

**PROACTIVE**   
HEALTH

Fitness solutions for health, wellness, sports  
and fitness professionals



ISSUE  16



# PROACTIVE

## HEALTH

### Introduction

Welcome to our new and exciting Proactive Health catalogue. We hope that you find the goods and services detailed in this latest offering of great interest so that you will want to use this publication as a valuable resource tool in the day-to-day management of your fitness business.

#### Who is this product guide for?

The products in this catalogue have been selected to cater for those working in all areas of the health, fitness, sports and wellness industry. Whether you are a fitness professional, Pilates or yoga specialist, working in medical or rehabilitation practices or in the sports sector, there is product range suitable for you.

#### History

Founded in 1992, we have worked hard to respond to the changing needs and expectations of our customers. Recent downturns and fluctuations in markets and commodity prices require us to respond to those needs even more proactively. Our experience and expertise places us in the best position to meet that challenge.

#### Evolution

Part of the evolution process is to find good solutions to address issues that constantly challenge us on a daily basis, whether it

be health and safety issues in the use of equipment, scarcity of raw materials used to manufacture products or price increases that restrict budgets for all of us. We pride ourselves on providing the complete solution in our industry.

#### Green Issues

Many clients have taken a great interest in how the manufacture and distribution of products has an effect on our environment. To that end we have sourced many products that are free of certain chemicals that harm the planet. Our own operation works hard to recycle packaging when distributing goods to your door. This helps to keep landfill waste to a minimum and your delivery costs down.

#### Products that are DOP & AZO free

Our range of aerobic, Pilates and yoga mats are some of the best value in the business to suit all budgets and cover the needs of all our customers. We also offer vital mat accessories to align your clients for

a safe and effective mat-based workout. Many of our mats are free of DOP (Diocetyl Phthalate), a softening agent in plastics and AZO dyes and pigments, which are used to colour many plastics. These are considered harmful in various ways and have therefore been removed. This also applies to many of our stability and physio balls.

### Client safety in mind

Our bands and tubes for rubber resistance training have developed over the years with a greater focus on the safety aspects of using rubber and we have several safety tube options for our customers. Please remember that some people may suffer bad reactions from contact with the latex in rubber so always check prior to use.

### Low-cost solutions for fitness

Skipping has enjoyed a renaissance as a low cost option for tackling obesity. We have increased our range of ropes and teaching aids to support the many skipping initiatives happening across the UK to offer a jump rope whatever your age or fitness level.

### The perfect tool for burst training

Our hugely successful X-iser continues to sell well as PTs, sports coaches and even Pilates instructors develop their burst training programmes.

### PowerBlock® gets a make-over

PowerBlock dumbbells have not escaped scrutiny. The new ranges offer more weight, great ergonomics and a longer warranty. In addition to this, we now have a commercial set available for the first time that is already being utilised in many clubs where saving space and client safety is paramount.



**3 YEAR commercial warranty** **15 YEAR manufacturer's warranty**

© Registered trademark of PowerBlock, Inc.

### Now stocking the USA-leading GoFit range

We have entered into an exciting partnership with GoFit, an American based fitness company dedicated to providing excellent quality products that are supported with superior instruction from Mark Verstegen and his team at Athletes' Performance Institute. Mark is a world leading fitness coach and is responsible for the performance of some of the top athletes, not just in America, but all over the world. His DVDs associated with the GoFit range will be a valuable resource for instructors and users alike. GoFit products feature throughout this catalogue.



### Sound advice

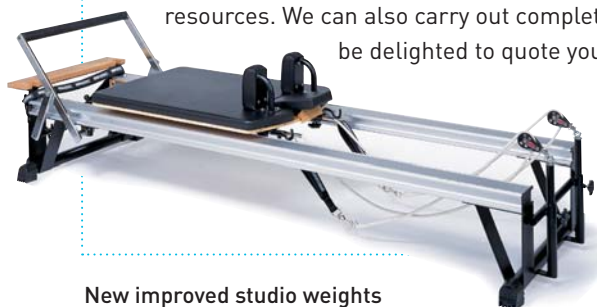
Our partnership with Sound Dynamics continues and we are proud to present their range of superior products in this guide. The team at Sound Dynamics are able to provide expert advice on the latest commercial audio systems that are right for you and your facility.

### Fitness education for all

We have continued to develop our range of education, rehabilitation and assessment resources for all individuals. Whether your focus is on general fitness, anatomy, kids fitness or postural aids we have something to offer everybody.

### STOTT PILATES®

We are able to offer the full range of products from STOTT PILATES® including large equipment, mats, accessories, DVDs and instructor education resources. We can also carry out complete studio installations and would be delighted to quote you for this service.



### Product ranges for all budgets

Please take time to look at our latest offerings in this catalogue. We have recognised the need to develop our range of products to be comprehensive yet varied enough to provide you with plenty of choice that enables you to make better informed buying decisions.

### We're here to help

Here at Proactive Health we are confident that you will find what you need within this product guide. However, if you cannot find what you are looking for, please call us on **0800 434 6170** as we are constantly in talks with manufacturers and suppliers to source new or alternative products and we will always try to meet your specific needs.

### New improved studio weights

We are introducing several new styles of studio weights all of which are a result of new and innovative designs following feedback from our customers about their preferences. Toning Balls, ergonomic shapes, new ankle/wrist weights are all on offer, along with some great choices in fitness circles including a vario-resistance model. Kettlebells and Medicine Balls have all been re-designed with improved functionality and stylish looks.



**We look forward to discussing how we can work in partnership with you to achieve your business and fitness goals.**

Yours in fitness  
**Nick Cunningham, Managing Director**



An easy **step-by-step** guide on how to place your order for any of the products featured in this catalogue.

## Step 1: Find the product codes and prices

Look through the product pages and refer to the price list at the back of the catalogue for the individual product codes and prices - all prices listed exclude delivery and VAT charges where applicable. If you have any questions about the products in the

catalogue, more detailed descriptions can often be found on our website at [www.proactive-health.co.uk](http://www.proactive-health.co.uk) or you can call us for free on **0800 434 6170** and we will be delighted to help answer your question as best we can.

## Step 2: Add on the cost of delivery

All prices in this product guide exclude postage and packing charges. We make a flat charge of £2.50 for the labour and packaging costs of each order regardless of its size or complexity and then add to this the postage or courier costs based upon a percentage of order value.

Over the years we have tried a variety of methods to be fair to customers whilst remaining economic as a mail order company. The method we have chosen here for many orders will be less than the actual cost of the carriage alone without taking into account packing materials.

There will always be exceptions - particularly when purchasing a single lightweight item of high value. In these circumstances we are always happy to quote directly for the carriage of your consignment. Similarly where the items you order are exceptionally heavy but cheap in price or oversized, meaning that a special delivery is required, we will advise you of the cost of the delivery.

### UK Highlands, Islands & N. Ireland

Couriers charge more for deliveries to these areas. We can give you an accurate quote at the time you order depending on the size of your order and your delivery address.

### Europe and the rest of the World

Couriers charge more for deliveries to these areas. We can give you an accurate quote at the time you order depending on the size of your order and your delivery address.

There may be additional documentation charges depending on the country it is going to, some countries may charge import duty or tax on the goods which is payable by the customer (this is normally for non-EU addresses).

### As a general guide, we will charge:

#### Orders £100.00 or less

£2.50 + 10% of order value + VAT

i.e. £40.00 order: £2.50 + £4.00 = £6.50 + VAT

#### Orders over £100.00 to £300.00

£2.50 + 8% of order value + VAT

i.e. £140.00 order: £2.50 + £11.20 = £13.70 + VAT

#### Orders over £300.00 to £1000.00

£2.50 + 6% of order value + VAT

i.e. £340.00 order: £2.50 + £20.40 = £26.90 + VAT

#### Orders over £1000.00

£2.50 + 4% of order value + VAT

i.e. £1040.00 order: £2.50 + £41.60 = £44.10 + VAT

## Step 3: Select your payment method

For orders taken over the telephone or via the website you will need to pay with either a credit or debit card - we accept all major cards apart from American Express and Electron.

If you are sending a cheque, please ensure you have included the delivery charges and VAT and make it payable to Proactive Health Ltd.

For clubs and regular customers wishing to purchase goods on account, we chose to ask HSBC bank to insure our debts and to collect payments on our behalf. This requires HSBC to give you

a credit rating and a credit limit the first time you order. Credit accounts are available to sole traders and partnerships as well as to clubs and bigger companies. The process is simple and can usually be completed within 24 hours.

If you wish to open an account, please post/email/fax us a copy of your company's letterhead with full contact details and your company registration number or partners full home address details. We will contact you to discuss your account and give you details of how to place your order going forwards.

## Step 4: Place your order

With the relevant product codes and quantities to hand, you can place your order via the following methods:

**Freephone:** 0800 434 6170

**Fax:** 0870 848 4843

**Email:** [sales@proactive-health.co.uk](mailto:sales@proactive-health.co.uk)

**Website:** [www.proactive-health.co.uk](http://www.proactive-health.co.uk)

### Post:

Proactive Health Ltd

PO Box 433 Witney

Oxfordshire OX28 9FA

# Freephone: 0800 434 6170

# [www.proactive-health.co.uk](http://www.proactive-health.co.uk)

**Important Note:** Once you've placed your order we will contact you if there are any issues relating to the delivery or payment of your goods. We will only charge your credit/debit card once we have despatched the goods and they are on their way to you. For account customers, invoices will be posted at the point of despatch and you have 30 days to pay. Please note that the goods remain the property of Proactive Health Ltd until we have received full payment. Please refer to the price list that accompanies this catalogue for our full terms and conditions.

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# Aerobic, Fitness & Pilates Mats

Mats are fundamental in any studio as they protect the spine and provide a warm safe surface when performing floor-based exercises. We have many different styles to choose from.

## A. Pro Budget Aerobic Mat



## B. Pro Aerobic Mats



## C. Pro Aerobic Vinyl Mat



## D. Pro Aerobic Mat Bag



## E. Core Fitness Mats



## F. Studio-Pro Mats



## G. Pilates Express™ Mats



## H. Deluxe Pilates Mats



## I. Professional Raised Mat



### A. Pro Budget Aerobic Mat 🛒

Budget, open-cell foam mat.  
L: 1m W: 50cm D: 9mm

### B. Pro Aerobic Mats 🛒

Quality, closed-cell EVA foam holds memory and minimises scuff marks. L: 1m W: 50cm D: 10mm or 15mm

### C. Pro Aerobic Vinyl Mat 🛒

Foam mat with wipe-clean vinyl covering for durability.  
L: 1m W: 50cm D: 9mm

### D. Pro Aerobic Mat Bag 🛒

Reinforced nylon canvas with carry handles and shoulder strap. Suitable for aerobic mats 1 metre in length. Holds between 20-35 dependent on depth of mats.

### E. Core Fitness Mats 🛒

Quality closed-cell NBR foam that is DOP, AZO, heavy metal & phenol free. Includes removable shoulder strap that ensures easy storage and transportation. Top side ribbed, bottom side smooth.  
L: 1.82m W: 58cm D: 10mm

### F. Studio-Pro Mats 🛒

Ribbed on both sides to minimise slipping. Excellent memory and shock absorption for superior comfort. Made from 100% recycled TPE, which is impermeable, hygienic and PVC free.  
L: 1.8m or 1.4m W: 60cm D: 15mm

### G. Pilates Express™ Mats 🛒

From STOTT PILATES® these mats are made of closed-cell foam to soften hard floor surfaces and protect the spine. Integrated Velcro straps allow you to simply roll up and go!  
L: 1.78m W: 56cm D: 12mm

**Note:** Pack containing Pilates Express Mat, Sunrise DVD and exercise poster also available in blue and green mat colours.

### H. Deluxe Pilates Mats 🛒

Larger mat from STOTT PILATES, ideal for multi-use studios as the closed-cell foam provides comfort and withstands repeated use.  
L: 1.83m W: 60cm D: 15mm

### I. Professional Raised Mat 🛒

This raised mat station from STOTT PILATES is perfect for the discerning studio. With wooden frame, dense foam padding and wipe-clean vinyl upholstery provides a supportive surface and proprioceptive feedback. Comes in two parts that bolt together for easy shipping and storage. Includes footstrap.  
L: 2.18m W: 61cm H: 18cm

Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

**CLICK THE CART**   
TO BUY AN ITEM ONLINE

# Yoga Mats & Props

Consider our range of low cost mat accessories such as foam blocks and bricks. These are used for support and comfort to align the body ensuring exercises are carried out effectively and safely.

## A. Warrior Yoga Mats



## B. Warrior Plus Yoga Mats



## C. Eco-Friendly Mats™



## G. Foam Blocks



## D. Evolution Yoga Mats



## H. Foam Cushions

- A.
- B.
- C.



## E. Studio Yoga Mats



## I. Rubber Pad



## F. Machine Mats



## J. Deluxe Head/Back/Seat Rest



## K. Yoga Brick



### A. Warrior Yoga Mats

Standard Yoga mats with good grip. DOP, AZO and Heavy metal free.  
L: 1.83m W: 61cm D: 4mm

### B. Warrior Plus Yoga Mats

Thicker mats for extra comfort. DOP, AZO and Heavy metal free. L: 1.83m W: 61cm D: 6mm

### C. Eco-Friendly Mats™

Reversible mats from STOTT PILATES® with 100% recyclable TPE foam. Includes carry strap. L: 1.75m W: 61cm D: 6mm

### D. Evolution Yoga Mats

Degradable TPE foam that is PVC, Heavy metal and latex free. Soft hand-touch and lightweight. Includes carry string. L: 1.83m W: 60cm D: 4mm

### E. Studio Yoga Mats

Top quality wide mats. Made in the EU, slip resistant, durable and Phthalate free. L: 1.83m W: 80cm D: 4.5mm

### F. Machine Mats

These PVC mats provide floor protection for use underneath exercise equipment. Three sizes: L: 1.5m W: 90cm D: 6mm  
L: 2m W: 1m D: 6mm  
L: 2.5m W: 1m D: 6mm

### G. Foam Blocks

EVA foam blocks for use in Yoga, Pilates and other mat workouts. Use to adjust alignment before performing exercise. Available in 4 sizes.  
i) Head Block  
ii) Half Block  
iii) Full Block  
iv) Sitting Block

### H. Foam Cushions

From STOTT PILATES these cushions are made from high-density closed-cell foam. Available in 3 sizes.

### I. Rubber Pad

This non-slip rubber pad from STOTT PILATES can be stacked to just the right height for correct positioning or to add extra cushioning. L: 35cm W: 19cm D: 12mm

### J. Deluxe Head/Back/Seat Rest

Use to position the head, back and hips correctly during mat-based workouts. L: 34cm W: 30cm D: 110mm

### K. Yoga Brick

High-density foam brick to provide lift or grounding in standing or seated Yoga postures. L: 22cm W: 11cm D: 70mm

See pages 40-43 for our range of great value handbooks and matwork DVDs



Buy online or Freephone 0800 434 6170 to place your order

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# Resistance Bands

## A. Pro Budget Band Rolls



## B. Pro Bands



## C. Flex-Band® Exercisers



Add resistance to hundreds of exercises with these cost-effective products. From basic bands to advanced training systems, we have a wide range of products to accommodate your classes.

## D. Flex-Band® Handles

**Note:** Pack containing a pair of handles, regular strength Flex-Band, Intense Sculpting Challenge DVD and an exercise poster also available.



## E. GoFit Flat Band Kit



## F. DigiBand®



## G. Elastiband®



### A. Pro Budget Band Rolls 🛒

Latex rubber band on a roll ready to cut to the required length. Two strengths:  
Medium (12m or 18m)  
Advanced (12m or 18m)

### B. Pro Bands 🛒

Pre-cut to 1.5m in length, these individual bands come in four resistances:  
Light, Medium Strong, X-Strong

### C. Flex-Band® Exercisers 🛒

STOTT PILATES® latex Flex-Band Exercisers are pre-cut to an extra long 2m in length.

**Note:** Available separately in medium or strong resistances or as a twin pack with exercise poster.

### D. Flex-Band® Handles 🛒

Soft-grip handles from STOTT PILATES attach to any flat latex band to provide comfort and maintain proper arm and wrist alignment.

### E. GoFit Flat Band Kit 🛒

Three bands with light, medium and strong resistances, an adjustable clip and workout manual.

### F. DigiBand® 🛒

Patented 'powermarks' on the DigiBand enable the level of resistance to be displayed in kilos when the oval mark becomes an exact circle. Made from latex and available in 25m rolls or pre-cut in 2.4m individual band lengths. Three levels of resistance:  
1kg-1.5kg, 1.5kg-2kg, 2.5kg-3kg

**Note:** A pair of clips to keep the DigiBand smooth or create a loop for legwork also available.

### G. Elastiband® 🛒

Patented band in 8 numbered sections each 10cm in length. This allows variety of resistance and grip positions for upper and lower body exercises. Three standard levels of resistance or choose the MAXIBAND with 5 numbered sections each 22cm in length for larger limbs and muscle groups.

