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## Технические характеристики на фитнес-аксессуары компании **GYMSTICK**

сумки для фитнеса,  
тренажеры дверные Total Door с  
регулируемым натяжением,  
скоростные лестницы,  
резиновые коврики Rubber Speed  
Ladder,  
скоростные препятствия Speed Hurdles,  
скоростные диски,  
конусы скорости,  
многофункциональные инструменты  
Speed Exercise Loop,  
пояса-утяжелители,  
жилеты, перекладины Aerobic bar

тренажеры Balance Trainer Pro,  
фитнес-батуты,  
телескопические растяжки,  
кольца для пилатеса,  
колеса/ролики гимнастические для  
пресса,  
ремни для пресса,  
штанги для отжиманий,  
регулируемые рукоятки/ручные  
эспандеры,  
гребные тренажеры,  
наборы расширителей пальцев, обручи,  
силовые кольца

## Rubber Speed Ladder



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

Durable rubber ladder mat with 10 numbered ladder area.

Size of each square ladder area is L 44 x W 38cm.

### Technical information

SKU 61002

EAN 6430062511628

Size (cm) 455 x 41 x 0,3

Weight (kg) 7

Materials Rubber

### Product package

Package (cm) 42 x 16 x 16

Package (kg) 8

## Total Door Gym



Total Door gym with adjustable tension is versatile, compact, and affordable strength training product for total body training. Easy and effective exercises that tones and strengthens you whole body. Just mount to any door and use stretch cords both sitting and standing, facing or back to the door. Convenient and portable exercise machine that you can use anywhere, on the road, in the office or at home.

### Technical information

SKU 62064

EAN 6430016902793

Size (cm) Multiple measures

Weight (kg) 0,42

Materials PP, TPR and Nylon

### Product package

Package (cm) 16 x 18 x 8

Package (kg) 0,55

### Additional information

Note Lenght 200cm. Suitable for over 190cm doors.

Includes Exercise chart and Link for Online training video

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 42,5 x 20 x 34,5

Wholesale package (kg) 6

Wholesale package (pcs) 10

## Aerobic Bar



Aerobic bar brings versatility and power to strength training. Aerobic bar can be used as a tool, for example in stretching. With Aerobic bar it is possible to perform dozens of functional exercises for the whole body. Training develops muscle tone, balance and mobility. Aerobic bar can also be combined conveniently to step exercises. Aerobic Bar is coated with a soft and durable EVA coating for comfortable grip.

Available in 3kg, 4kg, 6kg, 8kg and 10kg.

