless number of exercises
- Quick Lock cable end attachments make switching out attachments quick and easy
- Chin-up/pull-up bars are correctly angled for biomechanically-correct upper-body and core exercises
- Mounted Exercise Book shows you how to perform over 60 exercises, allows you to build your own workouts and track your progress
- Training DVD allows you to follow along with a certified personal trainer as she guides you through 2 workout routines
- Dimensions (LxWxH): 174 x 178 x 211 cm (with bench)
- Included accessories: 2 x 160-lb. (73 kg) dual weight stacks, bench, 1 pair of medium handles, triangle clips/ carabineers for traditional attachments, ankle strap, thigh strap, straight bar, exercise ball, exercise book, training DVD, water bottle, weight stack shrouds
- In Home Warranty: Limited lifetime on frame, welds, pulleys and parts; 3-year on upholstered pads and cables
- Light Commercial Warranty: 1 year parts and labour, or 1000hrs (whichever is sooner)



See page 3 for details



G4 Cable Motion™ Home Gym #LFGYG4

The G4 Cable Motion Gym allows you to bring exercise variety to your home. Mimicking your body's natural motion, the superior ergonomics support your every move, allowing you to manoeuvre effectively and comfortably to maximise your results.

The durable, solid machine offers a vast variety of exercises to strengthen the core stabilising muscles used in sports and daily activities.

The press station features 7 different pressing angles while the adjustable back pad enables shoulder and flat presses as well as 5 incline presses. It also includes extended arm, pec, fly/rear deltoid and mid pulley for expanded abdominal, arm, shoulder and chest exercises plus multiple seated row exercises.

KEY FEATURES

- Weight stack 160lb (73kg)
- Cable Motion Technology: unrestricted exercises for all major muscle groups
- Ergonomic-design: mimics natural motion for smooth movement
- Durable components: for long product life
- Adjustable back pad: enables shoulder, flat and five incline presses
- Extensions: extended arm pec fly, rear deltoid and mid-pulley for additional variety
- Pec fly cams: enable consistent resistance
- Included accessories: revolving lat bar, low row bar, abs/triceps strap, ankle strap, 160 lb/73 kg weight stack and weight stack shrouds
- Space-efficient design: fits neatly in a corner
- Assembled dimensions: 203 x 127 x 211 cm
- Warranty: Lifetime on frame, 3 years parts and 1 year labour



G4
#LFGYG4



Designed with ease of use in mind

G4 Cable Motion™ Home Gym with Leg Press #LFGYG4K

50lb Weight Stack Upgrade
(Fits both G4 & G2) #LFGYW



Optional
Accessory



G4 with Leg Press
#LFGYG4K



You'll get started without a hitch

G2 Cable Motion™ Home Gym with Leg Press #LFGYG2K



G2 with Leg Press
#LFGYG2K



50lb Weight Stack Upgrade
(Fits both G4 & G2) #LFGYW



G2
#LFGYGS2



G2 Cable Motion™ Home Gym #LFGYGS2

The G2 multi-gym delivers a variety of total body exercises. Features a Variable Arc Press Station for multiple chest presses whilst superior ergonomics ensure correct positioning, ease of use and exciting training options.

You get a wide range of total body exercises with the space-efficient G2 multi-gym. Designed for strength training, this compact machine is easy-to-use so that you can get going with your strength training straightaway – whatever your level of ability. Ergonomically-designed to mimic your body's natural path of motion, it effectively supports you during every exercise

KEY FEATURES

- Weight stack 160lb (73kg)
- Cable Motion Technology: unrestricted exercises for all major muscle groups
- Ergonomic-design: mimics natural motion for smooth movement
- Durable components: for long product life
- Adjustable back pad: enables shoulder, flat and five incline presses
- Variable Arc Press Station: enables traditional arc, converging and close-grip chest presses
- Included accessories: revolving lat bar, low row bar, abs/triceps strap, ankle strap, 160 lb/73 kg weight stack and weight stack shrouds
- Space-efficient design: fits neatly in a corner
- Assembled dimensions (LxWxH): 181 cm x 122 cm x 211 cm (width is 206cm with leg press)
- Warranty: Lifetime on frame, 3 years parts and 1 year labour

LifeFitness

VECTRA® FITNESS online® 1650

Now. A system that features weight machine and Free-Weight benefits

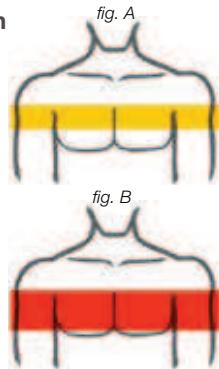
The revolutionary On-Line 1650 is the first weight training machine to offer two completely different training disciplines on the same machine. The convenience, efficiency and safety of a weight machine. And, the proven benefits of free-weight training, including greater overall strength, improved upper body awareness and stability, and sport specific strength.

How Does it work?

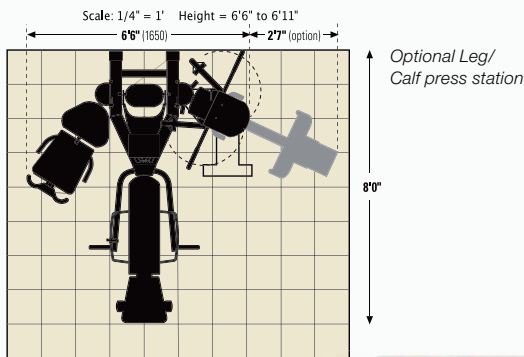
If you've never pressed with a traditional bar and plates, here's the scenario. Load the plates, taking care not to overload one side. Don't drop a plate on your foot. Look for somebody to spot for you. Add a plate or two, subtract a plate or two. Don't let the bar get away from you. Here's how easy it is with the Vectra 1650. All you need to do to transform the machine from fixed mode to "free-weight" mode is pull the conveniently located selector knob. This releases the fore-and-aft restrictions on the weight stack, requiring you to control and balance the weight throughout the pressing action, approximating the sensation and benefits of free-weight pressing. This act of controlling the vertical path during the lift is what separates the 1650 system from the so-called "user-defined" machines, with merely a free-floating press arm. Just as with a free-weight bar, the more you lift vertically with the 1650, the more you must balance.

Muscle Development with the free weight system

In fixed mode pressing, the path of the bar is guided, somewhat limiting the muscles involved in the execution of the exercise (fig. A). Free weight pressing however, requires the involvement of secondary, supportive muscles to guide and balance the bar throughout the lifting action (fig. B).



The more balance required, the more the secondary, supportive muscles must be called into action. To return to the fixed mode, simply push in the selector knob. This amazing feature must be experienced to be fully understood and appreciated.



In the "free-weight" mode, as you lift the weight vertically, the weight stack is free to tilt several inches (controlled by built-in "spotters"). As with a traditional bar and plates, YOU control the fore-and-aft motion of the bar, as you move it vertically

SPECIFICATIONS & FEATURES

- Weight Stack: 1 x 210 lb weight stack. Powder coated, machined cast iron, Alloy selector shaft for low minimum weight. Premium selector pin.
- Maximum Resistance: 235lb (all exercises, lifting press arm)
- Vector® Bench
- Leg Developer
- Colour: Black frame #VEGY1650BB or Sterling Silver frame #VEGY1650SB
- Included Accessories: Weight stack guards
- Padded ab/tricep strap and ankle strap
- Lat bar, curl bar, D-handle
- Squat attachments, Low row/calf block
- Adjustable lat hold-down
- Exercise /safety poster
- Available Options: As per the VX48 (pg. 90) and optional Leg Press #VELCPO(B/S)
- Warranty: In Home Use: Lifetime frame, 5 years weight stack, guide rods, pulleys and bearings, 3 years - cables and attachments upholstery and other parts not listed. (Parts only)



OPTIONAL ATTACHMENTS

Enhance your workout



Optional Leg Press

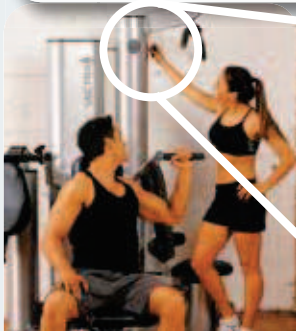
#VELCPOS/B

Our new ultra-smooth leg/calf press option provides an effective way to exercise your quads, glutes and calves. Max Resistance 350lbs



THE VECTOR® BENCH

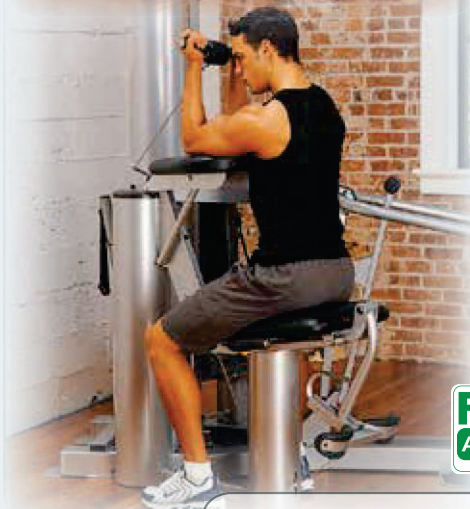
A simple one-touch adjustment allows you to choose any of seven different positions, from a 15-degree decline to a shoulder press. All positions offer full back support. As you adjust the back pad, the seat pad automatically adjusts to the correct angle. This bench is also the perfect place for abdominal and dumbbell work. Wheels make positioning easy and they retract to ensure the bench stays put during use.





VECTRA[®] online[®] 1650

#VEGY1650SB
#VEGY1650BB



**FINANCE
AVAILABLE**
See page 3 for details



<< The revolutionary cross-chest fly is a tremendous chest exercise for a couple of reasons. One, YOU determine the path your arms will take, so you can work the pecs from a variety of angles. And two, unlike ordinary pulley machines, this unique station features an ingenious arm-and-cam design which gives you consistent resistance throughout the repetition, even as your hands cross each other, providing a tremendous squeeze of the pecs and surrounding muscles.

Men's Fitness Gear Guide

The good: The Rolls-Royce of multigyms. The Vectra is beautiful to look at and intelligently designed. It's packed with clever design features, such as the drop-down leg curl, but its best feature by far is the option to instantly switch between free weight or fixed-path pressing, allowing you to target different muscles. It's the next best thing to having a gigantic spotter.

MF verdict: For a self-adjusting, simple-to-operate machine that's a pleasure to use, you can't do better.
mensfitnessmagazine.co.uk

The high pulley adjusts from 6'6" to 6'11" to accommodate various ceiling heights and physical characteristics of the primary users.



1450 Exercises



VECTRA[®]

FITNESS

online[®] 1450

Online[®] 1450 Compact Gym

Small Gym - Big Gym Features

If you have limited floor space, the 1450 may be the gym for you. Even a simple Olympic bar and bench require more room than this innovative machine. And what about other small weight machines? With most other machines, you need to perform the exercises outside the perimeter of the machine itself, requiring about twice the area of the machine's actual footprint.

Fits in a Corner

The 1450, the latest version of the corner unit (pioneered by Vectra), takes up a minuscule 6' x 6' of floor space and can be placed anywhere you want, even against a wall or in a corner. And all of the exercises are performed WITHIN this footprint. The machine surrounds you.

Big Gym Features in a small space

Most small gyms lack the quality of Vectra and don't offer nearly as many legitimate exercises. In addition to the exercises found on most gyms, the 1450 also delivers shoulder shrugs, a greater variety of presses, squats, calf raises, abdominal reverse curls, dips and lying down leg curls. These "bonus" exercises create a more complete workout

Specifications and Features:

- Weight Stack: 1 x 210lb
- All stations "On-Line". (No Cable changes)
- Press arm offers fingertip adjustment.
- New low row. Exercise done while sitting on bench for greater comfort and convenience.
- Bench moves on a spring-loaded wheel for easy adjustment.
- High pulley adjusts from 6'6" to 6'11" - allowing machine to fit under low ceilings, while accommodating those with long arms and more space. Adjustment made during final assembly.
- Comfortable elastomeric grips.
- Ratcheting Lat Hold Down
- pads for easy multiple adjustments.
- Squat plate is large, and attached to mainframe.
- Squat plate is low and on the ground, providing high quality squat and shrug exercise geometry.
- Leg pads roll for improved leg extensions/curls.
- Leg developer can be used with bench in any position.
- Included accessories: Integral Weight Stack Shrouding, Padded Ankle Strap, Lat Bar, Curl Bar, two Single Handles, Cable Extension, Adjustable Lat Hold-Down, Exercise/Safety Poster
- Exceptional shoulder press geometry.



FREE ATTACHMENTS
Enhance your workout



1450 attachment Kit
Complete your gym with the 1450 attachment Kit. Includes Squat Attachments, Calf Raise/Seated Row Block and Foot Hold-Downs.

OPTIONAL ATTACHMENTS
Enhance your workout

Optional Accessory Bar Kit: #VEABKS





The high pulley adjusts from 6'6" to 6'11" to accommodate various ceiling heights and physical characteristics of the primary users.

Our "BESTSELLER" in-store



Also available in black

Silver #VEGY1450S Black #VEGY1450B

Pictured with optional accessory rack, dumbbell rack and dumbbells



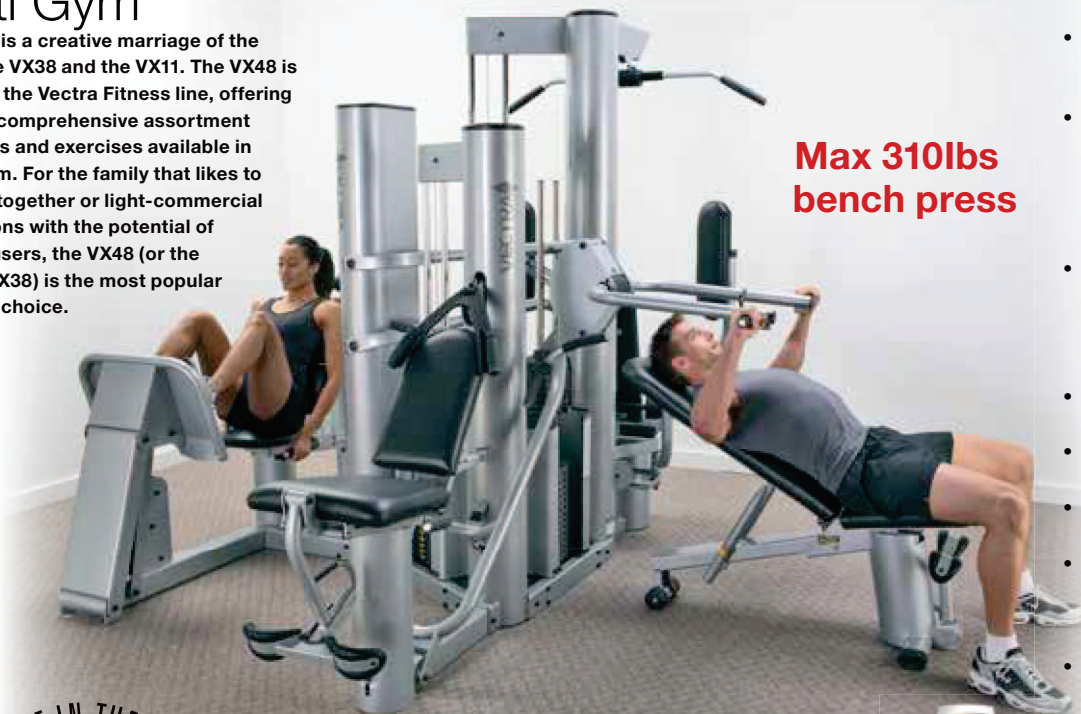
"The best compact gym system available"

VECTRA[®] FITNESS VX48

VX48 4-Stack Multi Gym

The VX48 is a creative marriage of the innovative VX38 and the VX11. The VX48 is the top of the Vectra Fitness line, offering the most comprehensive assortment of features and exercises available in a multigym. For the family that likes to work out together or light-commercial applications with the potential of multiple users, the VX48 (or the 3-stack VX38) is the most popular multigym choice.

"The ultimate workout machine"



Max 310lbs bench press

Specifications & Features

- Cushions: Seamless cushions, more durable than molded or sewn cushions.
- Weight Stacks: The VX48 has four stacks, 2 x 260lb and 2 x 210lb. Powder coated, machined cast iron, Alloy selector shaft for low minimum weight. Premium selector pin.
- Maximum Press Resistance: Because the press arm weighs 50lbs., the maximum resistance for all lifting exercises is 310lbs.
- Minimum Press Resistance: 2 weight reduction springs are included. These can be installed on the press arm to reduce the weight by 20 lbs (per spring) for those interested in lowering the 50lb. weight that the press arm adds to the stack weight.
- Press Arm: 21-position with 8 ball bearing pivots. Release lever functions in both directions for easy adjustment from all exercise positions (patented). Direct lift eliminates cable stretch and provides 1-to-1 lift ratio with a natural arc motion.
- Vector[®] Bench: 7 settings, one-touch adjustment, spring-loaded wheels. (patented)
- Pec-Dec Arms: 9 fine increment pre-stretch settings per arm (patented)
- Supported Row: 12-position adjustable cushion. Narrow and wide grip handle positions.
- Leg Developer: Ball bearing pivot. Cam and accommodating pads. Locking two-position seat for supported leg curls. Formfitting shin pads. 12-position seat back for back support
- Arm Station: Cambered bar with pinch proof cradle. Horizontal preacher curl with chest support.
- Leg and Calf Press: Resistance at the leg station is 440lbs. Lumbar support, pivoting non-skid footplate and 8 ball bearing pivots.
- Frame: Heavy duty welded steel construction. Quality powder coat finish for durability.

- Pulleys: Fibreglass reinforced nylon, 4-1/2" and 6" diameter with ball bearing hub.
- Cable: Internally lubricated, clear nylon-coated 7 x 19 strand construction, aircraft quality, 2000 lb. tensile strength with stainless steel fittings.
- Colour Options: Black #VEGYVX48B or Sterling Silver #VEGYVX48S

Included Accessories

- Weight stack guards
- Padded ab/triceps strap and ankle strap
- Lat bar, curl bar, 8" single handle
- Contoured squat attachments, low row/calf block
- Adjustable lat hold-down
- Exercise/safety poster
- Cambered bar (standard VX11, VX28 and VX48)

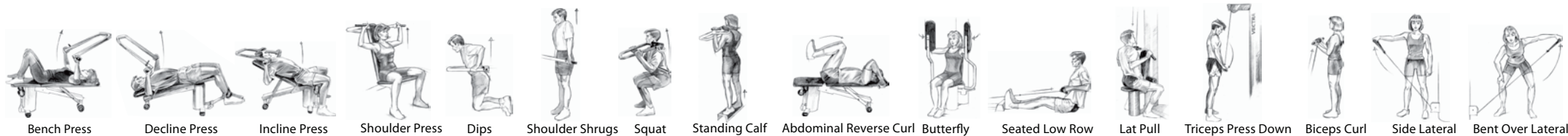
Available Options

- Accessory rack: Black #VEARB, Sterling Silver #VEARSS
- Accessory Bar Kit comprising of: parallel grip lat bar, close grip multi-function bar, triceps strap available in Silver #VEABKS or Black #VEAKBKB
- 5 lb. add-on rubber plates #VE5AO
- Warranty: In Home Use: Lifetime frame, 5 years weight stack, guide rods, pulleys and bearings, 3 years - cables and attachments upholstery and other parts not listed. (Parts only)
- Warranty: Light commercial: 5 years frame, weight stack, guide rods and pulleys, 1 year all other parts. (Parts only)



Silver #VEGYVX48S Black #VEGYVX48B

VX - 48 & VX - 28 EXERCISES

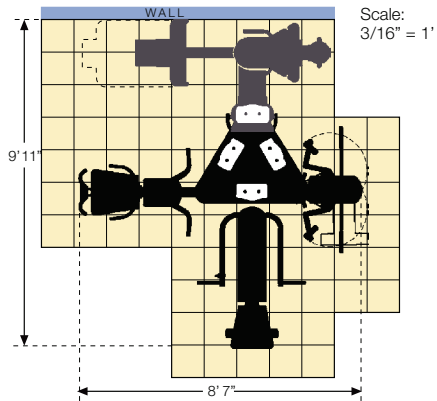


FRAME COLOUR OPTIONS

Sterling Silver

Black

upholstery: black



Optional Accessory Bar Kit includes: parallel grip lat bar, close grip multi-function bar, triceps strap)

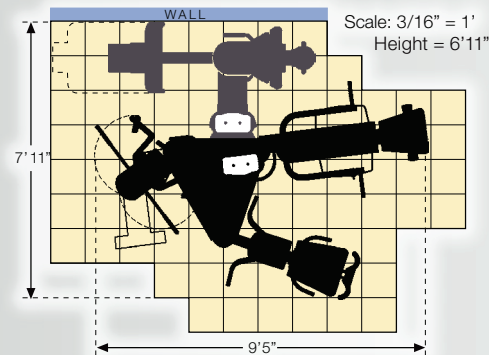
VECTRA[®] FITNESS VX28

VX28 Multi Gym #VEGYVX28S/B

The VX-28 delivers a commercial quality health club workout by combining the best of the VX-18 and VX-11. Whether working out alone or with another individual, no other two stack gym provides the full range of upper and lower body exercises.

Parallelogram, direct drive press arm, chest supported row, large footplate for leg and calf presses, ergonomic design for comfort and safety.

There is a variety of high quality exercises to completely work your upper and lower body workouts. With the additional weight stack, you have the option of working out with another person. Unlike other multi stack gyms, the VX-28 is a combination of two components (the VX-18 and VX-11) which may be assembled as one unit or separately as two units. This offers the flexibility you may need to customise your room layout.



Specifications & Features

- Weight Stacks: 2 x 260lb. Powder coated, machined cast iron. Alloy selector shaft for low minimum weight.
- Colour: Black frame #VEGYVX28B or Sterling Silver frame #VEGYVX28S

The VX28 consists of a combination of the VX18 and the VX11.



Included Accessories

- As per VX48

Available Options

- As per VX48

WARRANTY

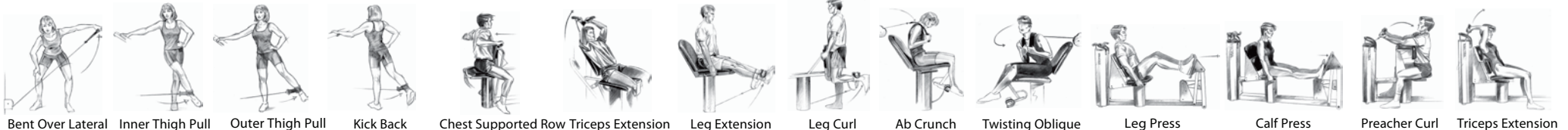
- As per VX48
- Light commercial: As per VX48



Max 310lbs bench press



Silver #VEGYVX28S Black #VEGYVX28B



Bent Over Lateral

Inner Thigh Pull

Outer Thigh Pull

Kick Back

Chest Supported Row

Triceps Extension

Leg Extension

Leg Curl

Ab Crunch

Twisting Oblique

Leg Press

Calf Press

Preacher Curl

Triceps Extension



Maximum Bench Press 310lbs



VX38 3-Stack Multi Gym #VEGYVX38S/B

For the family that likes to work out together or light-commercial applications with the potential of multiple users, the VX38 (or the 4-stack VX48) is the most popular multi gym choice. Vectra machines are designed to be so smooth and easy to adjust that several people can easily work out simultaneously. The user is able to move through their routine quickly and efficiently, freeing up a space for the next person. Also, each exercise station on the machine is self-contained, with its own dedicated weight stack, arranged around the unit so that awkward face to face and embarrassing shoulder to shoulder contact between users is avoided.