**Note:** The 10kg Elastiband is also available to purchase as a pack with a DVD and exercise poster.

See pages 40-43 for our range of great value handbooks and rubber resistance DVDs



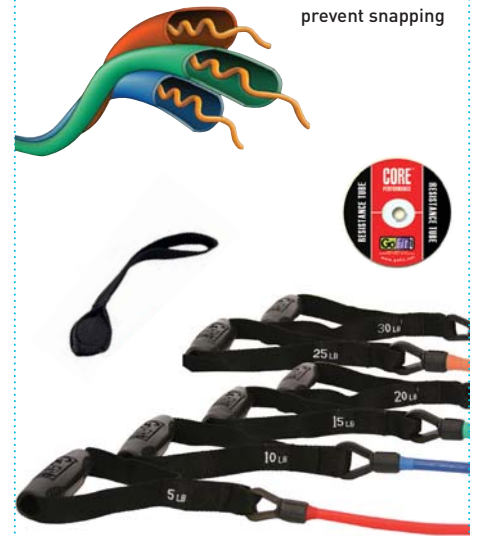


Tubes are versatile enough to be used with other accessories such as door anchors and bars and are ideal for PTs travelling between clients as they are lightweight and portable.

## D. GoFit Power Tubes

**Note:** Also available to purchase as a pack with the Mark Verstegen Power Tube Core Performance DVD.

Inner safety cord to prevent snapping



## A. Pro Tubes



## B. Resistance Tubing



## C. Studio-Pro Safety Tubes



## E. GoFit ProGym



## F. Gym'Bar



## G. GoFit ProStick Set



### A. Pro Tubes

Standard latex tubing with handles. Two resistances.

### B. Resistance Tubing

A safer alternative to standard latex tubing with integral, foam-covered handles. The multi-stranded rubber core minimises the possibility of sudden tube failure. Three resistances.

### C. Studio-Pro Safety Tubes

The protective nylon sleeve prevents overstretching, prolongs product life and contains the tube in the event of failure. Door anchor and user guide included. Four resistances.

### D. GoFit Power Tubes

Durable latex with strong nylon and rubber handles these tubes have an inner safety cord to protect the user. This durable coiled core adds protection should the tube fail. Door anchor included. Six resistances.

**Note:** Also available as a complete pack including the door anchor and Mark Verstegen Power Tube Core Performance DVD.

### E. GoFit ProGym

A complete gym in a bag containing the Mark Verstegen Power Tube Core Performance DVD, 3 Power Tubes (5lb, 10lb, 15lb), pair of handles, 2 ankle straps and a door anchor. Create up to 7 resistance levels by adding or subtracting different combinations of tubes.

### F. Gym'Bar

Long bar, 1.3m in length with two handled tubes for performing barbell exercises. Rotate bar to change resistance.

### G. GoFit ProStick Set

This set includes the ProStick, 2 GoFit Power Tubes (5lb & 10lb), pair of handles, door anchor and exercise booklet. Includes carry bag for compact storage.

See page 40 for our Stretch Tubing Poster Pack



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

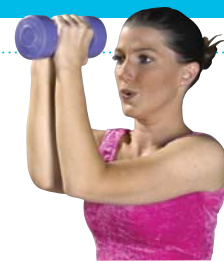
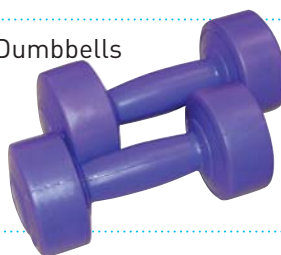
# Studio Handweights, Dumbbells & Toning Balls

## A. Toning Balls



Handweights provide resistance and variety in fitness workouts. We have a wide range here from standard vinyl dumbbells, newer innovative ergo styled dumbbells and the ever-popular toning balls.

## D. Plastic Dumbbells



## E. Neo Handweights



## H. York Dumbbell Rack



## B. Vinyl-dipped Dumbbells



## F. GoFit Flex Handweights



## C. Neo Dumbbells



## G. York Neo Hex Club Pack



## I. Dumbbell Rack



### A. Toning Balls 🛒

Increase the intensity of mat-based exercises with Toning Balls from STOTT PILATES®. Two sizes of ball each available in three different weights. Sold in singles.

**Note:** The 11lb Toning Ball is available to purchase as a pair together with Amazing Tone DVD and an exercise poster in the STOTT PILATES Toning Ball Pack.

### B. Vinyl-dipped Dumbbells 🛒

Easy clean vinyl-dipped steel dumbbells. Available in 8 different weights from 0.5kg to 5kg per hand. Sold in pairs.

### C. Neo Dumbbells 🛒

Neoprene-dipped steel dumbbells. Available in 7 different weights from 0.5kg to 5kg per hand. Sold in pairs.

### D. Plastic Dumbbells 🛒

Filled with amalgam and covered in reinforced plastic these dumbbells offer greater durability for busy studios. Available in 8 different weights from 0.5kg to 5kg per hand. Sold in pairs.

### E. Neo Handweights 🛒

Soft neoprene ergo handweights with elastic hand straps for easy grip. Available in 0.5kg (green) and 1kg (blue) per hand. Sold in pairs.

### F. GoFit Flex Handweights 🛒

Soft neoprene handstrap handweights reduce fatigue and provide extra comfort. Available in either 2lb or 3lb per hand. Sold in pairs.

### G. York Neo Hex Club Pack 🛒

Complete pack of Neo Dumbbells. Comprises 44 pairs with a split of weights: 1kg x12, 1.5kg x10, 2kg x8, 3kg x7 and 4kg x7.

### H. York Dumbbell Rack 🛒

Designed to store the Neo Hex Club Pack (see item G) or other dipped dumbbells. Castors provide mobility and a lockable bar for security. L: 99cm W: 41cm H: 87cm

### I. Dumbbell Rack 🛒

Holds up to 25 pairs of dipped dumbbells dependent on their weight. Locking security bar, no wheels. L: 50cm W: 45cm H: 60cm

See pages 40-44 for our great value handbooks, poster packs and DVDs



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# Body Bars® & 'Pump' Sets

Body Bars are used for group fitness sessions and by PTs for all types of exercise workouts. The 'pump' sets featured here offer value for money and excellent quality.

**A. Body Bar®**



**B. Body Bar Storage Rack**



**C. Bar Holder**



**E. Bar Trolley**



**K. Deluxe Aerobic Barbell Set**



**D. Bar Rack**



**F. Pro Aerobic Barbell Set**



**H. Pro Aerobic Disc Set**



**I. Spring Collars**



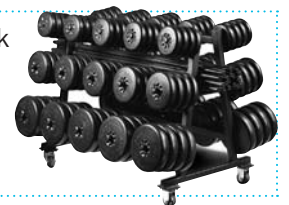
**L. Deluxe Aerobic Barbell Set Rack**




**G. Pro Aerobic Barbell Bar**



**J. Aerobic Barbell Set Rack**



**A. Body Bar®** 

The original weighted fitness bar. Encased in high quality rubber for a secure and comfortable grip. Available in 2ft, 4ft, 5ft and 6ft lengths from 3lb-36lb in weight, Body Bars are perfect for body sculpting classes and strength training.

**B. Body Bar Storage Rack** 

Holds up to 30 Body Bars.

**C. Bar Holder** 

Circular bar holder to store up to 40 bars. Heavy base for increased stability.

**D. Bar Rack** 


This large rack has the capacity to store up to 100 bars.  
L: 80cm W: 60cm H: 90cm

**E. Bar Trolley** 

Portable bar storage trolley with wheels and convenient handle. Can hold up to 60 bars.

**F. Pro Aerobic Barbell Set** 

Standard vinyl-coated 1" discs, black aerobic bar and a pair of screw lock collars. Disc set: 2.5lb x2, 5lb x2, 10lb x2.

**G. Pro Aerobic Barbell Bar** 


Standard 1" aerobic barbell bar with inner collars. To be used in conjunction with standard 1" discs for aerobic barbell exercises (see item H).

**H. Pro Aerobic Disc Set** 

Standard black vinyl-coated 1" discs and a pair of screw lock collars. To be used in conjunction with the 1" aerobic barbell bar (see item G).

**I. Spring Collars** 

Quick-release spring collars as an alternative to the screw lock collars that come supplied with the disc set. These collars offer a quicker change-over of the discs. Sold in pairs.

**J. Aerobic Barbell Set Rack** 

Stores 20 of the Pro Aerobic Barbell Sets (see item F). Comes with castors for easy mobility around the studio.  
L: 1.06m W: 94cm H: 86cm

**K. Deluxe Aerobic Barbell Set** 

Chrome plated, 1kg steel bar (30mm diameter) with a pair of spring collars and a set of colour-coded rubber coated plates that are shock and drop resistant. Set of plates includes 0.5kg x2, 1kg x2, 2kg x2, 4kg x2.

**L. Aerobic Barbell Set Rack** 

This sturdy rack will hold up to 15 sets of the Deluxe Aerobic Barbell Sets (see item L). On castors for easy transportation.

See pages 40-41 for a range of great value handbooks & DVDs



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

Buy online or Freephone 0800 434 6170 to place your order

© Registered trademark of Body Bar Systems, Inc.

# Fitness Rings, Ankle/Wrist Weights & Hand Exercisers

Resistance circles and ankle/wrist weights add new dimensions to your workout. Hand Grips and exercisers are new additions to our ranges.

## A. Exercise Ring



## B. Fitness Circle® Pro



## C. Fitness Circle® Lite



**Note:** Pack also available with Fitness Circle Flow DVD and exercise poster.



## F. Deluxe Weighted Bands



## D. FlexOring



## E. Lycra Weighted Bands



## G. GoFit Ankle Weights



## H. Strong Grip Hand Exerciser



## I. Pro Power Hand Grip



## J. GoFit Hand Grips



## K. GoFit Hand Grip



### A. Exercise Ring 🛒

Medium resistance sprung ring with sculpted black handles. Diameter 14".

### B. Fitness Circle® Pro 🛒

STOTT PILATES® fitness circles provide firm resistance and moulded latex-free grips. Available in 12" or 14".

### C. Fitness Circle® Lite 🛒

The Fitness Circle Lite from STOTT PILATES features inner and outer foam grips for extra comfort and is lighter in resistance than the Pro models. Diameter 14".

### D. FlexOring 🛒

An innovative approach to resistance training as it has a variety of resistances on one ring. DVD available separately for programming.

### E. Lycra Weighted Bands 🛒

Weighted Lycra bands with steel buckles and Velcro fastenings. Suitable for use on both the ankles and wrists. Available in 0.5kg, 0.75kg, 1kg, 1.5kg and 2kg weights. Sold in pairs.

### F. Deluxe Weighted Bands 🛒

Suitable for intense use with padded velour inner for extra comfort. Available in 0.5kg, 0.75kg and 1kg weights. Sold in pairs.

### G. GoFit Ankle Weights 🛒

Constructed from heavy-duty nylon canvas for rugged durability. Removable steel shot packets add/subtract weight up to a maximum of 2.5lb or 5lb per ankle depending on the set chosen.

### H. Strong Grip Hand Exerciser 🛒

Squeeze the egg-shaped rubber ball in any plane. Available in light, medium and strong resistances. Colours may vary from those shown.

### I. Pro Power Hand Grip 🛒

This adjustable hand grip allows you to increase the resistance as your strength develops. Available in two resistances: 5-20kg or 10-40kg.

### J. GoFit Hand Grips 🛒

Efficient training device for strengthening the hand and forearm. Heavy-duty steel spring and contoured handles provide medium resistance. Sold in pairs.

### K. GoFit Adjustable Hand Grip 🛒

Heavy-duty plastic. Adjust the tension from light to heavy by simply twisting the rubber resistance ball.

See page 42 for our STOTT PILATES Fitness Circle DVDs



This page is full of new stylish kettlebells and medicine balls for all applications and budgets.

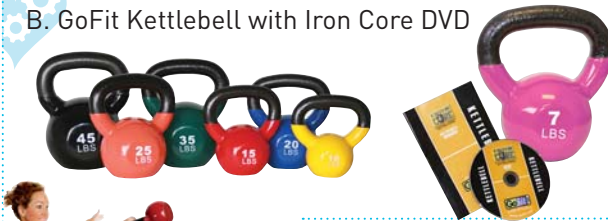
## A. Kettlebells



## D. Gel Medicine Balls



## B. GoFit Kettlebell with Iron Core DVD



## E. Gel Medicine Ball Rack



## G. Medicine Ball Stand



## F. Medicine Balls



## H. Medicine Ball Rack



## C. Plastic Kettlebells



## I. GoFit Medicine Ball with Core Performance DVD



### A. Kettlebells

The oversized powder-coated handle provides excellent grip whilst allowing for full and fluid motion. Colour-coded base with a heavy-duty vinyl covering. Six weights: 4kg, 8kg, 12kg, 16kg, 20kg, 24kg.

### B. GoFit Kettlebells with DVD

These kettlebells feature a colour-coded vinyl covering on the base and have an oversized ergonomic handle. Includes Iron Core introductory DVD by Sarah Lurie – America's leading Kettlebell expert. Seven weights: 7lb, 10lb, 15lb, 20lb, 25lb, 35lb, 45lb.

### C. Plastic Kettlebells

Amalgam filled, durable plastic kettlebells, colour-coded with ergo handles. A budget

alternative to traditional steel kettlebells. Available in 11 different weights from 2kg-20kg and each kettlebell comes with a workout chart.

### D. Gel Medicine Balls

Gel-filled textured low-bounce balls. Sizes vary with weights. Six weights: 0.5kg, 1kg, 2kg, 3kg, 4kg, 5kg.

### E. Gel Medicine Ball Rack

Portable rack on wheels to store and transport gel medicine balls of varying sizes. L: 1.5m W: 47cm H: 90cm

### F. Medicine Balls

Made from rubber these medicine balls bounce, are waterproof and are easy to grip. Available in 5 different weights: 1kg, 2kg, 3kg, 4kg, 5kg

### G. Medicine Ball Stand

This upright stand will hold 5 rubber medicine balls in 1kg-5kg weights. Not suitable for the gel med balls.

### H. Medicine Ball Rack

This horizontal rack will hold up to 16 medicine balls. Not suitable for the gel med balls.

### I. GoFit Medicine Ball with DVD

Rubber medicine balls, colour-coded and with a textured surface for good grip. Medicine Ball Core Performance DVD featuring Mark Verstegen also included with multiple exercises for beginner, intermediate and advanced levels. Six weights: 4lb, 6lb, 8lbs, 10lb, 12lb, 15lb.

See pages 40-41 for our great value medicine ball and kettlebell handbooks and DVDs



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

# PowerBlock® Sport Series Dumbbells

## A. Sport 2.4 Dumbbells



## B. Sport 5.0 Dumbbells



## C. Sport 2.4/5.0 Stands



## E. Sport 9.0 Stand



We are proud to introduce a new styled range of PowerBlock adjustable dumbbells. The handles and the plates of the blocks have been re-shaped to offer more comfortable user-friendly dumbbells.

## D. Sport 9.0 Dumbbells



## How to use PowerBlock®



**Step 1.** Choose the weight via colour-coded weight chart.



**Step 2.** Pull out the selector pin and insert under the corresponding coloured rail.



**Step 3.** The PowerBlock can then be lifted at the selected weight.

### A. Sport 2.4 Dumbbells

Ideal for the home user, personal trainers on the move and strength training in supervised conditions. With a weight range of 1.5kg-11kg per hand, it replaces the need for 8 pairs of traditional dumbbells.

### B. Sport 5.0 Dumbbells

This model replaces 10 pairs of traditional dumbbells with a weight range of 2.5kg-22.5kg per hand.

### C. Sport 2.4/5.0 Stands

Choice of two stand designs, both suitable to store the Sport 2.4 and 5.0 models.

### D. Sport 9.0 Dumbbells

This component dumbbell system can be expanded as strength increases. Micro-load workouts in small steps using the 'adder weights' that slot inside the core handle.

#### Sport 9.0 at Stage I

Replaces the need for 16 pairs of traditional dumbbells with a weight range of 1kg-22.5kg per hand.

#### Sport 9.0 at Stage II

Expands the set to accommodate an extra 12 pairs of dumbbells between 25kg-41kg.

#### Sport 9.0 at Stage III

Completes the set with an extra 9 pairs, taking the weight range up to a maximum of 59kg per hand. This makes the complete Sport 9.0 Set equivalent to 37 pairs of traditional dumbbells with a weight range of 1kg-59kg per hand.

### E. Sport 9.0 Stand

Optional column stand for the Sport 9.0 set to store at the correct height for a safe and effective workout. Includes a central storage area for the 1kg adder weights.

 **manufacturer's warranty**

**15-year warranty** for home and supervised-use conditions.

At last an adjustable dumbbell with a 3 year full commercial warranty!  
PowerBlock's Flex U-90 Club Set is perfect for gyms with its space-saving benefits and peace of mind regarding user safety.

## A. Flex U-90 Dumbbells



## B. Flex U-90 Stands



## C. Flex U-90 Club Set



**3 YEAR commercial warranty**

## D. Sport Bench



Optional Handle & Wheel kit

## E. Folding Bench & Stand



## F. Travel Bench



Optional Dipping Station

### A. Flex U-90 Dumbbells

Manufactured with shock absorbing patented 'flex' technology. This 3-year commercial warranted dumbbell is whisper quiet to operate. Urethane covered steel plates are stylish and durable. This model has a weight range of 1kg-41kg per hand, replacing the need for 28 pairs of traditional dumbbells. Carries a 3-year commercial warranty and a 15-year warranty for the home user and in one-to-one supervised conditions such as personal training, physiotherapy etc...

### B. Flex U-90 Stands

Choice of two stands for the Flex U-90 dumbbells, each has a central storage area to fit the 1kg adder weights.