### Aerobic Bar 3kg

Technical information

SKU 61051-3

EAN 6430016902922

Size (cm) 122,5 x 5 x 5

Weight (kg) 3

Materials Iron, PU and PVC

Additional information

Note Barbell thickness 30mm

Includes Link to Online Training Video

Product package

Package (cm) 127,5 x 6 x 6

Package (kg) 3,3

Wholesale package

Wholesale package type Wooden crate

Wholesale package (cm) 133,5 x 61,5 x 67

### Aerobic Bar 4kg

Technical information

SKU 61051-4

EAN 6430016902939

Size (cm) 122,5 x 5 x 5

Weight (kg) 4

Materials Iron, PU and PVC

Additional information

Note Barbell thickness 30mm

Includes Link to Online Training Video

Product package

Package (cm) 127,5 x 6 x 6

Package (kg) 4,3

Wholesale package

Wholesale package type Wooden crate

Wholesale package (cm) 133,5 x 61,5 x 67

### Aerobic Bar 6kg

Technical information

SKU 61051-6

EAN 6430016902946

Size (cm) 122,5 x 5 x 5

Weight (kg) 6

Materials Iron, PU and PVC

Additional information

Note Barbell thickness 34mm

Includes Link to Online Training Video

Product package

Package (cm) 127,5 x 6 x 6

Package (kg) 6,3

Wholesale package

Wholesale package type Wooden crate

Wholesale package (cm) 133,5 x 61,5 x 67

### Aerobic Bar 8kg

Technical information

SKU 61051-8

EAN 6430016902953

Size (cm) 122,5 x 5 x 5

Weight (kg) 8

Materials Iron, PU and PVC

Additional information

Note Barbell thickness 38mm

Includes Link to Online Training Video

Product package

Package (cm) 127,5 x 6 x 6

Package (kg) 8,3

Wholesale package

Wholesale package type Wooden crate

Wholesale package (cm) 133,5 x 61,5 x 67

### Aerobic Bar 10kg

Technical information

SKU 61051-10

EAN 6430062511680

Size (cm) 122,5 x 5 x 5

Weight (kg) 10

Materials Iron, PU and PVC

Additional information

Includes Link to Online Training Video

Product package

Package (cm) 127,5 x 6 x 6

Package (kg) 10,3

Wholesale package

Wholesale package type Wooden crate

Wholesale package (cm) 133,5 x 61,5 x 67

## Fitness Bag



Fitness Bag can be used for cardiovascular exercises, muscle strength and endurance, balance, joint stability, and agility, coordination and flexibility. Fitness bag training can be compared with kettlebell training with similar benefits. The Fitness Bag is soft and thus can be dropped without fear of injury. There are different ways of holding and gripping the Fitness Bag to provide a variety of stimulus to the body. It can be used in different positions – standing, kneeling, prone and supine. It can be thrown safely and used for punching and kicking activities. Fitness Bag training is suitable for training at the gym, team sports, combat training and home use and is also suitable for young athletes. Available in 5kg, 7.5kg, 10kg, 15kg and 20kg.

Fitness Bag 10kg  
Technical information  
SKU 62055-10  
EAN 6430016902977  
Size (cm) 57 x 22 x 22  
Weight (kg) 10  
Materials PVC and EPE

Additional information  
Includes Workout poster and Link to Online Training Video

Product package  
Package (cm) 54 x 23 x 23  
Package (kg) 10,3

Wholesale package  
Wholesale package type Brown Carton  
Wholesale package (cm) 40 x 22 x 55,5  
Wholesale package (kg) 21,7  
Wholesale package (pcs) 2

Fitness Bag 15kg  
Technical information  
SKU 62055-15  
EAN 6430016902984  
Size (cm) 58 x 24 x 24  
Weight (kg) 15  
Materials PVC and EPE

Additional information  
Includes Workout poster and Link to Online Training Video

Product package  
Package (cm) 57 x 24 x 24  
Package (kg) 15,4

Wholesale package  
Wholesale package type Brown Carton  
Wholesale package (cm) 24 x 24 x 63  
Wholesale package (kg) 16,2  
Wholesale package (pcs) 1

Fitness Bag 20kg  
Technical information  
SKU 62055-20  
EAN 6430016902991  
Size (cm) 62 x 24 x 24  
Weight (kg) 20  
Materials PVC and EPE

Additional information  
Includes Workout poster and Link to Online Training Video

Product package  
Package (cm) 63 x 24 x 24  
Package (kg) 20,5

Wholesale package  
Wholesale package type Brown Carton  
Wholesale package (cm) 24 x 24 x 64  
Wholesale package (kg) 21,5  
Wholesale package (pcs) 1

Fitness Bag 5kg  
Technical information  
SKU 62055-5  
EAN 6430016902960  
Size (cm) 57 x 22 x 22  
Weight (kg) 5  
Materials PVC and EPE

Additional information  
Includes Workout poster and Link to Online Training Video

Product package  
Package (cm) 54 x 23 x 23  
Package (kg) 5,2

Wholesale package  
Wholesale package type Brown Carton  
Wholesale package (cm) 59 x 22 x 55,5  
Wholesale package (kg) 16,5  
Wholesale package (pcs) 3

Fitness Bag 7,5kg  
Technical information  
SKU 62055-7.5  
EAN 6430016906739  
Size (cm) 57 x 22 x 22  
Weight (kg) 7,5  
Materials PVC and EPE

Additional information  
Includes Exercise chart and Link for Online training video

Product package  
Package (cm) 54 x 23 x 23  
Package (kg) 7,9

Wholesale package  
Wholesale package type Brown carton  
Wholesale package (cm) 40 x 22 x 55,5  
Wholesale package (kg) 16,7  
Wholesale package (pcs) 2

## Speed Ladder



Speed Ladder training will quickly improve acceleration, lateral speed and the ability to change direction while enhancing balance, rhythm and body control. These core skills are critical to any athlete that wants boost their sports performance.