SPECIFICATIONS & FEATURES

- **Weight Stacks:** The VX38 has three stacks 2 x 210lb and 1 x 260 lbs. Powder coated, machined cast iron, Alloy selector shaft for low minimum weight. Premium selector pin.
- **Maximum Press Resistance:** Because the press arm weighs 50lbs., the maximum resistance for all lifting exercises is 310lbs.
- **Minimum Press Resistance:** 2 weight reduction springs are included and can be installed on the press arm for those interested in lowering the 50lb. weight that the press arm adds to the stack weight. Each spring reduces this weight by 20 lbs
- **Press Arm:** 21-position with 8 ball bearing pivots. Release lever functions in both directions for easy adjustment from all exercise positions (patented). Direct lift eliminates cable stretch and provides 1-to-1 lift ratio with a natural arc motion.
- **Vector® Bench:** 7 settings, one-touch adjustment, spring-loaded wheels. (patented)
- **Pec-Dec Arms:** 9 fine increment pre-stretch settings per arm (patented)
- **Supported Row:** 12-position adjustable cushion. Narrow and wide grip handle positions.
- **Leg Developer:** Ball bearing pivot. Cam and accommodating pads. Locking two-position seat for supported leg curls. Formfitting shin pads. 12-position seat back for back support
- **Colour:** Black #VEGYVX38B or Sterling Silver #VEGYVX38S

- **Warranty:** In Home Use: Lifetime frame, 5 years weight stack, guide rods, pulleys and bearings, 3 years - cables and attachments upholstery and other parts not listed. (Parts only)
- **Warranty:** Light commercial: 5 years frame, weight stack, guide rods and pulleys, 1 year all other parts. (Parts only)

OPTIONAL ATTACHMENT
Enhance your workout

Optional Leg Press
Our new ultra-smooth leg/calf press option provides an effective way to exercise your quads, glutes and calves. Max Resistance 350lbs



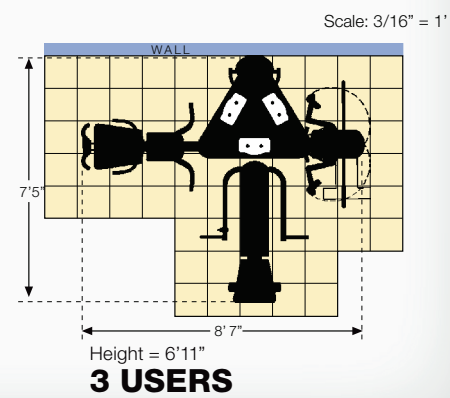
#VELCPO/B/S/W

INCLUDED ACCESSORIES

- Weight stack guards • Padded ab/tricep strap and ankle strap
- Lat bar, curl bar, D-handle • Contoured squat attachments
- Low row/calf block • Adjustable tat hold-down • Exercise/safety poster

AVAILABLE OPTIONS

- Accessory rack (Black #VEARB, Sterling Silver VEARSS)
- Accessory Bar Kit comprising of: parallel grip lat bar, close grip multi-function bar, triceps strap) available in Silver #VEABKS or Black #VEAKBKB
- 5 lb. add-on rubber plates #VE5AO
- Cambered bar in Black #VECACBB



V X - 1 8 & V X - 3 8 E X E R C I S E S



FRAME COLOUR OPTIONS



Sterling
Silver



Black

upholstery: black

VECTRA[®]

FITNESS

VX18 Single Stack Multi Gym #VEGYVX18S/B

The VX18 is the ultimate home gym, having undergone many design improvements since its introduction in 1987 as the On-Line 1500. Even then, it revolutionised the industry with features such as the patented “no cable change” On-Line[®] system. No one had experienced a machine like this — more versatile, comfortable, smooth and more solid than anything before.



VX-18 shown in Black with Black upholstery.

SPECIFICATIONS & FEATURES

- Weight Stacks: The VX18 has 1 x 260 lb weight stack.
- Maximum Press Resistance: As per VX38
- Minimum Press Resistance: As per VX38
- Press Arm, Vector[®] Bench, Pec-Dec Arms, Supported Row, Leg Developer: As per VX38 (see pg. 92).
- Colour: Black #VEGYVX18B or Sterling Silver #VEGYVX18S

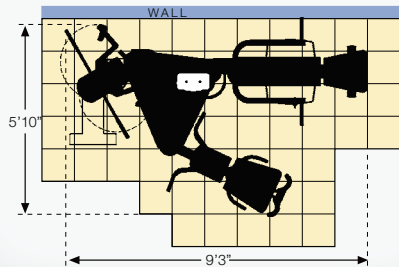
AVAILABLE OPTIONS

- As per the Online VX38 with the addition of Cambered bar in Black #VECACBB

INCLUDED ACCESSORIES

- Weight stack guards • Padded ab/tricep strap and ankle strap • Let bar, curl bar, D-handle
- Contoured squat attachments • Low row/calf block • Adjustable tat hold-down
- Exercise/safety poster
- Warranty: In Home Use: Lifetime frame, 5 years weight stack, guide rods, pulleys and bearings, 3 years - cables and attachments upholstery and other parts not listed. (Parts only)
- Warranty: Light commercial: 5 years frame, weight stack, guide rods and pulleys, 1 year all other parts. (Parts only)

Scale: 3/16" = 1'



1 USER



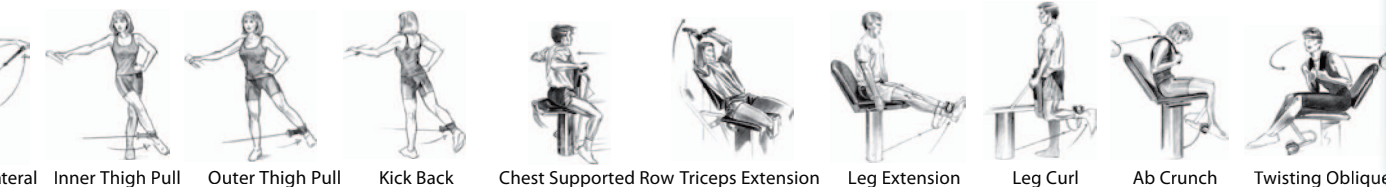
Maximum Bench Press 310lbs



Optional Leg Press

#VELCPOS/B

Our new ultra-smooth leg/calf press option provides an effective way to exercise your quads, glutes and calves. Max Resistance 350lbs



teral

Inner Thigh Pull

Outer Thigh Pull

Kick Back

Chest Supported Row

Triceps Extension

Leg Extension

Leg Curl

Ab Crunch

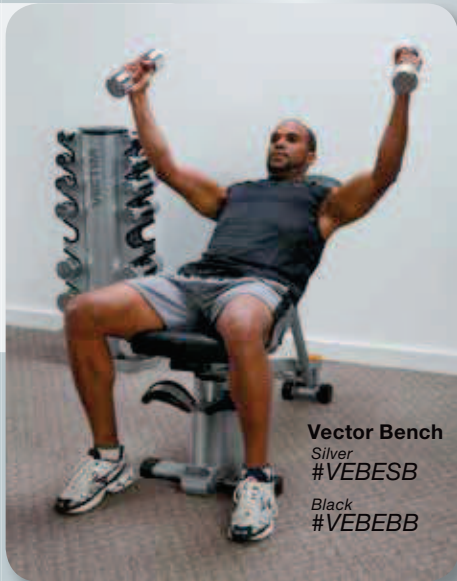
Twisting Oblique

VECTRA[®] Accessories

Dumbbell Racks

- 5 pair Black #VEDRDB5B
- 8 pair Black #VEDRDB8B
- 5 pair Silver #VEDRDB5SS
- 8 pair Silver #VEDRDB8SS

The Vector Bench (Pictured) is included as standard with the VX-18, VX-28, VX-38, VX-48 and 1650 gyms but can also be purchased separately. Also pictured is an optional dumbbell rack. These are available in a 5 or 8 pair option. Dumbbells sold separately.



Vector Bench
Silver #VEBESB
Black #VEBEBB

Accessory Rack

- Silver #VEARB
- Black #VEARB



The optional Accessory Rack is available in either black or silver. It is pictured with various accessories that are included as standard with the VX-18, VX-28, VX-38, VX-48.

#VEABKSS



Custom Handle Kit: Parallel Grip Lat Bar, Close Grip Multi-Function Bar, Triceps Strap.

#VEABA



Accessory Bar Adaptor designed to be permanently bolted to any "off the shelf" bar to adapt it for use with any Vectra multi gym.

- Close Grip Attachments #VEACGPSS - silver
- #VEACGPB - black



#VE5AO - 5lb Add On Plate

#VECACBB - Cambered Bar

VECTRA[®] VX11 4 Exercise Powerhouse

The VX11 is a sturdy addition to any exercise room, whether used as a freestanding unit or joined to the VX18 to form the VX28 or the VX38 to form the VX48.

The main exercise on the VX11 is the very popular leg-press, which also offers a calf raise. But there is more here than meets the eye; an ingenious seat-back design "pops-up" to become a support for a first-class preacher curl. Returning the seat back allows the user to perform tricep extensions. Because it's designed to be a freestanding piece, as well as an integral component of the VX28 and VX48, it allows you flexibility in configuration. You can even use it in a separate room if you desire.

Specifications & Features

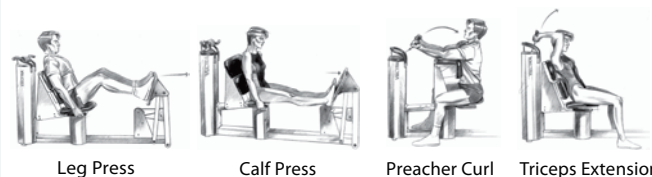
- Weight Stack: 1 x 260 lb stack.
- Leg Press: Resistance at the leg station is 440 lb Lumbar support, pivoting non-skid footplate and 8 ball bearing pivots. Arm Station: Cambered bar with pinch proof cradle. Horizontal preacher curl with chest support.
- Colour: Black #VEGYVX11B or Sterling Silver #VEGYVX11S
- Warranty: In Home Use: Lifetime frame, 5 years weight stack, guide rods and bearings, 3 years - cables and attachments upholstery and other parts not listed. (Parts only)
- Warranty: Light commercial: 5 years frame, weight stack, guide rods and pulleys, 1 year all other parts. (Parts only)



Silver #VEGYVX11S
Black #VEGYVX11B



VX-11 EXERCISES

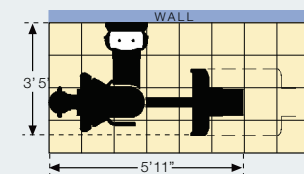


Leg Press

Calf Press

Preacher Curl

Triceps Extension



The VX11 can bolt on to the following Vectra gyms as an added fixed station

VX11 + VX18 = VX28
VX11 + VX38 = VX48

Body-Solid®

Built for Life

G9U

Multi Station Gym

#BSGYG9U

This multi-station workhorse provides health club quality strength training for up to three people simultaneously (with optional GKR9). The G9U incorporates a multi-function press arm station for chest press, incline press, shoulder press and chest supported mid row exercises. Perfect Pec™ station has fully adjustable range of motion. Includes Leg Press / Calf Press station that operates on a 2 to 1 weight ratio giving it the awesome capacity of 420 lbs. If maximum strength and a weight room full of workout options is what you want in a minimum amount of space, then try the G9U on for size.

Optional



Vertical Knee Raise Station

#BSGKR9

OR



Inner / Outer Thigh Station

#BSGIOT9



Aluminium Pulleys

Aluminium Pulley Upgrade.
#BSACGAP9U



50lb WT Stack Upgrade Kit

Each weight stack is upgradable to 260lb with the addition of a 50lb upgrade pack. (#BSSP50) One required per stack.



WT Stack Adapters

2.5 lb #BSWSA2.5
5 lb #BSWSA5

Key Features

- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point and integrated CAM to prevent resistance drop-off at the end of the exercise movement. This provides consistent resistance throughout full range of motion.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Perfect Pec™ station features range of motion adjustment that allows beginning stretch preference.
- Telescoping, chrome plated, gas-assist adjustable seat posts for quick, smooth adjustment and proper body positioning.
- Two 210 lb. (95kg) selectorised weight stacks. Each weight stack is upgradable to 260lb/118kg.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swivelling ends provide durability and low maintenance.
- 41/2" pulleys are impact resistant fibreglass reinforced nylon with precision machined steel ball bearings.
- 2" x 4", 11-gauge mainframe construction assures maximum strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish.
- Includes Leg Press / Calf Press station with 2:1 ratio for maximum resistance of 420 lbs.
- Includes revolving lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.



DIMENSIONS

Floor Space Dimensions:	89"L x 76"W x 83.5"H	(226cm x 193cm x 212cm)
With VKR Option:	89"L x 104"W x 83.5"H	(226cm x 264cm x 212cm)
With Inner/Outer Thigh:	89"L x 125"W x 83.5"H	(226cm x 318cm x 212cm)
Live Working Area:	132"L x 87"W x 83.5"H	(335cm x 220cm x 212cm)
With VKR Option:	132"L x 134"W x 83.5"H	(335cm x 340cm x 212cm)

Best selling dual stack gym



Pictured with optional Aluminium Pulley upgrade #BSACGAP9U

FREE
with Gym



For Optional Cable Attachments see page 103

Body-Solid®

Built for Life

G6B Bi-Angular®

Home Gym #BSGYG6

Rated a Consumer Guide® "Best Buy". The Patented Bi-Angular® converging press arm system guides you through the optimal range of motion while applying resistance from two directions simultaneously. This increases muscle interaction by 25%. Comes complete with the Perfect Pec™ station with adjustable range of motion. Press station and leg developer station feature the SmoothGlide Bearing System™ with biomechanically accurate pivot points for friction free movement. The Body-Solid G6B represents quality without compromise... it's a "Best Buy".

BI-ANGULAR®
Technology



FREE
with Gym

Upgrade to a
260lbs weight stack!

Pictured with optional
Aluminium Pulley upgrade
#BSACGAP6

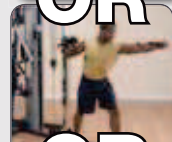


Optional



**Leg Press/
Calf Press**
#BSGLP

OR



**Cable
Column**
#BSGCCA

OR



**Inner / Outer
Thigh Station**
#BSGIOT



Aluminium Pulleys
Enhance the look of the
G6B with the Aluminium
Pulley Upgrade.
#BSACGAP6



**Weight Stack
Add-On Kit**
50lb add on kit converts
the 210lb weight stack to
an impressive 260lb
#BSSP50



**WT Stack
Adapters**
2.5 lb #BSWSA2.5
5 lb #BSWSA5

For Optional Cable Attachments
see page 103

Key Features

- Patented Bi-Angular® converging press station replicates a free weight dumbbell press and produces 25% more muscle interaction.
- Chest, incline, shoulder press and leg developer stations incorporate the friction free SmoothGlide Bearing System™.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- 210 lb. (95kg) selectorised weight stack. Additional 50lb add on kit converts the 210lb weight stack to an impressive 260lb #BS5P50
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- Flip-up seated row foot brace plate stabilises your body when using heavy resistance.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swivelling ends provide durability and low maintenance.
- 4 1/2" pulleys are impact resistant fibreglass reinforced nylon with precision machined steel ball bearings.
- 2" x 3", 11-gauge mainframe construction assures maximum strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish.
- Easy to use, space saving, no-cable-change design.
- Includes revolving lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.



DIMENSIONS

Floor Space Dimensions:	85"L x 50"W x 83.5"H	(215cm x 127cm x 212cm)
With Leg Press Option:	85"L x 82"W x 83.5"H	(215cm x 208cm x 212cm)
With Inner/Outer Thigh:	85"L x 83"W x 83.5"H	(215cm x 211cm x 212cm)
With Cable Column:	85"L x 81"W x 83.5"H	(215cm x 206cm x 212cm)
Live Working Area:	85"L x 84"W x 83.5"H	(215cm x 213cm x 212cm)
With Leg Press Option:	85"L x 96"W x 83.5"H	(215cm x 243cm x 212cm)

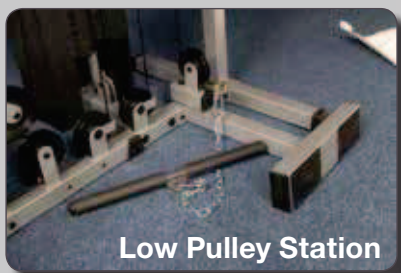
Body-Solid®

Built for Life

Our Best Seller

GEXM2000s Selectorised Multi Gym #BSGYGEXM2000

Never before has such a space saving design been so aesthetically appealing without compromising the integrity of the exercises. Packed into a concise 4' x 5' space, anchored by a 210 Lb. weight stack and shrouded for maximum safety and aesthetic appeal, the GEXM2000S screams for exhilarating workouts. Superior quality is evident from the moment you slide onto the fully adjustable DuraFirm™ seat and back pads and grab the comfortable dual-grip press arm handles. Precision engineered for strength and smooth operation; the GEXM2000S assures you the most enjoyable total-body workout possible. Bench presses, lat pull downs, leg extensions, leg curls, high, mid and low pulley exercises... they're all here with many more in store for you on this versatile machine. If you've ever used free weights, you'll love our exclusive Perfect Pec™ technology. Designed with free weight in mind, pectoral flys have never been more precise and effective.



Low Pulley Station

Optional



Optional Leg Press Station
#BSGLP20



WT Stack Adapters
2.5 lb #BSWSA2.5
5 lb #BSWSA5

For Optional Cable Attachments see page 103

Key Features

- **SHROUDS:** Full length shrouds encompass the entire weight stack for enhanced appearance and improved safety.
- **PERFECT PEC™ STATION:** It's a dual function station with unrestricted range of motion employing the technologically advanced articulating handle design. Double overhead cams and two grip positions provide the motion desired for pectoral and rear deltoid development.
- **ADJUSTABLE CHEST PRESS STATION:** Biomechanically designed for maximum chest concentration and outstanding muscle development. Adjustable back pad and press arms provide complete prestretch and full range of motion. Comfortable, multi-position handgrips concentrate distinct areas of the chest and triceps.
- **210 LB. CAST STEEL WEIGHT STACK:** Advanced cast weight stack plates are machine drilled to exact specifications and employ state-of-the-art nylon bushings for super smooth and quiet operation.
- **AB CRUNCH / MID PULLEY STATION:** Develop awesome abs and tremendous triceps quickly at this strength training station
- **LAT PULL DOWN / HIGH PULLEY STATION:** Perform lat pull downs, triceps press downs, cable crossovers and many more high pulley exercises.
- **DURAFIRM™ PADS:** Durable, tear-resistant, fully supported DuraFirm™ pads are double stitched and sewn. These high density, top grade pads provide a LIFETIME of support and comfort and will not bottom out or wear out... GUARANTEED!
- **LEG EXTENSION / LEG CURL STATION:** This cam-driven leg developer will help you work your quads and your hamstrings while developing incredible knee strength in precise biomechanical form.
- **SEATED ROW / LOW PULLEY STATION:** Essential for well-developed backs, seated row exercises build depth in the middle back and train the hard to reach lower lats. Extra wide, deep V-groove pulley provides accurate resistance for cable curls, upright rows, shrugs, leg abduction, leg adduction and much more.
- Includes Lat Bar, Straight Bar, Utility Strap and Ab / Triceps Strap



DIMENSIONS

Floor Space Dimensions: 63"L x 43"W x 83"H (160cm x 109cm x 210cm).....

Body-Solid
Built for Life

G3s Multi Station Home Gym #BSGYG3



Optional



**Leg Press/
Calf Press**

#BSGLP

OR



**Cable
Column**

#BSGCCA

OR



**Inner / Outer
Thigh Station**

#BSGIOT



Aluminium Pulleys

Enhance the look of the G3S with the Aluminium Pulley Upgrade.

#BSACGAP3



**Weight Stack
Add-On Kit**

50lb add on kit converts the 160lb weight stack to an impressive 210lb

#BSSP50



**WT Stack
Adapters**

2.5 lb #BSWSA2.5

5 lb #BSWSA5

For Optional Cable Attachments see page 103

Advanced engineering with a traditional multi-grip press arm system delivers deep and effective muscle interaction for chest press, incline press, shoulder press and mid row movements. Simply face into the machine and grasp the mid row handles for a lower back workout. The Leg Extension / Leg Curl station is fully adjustable for maximum comfort. Add the optional Leg Press / Calf Press station for the ultimate lower body workout. It has everything you need for a lifetime of stimulating, efficient workouts... **GUARANTEED.**

Key Features

- Traditional press bar with multi-position hand grips are biomechanically designed for maximum chest, back and triceps muscle development.
- Unique exercises include back hyperextension, standing shoulder press and chest supported mid row.
- 160 lb. (73kg) selectorised weight stack. Optional 50lb add on kit converts the 160lb weight stack to an impressive 210lb
- Leg developer station features SmoothGlide Bearing System™ with biomechanically accurate pivot point.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Easy to use, space saving, no-cable-change design.
- Heavy duty 12-gauge steel construction provides ultimate strength, function and durability.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swivelling ends.
- 4" pulleys are impact resistant fibreglass reinforced nylon with precision machined steel ball bearings.
- Tough, durable, electrostatically applied powder coat finish.
- Includes lat bar, straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.



FREE
with Gym



Pictured with optional 50lb weight stack upgrade #SP50 and Aluminium Pulley upgrade #BSACGAP3

DIMENSIONS

Floor Space Dimensions:	80"L x 47"W x 84"H	(203cm x 119cm x 213cm)
With Leg Press Option:	80"L x 72"W x 84"H	(203cm x 182cm x 213cm)
Live Working Area:	85"L x 47"W x 84"H	(215cm x 119cm x 213cm)
With Leg Press Option:	91"L x 72"W x 84"H	(231cm x 182cm x 213cm)

KETTLER

Multi Gym

#KEGYMGB

The Kettler Multi Gym is the middle of the range machine, and caters for every muscle building training technique. Features include a butterfly, seated bench press, seated crunches, latissimus rope frame, lower pulley for arm and leg exercises, rowing and leg curl. The weight stack ranges from 5-80kg.



