



INDIGOFITNESS

> Product Catalogue

WE ARE INDIGO FITNESS

For over 20 years, Indigo Fitness have been at the forefront of high performance strength training

We set out with the simple goal of creating and manufacturing strong and durable strength training equipment, and over the years we've grown and developed into a full service solution provider, or as we like to call it 'creator of training spaces'. We strive to push the boundaries of both product and space design, utilising our experience and the latest technologies to deliver the best solutions for our customers.

Our in-house manufacturing plant gives us the flexibility to create and deliver tailored strength and functional training solutions. We're exclusive distributors of the industry leading duraTRAIN flooring tiles, and RAZE strength and conditioning equipment.

We are sure you will find lots to interest you in our new catalogue and we'd love to hear from you about your next project.

The Indigo team





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WE CREATE TRAINING SPACES

Getting a training space right is important to us, but it's essential to you. It can be the difference between a good workout and a great one, the magic ingredient that gives new members the feeling that they have come to exactly the right place. The ideal first impression.

A well designed gym space is effortless, it just feels right. It flows from one area to the next, with your members instinctively knowing what each area is for and what kind of training they should be doing.





A Collaborative Approach

We like to work together. Yes, we have years and years of experience and have designed hundreds of training spaces, but the most important ingredient is you and your ideas. What do you want your training space to deliver? How do you want it to feel?

We'll also need to discuss the technical details of the training space - room dimensions, flooring and wall specifications.



Plans, Designs & Visuals

Once we have a good understanding of your goals and ambitions, along with the technical elements of the space, our designers will begin to plan it out, starting with training areas and flooring types, before moving into equipment mix. This is all presented as a series of 2D and 3D plans, along with detailed equipment listing.

It's great to see your ideas laid out in this way and often throws up a few things you hadn't thought about or might prompt you to make some changes to layout or equipment.



360 Degree Walkthrough

Once you are happy with your layout we can move onto a full video walk-through, created using the latest in design software. This will give you a true feeling of how the space will feel and perform, allowing you to get right in amongst the equipment and be fully confident that the training space is just right.

IndigoFitness Clients

"I've worked with the team at Indigo over a 10 year period, including on two complete gym refurbishments. What makes them different is having a true end to end approach - they can design a training space, manufacture equipment, advise on correct flooring specification and complete the full installation."

Jason Davidson, Head of Athletic Performance, Leeds Rhinos



"I've worked with indigo on a number of projects throughout Europe over a 10+ year period. They have a thorough understanding of how to create safe and functional training environments that support athletic development. Our gym is now highly functional and fit for purpose, the players are engaged and motivated, which allows the support staff to get on with the job."

Tim Exeter, Performance Coach, Middlesbrough FC



"Partnering with Indigo Fitness was an invaluable decision. I met with them when One Performance UK was still a dream in my head, and from inception, to build, to becoming an operating facility, the support has been utterly outstanding."

One Performance UK



CASE STUDIES

Middlesbrough FC A New Gym to Help the Push for Promotion



In 2017, Tony Pulis was appointed as the new manager of Middlesbrough F.C. and tasked with getting them back into the Premier League as quickly as possible. A change in the 'Boro backroom team soon followed and included the appointment of a new Performance Coach, Tim Exeter. Tim brought a wealth of experience, having previously worked for the likes of Northampton Saints, and CA Brive in rugby, as well as with Coventry City, West Bromwich Albion, Stoke City and the Welsh FA.

The gym that Tim walked into was tired, cluttered and lacking a logical flow. Equipment was clustered together rather than positioned in a linear pattern, which made coaching a team during sessions challenging. Additionally, the existing 'block and beam' sub-floor had broken down below the training surface, meaning it was neither safe nor fit for purpose.

Tim brought in the Indigo team to work on a creating a new training space that was safe, functional, and would allow the players and staff to make the most of their off-field training.

The changes they made included:

- A complete reworking of the training surface, which included; removal of existing floor coverings, reinforcing the sub-floor, installation of 32mm duraTRAIN premium rubber flooring tiles and integrated custom turf lane.
- Custom designed and built wall fixed training rig running down one side of the room.
- Four bay Monster storage system - configured to accommodate all the required small equipment and provide additional workout stations for pull-ups, a punchbag, and mounting suspension trainers.
- A wide range of strength and conditioning equipment, including PWR Tools and RAZE Renegade air bikes.





Weetwood Hall Hotel

Weetwood Hall Hotel plays host to a large number of professional sports teams and athletes who utilise the hotel for training camps and prior to matches. However, the hotel has never had a strength and conditioning facility on site which meant athletes had to leave the hotel and visit a local health club for specialist sessions. So, the brief given to Indigo by hotel GM Steve Kershaw was to convert a conference room into a high performance strength and conditioning space able to cater for anything up to 12 to 15 athletes at a time.

The biggest challenge posed by this project was to achieve the functionality required in the limited space available. To enable this we designed a bespoke unit that combined two elite half racks with three monster storage bays – allowing everything to be positioned along a wall rather than spaced out around the room, which was the key factor in achieving the gym space the hotel were looking for. The unit was finished off with the hotels' colour scheme and incorporated laser cut branding plates on the storage bays.

It was vital for this project that the flooring would be suitable for both Olympic lifting and functional training, whilst reducing the spread of sound and vibration to neighbouring rooms. This meant there was really only one choice, 32mm Duratrains tiles, which were paired with bespoke PVC branded inset lifting platforms, providing a seamless finish to the floor without the need for additional lifting platform which would have limited the rooms functionality.

The whole installation was completed by Indigo Fitness engineers in less than 2 days and the whole project from start to finish took less than 3 months to complete.

Following the installation Weetwood Hall GM Steve Kershaw commented:

"Indigo's knowledge and experience has been utilised to maximise what we have, which allows us to go out to market and attract more teams from across Europe and around the world. I think the gym is absolutely fantastic, I think it personifies the good work in planning and designing put in by the hotel, Indigo, and the Strength and Conditioning coaches."



Racks

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 **MADE IN
BRITAIN**

CUSTOM COLOURS

All of our racks are manufactured to order, giving you the opportunity to fully customise the colour scheme. You can even choose more than one colour, allowing you to highlight different parts based on functionality, or simply create something really unique and eye-catching for your training space.

All of our frame colours are available in gloss or matte finish. If you have a specific colour requirement we'll do our best to match it.

Highlight Colour



Main Colour

Framework Colours

Red RAL3020	Yellow RAL1023
Dark Blue RAL5002	Green RAL6018
Orange RAL2004	Light Blue RAL5015
Black RAL9005	Purple RAL4006
Black Texture	Dark Grey RAL7024
Unfinished Steel	Silver RAL9006
Silver Sparkle	White RAL9016

ELITE RACKS

Elite Power Rack

We thought it couldn't be done, but our engineers have managed to improve upon our Premium series racks. Bigger and stronger than ever, the Elite Series racks really do take rack training to the next level.

Features

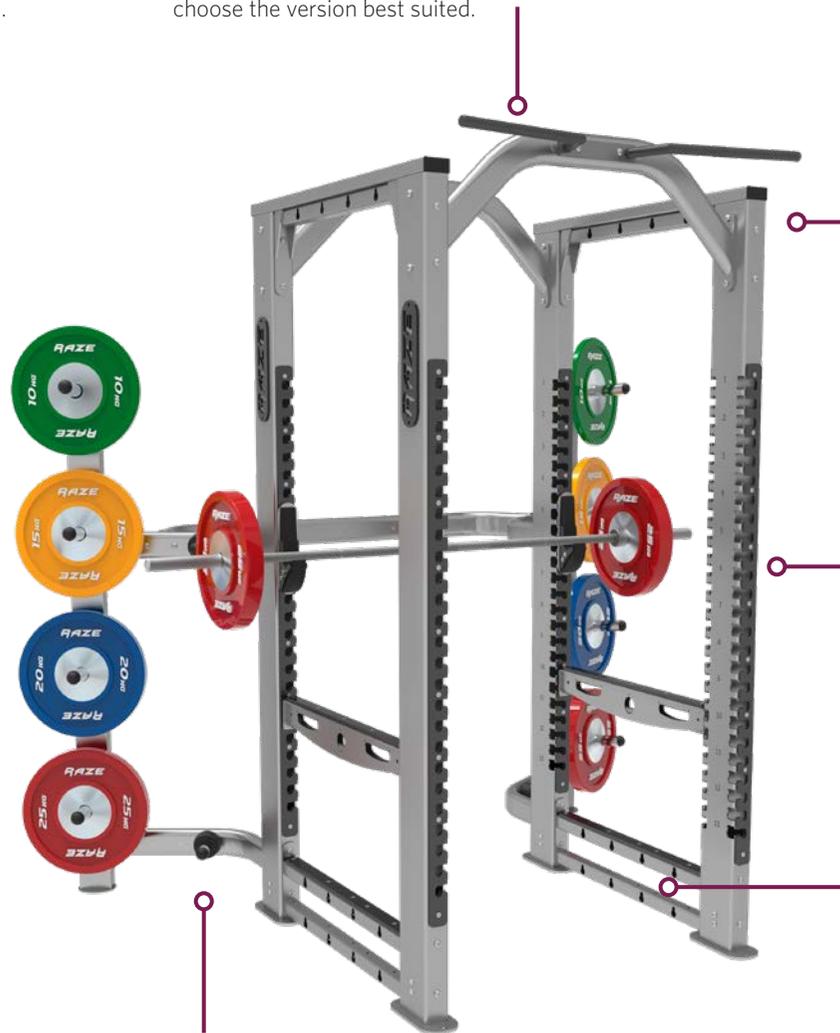
- Rock solid bar hooks with 50mm HDPE centre piece to protect bar knurl
- Internal spot arms with HDPE protective strip
- 2 x integrated vertical Olympic bar holders
- Plus the all new features detailed below

Code: **U1108C**

Specifications

Depth 180cm
Width 240cm
Height 260cm

Optional pull up bars have been redesigned to bolt on, meaning you have the freedom to choose the version best suited.



Increased strength, now more sturdy than ever, we've beefed up the uprights by over 30% to 160mm x 80mm x 5mm.

Improved Ergonomics by cutting the distance between the bar holder locators in half to just 60mm.

Upper & lower resistance band locations have been added giving the ability to add dynamic resistance when lifting.

Increased weight storage with 4 more posts.

Elite Half Rack



Code: U1108A

Specifications

Depth 145cm
Width 240cm
Height 260cm

Elite Series Platform

Our most advanced lifting platform has been created to offer the best sound and shock absorption available. It's 70mm thick and features a multi-layered construction that's topped with the industry leading 32mm DuraTRAIN tile - the result of extensive testing, engineering and a patented three-stage compression molding process, DuraTRAIN tiles are backed by a best in industry 10 year limited warranty.



Customise your platforms. Custom logos are available on all our platforms.

Ramped platform edges provide easy access for benches or wheelchairs

Code: U1105B-A

Elite Half Rack Platform

Code: U1105B-C

Elite Power / Multi Rack Platform

Linked Elite Racks

Join your elite power racks together with wings to create a training zone in the dead space between racks. The wing is available in 1.8m, 2.4m and 3m lengths.



Elite Half Racks with Storage



Joined Back to Back Elite Racks



Elite Dual 3M Racks



Elite Rack with Smith Machine



PREMIUM RACKS

Premium Power Rack

Built to meet needs rather than price-points it has everything you are ever likely to need from a rack, and with a lifetime guarantee on the framework it will last as long as you do!

The ultimate progression of our racks range – our power rack is a fully enclosed, powerful piece of equipment. It can adapt for any activity and is a central component in many strength facilities.