### Technical information

SKU 61077

EAN 6430016905626

Size (cm) 590 x 43,3 x 0,7

Weight (kg) 1,05

Materials PP and Nylon

### Additional information

Note 12pc rungs

Includes Carry bag

### Product package

Package (cm) 54,5 x 15 x 11

Package (kg) 1,35

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 57 x 56,5 x 33

Wholesale package (kg) 14,8

Wholesale package (pcs) 10

## Speed Hurdles



Gymstick Speed Hurdles are perfect for developing speed, agility and explosiveness of the body. The package contains 5 hurdles, that are easily configurable for two different heights 15cm and 30cm. Hurdles can be used to make various courses and tracks for any sport that requires speed and agility training. Made of durable plastic and brightly colored to be visible in any environment.

### Technical information

SKU 61080

EAN 6430062514292

Size (cm) 46 x 28,5 x 30,5

Weight (kg) 0.4

Materials PVC

### Additional information

Includes 5 hurdles

### Product package

Package (cm) 47,5 x 36 x 15,5

Package (kg) 2.4

### Wholesale package

Wholesale package type Brown carton

Wholesale package (cm) 63 x 49,5 x 39

Wholesale package (kg) 10.6

Wholesale package (pcs) 4

## Speed Discs



Gymstick Speed Discs are perfect for speed and agility training. The package contains 20 discs with a low profile that can be used to make various tracks and courses for any sport. Colorful red discs are easy to see in any environment. Contains a handle for convenient storing and transportation.

### Technical information

SKU 61071

EAN 6430062514285

Size (cm) 18,5 x 18,5 x 17,5

Weight (kg) 0.43

Materials PE

### Additional information

Includes 20 discs

### Product package

Package (cm) 21,5 x 19,5 x 9

Package (kg) 0.54

### Wholesale package

Wholesale package type Brown carton

Wholesale package (cm) 47 x 42 x 23,5

Wholesale package (kg) 6.2

Wholesale package (pcs) 10

## Speed Cones



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

### Technical information

SKU 61075

EAN 6430016905961

Size (cm) 13,7 x 13,7 x 22,5

Weight (kg) 0,84

Materials PE

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 62 x 32 x 17

Wholesale package (kg) 10,3

Wholesale package (pcs) 10

### Product package

Package (cm) 15 x 15,5 x 29,5

Package (kg) 0,94



## Speed Exercise Loop



Resistance training for lower body muscles. Multi-purpose tool for speed and power or just simply for tone up and rehabilitate the glutes, hamstring and quads. The velcro adjustable straps are designed so that they can be attached securely around ankles or thighs. Includes: 2 pcs. adjustable velcro straps with latex rubber tubing loop.

### Technical information

SKU 61001

EAN 6430062511611

Size (cm) 40 x 20 x 5

Weight (kg) 0,13

Materials Nylon, latex

### Product package

Package (cm) 26 x 14 x 4

Package (kg) 0,2

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 28 x 19 x 33,5

Wholesale package (kg) 2

Wholesale package (pcs) 8

## Balance Trainer Pro



Gymstick Balance Trainer Pro is an extremely durable bosu ball developed for professionals and active home users. Balance Trainer Pro can be used for training your balance and coordination, as well as to make various exercises to be more challenging. Training on top of the ball instead of a flat surface challenges the body more efficiently. The ball is made of long-lasting materials that are suitable even for commercial gyms. Massive 300 kg maximum load allows for the ball to be used with extra weight.

### Technical information

SKU 61007

EAN 6430062514384

Size (cm) 61,5 x 61,5 x 25

Weight (kg) 5,2

Materials PVC, PP

### Additional information

Max. User (kg) 300

### Product package

Package (cm) 65 x 64,5 x 12,5

Package (kg) 7

## Fitness Trampoline

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



### Technical information

SKU 61026

EAN 6430016908283

Size (cm) 102 x 102 x125

Weight (kg) 8,8

Materials Steel, Nylon, PP

### Additional information

Max. User (kg) 100

Note 32pcs steel springs

Includes Manual and Link for Online training video

### Product package

Package (cm) 81 x 38 x 9

Package (kg) 9,5

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 84 x 42 x 20

Wholesale package (kg) 19,9

Wholesale package (pcs) 2



## Functional Trainer



Delivers a total-body workout regardless of who you are. If you want to perform and look your best, the Functional Trainer is the perfect tool for you. Over hundred effective movements using your own bodyweight for resistance. Easy to Setup and highly portable. Fast and easy workout. For all fitness levels and goals.