- Easy to change between butterfly and benchpress without any adjustment
- Butterfly station, bench pressing and rowing with both arms
- Lower pulley system with leg stretching and rope extension for more exercises
- Height-adjustable seat
- Padded back rest with adjustable middle part for rowing motion
- Hand resp. foot loops and biceps curl bar for rope pulley exercises
- Treads for rope pulley exercises in standing and seated position
- Plastic-covered steel ropes with integrated rope tightener
- 5 kg - 80 kg weight block in 5 kg steps
- Maximum User Weight: 130 kg / 20.4 stone
- Assembled Dimensions (LxWxH): 181 x 109 x 200cm
- In home warranty: 3 years parts and labour

KETTLER

Fitmaster 300

#KEGYFM

The KETTLER Fitmaster offers great value for money. This compact training station trains all the main muscle groups. Features include: butterfly station, bench presses, rowing action with both arms with 5-60kg weight block in 5kg steps. The lower pulley system with leg stretching and rope extension for more exercises.



- Easy to change between butterfly and benchpress without any adjustment
- Butterfly station, bench pressing and rowing with both arms
- Lower pulley system with leg stretching and rope extension for more exercises
- Height-adjustable seat
- Padded back rest with adjustable middle part for rowing motion
- Hand resp. foot loops and biceps curl bar for rope pulley exercises
- Treads for rope pulley exercises in standing and seated position
- Plastic-covered steel ropes with integrated rope tightener
- 5 kg - 60 kg weight block in 5 kg steps
- Maximum User Weight: 130 kg / 20.4 stone
- Assembled Dimensions (LxWxH): 170 x 109 x 200cm
- In home warranty: 3 years parts and labour



a compact total-body workout solution

Bowflex Xtreme® 2 SE Home Gym

#BFGYXTRSE2

One of the best-selling home gyms available, the Bowflex Xtreme® 2 SE Home Gym is a total body workout solution that offers over 70 gym-quality exercises. An upgrade from the original SE Gym, it features the revolutionary no-change cable pulley system. Allowing you to move seamlessly between workouts without ever changing cables, it saves time and reduces pauses. It includes a two-position lat tower for back and shoulders, leg extension for developing strong, muscular legs, abdominal crunch shoulder harness for building strong, defined abs and a 4-position lower pulley/squat station for targeting your glutes, hamstrings, and quads.



*Abdominal Crunch
Shoulder Harness*



*Revolutionary
No-Change Cable Pulley System*

Lets you move from squats to lats to leg workouts without ever changing cables.

NUMBER OF EXERCISES	70+
RESISTANCE	Power Rod® Resistance 95 kg (upgradable to 140 kg or 186 kg)
QUICK CHANGE POWER ROD® SYSTEM	•
BENCH PRESS	Vertical
LEG EXTENSION CURL	•
PULLEY SYSTEM	No cable change
ACCESSORIES	Fitness guide with exercise instructions
DIMENSIONS	L : 58 in / 147 cm W : 49in / 125 cm H : 83 in / 211 cm
MAX USER WEIGHT	300 lbs / 136 kg
PRODUCT WEIGHT	84 kg
HOME WARRANTY	3 years parts and 1 year labour





a compact total-body workout solution

Bowflex Xtreme® SE Home Gym

#BFGYXTRSE

The Bowflex SE Home Gym delivers a total body workout in a space-efficient, all-in-one package. Offering over 65 gym-quality exercise options, you can switch from squats to abdominal crunches to bench press and more with ease. It includes a lat tower for back and shoulders, abdominal crunch shoulder harness, 3-position lower pulley/squat station for developing your core leg muscles and glutes and leg extension.



Abdominal Crunch Shoulder Harness



NUMBER OF EXERCISES	65+
RESISTANCE	Power Rod® Resistance 95 kg (upgradable to 140 kg or 186 kg)
BENCH PRESS	Vertical
LEG EXTENSION CURL	•
PULLEY SYSTEM	No cable change
ACCESSORIES	Fitness guide with exercise instructions
DIMENSIONS	L : 58 in / 148 cm W : 49in / 125 cm H : 83 in / 211 cm
MAX USER WEIGHT	300 lbs / 136 kg
PRODUCT WEIGHT	71 kg
HOME WARRANTY	3 years parts and 1 year labour



WEIDER®

8700 Multi Gym

#WEGY8700

The Weider 8700 Multi-Gym features a 56kg strong vinyl weight stack that provides up to 150kg of resistance on certain exercises. With high and low pulleys, arm press, leg curl, combo press/butterfly station, leg developer and preacher pad, you can perform a wide variety of exercises to build whole body strength.

- **Max:** Capacity High Pulley: 65kg
- **Max:** Capacity Arm Press: 125kg
- **Max:** Capacity Leg curl: 150kg
- **Max:** Capacity Low Pulley: 145kg
- **Durastack weight Stack:** 56kg Strong Vinyl Weight
- **Combo Press/Butterfly station:** Padded, horizontal butterfly arms allow you to exercise chest muscles comfortably
- **Leg Developer:** Padded, 4-foam station isolates quads and hamstrings for leg extensions and curls
- **High Pulley:** Specialise your back workout by using a variety of hand positions on the lat bar
- **Safety Shroud:** Provides your security during your workout
- **Preacher Pad:** The preacher pad comfortably isolates your biceps and ensures proper form while performing bicep curls
- **Exercise chart:** Perform and learn easily with the help of the exercise chart
- **Maximum User Weight:** 135kg
- **Dimensions Assembled (w-l-h) CM:** 196 x 110 x 210
- **Product Weight:** 138kg
- **Warranty:** 2 years parts & labour



See page 3 for details

WEIDER®

PRO 5500 Multi Gym

#WEGY5500

Max Weight High Pulley: 102 kg.

- **Max Weight Butterfly:** 40 kg.
- **Max Weight Arm Press:** 120 kg.
- **Max Weight Leg Curl:** 110 kg.
- **Max Weight Low Pulley:** 105 kg.
- **Single Stack of Vinyl Weights:** 85 kg. This single stack of rugged vinyl weights provide a long-lasting resistance system.
- **Precision Bearing Pulley:** Improvement of the pulley fluidity.
- **Butterfly Station:** Comfortable padded horizontal butterfly arms.
- **Leg Developer:** Padded, 4-foam station isolates quads and hamstrings for leg extensions and curls.
- **Arm press:** To work chest and arm muscles.
- **High Pulley with Multi Grip Lat Bar:** Specialise your back workout by using a variety of hand positions on the multi grip lat bar.
- **Low Pulley:** Use the lower pulley for a variety of exercises including curls and rows.
- **Safety Shield:** Ensures safe travel of weight stack.
- **Adjustable Seat and Preacher Pad:** Ensures a comfortable workout position.
- **Ankle Strap:** To help you to get the most of the pulleys.
- **Dimensions Assembled (w x l x h):** 110 x 200 x 210cm.
- **Weight:** 150 kg.
- **Max User Weight:** 135 kg.
- **Warranty:** 2 years parts & labour



See page 3 for details

BP BODY POWER MULTI GYM CABLE ATTACHMENTS

A... X-Long Lat Bar > #CNCAMB160

Extra- long 60" length for a super lat pre-stretch. Comfortable rubber handles are textured for a superior grip. Solid steel / 60"L / 15Lbs. 7kg

B... Heavy-Duty Lat Bar > #CNCANT037

Engineered for excellent lat pre-stretch. Two sets of knurled grips for maximum lat, shoulder, bicep and tricep work. Solid steel / 48"L / 10Lbs. 5kg

C... Double Handled Lat Bar > #CNCANT035

Chrome plated with swivel shackle. Extra heavy duty welded flange for the heaviest loads. Dimensions 35"L @ 6kg

D... Pro-Style Lat Bar 38" > #CNCAMB438

Extra-long and scientifically angled to give a deeper stretch for an accelerated lat development. Two sets of knurled surfaces for multiple use options. Solid steel / 38"L / 13Lbs. 6kg

E... Pro-Style Lat Bar 28" > #CNCAMB428

Physiologically engineered for optimum lat development. Two sets of knurled surfaces for lat, bicep and tricep workouts. Solid steel / 28"L / 11Lbs. 5kg

F... Revolving Curl Bar > #CNCANT040

Specifically designed to replicate free weight curling motion on any cable system. Completely isolates your biceps for maximum contraction. Great for tricep pressdowns too! Solid steel / 29"L / 7Lbs 3kg

G... Revolving Straight Bar > #CNCANT041

Perform tricep pressdowns, straight bar curls, upright rows, seated rows, arm pullovers and much more. Solid steel swivel provides steady, uninterrupted motion. Solid steel / 20"L / 6Lbs.3kg

H... Balanced V-Bar > #CNCAMB507

Designed to provide consistent resistance throughout full range of motion for all biceps and triceps exercises. Center-balanced design allows follow-through movement at optimum resistance. Solid steel / 7Lbs. 3kg

I... Revolving Triceps / Biceps Bar > #CNCAMB505

Engineered for ultimate tricep and bicep development. Centre swivel keeps motion smooth with consistent resistance. Solid steel / 7Lbs. 3kg

J... Triceps Pressdown Bar > #CNCANT044

Designed for maximum triceps contraction. Heavy-gauge welded flange allows no-limit load capacity. Solid steel / 6Lbs. 3kg

K... Dual Purpose Bar > #CNCAMB200

Excellent for tricep pressdowns, seated rows and low pulls. 360° welded construction handles the heaviest loads. Solid steel / 9Lbs. 4kg

L... Stirrup Handle > #CNCANT045

Precision balanced for smooth action and reliable performance. Rotating knurled grip operates flawlessly even under the heaviest loads. Solid steel / 2Lbs. 1kg

M... Horseshoe Cable Handle > #CNCAMB540

A perfect fit on all machines. Machined steel body with rotating knurled hand grip. Solid steel / 3Lbs.15kg

N... Pro Cable Handle > #CNCAMB590

Extra-large design allows freedom for wrist and forearm follow-through movement. Rotating knurled hand grip and centre swivel allow precise movements through all exercise motions. Solid steel / 4Lbs. 2kg

O... Multi-Exercise Bar > #CNCANT042

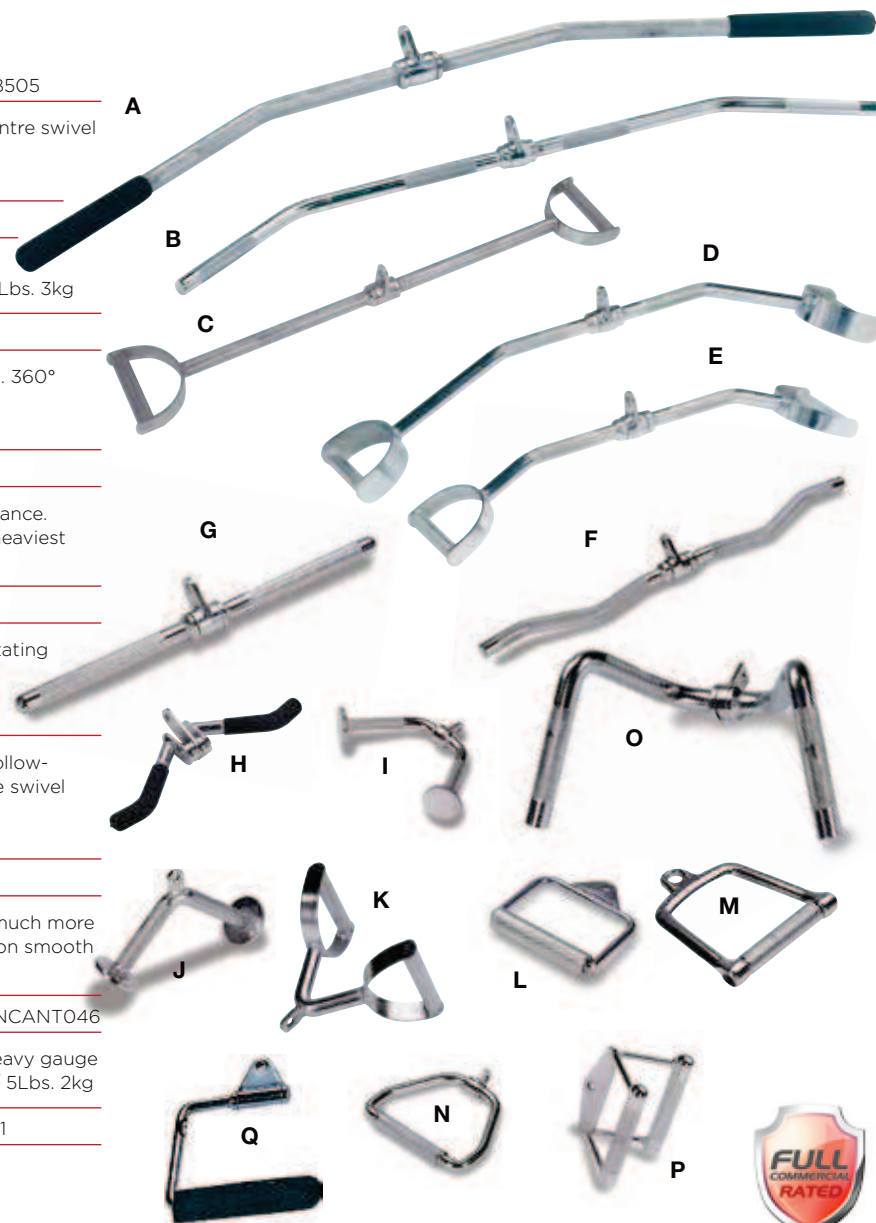
Perform seated rows, bicep curls, tricep pressdowns and much more on this versatile attachment bar. Centre swivel keeps motion smooth and fluid with consistent resistance. Solid steel / 7Lbs. 3kg

P... Seated Row & Chinning Bar Combo > #CNCANT046

Close grip rowing and chinning have never been easier! Heavy gauge welded flange allows maximum load capacity. Solid steel / 5Lbs. 2kg

Q... Open Sided Stirrup Handle > #CNCACAB511

Designed to minimise stress on the elbow and wrist. 1kg





ProClubLine *Body-Solid* by Body-Solid

Flat / Incline / Decline Bench

#BSSFID325

Body-Solid's Commercial Flat/Incline/Decline bench is designed to meet all your requirements. Many home use benches do not have the quality to hold up in a commercial environment. The Pro Club Line provides commercial quality at home without breaking the bank. This quality bench satisfies your needs in an affordable bench. The unit adjusts from decline to flat to several incline positions. The back pad and seat pad adjust individually of each other.

- Dimensions: 25.5"W x 57.5"L x 18"H / 33.5 Kg
- 2"x3", eleven-gauge steel
- Independent back pad and seat pad adjustments
- 1000 pound capacity tested
- Thick, durable padding
- Transport wheels for easy movement
- Back pad adjusts flat, incline (15, 30, 45, 60 and 80 degrees) and decline (-18 degrees)
- Seat pad adjusts flat, 10, and 18 degrees



Body-Solid[®] Built for Life

Pre-assembled Folding Bench #BSGFID225

Completely assembled in the box, this unit is perfect for everyone. Small on space, but big on function, the GFID225 folds flat for storage without compromising the quality you expect from a Body Solid bench.

- No assembly - use straight out of the box
- Extremely stable and compact with DuraFirm™ padding
- Perform decline, flat, incline and shoulder exercises
- Folds flat for storage

Dimensions: L62" x W15" x H19" flat
Weight 71lb/32kg

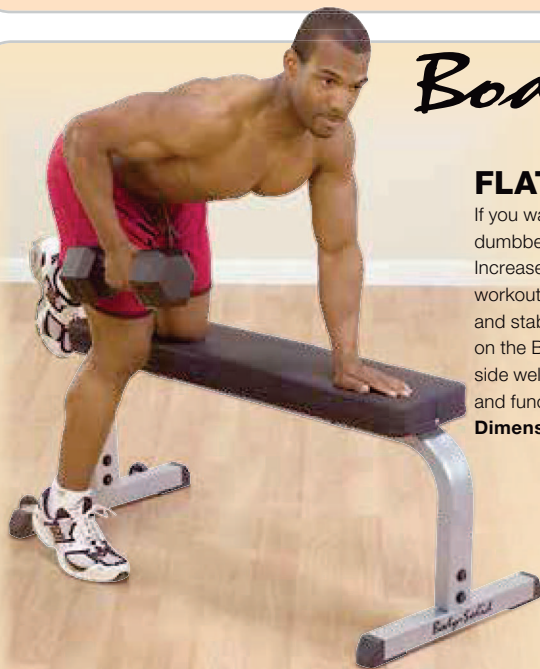


Body-Solid[®] Built for Life

FLAT BENCH #BSGFB350

If you want the ability to perform all the basic barbell and dumbbell exercises then this flat bench should be your choice! Increase your strength and flexibility with this ultra-tough workout bench. DuraFirm™ extra-thick upholstery adds comfort and stability to your exercise routine. The pad is positioned on the Body-Solid 2" x 3" commercial mainframe with four-side welded construction. Euro-Cap foot levelers add style and function to a popular piece that easily fits all users.

Dimensions: 46"L x 23"W x 20"H

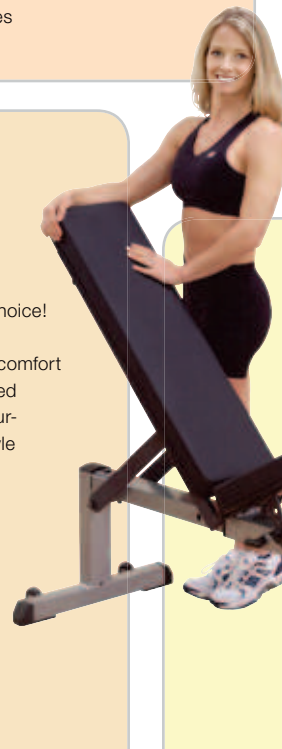


Body-Solid[®] Built for Life

Flat / Incline Bench #BSGF121

The quick-change safety pull pin allows multiple angle back pad adjustment from flat to an exact 90 degree angle. Featuring full-length steel reinforced back and seat pads that provide double incline adjustments, it's perfect for a variety of barbell and dumbbell exercises. If you are serious about training, this is the one for you!

Dimensions: 52"L x 21"W x 17½"H
(46"H when inclined)



Body-Solid®
Built for Life

"Our Best Seller"



OPTIONAL ATTACHMENTS
Enhance your workout



**FLAT / INCLINE /
DECLINE BENCH #BSGFID31**

Ask any personal trainer or fitness professional what they would buy if they were only allowed to purchase one piece of strength training equipment and the Flat / Incline / Decline Bench is sure to be at the top of the list. Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks and Multi-Press Racks, it allows proper form and positioning for incline press and shoulder press exercises. It features quick, easy, solid and secure 6-position ladder-style back pad adjustment. Eight-position seat pad adjustment allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip flexor alignment. Includes T-bar Leg Hold Down Attachment, thick, rich DuraFirm™ Upholstery and wheels for easy mobility. Over 1000 lb. capacity.

Dimensions: 60"L x 28"W x 20"H

Body-Solid®
Built for Life



OPTIONAL ATTACHMENTS
Enhance your workout



**Full Commercial
FLAT / INCLINE / DECLINE BENCH #BSGFID71**

Without a doubt, the cornerstone of all strength training equipment is the Flat / Incline / Decline Bench and nothing comes close to the GFID71! The extra heavy-duty 2" x 3" steel frame can easily handle a load capacity of 1,000 Lbs. The back and seat pads lock into eight positions to align your body for perfect posture in all your exercises while the ultra-thick DuraFirm™ upholstery supports you comfortably through the most intense workouts. Lock your legs in the T-Bar Leg Hold Down featuring oversized rollers for extra comfort and stability while you perform upper and lower abdominal exercises as well as incline and decline strength training. Convenient casters let you move the GFID71 effortlessly in and out of any rack for the ultimate in versatility. Commercial Warranty.

Dimensions: 66"L x 23"W x 20"H



SelectTech® 2-24Kg Dumbbells

#BFDB552i

With just the turn of a dial you can automatically change your resistance from 2 kg all the way up to 24 kg of weight. No more picking up 30 different dumbbells to give you the results you want!

Replaces up to 30 Dumbbells - with a turn of a dial you can automatically change your resistance from 2 kg all the way up to 24 kg.

Adjusts to Your Workout - adjust in small increments so you can gradually increase your strength.

Space Efficient - One of the most space-efficient and flexible strength-training options available - say goodbye to 15 sets of dumbbells cluttering your workout space.

Wider Weight Range - with weight that adjusts up to 24 kg (52.5 lbs), you'll continue to see results as your fitness level improves.

Quieter Workouts - durable molding around metal plates provides for a smooth lift-off and quieter workouts...no clanging metal plates!

Total Body Results - with the wider weight range you can do heavy exercises such as shrugs and lunges as well as lighter exercises such as curls and raises.

Warranty: 2 years parts



SelectTech® 4-41Kg Super Heavy Dumbbells

#BFDB441

With the Bowflex® SelectTech® 1090i Dumbbells you can create the ultimate strength building workout. The additional weight of the 1090i dumbbells provides a challenging workout as you get stronger.

Replaces up to 34 Dumbbells - with just the turn of a dial, you can automatically change your resistance from 4 kg (10 lbs) all the way up to 41 kg (90 lbs) of weight.

Adjusts to Your Workout - adjust in small increments so you can gradually increase your strength.

Space Efficient - Say goodbye to 17 sets of dumbbells cluttering your workout space.

Wider Weight Range - with weight that adjusts up to 41 kg (90 lbs), you'll continue to see results as your fitness level improves.

Total Body Results - with the wider weight range you can do heavy exercises such as shrugs and lunges as well as lighter exercises such as curls and raises.

Quieter Workouts - durable molding around metal plates provides for a smooth lift-off and quieter workouts...no clanging metal plates!

Warranty: 2 years parts



SelectTech® Adjustable Bench

#BFBE4.1

The Bowflex SelectTech Adjustable 4.1 Bench is a must-have addition to any workout space. Built to last with heavy-duty commercial quality steel, it provides superb positioning support for a safe, muscle-building free weight workout.

Adjustable positions: 5 (30°, 45°, 90°, flat and decline)

Durable build: Heavy-duty commercial quality steel

Removable leg hold-down brace: For added decline position support

Space-efficient design: Store it just about anywhere!

Transport wheels: For easy storage and transport

Dimensions (LxWxH): 142.25 x 66 x 51 cm

Back pad dimensions (LxW): 82.75 x 30.8 cm

Seat pad dimensions (LxW): 42 x 37.5 cm

Maximum user weight: 218kg (34st approx.)

Product weight: 23kg

Warranty: 15 years frame, 1 year upholstery



Dumbbell Stand for Bowflex SelectTech® Dumbbells

#BFDBSTK

Specifically designed to hold Bowflex SelectTech Dumbbells, this Bodypower Dumbbell Stand provides secure storage for one pair of Bowflex SelectTech 2-24kg or 4-41kg Dumbbells. Solid and sturdy, its heavy duty steel frame ensures dumbbells are held securely.