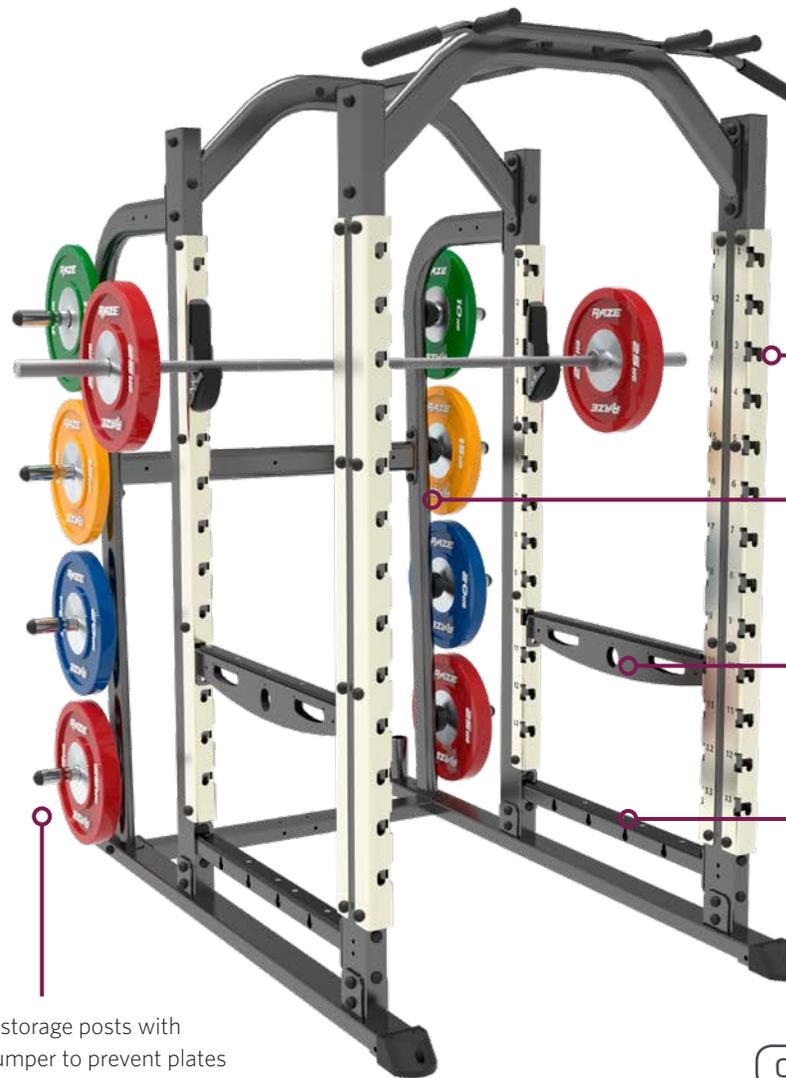
Features

- A fully welded construction, the main frame sections are 120 x 60mm 8 (3.6mm) gauge steel
- Powder coated framework in any colour you choose
- Lifetime warranty on all steel components
- Reverse attachments enable lifts in front of the rack using single bar hooks, safety spot arms or technique trays

Custom crafted adjustable bar hooks with 2 point locking system for added safety. Bar hooks are strong, resilient and shatterproof. A 50mm HDPE centre-piece (protects bars with no metal to metal contact) is sandwiched between two 6mm steel, laser cut and nickel plated brackets (they will not chip or rust) to produce quite simply the best adjustable bar hook around.



8 weight storage posts with rubber bumper to prevent plates touching the frame



120cm wide multi-grip pull-up bar (25mm diameter) - 236cm off the ground

Nickel plated laser cut slot post allows bar hooks to be located every 120mm

2 vertical bar storage posts at the rear

Internal safety spot arms included with HDPE inserts prevent bar damage.

4 locations for optional resistance band anchor pegs

Code: **U1008C**

Specifications

Depth 217cm
Width 166cm
Height 239cm

Premium Half Rack

One of the most functional pieces of equipment in any lifting area, especially where space is limited:

Features

- Same great construction and features as the power rack, without the additional sets of uprights at the front.
- Spot arms feature lip at front edge to prevent bar roll off



Code **U1008A**

Specifications

Depth 163cm
Width 166cm
Height 239cm

Premium Series Platform

Custom manufactured to fit snugly inside your Premium Power, Multi or Half rack. The solid oak centre provides rock solid stability whilst performing complex lifts and the sound absorbing construction dissipates shock load, keeping bar rebound to a minimum.

Features

- 60mm thick, multi-layered construction
- Ramped steel surround



Code: **U1005B-C**

Premium Power/Multi Rack Platform - Standard

Code: **U1005B-A**

Premium Half Rack Platform - Standard

Premium Compact Rack

A fantastic addition to the Premium racks family, the Compact Rack is perfect for smaller training spaces and PT studios. It retains many of the great features of the Premium Half and Power racks, but in a much smaller footprint. Plus, with transport wheel and lifting handles the rack can be moved around the training space as required.



Code: **U1008**

Specifications

Depth 124cm
Width 164cm
Height 211.5cm

BLACK SERIES RACKS

Power Rack

We've been back to the drawing board with our Black Series racks to bring you a brand new design that incorporates all of the great features you'd expect from one of our racks, but adds in a modular element that means you can take it beyond merely having a rack and turn it into a full training hub with the addition of shelving components, and even join racks together

Code: **U5009C**

Specifications

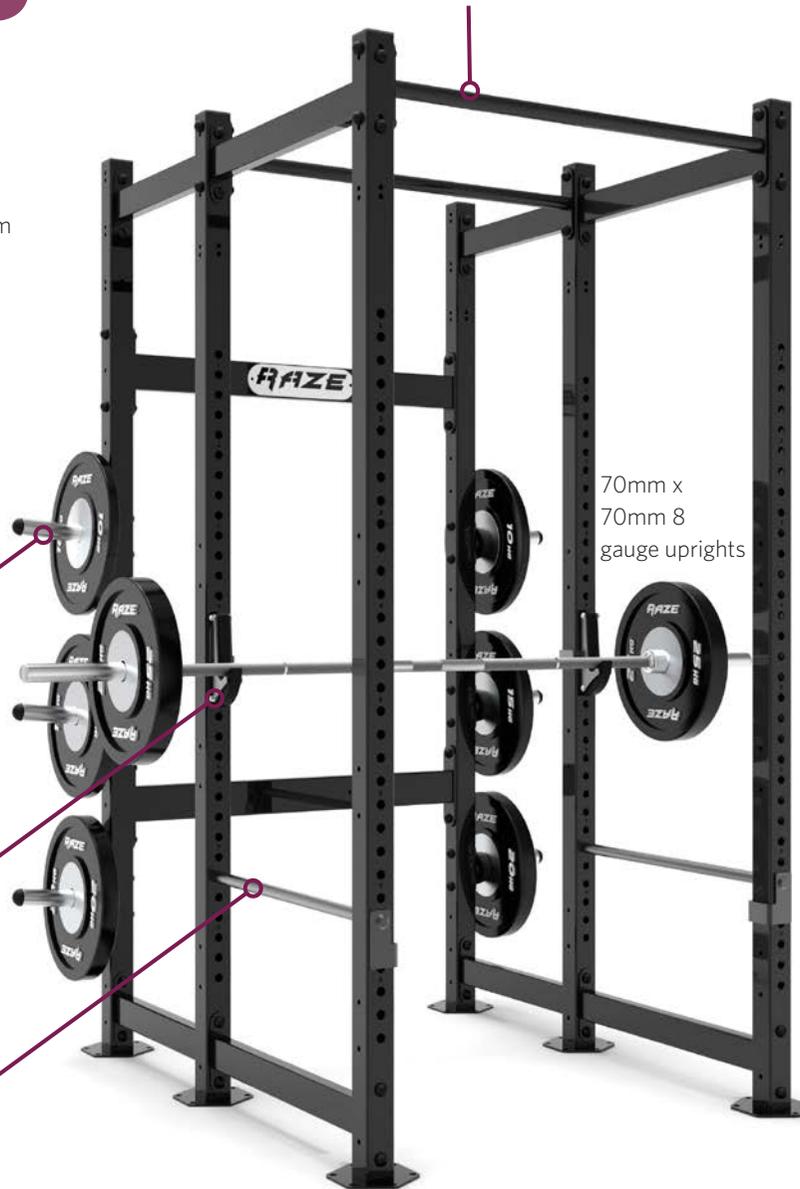
Depth 1650mm
Width 1737mm
Height 2461mm

6 weight holder posts, offset at 5 degrees to prevent plate slide

Adjustable bar hooks with 2 point locking system for added safety. These bar hooks are strong and durable and a 30mm HDPE centre-piece protects bars your bar as there's no metal to metal contact

Power rack is supplied with safety spotting bars

Simple pull up bar is supplied as standard, but this can be changed for an alternative style



70mm x 70mm 8 gauge uprights

Attachments

Bar hooks



Wing



Adjustable dip



External safety spot arms



Grappler



Internal safety spot arms



Rope hoop



Adjustable step



Weight horns



Wall Fixed Rack

Simple space saving design. Supplied with bar hooks and external safety spot arms.

Specifications

Depth 900mm

Width 1310mm

Height 2461mm

Code: **U5009W**



Half Rack Training Pod



Half Rack

One of the most functional pieces of equipment in any lifting area. Designed to be as small footprint as possible without compromising on quality. If the rack is being fixed to the floor, the band anchor peg sections are not necessarily required.

Specifications

Depth 1650mm

Width 1398mm

Height 2461mm

Code: **U5009A**



Power Rack Training Pod



R-Sport Power Rack

Simple and strong, this power rack is a real workhorse:

Features

- 70mm x 70mm box section
- 6 chromed weight storage pegs and fixed chinning bar
- Adjustable bar stops at 100mm intervals with nickel plated strike plates
- Multi position nickel plated bar rests for accurate positioning of bar height
- 600mm gap between front and rear uprights allow lifters to perform a variety of exercises

Code: **U100B**

Specifications

Depth 145cm
Width 145cm
Height 230cm



R-Sport Walk In Squat Rack

This walk-in squat rack is ideal when ceiling height is a problem:

Features

- 70mm x 70mm box section
- 6 chromed weight storage pegs
- Adjustable bar stops at 100mm intervals with nickel plated strike plates
- Multi position nickel plated bar rests for accurate positioning of bar height
- 600mm gap between front and rear uprights allow lifters to perform a variety of exercises

Code: **U001-R**

Specifications

Depth 145cm
Width 145cm
Height 175cm



R-Sport Squat Stands

Free standing squat stands are ideal where maximising space is a priority.

Features

- 60mm x 60mm box
- Telescopic uprights adjustable into 7 positions, from 116cm to 166cm
- Easy to move around the gym



Code: **U084**

Specifications

Depth	55cm
Width	55cm
Height	110cm

Black Series Squat Stands

With wide base and 70mm x 70mm uprights, these squat stands won't let you down.

Features

- 70mm x 70mm box
- Adjustable height bar rests with HDPE inserts
- Safety spot arms included



Code: **U5009**

Specifications

Depth	94cm
Width	47cm
Height	194cm

Premium Series Squat Stands

The best squat stands you can buy – built from heavy duty 120mm x 60mm box for unwavering stability, these stands are an ideal substitute for a power rack if space is limited.