### Technical information

SKU 62066

EAN 6430016904216

Size (cm) Multiple measures

Weight (kg) 0,9

Materials Nylon, Steel and PP

### Additional information

Max. User (kg) 130

Note Length 213cm. Strap width 3,5cm. Handle width 13cm and dia. 3cm.

Includes Door anchor, Exercise chart and Link for Online training video

### Product package

Package (cm) 18 x 17,5 x 10

Package (kg) 1,05

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 52 x 38 x 20

Wholesale package (kg) 10,8

Wholesale package (pcs) 10

## Telescopic Stretching Stick



Gymstick Telescopic Stretching Stick gives you the benefits of stretching with extra momentum in a form-factor that is easy to take with you when needed. The stick is only 57 cm long when folded and 139 cm at maximum length. Light fiberglass material makes the stick weigh only 250 grams.

### Technical information

SKU 61107-TELE

EAN 6430062514537

Size (cm) 2,7 x 2,7 x 137,5

Weight (kg) 0.235

Materials Fiberglass

### Additional information

Note Length folded 57cm

### Product package

Package (cm) 8 x 71,5 x 3,5

Package (kg) 0.335

### Wholesale package

Wholesale package type Brown carton

Wholesale package (cm) 73,5 x 10 x 21,5

Wholesale package (kg) 2.35

Wholesale package (pcs) 6

2. Wholesale package (cm) 77 x 46 x 46,5

2. Wholesale package (kg) 20.2

2. Wholesale package (pcs) 48

## Pilates Ring



Pilates ring training to tone and strengthen, in particular for inner and outer thighs, arms, and also abdominal muscles. The training also helps to develop and maintain good posture. The ring is non-slip, soft surface and padded cups for feet and hands.

### Technical information

SKU 62005

EAN 6430016901468

Size (cm) 40,5 x 37,5 x 5,5

Weight (kg) 0,35

Materials Glass Fibre, PU and EVA

### Product package

Package (cm) 38 x 38,5 x 6,5

Package (kg) 0,63

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 78 x 35 x 42

Wholesale package (kg) 5

Wholesale package (pcs) 10

### Additional information

Includes Exercise chart and Link for Online training video

## Exercise Wheel



Exercise wheel helps you tone abs, arms, shoulders and back. Easy-gliding wheel and ergonomic handles makes training easy and efficient. This compact size portable exercise equipment is simple to use. anywhere. Exercise Wheel provides the most effective core workout strengthening and toning abs, shoulders, arms and back. Build your core strength, build muscle, and burn calories by starting from a kneeling position and performing rolling pushups. Change angles and positions to work obliques and lower abs as your strength progresses.

-Width of handles: 25cm, Dia. of wheel: 17,5 cm • Color: black/red

-Max. user weight: 100 kg.

### Technical information

SKU 61005

EAN 6430062513400

Size (cm) 17,5 x 17,5 x 25

Weight (kg) 0,3

### Materials PP

### Additional information

Max. User (kg) 100

## Jumbo Ab Roller



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

### Technical information

SKU 61021

EAN 6430016908221

Size (cm) 38 x 19 x 19

Weight (kg) 1,9

### Additional information

Max. User (kg) 120

Includes Exercise chart and Link for Online training video

### Product package

Package (cm) 35 x 22 x 19,5

Package (kg) 1,4

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 71,5 x 46 x 41

Wholesale package (kg) 13

Wholesale package (pcs) 8

## Ab Straps



Ab Straps provide an opportunity to develop strong abdominals without compromising the back. This is possible because the exercise is performed in a hanging position, whereby the pressure in the lower back and the neck is considerably lower than performing the same activity lying on the floor. Ab Straps can be attached to either a pull rod or some other fixed rack suitable for supporting body weight.