Dumbbell Stand: holds 2 Bowflex SelectTech Dumbbells (sold separately)

Easy access A-Frame design: Allows proper lifting form

Heavy duty steel frame: Holds dumbbells securely in place

Compact design: Fits easily in any home workout area

Durable frame finish: Protective high quality powder coated paint

Product weight (without dumbbells): 9kg

Stand dimensions (LxWxH): 56 x 84.5 x 63 cm

Weight capacity: fits one pair of Bowflex SelectTech 2-24kg or 4-41kg Dumbbells

Warranty: 1 year





Scan for Video

Revolution Dumbbell Set

#BPDBR

The Body Power Revolution dumbbells are the most space efficient and easy to use option. With a weight range on each dumbbell from 2-20kg, users of all fitness levels have the opportunity to execute a wide range of exercises in the comfort of their own home.

No knobs to turn, pins to align or levers to slide, just twist and go! The TwistLock cutting edge technology allows for quick and easy weight adjustments with the simple twist of each dumbbell handle. You never have to take your hands off the dumbbell handles, simply place them into the dumbbell cradle and twist the handle. Once the desired weight is shown in the readout window, you are ready to go! The heavy duty stand included provides a compact storage space for the dumbbells in your home.

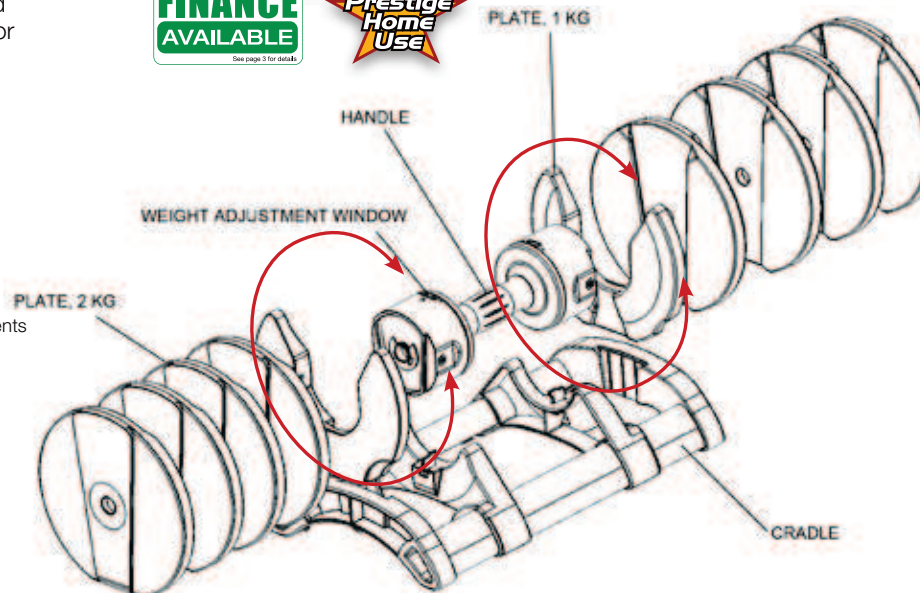
BODY POWER REVOLUTION DUMBBELL SET WARRANTY

User Environment: Residential (Home Use Only) Parts: 2 Years

Specification

Pair of 2-20kg adjustable dumbbells

- TwistLock design for fast and easy adjustments
- Dumbbells adjust in 2kg weight increments
- Space efficient - one pair of dumbbells instead of ten pairs
- Soft grip handle
- Dual-sided weight selection window
- Aluminium weight cradles
- Durable plate design covered with molded high impact plastic
- Includes exercise guide with 20 workouts



BODY POWER

Revolution Dumbbell Stand

#BPDBRS

Revolution Dumbbell Set & Stand

#BPDBRK



Optional stand for Revolution adjustable dumbbells
Easy access design encourages proper lifting form
Heavy duty frame keeps dumbbells securely in place
Compact design fits easily in any workout area
Durable frame finish features high quality powder coated paint

BODY POWER REVOLUTION DUMBBELL STAND WARRANTY

User Environment: Residential (Home Use Only) Parts: 2 Years



Heavy duty frame

Compact and easy access design
Durable powder coated frame finish
Total built weight: 50.5kg
Dimensions with dumbbells on stand: H 81 x W 56 x D 85 cm

Bodypower - 10Kg Vinyl D/bell Set

#BPDBSV10

Great for toning your upper body or light rehab work, the set contains 3 pairs of colour coded dumbbells – each colour being a different weight. The vinyl coating offers a tactile grip.

- 2 x 1.0kg dumbbells
- 2 x 1.5kg dumbbells
- 2 x 2.5kg dumbbells
- Plastic carry case for storage and portability



Bodypower - Floor Guards

#BPMAFG

Provides excellent protection for floors and is ideal for use under fitness equipment. Pack contains 4 pieces, along with edging strips and covers 1.48 sq. metres (16 sq. feet). The Interlocking pieces are so easy to put together and if you need to cover a bigger space just buy more packs, it's that simple!



Bodypower - 20kg Dumbbell Set (In Case)

#BPDBS20C

It's quick and easy to load up the weight plates, simply slide the desired plates onto the bar and then spin on the collars, securing the plates in place.

- 4 x 0.5kg plates
- 4 x 1.25kg plates
- 4 x 2.5kg plates



- 4 x solid chrome spinlock collars
- 2 x 14" solid chrome spinlock bars
- Plastic carry case for storage and portability

Body Power 20kg Dumbbell Set

#BPDBS20

An excellent starter set. The Body Power 20kg Spinlock Dumbbell Set is fully adjustable, offering you enormous variety in weight selection. It's quick and easy to load up the weight plates, simply slide the desired plates onto the bar and then spin on the collars, securing the plates in place.

- 4 x 0.5kg plates
- 4 x 1.25kg plates
- 4 x 2.5kg plates
- 4 x solid chrome spinlock collars
- 2 x 14" solid chrome spinlock bars



Bodypower - Vinyl Kettlebells

#BPKBV

Kettlebells are great for core stability and functional workouts, and offer more of a full body workout than using traditional weights - which means a greater degree of muscle mass is used, translating to more calories burned!



#BPKBV02



#BPKBV03



#BPKBV04



#BPKBV06



#BPKBV08



#BPKBV10



#BPKBV12

The beauty of kettlebell training is that it teaches the body how to function as a complete unit, optimising co-ordination, balance and power while seriously working the core muscles.



#BPKBV14



#BPKBV16



#BPKBV18

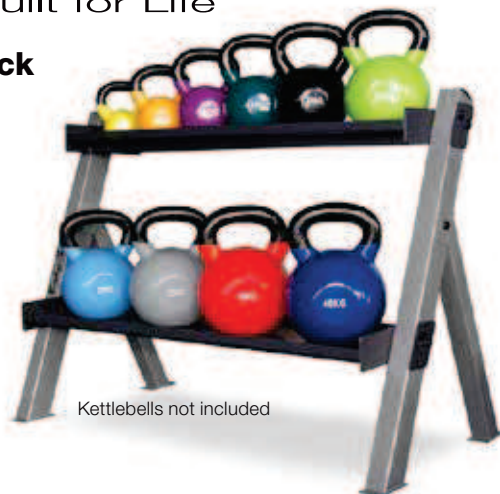


#BPKBV20

Body-Solid®
Built for Life

Kettlebell Rack

#BSKBR



Kettlebells not included

BODY POWER



Kettlebells!

Bodypower Kettlebells are available in 4kg increments from 4kg. to 40kg. Purchase a complete set for variety and a steady progression to the intensity of your workouts.

- Cast iron with a tough, black, enamel finish.
- Handles on heavier kettlebells are large enough to accommodate both hands.
- Handles are steel reinforced for durability.
- All Kettlebells have a 2-year guarantee

Code	Size
#CNKBHV04	4kg
#CNKBHV08	8kg
#CNKBHV12	12kg
#CNKBHV16	16kg
#CNKBHV20	20kg
#CNKBHV24	24kg
#CNKBHV28	28kg
#CNKBHV32	32kg
#CNKBHV36	36kg
#CNKBHV40	40kg
SOLD INDIVIDUALLY	

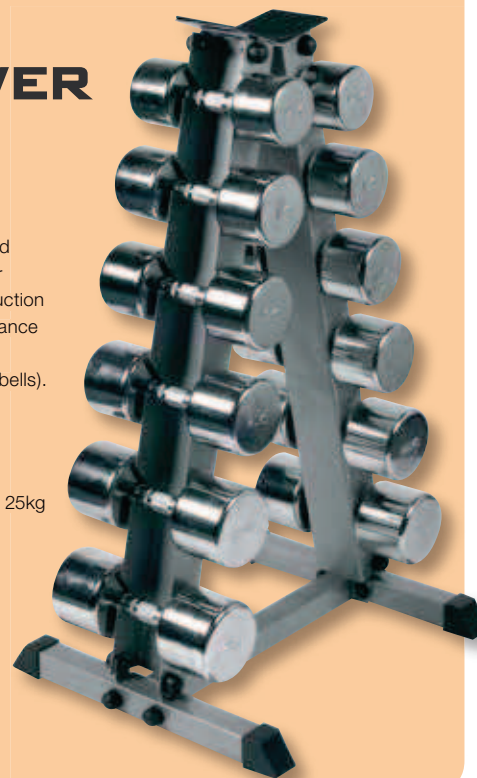
BODY POWER

2-Tier Vertical Dumbbell Rack #CNDBR4S

Uniquely designed Two-Tier Vertical dumbbell Rack. Each level is off-set allowing unrestricted access to dumbbells. Place it against a wall or centre it in a room. Heavy-gauge steel construction offers maximum durability and better performance in less space. For Hex Dumbbells or Chrome Dumbbells only (excluding Rubber Hex Dumbbells). It's ready for a workout!

- 44"H x 27"L x 17"W (Wt 14kg)
- Dumbbells sold separately

Shown holding ergo chrome dumbbells 12.5 - 25kg



BODY POWER

Commercial Ergo Chrome Dumbbells

Commercial Quality Chrome Dumbbells with Ergo handles. Manufactured in solid steel with pressed heads beneath a quality chrome plated exterior. Available in pairs from 1-10kg in 1kg increments and individually from 12.5kg - 30kg in 2.5kg increments.



BODY POWER

10 Pair Dumbbell Rack #CNDBR2S

This vertical dumbbell rack allows for the most efficient use of floor space. For use with 1-10 kg sets of Ergo Chrome Dumbbells

- Dimensions: L50cm, W22cm, H123cm. W21 kgs

Commercial Ergo Chrome Dumbbell Set A: 1-10kg

#CNDBECA

Total Weight 110kg (10 pairs)





OUR TRAINING MATERIALS
WILL EMPOWER AND INSPIRE.
WHETHER CORE TRAINING, WEIGHT
RESISTANCE, SPORTS PERFORMANCE
OR YOGA. GOFIT HAS THE
PRODUCT FOR YOU.

GoFit offers a wide range of home fitness products designed for the individual - but you will not be alone. Believing that "knowledge is power", we have assembled an impressive, respected group of professional fitness and nutritional experts to enhance your training experience.

Please check website for warranty details on all GoFit products.

GO ROLLER #FIGFFR4



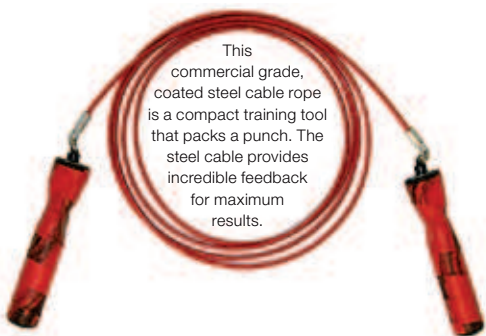
When you're exercising on the go, the effective way to increase flexibility and speed-up recovery is with the GoFit Go Roller.

FIT MAT #FIGFFTMAT



Simply a must for performing all your floor exercises. Whether doing simple calisthenics, planks or Pilates, the GoFit Fit Mat will give you the cushion you need while providing grip for an effective, safe workout.

9' PRO CABLE ROPE #FIGFPCR9



This commercial grade, coated steel cable rope is a compact training tool that packs a punch. The steel cable provides incredible feedback for maximum results.

DOUBLE THICK WAIST TRIMMER #FIGFNWT



The thick neoprene offers superior heat retention for muscles while delivering greater back support. The Double Thick Waist Trimmer is longer in length for larger sizes.

ELEVATED CHIN UP STATION #FIGFECS



This unmatched exercise concept can help advance your training programme whether you're a beginner or seasoned athlete. The ECS gets you above the height of standard chin up bars for more clearance and a full range of motion.

POWER TUBES

These Power Tubes provide the approximate resistance of utilising a similar weight dumbbell.



- 5LB #FIGF4TT05 10LB #FIGF4TT10
- 15LB #FIGF4TT15 20LB #FIGF4TT20
- 25LB #FIGF4TT25 30LB #FIGF4TT30

ULTIMATE PROGYM #FIGFPGYM

Add resistance to your training to help build definition and overall strength. You can obtain 7 levels of resistance by creating different combinations of the tube strengths. Regardless of your fitness level, the GoFit Ultimate ProGym will help you attain a healthier you! With training DVD.



ELASTIC WRIST SUPPORT #FIGFEWS

The GoFit Wrist Supports are designed to help offer superior support to your wrist. By enhancing your wrist support, you are able to lift more weight by locking your wrist into a power position.



ADJUSTABLE ANKLE WEIGHTS 1 - 10LB #FIGF10W



Ankle weights are one of the best ways in which to add resistance to your lower body training. The leg and hip joint are like a lever and fulcrum. With the hip being the fulcrum, the farther away the weight, the harder it is to lift and balance.

PADDED PRO 5LB ANKLE WEIGHTS #FIGFP5W



Target your lower body strength with maximum results. These durable ankle weights feature comfort, soft-touch padding and hard-wearing heavy canvas weight bar pockets. One pair with 5lbs total weight.

UNISEX ADJUSTABLE WEIGHTED VEST
10 LB #FIGFWV10

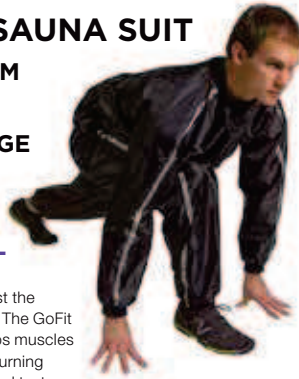


The GoFit Weighted Vest is perfect for adding resistance to your workout whether it be for aerobics, football or training for the Fireman's Academy. The weighted vest is adjustable in weight up to 10 lbs (Each weight packet weighs approx 0.75 lbs)

EXTREME SAUNA SUIT
SMALL/MEDIUM #FIGFESSM

LARGE/X-LARGE #FIGFESSLXL

XX-LARGE #FIGFESSLXXL



Seal in body heat to boost the benefits of your workout. The GoFit Extreme Sauna Suit keeps muscles warm and limber, while burning additional calories. It's dual texture fabric provides durability with a comfortable fit.

HOODED SWEAT SUIT

LARGE/X-LARGE #FIGFTTHLXL

XX-LARGE #FIGFTTHXXL



The GoFit Hooded Sweat Suit increases perspiration by capturing more body heat during regular workouts. The hood traps excess heat which aids in shedding water weight, speeding up calorie burn and boosting your metabolism while keeping your muscles warm and relaxed.

HEAVY WEIGHT VINYL SWEAT SUIT

SMALL/MEDIUM #FIGFTTSSM

XX-LARGE #FIGFTTSLXXL

LARGE/X-LARGE #FIGFTTSLXL

This generously sized suit is specifically designed to increase your body's perspiration. It also helps to keep your muscle groups warm and relaxed which can, of course, help to prevent the likelihood of pulling a muscle.



UNISEX ADJUSTABLE WEIGHTED VEST

40LB #FIGFWV40 20LB #FIGFWV20



This Weighted Vest is perfect for adding resistance to your workout whether it be for aerobics, football or training for the Fireman's Academy. The weighted vest is adjustable in weight. Each weight packet weighs approx 0.85 lbs (40lb vest) and 0.75 lbs (20lb vest).

13" CORE DISK INFLATABLE/ADJUSTABLE BALANCE CUSHION

#FIGFCDISK

An excellent tool to add an extra level of difficulty to any workout including Yoga or Pilates routines, while working to increase your balance and work your stabilizing muscles.



POWER CHUTE

#FIGFCHUTEL



The GoFit Power Chute is designed to increase athletic speed and power. The Power Chute is made of durable stitched nylon and comes with an adjustable harness and carry bag. Provides a maximum of 12kgs (25lbs) of drag.

DUAL MOUNT ADJUSTABLE CHIN UP BAR

#FIGFCUB



Not only is this bar perfect for chin-ups, it can also be used as a foot anchor for sit-ups and crunches. The GoFit Chin Up bar will adjust to fit most standard width interior doorframes.



Before using always make sure that the brackets are properly mounted and the bar is securely adjusted to fit mounting brackets.

COTTON WEIGHTLIFTING STRAPS WITH LOOP STYLED ADJUSTABLE SIZING (PAIR)

#FIGFCWS



The strap acts as a support by taking some of the weight off the hands and fingers, shifting it to the wrist and back of the forearm. The lifting straps are great for doing shrugs, lat pull downs, low pulls, pull ups and any exercise that requires a firm grip.

DUAL EXERCISE ABDOMINAL WHEEL WITH SLIP RESISTANT FOAM GRIP HANDLES

#FIGFDEW



An excellent way to obtain a more defined toned set of abs. The rolling action of the Ab Wheel trains both the upper and lower abdominal walls. The Ab Wheel has dual wheels and non-slip foam grip handles.

HAND GRIPS MEDIUM RESISTANCE BLACK

#FIGFHG



Excellent and efficient training device for strengthening the hand and forearm. The heavy-duty steel spring and contoured handles provide medium resistance for consistent pressure every time you squeeze. The Medium Resistance Hand Grips are sold in pairs.

AGILITY LADDER

#FIGFLAD



The GoFit Agility Ladder is used to increase speed and agility. The ladder is 15ft long and can be used on indoor and outdoor surfaces. Can be extended with additional ladders. A convenient carry bag keeps it all together.

LIGHTENING JUMP ROPE

#FIGFLTR



The slim-line handle design and durable flex rope are the perfect lightweight components for speed rope training. Get optimal cardio benefits, while strengthening your core and toning your body with lightning-fast results.

20cm CORE AB BALL with DVD

#FIGF20BALL



The GoFit Core Ab Ball with 'Intro to Core Ab Ball' DVD, are designed to maximise the time you spend strengthening your abdominals.

STABILITY BALL WITH PUMP 75cm

#FIGF75BALL



The GoFit Stability Ball is a fun, yet challenging way to stretch, tone and tighten your body. The stabilizing muscles are small, yet very important muscle groups primarily used for balance, alignment and posture.

PROFESSIONAL STABILITY BALL 75CM

#FIGF75PRO



Target your core stability, balance and strength. The ProBall comes with a training DVD led by professional trainer Brook Bente, a workout manual, ball plugs, and a time saving dual action air pump. Recommended for persons of 6ft upwards.

40' x 1.5" COMBAT ROPE

#FIGFBATR



This durable cotton/nylon rope uses natural functional movements to ensure great core conditioning and provide a super cardio conditioning workout without the stress of joint impact. This challenging workout will increase your aerobic and anaerobic capacity and functional core strength.

EXTREME AB WHEEL

#FIGFEAW



Improve your power and balance with a strong, conditioned core. The GoFit Extreme Ab Wheel challenges your abs, obliques, back, hips, and glutes for a total core workout. You'll also see results in your chest, arms calves, and hamstrings. Exercises range from moderate to very advanced. So virtually any fitness level can benefit from the GoFit Extreme Ab Wheel.

STABILITY BALL WITH PUMP 65cm

#FIGF65BALL



A challenging way to stretch, tone & tighten your body. Made of PVC plastic. Suggested weight limit: 300 lbs Includes ball pump, 2 ball plugs & easy to follow exercise sampler.

PROFESSIONAL STABILITY BALL 65CM

#FIGF65PRO



Get more out of your core stability workouts with the GoFit Pro Ball with Brook Bente training DVD. This stability ball is weight-rated to 2000 lbs at full air capacity and features extra thick walls for exceptional durability. Recommended for persons of 5.5ft to 6ft.

HEIGHT ADJUSTABLE WOOD WOBBLE BOARD

#FIGFRWBB



The GoFit Adjustable Wooden Balance Board is an excellent way to challenge yourself and build strength in your core muscles, increase your balance and stability. Adjust the height of the board to increase the difficulty. The board comes with a training manual which provides challenging exercises.

EXTREME SAND BAG

#FIGFSBAG



The GoFit Sand Bag Set integrates weight training with instability to build your functional strength. The weight constantly adjusts, engaging more of your muscle groups with each exercise. Fully adjustable from 2lbs to 64lbs with the three sizes of adjustable weight inserts.

STABILITY BALL WITH PUMP 55cm

#FIGF55BALL



For a fun, yet challenging addition to your workout, try the GoFit Stability Ball. This is a very efficient fitness tool. At the beginner's level, deflate the Stability Ball somewhat to attain a more stable surface.

PROFESSIONAL STABILITY BALL 55CM

#FIGF55PRO



The GoFit Pro Ball with Brook Bente training DVD features extra thick walls for exceptional durability. The Pro Ball is weight-rated to 2000lbs static weight limit at full air capacity. Recommended for persons of 5ft to 5.5ft.

WOMEN'S CROSS TRAINING GLOVES



Great comfort and a confident grip. No matter what your cross-training workout includes, these synthetic leather palm gloves with ergo design will meet all your needs. Your hands will thank you for the added protection.

#FIGFWCTLG (large)

MEN'S CROSS TRAINING GLOVES



No matter what your cross-training workout includes, these synthetic leather palm gloves with ergo design will meet all your needs. Your hands will thank you for the added protection.

MEDIUM #FIGFCTMED
X-LARGE #FIGFCTXLG

LARGE #FIGFCTLG

MEN'S ELITE WEIGHTLIFTING GLOVE with TRAINING CD



Articulated Grip with ergonomic, gel-padded palm and technically-advanced materials for a weightlifting glove superior in comfort and durability.

MEDIUM #FIGFELITEMED
X-LARGE #FIGFELITEXLG

LARGE #FIGFELITELG

WOMEN'S ELITE WEIGHTLIFTING GLOVE



Articulated Grip with ergonomic, gel-padded palm and technically-advanced materials for a weightlifting glove superior in comfort and durability.

SMALL #FIGFWELITES MEDIUM #FIGFWELITEM
LARGE #FIGFWELITEL

DIAMOND-TAC WEIGHTLIFTING GLOVES



GoFit Diamond-Tac Weightlifting gloves are the most technologically advanced gloves available today. The exclusive Diamond-Tac gripping pattern increases grip strength and helps fight hand fatigue.

MEDIUM #FIGFDTACMED X-LARGE #FIGFDTACXLG

LARGE #FIGFDTACLG

DIAMOND-TAC WEIGHTLIFTING GLOVES WITH WRIST WRAP



The exclusive Diamond-Tac gripping pattern increases grip strength and helps fight hand fatigue. The ergonomically cut palm pad provides complete protection without unnecessary bulk. The padded wrist wrap offers superior wrist support.