Features

- Custom crafted adjustable bar hooks with 2 point locking system for added safety
- Safety spot arms included – adjustable into 7 positions
- Spot arms feature lip at front edge to prevent bar roll off
- HDPE inserts on the safety spot arms prevent bar damage
- Fully portable - 2 nylon wheels and grab on each stand



Code: **U208-RA**

Specifications

Depth	103cm
Width	84cm
Height	194cm

Rigs

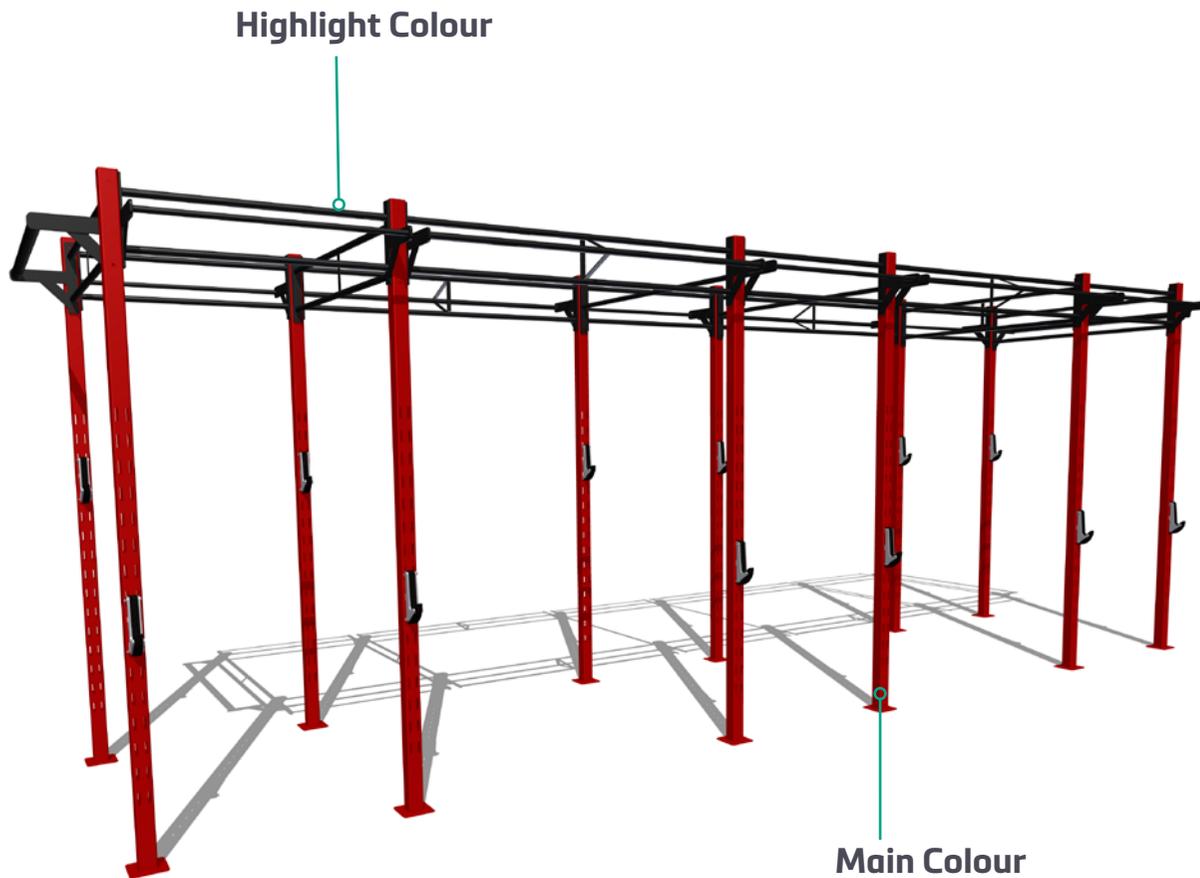
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CUSTOM COLOURS

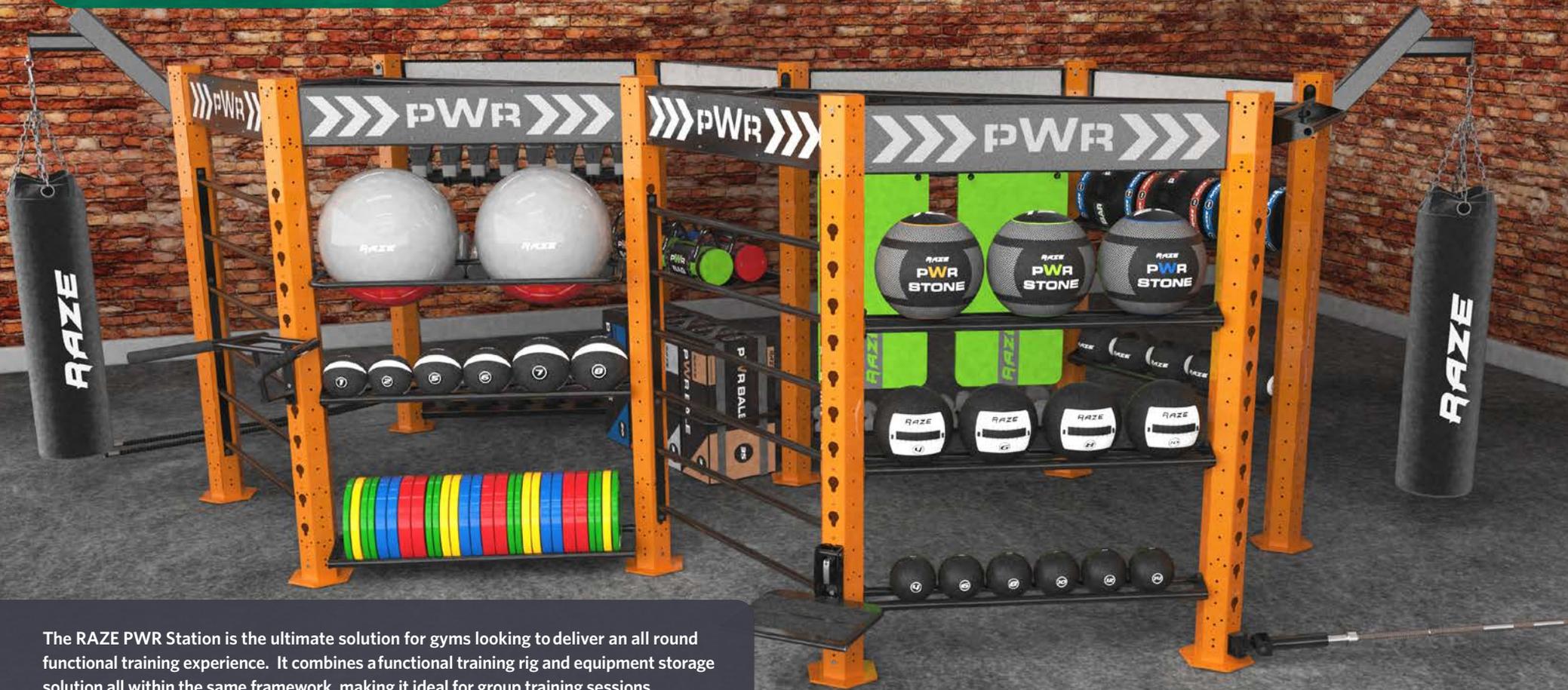
All of our rigs are manufactured to order, giving you the opportunity to fully customise the colour scheme. You can even choose more than one colour, allowing you to highlight different parts based on functionality, or simply create something really unique and eye-catching for your training space.



Framework Colours

Red RAL3020	Yellow RAL1023
Dark Blue RAL5002	Green RAL6018
Orange RAL2004	Light Blue RAL5015
Black RAL9005	Purple RAL4006
Black Texture	Dark Grey RAL7024
Unfinished Steel	Silver RAL9006
Silver Sparkle	White RAL9016

PWR STATION



The RAZE PWR Station is the ultimate solution for gyms looking to deliver an all round functional training experience. It combines a functional training rig and equipment storage solution all within the same framework, making it ideal for group training sessions.

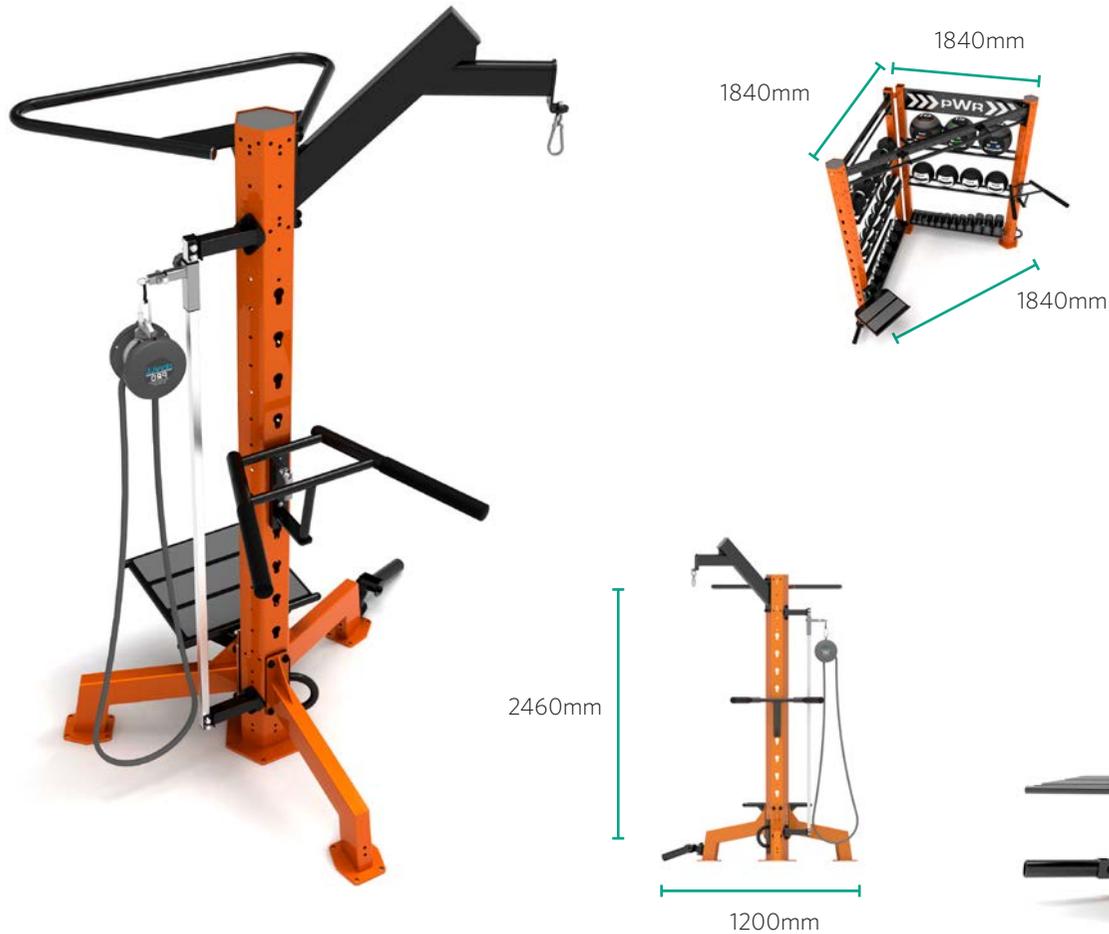
A wide range of attachments are available to customise your PWR Station, enabling you to incorporate strength, cardio and bodyweight exercises for varied and enjoyable total body workouts.

With multiple frame options available within the PWR Station range you are sure to find one that suits your training space.



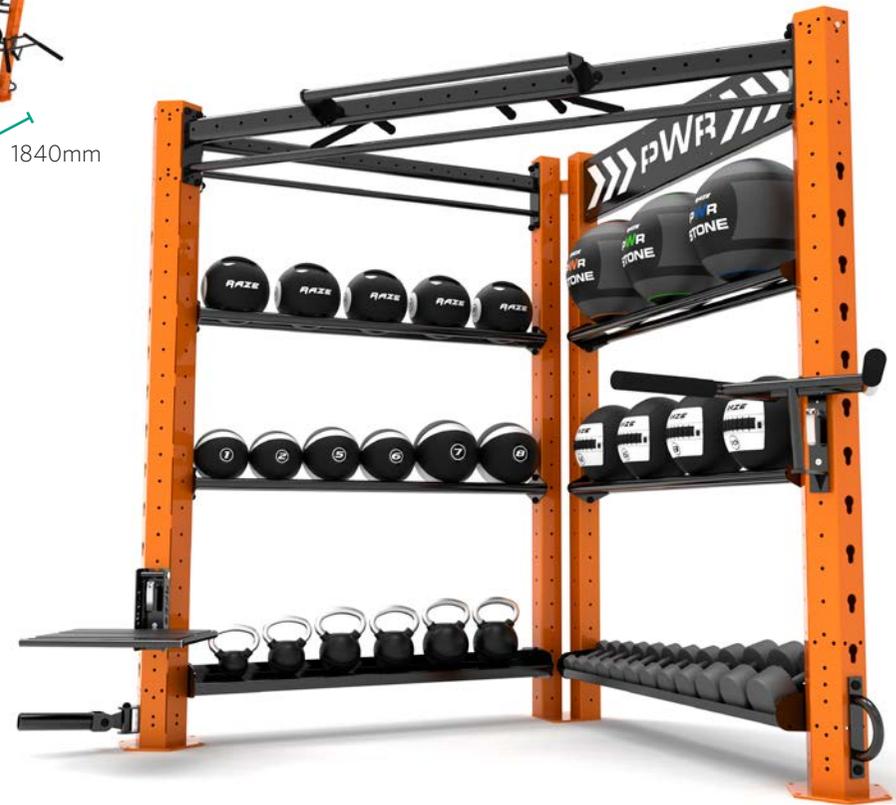
PWR Station V1

The PWR Station V1 is the most space efficient training frame in the PWR Station range. The V1 can be customized with up to 7 attachments to make a complete body work out station that takes up just xx m2. Perfect when space is at a premium, or you're not looking for the additional storage space that the larger PWR Stations offer.