### Technical information

SKU 61105

EAN 6430016905688

Size (cm) 65 x 19 x 6,5

Weight (kg) 0,43

Materials Nylon and Steel

### Additional information

Note Measure for one pc

### Product package

Package (cm) 14,5 x 21 x 12,5

Package (kg) 0,56

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 67 x 31 x 45

Wholesale package (kg) 11

Wholesale package (pcs) 20

## Push Up Bars



Push Up Bars for simple and efficient upper body and arm muscle training. Ergonomically designed and non-slip handles provide a versatile and comfortable workout. Ergonomic grip reduce impact on the joints while exercising in raised pushup position and also expands the range of motion which makes training more effective.

### Technical information

SKU 61034

EAN 6430016904711

Size (cm) 19,7 x 11 x 11,7

Weight (kg) 0,57

Materials PP

### Additional information

Max. User (kg) 100

Note Measure for one pc

Includes Exercise chart and Link for Online training video

### Product package

Package (cm) 20,5 x 14 x 12

Package (kg) 0,675

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 63 x 30 x 43

Wholesale package (kg) 14,5

Wholesale package (pcs) 20

## Rowing Exerciser



Simple rowing training tool for basic fitness training. You can do the rowing exercise to strengthen your arms, shoulders, lower back and abdominal muscles. Equipment is also an ideal warm-up device for the muscles and raising the heart rate before weight training. Rower's resistance is adjustable with three rubber bands.

### Technical information

SKU 62006

EAN 6430016901475

Size (cm) 28,5 x 54 x 8,3

Weight (kg) 0,41

Materials PP and TPR

### Additional information

Includes Exercise chart and Link for Online training video

### Product package

Package (cm) 30,5 x 17,5 x 10,5

Package (kg) 0,58

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 64,5 x 33 x 37

Wholesale package (kg) 8,2

Wholesale package (pcs) 12

## Adjustable Hand Grip



The adjustable hand grip is convenient training tool for clamping force training. Training activates blood circulation in the entire area of the arm and thus reduce the risk of synovium- and elbow problems. You can adjust the resistance infinitely between 5-20kg (light/red) and 10-40kg (strong/black).

### **Adjustable Hand Grip, Light**

Technical information

SKU 61055-L

EAN 6430016902670

Size (cm) 13 x 15,5 x 2,2

Weight (kg) 0,152

Materials TPR and Steel

Product package

Package (cm) 3 x 21 x 17

Package (kg) 0,21

Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 65 x 33 x 23

Wholesale package (kg) 12

Wholesale package (pcs) 50

### **Adjustable Hand Grip, Strong**

Technical information

SKU 61055-S

EAN 6430016902731

Size (cm) 13 x 15,5 x 2,2

Weight (kg) 0,157

Materials TPR and Steel

Product package

Package (cm) 3 x 21 x 17

Package (kg) 0,215

Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 65 x 33 x 23

Wholesale package (kg) 12

Wholesale package (pcs) 50

## Adjustable Hand Grip with Counter



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

- 1 Adjustable resistance 10-40 kg
- 1 Built-in counter
- 1 Comfortable and ergonomic grip.

### Technical information

SKU 61175

EAN 6430062510331

Size (cm) 13 x 15 x 2,3

Weight (kg) 0,18

Materials TPR and Steel

### Product package

Package (cm) 13,7 x 21,4 x 2,3

Package (kg) 0,23

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 31,5 x 14,5 x 22

Wholesale package (kg) 2,5

Wholesale package (pcs) 12

2. Wholesale package (cm) 33,5 x 31,5 x 47

2. Wholesale package (kg) 10,8

2. Wholesale package (pcs) 48



## Ultimate Exercise Roller



Exercise roller developed for home users. For toning abs, arms, shoulders and glutes. Two easy-glide wheels with handles makes the training comfortable and with help of integrated resistance tubes you may perform even more demanding midsection muscle exercises than usual. Suitable also to be used as a total body workout tool f. ex. in bicep curls, pushups, rowing – and glute exercises.