MEDIUM #FIGFDTACWMED X-LARGE #FIGFDTACWXLG

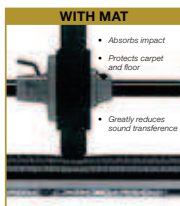
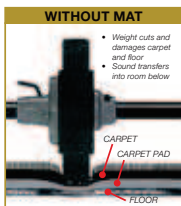
LARGE #FIGFDTACWLG
XX-LARGE #FIGFDTACWXXL

B BODY POWER

HEAVY DUTY RUBBER FLOOR MATS

BPMAGMAT
182 x 121 x 1.7cm (LxWxD)

Designed and manufactured for workout intensity, comfort and value, heavy duty floor mats offer super solid rubber construction that absorbs the impact of free weights, home gyms and treadmills. Rubber flooring ensures natural, secure footing for excellent traction and superior impact protection. These mats will not tear, split, stretch, crack, creep, wrinkle, or shrink even under the most brutal conditions. Apply them directly over your existing wood, concrete, or carpeted floor. Installation is easy—no more floor damage, no more structural damage, and greatly reduced noise levels. Non-marking black colour is non-glaring for a soft, satin appearance and will not fade. Enhance any room with these odour-free, shock absorbing rubber mats. They're strong, stable, silent, and tough...tough enough to bounce right back...every time



B BODY POWER

FIX ROTATIONAL PUSH UP BARS

#CNACRPB



These help build, tone and maintain muscles and strength. Grip feature helps posture to target individual muscles. Non-slip feature helps reduce the risk of strain or injury.

B BODY POWER

WRIST BALL

#CNACWB



Give your forearms, hands and biceps an almighty workout!

"Ball within a ball" system creates an immense gyroscopic force.

Just wind up the thread and pull briskly for fun, relaxation and exercise to your hands, wrists, arms and shoulders.

Body-Solid
Built for Life

ANKLE STRAP

BSACNAS-3



This cable attachment is attached to a low pulley for performing exercises like inner and outer thigh and glute kickbacks. The strap features heavy-duty nylon construction for years of use. The inside of the Ankle Strap is lined with man-made wool padding for comfort

Body-Solid
Built for Life

NYLON WRIST STRAPS

BSACNB51



These Nylon Wrist Wraps offer unequalled strength, support and comfort. Unmatched durability provides you with the best in wrist support and workout effectiveness. Thick neoprene lining, backed by high-strength nylon construction absorbs shock and gives multi-directional cushioning and stability. Easy-on, easy-off Velcro closures ensure a perfect fit for all size users. Give yourself an edge - get yours today! Sold in pairs

Body-Solid
Built for Life



WEIGHT STACK ADAPTER PLATE

2.5LB # BSWSA2.5
5LB # BSWSA5

For use on any machine weight stack. Allows you to increase resistance in 2.5 lb or 5 lb increments.

Body-Solid
Built for Life

TRICEP ROPE

BSTR-20



This Tricep Rope has the strength to pull a truck! Features over-sized rubber blocks and super-thick, high carbon steel swivel for strength, durability and comfort. Do the heaviest pressdowns, curls, crunches, kickbacks and deltoid raises. You'll hit muscles you've never worked before.

Body-Solid
Built for Life

NYLON DIPPING BELT

BSACNB56



Increases body weight for dips, chins, lunges, and holds you down for heavy lat pull downs. Beveled edges will not dig, bite or bruise.

BICEP BOMBER

BSACBB23

The Bicep Bomber's uniquely contoured design allows you to isolate your arms, elbows, and shoulders to really blast those biceps! Features 1,000 lb. capacity, webbed nylon belt, and a thick, oversized neoprene neck pad for complete comfort. Turn those guns into cannons!



PRO-STYLE DOORWAY CHINNING BAR

BSAC PUB34

Uniquely designed Pro-Style Doorway Chinning Bar is constructed of heavy-gauge reinforced steel. No shortcuts here. Multi-use design is large and sturdy enough for the big boys.



Body-Solid®

Built for Life

NYLON CABLE HANDLE

ACCESSORIES

BSACNB59

Give your fingers a hand with ergonomically designed, textured grip stirrup handles that are ideal for all your lifting and pulling exercises. Constructed from extra heavy-duty



nylon and rubber and featuring easy-adjust steel D-rings for quick changes, Body-Solid puts a lifetime of comfortable workouts into your hands

PAIR NYLON POWER LIFTING STRAPS

BSACNB52

Take the burden off your fingers and transfer the weight directly to the places you want it most with these Power Lifting Straps. Great for all lifting and pulling exercises.



OLYMPIC ADAPTER SLEEVES.

8" L OLYMPIC ADAPTER SLEEVE #BSACOA8

14" L OLYMPIC ADAPTER SLEEVE #BSACOAS14

These Olympic Adapter Sleeves fit over all 1" round steel posts and provide a perfect fit on all equipment when Olympic Plates are desired. Engineered with Allen screw lock-down system for securing sleeve to posts with absolute authority. Allen wrench included.



AB-CRUNCH HARNESS

BSACACH18

For use with any high pulley cable system. Load up the resistance and get results fast! Extra wide padded harness protects the neck, shoulders, back and chest while you concentrate on your abs and obliques.



NYLON HEAD HARNESS

BSACMA307N

Train with the equipment that builds champions. Recommended for all athletes and specifically designed for those in contact sports. These Head Harnesses condition the neck and upper back muscles. Features include the finest quality materials, extra-heavy "D" rings and steel chain.

GUT-BLASTER SLINGS

BSACAAB2

For over 200,000 fitness enthusiasts, athletes, and bodybuilders, Gut-Blaster Slings are making a difference. These slings encourage superior toning, trimming, and conditioning of the entire abdominal area without lower back strain.



Sold in pairs



INVERSION BOOTS

BSACGIB2

Do you sometimes feel pounded, beaten, and jarred? Inversion Boots allow you to recover quickly from compression fatigue caused by jogging, aerobic training, stepping, bicycling, and weight training. Inversion Boots counteract the downward pull of gravity, providing faster recovery and improved core strength.



Body-Solid®

Built for Life

ACCESSORIES

LEATHER ANKLE STRAP

#BSACMA308V

The Body Solid Leather Ankle Strap is ideal for use with all cable systems for leg and glute muscle development.



PUSH UP BARS

#BSACPUB2



Increase your range of motion, boost your strength and transform your push up workouts! Relying on your body weight for resistance, these highly durable bars are arched and feature uniquely designed, comfort grip handles to relieve stress on your hands and wrists.

BATTLE ROPE

#BSBR1530 #BSBR1540

1.5" x 30'

1.5" x 40'

#BSBR1550 #BSBR2030

1.5" x 50'

2.0" x 30'

#BSBR2040 #BSBR2050

2.0" x 40'

2.0" x 50'



Body Solid's battle ropes are a great companion for your fitness training. Portable and easy to use anywhere, adding training with a battle rope to your fitness regimen helps you use multiple muscle groups simultaneously to increase overall strength, hand strength and endurance.

AB WHEEL

#BSACAB1

Strengthen and tone your abs, shoulders, arms and back with the Body Solid Ab Wheel.

Comfortable to use, it features dual wheels for greater stability, as well as comfortable rubber grips. Lightweight and portable, it's not only simple but convenient too!



PULL UP - PUSH UP BAR

#BSACPUB30

Get going with push ups in an instant by simply placing the bar on the floor or inside a doorway to perform secure sit ups. For chin and pull up exercises, the bar is easy to install in seconds.



EXERCISE BALLS

45cm, 55cm, 65cm, 75cm

#BSGB45 GREEN

#BSGB55 GREY

#BSGB65 RED

#BSGB75 BLUE

The Body Solid anti-burst gym ball provides a simple, but effective way to focus on your core strength and stability. Acclaimed by physical therapists for years, gym ball exercises help strengthen the abs and back whilst improving balance.



5...VERY HEAVY

POWERBAND

#BSACB1 #BSACB2

#BSACB3 #BSACB4

#BSACB5

Why use lifting bands? Lifting bands offer a contrasting method in an exercise programme where the weight resistance changes at different points in a lift.

4...HEAVY

3...MEDIUM

2...LIGHT

1...VERY LIGHT



RESISTANCE TUBES

#BSACT1 #BSACT2

#BSACT3 #BSACT4

#BSACT5

5... VERY HEAVY

4... HEAVY

3... MEDIUM

2... LIGHT

1... VERY LIGHT



PREMIUM 6mm YOGA MAT

#BSMAYOGA

Body Solid's premium yoga mat is the ideal accessory for your Yoga or Pilates training. Super soft, and 6mm thick, it ensures you remain comfortable in all positions. Featuring a non-slip surface with just the right amount of cushioning, you remain stable and ensures ultimate balance control.





KETTLEBELL RACK

#BSGDKR50

The stylish Body Solid 3-pair Kettlebell Rack delivers compact storage for up to 6 kettlebells. Featuring a sophisticated, modern design, the rack perfectly complements any gym or workout setting.



Solid and sturdy, the rack features 3 offset shelves suitable for any size kettlebell from 5lbs to 50lbs (2.2-22kg).

*Kettlebells not included

WEIGHTED VEST 20LB, 40LB

#BSWV20

#BSWV40

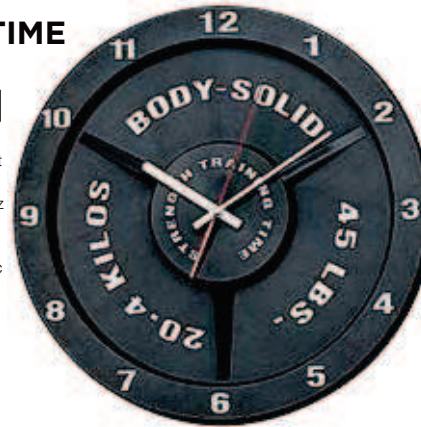
The weighted vest is ideal for enhancing all workout programmes. It can be used for adding resistance to your cardio training, or for making performing squats, lunges, push-ups and other strength exercises that bit tougher!



TRAINING TIME CLOCK

#BSACSTT45

Keep track of your workout time. This time keeping marvel has accurate quartz movement that requires one AA battery. It's an exact replica of an Olympic Plate that will highlight any fitness room. Made of high-impact polymer resin, this clock actually weighs only 0.5kg



SLAM BALLS

#BSSB15 15cm

#BSSB20 20cm

#BSSB25 25cm

#BSSB30 30cm

This durable 15lb (6.8kg) Slam Ball will help you improve core strength, conditioning and endurance by adding cardio to your regular strength training. Built to take a slam, this sand-filled ball is non-bouncing and non-rolling, allowing you to perform a wide range of ballistic core exercises that maximize your entire body with every motion.



BARBELL PAD

#BSACMA105

This bar pad was designed for function, fit and comfort. High-density foam padding with super-heavy nylon cover takes the burden off your shoulders and allows you to work with heavier weights. Fits all standard and Olympic bars for doing squats, lunges and calf exercises. Features easy-on, easy-off full length Velcro closure. 16"L.

*Barbell, weight plates and collars optional



Body-Solid®

Built for Life

ACCESSORIES

PLYO BOXES

#BSPB06 #BSPB12 #BSPB18

6" 12" 18"

#BSPB24 #BSPB30 #BSPB36

24" 30" 36"

#BSPB42

42"

For explosive jump and speed training, Body Solid Plyo Boxes are simply a must-have! Providing incredible exercise versatility, you can increase not only your vertical jumping ability, but also drastically increase foot speed, cardiovascular endurance and overall leg strength with plyometric training.



COMBO THIGH - ANKLE STRAP

#BSACTS31

Finally, a fitness product designed specifically to target train the hips, thighs and buttocks, one of the biggest problem areas for most women. It focuses on the Gluteals, Hip Abductor and Adductor muscle groups. Also strengthens connective tissues in the lower body joints making it ideal conditioning for all sports.



BODY POWER

STRIKETUBE PRO XL

#BPPBTUBEPL

The seriously large Striketube PRO XL stands an impressive 195cm tall (6' 6") allowing for any height of punch or kick. The extra wide diameter tube gives an enlarged target zone that can be pummelled in every direction, and the high grade shock absorbing foam and heavy duty PVC cover will take everything thrown at it. For this reason it's backed by a light commercial warranty so is ideal for use in clubs and studios, as well as in the home. The Striketube PRO XL boasts a large, flexible rubber spring system which absorbs substantial impact without base movement, and the base itself is made from high density plastic and weighs a massive 140kg when filled with water (or more when filled with sand). Want the ultimate? Get the Bodypower Striketube PRO XL! The Striketube PRO XL is supplied with a 1 year light commercial warranty and 2 year home use warranty.



STRIKETUBE PRO

#BPPBTUBEPL

Similar to the Striketube, the PRO offers totally unrestricted 360 degree boxing and martial arts workouts. It has a thicker foam tube that's more durable and allows for heavier impacts, combined with the rubber spring post that permits the tube to give and rebound perfectly with each punch or kick. Secondly, it has an extra foam collar that wraps around the spring post offering the scope for an extended range of kicks. The easy to fill base weighs about 65kg when filled with water (or more when filled with sand), to offer great stability when under attack! It stands 165 cm (5' 6") tall. Take your training seriously? Look no further than the Striketube PRO! The Bodypower Striketube PRO is supplied with a 2 year home use warranty.



STRIKETUBE

#BPPBTUBE

The Bodypower Striketube is a free standing, spring mounted tube which is ideal for both boxing and martial arts training. At 165cm tall (5' 6") the large strike area allows for both punches and kicks and it can be tackled from any angle, allowing for totally unrestricted boxing/martial arts sessions or simply great cardio workouts. The easy to fill base weighs about 65kg when filled with water (or more when filled with sand), to offer great stability when under attack! If you're looking for an active, intense and varied workout, get the Bodypower Striketube. The Bodypower Striketube is supplied with a 2 year home use warranty.



STRIKEMAN

#BPPBMAN

The Bodypower Strikeman is an excellent alternative to a punch bag, especially where space is at a premium or you don't have the facilities to hang a heavy punch bag. The high density foam torso is great for technique work or target training and when the base is filled (with either water or sand) it weighs around 110kg – heavy enough to remain stable when taking that big right hook! The torso is attached to a flexible post which allows just the right amount of 'give' and is adjustable into 3 different height positions, from 5'3" (158cm) to 6' 2" (185cm). If you're not into boxing the Strikeman doubles as a perfect stress reliever! The Bodypower Strikeman is supplied with a 2 year home use warranty.



Home
Use

STRIKEMAN PRO

#BPPBPRO

The Bodypower Strikeman PRO is an excellent sparring partner and perfect for the more experienced boxer. Its flesh like appearance creates a more realistic training experience, but the best part is he won't hit you back! Its compact design is ideal where space is limited or you don't have the facilities to hang a heavy punch bag. The torso is made from high density foam and is attached to the base via a flexible post that offers shock absorption and a great rebound effect. The base itself weighs around 110kg when filled with water (or more when filled with sand), heavy enough to be stable when taking the most powerful of punches! It's adjustable into 3 different height positions, from 5'4" (161cm) to 6' 1" (182cm) so is great for people of all heights. Had a bad day? Take it out on Strikeman PRO!!! The Bodypower Strikeman PRO is supplied with a 2 year home use warranty.



Prestige
Home
Use

PUNCH BAG

#BPBEPB617-3 (3ft)

#BPBEPB617-4 (4ft)

#BPBEPB617-5 (5ft)

This high quality Bodypower Punch Bag combines good looks with lasting durability. Made from first-rate carbonium-style PU, it's built to take a beating while the foam lining and soft textiles filling provide you with greater shock absorbency and protection for your hands. The punch bag is supplied with heavy duty metal D-rings and chain set. To increase longevity of the punch bag, we recommend purchasing the Bodypower Hook and Swivel Bracket (BPBEAC1118).



Prestige
Home
Use

3.5ft UPPERCUT PUNCH BAG

#BPBEPB620

Master your uppercuts with this quality Uppercut Punch Bag from Bodypower. Constructed from high quality carbonium-style PU, the 3.5ft Punch Bag has great looks and high durability. Perfect for working on a variety of shots including hooks and uppercuts, it's your perfect training partner. Supplied with robust, heavy-duty metal D-rings and chain set. For increased longevity of the bag, we recommend purchasing the Bodypower hook and swivel bracket (BPBEAC1118).



Prestige
Home
Use

9' LEATHER SKIPPING ROPE

#BPAC1104

Classic 9ft boxers' skipping rope made from 100% leather. 6mm thick with weighted aluminium handles for smooth, faster spin.



9' NYLON SKIPPING ROPE

#BPAC1106

Lightweight 9ft soft nylon skipping rope with plastic handles. Ideal for developing speed, endurance and agility.



LEATHER BELT

#BPAC929-S/M/L/XL

Hardwearing top quality cowhide leather weightlifting belt increases effectiveness of heavy lifts whilst reducing lower back stress. Available in sizes S-XL.



CURVED BELT

#BPAC930-S/M/L

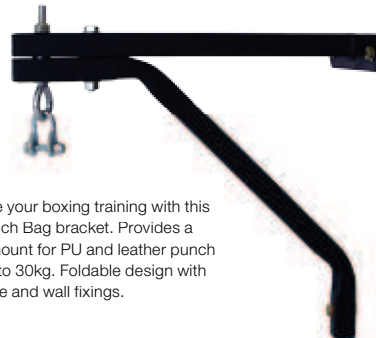
This secure weightlifting belt features an ergonomic curved design for maximum lower back support. Adjustable nylon strap is secure and comfortable. Available in sizes S-L.



Heavy-duty bracket provides secure mount for punch bags up to 50kg. Foldable design with D-shackle and wall fixings. Perfect for use with leather and PU punch bags.

HEAVY DUTY PUNCH BAG BRACKET

#BPBE1125



Maximise your boxing training with this solid Punch Bag bracket. Provides a secure mount for PU and leather punch bags up to 30kg. Foldable design with D-shackle and wall fixings.

PUNCH BAG BRACKET

#BPBE1126

PROFESSIONAL SWIVEL

#BPBEAC1117

Precision constructed triple ball-bearing construction for high speed performance. Features quick release pin for speedy speedball attachment and removal.



HOOK & SWIVEL BRACKET

#BPBEAC1118

This Hook & Swivel Bracket increases longevity of your punch bag. Allows your punch bag to rotate to eradicate twisting of the hanging straps or chair. Massively reduces wear.



9" LEATHER SPEED BALL

#BPBEAC814

Made from the finest quality leather with machine stitching, this durable yet lightweight 9" Speedball is made to last. It features a reinforced hanging loop and heavy duty latex bladder for added durability and optimum rebound and speed.

Ideal for all speed work and for improving balance and coordination.



9" PU SPEED BALL

#BPBEAC609

This lightweight 9" Speedball features high quality PU construction which has been machine stitched for long lasting toughness. It incorporates a reinforced hanging loop and heavy duty latex bladder for durability and optimum rebound and speed.

Ideal for all speed work and for improving balance and coordination.



SPEED BALL PLATFORM

#BPBE1128

Improve your speedball skills with this quality Speedball Platform Set. Wooden platform offers excellent rebound for punches. Comes with swivel and wall fixings. Speedball sold separately.



FLOOR TO CEILING BALL BRACKET

#BPBEAC1120

High quality Floor to Ceiling Ball Bracket for securing your Floor to Ceiling Ball or Punchbag. All hardware included.



FLOOR TO CEILING BALL ADJUSTABLE STRAPS

#BPBEAC1121

Premium quality, durable rubber straps for holding up your Floor to Ceiling Ball. The length is adjustable to cater for different ceiling heights.



LEATHER TEARDROP FLOOR TO CEILING BALL

(NO STRAPS) #BPBEAC813

Top quality Leather Floor to Ceiling Ball with long lasting durability. The heavy duty latex bladder provides optimum rebound and speed. Straps not included.



PU TEARDROP FLOOR TO CEILING BALL

(WITH STRAPS) #BPBEAC608

Lightweight Floor to Ceiling Bag with high quality "leather look" PU construction and heavy duty latex rubber bladder. Ideal for speed work and improving coordination. Straps included.



NYLON HANDWRAPS 3M (120")

#BPBEAC1110

3m (120") long nylon handwrap, extra thick and 2 inches wide for superb hand and wrist protection against boxing injuries.



CLUB LEATHER GEL FOCUS PADS

#BPBE305

Hardwearing Gel Focus Pads deliver high impact resistance and excellent shock absorbency with multi-layered foam construction. Made with finest quality leather with nylon mesh back panel for a cool, dry workout.



PU GEL FOCUS PADS

#BPBE308

High quality 'leather look' PU Gel Focus Pads provide high impact resistance and excellent shock absorbency with multi-layered foam padding. They feature a specially designed soft palm ball for a secure grip to catch punches.



PU CURVED FOCUS PADS

#BPBE606

Traditional-style 'leather look' PU Focus Pads with curved design for correct hand positioning. Multi-layered foam padding absorbs shock while larger target area makes them ideal for beginners. Adjustable to fit all hand sizes.



PREMIUM CLUB LEATHER SPARRING GLOVES

#BPBEGL402-12
#BPBEGL402-16

Premium quality double-thick full grain Leather Sparring Gloves. Ergonomic design with moulded latex inserts and impact absorbent foam. Elasticated straps for a custom fit. 12oz or 16oz.



MULTI-PURPOSE PU GLOVES

#BPBEGL601-10
#BPBEGL601-14

High quality PU Multi-Purpose Gloves for boxing and MMA. Feature multi-layered foam padding, and non-slip, sweat-resistant mesh lining. Fully adjustable for a custom fit. 10oz or 14oz.



PU SPARRING GLOVES

#BPBEGL602-10
#BPBEGL602-14

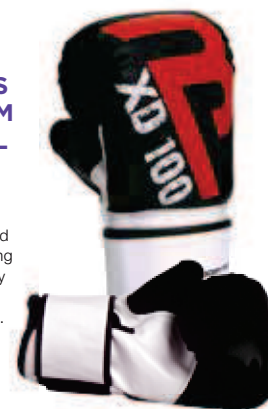
High quality, traditional PU Sparring Gloves. Feature high density injection-moulded foam padding, non-slip lining and fully adjustable closures. Ideal for sparring beginners. 10oz or 14oz.



PU BAG GLOVES

#BPBEGL605-S
#BPBEGL605-M
#BPBEGL605-L

Perfect for pounding the punch bag, these high quality PU Bag Gloves feature protective moulded foam inserts, non-slip lining and ventilated palms. Fully adjustable. Available in Small, Medium and Large.



LEATHER MMA GLOVES

#BPBEMMA1001-M
#BPBEMMA1001-L

Top quality leather gloves, ideal for all MMA training and grappling workouts. Feature a sweat repellent lining, full wrap-around and adjustable hook and loop straps. Available in sizes Medium and Large.





BUTTERFLY

Elite Outdoor Table #BUTTELITE



The Butterfly Elite is a premium full size table tennis table providing the ability for high-energy play. Designed for indoor or outdoor use, the weatherproof 3.5mm melamine resin top and solid frame provide a stable playing surface while the compact folding design and transport wheels make it easy to store. Net and posts, bat and ball holder, 2 sponge bats and 3 balls included.