### C. Flex U-90 Club Set

Urethane-coated plates and 'flex' technology, the Club Set as two different core handles giving a weight range of 2.5kg-41kg per hand in 18 different increments. Comes with a pre-built commercial 4-leg stand and a flip up instruction chart sitting alongside to satisfy health and safety requirements in

unsupervised areas. In addition to the 15-year home/PT warranty, this set carries a 3-year commercial warranty.

### D. Sport Bench

Low-profile bench with superior comfort and five easy-change positions ranging from flat to military. Seat pad can also be adjusted for the correct supported position for each exercise. Optional extras include a Wheel & Handle Kit for easy transportation and also a Dipping Station that slips into the back to perform dips safely and effectively.

### E. Folding Bench & Stand

Combo stand and bench system suitable for use with any PowerBlock Sports Series dumbbells.

### F. Travel Bench

Shoulder carry strap for easy transportation and legs that fold down flat in seconds. Designed to be a flat bench, can also be inclined/declined by folding the front leg.

### G. Dust Covers & Mats (not pictured)

Protect your PowerBlocks with a dust cover. Non-slip, extra-durable mats protects your floors from wear and tear. Choose from a stand-only sized mat or one that fits underneath both a stand and bench together.

See pages 40-41 for the PowerBlock Poster Pack & Fitness Training CD-ROM



We supply the market-leading step and rebounders together with a range of innovative products to add fun and variety to your aerobic group exercise classes or PT sessions.

## A. The Original Step



## B. ECO'Fitness Step



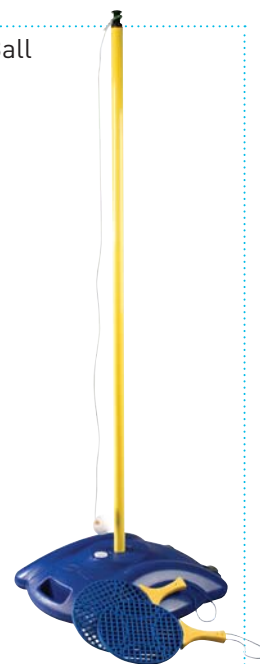
## C. Equistep with Balance Board



## F. Hop



## G. Club Speed Ball



## D. SuperTramp PT Bouncer



## E. Studio-Pro Rebounder



### A. The Original Step

Full-size professional step with two pairs of risers.

L: 1m W: 35cm  
H: 10cm, 15cm & 20cm

### B. ECO'Fitness Step

Manufactured in Europe from 100% recycled polyethylene without heavy metals, this step is kind to the environment, lightweight but sturdy. Stack on top of each other for easy, space-saving storage. Available to purchase as the platform only or with a pair of feet.

L: 80cm W: 40cm  
H: 14 cm or 14-19cm

### C. Equistep with Balance Board

This unique design creates a stepping platform that can be quickly converted to a balance board for muscular, joint rehab and balancing work.

L: 68cm W: 38cm H: 15cm

### D. SuperTramp PT Bouncer

Club-quality rebounder. Includes DVD showing 9 workouts on the PT Bouncer. Diameter 1m.

### E. Studio-Pro Rebounder

Professional studio rebounder with legs that fold down without the use of tools for quick and easy storage and re-assembly. Oversized springs and pin spring mounting system reduce noise and make the bounce

smoother. Protective cover is made of nylon (rather than PVC) for increased durability. Diameter 1m.

### F. Hop

Fantastic fun offering a cardio workout at the same time. Ball pump required to inflate (see page 20) Choose the 55cm Hop for adults up to 5ft 6" and the 66cm Hop is suitable for adults 5ft 6" and over. Max. weight capacity 150kg.

### G. Club Speed Ball

A great cardio workout and fantastic fun at the same time. Includes two bats for 2 people to workout together. Base needs to be weighted (with sand or similar material) to 50kg.

See page 43 for our **STOTT PILATES® Cardio & Core on the Mini-Tramp™ DVD**



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.



**CLICK THE CART**   
TO BUY AN ITEM ONLINE

# Cardio Fitness & Burst Training

Skipping is being promoted all over the country as a low cost means to fight obesity. Perfect for burst training, the portable X-isier is a great PT tool.



**A. X-isier®**



**Note:** Purchase the X-isier Backpack for easy storage and transportation.



**F. GoFit Leather Jump Rope**



**G. GoFit Weighted Jump Rope**



**B. Pro Speed Ropes**



**D. GoFit Speed Jump Rope**



**C. GoFit Classic Jump Rope**



**E. GoFit Beaded Jump Rope**



**H. GoFit RopeSport Pack**




**I. Jumpfit Manual & DVD**



**A. X-isier®** 

Manufactured in America out of lightweight aluminium the X-isier is a great tool for effective burst training and is easily transportable between clients. The X-isier was initially developed for elite sportsmen and functional fitness coaches as the specialist hydraulics facilitate a high-frequency stepping action. The key is to perfect your technique so that your lower body is moving at speed whilst the trunk is stabilised (300+ steps in one minute for an elite athlete). Choose the professional model for endurance training with athletes and the standard model for PTs and general fitness.

**B. Pro Speed Ropes** 

Professional speed rope, available in 6 different lengths from 7ft for infants through to 36ft for group skipping.

**C. GoFit Classic Jump Rope** 

This adjustable classic rope has solid wood handles and a 9ft soft, durable polypropylene rope.

**D. GoFit Speed Jump Rope** 

This adjustable 9ft PVC rope has padded foam handles to help reduce hand fatigue.

**E. GoFit Beaded Jump Rope** 

Great for beginners and all ages as you can adjust the length of this beaded rope.

**F. GoFit Leather Jump Rope** 

This classic boxers solid leather rope is adjustable and has contoured foam grip handles.

**G. GoFit Weighted Jump Rope** 

Add resistance to your cardio workout. This adjustable 9ft PVC rope has 1/2lb weights inside each handle to develop muscles in your arms and wrists.

**H. GoFit RopeSport Pack** 

A complete kit including adjustable length speed ropes, handle weights, a high-energy audio CD and fat-blasting DVD workout featuring Louis Garcia, the World's Greatest Rope Jumper.

**I. Jumpfit Manual & DVD** 

Manual contains fully illustrated skipping skills with corresponding DVD containing slow-motion clips and close-ups.

Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

# Core Training & Stability

This covers such a large area of programming in studios today that we have increased our range of core training products with some new and exciting tools to complement our established equipment.

**A. Pro Ab Trainer**



**B. Precise Ab Trainer**



**C. AbdoFit**



**D. GoFit Ab Wheel**



**E. BOSU® Balance Trainer**



**F. Core Balance**



**G. GoFit Stability Pods**



**H. GoFit Core Disk with DVD**



**I. Stability Disc**



**J. Disc'O' Sport**



**K. Movin' Step**



**L. Rotational Disks**



**A. Pro Ab Trainer** 🛒

Sturdy one-piece construction with adjustable pivoting head and bar.

**B. Precise Ab Trainer** 🛒

Made in the UK with commercial grade steel tubing and high-density urethane padding.

**C. AbdoFit** 🛒

The patented AbdoFit offers excellent lumbar support for safe and effective core training and aids spinal flexion. Stores flat with quick assembly.

**D. GoFit Ab Wheel** 🛒

The rolling action trains both the upper and lower abdominals. Dual wheels and non-slip foam grip handles.

**E. BOSU® Balance Trainer** 🛒

An acronym for 'both sides up' the BOSU is flat on one side and domed on the other. Ideal tool to establish and reinforce balance, stability and core strength. Includes pump.

**F. Core Balance** 🛒

This inflatable dome and base is versatile for core training.

**G. GoFit Stability Pods** 🛒

Four stability pods with Mark Verstegen Stability Pod Core Performance DVD and an exercise booklet. A great addition in PT and circuit training.

**H. GoFit Core Disk with DVD** 🛒

Two sided inflatable disk with different textures. Includes

the Mark Verstegen Core Performance DVD for excellent programming ideas.

**I. Stability Disc** 🛒

Perform seated, standing and arm exercises to improve balance and stability. Inflate or deflate the disc to increase or decrease the difficulty. Sold in singles but can be used in pairs when doing exercises using both legs/hands. 38cm diameter.

**J. Disc'O' Sport** 🛒

Large enough to use for both single or dual hand and foot exercises. Inflate or deflate the disc to increase or decrease the difficulty. 55cm diameter.

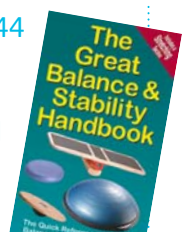
**K. Movin' Step** 🛒

Can be used either with the air flowing between platforms for exercising with alternative feet/hands or with the air valve closed for one leg/hand work.

**L. Rotational Disks** 🛒

Made from birch, these disks from STOTT PILATES® improve strength through rotation during standing or sitting exercises. Available in 12" or 14" diameters (in pairs) or as a single 19" disk.

See pages 40-44 for our range of great value handbooks and balance DVDs



More core training and balance products, some including DVD instruction by leading USA coach - Mark Verstegen from Athletes Performance to give you expert guidance and programming ideas for your clients.

## G. GoFit Foam Rollers with DVD



## H. Studio-Pro Roll-Air Plus



## I. Pro Flex Bar



## A. XLR8 Balance Board



## B. XLR8 Rocker Board



## C. Equipstep Board



## D. Adjustable Wobble Board



## E. GoFit Wobble Board



## F. Foam Roller Deluxe



## A. XLR8 Balance Board

Develops balance and weight distribution in a lateral plane. Excellent for squatting stability, balance games, knee and ankle rehabilitation.

## B. XLR8 Rocker Board

Similar to the Balance Board but teaches balance and weight distribution in a frontal plane.

## C. Equipstep Board

Ideal for physiotherapy work, the board has been specifically designed for muscular, joint rehab and balancing work.

## D. Adjustable Wobble Board

Change the angle between 19 and 23 degrees by simply screwing the rocker in or out, allowing you to progressively improve your balance.

## E. GoFit Wobble Board

Adjustable to 3 height levels for a varied and challenging workout. Wooden with anti-slip surface and includes a Mark Verstegen Wobble Board DVD.

## F. Foam Roller Deluxe

Improve strength, balance, flexibility, balance and coordination with the STOTT PILATES® Foam Roller Deluxe. Made from durable and resilient EVA foam with rounded corners for extra comfort. Exercise poster included. L: 90cm Dia: 15cm

## G. GoFit Foam Rollers with DVD

Available in a choice of full length (90cm) or half-length (45cm) sizes, these foam rollers are both 15cm in diameter and come with a Mark Verstegen Roller DVD.

## H. Studio-Pro Roll-Air Plus

The Roll-Air is an alternative to the traditional foam roller, combining an inflatable roller with a durable cover to protect it and maintain shape. Can be deflated for easy storage and burst resistant to 250kg. Pump and carry strap included. L: 90cm Dia: 15cm

## I. Pro Flex Bar

Fibreglass pole with a weighted ball at each end. Gently shaking the bar creates vibrations that target the body's deep core muscles to strengthen and correct muscle imbalances. Exercise poster included.

See pages 40-44 for our range of great value handbooks & balance DVDs



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

# Stability & Physio Balls

## A. Gymnic Plus Balls



## B. Gymnic Classic Plus Balls



## C. Fit Ball / Fit Ball Plus

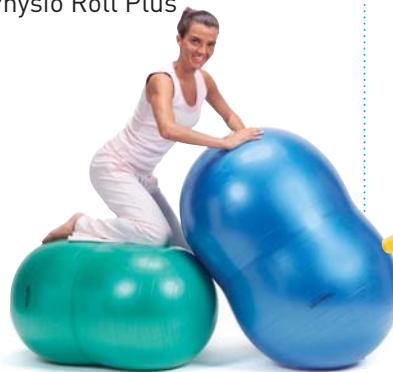


We have extended our range of core training balls to encompass other user groups, including Pilates, rehabilitation, physiotherapy and athletic sports training.

## D. Body Balls



## E. Physio Roll Plus



## F. Electric Inflator Pump



## G. Faster Blaster Pump



## H. Budget Pump



Note: Designs may vary

### A. Gymnic Plus Balls 🛒

Premium ball with burst resistant quality and tested to 300kg max. weight capacity. Comfortable and 'warm' to the touch - ideal for professional studios and high risk physiotherapy patients. Medical device 93/42/CEE. Three sizes: 55cm, 65cm, 75cm

### B. Gymnic Classic Plus Balls 🛒

Burst resistant ball, tested to 300kg max. weight capacity. Medical device 93/42/CEE. Three sizes: 55cm, 65cm, 75cm

### C. Fit Ball / Fit Ball Plus 🛒

Pearl-coloured stability balls with burst resistant quality. Standard Fit Balls have a max. weight capacity of 300kg and whereas the 'Plus' models have

been tested to 500kg. Conform to gym equipment safety standard EN913. Three sizes: 55cm, 65cm, 75cm

### D. Body Balls 🛒

Softer, lighter and more pliable than standard stability balls making them ideal for slow motion gymnastics and therapy applications. Burst resistant quality balls with a max. weight capacity of 300kg. Medical device 93/42/CEE. Five sizes: 55cm, 65cm, 75cm, 85cm, 95cm

### E. Physio Roll Plus 🛒

The peanut-shape provides more stability and is therefore often used in therapy to aid balance and co-ordination. The therapist can sit on the ball and support the patient's

movements in a safe way. Medical device 93/42/CEE. Two sizes: 55cm, 70cm

### F. Electric Inflator Pump 🛒

Electric pump that can deflate as well as inflate stability balls. Revolving 'handle' system ensures the air flow always stays constant to keep the motor cool when inflating multiple balls.

### G. Faster Blaster Pump 🛒

Manual ball pump, made in Europe. Hi-pressure 'double-pump' action will ensure you've pumped the ball up in 2-3 mins.

### H. Budget Pump 🛒

Budget ball pump imported from the Far East.

See page 40 for Stability Ball Charts and Body Ball Poster Sets



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

Take a look at the GoFit ProBall Pack. This is the strongest ball we sell with arguably the best DVD from the worlds leading Core Performance Coach - Mark Verstegen, founder Athletes' Performance Institute.

## D. Stability Ball Packs



## F. Stability Ball Horizontal Racks



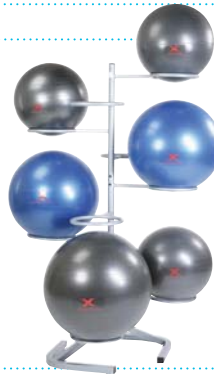
## A. GoFit ProBall Pack



## C. GoFit Exercise Ball Pack



## E. Stability Ball Spiral Rack



## B. Studio-Pro Ball with Pump





## G. Stability Ball Supports




## H. Stability Ball Carry Strap





**A. GoFit ProBall Pack**   
Professional burst resistant stability ball, tested to 600kg (our highest max. weight capacity) to withstand vigorous usage. Pack includes ProBall, Mark Verstegen Core Performance Ball DVD, manual and dual-action pump. Three sizes: 55cm, 65cm, 75cm


**B. Studio-Pro Ball with Pump**   
Anti-burst and tested to a max. weight capacity of 500kg. Each ball comes boxed with an inflator pump. Three sizes: 55cm, 65cm, 75cm


**C. GoFit Exercise Ball Pack**   
Premium burst resistant exercise ball, tested to 300kg max. weight capacity. Pack includes Exercise Ball plus the


same DVD manual and pump as the ProBall Set (item A). Three sizes: 55cm, 65cm, 75cm

**D. Stability Ball Packs**   
STOTT PILATES® stability ball. Latex-free, anti-burst non-slip ribbed surface. Tested up to 250kg max. weight capacity. Pack includes ball, Core Balance DVD, exercise poster and inflator pump. Two sizes: 55cm, 65cm

**E. Stability Ball Spiral Rack**   
Holds up to 10 stability balls in a spiral formation to save space in the studio. Comes fully assembled. L: 1m W: 78cm H: 2.2m

**F. Stability Ball Racks**   
Modular horizontal racks fit neatly against a wall. Lightweight, sturdy and easy to assemble. Available in 6, 9 and 12-balls kits. L: 1.83m W: 41cm H: 64cm, 1.27m or 1.91m

**G. Stability Ball Supports**   
Stable platform to minimise ball movement during exercise. Also prevents the ball rolling away when not in use. Available in small (45cm & 55cm balls) and medium (65cm & 75cm) sizes.

**H. Stability Ball Carry Strap**   
Transport several stability balls at once with ease. Suitable for balls up to 75cm.

See pages 40-43 for our range of great value handbooks and stability ball DVDs



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

# Wellness & Therapy Products

As this is such an important area in our industry now, we have developed a wide range of products to provide our customers with effective tools for postural aids, massage therapy and back care treatment.