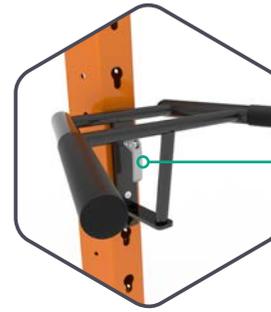
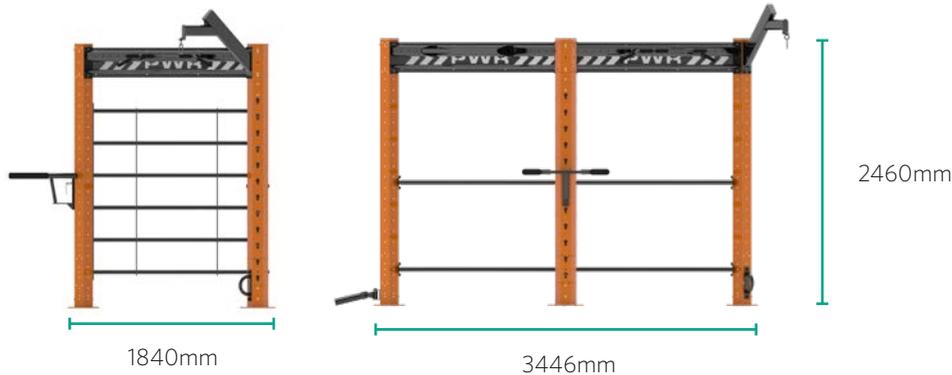
PWR Station V2

A compact corner station, the V2 makes maximum use of available space in right angled corners. Not available with all shelf types, check with us for guidance.



PWR Station V3

Ideal if you want to locate your PWR Station against a wall, the V3 features 3 functional training legs joined with top sections that are perfect for suspension trainers – you can even bolt a pull-up or muscle-up bar onto them. The legs themselves will take our full range of attachments, so along with some storage shelves you can create a fully self-sustaining small group training area in a really compact footprint.



Pressure Clamp

The PWR Station attachments feature a new, secondary locking mechanism to ensure they remain safely and securely locked in place during use.

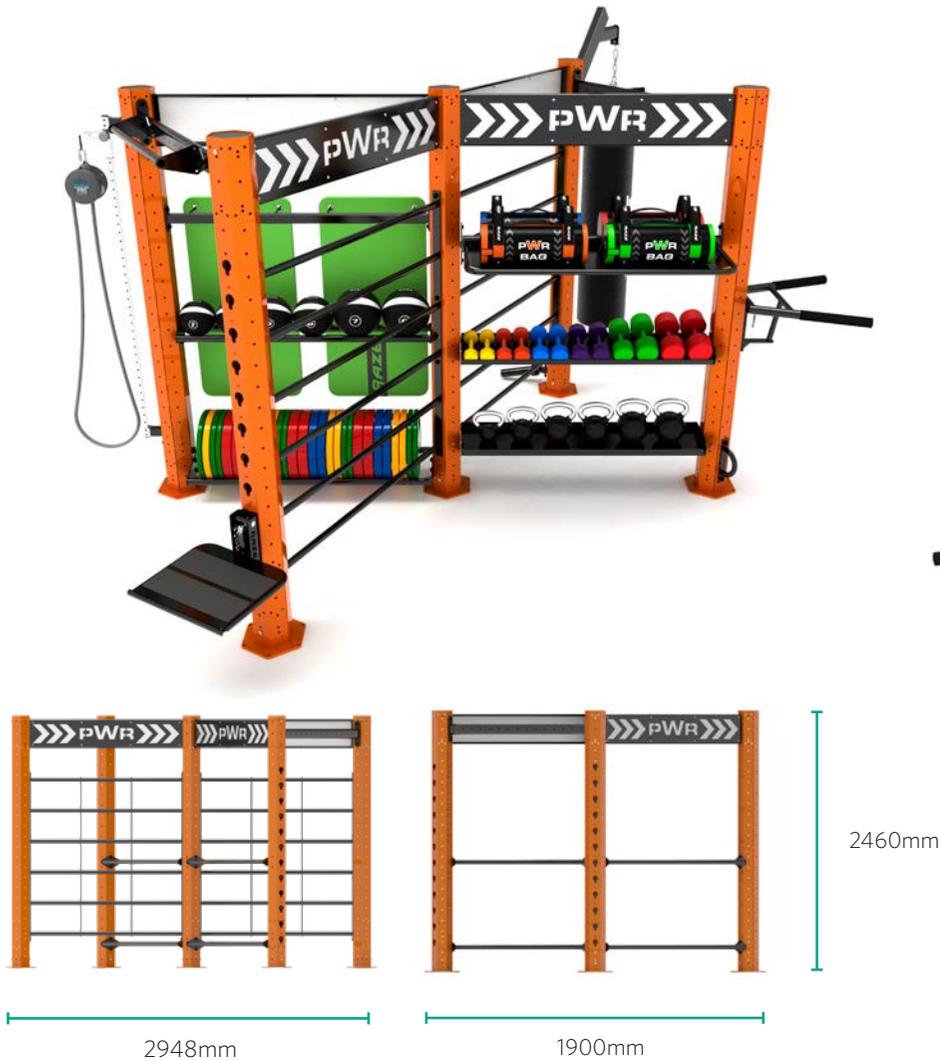
PWR Station V7

An extension of the V3, the V7 shows that you can easily continue the PWR Station along any length of wall. All shelves and attachments can be custom configured, meaning you can pick the exact combination to suit your needs.



PWR Station V5

The PWR Station V5, also known as 'The X-wing' offers much of the functionality of the V6, but in a much more compact footprint. Featuring 5 legs and 4 sides it still offers a wide variety of training and storage options, but lacks the internal training space found the 'the hex'.



PWR Station V6

The PWR Station V6, also known as 'The Hex' is the original and fundamental base component of the PWR Station training rigs. Featuring 6 legs and 6 sides it offers a wide variety of training and storage options – and that's just working around the outside of the rig. There's plenty of room inside the 'Hex' with an almost 3m internal span, and a run of monkey bars from one end to the other.



PWR Station V10

An example of the size the PWR Station can be scaled up to, the V10 offers a massive amount of training space within the confines of the rig - you could easily fit a Renegade rower or bike in here, and multiple stations around the outside. With integrated storage for all your small equipment needs it really is the ultimate group training hub.



Attachments for PWR Station



Code: **PWR-A19** Adjustable Step



Code: **PWR-A09** Adjustable Dip Frame



Code: **U1009-A14** Battle Rope Anchor



Code: **PWR-A16** Grappler (core trainer)



Code: **BU3009-A17** Punching Arm



Code: **PWR-A26** Pull Up Bar



Code: **PWR-A08** Wall Bars



Code: **60974** Height Adjustable Revvll Post

Perfect for a functional training space, the Monster Rig can be customised to provide all the tools required for effective all over body training. The base frame comes supplied with monkey bars and suspension mounts and can be added to with a wide range of training attachments such as rope trainers, ball targets and battle rope anchors.

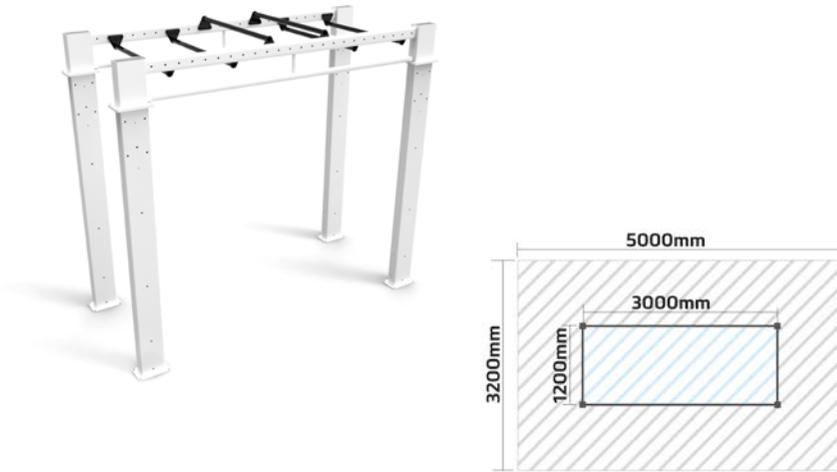
See our attachments section for the full range.