Playing surface	Weatherproof, 3.5mm melamine resin
Folds in 2 separate halves	Lightweight and folds for easy movement and storage
Transport wheels	4 double wheels, 2 manoeuvrable
Wheel locks	Ensures stability
Assembly	Allow 30-60 minutes before first use
Accessories	Butterfly net and post set incorporated into the table design, 2 reverse bats and 3 practice balls, Strong protective cover
Playing surface colour	Green
Product weight	50kg
Dimensions in use (LxWxH)	275 x 153 x 77cm
Folded dimensions (HxWxD)	160 x 188 x 64 cm
Warranty	3 years on the table





BUTTERFLY

Premier Indoor Table

#BUTT1300221



Compact with an ample 16mm thick playing area, this is an attractive indoor table ideal for home use. Comes ready assembled and stores easily in 2 halves. Features transport wheels with locks. Net and posts, bats and balls included.

Playing surface	16mm
Folds in 2 separate halves	Lightweight and folds for easy movement and storage
Transport wheels	Easily move from place to place (4 per table half)
Wheel locks	Ensures stability
Assembly	Just add the wheels
Accessories	Butterfly clip net and post set, 2 reverse bats and 3 practice balls
Playing surface colour	Blue
Product weight	66kg
Dimensions in use (LxWxH)	275 x 153 x 77cm
Folded dimensions (HxWxD)	160 x 188 x 64 cm
Warranty	3 years on the table

COMMERCIAL EQUIPMENT GUIDE



LIGHT COMMERCIAL EQUIPMENT GUIDE

Light commercial (or light institutional) environments are defined as gyms which are not available to the general public and/or usage of the equipment is random rather than regular. Most light commercial manufacturers will require usage of a piece of equipment to be no more than 5 hours total per day. Examples of light commercial environments would be schools, personal training studios, corporate gyms, police & fire station gyms, physiotherapists, football clubs, hotels etc. Usage in these environment is private (e.g limited to employees/residents) and/or is completely supervised (e.g personal training/rehab). If your gym is used for more than 5hrs per day and is open to the general public, then the full commercial equipment section could facilitate your needs. If you are unsure about which category your gym facility falls into, please don't hesitate to call us.

WHAT CAN FITNESS SUPERSTORE OFFER?

At Fitness Superstore we offer professional advice on setting up light commercial fitness suites in facilities such as schools, personal training studios, corporate gyms and other environments where the usage on equipment is limited. We offer a complete package to suit all your commercial needs from design to leasing. We will endeavour to make your purchase go as smoothly as possible from start to finish. Our full commercial division will deal with all your project needs, from planning through to installation, through our qualified and trained staff. Should you require finance for your project, then we have brokers available who will endeavour to find you the best possible lease deals.

QUALITY BRAND NAME EQUIPMENT

Bodypower carries the best in quality light commercial exercise equipment. With brand names such as Life Fitness, Body-Solid, Vision, Horizon, Tunturi, Kettler, Vectra, and Nautilus, we can fit out your exercise room to satisfy the most discriminating of tastes.

But our light commercial fitness professionals don't stop there. They are available to train and orient your staff to use and maintain the equipment so

that it will keep your customers fit and satisfied. We also service and repair the equipment we sell, so you will have continued support in maintaining your facility for years to come.

Here are just some of the services available to you from Bodypower Sports Plc.

- Expert Consultation
- Quality Brand Name Equipment
- Facility Design and Computerised Floor Planning
- Financing and Leasing Options
- Professional Delivery and Installation
- Complete Exercise Equipment Orientation and Support
- Product Maintenance, Service and Repair

And with delivery and installation typically within 10 working days from order (bespoke units may take longer) what are you waiting for? It costs nothing to pick up the phone and help us help you and your gym members achieve a fit and healthy lifestyle through fitness.

FULL COMMERCIAL EQUIPMENT GUIDE

Whether you are designing a fully outfitted fitness facility for your corporate headquarters, or a small fitness suite for your hotel guests, Bodypower Sports Plc has the expertise and the equipment to meet your needs and satisfy your customers' desires.

COMMERCIAL FITNESS EXPERTS

We have helped owners and operators of facilities as varied as health clubs, recreation centres, military complexes, professional rugby clubs, hotels, hospitals, rehabilitation facilities, physical therapy centres and corporate centres design their on-site fitness centre, select the equipment that fits their needs and budget, and install the equipment to their exact specifications.

QUALITY BRAND NAME EQUIPMENT

Bodypower carries the best in quality commercial exercise equipment. With brand names like Life Fitness, Matrix Fitness, Body-Solid, First Degree Fitness, Vectra, Octane, Schwinn and Nautilus, we can fit out your exercise room to satisfy the most discriminating of tastes.

But our commercial fitness professionals don't stop there. They are available to train and orient your staff to use and maintain the equipment so that it will keep your customers fit and satisfied. We also service and repair the equipment we sell, so you will have continued support in maintaining your facility for years to come.

Here are just some of the services available to you from Bodypower Sports Plc.

- Expert Consultation
- Quality Brand Name Equipment
- Facility Design and Computerised Floor Planning
- Financing and Leasing Options
- Professional Delivery and Installation
- Complete Exercise Equipment Orientation and Support
- Product Maintenance, Service and Repair

And with delivery and installation typically within 10 working days from order (bespoke units may take longer) what are you waiting for? It costs nothing to pick up the phone and help us help you and your gym members achieve a fit and healthy lifestyle through fitness.

Body-Solid®
Built for Life

GEXM4000S

Multi Station Commercial Gym



Twelve hardworking exercise stations, one affordable price. The Body-Solid GEXM4000S multi gym is designed for those who demand the ultimate gym package. It offers an enormous range of upper and lower body exercises for maximum muscular strength, total body conditioning and superior endurance. Up to four people can work out simultaneously with the optional Leg Press / Calf Press Station and it fits comfortably against a wall or on display in the centre of the room. The exercise stations are fed by three 210lb. steel alloy weight stacks and a fourth weight stack comes with the Leg Press Station. Unique features include a Bench Press with "kick-assist" lever for complete pre-stretch and full range of motion, seat pads with automatic hydraulic adjustments, easy-access pop pin adjustments from the seated positions, and DuraFirm™ pads with lower lumbar support. It comes complete with weight stack shrouds for safety, 2" x 4" mainframe to eliminate torsional flex, Perfect Pec™ Station with range limiters and an advanced articulating handle design for the feel of a true dumbbell workout with a tough, durable powder coat finish. Includes fully padded Lat Bar, Revolving Straight Bar, Balanced Triceps V-Bar, Utility Strap and comfortably padded Ab / Triceps Strap.



Ab Crunch



Front Lat Pulldown



Chest Press



Pec Fly



Seated Row



Mid Row



Shoulder Press



Triceps Pressdown



Leg Extensioner

DIMENSIONS

Floor Space Dimensions:	91"L x 133"W x 83"H	(231cm x 338cm x 211cm)
With Leg Press Option:	133"L x 133"W x 83"H	(338cm x 338cm x 211cm)
Live Working Area:	110"L x 144"W x 83"H	(280cm x 366cm x 211cm)
With Leg Press Option:	144"L x 144"W x 83"H	(366cm x 366cm x 211cm)

OPTIONAL UPGRADES
Enhance your workout

FINANCE AVAILABLE
See page 3 for details

Leg Press / Calf Press



#BSGLP40

FINANCE AVAILABLE
See page 3 for details

2:1 ratio. Double beam design eliminates ankle stress and provides consistent resistance throughout full range of motion. Pivoting press plate rotates both forward and downward to target thighs, hamstrings and glutes. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances.

Full Commercial Warranty:

- | | |
|-------------------|---|
| Lifetime Warranty | Frames, Welds, Weight Plates and Guide Rods |
| Two Year Warranty | Pulleys, Bushings, Bearings and Hardware |
| One Year Warranty | Cables, Upholstery, Grips and all other components not mentioned elsewhere in this warranty |



#BSQYGEXM4000

FREE
with Gym





Octane
FITNESS



LateralX #OCELLX8000

Add a new dimension and excitement to the cardio floor with the LateralX elliptical that delivers functional challenges, more muscle demands and greater caloric burn.

The new LateralX elliptical is a complete reinvention of cross training, exclusively from Octane Fitness. The LateralX gives members the option to move in multiple lateral planes on one machine. Loaded with Octane's signature, breakthrough workout boosters and features, this unique elliptical is designed to truly satisfy every member.



Self powered



xR6000 #OCELR6000

Challenge your members to test ride the xRide xR6000 for a workout to remember. Quite simply, the xRide xR6000 outperforms any other seated product on your fitness floor. Studies show that exercisers use 343% more glutes and burn 23% more calories on the xRide xR6000 compared to a recumbent bike. Meeting the goals of every member, the xRide's tremendous range of resistance levels, innovative workouts and enormous versatility are unmatched.

The xRide xR6000 includes many programme options and customisable interval programmes that let your members make each workout their own. With heart-rate controlled, constant output programmes (measure in METs or watts), the innovative 30:30 performance programme, and Octane's unique workout boosters (Muscle Endurance, Chest Press and Leg Press), your users and personal trainers will find everything they need to get a great workout every time.



	Mechanical Features			Workout		Preset Programmes						Product Specifications			
	Stride length	Seat tilt adjustments	MultiGrip handlebars	Resistance levels	Number of programmes	Manual	Random	Interval	Custom	Hill	10K	Max user weight	Footprint	Product weight	Commercial Warranty
LateralX	N/A	N/A	•	30	13	•	•	•	-	-	-	400 lbs (181 Kg)	42" W x 63" L (106.7cm x 160cm)	388 lbs (176 Kg)	3 years parts & labour (UK mainland only)
xR6000	20	5	•	30	16	•	•	•	•	•	•	400 lbs (181 Kg)	36.5" x 71.5" (927mm x 1816mm)	320 lbs (145 Kg)	



Octane
FITNESS



Self powered



Mains powered



Pro3700 #OCEL3700

Representing the third generation of Octane commercial cross trainers, the Pro3700 elliptical is the first club model to feature Octane's unprecedented Converging Path handlebars, which are ergonomically designed to deliver the most effective, comfortable workouts. Combined with the patented MultiGrip handlebars and convenient fingertip controls on the moving handlebars, this is undeniably upper-body at its best.



Pro310 #OCEL310

The Pro310 has everything you need to equip your exercise room for great workouts. With 10 popular pre-programmed workouts, heart rate monitoring, the patented MultiGrip handlebars, and signature Octane workout boosters X-Mode, ArmBlaster, and GluteKicker, exercisers can enjoy challenging workouts and with great variety and comfort.

The low step-up height which allows entry from either side or the rear, along with the space-efficient footprint, helps you maximise the use of your valuable floorspace.



	Mechanical Features			Workout		Preset Programmes						Product Specifications			
	Stride length	Seat tilt adjustments	MultiGrip handlebars	Resistance levels	Number of programmes	Manual	Random	Intival	Custom	Hill	10K	Max user weight	Footprint	Product weight	Commercial Warranty
Pro3700	Fixed at 20.5" or 24" on assembly	-	•	30	16	•	•	•	•	•	•	400 lbs (181 Kg)	31" x 71" (780mm x 1803mm)	320 lbs (145 Kg)	3 years parts & labour (UK mainland only)
Pro310	20.5"	-	•	20	10	•	•	•	•	-	•	300 lbs (136 Kg)	34" x 79" (863mm x 2007mm)	260 lbs (118 Kg)	2 year parts 1 year labour

LifeFitness

PLATINUM CLUB SERIES

COLOUR OPTIONS...

*Arctic silver is standard, other colours available with a slight upcharge.



The Platinum Club Series Treadmill with the Discover™ SE or SI Tablet Console redefines the home workout experience. The integrated LCD touch-screen features an abundance of entertainment options, enhanced interaction, Internet connectivity and much more.

TREADMILL #LFTRPCSSE/SI WITH DISCOVER TABLET CONSOLE

> **DISCOVER SE CONSOLE:**
19" LCD Swipe Technology
Touch-Screen with
Integrated TV

- > APPLE® AND ANDROID™ COMPATIBLE
- > INTERNET CONNECTIVITY
- > LIFESCAPE™ INTERACTIVE COURSES
- > LFCONNECT™ WEBSITE / LFCONNECT APP
- > LFOpen PLATFORM FOR USE WITH LIFE FITNESS COMPATIBLE APPS

DISCOVER



> **DISCOVER SI CONSOLE:**
10" LCD Swipe Technology
Touch-Screen

- > **ADVANCED CONSOLE TECHNOLOGY**
- > **FLEXDECK® SHOCK ABSORPTION SYSTEM**
- > **DIGITAL HEART RATE MONITORING**
- > **USER-FRIENDLY DESIGN**
- > **MOTIVATING WORKOUT VARIETY**



Made for
iPod iPhone iPad



FINANCE
AVAILABLE
See page 3 for details.



*These icons refer to all products on these pages...

With the Discover™ SE or SI Tablet Console and built with more than 30 years of research, development and user-based tests, the ergonomically-designed exercise bike will motivate you to keep up with your workout routine.

UPRIGHT LIFECYCLE EXERCISE BIKE #LFCYPCSSE/SI WITH DISCOVER TABLET CONSOLE

- > **ADVANCED CONSOLE TECHNOLOGY**
- > **COMFORT CURVE™ SEAT WITH EASY ADJUSTMENTS**
- > **SEAT POSITIONING**
- > **AT-YOUR-FINGERTIPS RESISTANCE CONTROLS**



FINANCE
AVAILABLE
See page 3 for details.



Arctic Silver



Titanium Storm



Diamond White



Black Onyx

PLATINUM CLUB SERIES

With the Discover™ SE or SI Tablet Console the Recumbent Lifecycle Exercise Bike features the Comfort Curve Plus™ Seat with deluxe back support and optional deluxe armrests for a more relaxed riding position.

With the Discover™ SE or SI Tablet Console and featuring an innovative design and a revolutionary Quiet Drive™ system, the Platinum Club Series Elliptical Cross-Trainer combines form and function for an engaging workout.

RECUMBENT LIFECYCLE EXERCISE BIKE #LFCYPCSRSE/SI WITH DISCOVER TABLET CONSOLE

- > ADVANCED CONSOLE TECHNOLOGY
- > COMFORT CURVE PLUS™ SEAT WITH EASY ADJUSTMENTS
- > AT-YOUR-FINGERTIPS RESISTANCE CONTROLS
- > DIGITAL HEART RATE MONITORING



ELLIPTICAL CROSS-TRAINER #L FELPCSSE/SI WITH DISCOVER TABLET CONSOLE

- > ADVANCED CONSOLE TECHNOLOGY
- > OVERSIZED PEDALS
- > AT-YOUR-FINGERTIPS RESISTANCE CONTROLS
- > DIGITAL HEART RATE MONITORING
- > MOTIVATING WORKOUT VARIETY
- > SPEED AND DISTANCE FEEDBACK



> DISCOVER SE CONSOLE:
16" LCD Swipe Technology Touch-Screen with Integrated TV

- > APPLE® AND ANDROID™ COMPATIBLE
- > INTERNET CONNECTIVITY
- > LIFESCAPE™ INTERACTIVE COURSES
- > LFCONNECT™ WEBSITE / LFCONNECT APP

DISCOVER



> DISCOVER SI CONSOLE:
10" LCD Swipe Technology Touch-Screen

LifeFitness CLUB SERIES



iPod not included

The Life Fitness Club Series Elliptical Cross-Trainer offers a health club level total-body cardiovascular workout. Built for comfort, it is a proven machine that offers a variety of low-impact workouts.

CSX ELLIPTICAL CROSS-TRAINER

#LFLCSX13

- > SEAMLESS COMPATIBILITY WITH IPOD
- > TOTAL-BODY EXERCISE
- > OVERSIZED PEDALS
- > DIGITAL HEART RATE MONITORING
- > SELF-POWERED CONVENIENCE
- > SEE PAGE 25 FOR FULL DETAILS



on CSLR & CSLU
iPod not included

Designed with the same technology and durable components that define our tradition of excellence, the Recumbent Lifecycle® Exercise Bike brings our legacy of fitness to those who prefer a seated position.

CSLR RECUMBENT LIFECYCLE

#LFCYCSLR

- > SEAMLESS COMPATIBILITY WITH IPOD
- > INTEGRATED ENTERTAINMENT CONTROLS
- > DIGITAL HEART RATE MONITORING
- > SELF-POWERED CONVENIENCE
- > RELIABLE BELT DRIVE SYSTEM
- > SEE PAGE 45 FOR FULL DETAILS



This bike offers a refreshed, non-intimidating console with more options for personalised entertainment, which helps exercisers complete more enjoyable workouts.

CSLU UPRIGHT LIFECYCLE

#LFCYCSLU

- > SEAMLESS COMPATIBILITY WITH IPOD
- > INTEGRATED ENTERTAINMENT CONTROLS
- > COMFORT CURVE™ SEAT WITH EASY ADJUSTMENTS
- > DIGITAL HEART RATE MONITORING
- > SELF-POWERED CONVENIENCE

> SEE PAGE 45 FOR FULL DETAILS



#LFGYG5T
#LFGYG5K (with bench)

G5 CABLE MOTION™ HOME GYM

Introducing the Life Fitness G5 Cable Motion™ Gym System, the quintessential functional strength-training machine for everyday living. Whether you're looking to build more muscle tone, increase strength, train for specific sports or enhance your daily activities, the revolutionary G5 is the one machine that lets you do it all. Using pulleys and cables, the G5's cable motion technology allows for unrestricted paths of motion and natural, biomechanically-correct exercises to train your entire body. When you see a machine like this one, you understand what a home gym should be. Solid, engaging, and full of possibilities.

> SEE PAGE 82 FOR FULL DETAILS

G7 CABLE MOTION™ HOME GYM

Inspired by the popular health club model, the G7 dual adjustable pulley home gym offers the ultimate in exercise options and customisation. The G7 offers exclusive features that allow you to build your own training workouts, track your progress and follow-along with our own certified personal trainer while she guides you through 2 training routines with the included DVD. With these personalised features, it's easy for any level of user to get started and stay motivated. Bring the health club experience home with the smartly designed G7.

> SEE PAGE 83 FOR FULL DETAILS

#LFGYG7T
#LFGYG7K (with bench)



Pictured with optional weight stack upgrade





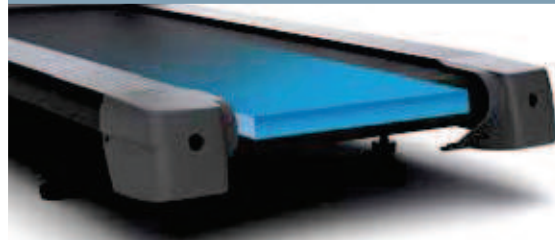
T60

Light Commercial Treadmill #VITRT60

The new T60 Treadmill from Vision Fitness is part of their innovative 60 Series Light Commercial range of fitness machines. This range features superior consoles and specifications on every piece of equipment.

The T60 boasts a whopping 3.0HP digital motor making it ideal in environments such as schools, hotels, work places and health spas where the treadmill can withstand the daily wear and tear of up to a max 6 hours use per day.

Vision understand that running can be quite a high impact form of exercise so the T60 uses a custom made UltraZone cushioned running deck, which drastically reduces the level of impact on your knees allowing you to concentrate on the workout at hand.



Maintenance-free Reversible Deck

The maintenance-free reversible deck doubles the lifespan of the treadmill for years of worry-free performance.

	Deck Thickness	Belt Type	Running Area	Cushion System	Incline Range	Speed Range	Motor	Display Type	Display Feedback	Workouts	Dimensions	Product Weight	Max. User weight	Light Commercial Warranty
T60	2.5 cm / 1" maintenance free, reversible	2-ply maintenance-free	160 cm x 51 cm 63" x 20"	6 Variable-Durometer Elastomer Cushion	0 to 15%	0.5 to 12MPH 0.8 to 20KMPH	3.0 HP	Advanced Smart-Matrix HTR w/ Contact Heart Rate	Incline, Speed, Distance, Time, Heart Rate, Calories, Pace, Avg.Pace, Avg Speed, % Heart Rate	9 including distance and calorie goals, BMI and fitness tests	84" x 32.5" x 57" 214 x 82 x 144cm	150kgs 330lbs	159kgs 350lbs	Up to 6 hours use per day: 3 years frame and motor, 2 years parts and labour

Maintenance-Free Waxed Belt

Maintenance-free belt fibres are bonded with wax, allowing them to run smoothly for years to come. This proven system requires no messy lubrication and has been tested up to 4,000 hours or 20,000 miles of use.



3.0 CHP Digital Drive System

Unlike analog drive systems, the internally cooled continuous-duty 3.0 CHP digital motor and matching digital drive system assure smooth, consistent power for a reliable workout every time.





FINANCE AVAILABLE
See page 3 for details

U60

Upright Bike #VICYU60

The U60 uses heavy gauge steel framework. This durable metal ensures the bike can withstand intense workouts up to 6 hours use a day and can stand the test of time in environments such as schools, hospitals, work places, hotels, health spas ect.



FINANCE AVAILABLE
See page 3 for details

R60

Recumbent Cycle #VICYR60

The R60 uses a highly convenient step-thru design that allows users to easily get on and off the bike. This easy to use design is also applied to the seat adjustment of the R60 bike for quick and simple adjustability to find the optimum position for exercise.



FINANCE AVAILABLE
See page 3 for details

S60

Elliptical Trainer #VIELS60

The S60 offers a huge 21" / 53.4cm stride length that mimics a natural running or walking motion whilst the Suspension Elliptical frame design provides long-lasting durability with less maintenance.

Display	U60 / R60 / S60
Display Type	10x14 dot-matrix LED profile display, 16 alphanumeric LEDs with scrolling feedback, 4 customizable feedback LEDs and HR zone display
Workout Feedback	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, Heart Rate, Target HR, % Max HR, Profile
Workouts	Classic (Manual, Interval, Fat Burn, Random), Watts (Constant Watts, Interval Watts, Hill Watts), Goal (Time Goal, Distance Goal, Calories Goal), HRT (HRT Weight Loss, HRT Interval) - 12 Total

	Handlebar Design	Resistance System	Resistance Levels	User Weight Limit	Dimensions (LxWxH)	Weight	Commercial Warranty
U60	Multi-position handlebars	2-stage self-generating power	1 - 25	182 kg / 400 lbs / 28.5 Stone	41" x 25.6" x 55.4" 104 x 65 x 138.3 cm	52 kg 115 lbs	2 years Frame and Brake, 2 year parts and Labour
R60	Console and seat-mounted with contact heart rate grips				63.7" x 28.5" x 54.4" 161.9 x 72.5 x 138.3 cm	70 kg 154 lbs	

	Stride Length	Resistance System	Flywheel Weight	Heart Rate	Dimensions (LxWxH)	Weight	Commercial Warranty
S60	53.4 cm / 21"	2-stage self-generating power	11 kg / 24 lbs.	Contact grips and wireless receiver	73.2" x 29.5" x 64.4" 186 x 75 x 164 cm	140 kg / 308 lbs	2 years Frame and Brake, 2 year parts and Labour

VORTEX VX-3

#FDROVX3 - See page 65 for full details

FEATURES AND BENEFITS

- 20 Level Patented Variable Fluid Resistance
- Interactive Performance Monitor (IPM) with USB port. Heart rate receiver included.
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to allow instant adjustment and ensure optimal foot placement and comfortable rowing position.
- Low noise Belt Drive – smoother, quieter, durable. No noisy chains, no additional lubrication required.
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands.