## A. Mini Flex-Ball™



## E. Thera Hand Freeballs



## I. Aku Ball



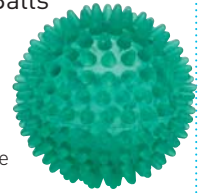
## B. Soft Gym Ball



## F. Freeballs

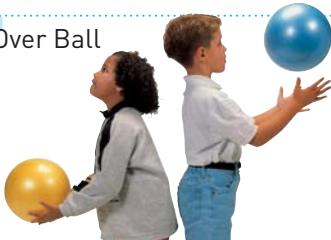


## J. Reflex-Massage Balls

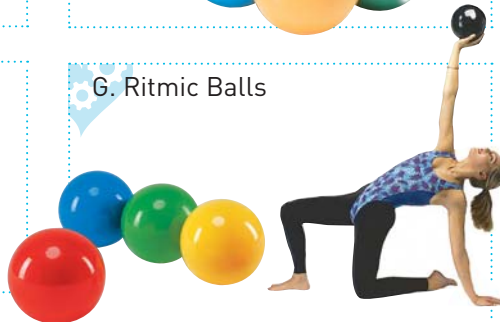


**Note:** Manual showing range of exercises available to purchase separately.

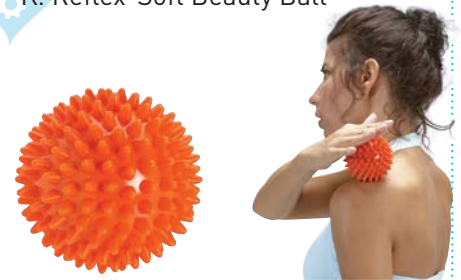
## C. Over Ball



## G. Ritmic Balls



## K. Reflex-Soft Beauty Ball



## D. Over Ki Mind-Body Ball



## H. Sensyballs



## L. Hand Pump



### A. Mini Flex-Ball™ 🛒

Achieve a full-body workout to improve posture with the Mini Flex-Ball from STOTT PILATES®. Inflated via straw and plug supplied. Diameter 18cm.

### B. Soft Gym Ball 🛒

Versatile, low-impact ball made of soft PVC foam for lumbar support, dynamic seating or as an unstable platform. Inflated via straw and plug supplied. Diameter 25cm.

### C. Over Ball 🛒

A smooth texture ball for exercise and play, easy to grip and does not hurt on impact. Also used as a cushion, when not fully inflated. Inflated via straw and plug supplied. Diameter 25cm.

### D. Over Ki Mind-Body Ball 🛒

Used to focus the attention while slow-motion movements are performed. Inflated via straw and plug supplied. Diameter 15cm.

### E. Thera Hand Freeballs 🛒

Small, pliable vinyl balls that can be used for finger dexterity, paediatric therapy and body massage. Includes 1x 4cm, 1x 5.5cm balls and a booklet.

### F. Freeballs 🛒

Same as Thera Hand Freeballs but available to buy separately in four different sizes: 4cm, 5.5cm, 7cm, 12.5cm.

### G. Ritmic Balls 🛒

For rhythmic gymnastics. Available as a practice

model and two options for competition-use (Ritmic Official and Ritmic Competition) both have been approved by the FIG.

### H. Sensyballs 🛒

Gentle to the touch with bumps to stimulate various pressure points while providing a good grip. Especially designed for massage and reflexology Three sizes: 10cm (pair), 20cm, 28cm.

### I. Aku Ball 🛒

Perfect for those who want a highly tactile ball, but who prefer a firmer texture. Medical device 93/42/CEE.

### J. Reflex-Massage Balls 🛒

Firm balls designed for massage, reflexology, hand therapy and relaxation

exercises. Can help relieve tension and stimulate blood circulation. Medical device 93/42/CEE. Four sizes: 6cm, 8cm, 9cm, 10cm.

### K. Reflex-Soft Beauty Ball 🛒

Soft PVC with bumps, this pair of 8cm balls are used for relaxing muscles, reducing tension and to stimulate tired muscles. Perfect for body massage and to promote blood circulation.

### L. Hand Pump 🛒

For balls with valves. Includes flexi-tube and needle to accommodate different styles.

Some traditional postural aids along with a new range of products suited for massage and stretching exercises. Inflatable balls and cushions can be used as dynamic seating or as part of exercise programmes.

**A. Comfort'a'Back**



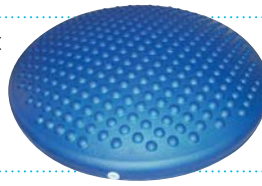
**B. Sit'o'Air**



**C. Movin'Sit**



**D. Disc'o'Sit**



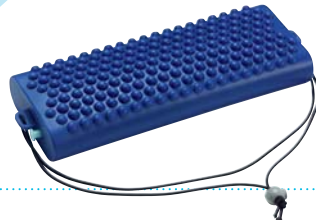
**E. Sit'n'Gym Perla Balls**



**F. Sit'n'Gym Balls**



**G. Vita Roll**



**H. Activ Roll**




**I. GoFit Massage Stick**




**J. GoFit Stretch Rope**



**A. Comfort'a'Back** 


Lower back dynamic inflatable cushion. Textured finish with protective cover.  
L: 33cm W: 24cm.

**B. Sit'o'Air** 

Ergonomically shaped, versatile smooth and dynamic cushion for lying, sitting, kneeling and standing exercises.  
Medical device 93/42/CEE.  
L: 37cm W: 37cm H: 6cm.

**C. Movin'Sit** 

The wedge shape encourages good posture with a forward pelvic position. Also used for core stability exercises.  
Medical device 93/42/CEE.  
L: 36cm W: 36cm.

**D. Disc'o'Sit** 


Use to promote active sitting and better posture or on the floor as an alternative to balance boards. Protective cover available to purchase separately. 39cm dia.  
Medical device 93/42/CEE.

**E. Sit'n'Gym Perla Balls** 

Burst-resistant pearl-coloured ball with feet. Three sizes: 55cm, 65cm, 75cm.

**F. Sit'n'Gym Balls** 

The same burst-resistant quality as the Sit'n'Gym Perla but in red and blue colours. Two sizes: 55cm, 65cm.

**G. Vita Roll** 

Dynamic back, nape or shoulder cushion. Secure position using adjustable strap. Medical device 93/42/CEE.  
L: 30cm.

**H. Activ Roll** 

A soft, cylinder shaped roll with dimples for increased user sensitivity. Used for massage, reflexology, hand therapy and relaxation exercises. Stimulates blood circulation all over the body. Medical device 93/42/CEE.  
L: 15cm.

**I. GoFit Massage Stick** 

Effective for myofascial release and relieving muscle stress. Includes Core Performance booklet with tips on massage technique. L: 56cm.

**J. GoFit Stretch Rope** 

Increase flexibility, decrease pain and reduce injury. Helps lengthen stiff muscles by reprogramming them to contract and relax through a range of motions. Supplied with a Core Performance manual.

See pages 20-22 for our range of pumps to inflate balls & cushions



# Kids Fitness, Therapy & Active Play

We have worked hard to select products that will be suitable for children of all ages and abilities. Don't forget the therapy balls shown here are not exclusive to special needs markets and can be enjoyed by everyone!

## A. Sit'n'Gym Balls



## B. Movin'Sit Junior



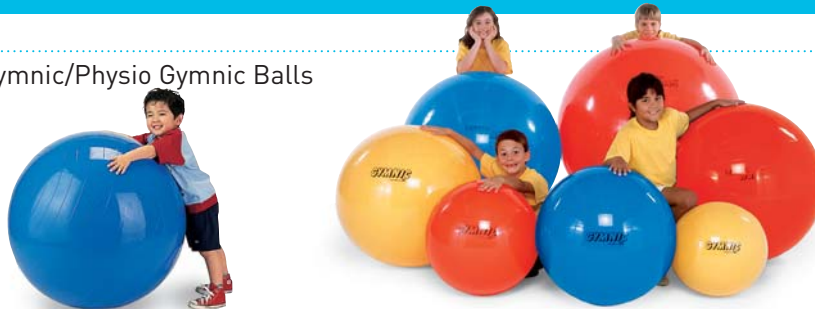
## C. Disc'o'Sit Junior



## D. Gym Ball



## E. Gymnic/Physio Gymnic Balls



## F. Therasensory Balls



## H. Sens'o'Roll



## I. Activity Roll/Activity Ball



## G. Physio Rolls



## J. Jinglin'Ball



## K. Megaballs



### A. Sit'n'Gym Balls 🛒

Perfect for use in schools, each ball has 'feet' to prevent them from rolling away when not in use. Not burst-resistant. Two sizes: 35cm, 45cm.

### B. Movin'Sit Junior 🛒

Similar to the Movin'Sit (see page 23). L: 26cm W: 26cm. Medical Device 93/42/CEE.

### C. Disc'o'Sit Junior 🛒

Similar to the Disc'o'Sit (see page 23), but smaller to suit kids exercises. 32cm dia. Medical Device 93/42/CEE.

### D. Gym Ball 🛒

Small 30cm ball ideal for child play. Max. weight capacity 100kg. Not burst-resistant.

### E. Gymnic/Physio Gymnic Balls 🛒

Suitable for kids fitness and physiotherapy. Not burst-resistant. Seven sizes: 45cm, 55cm, 65cm, 75cm, 85cm, 95cm, 120cm.

### F. Therasensory Balls 🛒

Similar to the Gymnic Balls (item E) but with pimpled surface to stimulate blood circulation and reflexology zones. Suitable for sensory therapy for both children and adults. Two sizes: 65cm, 100cm.

### G. Physio Rolls 🛒

Peanut-shaped balls used in therapy or a fun tool for active play. Not burst-resistant. Medical Device 93/42/CEE. Five sizes: 30cm, 40cm, 55cm, 70cm, 85cm.

### H. Sens'o'Roll 🛒

Similar to Physio Rolls but with a pimpled surface to develop a sensory and tactile experience. One size: 50cm.

### I. Activity Roll/Activity Ball 🛒

Similar to the Physio Roll or Gymnic Classic Balls but transparent with small coloured balls inside to help promote 3-dimensional sight, co-ordination and active play. Not burst resistant.

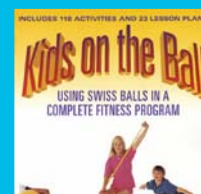
### J. Jinglin'Ball 🛒

Clear ball contains 4 bells that jingle when the ball is in motion. Promotes spatial orientation, concept development and social skills in young children. Suitable as an exercise ball for those with a visual impairment. One size: 55cm. Not burst resistant.

### K. Megaballs 🛒

Encourage hours of interactive group play and invites activities such as pushing, balancing, supervised activities on top of the ball, rolling, kicking and bouncing. Available in two sizes: 150cm, 180cm.

Kids on the Ball Book available to purchase separately. Contains 118 activities & 23 lesson plans for ball-based workouts.





We have recognised the many initiatives aimed at encouraging fitness with young people. The range of products here are designed to give instructors a full complement of equipment to design an exciting programme for children.

**A. Hop/Pony**



**B. Rody/Gyffy**



**C. Rody/Gyffy Base**



Note: Rody not included.

**D. Sally the Seal**



**E. Soffy Play & Beach Ball**



**F. Fantyballs**



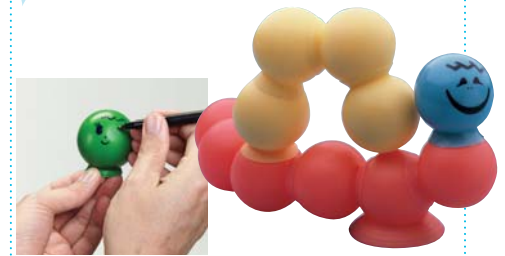
**G. Softplay Balls**



**H. Easy Grip Ball Pack**



**I. Thera Bolly Ball Pack**



**J. Sportball**



**A. Hop/Pony** 


A great cardio workout for kids. Choice of the inflatable Hop or Pony shapes. One size: 45cm. Max. weight 150kg.

**B. Rody/Gyffy** 

Made of latex-free vinyl, these inflatable toys help kids (aged 3+) to gain balance and coordination skills while they play. Choice of Rody the Horse or Gyffy the Giraffe. Max. weight 200kg.

**C. Rody/Gyffy Base** 

This rolling base gives the Rody or Gyffy a rocking motion for extra fun! Inflatable Rody or Gyffy available separately.

**D. Sally the Seal** 


Similar to the Rody or Gyffy, Sally the Seal is perfect for outdoor games, on the beach or in the swimming pool as a friend for aquatic games. Max. weight 200kg.

**E. Soffy Play & Beach Ball** 

Originally designed as a safe, lightweight ball to help develop hand/eye co-ordination for kids. Can be used at home, school, in the pool or on the beach. Latex-free. One size: 45cm.

**F. Fantyballs** 

Soft play-balls, ideal for gymnastics or contact games as they are easy to grip and can be inflated to desired size without losing their bouncing feature. Three sizes: 15cm, 18cm, 24cm.

**G. Softplay Balls** 


Four different sized balls to act as teaching aids to learn handball, volleyball, football and basketball, especially for youngsters. Low impact, textured surface for good grip.

**H. Easy Grip Ball Pack** 

Set of 6 vibrant and colourful balls – perfect for small hands. Raised bumps are easy to grip to help to develop catch and throw skills.

**I. Thera Bolly Ball Pack** 

A playful game to promote co-ordination and manipulation as the balls stick to polished surfaces or each other. Use the 4 bases to create shapes. Helps with kids counting, colour sorting and recognition skills. Set has 4 bases and 24 balls.

**J. Sportball** 

A sport and playball that can be used for training co-ordination, anticipation, reflexes and fast-foot drills. Includes training cord and inflation needle (hand pump required).

See pages 20-22 for our range of pumps to inflate kids toys and balls



Product codes & prices are listed at the back of this catalogue.

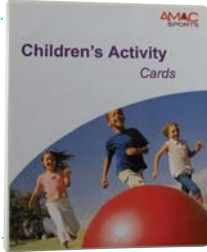
Visit the website for full product descriptions.

More relatively low cost products to provide new and exciting sessions for child activities. These products have been carefully selected to promote agility and hand-eye co-ordination, for variety and because they're great fun too!

## A. Kids Activity Cards



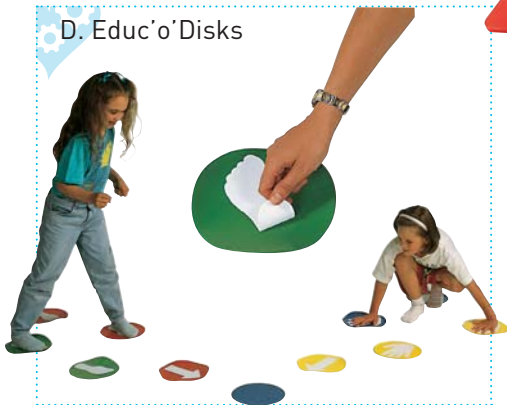
## B. Kids Activity Card Ring Binder



## C. Disc'o'Bocce



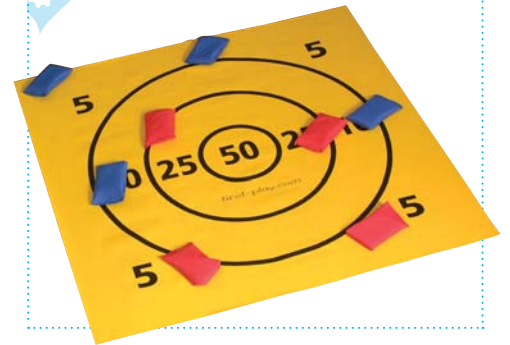
## D. Educ'o'Disks



## E. Multiactiv Stones



## H. Target Toss



## F. Multiform Set



## I. Target Bean Bag



## J. Jump Sacks



## G. Target Game



### A. Kids Activity Cards 🛒

Perfect for use with children to make physical exercise sessions fun! Each pack has 20 A4 laminated cards each with a different exercise.

#### Six packs available:

- Session Activities A
- Session Activities B
- Session Activities C
- Potted Sports
- Mini Games
- Parachute Games

View exercise listings for each pack at [proactive-health.co.uk/circuitcards](http://proactive-health.co.uk/circuitcards).

### B. Kids Activity Card Ring Binder 🛒

Keep your activity cards clean and in the order you want them with this handy 4-hole ring binder. Will hold up to 300 cards as you build up your collection.

### C. Disc'o'Bocce 🛒

This set of 12 large discs has a variety of uses: the discs can be tossed on the ground and users can step on them to follow their path, tossed with the intent of hitting another disc of the same colour, tossed in a game of floor tic-tac-toe. Includes a storage box with carry handle.

### D. Educ'o'Disks 🛒

An innovative concept whereby vinyl shapes can be attached to coloured vinyl discs. Many games and exercises can be devised to stimulate co-ordination, colour recognition and spatial awareness. Comes with hand, foot and arrow stickers that can be applied to the discs as required. Set includes 12 discs.

### E. Multiactiv Stones 🛒

Set of 6 heavy vinyl activity stones that stay firmly in place when stepped on. Used with the flat bottom on the ground while stepping on 'bumps' or upside down to add rocking challenges while stepping. Can be weighed down by filling with sand or water. Max. weight 150kg.

### F. Multiform Set 🛒

This set of 12 soft discs creates a playful game to promote co-ordination and encourage identification of geometrical shapes and colours.

### G. Target Game 🛒

Activity mat with different numbered targets for kids to improve throwing skills. L: 1.2m W: 90cm. To be used in

conjunction with a set of bean bags (sold separately).

### H. Target Toss 🛒

Similar to the Target Game but a circular target for an alternative game – get the bean bag (sold separately) closest to the centre for the highest score! L: 1m W: 1m.

### I. Target Bean Bag 🛒

Purchase bean bags for use in the Target Game and Target Toss or any throwing games. Sold as singles or a set of 4.

### J. Jumps Sacks 🛒

Set of 4 colourful and sturdy 'jump sacks' – perfect for the sack race or other jumping activity sessions. Also available to purchase separately.

Products on this page will allow children to focus on strength, core and cardiovascular fitness in circuits and in the pool. Includes some resistance training products for young adults - ideal for gentle toning workouts.