### Technical information

SKU 62014

EAN 6430016901536

Size (cm) 32 x 14 x 14

Weight (kg) 0,53

Materials PP, EVA and TPR

### Additional information

Includes Mat cushion, Exercise chart and

[Link for Online training video](#)

### Product package

Package (cm) 33 x 17 x 16

Package (kg) 0,95

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 58 x 36 x 32,5

Wholesale package (kg) 10,5

Wholesale package (pcs) 12

## Finger Expander Set 3pcs



Gymstick Finger Expander is designed to strengthen your finger muscles and forearm muscles. The product provides a good counterweight to end-workers. The finger amplifier is easy to use anywhere. Gymstick finger resistance bands can improve finger strength for athletes (rock climbing enthusiasts, fitness, tennis, baseball, boxing, tennis, golf and shooting) and musicians (guitar players, bass players, pianists and violinists).

The pack contains 3 expanders of different strengths and they are made of silicone.

Technical information

SKU 61060

EAN 6430062513462

Size (cm) 8 x 4,5 x 0,12

Weight (kg) 0,1

Materials Silicone

Additional information

Note Kolme eri jäykkyyttä (light, medium ja strong)

## 1,5kg Joined Hula Hoop



Gymstick Joined Hula Hoop weighs 1.5 kg, which is significantly more than traditional hula hoops, making training with it even more advantageous. Hula hooping is a powerful method for increasing core strength and developing your fitness level. Increased core strength also translates into decreased lower back problems. On top of being efficient, training with a hula hoop is way more fun than doing ab crunches. The hoop has a 100 cm diameter and is constructed of several pieces, so it can be deconstructed for convenient storing and transportation. Gymstick Joined Hula Hoop is also coated with a soft EVA-material for pleasant use.

Technical information

SKU 62057-1,5P

EAN 6430062514124

Size (cm) 100 x 100 x 3

Weight (kg) 1.5

Materials EVA, PP

Product package

Package (cm) 8 x 21 x 54

Package (kg) 1.65

Wholesale package

Wholesale package type Brown carton

Wholesale package (cm) 39 x 22,5 x 56,5

Wholesale package (kg) 8.7

Wholesale package (pcs) 5

## 1,2kg Joined Hula Hoop



1,2kg hula hoop brings versatility to core workout. Extra weight makes training much more effective than a normal ring training. Hula-ring training is fun and effective. The ring is covered with a soft eva material, so training is also nice. Daily exercise burns plenty of calories while reducing excess body fat and developing the deep muscles in the midsection. Training tightens the torso and enhance mobility while reducing the risk of back problems.

### Technical information

SKU 62057-1.2

EAN 6430016904407

Size (cm) 100 x 100 x 3

Weight (kg) 1,2

Materials PP and PU

### Additional information

Includes Exercise chart and Link for Online training video

### Product package

Package (cm) 8 x 21 x 54

Package (kg) 1,5

### Wholesale package

Wholesale package type Brown carton

Wholesale package (cm) 43 x 32 x 56

Wholesale package (kg) 12,85

Wholesale package (pcs) 8

## Power Rings



Suspension training is a popular training method as it challenges the body to constantly balance and stabilize with every exercise, providing limitless variations or body weight exercises. Made from high quality ABS plastic, supported by length adjustable straps that form a loop which allows for mounting in a variety of locations. Loops maximum length 2.5 meters. The rings have a specialized textured surface for optimum grip without using chalk.

### Technical information

SKU 61104

EAN 6430016905671

Size (cm) 250 x 22,8 x 2,9

Weight (kg) 1,26

Materials ABS, Nylon and Steel

### Additional information

Max. User (kg) 140

Note Measure for one ring with strap. Strap length 510cm and width 2,5cm

### Product package

Package (cm) 24 x 23,5 x 6,5

Package (kg) 1,28

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 52 x 40 x 28

Wholesale package (kg) 17

Wholesale package (pcs) 10

## Wooden Power Rings



Wooden Power Rings provides the perfect tool for demanding suspension training sessions and body weight exercises. Made from multi-laminated hardwood, the adjustable straps create a variety of loop options so that the straps can be mounted in a range of locations. • Firm grip with or without chalk.