- Air Glide low friction seat rollers, concealed for cleaner, safer, and smoother ride. Tough hardened dual anodised aluminum seat rails
- Comfortable Seat at "office chair" height. Optional Back Support (not included) may be purchased separately.
- Maximum user weight 204kg (32st).
- Compact footprint L190xW80cm(75x32").
- Warranty: 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 10 years frame, 3 years tank and seals, 1 year other parts and 1 year labour



VORTEX VX-2

#FDROVX2 - See page 66 for full details

FEATURES AND BENEFITS

- 16 Level Patented Variable Fluid Resistance
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to ensure optimal foot placement and comfortable rowing position.
- Fitted with Heart Rate receiver as standard
- Rigid frame construction for maximum stability. Rubber feet for adhesion to floor surfaces and to prevent damage. Extended transport wheels for ease of movement
- Belt drive – no noisy chains, no lubrication
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands



- Air Glide low friction seat rollers, concealed for cleaner, safer, and smoother ride. Tough hardened dual anodised aluminum seat rails
- Maximum user weight 204kg (32st)
- Compact footprint 190 x 56 cm (75 x 22") and stands vertical for storage in just 55 x 75cm (22 x 30")
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 10 years frame, 3 years tank and seals, 1 year other parts and 1 year labour





E-520 FLUID ROWER

#FDRO520U - See page 67 for full details

FEATURES AND BENEFITS

- 20 Level Patented Variable Fluid Resistance
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to ensure optimal foot placement and comfortable rowing position.
- Compact side mounted tank design delivers ease of adjustment.
- Heart Rate sensor as standard compatible with all main HR belts
- 6 previous workout memories and a unique pacer system.
- Unmatched Durability - Virtually Maintenance Free
- Strikingly attractive blue polycarbonate tank with contrasting seal
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands
- Low noise Belt Drive - No Chains to lubricate
- Rubber feet for adhesion to floor surfaces and to prevent damage
- Rubber dipped retainer for damage free handle stowage when not in use
- Maximum user weight 204kg (32st).
- Dimensions: 190 x 71 cm (75 x 28") in use.
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 10 years frame, 3 years tank and seals, 1 year other parts and 1 year labour

E-316 FLUID ROWER

#FDRO316U - See page 68 for full details

FEATURES AND BENEFITS

- 16 Level Patented Variable Fluid Resistance
- Height Adjustable footplates with Advanced Heel Cradle footboard design (Reg. Design) and straps to ensure optimal foot placement and comfortable rowing position.
- Heart Rate receiver as standard
- Rigid frame construction for maximum stability. Rubber feet for adhesion to floor surfaces and to prevent damage. Extended transport wheels for ease of movement
- Belt Drive - no noisy chains, no lubrication
- Deluxe ergonomic handle allows comfortable grip and minimised strain on forearms, wrists and hands
- Air Glide low friction seat rollers, concealed for cleaner, safer, and smoother ride. Tough hardened dual anodised aluminum seat rails
- Maximum user weight 204kg (32st).
- Compact footprint 190 x 56 cm (75 x 22") and stands vertical for storage in just 55 x 75cm (22 x 30")
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 10 years frame, 3 years tank and seals, 1 year other parts and 1 year labour



VIKING PRO ROWER

FDROVIKP - See page 69 for full details

FEATURES AND BENEFITS

- Widest range of fluid resistance, adjusted at the turn of a dial from light strokes to high intensity challenges
- Solid timber construction around a central frame of pressure-formed laminate delivers incredible, commercial grade durability
- First grade American Ash hand-finish provides stunning, stylish aesthetics
- Multi-level workout monitor displays time / distance / 500m split time / strokes per minute / calories per hour / watts / interval training / optional heart rate (compatible with all main Heart Rate belts - belt sold separately) and USB port for online performance tracking
- Active recoil system uses extended bungee length and two sets of precision one way bearings for rapid stroke rates

- Deluxe ergonomic handle and seat deliver maximum comfort for maximised training at every level
- Resilient belt drive - super-smooth, clean, quiet and maintenance free
- Maximum user weight: 150kg (23.6st)
- Dimensions (LxWxH): 214 x 55 x 54cm (in use), 55x54cm (upright storage)
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 5 years frame, 2 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 5 years frame, 2 years tank and seals, 1 year other parts and 1 year labour



VORTEX PRO 2 FLUID ROWER

FDROVXPRO - See page 70 for full details

FEATURES AND BENEFITS

- 16 level Variable Fluid Resistance: instant intensity adjustments to suit all levels of fitness and flexible training needs
- Patented fluid resistance technology: twin tank with stainless steel flywheel delivers consistent resistance with sensory stimulation of being on the water
- Multi-level exercise monitor tracks key performance statistics including time / distance / 500m split time / calories per hour / watts / strokes per minute, with interval training and optional heart rate
- Smooth action seat, ergonomic handle and adjustable footplates provide a comfortable, customisable experience

- Ergonomic handle minimizes strain on hands, wrists and arms
- Easily adjusted footplates with secure heel cradles and angled surface under ball of foot to assist leg drive
- Durable belt drive is smooth, clean and maintenance-free
- Maximum user weight: 150kg (23.6st)
- Dimensions (LxWxH): 195 x 80 x 100cm
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 10 years frame, 3 years tank and seals, 1 year other parts and 1 year labour



TRIDENT AR FLUID ROWER

#FDROTRIAR - See page 71 for full details

FEATURES AND BENEFITS

- Adjustable fluid resistance: adjusting from MIN to MAX delivers a broad range suitable for any fitness level, at the turn of a dial.
- Deluxe ergonomic handle allows comfortable grip and minimized strain on forearms, wrists and hands
- Durable belt drive: smooth, clean, quiet (no whirring noises) and built to last.
- Simple assembly and virtually maintenance free - ideal for the commercial environment.
- Tough polycarbonate tank shell with a triple-bladed stainless steel paddle.

- Maximum user weight 150kg (23.6st).
- Dimensions: 213 x 80 cm (84.6 x 31.5") in use.
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 5 years frame, 2 years tank and seals, 2 years other parts and 1 year labour;



APOLLO PRO FLUID ROWER

#FDROAPRO - See page 72 for full details

FEATURES AND BENEFITS

- Adjustable Fluid Resistance: tweak the intensity at the turn of a dial to challenge all abilities
- Patented twin tank design with triple-blade, stainless steel impeller delivers instant catch with no dead spots
- Solid steel frame wrapped in first grade American Ash seamlessly combines high durability and exceptional looks
- Multi-level exercise monitor with USB port displays key workout statistics with interval training and optional heart rate
- Deluxe ergonomic handle prevents strain on arms, wrists and hands
- High comfort seat shapes to the user with textured finish to prevent slip

- Easily adjusted footplates with secure heel capture, and angled surface under ball of foot to assist leg drive
- Durable belt drive is smooth, clean, quiet and maintenance-free
- Maximum user weight: 150kg (23.6st)
- Dimensions (LxWxH): 214 x 55 x 54cm in use; Small upright storage footprint of 55x54cm.
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 5 years frame, 2 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 5 years frame, 2 years tank and seals, 1 year other parts and 1 year labour



E-720 CYCLE XT

#FDCY720U



FEATURES AND BENEFITS

- Dual function, upper & lower body ergometer
- 20 levels of patented Variable Fluid Resistance
- Interactive Performance Monitor (IPM) with USB port: The IPM displays: time; speed; distance; RPM; calories per hour; watts; level, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programmes, interval training, USB port allows interactive programming.
- Dual use Pedal / Hand Grip (patent applied)
- Adjusts to suit any height of user
- High visibility yellow adjustment knobs and levers

- Low seat height - 54cm (21") swivels for ease of access
- Contoured 'soft-touch' seat with lumbar support
- Built-in Heart Rate reception
- Compact footprint - 121 x 95cm (48 x 37")
- Max user weight: 150kg (23.6st)
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 3 years frame, 2 years tank and seals, 1 year other parts and 1 year labour



Fluid E-620

#FDUBE620U



KEY FEATURES

- "Step-through" design allows for easy in and out access. Great for rehab patients
- Easily adjust the power-assisted arm to your preferred workout height. A lower height setting concentrates the workout on core muscles and higher focuses on chest, traps, biceps and triceps. Or set it in the middle and get the best of both worlds
- 20 levels of patented Adjustable Resistance assure you will start easily and never plateau.
- Stainless steel marine grade impeller blades housed in a tough polycarbonate tank deliver unprecedented resistance levels and a sensory workout experience to sustain your interest.
- The monitor offers feedback to keep you informed and motivated, including time, speed, distance, calories, watts, RPM, heart rate and interval training.
- Operates in both forward and reverse directions.
- Compact footprint - 155 x 61cm (61 x 24"), Max user weight: 150kg (23.6st)
- Self-leveling, comfortable ergonomic hand grips reduce wrist torque.
- Features a fixed crank arm configuration for exercise comfort and dependability.
- Wide foot supports ensure a solid platform for any size user to maintain total stability during exercise.
- Easy "on-the-fly" right foot adjustment adjusts resistance level without interrupting the workout.
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 3 years frame, 2 years tank and seals, 1 year other parts and 1 year labour



E-820 FITNESS UBE

#FDUBE820



FEATURES AND BENEFITS

- 20 levels of patented Variable Fluid Resistance
- Interactive Performance Monitor (IPM) with USB port: The IPM displays: time; speed; distance; RPM; calories per hour; watts; level, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programmes, interval training, USB port allows interactive programming.
- Seated or standing access
- Self-leveling, comfortable ergonomic hand grips reduce wrist torque.
- Operates in forward & reverse directions
- High visibility yellow adjustment knobs and levers
- Seat is movable, with user in place, to allow correct exercise position and easy access to and egress from the machine.
- Contoured 'soft-touch' seat with lumbar support
- Foot rest for added stability
- Heart Rate reception built-in
- Compact footprint - 125 x 99cm (49 x 39")
- Max user weight: 150kg (23.6st)
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 3 years frame, 2 years tank and seals, 1 year other parts and 1 year labour



E-920 MEDICAL UBE

#FDUBE920



FEATURES AND BENEFITS

- 20 level patented Variable Fluid Resistance.
- Interactive Performance Monitor (IPM) with USB port: The IPM displays: time; speed; distance; RPM; calories per hour; watts; level, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programmes, interval training, USB port allows interactive programming.
- Variable length adjustment on crank arms from 12 to 24cm (5-10") - ideal for medical / rehab applications.
- Quickly converts from opposed hand position to parallel hand movement.
- Seated and standing operation with gas assisted multi height adjustment arm allows users of any height or stance.
- 4 position, horizontal seat adjustment allows for movement with user in situ.
- High visibility yellow extrusions mark platform outside edges to create clearer peripheral awareness, together with colour coded operating adjustment knobs and levers.
- Contoured 'soft-touch' seat with lumbar support.
- Heart Rate reception built-in.
- Compact footprint - 180 x 100cm (71x39"). Max user weight: 150kg (23.6st).
- Warranty: Home - 10 years frame, 3 years tank and seals, 2 years other parts and 2 years labour; Light Commercial - 10 years frame, 3 years tank and seals, 2 years other parts and 1 year labour; Full Commercial - 3 years frame, 2 years tank and seals, 1 year other parts and 1 year labour



MATRIX

IC3 Powered by ICG

H7xe Hybrid Cycle

#MXCYIC3



Narrow 155 mm Q factor offers superior biomechanics that improve comfort and efficiency.



ERGO HANDLEBARS



MULTIPLE ADJUSTMENTS



Dual-sided SPD Pedals

Premium Protection Plates

TECH SPECS

Dimensions (L x W x H)	120 x 52 x 110 cm
Max User Weight	130 kg
Assembled Weight	57 kg
Flywheel	Front steel 18 kg
Drive System	Poly-V belt
Warranty	2 years parts and labour, 1 year on wear and tear items

#MXCYH7XE



15" Touchscreen with intuitive FitTouch technology



Integrated arm rests

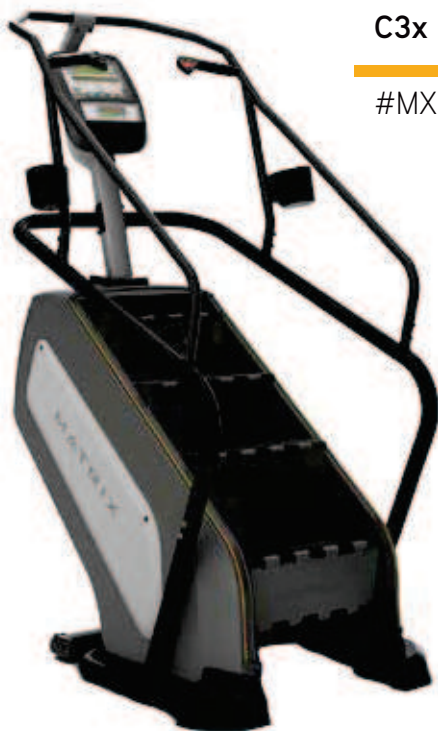


Integrated Transport Handle and Top-down Levelers

One-hand Seat Adjustment

TECH SPECS

Dimensions (L x W x H)	146.8 x 65.4 x 156.8 cm
Max User Weight	182 kg
Assembled Weight	100 kg
Ventilated Ergo Form Seat	Correct balance of support and air flow; one hand seat adjustment
15" Touchscreen	Vista Clear Television Technology – most vibrant picture quality available
Resistance System	Brushless generator
Warranty	2 years parts and labour, 1 year on wear and tear items



C3x ClimbMill

#MXSTEC3

TECH SPECS

Dimensions (L x W x H)	138 x 85 x 212 cm
Max User Weight	182 kg (28.7st)
Assembled Weight	161kg
Console	Intuitive Dot-Matrix LED with profile display
Warranty	2 years parts and labour, 1 year on wear and tear items

STEP POSITIONING SOFTWARE



Steps lock at lowest point for easy user step on and off.

Each step is 10 inches in depth to accommodate a wide range of users.



Vicore Core Bench

#MXBEVICORE



TECH SPECS

Dimensions (L x H x W)	148 x 44 x 41-surface, 87 cm -stance
Weight	24.55 kg
Warranty	2 years parts and labour; 5 years BLS (Bladder Link system)
Bearing inlaid wheels for easy transport with Easy-Grab handle	
Bodylink surface tested to 2,041 kg	

AURA 300/400 Functional Trainer

#MSFT300/MSFT400



- 1:4 pulley ratio for low starting resistance and high-speed movements
- Swivelling Accessory Station accommodates more training handles and attachments
- Integrated fold-away step for easy access
- 10 Attachments:
 - Curl Bar
 - Straight Bar
 - Pressdown Bar
 - Triceps Rope
 - Handles (x2)
 - Heelcup
 - Multi-purpose Bar
 - Golf Handle
 - Bat Handle
 - Multi-grip-position pull-up handles with unique rock climbing attachment

TECH SPECS

G3-MSFT 300		G3-MSFT 400	
Dimensions (L x W x H)	172 x 111 x 235 cm	Dimensions (L x W x H)	172 x 111 x 235 cm
Assembled Weight	837 kg	Assembled Weight	1019 kg
Available Stacks	300 lbs (136 kg approx.)	Available Stacks	400 lbs (180 kg approx.)

HEAD OFFICE - SHOWROOM & DISTRIBUTION CENTRE

NORTHAMPTON (115,000 sq ft)

13 Gatelodge Close, Round Spinney,
Northampton. NN3 8RJ

tel: 01604 673000 (direct)
0800 7834506 (alternative)

fax: 01604 673001

email: sales@fitness-superstore.co.uk

Opening hours:


Mon – Fri: 9.00am – 6.00pm,

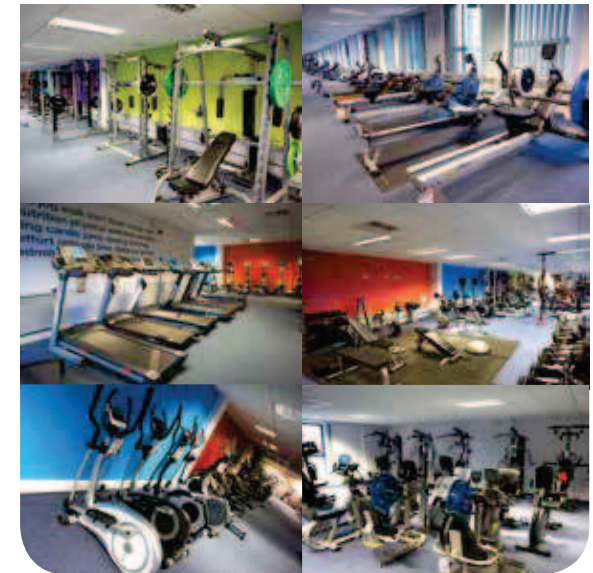
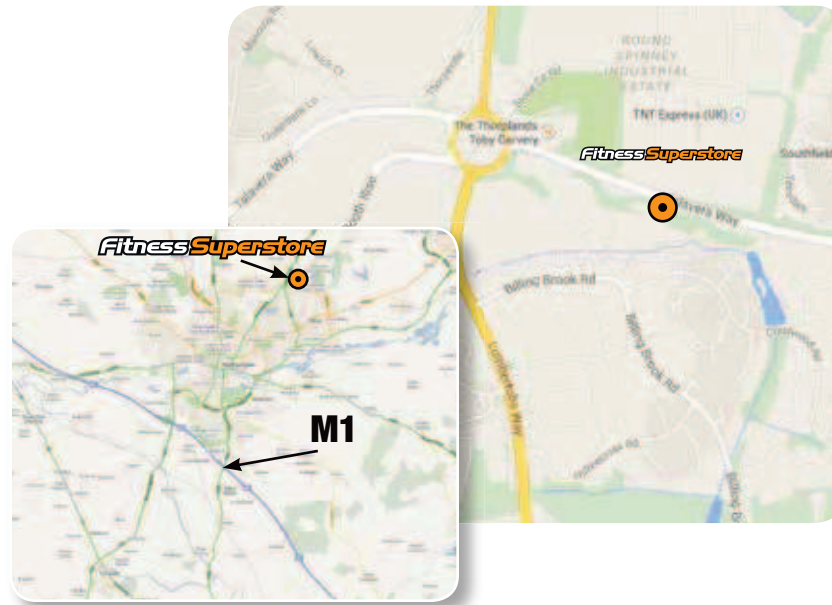
Sat: 9.00am – 5.00pm,

Sun: 11.00am – 2.00pm

Only One hour from London and 45 minutes from Birmingham.

Visiting customers who wish to collect their order, please confirm stock availability

 Parking at Premises



15,000 sq ft Showroom

Northampton

Late night telephone sales hotline
0800 783 4506

Please note that the late night sales hotline is for sales orders and product information only. All technical support, delivery and any existing order queries must be made during normal opening hours.

The showrooms are unavailable during these times

FITNESS SUPERSTORE MANCHESTER (6,000 sq ft)

Chill Factor, Unit 14/15 Trafford Way,
Trafford Quays Leisure Village
Manchester, M32 0YA

tel: 0161 820 5921 (direct)
0800 7834506 (alternative)
fax: 01604 673008

email: manchester@fitness-superstore.co.uk

Opening hours:

Mon – Fri: 10:30am – 7:00pm
Sat: 10:00am – 6:00pm
Sun: 11:00am – 4:00pm

Only 5 mins from Manchester & within easy reach of Leeds,
Preston and the North West.

Visiting customers who wish to collect their order,
please confirm stock availability.

 Parking at Premises



Late night telephone sales hotline
0800 783 4506

FITNESS SUPERSTORE GLOUCESTER (7,000 sq ft)

2/3 Fullers Court, Westgate Street,
Gloucester, GL1 2UN

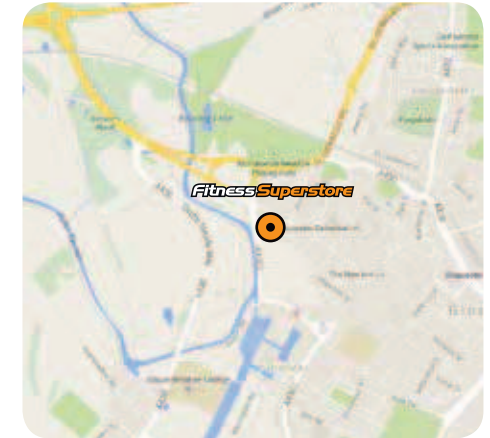
tel: 01452 347644 (direct)
0800 7834506 (alternative)
fax: 01604 673010
email: gloucester@fitness-superstore.co.uk

Opening hours:

Mon – Fri: 9:00am – 5:30pm
Sat: 10:00am – 6:00pm
Sun: 11:00am – 4:00pm

Visiting customers who wish to collect their order,
please confirm stock availability.

 Private car park at rear of premises



Please note that the late night sales hotline is for sales orders and product information only. All technical support, delivery and any existing order queries must be made during normal opening hours.

The showrooms are unavailable during these times

FITNESS SUPERSTORE CHESTER (6,000 sq ft)

157-167 Forgate Street,
Chester, CH1 1HF

tel: 01244 459662 (direct)
0800 7834506 (alternative)

fax: 01604 673004

email: chester@fitness-superstore.co.uk


Opening hours:

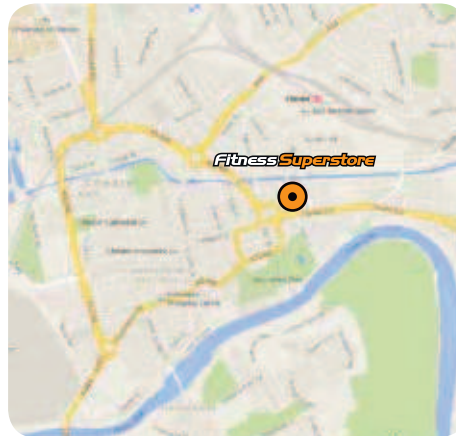
Mon – Fri: 9:00am – 5:30pm

Sat: 9:00am – 5:00pm

Sun: 11:00am – 4:00pm

Visiting customers who wish to collect their order,
please confirm stock availability.

 Car Park at rear of store off City Road (behind Last Orders Pub), alternative Car Park at front (Pay and Display) 150 yards to the right of store.