MONSTER RIG

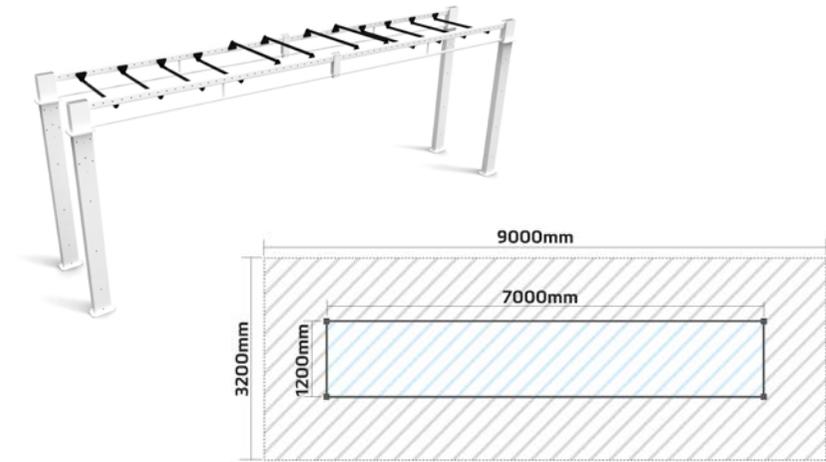
IT'S A REAL BEAST



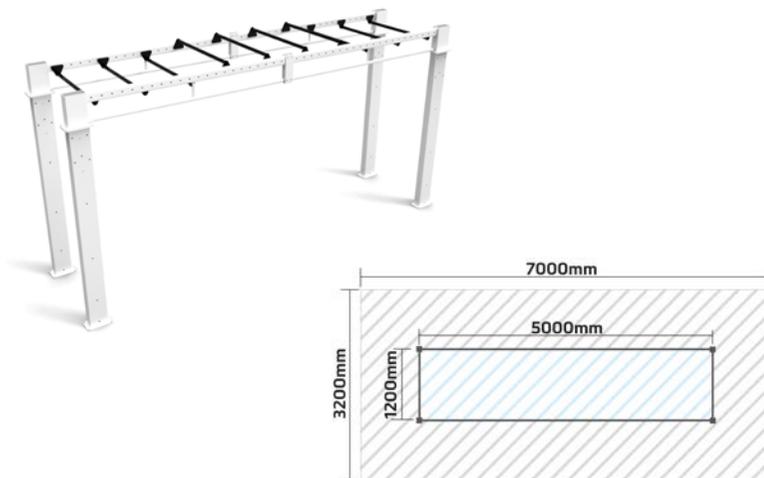
Monster 3



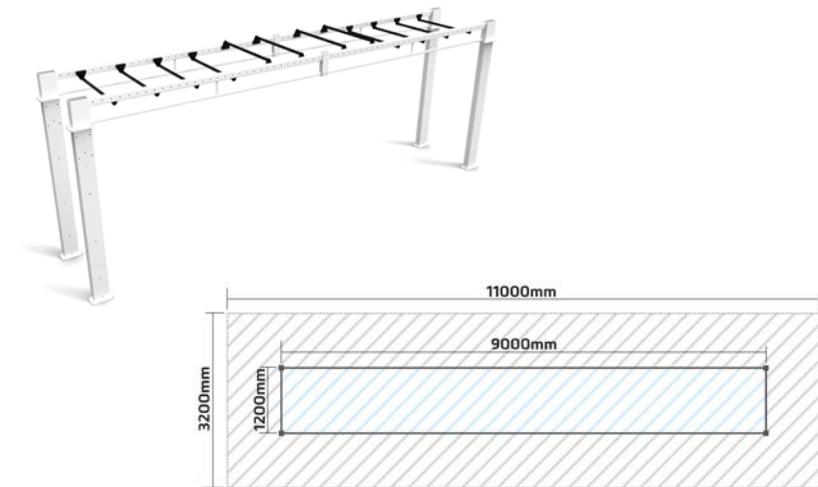
Monster 7



Monster 5



Monster 9



Attachments for Monster Rigs



Code: [U3009-A44](#) Pull Up Bar



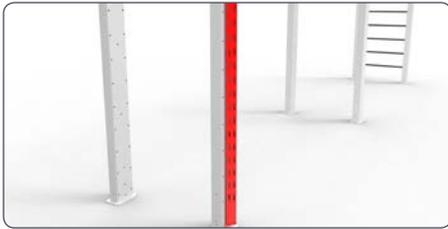
Code: [U3009-A38-100](#) Muscle Up Bar



Code: [U3009-A19](#) Wall Ball Target



Code: [BU3009-A17](#) Punchbag Arm



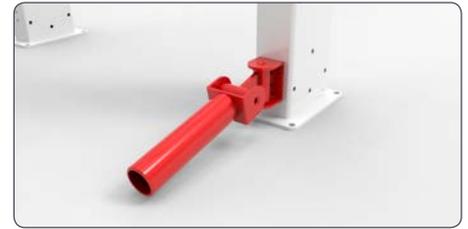
Code: [U2009-A19](#) 2 Sided Slotted Post



Code: [U2008-A19](#) Height Adjustable Step



Code: [U2008-A09](#) Height Adjustable Dip



Code: [U1008-A16](#) Grappler



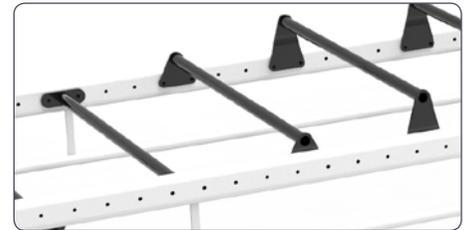
Code: [U1009-A14](#) Battle Rope Anchor



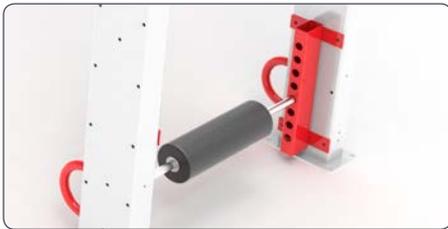
Code: [BU3009-A1](#) Wall Bars



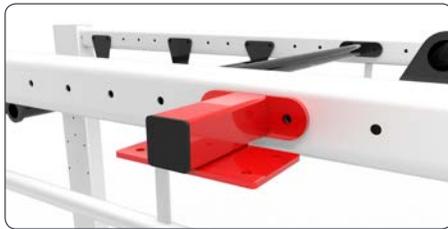
Code: [BU3009-L100](#) Storage rail shelf (each)



Monkey Bars - 3 Height Options



Code: [BU3009-A34](#) Single Leg Squat



Code: [BU3009-A18](#) Pole Attachment



Code: [60763](#) REWLL Rope Trainer



Code: [BU3009-A17](#) Aerial Yoga Attachments

MONSTER HUB

The Monster Bridge can easily be combined with the Monster Storage system to create an all around functional training hub



Rigs

CONTACT OUR SALES TEAM ON: 01455 890 100

PREMIUM RIGS



A fully customisable, facility specific, functional movement based training solution. Built for the way you move! Multirig was the first ever training rig we designed and our goal was simple - it needed to assist in the development of the full range of functional movement patterns. This goal led to the creation of a modular system utilising a central 'hub' that delivered the fundamentals, accompanied by a wide range of additional parts and attachments that you can use to ensure your rig delivers what you need it to. This modular approach also means you can upgrade your Multirig at any point with ease.



Multirig Hub - Single

Comes with the following fitted as standard:

- 1 squat / bench station with adjustable bar hooks
- Wall bar ladder
- Inclined monkey bars
- Band / rope anchor points
- Adjustable height inverted row bar
- Corner post with storage shelves

Code: **U1009A**

Specifications

Length	3,170mm
Width	2,010mm
Height	2,820mm



Multirig Hub - Dual

Comes with the same fittings as the Single Hub, plus:

- Additional wall bar ladder with pull up bars
- Rotating and sliding pull up handles
- 2 core trainers
- Additional corner post with storage shelves

Code: **U1009B**

Specifications

Length	5,050mm
Width	2,010mm
Height	2,820mm



Multirig has many of the same great features as our Halo Performance power racks:

- A fully welded construction, the main frame sections are 120 x 60mm 8mm (3.6mm) gauge steel
- Custom crafted adjustable bar hooks with 2 point locking system for added safety
- Nickel plated laser cut slot post allows bar hooks to be located every 120mm
- Bar hooks are strong, resilient and shatterproof. A 50mm HDPE centre-piece (protects bars with no metal to metal contact) is sand wiced between two 6mm steel, laser cut and nickel plated brackets (they will not chip or rust) to produce quite simply the best adjustable bar hook around.
- Available in any colour combination you choose

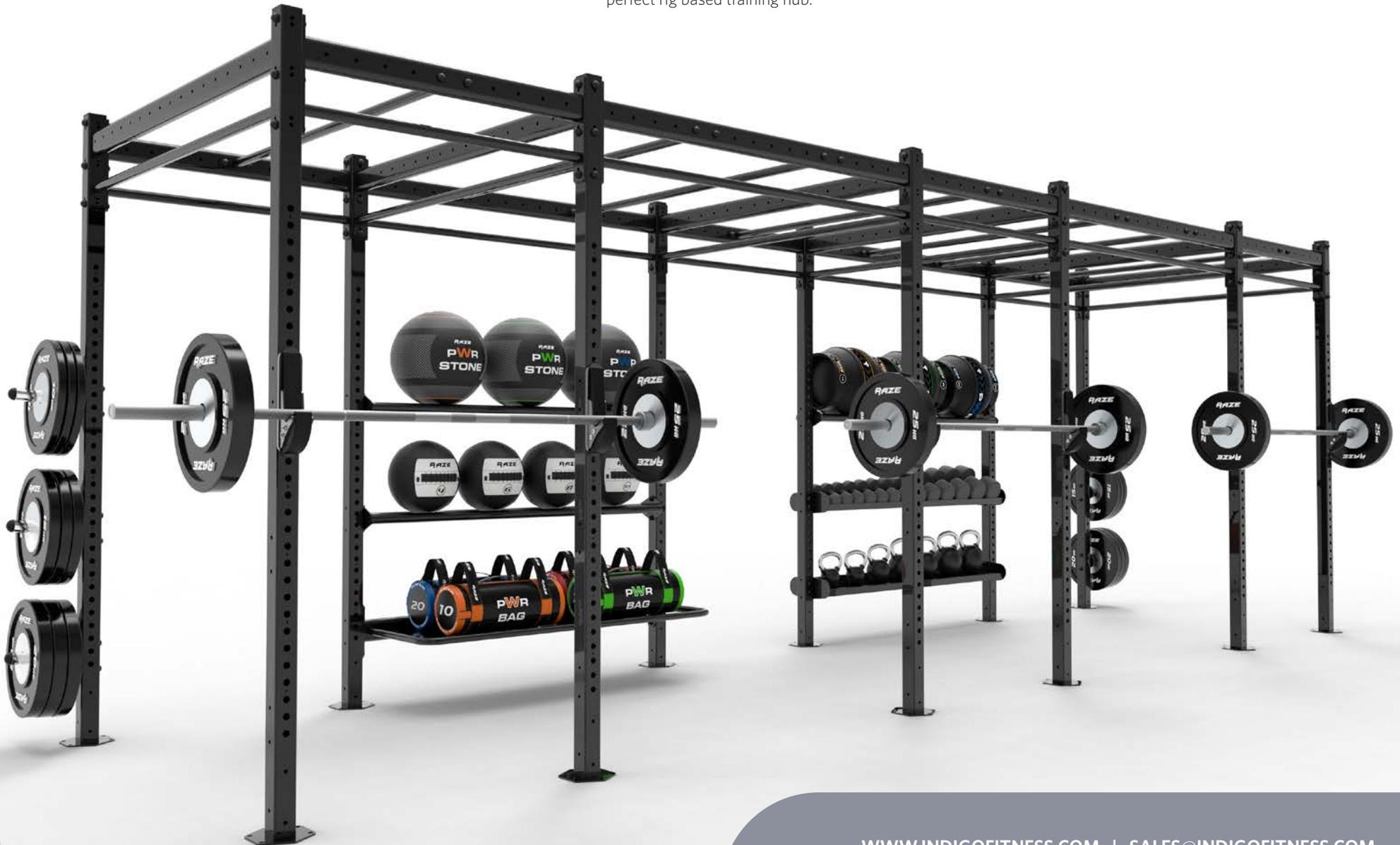
Attachments

3 bar wing	U1009-A25
Inverted row bar	U1009-A22
Jump platform	U1009-A19
Outrigger	U1009-A07
Rope pull / climb	U1009-ROPEPULL
Fixed rope trainer	U1009-A18A
Height adjustable rope trainer	U1009-A18
Wall ball target	U1009-A21
Adjustable bar hooks	U1008-A06L&R
Adjustable dip attachment	U1008-A09
External safety spot arms	U1008-A03
Nickel receiver	NN002
Grappler	U1008-A16

BLACK SERIES RIGS

Our RAZE 'Black Series' rigs have been re-designed to be more practical and functional than ever with the integration of a storage system and the ability to mix and match parts with the 'Black Series' racks. More than ever, they are ideal choice for functional training spaces and affiliates.

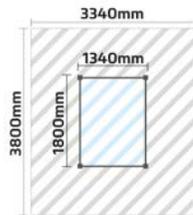
They come in 3 standard sizes, but their modular design means they can scaled up to any size by simply adding more cells. Customisable with a wide range of attachments and shelves, you can create your own perfect rig based training hub.