**A. Gym Ring**



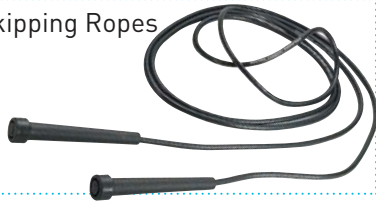
**B. Aku Ring**



**C. Speed Ball for Kids**



**D. Skipping Ropes**



**E. Jump2Bfit Educational Pack**



**G. Eco'Fitness Bars**




**F. Training Bowls**




**H. Eco'Fitness Kit**



**A. Gym Ring** 


Soft and very strong vinyl-moulded ring that can be used for indoor and outdoor activities and sports. They also float and are perfect for pool-based catch and throw games.

**B. Aku Ring** 


Soft flexible ring that can be easily caught due to their studded surface. Ideal for diving activities in the swimming pool.

**C. Speed Ball for Kids** 


Similar to the adult speed ball featured on page 16, this version is suitable for kids fitness with lighter base that can be weighted to 20kg. Comes with a pair of bats and a game rule book.

**D. Skipping Ropes** 

A cost-effective and fun way to give kids a cardio workout. The same quality as our adult Pro Speed Ropes (see page 17) and available in 7ft, 8ft, 14ft and 36ft lengths for a range of different kids skipping activities.


**E. Jump2Bfit Educational Pack** 

Includes everything the teacher or instructor needs to teach the basics of individual, partner and group skipping skills. Pack includes manual, video, music CD, booklet, set of 4 wall charts and an adult length jump rope.

**F. Training Bowls** 

This set of two training bowls can be used empty for technique training or filled with sand or water for strength training.

Combine with kettlebell-style exercises for a contemporary workout that is great fun.

**G. Eco'Fitness Bars** 

These hollow bars are made of 100% recyclable materials and are shaped to be placed comfortably on the shoulders. Use for technique training or fill with water to add gentle resistance to activity sessions. Suitable for indoor and outdoor use and also in the pool as the bar will float when filled with water. Four sizes: 2kg, 3kg, 4kg, 5kg.

**H. Eco'Fitness Kit** 

Steel bar and a set of hollow weights (500g x2, 1kg x2, 2kg x2, 3kg x2) that can be filled with water or sand and used to perform barbell exercises

in kids circuit sessions. Large discs have hands grips for single hand exercises whilst water filled discs will float when used in the pool.

See page 43 for our **STOTT PILATES® Fitness Fun: Pilates for Kids DVD**



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

# Fitness Testing & Assessment

We have continued to offer a comprehensive range of fitness assessment tools in body composition, blood pressure, height and weight. These are the more popular products used in fitness assessment.

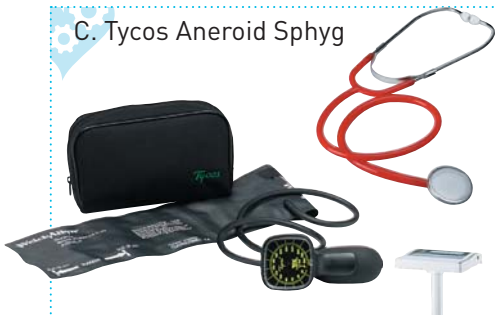
## A. Omron ECG Heartscan Monitor



## B. Omron BPMs



## C. Tycos Aneroid Sphyg



## D. Tanita BWB800P Scale



## E. Tanita HD352 Digital Scale



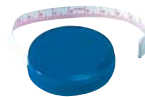
## F. Tanita HA503 Dial Scale



## G. Bioimpedance Monitors



## K. Anthropometric Tape



## H. Tanita BF350 Body Comp Analyser



## I. Tanita BF522 PT Pack



## J. Height Measures



### A. ECG Heartscan Monitor 🛒

Ideal for use in gym member/client fitness screenings. The client holds the device to their chest for 30secs as it records heart activity. The result will be displayed as 'normal' or 'abnormal' and could pick up a heart condition the client may be unaware of and that could have led to a collapse during exercise. An abnormal result should be referred to a GP for further investigation.

### B. Omron BPMs 🛒

Clinically validated, measuring blood pressure and pulse. Displays systolic, diastolic blood pressure and pulse readings. M7 model has twice the memory capacity of the M3 and has an adjustable cuff to fit all sizes. M3 comes with a

standard cuff. Large cuff sold separately.

### C. Tycos Aneroid Sphyg 🛒

An alternative for those preferring a stethoscope-based manual blood pressure system. A large cuff and additional tubing lengths are available for assessing deep muscle function. Purchase the stethoscope separately.

### D. Tanita BWB800P Scale 🛒

Maximum weight capacity of 200kg/31st in increments of 0.1kg/0.2lb. Single point load cell and weight only mode.

### E. Tanita HD352 Digital Scale 🛒

Accurate scales with a low profile, slim-line design for use in professional consultation environments. Max. weight

capacity of 200kg/31st in 0.1kg/0.1lb increments.

### F. Tanita HA503 Dial Scale 🛒

Professional dial scale with easy-to-read retro dial. Max. weight capacity of 180kg in 0.5kg increments.

### G. Bioimpedance Monitors 🛒

BF906 model measures body fat %, body fat weight, target fat %, BMI, body impedance, BMR, target weight, lean weight, lean %, water (in litres), water % and target water. The basic BF900 measures body fat %, BMR, and body impedance. Electrode pads sold separately (not pictured).

### H. Tanita BF350 Body Comp Analyser 🛒

Gives total body readings (no printout) for weight, BMI and

Fat %. Max. weight capacity of 200kg/31st in increments of 0.1kg/0.2lb. Purchase the C-350 carry case separately.

### I. Tanita BF522 PT Pack 🛒

Ideal for PTs on the move it includes a body composition scale, anthropometric tape and height measure, fitted neatly into a handy carry case.

### J. Height Measures 🛒

Choice of two height measures – both fully portable but the Pro Height Measure is also suitable as a permanent installation within the fitness testing room.

### K. Anthropometric Tape 🛒

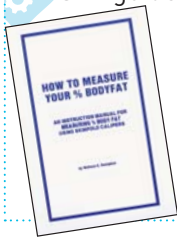
Features a simple clip attachment that aids girth measurements. Retracts fully into case.

The products on this page are more commonly used in assessments for body fat, lung function and flexibility together with a number of motivational tools such as the pedometer.

**A. Harpenden Callipers**



**B. Slimguide Callipers**



**C. Accu-Measure Callipers**



**D. Micro PulmoLife**



**E. Micro Spirometers**



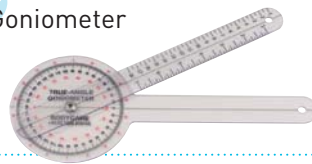
**F. Micro Peak Flow Meter**



**H. Sit & Reach Box**



**I. Goniometer**



**J. Polar® HRM**



**K. Pedometer**



**L. Digital Sports Stopwatch**



**M. Multistage Fitness Test**





**N. Chester Step Test**





**O. Digital Metronome**




**A. Harpenden Callipers**   
Industry-standard calliper with 0.2mm graduations. Exerts a uniform pressure on the skinfold for superior accuracy. Supplied in a wooden case.


**B. Slimguide Callipers**   
Measures to 0.5mm accuracy. Body Fat booklet sold separately.


**C. Accu-Measure Callipers**   
Plastic callipers with fixed pressure measuring system that records fat measurement on a slider for viewing away from the subject. Supplied with full instructions.


**D. Micro PulmoLife**   
Measures FEV1 together with a calculation of lung age – a great


motivator for clients looking to stop smoking. Disposable mouthpieces required.


**E. Micro Spirometers**   
Measure Forced Expiratory Volume (FEV1) and Forced Vital Capacity (FVC). The 'Plus' model also measures ratio between these two figures. Disposable mouthpieces required.


**F. Micro Peak Flow Meter**   
Simple measurement of lung function. Disposable mouthpieces required.

**G. Disposable Mouth Pieces (not pictured)**   
Used for multi-client testing in packs of 100 or 500.


**H. Sit & Reach Box**   
Traditional method for measuring trunk flexibility. Supplied flat packed and made of wood.


**I. Goniometer**   
Measures joint range of movement and muscle length. Calibrated to the ISOM system.


**J. Polar® HRM**   
Entry-level fitness heart rate monitor. Easy-to-use with one-button functionality. Measures heart rate and can also be used as a standard watch. Transmitter belt included.


**K. Pedometer**   
Motivate your clients to take 10,000 steps everyday! Counts the number of steps taken,

clips to waist belt.

**L. Digital Sports Stopwatch**   
Stopwatch with 1-line display. Includes count up timer and clock, alarm and calendar functions. Splash resistant.

**M. Multistage Fitness Test**   
Industry-standard progressive Beep Test over 20m.

**N. Chester Step Test**   
A measure of aerobic capacity requiring the subject to step on and off a step at a rate set by a metronome. Records heart rate and fitness rating.

**O. Digital Metronome**   
Used for a variety of tests where constant audible beat patterns are required.

# Boxing & Combat Fitness

## A. Sparring Gloves



## B. Headguards



## C. Hooks & Jab Pads



## D. Punch Bag Mitts



## E. Fingerless Mitts



## F. Handwraps



## G. Bag Mitt Inners



### A. Sparring Gloves 🛒

12oz gloves for partner-based sparring. Black gloves are made of leather and the blue gloves are made of PVC.

### B. Headguards 🛒

Head protection during partner-based sparring. The black headguard is made of leather and blue headguard is made of PVC.

### C. Hooks & Jab Pads 🛒

Choice of 3 pads. All-leather red pads and leather/PVC black pads are curved for extra comfort. Blue pads are made of PVC and suede and are only suitable for lightweight use.

### D. Punch Bag Mitts 🛒

Choice of 3 punch bag mitts. All-leather mitts in either black or pink are ideal for club use whereas the blue mitts are made of PVC and are only suitable for lightweight use. Available in 3 sizes: Small, Medium, Large.

### E. Fingerless Mitts 🛒

Choice of 2 fingerless mitts, ideal for use with speed balls and floor-to-ceiling balls. Red mitts are standard leather and the black gel-filled mitts are made of Japanese 'Amara' leather for extra protection and style. Red fingerless mitts available in Small, Medium and Large sizes. Black gel mitts come in Medium, Large and X-Large.

### F. Handwraps 🛒

Top-quality, washable handwraps.

### G. Bag Mitt Inners 🛒

Bag mitt inners can be worn inside the glove for hygiene and comfort. One size.

The Pro-Box brand is associated with professional quality and excellent comfort and durability. In addition to the high end ranges, we offer budget alternatives as well.

See pages 40-41 for our range of great value handbooks and boxing DVDs



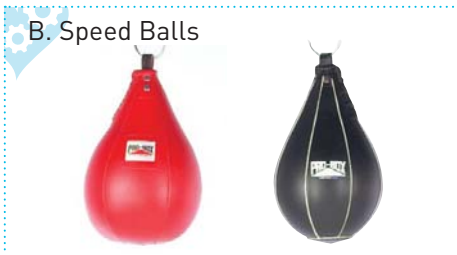
Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

Speed balls and floor-to-ceiling balls improve speed and agility as well as being a great cardio workout and we've got a fantastic range of punch bags and free standing targets to suit all budgets.



**A. Floor-to-Ceiling Balls**



**B. Speed Balls**



**C. Speed Ball Platforms**



**D. Strike Shield/Thai Pad**



**E. Free Standing Targets**



**F. Leather Punch Bags**



**G. Ballistic Punch Bag**



**H. Uppercut Bag**

Note: Colours may vary.



**I. Maize Bag**




**J. Wall Brackets**




**K. Ceiling Hook/Bag Chains**

**A. Floor-to-Ceiling Balls** 

Both Floor-to-Ceiling balls are all-leather, the red ball is heavy-duty with replaceable loops making it suitable for more intense use.

**B. Speed Balls** 

Both speed balls are made from leather, the red model is heavy-duty for more intense use.

**C. Speed Ball Platforms** 

The heavy-duty platform comes with a fully adjustable height frame whereas the club-use option will be fixed-height once attached to the wall. Replacement speed ball swivels are also available to purchase separately (not pictured).

**D. Strike Shield/Thai Pad** 

Thai Pads are 43cm in length

and are designed to protect the forearm from jabs and kicks. Strike shields are longer at 58cm to protect the body from kicks and punches. Made of reinforced PVC with high-density foam padding and heavy-duty Velcro straps.

**E. Free Standing Targets** 

Both of these free standing targets need to be weighted down with sand or water and the base height can be adjusted to suit. Wavemaster™ has a standard bag style whereas Boxing Bob offers a more lifelike target – although he doesn't punch back! Available in different size options.


**F. Leather Punch Bags** 

Top quality all-leather punch bags. Heavy-duty and suitable

for intense use. Require 4-leg hanging chains (sold separately). Available in large and x-large sizes: L: 90cm or 1.1m Dia: 33cm.

**G. Ballistic Punch Bag** 

Made from reinforced ballistic nylon. Not suitable for intense use but ideal for kids and aerobic training. Comes with straps and 'D' rings ready to hang, a 4-leg chain is also recommended (sold separately). L: 90cm Dia: 33cm.

**H. Uppercut Bag** 

Professional leather uppercut bag with sloping sides to give variety to your punching combinations. Requires 6-leg hanging chain (sold separately). L: 90cm Dia: 50cm.

**I. Maize Bag** 

Heavy-duty leather maize bag, suitable for intense use. Requires 4-leg hanging chain (sold separately). L: 55cm Dia: 45cm W: 30kg

**J. Wall Brackets** 

The heavy-duty wall bracket (silver) is recommended for commercial clubs. The other brackets (black) are only suitable for light use.

**K. Ceiling Hook/Bag Chains** 

Ceiling hook to hang punch bags from roof joists. Three chains available; clubs should choose the heavy-duty chain options (4-leg or 6-leg) as the lightweight chain is only suitable for supervised conditions and for lightweight use.

# Sports Fitness: Power & Speed Training

A superior range of products has been selected here to add resistance to any workout for power training. Look out for the GoFit products which are supported by training resources from Mark Verstegen and his Core Performance team.

## A. GoFit Walking Vest



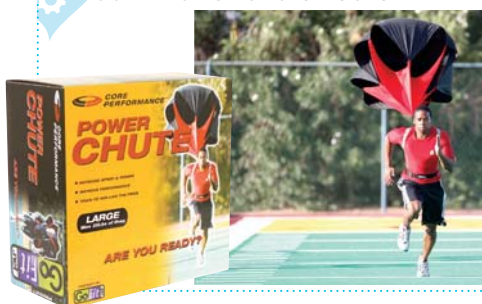
## B. GoFit Weighted Vests



## C. AllPro Weighted Belt



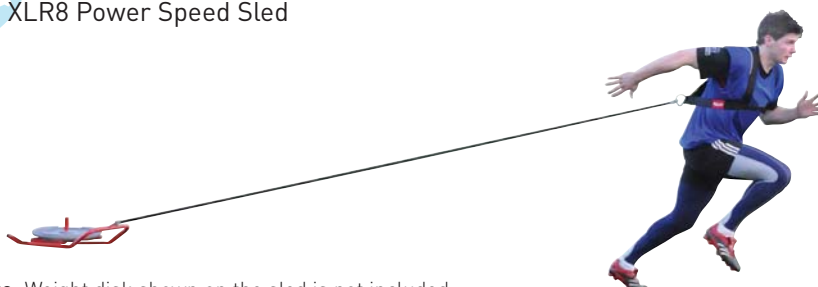
## D. GoFit Power Chute Packs



## E. GoFit Power Sled



## F. XLR8 Power Speed Sled



Note: Weight disk shown on the sled is not included.

## H. XLR8 Power Medicine Ball on a Rope



## I. Medicine Ball Sling



## G. XLR8 ProPower Speed Resistor



### A. GoFit Walking Vest 🛒

Perfect for adding light resistance to a walk or workout. Adjustable weights total 10lb. These can be easily removed in separate packets. Designed to fit both men and women with the 'one size fits all' double closure system. Featuring neoprene padding and reflective elements for night safety. Comes with a removable water bottle holder.

### B. GoFit Weighted Vests 🛒

These 'one size fits all' weighted vests are designed to add resistance and build power. Choose from the 20lb or 40lb versions, both vests have adjustable weight packets to enable you to build strength over time.

### C. AllPro Weighted Belt 🛒

Adjustable weighted belt up to a maximum of 10lb. Cushioned flaps keep the weights secure and away from the body for full freedom of movement. Designed by physios for comfort.

### D. GoFit Power Chute Packs 🛒

Designed to increase speed and power, the chute is made of durable stitched nylon and comes with a harness, carry bag and a Mark Verstegen Power Chute Core Performance DVD. Two sizes: Medium, Large.

### E. GoFit Power Sled 🛒

The durable steel sled has a retractable post and rubber base for adding weights. Comes with a harness and Mark Verstegen Power Sled DVD.

### F. XLR8 Power Speed Sled 🛒

Increase the weight placed on the sled as the athlete improves power and speed. Includes sled, harness, connecting lead and instructional manual.

### G. XLR8 ProPower Speed Resistor 🛒

Designed to meet the size and power needs of the larger or professional sports person. The coach holds the athlete back encouraging them to build their power and speed skills. Comfortable fit and extra chest straps to ensure even torso load and snug fit for large athletes under heavy loading. Developed and field tested by elite coaches to meet the needs of the serious sports person.