### Technical information

SKU 61104W

EAN 6430016907590

Size (cm) 250 x 23 x 2,8

Weight (kg) 1,11

Materials Wood, Nylon and Steel

### Additional information

Max. User (kg) 140

Note Measure for one ring with strap. Strap length 510cm and width 2,5cm

Includes Link to Online Training Video

### Product package

Package (cm) 24 x 23,5 x 6,5

Package (kg) 1,13

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 52 x 40 x 28

Wholesale package (kg) 15,1

Wholesale package (pcs) 10

## Power Vest 10kg



High quality weight adjustable vest. Great for cardiovascular training (sprint and hill climbs), bodyweight resistance exercises and plyometrics (jumps, hops and bounds). Power Vest adds resistance to any type of training movement without compromising technique. Easy to use pockets (38 pcs) allow for quick removal and addition of weights (0,25kg per pocket). Two wide elastic velcro straps allows maximum comfort and fit (one-size fits most).

### Technical information

SKU 61048

EAN 6430016905947

Size (cm) 36 x 51 x 8,5

Weight (kg) 10

Materials Neoprene, Nylon and Iron Sand

### Product package

Package (cm) 40 x 28 x 11,5

Package (kg) 10,4

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 41,5 x 29,5 x 24

Wholesale package (kg) 11,5

Wholesale package (pcs) 2

## Power Vest 20kg



High quality weight adjustable vest. Great for cardiovascular training (sprint and hill climbs), bodyweight resistance exercises and plyometrics (jumps, hops and bounds). Power Vest adds resistance to any type of training movement without compromising technique. Easy to use pockets (38 pcs) allow for quick removal and addition of weights (0,52kg per pocket). Two wide elastic velcro straps allows maximum comfort and fit (one-size fits most).

### Technical information

SKU 61048-20

EAN 6430062510454

Size (cm) 36 x 51 x 10

Weight (kg) 20

Materials Neoprene, Nylon and Ironsand

### Product package

Package (cm) 31 x 31 x 11

Package (kg) 20,3

### Wholesale package

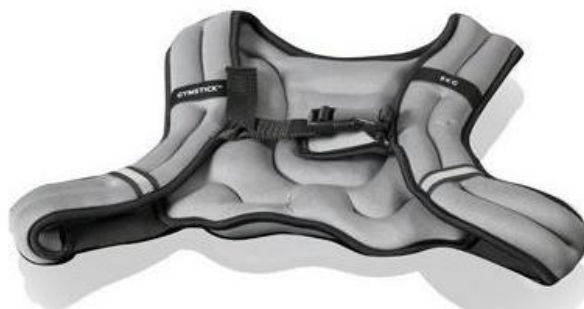
Wholesale package type Brown Carton

Wholesale package (cm) 42 x 29 x 12,5

Wholesale package (kg) 21,3

Wholesale package (pcs) 1

## Weight Vest



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

### Weight Vest 2,5kg

Technical information

SKU 61047-2.5

EAN 6430016903110

Size (cm) 29,5 x 35 x 5

Weight (kg) 2,5

Materials Neoprene, Nylon and Iron Sand

Product package

Package (cm) 26 x 36 x 6

Package (kg) 2,9

Wholesale package

Wholesale package type Brown carton

Wholesale package (cm) 38 x 28 x 13

Wholesale package (kg) 6

Wholesale package (pcs) 2

### Weight Vest 5kg

Technical information

SKU 61047-5

EAN 6430016902755

Size (cm) 30 x 35 x 5

Weight (kg) 5

Materials Neoprene, Nylon and Ironsand

Product package

Package (cm) 26 x 36 x 6

Package (kg) 5,2

Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 38 x 28 x 13

Wholesale package (kg) 11

Wholesale package (pcs) 2

## Weight Belt 2kg



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

### Technical information

SKU 61049

EAN 6430062511673

Size (cm) 113 x 10 x 2,5

Weight (kg) 2

Materials Neoprene and Iron sand

### Product package

Package (cm) 30 x 13 x 8,5

Package (kg) 2,15

### Wholesale package

Wholesale package type Brown Carton

Wholesale package (cm) 31,5 x 28 x 28

Wholesale package (kg) 13

Wholesale package (pcs) 6

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