1 CELL

Specifications

Legs	4
Squat / Lifting Stations	2
Pull Up Stations	5



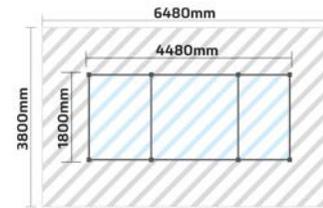
1 cell rig and the required training space



3 CELL

Specifications

Legs	8
Squat / Lifting Stations	4
Pull Up Stations	10



3 cell rig and the required training space



5 CELL

Specifications

Legs	12
Squat / Lifting Stations	6
Pull Up Stations	16



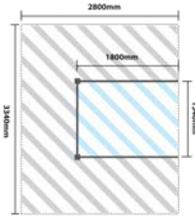
5 cell rig and the required training space

Wall Fixed Black Series Rigs

1 CELL

Specifications

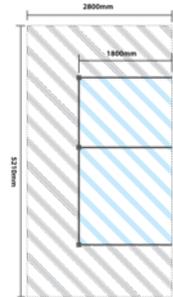
- Legs* 2
- Squat / Lifting Stations* 1
- Pull Up Stations* 1



2 CELL

Specifications

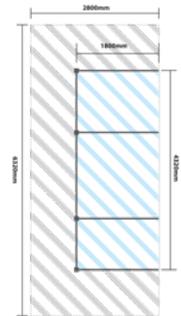
- Legs* 3
- Squat / Lifting Stations* 1
- Pull Up Stations* 2



3 CELL

Specifications

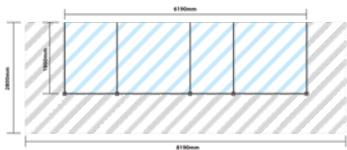
- Legs* 4
- Squat / Lifting Stations* 2
- Pull Up Stations* 3



4 CELL

Specifications

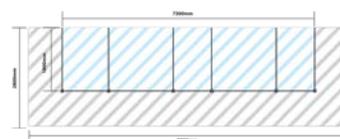
- Legs* 5
- Squat / Lifting Stations* 2
- Pull Up Stations* 4



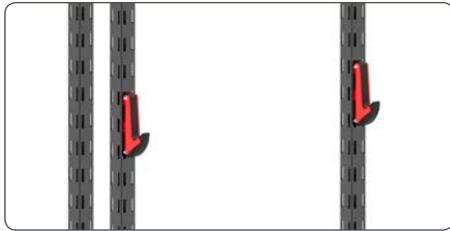
5 CELL

Specifications

- Legs* 6
- Squat / Lifting Stations* 2
- Pull Up Stations* 5



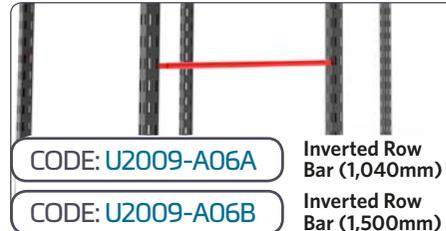
Attachments for Black Series Rigs



CODE: [U2008-A06L&R](#) Bar Hooks



CODE: [U2008-A03](#) Safety Spot Arms (pair)



CODE: [U2009-A06A](#) Inverted Row Bar (1,040mm)

CODE: [U2009-A06B](#) Inverted Row Bar (1,500mm)

CODE: [U2009-A06C](#) Inverted Row Bar (1,800mm)



CODE: [A2009-A02D](#) Extra Monkey Bar (each)



CODE: [U2008-A09](#) Adjustable Dip



CODE: [U1008-A16](#) Fixed Grappler



CODE: [U2008-A20](#) PWR Stone shelf



CODE: [U2008-A19](#) Adjustable Step Platform



CODE: [U2009-A07](#) Punchbag Arm



CODE: [U2009-A08-1.1](#) 3 Bar Wing (1,040mm)

CODE: [U2009-A08-1.8](#) 3 Bar Wing (1,800mm)



CODE: [U2009-A27-1.1](#) Wall Ball Target (1,040mm)

CODE: [U2009-A27-1.8](#) Wall Ball Target (1,800mm)



Double Pull Up Bar

25mm x 1,050mm [U2009-A04C](#)

32mm x 1,050mm [U2009-A04B](#)

48mm x 1,050mm [U2009-A04A](#)

25mm x 1,500mm [U2009-A02A](#)

32mm x 1,500mm [U2009-A02B](#)

48mm x 1,500mm [U2009-A02C](#)

25mm x 1,800mm [U2009-A03C](#)

32mm x 1,800mm [U2009-A03B](#)

48mm x 1,800mm [U2009-A03A](#)



CODE: [U2009-A04E](#) High bar (1.5m)



CODE: [U2009-A09](#) Pull up handles (pair)



CODE: [U2009-A31](#) Vertical Plate Storage



DEPLOYABLE AND CONTAINER BASED TRAINING SOLUTIONS

DEPLOYABLE TRAINING PODS

A truly mobile training system developed to support the British Army's Physical Training System. The RAZE deployable Training Pod (DTP) is the ideal solution where space and transport logistics present challenges. A single DTP can easily be carried by 2 people and will fit in the back of an SUV. The DTP's modular design allows multiple Pod's to be connected together to create a larger system.



RAZE
NO. MORE. EXCUSES.



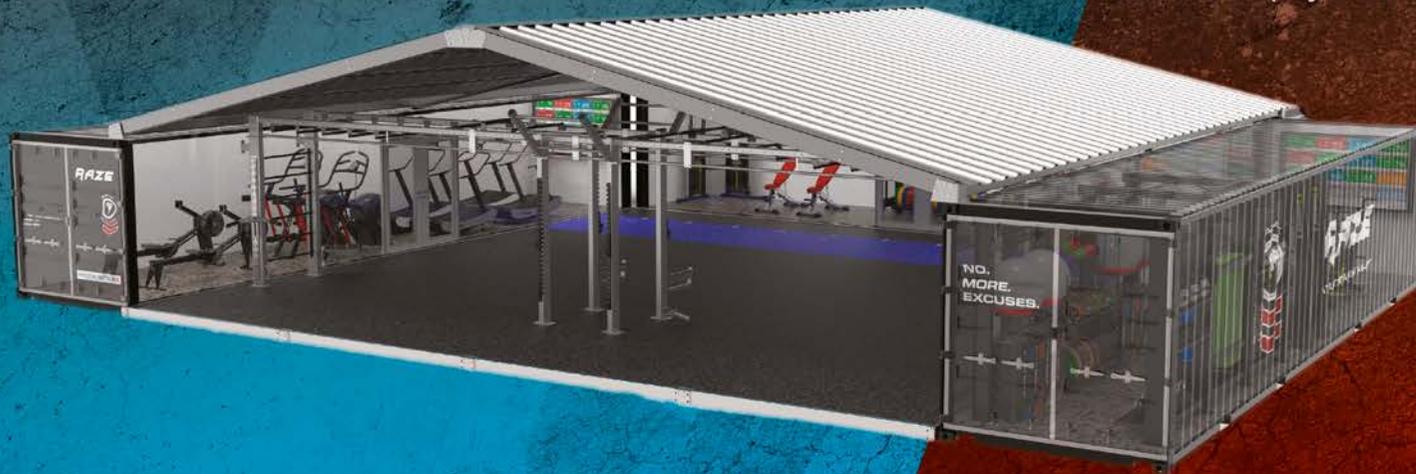
TRAINING BOXES

The RAZE Training Box range covers a variety of solutions based around the use of a single container, from simple 10' storage solutions (Kit Boxes) through to our fully deployable team training solution (Tactical Boxes) that can accommodate up-to 120 athletes at any one time.



TRAINING FACILITIES

Take outdoor training to the next level with the RAZE Athlete Training Facility (ATF). Much more than just a container based training solution - benefiting from climate controlled containers, a covered outdoor training space with real gym flooring, lighting, and a host of other features - it's a uniquely created, modular training space that's suitable for deployment in any environment, anywhere in the world!



FOR MORE INFORMATION, ASK FOR OUR BROCHURE ON DEPLOYABLE AND CONTAINER BASED TRAINING SOLUTIONS

CONTACT OUR SALES TEAM ON: 01455 890 100

Storage

Contents

Monster Storage	42 - 45
Black Series Storage	46 - 47
Storage Racks	48 - 49



CUSTOM COLOURS

All of our modular storage equipment is manufactured to order, giving you the opportunity to fully customise the colour scheme. You can even choose more than one colour (maybe picking one colour for the legs and a different colour for the shelves) allowing you to create something really unique for your training space.

All of our frame colours are available in gloss or matte finish. If you have a specific colour requirement we'll do our best to match it.

White Legs with Black Shelves



Black Legs with Red Shelves



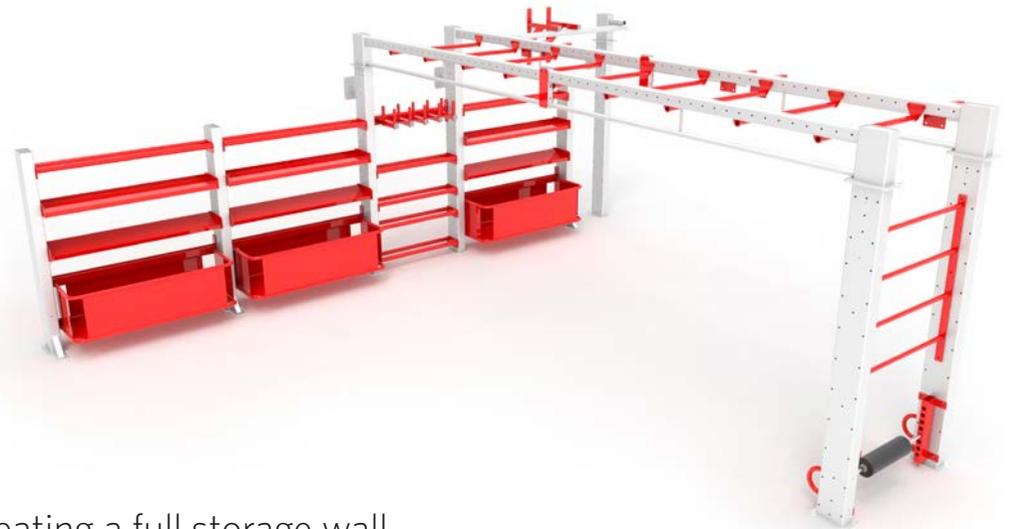
Red RAL3020	Yellow RAL1023
Dark Blue RAL5002	Green RAL6018
Orange RAL2004	Light Blue RAL5015
Black RAL9005	Purple RAL4006
Black Texture	Dark Grey RAL7024
Unfinished Steel	Silver RAL9006
Silver Sparkle	White RAL9016

MONSTER STORAGE SYSTEM

The Monster storage system is completely modular, allowing you to have a storage solution that completely fits your training space. You can choose from one of our pre-configured options, or go it alone and design your own creation, choosing your leg styles, shelves and optional extras.

It also combines with our Monster Rig to create your own Monster Hub - a complete functional training and storage solution

An example of a Monster Hub - Monster Storage combined with a 7m Monster Rig



An example of a Monster Storage Bays joined together, creating a full storage wall



3 SHELF BAY

Features the shorty leg and 3 shelves

Dumbbell Rack

With 3 angled shelves

Code: 60673



Ball Rack

With 3 rail shelves

Code: 60675



Kettlebell Rack

With 3 narrow shelves

Code: 60675



5 SHELF BAY

Features a standard leg
- tall enough for 5 shelves



FUNCTIONAL BAY

A Functional Bay allows you to add extra functionality to your storage solution with the addition of either a suspension bar or pull up bar.

The Functional leg is tall enough for 4 or 5 shelves.