### H. XLR8 Power Medicine Ball on a Rope 🛒

Bouncing medicine ball on a rope. Excellent for core, rotational and total body power development. Perfect for any sport involving dynamic, powerful, and rotational movement patterns. Two weights: 3kg, 5kg.

### I. Medicine Ball Sling 🛒

An alternative to the medicine ball on a rope to use with your existing rubber medicine balls (see page 13). This size will fit the 1kg-4kg rubber balls and the 5kg gel-med balls.



These speed and agility products will suit all levels of training. They will add fun and excitement to kids classes and can be incorporated into training sessions for athletes.

G. GoFit Speed Cones



H. Spacemarkers



I. Safety Pop-up Cone



A. XLR8 Reaction Hoop



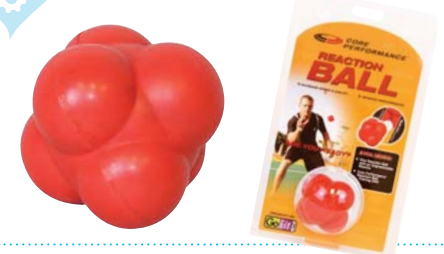
D. XLR8 Reaction Ball Pack



E. XLR8 Evasion Belt



B. GoFit Reaction Ball Pack



C. XLR8 Reaction Ball



F. XLR8 Evasion Belt Pack



**A. XLR8 Reaction Hoop** 

This 60cm diameter hoop has been fitted with three 'sorbo' balls, which hold it off the ground to stop it sliding on indoor surfaces. Use several hoops together to lay them out in differing patterns to coach a variety of fast feet drills to improve speed skills.

**B. GoFit Reaction Ball Pack** 

Designed to increase an athlete's speed and agility and reduce their reaction time. The ball has an unpredictable bounce. Mark Verstegen leads you through a series of great drills on his Reaction Ball Core Performance DVD that is included in this pack.

**C. XLR8 Reaction Ball** 

Six-sided 6.5cm hard rubber ball perfect for improving reaction time, hand eye co-ordination and foot speed. The ball will leap, bounce and pop with speed in any direction when it hits the ground. The path of the ball is not known until it hits the ground, which challenges reactions of the hand/foot in a fun attempt to track and catch the ball.

**D. XLR8 Reaction Ball Pack** 

This great value set includes ten of the 6.5cm reaction balls, an instruction manual, plus an instructional DVD showing a series of Evasion Belt and Reaction Ball exercises.

**E. XLR8 Evasion Belt** 

Unmatched for one-on-one evasion, reactive speed, agility, and fun fitness training! Short space quickness and reaction skills are targeted. One person leads trying to lose the chaser or defender and cause the tear away connection to come apart in the middle. With three space settings simply change the connecting point on the belt to easily manipulate the distance between players.

**F. XLR8 Evasion Belt Pack** 

A great value pack including 6 evasion belts, an instruction manual and the instructional Evasion Belt and Reactive Ball DVD.

**G. GoFit Speed Cones** 

Designed to increase an athlete's speed and agility. This set of brightly coloured cones creates running speed trials or obstacle lanes. Comes with a convenient 'stow and go' handle for easy portability and storage and includes a Mark Verstegen Speed Cone DVD.

**H. Spacemarkers** 

Set of 20 spacemarkers to create your speed training drills.

**I. Safety Pop-up Cone** 

A 23cm-high plastic cone for marking out your speed and agility drills. The cone collapses under impact to minimise injury.

# Sports Fitness: Agility Training

Here is a wide range of agility training products to suit all budgets. These are used to improve fast foot and co-ordination skills in many different sports.

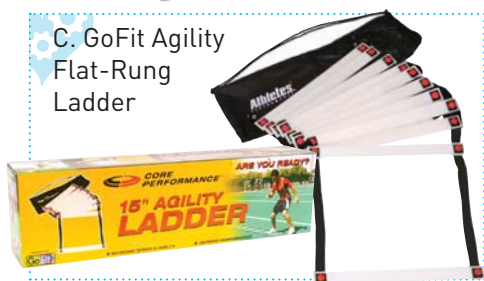
**A. Adjustable Flat-Rung Ladder**



**B. XLR8 Flat-Rung Ladder**



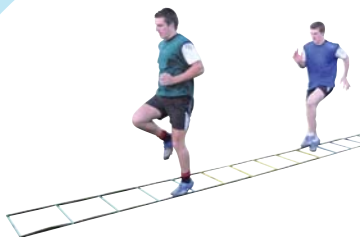
**C. GoFit Agility Flat-Rung Ladder**



**D. XLR8 Round-Rung Ladder**



**E. XLR8 Multi-Coloured Ladder**



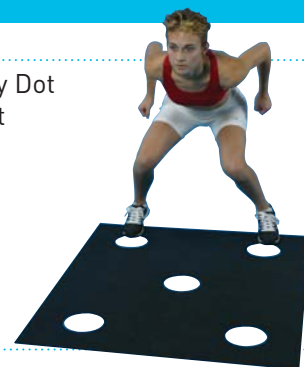
**F. XLR8 Cross Ladder Pack**



**G. XLR8 Agility Drill Mat**



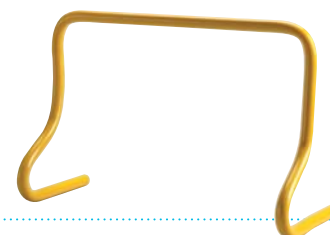
**H. Agility Dot Drill Mat**



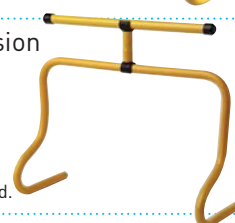
**I. GoFit Agility Bags**



**J. Agility Hurdles**



**K. Hurdle Extension Kit**



Note: Hurdle not included.

**A. Adjustable Flat-Rung Ladder**   
 5m long ladder with flat adjustable rungs to customise the length between rungs.

**B. XLR8 Flat-Rung Ladder**   
 Heavy-duty flat 8m adjustable ladder suitable for training on flat surfaces. Separates into two 4m ladders. Includes carry bag and manual.

**C. GoFit Flat-Rung Ladder**   
 This 15ft(4.5m) flat-rung ladder comes with ground stakes for outdoor use or suction caps for indoor smooth-surface floors. Comes with a Mark Verstegen Ladder Core Performance DVD and a carry bag.

**D. XLR8 Round-Rung Ladder**   
 Heavy-duty yellow tubular rung ladder. Includes carry bag and manual. Length 4m.

**E. XLR8 Multi-Coloured Ladder**   
 These 4 x 2m coloured ladders can be set up in endless formations. Guaranteed to take your agility training to another level. Connect the blue, red, green and yellow coloured sections to form the 8m multi-coloured ladder with hundreds of new variations for foot-speed training sessions. Includes carry bag and manual.

**F. XLR8 Cross Ladder Pack**   
 Set in a cross formation and constructed of red, blue, yellow and green 2m length that create an innovative

new training system that will literally add hundreds of new and challenging running patterns. Includes ladder, instruction manual, DVD and an exercise card set.

**G. XLR8 Agility Drill Mat**   
 This non-slip mat is divided into 8 numbered sections – perfect for agility training for both athletes and children alike! Comes with a set of work cards with over 50 different drills:   
 L: 1m W: 1m.

**H. Agility Dot Drill Mat**   
 Perfect for agility training as the 5-dot cut outs provide targets for agility drills. Made of thick recycled rubber material for maximum durability.   
 L: 4ft W: 3ft Hole Diameter: 6"

**I. GoFit Agility Bags**   
 Used to increase speed and agility, this set of 3 bags are made of easy-to-clean vinyl and have convenient carry handles on the ends. Comes with a Mark Verstegen Agility Bag Core Performance DVD.

**J. Agility Hurdles**   
 Perform a series of fast-feet and lateral agility drills with hurdles. Sold in singles and available in 6" (15cm), 12" (30cm) and 20" (50cm) heights for young adults through to larger athletes.

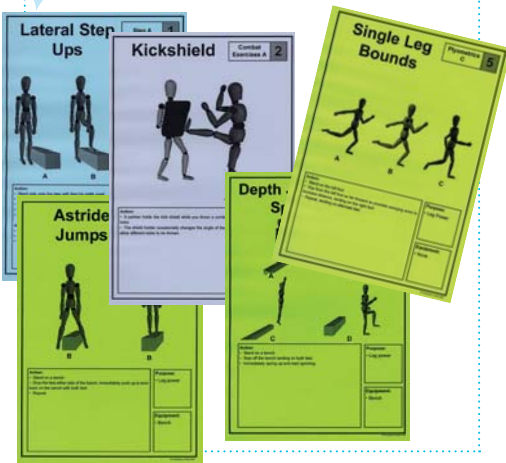
**K. Hurdle Extension Kit**   
 Attach the custom made clips to add 7.5cm or 15cm to our agility hurdles. Kit contains the cross bar, 1 x 7.5cm extension and 1 x 15cm extension.

**CLICK THE CART**   
TO BUY AN ITEM ONLINE

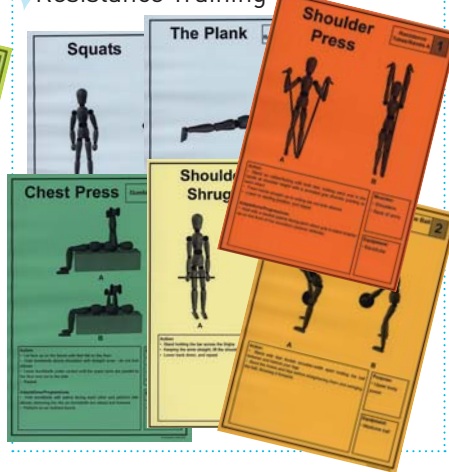
# Circuit Training Cards

Our ever popular circuit cards are used indoors and out and are suitable for all abilities. A4 laminated, each set comprises 20 exercises per pack. Use the manual for layouts and the binder for storage.

## A. Circuit Cards for Cardio Training



## B. Circuit Cards for Resistance Training



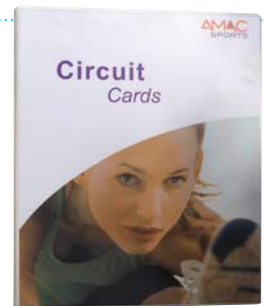
## C. Circuit Cards for Stability Training



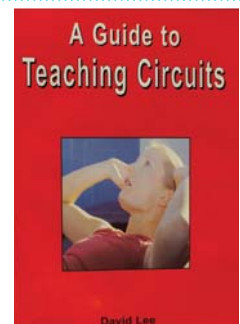
## D. Circuits for Agility Training



## E. Circuit Card Ring Binder



## F. Circuit Card Manual



### A. Circuits for Cardio Training

**5 sets:** 

- Step exercises
- Combat exercises
- Plyometrics A
- Plyometrics B
- Plyometrics C

### B. Circuits for Resistance Training

**6 sets:**

- Body Resistance CV
- Body Resistance MSE
- Resistance Tubes & Bands
- Dumbbell exercises
- Barbell/Body Bar exercises
- Medicine Ball exercises

### C. Circuits for Stability Training

**8 sets:** 

- Stability Ball (novice)
- Stability Ball (beginner)
- Stability Ball (intermediate)
- Stability Ball (advanced)
- Stability Ball w/Freeweights
- BOSU® Ball
- Wobble Board
- Stability Disc

### D. Circuits for Agility Training

**2 sets:** 

- Ladder drills
- Hurdle drills

### E. Circuit Card Ring Binder

Keep your circuit cards clean and in the order you want them with this handy 4-hole ring binder. Will store up to 300 cards as you build up your collection.

### F. Circuit Card Manual

This manual is your bible to circuit training theory, class planning and progression, teaching methods and evaluation. It provides numerous ideas, layouts and adaptations as well as warm up and cool down suggestions. Contains a dictionary of all cards with detailed descriptions.

See page 26 for our Kids Activity Cards



Visit the website at [proactive-health.co.uk/circuitcards](http://proactive-health.co.uk/circuitcards) to view the full exercise listings for each set of circuit cards shown here.

View full exercise listings for each circuit card pack at [www.proactive-health.co.uk/circuitcards](http://www.proactive-health.co.uk/circuitcards)

Buy online or Freephone 0800 434 6170 to place your order

# Aqua Aerobics & Pool Fitness

We offer a mix of new and traditional water-based products to add interest to your aqua workouts including ranges that add resistance, provide an aerobic workout and provide fun in the pool!

## A. Pro Aqua Noodle



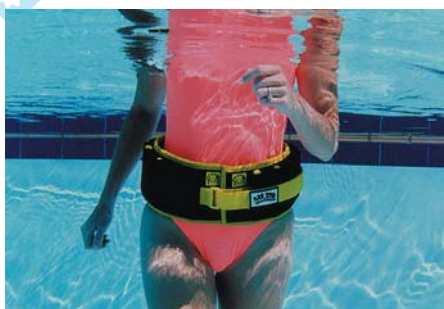
## B. Aqua Step



## C. Kiefer Aqua Fitness Belts



## D. Aqua Adjustable Belt



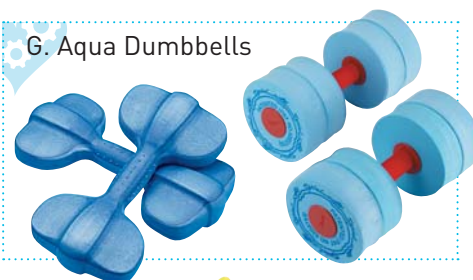
## E. Aqua Resistance Gloves



## F. Aqua Discs



## G. Aqua Dumbbells



## H. Aqua Oars



## I. Eco'Fitness Bars/Disc Kit



### A. Pro Aqua Noodle 🛒

Durable, ultra-flexible 1.6m tubing that bends into any shape. Ideal for aqua classes or just for fun in the pool. Made of non-absorbent extruded polyethylene foam. Noodle Workout DVD available to purchase separately.

### B. Aqua Step 🛒

Add a new and exciting twist to your aqua aerobics classes with the Aqua Step! The 'suckers' on the feet keep the step firmly on the bottom of the pool for a safe and fun cardio workout.

### C. Kiefer Aqua Fitness Belts 🛒

Used for aqua fitness classes and ideal for rehabilitation work to provide buoyancy. Three sizes; Small, Medium, Large.

### D. Aqua Adjustable Belt 🛒

This belt is adjustable by adding or removing waterproof weights. Maximum is 10lb, designed by physiotherapists to ensure comfort.

### E. Aqua Resistance Gloves 🛒

Snug fitting aqua resistance gloves help increase exercise intensity in the water. Open ended fingers for varied finger lengths. Sold in pairs.

### F. Aqua Discs 🛒

Increase exercise intensity in the water and are a good

training aid when swimming the crawl. Sold in pairs.

### G. Aqua Dumbbells 🛒

Standard foam dumbbells help develop muscular endurance. Flange-shaped dumbbells offer variable resistances as they are moved through the water. Sold in pairs.

### H. Aqua Oars 🛒

Designed for water-based resistance work to tone the arms, shoulders, pecs, back and abs. Sold in pairs in two resistances: 250g per oar, 500g per oar.

### I. Eco'Fitness Bars/Disc Kit 🛒

Eco'Fitness' Bars are ideal for resistance training in water. Use empty below the surface or

will float when filled with water or for barbell exercises above the surface.

4 sizes: 2kg, 3kg, 4kg, 5kg. Eco'Fitness' discs have similar properties - see page 27 for full details.

See page 27 for the Gym Ring & Aku Ring which are great for pool-based activities for kids.



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

We have a great choice of PPL-free music that we review throughout the year to add more titles on a regular basis in order to offer a continual source of interesting sounds and varied BPMs for all your classes.



# Get inside knowledge. Get Outbox™

Pure, professional boxing education!

Developed by world champion David Haye and his trainer, Adam Booth, Outbox™ is the UK's nationally recognised standard for teaching boxing education and training techniques.

- Safely train your clients in boxing technique
- Improve their fitness, strength, endurance and speed
- Develop your own skills and knowledge
- Gain REPs points
- Add new training techniques to your portfolio
- Accredited by the British Boxing Board of Control
- Learn from the experts

Outbox™ is the perfect qualification for every personal trainer or instructor looking to take their clients to the next level.

## David Haye – World Champion and Outbox™ trainer

David brings his boxing technique, professional knowledge and commitment to excellence to the Outbox™ programme.

Plus, David's trainer, Adam Booth, shows you how to coach the very best from your clients. Adam is a world-respected personal trainer and packs 28 years of experience into Outbox™.

Join David and Adam as they offer a knockout delivery for fitness professionals wanting first-class boxing tuition.



For more information or to register for Outbox™  
tel: +44 (0)20 8586 8636  
email: busdev@fitpro.com  
website: www.fitpro.com/outbox



POWERED BY **fitpro**

## PROACTIVE HEALTH

### PPL-free instructor music

We only sell music CDs that have non-original artist tracks, which means the individual instructor does not need a licence to play the music in classes providing the venue has its own PRS licence.

A selection of our titles:



To keep you up to date with the latest music available, we are always adding new CDs to our music range. Visit the music section or our website to view our current range and to see full track listings of every CD including information on their BPMs.

[proactive-health.co.uk/music](http://proactive-health.co.uk/music)

0800 434 6170

We work in close partnership with Sound Dynamics to bring you a range of professional, commercial quality fitness sound systems. Call their team on 01773 82 84 86 for more information and advice before making your purchase.