FITNESS SUPERSTORE SURREY (5,000 sq ft)

30/32 High Street, Frimley,
Surrey, GU16 7JD

tel: 01276 818542 (direct)
0800 7834506 (alternative)

fax: 01604 673006

email: frimley@fitness-superstore.co.uk

Opening hours:

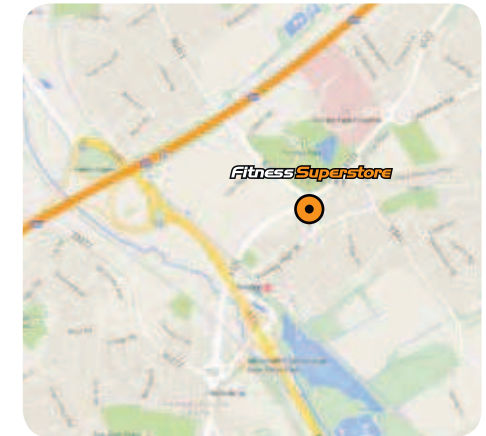
Mon – Fri 9:00am – 5:30pm

Sat: 9:00am – 5:00pm

Sun: 11:00am – 4:00pm

Visiting customers who wish to collect their order,
please confirm stock availability.

 Private car park at rear of premises



Late night telephone sales hotline
0800 783 4506

Please note that the late night sales hotline is for sales orders and product information only. All technical support, delivery and any existing order queries must be made during normal opening hours.

The showrooms are unavailable during these times


FITNESS SUPERSTORE NEWCASTLE (4,000 sq ft)

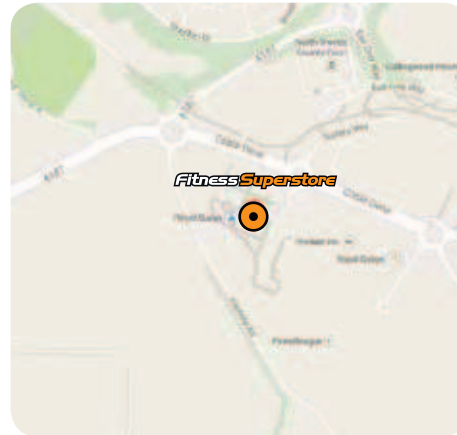
Unit 22, Royal Quays Outlet Centre, Coble Dene, North Shields,
Newcastle Upon Tyne, NE29 6DW

tel: 01604 673046 (direct)
0800 7834506 (alternative)
fax: 01604 673047
email: newcastle@fitness-superstore.co.uk

Opening hours:

Mon – Fri: 9:30am – 5:30pm
(late night Thurs – 8pm)
Sat: 9:00am – 6:00pm
Sun: 10:30am – 5:00pm

 Free Parking at Shopping Centre



FITNESS SUPERSTORE KENT (4,000 sq ft)

30-34 Grosvenor Road,
Tunbridge Wells, Kent TN1 2AP

tel: 01892 883747 (direct)
0800 7834506 (alternative)
fax: 01604 673043
email: tunbridge@fitness-superstore.co.uk

Opening hours:

Mon – Fri: 9:00am – 5:30pm
Sat: 9:00am – 5:00pm
Sun: 11:00am – 4:00pm

*Visiting customers who wish to collect their order,
please confirm stock availability.*

 Multi story car park at rear of premises



Late night telephone sales hotline
0800 783 4506

Please note that the late night sales hotline is for sales orders and product information only. All technical support, delivery and any existing order queries must be made during normal opening hours.

The showrooms are unavailable during these times

FITNESS SUPERSTORE LEEDS (4,000 sq ft)

Junction 32 Retail Outlet,
Tomahawk Trail, Glasshoughton
West Yorkshire, WF10 4FR


tel: 0113 350 7268 (direct)
0800 7834506 (alternative)

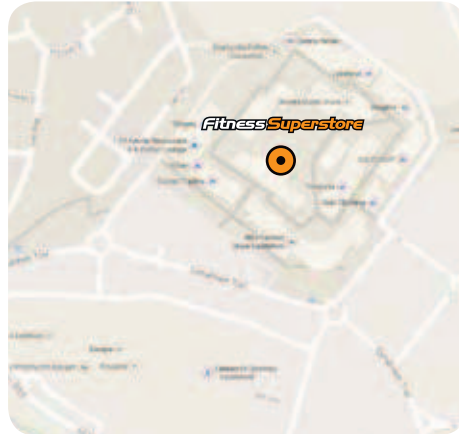
fax: 01604 673045

email: leeds@fitness-superstore.co.uk

Opening hours:

Mon – Fri: 10:00am – 8:00pm
Sat: 10:00am – 6:00pm
Sun: 11:00am – 5:00pm

 Free Parking at Shopping Centre



FITNESS SUPERSTORE BIRMINGHAM (1100 sq ft)

House Of Fraser (located on 4th floor)
Corporation Street, Birmingham,
West Midlands, B2 4LS

tel: 01604 673002 (direct)
0800 7834506 (alternative)

fax: 01604 673045

email: hof.birmingham@fitness-superstore.co.uk

Opening hours:

Mon – Fri: 10:00am – 6:00pm
(late night Thurs – 7pm)
Sat: 10:00am – 6:00pm
Sun: 11:00am – 5:00pm

subject to change during special events and seasonal promotions

 Parking at Shopping Centre



Late night telephone sales hotline
0800 783 4506

Please note that the late night sales hotline is for sales orders and product information only. All technical support, delivery and any existing order queries must be made during normal opening hours.

The showrooms are unavailable during these times

FITNESS SUPERSTORE CHELMSFORD (8000 sq ft)

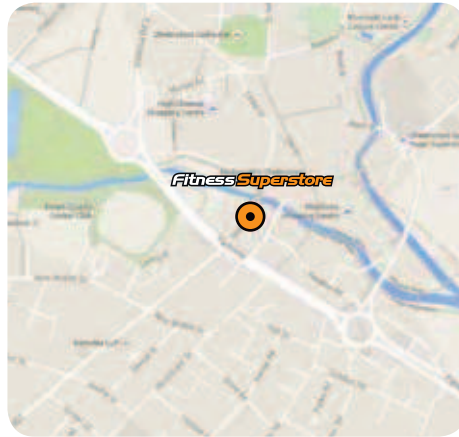
35 New London Rd, Chelmsford, Essex CM2 0ND

tel: 01245 808918 (direct)
0800 7834506 (alternative)
fax: 01245 266519
email: chelmsford@fitness-superstore.co.uk

Opening hours:

Mon – Fri: 9:00am – 5:30pm
Sat: 9:00am – 5:00pm
Sun: 11:00am – 4:00pm

 Multi-storey car parks in the Town Centre within a 3-6 min walk (High Chelmer & The Meadows)




FITNESS SUPERSTORE LIVINGSTON (3800 sq ft)

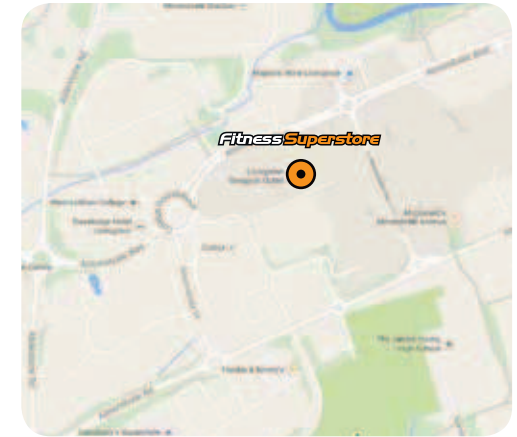
Unit 91-92 Livingston Designer Outlet, Almondvale Avenue,
Livingston West Lothian, EH54 6QX

tel: 01506 669554 (direct)
0800 7834506 (alternative)
email: livingston@fitness-superstore.co.uk

Opening hours:

Mon – Fri: 9:00am – 6:00pm
(late night Thurs – 8pm)
Sat: 9:00am – 6:00pm
Sun: 10:00am – 6:00pm

 Parking at Shopping Centre



Late night telephone sales hotline
0800 783 4506

Please note that the late night sales hotline is for sales orders and product information only. All technical support, delivery and any existing order queries must be made during normal opening hours.

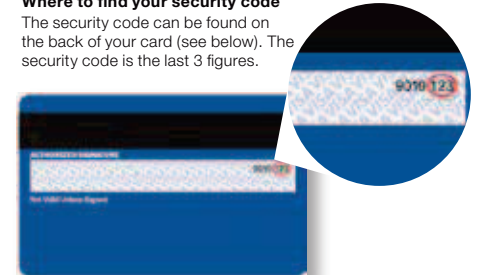
The showrooms are unavailable during these times

Fitness Superstore ORDER FORM

Order Code	Page No.	Description	Quantity	Delivery Cost (Where applicable)	Price

Credit Card Details
Credit Card No
Expiry Date
Security No (see below for details)
Issue No (Switch)
Card Holder's Name (please print)
Card Holder's signature

Where to find your security code
The security code can be found on the back of your card (see below). The security code is the last 3 figures.



Tick box for choice of payment	Credit Card	Debit Card	Visa	Master Card	Cheque/PO
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Goods Total	
Delivery Total	
Total Cost	

All customers using this form must read and agree with our terms and conditions on pages 150-151

Purchaser's Address
Name
Address
.....
.....
.....
..... Post Code
Telephone, Fax
Email

Delivery Address (If different) See terms and condition if paying by Credit/Debit Card
Name
Address
.....
.....
.....
..... Post Code
Telephone, Fax
Email

Please return to:- Northampton Head Office

Fitness Superstore
Bodypower Sports Plc
13 Gatelodge Close, Round Spinney,
Northampton. NN3 8RJ

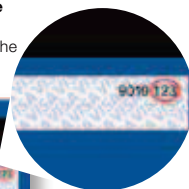
Email: sales@fitness-superstore.co.uk
Fax: 01604 673001

Fitness **Superstore** ORDER FORM

Order Code	Page No.	Description	Quantity	Delivery Cost (Where applicable)	Price

Credit Card Details
Credit Card No
.....
Expiry Date
.....
Security No (see below for details)
.....
Issue No (Switch)
.....
Card Holder's Name (please print)
.....
Card Holder's signature
.....
.....

Where to find your security code
 The security code can be found on the back of your card (see below). The security code is the last 3 figures.



Tick box for choice of payment	Credit Card <input type="checkbox"/>	Debit Card <input type="checkbox"/>	Visa <input type="checkbox"/>	Master Card <input type="checkbox"/>	Cheque/PO <input type="checkbox"/>	<table border="1"> <tbody> <tr><td>Goods Total</td></tr> <tr><td>Delivery Total</td></tr> <tr><td>Total Cost</td></tr> </tbody> </table>	Goods Total	Delivery Total	Total Cost
	Goods Total								
	Delivery Total								
Total Cost									

All customers using this form must read and agree with our terms and conditions on pages 150-151

Purchaser's Address
Name
Address
.....
.....
.....
.....
..... Post Code
Telephone, Fax
Email

Delivery Address (If different) See terms and condition if paying by Credit/Debit Card
Name
Address
.....
.....
.....
..... Post Code
Telephone, Fax
Email

Please return to:- Northampton Head Office

Fitness Superstore
Bodypower Sports Plc
 13 Gatelodge Close, Round Spinney,
 Northampton. NN3 8RJ

Email: sales@fitness-superstore.co.uk
Fax: 01604 673001

8

Terms and conditions

Whilst every effort has been made to ensure that the information contained on this website and in our catalogues is accurate and up to date, Fitness Superstore/Bodypower Sports Plc cannot be held liable for any errors, omissions or price changes. This is due to continuous product development specifications, possible colour changes and we may also substitute a product for one of similar or better quality. Please confirm upon order. (E & OE.)

- Please consult your doctor before using any product.
- All products are subject to availability.
- All products are delivered flat packed and will require assembly by you. Installation may be available for an extra charge.

Buy with Confidence

Your satisfaction is very important to us at Fitness Superstore. If you are not satisfied or have questions about your order, please call our Customer Service Department on 01604 673000 (Monday-Friday 9am-6pm, Saturday 9am-5pm, Sunday 11am-2pm). Alternatively, write to:

Fitness Superstore, Bodypower Sports Plc, 13 Gate Lodge Close, Round Spinney, Northampton, NN3 8RJ.

Price Promise

"Telephone us on 01604 673000 if you find cheaper!"

Our 14 day price promise assures that you buy at the lowest price. If you subsequently find the same like-for-like product offered at a lower price, we will refund 110% of the difference immediately. Please note: unboxed display models or mail order returns will not be accepted for price matches against new products. Customers will not qualify for interest option credit finance on price matches unless this was included in the competitor's price.

Please note: The Fitness Superstore Price Promise is excluded from the products we sell on eBay & Amazon as well as Concept 2 rowing machines. Although we will try our very best to price match we are sometimes unable to match competitors' prices.

How to Order

We have 5 methods for you to place your order - telephone, mail, fax, in-store and online. All orders must be paid for in full before they will be shipped or ordered from the supplier. This includes any item that is put on back order for you because it is out of stock. Payment is necessary so that we can allocate the incoming stock to your order. If you do not wish for payment to be taken for back order items, we will be able to leave the item on back order for you, but we cannot guarantee that there will be free stock available to fulfil your order.

Fitness Superstore/Bodypower Sports Plc is unable to accept orders under £10 (excluding delivery). Please note that in all cases we must have a contact telephone number for you. We will not be able to process your order without this information.

We accept the following payment cards: VISA and Mastercard credit cards, Debit cards with a VISA or Mastercard logo. We also accept PayPal (online only).

If you are ordering by credit card (mail order) the goods must be sent to the card holder's registered address. If you require the goods to be sent elsewhere (i.e. a work address) you must telephone Fitness Superstore prior to ordering. You will be required to provide additional information. Please note: We are unable to accept orders under £10 (excluding delivery).

Mail Orders - If ordering by post you must provide all relevant information (i.e. product code and description, name and address, postcode and contact telephone numbers) requested on our brochure order forms. Please allow 5 working days for clearance of personal cheques on top of normal delivery time.

Fax Orders - Fax the order to Fitness Superstore fax line 01604 673001. All faxed orders must be paid by credit/debit cards. We will call you to confirm receipt of your fax.

We also offer a range of finance options through V12 Finance. Please see www.fitness-superstore.co.uk/v12finance for up-to-date terms and conditions.

Distance Selling Regulations

Under the Distance Selling Regulations, you have a right to cancel your order for any item purchased from this catalogue for a full refund. This does not apply to items made to your specification, perishable goods (e.g. food/supplements) or goods purchased in store.

Please note that goods purchased in store are exchanged at the manager's discretion and may be subject to a re-stocking charge. To cancel your order you must write to us at our Northampton Head Office or send an email to sales@fitness-superstore.co.uk either before your order is despatched or within 7 working days of delivery of your item(s), quoting your order number. Head Office address: Fitness Superstore, Bodypower Sports Plc, 13 Gate Lodge Close, Round Spinney, Northampton NN3 8RJ.

If you cancel your order in writing after it has been shipped but not yet received or you refuse to accept the delivery, then you are responsible for all return freight charges to Fitness Superstore/Bodypower Sports. If you refuse to accept delivery of your order because it has arrived damaged you will not be charged for its return. If you cancel your order in writing within 7 working days of delivery of your item(s) it is your responsibility to return the item(s) to Fitness Superstore at your expense. You must ensure that the goods are securely packed and insured against loss or damage and the goods arrive in an as new, saleable condition by a carrier that requires a signature as proof of delivery.

DELIVERY INFORMATION

Due to health and safety regulations, deliveries above or below ground floor are at the carriers' discretion and are not guaranteed. This includes (but not limited to) steps that are immediately outside the premises, which are required to climb in order to gain access to the property. Due to the size of some delivery vehicles, Fitness Superstore/Bodypower Sports or any carriers delivering on behalf of us must be informed of any restrictions regarding access for the delivering vehicles.

Free delivery: All orders over £99 are delivered FREE to mainland UK addresses (exclusions apply).

We offer the following delivery options:

Standard: expected delivery is between 5-7 working days.

Express: Order before 1pm for delivery the next working day. (Available on selected products only and subject to availability.)

Two Man Delivery / Two Man Next Day Delivery: Available on larger or premium priced products. (Please check at time of order.) Expected delivery is between 5-10 working days and is between 7am and 6pm. Next day delivery is available in selected areas only and orders must be placed by 12pm the previous working day.

One Man Delivery / One Man Next Day Delivery: Expected delivery is 5 to 7 working days. All deliveries are made Monday - Friday between 7am and 6pm. An Express Next Day Delivery Service may be available on certain products.

Saturday Delivery (One Man): All orders must be placed by 10am on Fridays. Please note that installations cannot be carried out on a Saturday.

Short deliveries and damage to packaging: If the number of boxes you receive does not exactly match the number of pieces on the carrier's delivery note, you must note the number of pieces you received on the delivery note by your signature. Damage to packaging must be noted on the delivery note next to your signature. You must cross out "Delivered in good condition" from the carrier's delivery note. A signature is an acceptance that you have received the whole order and that the packaging was in good condition.

Any short delivery of boxes must be reported to Fitness Superstore/Bodypower Sports within 48 hours of signing. Neither Bodypower Sports nor the delivering carrier can be held responsible for short deliveries or damages to packaging if you do not note them on your delivery note. This does not affect your statutory rights in the event of the goods being faulty.

Request for specific delivery dates: It may be possible to request delivery for a specific date. Fitness Superstore will endeavour to make this happen but it cannot be guaranteed. Fitness Superstore/Bodypower Sports Plc will not entertain any claim whatsoever for compensation arising from late delivery due to a third party carrier.

Refused deliveries: If it is found that any of the larger products upon delivery will not fit through any doors/stairwells etc. and the product is subsequently returned/refused, you are responsible for all outward and return carriage costs incurred by Bodypower Sports Plc. We would therefore recommend that you ensure the product will fit and can be transported to its ground floor point of installation easily. If you need to confirm the boxed dimensions of a product please call us prior to placing your order.

Collection of faulty products

In the event of an item being received that either develops a fault or is found to be faulty upon delivery, we will arrange to have this item collected free of charge or an engineer to call at the discretion of the manufacturer. Items for collection must be packed in secure appropriate packaging and be made available for collection by our carriers within 24hrs of you notifying us they are faulty. If when the carrier arrives to collect the goods, they are found not to be available/ready, a charge, which will be payable by you, will be made for the carrier to recollect. Once the items are received back at Fitness Superstore, we will inspect the product(s), and if necessary arrange to send out a replacement product. Please note that if the product is found on inspection not to be faulty on its return to us, we may send this item back to you, and all delivery charges will be payable by you. Please note that if proof of purchase cannot be shown, then we reserve the right to charge for any/all repairs. Please note, goods purchased in store are exchanged at the manager's discretion and may be subject to a restocking charge.

Full details on delivery information, cancellations, damage to packaging and returns can be found on our website:

www.fitness-superstore.co.uk/delivery

INSTALLATIONS

If you require installation on a product / products in the catalogue, the time between order and installation may be longer than for that of delivery only. We will always try to arrive on time, but will not be held responsible for late arrival due to unforeseen circumstances. It is imperative that the space for the product(s) has been cleared and that access is unrestricted. If the installer is unable to commence work due to the area not being cleared or access not being available at the agreed time, Bodypower Sports Plc reserves the right to charge £25 for every half hour the installation engineer is unable to start work. We must be informed at the time of placing the order where the product(s) are to be installed. All prices quoted are for ground floor installations in the main building of the property or a garage at the side of the main part of the building. Installations above or below ground floor or outside the main building (i.e. in an outhouse, etc. may be subject to surcharge, especially if not mentioned at the time of order.)

Bodypower Sports are within their rights to refuse any installation if the installer deems the installation location to be hazardous or the request unreasonable. If the product does not fit into the area where the installation is requested and a representative of Bodypower Sports did not measure the area, then Bodypower Sports cannot be held responsible. Therefore the customer will incur the cost of the visit. Agreed installation times must be adhered to.

Adequate parking / vehicle access must be provided by the customer. Any charges incurred by the installer for parking will be chargeable. If the installation time is extended due to inadequate parking / access then the extra time will also be chargeable at £50 per hour.

WARRANTIES

All products on our website and in our catalogues are covered by a manufacturer's warranty. If you are using any of the products in an environment other than in a residential house, you must check to see if the product you are purchasing has a warranty for the environment you are going to use it in. For example, a product with a "home use" warranty will have no warranty whatsoever if used in a Full or Light Commercial environment. If you are unsure as to which classification of usage you require, please ask and we will be happy to check if the products are suitable. No manufacturer's warranty covers failure of a product if caused by unreasonable or abusive use, if the customer alters the product in any way or if the customer fails to provide reasonable and necessary care. Warranties also vary from manufacturer to manufacturer. If you require clarification of the terms for particular products, we will be happy to supply these for you if not already detailed on the website. Full warranty details can be found on our website at www.fitness-superstore.co.uk/warranties

Non UK Mainland Warranties

If you live outside the UK, it is advisable that you check whether or not the product you are wishing to purchase will have warranty outside the UK. Labour warranties for UK offshore postcodes may not be available. Please check before ordering. This is applicable to ALL offshore postcodes including Isle of Wight, Isle of Man etc.

WEEE (Waste Electrical and Electronic Equipment) Regulations

Each EU Member State now has a legal obligation to minimise the disposal of WEEE in landfill sites. The broad aim of the WEEE regulations is to address the environmental impacts of electrical and electronic equipment when it reaches the end of its life.

We all have a responsibility to contribute to the reuse, recycling and other forms of recovery of WEEE under these Regulations. Over 75% of waste electrical goods end up in landfill, where lead and other toxins contained in the electrical goods can cause soil and water contamination which can lead to negative effects on human health and the environment.

Electrical and Electronic Equipment that was made after 13 August 2005 should display the crossed-out wheelee bin symbol on the packaging or product. The purpose of the symbol is to encourage householders to dispose of their WEEE separately from household waste.



What can you do?

Reuse: If your old machine is still working, do you know somebody who would like to use it? There are many organisations such as schools, clubs, residential homes etc. who would be very happy to have the use of your old equipment. In addition, there are organisations that will reuse and repair electrical and electronic equipment and some even run "cash for recycling" schemes.



Recycle: If your old equipment is no longer useful, please recycle it.

Alternatively, as a distributor we are committed to reducing the amount of WEEE that goes in to land fill. We are doing our bit for the environment by offering free take-back on a like for like basis when you purchase a new machine from us. This means, for example, that if you buy a new cross trainer from us, you can return your old cross trainer to us and we will arrange appropriate disposal of the old machine. Please note: it must be a similar product, e.g. an old exercise bike for a new one, an old step machine for a new one, etc. This must be arranged with us at the time of placing an order with us for the new product. If you would like to do this, please call us on 01604 806 140 for details of where to deliver your old machine.

Full terms and conditions can be found on our website www.fitness-superstore.co.uk/terms-and-conditions





www.fitness-superstore.co.uk

0800 783 4506

Late Night Telephone Sales Hotline (Monday to Friday 6pm - 9pm)

Please note that the late night sales hotline is for sales orders and product information only.

All technical support, delivery and any existing order queries must be made during normal opening hours.

Most showrooms are unavailable during these times.