2368mm

Functional Bay with a Pull Up Bar



Functional Bay with Suspension Bar



MONSTER LEG OPTIONS

Shorty Leg

Take up to 3 shelves

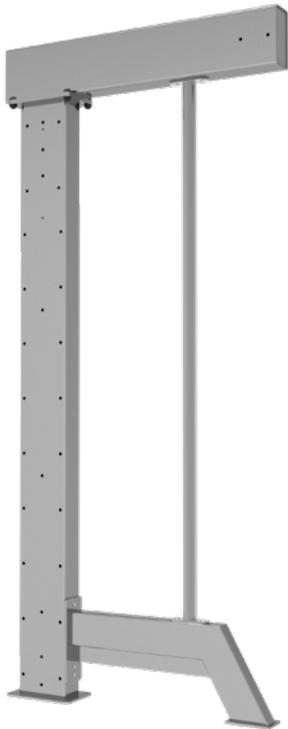
Code: 60537



Functional Leg

To take pull up and suspension bar

Code: 61068



Standard Leg

Take up to 5 shelves

Code: BU3100-A01



ADDITIONAL OPTIONS

Double Bar Holder

- Attaches to the outside of any of the 3 leg options
- Securely holds two Olympic bars

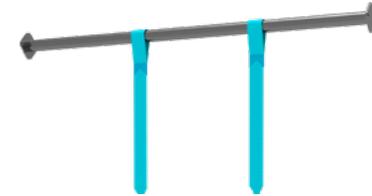
Code: 60550



Suspension Bar

- For use with Functional Leg only
- Ideal for mounting suspension trainers or using for muscle ups
- 150cm long x 5cm diameter

Code: 60539



Pull Up Bar

- For use with Functional Leg only
- Wide and narrow grip handles
- 150cm long

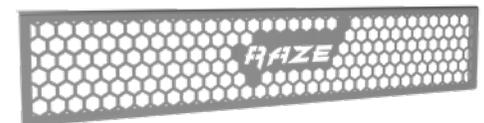
Code: 60539



Joining Plate

- Logo plate fits in-between the legs
- 150cm long

Code: 60535



MONSTER STORAGE OPTIONS

All shelves are 150cm long and can be used with any of our monster legs to create your ideal storage solution.

Rail Shelf

Ideal for all types ball - medicine, wall, slam

Code: 60541



Flat Shelf

- Ideal for kettlebells, sandbags, Powerbags
- 48cm deep

Code: 60540



Horizontal Bumper Plate Shelf

Designed for 450mm diameter plates

Code: 60549



Mat Hanger

Each prong 35cm long

Code: 60547



Horizontal Plate Holder

3 chrome posts, each 24cm long

Code: 60551



Ventilated Boxing Glove Shelf

Fits 8 pairs

Code: 60770



Open Shelf

- Ideal for gym balls and PWR Bales
- 48cm deep

Code: 60452



Storage Bin

40cm deep

Code: 60545



Angled Shelf

- Ideal for storing foam roller or dumbbells
- 28cm deep

Code: 60535



Narrow Flat Shelf

Ideal for kettlebells

Code: BU3100-A24



BLACK SERIES STORAGE SYSTEM

Keep your training space neat and tidy with RAZE 'Black Series' modular storage. Legs are constructed from sturdy 70mm x 70mm steel and come in two heights, and there's a variety of shelving options to hold all your small equipment

It also combines with the RAZE 'Black Series' racks and rigs, meaning you can create a tailored solution for your whole training space that maintains the same visual styling.



Choose your legs and shelves and create your own

Shorty Leg

Code: 61113



Standard Leg

Code: 61114



Rail Shelf

Code: 61116



Flat Shelf

Code: 61117



Angled Shelf

Code: 61118



Mat Hanger

Code: 61119



Bumper Plate Shelf

Code: 61120



Storage Bin

Code: BU3104



Weight Plate Holder

Code: U5009-A21



Or go with one of our standard options

Code: 61087

L: 1000mm

D: 500mm

H: 1060mm



Code: 61088

L: 2300mm

D: 500mm

H: 1060mm



2 Tier Dumbbell Rack

- Available for both 5 pairs and 6 pairs.
- Both racks can be easily extended to create a custom rack size with the use of extension trays and extra legs – have a 10 pair, 12 pair, 15 pair, 18 pair.....and so on...
- Dumbbells are located in injection moulded saddles.
- Finished in matte black paint for added durability.
- Rubber feet pads provide protection.

5 Pair Rack - L: 1280mm x W: 700mm x H: 890mm

6 Pair Rack - L: 1530mm x W: 700mm x H: 890mm

Specification CODE

5 pair	230139
6 pair	230140
5 pair ext. tray	230141
6 pair ext. tray	230142
Extension leg	230143



3 Tier Dumbbell Rack

Store your dumbbells in style with the RAZE 3 tier dumbbell rack.

- Dumbbells are located in injection moulded saddles.
- Finished in matte black paint for added durability.
- Holds 10 pairs in a 4 (top), 3(middle), 3 (bottom) layout. The top row will hold any dumbbell up to 25kg, the middle and bottom rows will hold any weight dumbell.
- Rubber feet pads provide protection for floor coverings.

Specifications

Length	1,850mm
Width	800mm
Height	960mm

CODE: 230090



Storage Box

- Large box (1.5m long) to store your small equipment.
- Lockable top.
- Can be left free-standing, bolted to the floor, or supplied with transport wheels.

CODE: B3104A



Storage Box

Large box (1.5m long) to store your small equipment.

- Open top
- Can be left free-standing, bolted to the floor, or supplied with transport wheels.

CODE: B3104



Storage Rack 4 Bags

Securely holds 4 Powerbags of any size.

CODE: U202-R



5 Ball Med Ball Rack

Stylishly designed medicine ball rack offers ideal easy access storage and comfortably holds any size of classic or dual grip medicine ball.

- Designed to be extremely stable and finished in matte black paint for added durability.
- Rubber feet pads provide protection for floor coverings.

CODE: 230033

Specifications

Length 540mm
Width 670mm
Height 1520mm



Kettlebell Rack

Well designed and built to last, the RAZE kettlebell rack is the ideal storage solution for your RAZE kettlebells, whether they're cast iron or rubber.

- Finished in matte black paint for added durability.
- Will comfortably hold a full set 10 kettlebells of either RAZE cast iron and rubber styles.
- Protective rubber lined trays to prevent damage to both the kettlebells and rack.
- Rubber feet pads provide protection for floor coverings.

CODE: 230034

Specifications

Length 1460mm
Width 480mm
Height 680mm



PWR TOOLS

The PWR Tools are a range of training products that take their inspiration from a bygone era - a time when physical labour provided the power to get things done. Simple, effective and fit for purpose, each PWR Tool provides its own safe and unique way to get back to basics and generate some power!

Contents

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PWR Bale	52
PWR Keg	54 - 55
PWR Pad	56 - 57
PWR Stone	58 - 59
PWR Bag	60 - 61



PWR TRAINING

Get the most out of your PWR Tools and learn how to deliver effective training sessions for your members

Learn how to train with your PWR Tools by taking one of our specially designed training courses. Our dedicated on-line training portal has separate courses for each of the PWR Tools. After taking a course you will have an in-depth understanding of the product and how it fits in with other modes of training, as well as be able to carry out a wide range of exercises with it.

For membership prices call our sales team on 01455 890 100



CONTACT OUR SALES TEAM ON: 01455 890 100

PWR BALE

“The alignment of the parallel straps directly replicate the string bindings found on an actual hay bale”

Example exercises

Bale Carries
Bale Pulls
Bale Toss
Bale Flips
Squats
One-Legged Squats
Incline Squat Thrusts
Single Arm Drags
Dead Lifts
Push and Pulls
Lunges
Elevated Press Ups
Tricep Dips
Crunches
Shoulder Press
Leg Astrides
Plyometric Jumps
Sit Up To Standing
Farmer's Walk
Upright Rows
Bench Press (with Bale)
Bench Press (with DB)
Gate Vaults

The Bale is also a great for partnered workouts





Many generations have been brought up on the physically arduous, yet rewarding exertions of baling

Baling is a multi joint exercise, which from technical lifting point of view encompasses elements of dead lifting, power cleans, and clean and press. Moving bales correctly require power, technique, control and muscle endurance. So we've brought it out of the fields and into the gym!

- Constructed from multi layered foam of varying thicknesses and density the PWR Bale is a 'soft' product, and is covered in a hard-wearing wipe clean vinyl, so it's ideal for use on the gym floor.
- The long rectangular shape and proportions of the PWR Bale require a unique lifting technique that cannot be replicated in any other object.
- The alignment of the parallel straps directly replicate the string bindings found on an actual hay bale.
- Lifting the bale requires controlled handling of the weight across a variety of planes.
- The PWR Bale can also be flipped over and used as a plyo box
- All PWR Bales are the same size - L: 91cm x W: 45cm x H: 35cm
- Junior PWR Bales also available - L: 56cm x W: 30cm x H: 20cm

PWR Bale

10kg	60548
15kg	60376
20kg	60377
25kg	60378
30kg	60379
35kg	60380

Junior PWR Bale

2.5kg	60371
4kg	60372
6kg	60373
8kg	60374
10kg	60375



PWR KEG

An old-time Strongman favourite, barrel training is a great alternative training method because the weight is not balanced or stable - it's awkward and dynamic and builds strength in a way that's not possible with conventional barbells or dumbbells.

- Our PWR Keg brings this style of training into the gym environment with a product that is clean, safe and available in a range of weights so is suitable for all levels of user.
- Features 4 hand holes; 2 at the top and 2 at the bottom, and as such can be lifted or carried vertically or horizontally. The location of the hand holes also allows an offset grip position which further varies the potential training options.
- Partially filled with sand to offer dynamic weight shift during movement. This makes lifting the barrels unique as the user is constantly having to make adjustments to compensate for the shift in weight within the Keg at different stages of the lift.
- Whether lifting for repetitions, pressing overhead, bear-hugging, shouldering, carrying, or rolling, using a PWR Keg can give you an incredible workout.
- PWR Kegs are completely waterproof, making them ideal for use in outdoor training scenarios.
- All PWR Kegs are the same size - H: 52cm x D: 43cm
- They stack for storage.

PWR Kegs

- 10kg **60389**
- 15kg **60390**
- 20kg **60391**
- 25kg **60392**
- 30kg **60393**
- 35kg **60394**





PWR KEG

CONTACT OUR SALES TEAM ON: 01455 890 100

The bottom surface of the PWR PAD has an entirely different construction, creating a much firmer surface so it can be used like a low level plyometric box, but with a much wider take off / landing surface area. Combined with numbered graphics, it allows for a wide variety of plyometric routines, drills and games.





JUMP



SLAM



THROW

PWR PAD

The simplicity of the PWR PAD's exterior belies its multi functional and wide ranging applications

The top surface has been carefully constructed to provide a large circular 'sweet spot' in the middle to provide a landing / slamming / dropping / running zone. It comprises of multiple layers of variable density shock absorbing foam, which have been thoroughly tested to ensure they give the necessary level of "sinkability".

When used for dropping / slamming (with products such as the PWR Barrel, PWR Slam or PWR Stone) the absorbent, cushioned, multi layered foam protects both the product and the floor surface, thus increasing the longevity of both. The construction of the PWR PAD also provides a sound proofing effect, ideal for reducing noise across the gym floor.

The same absorbent foam that allows for a cushioned landing surface also provides a resisted, "sinkable" running surface. A surface that replicates running in sand and creates an almost swamp like feel - it overloads the running action, developing power in the legs, as well as developing stamina and muscular endurance. Similarly, any jumping, squatting and turning movements are extra difficult and require significantly more explosive power to perform.

L: 100cm x W: 100cm x H: 30cm

Code: **60461**



PWR TOOLS



PWR STONE

A fundamental test of strength in any strongman competition, stone training is a real whole body workout

Constructed from high grade materials (secret formulation) PWR Stones are virtually indestructible - yet they are tactile and will not damage floors / equipment.