## A. BoomBlaster Sound System



## B. Blaster Rechargeable Power Station



Note: Design may vary

## C. Blaster Protective Carry Bag



## D. iPA Portable PA with iPod® Docking



Note: iPod not included

## E. CDVT Portable CD Player



Note: Perfect for connection to item D.

## F. Fitness & Dance MP3 Player



Note: Perfect for connection to item D.

## G. The Instructor System Fitness Studio Sound

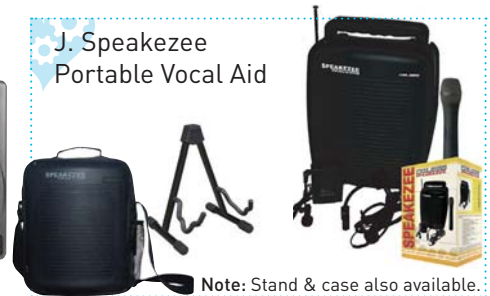


## I. Wanderer Deluxe MKIII All-In-One System



Note: Protective cover available separately.

## J. Speakezee Portable Vocal Aid



Note: Stand & case also available.

## H. Pro Powered Loudspeaker



Note: Connect to items E or F for excellent results.

## K. Pro Vari-speed CD Player



**A. BoomBlaster Sound System** Powerful, portable with CD, optional Vari-Speed and Quick-Link for iPod. Mic input not available but can be used with the Speakezee Vocal Aid (item J).

**B. BoomBlaster Rechargeable Power Station** Connect and power the BoomBlaster mains free. Ideal for poolside or outdoor use.

**C. Blaster Protective Carry Bag** Keeps your BoomBlaster dry, clean and scratch free.

**D. iPA PA with iPod® Docking** Portable design. Simply plug in a CD/MP3 Player or dock an iPod and press play. Perfect for connecting to a microphone system (see page 39).

**E. CDVT Portable CD Player** Fantastic CD Player with Vari-Speed - small, stylish design and excellent quality. Vari the speed of a CD without changing the pitch or the quality. Perfect for connecting to the iPA System (item D).

**F. Fitness & Dance MP3 Player** Only slightly bigger than an iPod with memory to store 240 songs and vari-speed. Simply plug this MP3 into a Powered Speaker (the iPA System is perfect - item D) and press play for stunning class results.

**G. The Instructor System® Fitness Studio Sound** Control console with inbuilt amplifier, voice and music controls, vari-speed Pro

CD Player, pair of high quality loudspeakers and all connecting cables. Sleek and strong, this system is specifically designed for the fitness industry.

**H. Pro Powered Loudspeaker** This powered loudspeaker with inbuilt amplifier can be connected to a small personal CD, MP3 or an iPod type device. Perfect to use with items E or F.

**I. Wanderer Deluxe MKIII** The ultimate all-in-one solution in power, sound quality, features and flexibility with remote control and vari-speed on CD. Inputs for MP3/iPod. Headset, Hand-Held and Lapel wireless microphones included. Inbuilt battery pack allows

for mains or mains free use - indoor or outdoor! Wheels and handle for easily transportation.

**J. Speakezee Portable Vocal Aid** Portable, compact system allowing you to be heard by all. Handheld, lapel or fitness style Headset all included. Place the Speakezee facing the audience, switch on and talk through the chosen microphone. iPod/CD player input.

**K. Pro Vari-Speed CD Player** With vari-speed and remote control. Anti-shock protection to help stop your music skipping and jumping when teaching. 19" rack ears for rack mounting. Superbly built, fantastic value and easy to use.

Fitness headworn wireless microphones, accessories and spare headsets come in all shapes and sizes to suit instructors requirements perfectly. Email [support@sound-dynamics.co.uk](mailto:support@sound-dynamics.co.uk) for more information or call 01773 82 84 86.

**A. Pro16 Headworn Mic System**



**B. Diverse64 Headworn Mic System**



**C. Trantec S4.4 Headworn Fitness System**



**D. Smart-Wireless VHF Headworn System**



**E. Waist-Worn Personal PA with Headset**



Note: Colours may vary.



**F. In-Ear Cardio Sports-Phones**



**G. Cardio Sports Head-Phones**



**H. Protective Windshields**



**I. Slim-Line Headset**



**J. Trantec TS66 Headset**



**K. E-Mic Exercise Headset**



**L. Aeromic /Cyclemic Headset**



**M. Pouch Belts**



**A. Pro16 Mic System** 

Great value system. 16 selectable UHF channels to avoid interference. Comfortable slim-line headset (screw-in jack plug).

**B. Diverse64 Mic System** 

64-channel twin aerial system giving max range without 'drop-out'. Great quality comfortable slim-line headset (lock-in 3pin plug).

**C. Trantec S4.4 Fitness System** 

Quality built system with four UHF changeable channels. Supplied with sweat-resistant fitness headset and protective carry case.

**D. Smart-Wireless VHF System** 

Robust build quality, simple

operation make this a first choice for many individuals. Sturdy carry case included (lock-in 3pin plug).

**E. Waist-Worn PA with Headset** 

Self contained Voice Amplifier, worn around your waist in conjunction with the Headset. Includes batteries and battery charger. Intended for small fitness classes or presentations.

**F. In-Ear Cardio Sports-Phones** 

Stylish, comfortable, great for sports centre cardio machines. Clip around ear fit. Used in many UK clubs. iPod and MP3 player compatible.


**G. Cardio Sports Head-Phones** 

Compact style headphones

ideal for sports centre cardio systems. Excellent profit-maker for clubs and great for iPod and MP3 players.

**H. Protective Windshields** 

Essential to keep perspiration away from the microphone capsule on your headset. Must have accessory. Choose from round sponge style or slim torpedo shape.

**I. Slim-Line Headset** 

Low profile, easy wearing and great value.

**J. Trantec TS66 Headset** 


Sweat resistant headset with adjustable band. Specially designed for fitness, high quality, long life headset, choice of colours: Black, Blue or Yellow.

**K. E-Mic Exercise Headset** 

Sweat resistant, noise cancelling top quality with adjustable back band. Designed specifically for high intensity fitness classes. Long life cable, comfortable, choice of colours: Red, Blue or Yellow

**L. Aeromic/Cyclemic Headset** 

Lightweight design and fully protected against perspiration. Cyclemic has a 'J' curve design to drain sweat away when teaching spinning classes.

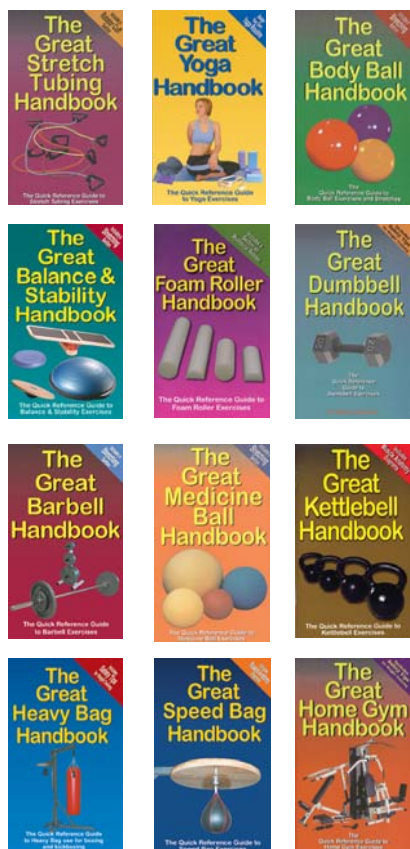
**M. Pouch Belts** 

Choice of 4 pouch belts:  
i) Aeromic Original (available in black or camouflage)  
ii) Aeromic Hipster  
iii) Aeromic ArmBand  
iv) Aeromic Zipster

# Fitness Education: Books & Charts

Books and charts are a valuable resource in studios and offer programming ideas for PTs. We have selected our best selling publications, which give clear and safe instruction and cover a wide range of equipment and methods of exercise.

## A. Fitness Handbooks



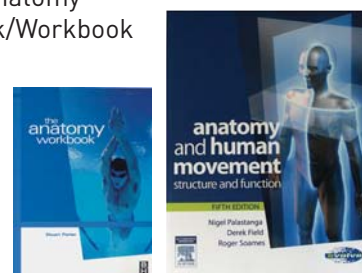
## B. Fitness Poster Packs



## C. Stability Ball Charts



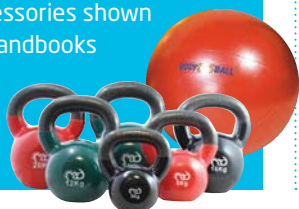
## D. Anatomy Book/Workbook



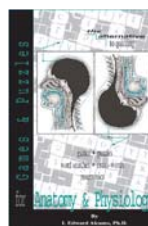
## F. Anatomy Flash Packs



The fitness accessories shown in these great handbooks are featured throughout this catalogue.



## E. Anatomy Games & Puzzles Book



### A. Fitness Handbooks 🛒

Perfect for programming ideas, these handy low-cost reference guides contain a complete series of exercises using the related fitness accessories and include useful hints and tips together with advice on how to train safely.

#### 12 handbooks to choose:

- The Great Stretch Tubing Handbook
- The Great Yoga Handbook
- The Great Body Ball Handbook
- The Great Balance & Stability Handbook
- The Great Foam Roller Handbook
- The Great Dumbbell Handbook
- The Great Barbell Handbook
- The Great Medicine Ball Handbook
- The Great Kettlebell Handbook
- The Great Heavy Bag Handbook
- The Great Speed Bag Handbook
- The Great Home Gym Handbook

### B. Fitness Poster Packs 🛒

These sets of A3-sized posters provide exercises with clear images and instructions to work the whole body.

#### 4 poster packs to choose:

- PowerBlock Dumbbell Pack (set of 5)
- Dumbbell Training Pack (set of 4)
- Stretch Tubing Pack (set of 5)
- Body Ball Pack (set of 4)

### C. Stability Ball Charts 🛒

A set of four A1 size charts depicting exercises and stretches on stability balls.

### D. Anatomy Book/Workbook 🛒

Written by Nigel Palastanga et al. Essential reading for the study of anatomy and human movement. The separate 'Anatomy Workbook' takes you step-by-step through the core areas of anatomy; giving you memory aids and tips on how to pass exams, questions and answers, study aids and self-directed learning.

### E. Anatomy Games & Puzzles Book 🛒

Test your anatomy & physiology knowledge through a series of 52 word games including word searches and crossword puzzles.

### F. Anatomy Flash Packs 🛒

Spiral-bound handy packs that display a clear image on one page with a concise description and key facts on the opposite page.

#### 3 flash packs in to choose:

- Muscular System:** Shows every muscle from the shoulders down
- Head & Neck Muscles:** Shows every muscle in the head and neck
- Skeletal System:** Shows every bone in the human body

Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.



Our DVDs have been carefully selected because of the quality of the instruction contained within them. These DVDs will benefit instructors and users alike as they demonstrate good technique and safe working practices.

## A. Fitness DVDs



### A. Fitness DVDs

Perfect for programming ideas, each of these great value DVDs has a library of exercises using the related fitness accessories and include useful hints and tips together with advice on how to train safely.

#### There are 12 DVDs in this range:

- 60 Great Stretching Exercises DVD
- 60 Great Band & Tubing Exercises DVD
- 30 Great Medicine Ball Drills & Exercises DVD
- 40 Great Swiss Ball Exercises DVD
- Testing for Core Stability & Core Strength DVD
- Boxing Fitness Drills: Focus Pads DVD
- Boxing Fitness Drills: Floor-to-ceiling Ball DVD
- Boxing Fitness Drills: Speed Ball DVD
- Boxing Fitness Drills: Thai Pads & Shields DVD
- Boxing Fitness Drills: Heavy Bag DVD
- Boxing Fitness Drills: Uppercut Bag DVD
- Boxing Fitness Drills: Thai Bag DVD

## B. Body Bar® Training DVDs



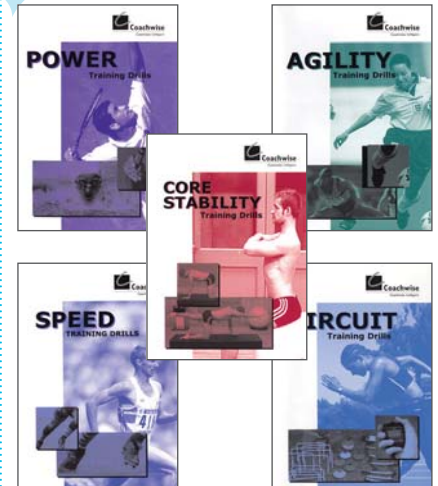
### B. Body Bar® Training DVDs

Leading USA fitness professionals have joined forces to create a range of innovative ways to use the Body Bar in group and individual exercise. These safe and effective programmes combine traditional moves with the latest trends to help your clients reach their fitness goals.

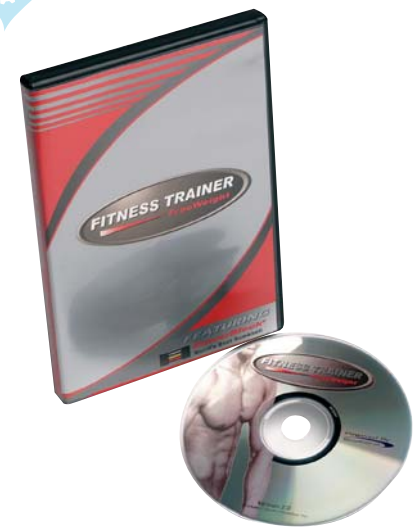
#### There are 12 DVDs in this range:

- Strength & Conditioning DVD
- Total Body Express DVD
- Strength Resolutions DVD
- Deep Definition DVD
- Yoga Strength DVD
- Pilates Strength DVD
- Energy Action Circuit DVD
- Strong Step DVD
- Burn: Body Bar & BOSU® DVD
- Explode! Body Bar & BOSU® DVD
- Body Bar Ball Basics DVD
- Equanimity: Body Bar & Stability Ball DVD

## C. Sports Performance DVDs



## D. Fitness Trainer CD-Rom



### C. Sports Performance DVDs

A series of sports performance DVDs developed by Sports Coach UK. Each DVD in the range takes you through training drills that will help to improve skills for your chosen sport.

#### There are 5 DVDs in this range:

- Power Training Drills DVD
- Agility Training Drills DVD
- Speed Training Drills DVD
- Core Stability Training Drills DVD
- Circuit Training Drills DVD

### D. Fitness Trainer CD-Rom

A fully interactive CD-ROM teaching proper lifting techniques and how to avoid the common mistakes associated with the lifts from over 100 dumbbell exercises. The CD exclusively uses PowerBlock® (see pages 14-15) but any free weight dumbbells can be used to perform the exercises.

# STOTT PILATES® At Home DVDs

STOTT PILATES At Home DVDs will benefit instructors and home users with excellent instruction from Moira Merrithew and her team of experts. Great programming ideas for your Pilates matwork classes.

## A. Pilates Express™ Series



## B. Fitness Circle® Series



## C. Pilates Matwork Series



## D. Pilates-Infused™ Yoga Series



## E. Weight Loss Series



## F. Walking Pilates™ Series



## G. Reformer Series



## H. Golf Series



## I. Mini Flex-Ball™ Series



All STOTT PILATES accessories used in these DVDs are available to purchase separately - see pages 6-22.

### A. Pilates Express™ Series 🛒

Basic Pilates  
Sunrise Workout  
Revive Workout  
Relaxation Workout

#### Pilates Express Mat Pack

Pack includes the Pilates Express Mat in a choice of either Kelly Green or Steel Blue (see page 6), the Sunrise Workout DVD and an exercise poster.

### B. Fitness Circle® Series 🛒

Fitness Circle Flow  
Power Paced Fitness Circle  
Fitness Circle Challenge

#### Fitness Circle Lite Pack

Pack includes Fitness Circle Lite (see page 12), the Fitness Circle Flow DVD and an exercise poster.

### C. Pilates Matwork Series 🛒

The Secret to Flat Abs  
The Secret to Toned Arms, Buns & Thighs  
Firm & Fit  
Power Paced Pilates  
Core Challenge  
Strong & Streamlined

### D. Pilates-Infused™ Yoga 🛒

Simple Stretches  
Pure Vitality  
Body & Soul

### E. Weight Loss Series 🛒

The Secret to Weight Loss Vol. 1  
The Secret to Weight Loss Vol. 2  
Weight Loss Boost

#### Secret to Weight Loss Pack

This pack contains the Secret to Weight Loss Volumes 1 & 2 on DVD, a 6-week food plan with nutritional booklet, a water bottle and an exercise poster.

### F. Walking Pilates™ Series 🛒

Walk on to Total Fitness  
Walk on to Weight Loss

### G. Reformer Series 🛒

At Home Reformer Workout

### H. Golf Series 🛒

Pilates on the Green Level 1  
Pilates on the Green Level 2

### I. Mini Flex-Ball™ Series 🛒

Mini Flex-Ball Workout

#### Mini Flex-Ball Pack

Pack includes Mini Flex-Ball with blow-up straw & plug (see page 22), the Mini Flex-Ball Workout DVD and an exercise poster.



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

**CLICK THE CART**   
TO BUY AN ITEM ONLINE

# STOTT PILATES® At Home DVDs

Encourage your clients to purchase DVDs for their home workouts in-between your sessions. Packs including the related accessories and an exercise poster are a great gift idea too!

## A. Strength & Agility Series



## B. Toning Ball Series



**Power Pack**

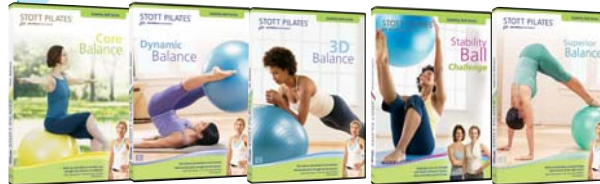
## C. Pilates for Kids



## D. Active Ageing Series



## E. Stability Ball Series



**Power Pack**



## F. Back Care Series



## G. Pre/Post-Natal Series



## H. Flex-Band® Series



**Power Packs**

## I. Cancer Rehab Series



### A. Strength & Agility Series

Pilates with Props Vol. 1  
Pilates with Props Vol. 2  
Cardio & Core on the Mini-Tramp™  
Pilates for Men

### B. Toning Ball Series

Amazing Tone  
Total Body Toning

#### Toning Ball Pack

Pack includes two 11lb Toning Balls (see page 10), the Amazing Tone DVD and an exercise poster.

### C. Pilates for Kids Series

Fitness Fun: Pilates for Kids

### D. Active Ageing Series

Dynamic Armchair Pilates  
Armchair Pilates™  
Armchair Pilates Plus

### E. Stability Ball Series

Core Balance  
Dynamic Balance  
3-D Balance  
Stability Ball Challenge  
Superior Balance

#### Stability Ball Packs

Packs include an anti-burst STOTT PILATES Stability Ball (either 55cm or 65cm sizes), air pump, the Core Balance DVD and an exercise poster.

### F. Back Care Series

Be Kind to Your Spine  
Pain-Free Posture  
Standing Tall  
The Secret to a Strong Back

### G. Pre/Post-Natal Series

Prenatal Pilates on the Mat  
Prenatal Pilates on the Ball  
Prenatal Workout on the Edge  
Post-Natal Pilates

### H. Flex-Band® Series

Sculpt & Tone  
Total Body Sculpting  
Ultimate Body Sculpting  
Intense Sculpting Challenge

#### Flex-Band Twin Pack

Pack includes one regular-strength and one extra-strength Flex-Band (see page 8) together with an exercise poster.

#### Flex-Band + Handles Pack

Pack includes one regular-strength Flex-Band and a pair of Flex-Band Handles (see page 8), the Intense Sculpting Challenge DVD and an exercise poster.

### I. Cancer Rehab Series

Pilates for Breast Cancer Rehab

For information on how to train to become a STOTT PILATES instructor see page 44.



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

Buy online or Freephone 0800 434 6170 to place your order

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# STOTT PILATES® Professional DVDs & Manuals

The Professional DVDs and manuals are vital tools to accompany STOTT PILATES instructor courses or for the Pilates professional looking to enhance their skills.

## A. Pro Matwork DVDs



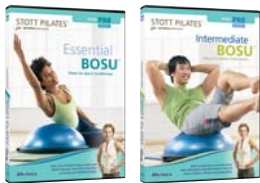
## B. Pro Matwork Manuals



## I. Special Populations /Rehab DVDs



## C. BOSU® Series



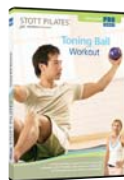
## D. Foam Roller Series



## E. Rotational Disks Series



## F. Toning Ball Series



## G. Pilates Edge™ Series



## H. Spring Wall™ Series



### A. Pro Matwork DVDs 🛒

Essential Matwork  
Intermediate Matwork  
Advanced Matwork

### B. Pro Matwork Manuals 🛒

Comprehensive Matwork

### C. BOSU® Series 🛒

Essential BOSU Pilates  
Intermediate BOSU Pilates

### D. Foam Roller Series 🛒

Pilates on a Roll  
Foam Roller Challenge

### E. Rotational Disks Series 🛒

Rotational Disks

### F. Toning Ball Series 🛒

Toning Ball Workout

### G. Pilates Edge™ Series 🛒

Essential Pilates Edge  
Intermediate Pilates Edge  
Athletic Conditioning on the Pilates Edge

### H. Spring Wall™ Series 🛒

Pilates off the Wall

### I. Special Populations/Rehab DVDs 🛒

Prenatal Pilates on Equipment  
Breast Cancer Rehab on Equipment  
Back Care Repertoire  
Spinal, Pelvic & Scapular Stabilization on Equipment  
Spinal, Pelvic & Scapular Stabilization with Reformer + Vertical Frame  
Peripheral Joint Stabilization on Equipment  
Peripheral Joint Stabilization with Reformer + Vertical Frame

# STOTT PILATES®

merrithew CORPORATION

## Train to become a STOTT PILATES® Certified Matwork Instructor

STOTT PILATES has earned an international reputation as the world's most respected Pilates brand. Whether you are a fitness professional, rehab professional or a facility operator, their versatile system of training will exceed your education expectations.

## Why choose STOTT PILATES training?

- Worldwide Pilates qualification
- Earn 16 REPs points for Matwork course
- Option to gain a Pilates Matwork Level 3 qualification with CYQ (20 REPs points)
- Enhanced Matwork course option for slower paced learning, extra support and anatomy training
- Move on to Reformer and equipment training
- Attend workshops for programming ideas and latest industry developments
- Advice and support to help you run a successful and profitable Pilates business
- Training centres Oxford, London and Southampton with more locations planned
- Host your own course within your facility via the STOTT PILATES hosting programme

0800 434 6110  
www.activetraining.info

STOTT PILATES® Licensed Training Centre

**CLICK THE CART**   
TO BUY AN ITEM ONLINE

# STOTT PILATES® Professional DVDs & Manuals

These DVDs and manuals cover all aspects of the STOTT PILATES instructor training repertoire and are a valuable resource to Physios, Sports Coaches and Fitness Instructors.

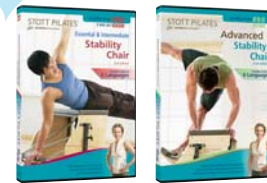
## A. Reformer DVDs



## B. Reformer Manuals



## E. Stability Chair DVDs



## C. Cadillac DVDs



## D. Cadillac Manuals



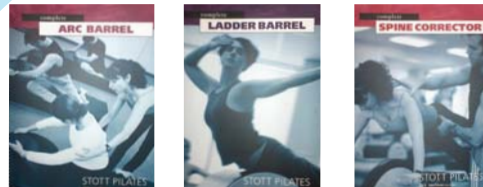
## F. Stability Chair Manuals



## G. Barrels DVDs



## H. Barrels Manuals



## I. V2 Max Plus™ Reformer DVDs



## J. Additional Reformer DVDs



## K. Additional Stability Chair DVDs



### A. Reformer DVDs

Essential Reformer  
Intermediate Reformer  
Advanced Reformer

### B. Reformer Manuals

Essential Reformer  
Intermediate Reformer  
Advanced Reformer

### C. Cadillac DVDs

Essential Cadillac  
Intermediate Cadillac  
Advanced Cadillac

### D. Cadillac Manuals

Essential Cadillac  
Intermediate/Advanced Cadillac

### E. Stability Chair DVDs

Essential & Intermediate  
Stability Chair  
Advanced Stability Chair

### F. Stability Chair Manuals

Compete Stability Chair

### G. Barrels DVDs

Complete Barrel Repertoire

### H. Barrels Manuals

Complete Arc Barrel  
Complete Ladder Barrel  
Complete Spine Corrector

### I. V2 Max Plus™ Reformer DVDs

V2 Max Plus Programming  
Athletic Conditioning on the V2  
Max Plus

### J. Additional Reformer DVDs

Athletic Conditioning on the  
Reformer  
Golf Conditioning on the  
Reformer  
Reformer Workout for Men  
Jumpboard Interval Training  
Group Reformer Workout

### K. Additional Stability Chair DVDs

Athletic Conditioning on the  
Stability Chair  
Group Stability Chair Workout  
Split-Pedal Stability Chair

Train to become a  
**STOTT PILATES Certified  
Reformer Instructor.** Call  
0800 434 6110 or visit  
[www.activetraining.info](http://www.activetraining.info)



Product codes &  
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# STOTT PILATES® Reformers

Reformers are the first large piece of equipment usually bought by Pilates studios. STOTT PILATES Reformers are considered to be among the best in the world for their attention to detail and build quality.

## A. V2 Max Plus™ Reformers\*



\*US Patent Pending & other countries

## B. Professional Reformer™



## C. Rehab Reformer™



## F. Vertical Frames

Traditional Style      Plus Style



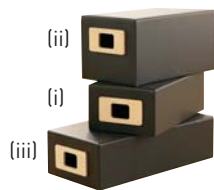
## D. Rack & Roll Reformer



## E. Group SPX™ Reformer



## G. Reformer Boxes



## H. Mat Converters



## I. Accessory Boards



### A. V2 Max Plus™ Reformers 🛒

Innovative Reformer with integrated vertical frame pulley system. Available in the Professional, Rehab and Group SPX MAX™ Reformer models – choose the model that suits your budget and client-base.

### B. Professional Reformer™ 🛒

Suitable for all types of clients and ideal for both boutique and in-club Pilates studios.

### C. Rehab Reformer™ 🛒

Built higher off the ground than the professional model and designed specifically for working with mobility-challenged clients.

### D. Rack & Roll Reformer 🛒

Same features as the Professional Reformer, but built low to the ground and can be easily stacked and stored.

### E. Group SPX™ Reformers 🛒

The Group SPX Reformer only weighs 100lbs and is the most cost-effective model for multi-purpose studios. Choose the Group SPX Max model if a vertical frame is required as it has receptacles ready to accommodate the frame.

**Note:** Can be stacked 6-high when not in use (vertical frames must be removed before stacking). A rolling trolley is available to purchase separately to move reformers around the studio with ease.

### F. Vertical Frame Options 🛒

Vertical frames easily fit onto the Professional, Rehab and Group SPX Max Reformer models. Choose from the V2 Max Plus option where the pulley system offers limitless adjustability or the Traditional Vertical Frame, which is fitted with eyehooks throughout its length.

### G. Reformer Boxes 🛒

Boxes can be used to vary Reformer exercises. Upholstered in non-scuff

vinyl, footstrap included. (i) Professional, (ii) Extra Tall and (iii) Extra Long options.

### H. Mat Converters 🛒

Converts the Reformer into a raised matwork station. Select the converter that fits with your Reformer type.

### I. Accessory Boards 🛒

Jumpboards, Diskboards and Soft Footbars for specific Reformer exercises. Select the accessory board suitable for your Reformer type.

See pages 44-45 for our complete range of STOTT PILATES Reformer Series DVDs & instructor manuals.



Cadillacs aid elite training and rehabilitation as well as helping deconditioned customers, whilst barrels and chairs are more portable and provide valuable exercise variations.

**A. Cadillac Trapeze Table**



**B. Cadillac Wall Unit**



**C. Spring Wall™**



**D. Stability Chair**



**E. Barrels**



**F. Pilates Edge™**



**G. Spine Supporter**



**H. Padded Platform Extenders**



**I. Gripper Mats & Roll-up Poles**




**A. Cadillac Trapeze Table** 

Variety of spring lengths and tensions together with multiple spring attachment sites provide different levels of resistance to support or challenge the body.

**B. Cadillac Wall Unit** 

A compromise if space and budget constraints make the Cadillac unfeasible. Shown with a raised mat (sold separately, see page 6).

**C. Spring Wall™** 

Similar to the Wall Unit, the Spring Wall provides diverse programming options in a cost-effective, space-saving unit.

**D. Stability Chair** 

Ideal in rehab applications for seated or upright exercises,

it also facilitates high-performance exercises for athletes in an intense, full-body workout.


**E. Barrels** 

Essential for aligning and mobilising the spine, improving posture and developing balance and control.


The four barrels are:  
(i) Arc Barrel  
(ii) Arc Barrel Deluxe  
(iii) Spine Corrector  
(iv) Ladder Barrel

**F. Pilates Edge™** 

Adds variety to any workout by changing the angle of exercise, dramatically increasing programming options.

**G. Spine Supporter** 

Modifies exercises to reduce neck tension, protect weak lower backs and during pregnancy.

**H. Padded Platform Extenders** 

Accommodates upright exercises on the Reformer and provides extra height for Stability Chair, Cadillac and Ladder Barrel exercises.

**I. Gripper Mat & Roll-up Poles** 

Versatile non-slip mat to prevent slipping and sliding on equipment. Roll-up poles increase focus while performing exercises and are available in 3 options: Maple, 2lb metal, 4lb metal.

See pages 44-45 for our complete range of STOTT PILATES Equipment DVDs & instructor manuals



Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

# Bodyweight Systems & Cable Attachments

To add to our industry standard accessories we have sourced some great GoFit products related to specific training for PTs and their clients.

A. GoFit Pull-up Bar



B. GoFit Gravity Bar



C. GoFit Wrist & Forearm Blaster



D. GoFit Push-up Bars



E. Dipping Belt



G. Machine Attachment Rack



F. Machine Attachment Bars



H. Ankle Strap



I. Carabina



## A. GoFit Pull-up Bar

Fit high and low locking brackets on a standard door frame to allow pull up and abdominal exercises as well as inclined and declined work nearer the ground.

## B. GoFit Gravity Bar

Versatile multi-use workout kit, which slots in and out of locking brackets on a standard door frame. Supplied with excellent 45-min workout DVD and booklet. Suitable for elite athletes as well as home training. Fully adjustable to allow total-body exercises.

## C. GoFit Wrist & Forearm Blaster

Roll the rope and weight up and down for effective training of hands, wrists and forearms. Heavyweight steel and chrome construction. Add standard 1" discs for heavier load.

## D. GoFit Push-up Bars

Push-up bars allow for a greater range of motion compared to regular press-ups, while also helping to alleviate stress on the wrists.

## E. Dipping Belt

Leather belt with an integral 4" chain to which you can attach Olympic or standard plates for increased resistance while dipping.

## F. Machine Attachment Bars

A range of 14 different machine attachment bars available to purchase separately or as a 15-piece club pack which has one of each item and a second stirrup handle to make a pair:

- Revolving 20" Cable Bar
- Revolving 28" Curl Bar
- Revolving 'pro-style' 24" Lat Bar
- Revolving 'pro-style' 34" Lat Bar
- Revolving 36" Lat Bar
- Revolving 48" Lat Bar
- Revolving Multi-Exercise Bar
- Triceps 'V' Full Extension Bar
- 'Double D' Seated Row Handle
- 'V' Multi-Purpose Bar
- Triceps Press Down Bar
- Stirrup Handle (single)
- Triceps Single Grip Rope
- Triceps Double Grip Rope

## G. Machine Attachment Rack

This vertical rack holds the complete machine attachment club pack (sold separately).

## H. Ankle Strap

Quality leather ankle strap with buckle for a secure fit during leg exercises.

## I. Carabina

Professional quality carabina. Length 10cm.



These GoFit strength-training products are designed to be comfortable and functional for anybody and are supported with training plans and nutrition information - these will be invaluable for any fitness instructor or PT.

## G. GoFit Wrist Supports



## A. GoFit Diamond-Tac Wrist Wrap Gloves



## D. GoFit Pearl-Tac Gloves



## B. GoFit Diamond-Tac Gloves



## E. GoFit Ladies Gloves



## C. GoFit GymWorx Pro Gloves



## F. GoFit Power Hooks



## H. GoFit Wrist Straps



### A. GoFit Diamond-Tac Wrist Wrap Gloves

Exclusive 'diamond-tac' gripping pattern for superior grip that helps fight hand fatigue. Made of synthetic leather that will not bleed or fade, reinforced stitching on the fingers and extra thick padded wrist supports. GoFit's interactive training CD-ROM with nutrition and training tips is included. Four sizes: Medium, Large, X-Large, XX-Large.

### B. GoFit Diamond-Tac Gloves

Identical to the 'diamond-tac' gloves above but without the integrated wrist wrap supports. Includes a 12-week workout CD-ROM. Five sizes: Small, Medium, Large, X-Large, XX-Large.

### C. GoFit GymWorx Pro Gloves

These synthetic leather gloves have an anatomically cut palm with gel padding underneath the suede for extra comfort and grip. The wrist wrap is extra secure with a D-ring for the strap and Velcro for tight closure. GoFit's interactive training CD-ROM with nutrition and training tips is included. Four sizes: Medium, Large, X-Large, XX-Large.

### D. GoFit Pearl-Tac Gloves

Made from synthetic leather and reinforced canvas and designed with an anatomically cut palm with a tacky surface for extra grip as well as light gel padding. Includes a 12-week workout CD-ROM. Four sizes: X-Small, Small, Medium, Large.

### E. GoFit Ladies Gloves

Identical features to the 'Pearl-Tac' Gloves but in a choice of either pink or blue. GoFit's interactive training CD-ROM with nutrition and training tips is included. Pink gloves available in X-Small, Small, Medium, Large. Blue gloves available in Small, Medium, Large.

### F. GoFit Power Hooks

Premium grip enhancers that help fight hand fatigue allowing for longer, more comfortable training sessions. Extra thick neoprene wrist supports with closure system and 2 steel hooks in a double layer of heavy-duty nylon.

### G. GoFit Wrist Supports

Superior support for wrists with heavy-duty elastic, an adjustable hook and loop closure and thumb loop for easy use.

### H. GoFit Wrist Straps

Enhance your grip on almost any training bar. The straps are in a loop style with adjustable sizing. Great for maintaining your grip while doing pull-downs, shrugs, deadlifts, rows.

Product codes & prices are listed at the back of this catalogue.

Visit the website for full product descriptions.

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