Each PWR Stone is 18" (45cm) in diameter

PWR Stones

- 10kg 60512
- 15kg 60513
- 20kg 60514
- 25kg 60515
- 30kg 60516
- 40kg 60517
- 50kg 60518
- 60kg 60519
- 70kg 60520
- 80kg 60521
- 90kg 60522





PWR BAG

"Their huge training versatility combined with their 'soft' touch makes Powerbags suitable for any environment"

The original core training bag

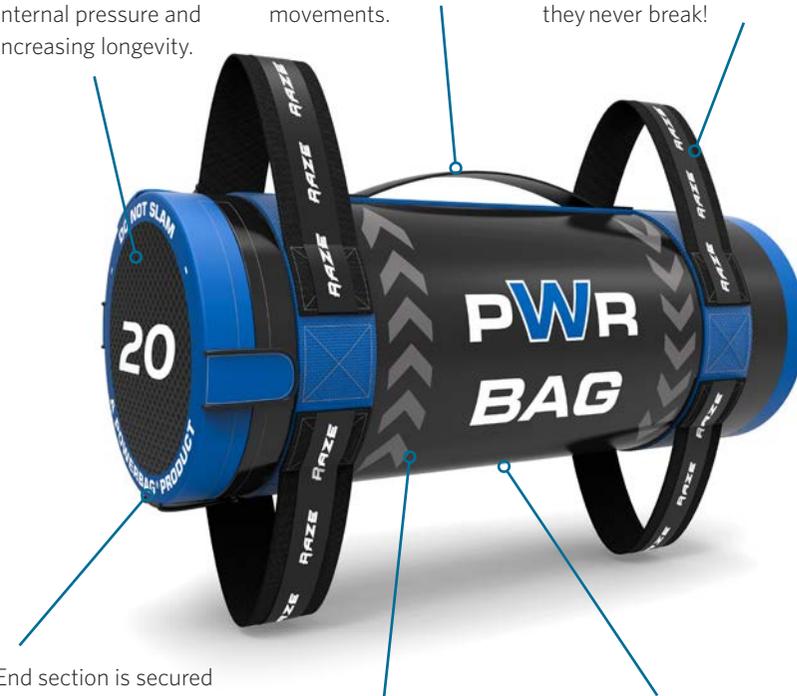
Developed over 10 years ago, Powerbag can rightly claim to be the granddaddy of all core training bags. However, with our continual innovation and development Powerbag is still at the cutting edge of training, able to deliver one of the most effective workouts around.

Powerbag was doing 'functional' way before it became the new buzz word for almost any exercise you can think of and was originally designed to assist in the development of primal, or basic, movement patterns. Since then Powerbag has evolved considerably with additional features and better materials to become the industry standard that it is today.

16 vents allow air to escape when Powerbag is dropped - reducing internal pressure and increasing longevity.

Extra handle expands exercise potential - now you can do one handed movements.

Triple weave straps are secured onto the bag with double stitching and internal reinforcements - they never break!



End section is secured with a covered zip and 3 external Velcro tabs. An internal compression strap acts to reduce pressure on the lid and prevent sand leakage.

Internally, the sand is locked tight in a nylon micro weave bag with a double Velcro closure.

Hard wearing construction, using dual layered non-tearing materials technology. Internally, there's a high density breathable foam lining to maintain shape.



The design of Powerbag makes them really comfortable to train with and their soft construction allows for more dynamic and aggressive movements than with traditional weights. Their huge training versatility combined with their 'soft' touch makes them suitable for pretty much any environment; schools, gyms, rehab, in the home, right up to elite sports and military training. They were used by the England Rugby World Cup winning squad and have been used by the British armed forces for years, currently forming part of their Physical Selection Standards Recruits process.

PWR Powerbags Features

- 5kg [60824](#)
- 10kg [60825](#)
- 15kg [60826](#)
- 20kg [60827](#)
- 25kg [60828](#)
- 30kg [60829](#)
- 35kg [60830](#)
- 40kg [61081](#)
- 45kg [61082](#)
- 50kg [61083](#)

- Complete body workout
- Almost endless variety of exercises and progressions can be performed - workouts are always fun and varied
- Improves core strength and aids muscle development
- Suitable from beginners to elite athletes - Powerbag has something for everyone
- Quality, hard wearing construction
- Portable and easy to store





Strength & Conditioning

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PLATES

Elite Series

When only the best will do, look no further than the RAZE Elite plates.

Manufactured to be as close to the IWF standard as possible, these plates feature a large solid steel centre hub which effectively allows the plates to be narrower than the Black or Premium Series plates - ultimately meaning you can load much more weight onto the bar.

The large steel centre is securely attached to the rubber, maintaining a high level of durability, and it's finished with a laser engraved RAZE logo for that extra finishing touch!

Each plate is calibrated to within a tolerance of +/- 0.5% of the stated weight.

Weight	Width	Code
10kg	30mm	230010
15kg	40mm	230011
20kg	50mm	230012
25kg	60mm	230013



Premium Series

Virtually indestructible!

Created from virgin rubber and drop tested to 30,000 cycles, these premium plates are manufactured to the highest standard offering supreme levels of strength and durability - they're Ideal for heavy use lifting areas, weightlifting clubs and CrossFit boxes. Designed and produced to the IWF standard diameter of 450mm, with a 50.4mm centre hole that is reinforced with a machined stainless steel sleeve for increased structural integrity and to make it easier to load the plates on and off bars. Each plate is calibrated to within a tolerance of +/- 0.5% of the stated weight. Provides excellent protection for flooring, reducing noise and bounce if dropped.

Weight	Width	Code
10kg	47mm	230006
15kg	65mm	230007
20kg	82mm	230008
25kg	88mm	230009



Black Series

A real all-rounder – the Black Series solid rubber plates offer the perfect balance between durability and affordability.

Designed to the IWF standard diameter of 450mm, the Black Series solid rubber Olympic plates are manufactured using a unique blend of virgin and reclaimed rubber. They're ideal for any environment - all commercial gyms, strength and conditioning facilities, CrossFit boxes or a home garage set up.

The unique material blend means the plates have a real solid feel to them (even the 5kg!) which results in a lower-bounce when a loaded bar is dropped to the floor.

The 50.4mm centre hole is reinforced with a stainless steel sleeve for increased structural integrity and to make it easier to slide the plates on and off bars.

Each plate is calibrated to within a tolerance of +/- 2% of the stated weight.

Drop tested to 10,000 cycles.

Weight	Width	Code
5kg	27mm	230001
10kg	47mm	230002
15kg	65mm	230003
20kg	82mm	230004
25kg	88mm	230005



R-Sport Plates

Budget training plates hit the mark.

RAZE 'R-Sport' training plates are an excellent entry level in to the world of lifting.

They conform to the IWF specs of 450mm diameter with a 50.4mm centre hole - which has been reinforced with a stainless steel sleeve.

The 'R-Sport' plate has been manufactured using a different formula than our 'Black Series' or 'Premium Series' plates, with the outcome being a harder plate with minimal bounce while still maintaining durability. R-Sport plates are also slightly thinner, so you might be able to squeeze an extra one onto the bar!

A reliable workhorse of a plate, R-Sport plates won't let you down.

Weight	Width	Code
5kg	25mm	230456
10kg	41mm	230457
15kg	55mm	230458
20kg	70mm	230459
25kg	82mm	230460



Weight	Code
10kg	230461
15kg	230462
20kg	230463
25kg	230464



Technique Plates

Durable and resilient lightweight plates allow you to focus on the correct technique and progressions of Olympic lifting, without loading the bar with too much weight.

Made in Europe from Impact-resistant, high-quality polyethylene, the plates are the standard IWF diameter of 450mm, so you can practice the exact movements and starting positions as you would with heavier bumper plates.

The plates feature a 51mm centre hole so they can be used with any Olympic bar, but they are ideal to use in combination with the RAZE 7kg technique bar.

Weight	Code
1.5kg	60140
2.5kg	60141
5.0kg	60142



Wall Fix Plate Storage



Code: U089B-R

Plate Tree

- 8 weight storage pegs, fitted with rubber
- bumpers to prevent metal to metal contact.
- Rubber feet with floor fix option.
- Designed to handle hundreds of kilos of mixed weight discs.

Specifications

Length	700mm
Width	600mm
Height	1,400mm

Code: U089-R



Horizontal Bumper Plate Rack

- Holds 10 plates – custom spacing for a full set of 5kg to 25kg.
- Small post on the back to hold small cast plates.
- With a handle and 2 wheels, the rack is fully portable.

Specifications

Length	1,680mm
Width	430mm

Code: 230138



Plate & Bar Storage



Code: U089C-R

For more storage solutions please check out our modular storage section

Grip Plates

Unique design delivering multi-functional performance, the RAZE classic rubber grip plate is a stand out performer.

This is the real deal! A truly multi-purpose grip plate; use it on bars, on plate loaded machines, or as a functional weight in it's own right - the two beautifully crafted solid steel handles have plenty of room for a good grip using either one or two hands.

The handles also create a gap between the plates when they are loaded on a bar or sitting on the floor, making them really easy to get hold of without trapping your fingers.

- High quality construction featuring a solid steel core coated with a hard wearing propriety rubber compound.
- Solid steel handles finished in satin chrome for exceptional feel.
- Large, easy to read colour coded weight indicators.
- 1% weight tolerance.

Weight	Code
1.25kg	230035
2.5kg	230036
5kg	230037
10kg	230038
15kg	230039
20kg	230040
25kg	230041



BARS

Serious Bars for Serious Lifting

All the RAZE weightlifting bars are made from a high quality steel shaft which is 100% stress tested during production.

	Code	Weight	Shaft Dia	Length	Loadable Sleeve Length	Knurl	Tensile Strength	Sleeve Rotation
Men's Black Series	230109	20kg	28mm	220cm	41cm	IWF	185k PSI	Bushing
Women's Black Series	230110	15kg	25mm	201cm	32cm	IWF	185k PSI	Bushing
Men's Premium	230111	20kg	28mm	220cm	41cm	IWF	216k PSI	Bushing
Womens Premium	230112	15kg	25mm	201cm	32cm	IWF	216k PSI	Bushing
Men's Elite	230113	20kg	28mm	201cm	41cm	IWF	216k PSI	Bearing



Non slip sleeves

Our sleeves are constructed from a seamless steel and finished with a light ribbing to prevent collar slippage.



RAZE signature dual profile knurling

Light in the centre and deeper at the edges, designed to offer the right amount of grip without being too aggressive.



Black Series

With a tensile strength of 185k psi the bar is strong enough for heavy lifting whilst still offering a great feel and whip. The shaft is finished in manganese phosphate which was chosen for its hardness and superior corrosion resistance and the proprietary designed copper alloy bushing is hard, strong and corrosion resistant, and the lubrication system ensures a smooth rotation, whatever the load.

In our opinion, if you're looking for an all-round performer with excellent balance between performance and affordability, then you won't find better than the RAZE Black Series bars.

Premium Series

When you take your Olympic lifting to the next level you really should be looking at the RAZE Premium bars. The chrome finished shaft is formed from a special low carbon steel with a tensile strength of 216k psi, meaning it's super strong yet elastic enough to return true after each lift.

Elite Series

Featuring the same 216k psi tensile strength shaft as the Premium bar, the main difference to the Elite bar is the sleeve rotation system. The sleeves rotate on high grade needle bearings with a fluidity of rotation which is second to none. The longevity of bar has been tested to 30,000 drops without deforming.

Axle bar

The axle bar is a strongman classic. This bar makes performing grip training simple. It can be used for a huge range of different exercises while promoting grip, forearm & wrist strength.

Specifications

Code: **RB33001**

Length 2,200mm
Width 80mm
Height 80mm
Weight 35kg



Trap Bar

The Trap bar is for all abilities to effectively load the lower body while avoiding any mobility or skill limitations.

Specifications

Code: **RB33002**

Length 2,200mm
Width 710mm
Height 210mm
Weight 35kg



Multi-Grip Bar

The Multi-Grip bar from RAZE optimises upper body pressing while supporting shoulder health & tricep strength.

Specifications

Code: **RB33003**

Length 2,200mm
Width 80mm
Height 200mm
Weight 20kg



Safety Squat Bar

Raze Strength's take on the Safety Squat Bar. The unique design and construction provide an invaluable way to maximise lower body training whilst protecting your shoulders and upper limbs.

Specifications

Code: **RB33005**

Length 2,200mm
Width 160mm
Height 515mm
Weight 35kg



Cambered Squat Bar

Build a strong & robust posterior chain with the Cambered Squat bar.

Specifications

Code: **RB33004**

Length 2,200mm
Width 80mm
Height 415mm
Weight 35kg



Angled Multi-Grip Bar

Build upper body pressing strength while supporting shoulder health & tricep strength with multiple grip option angles & widths.

Specifications

Code: **RB33006**

Length 2,200mm
Width 80mm
Height 200mm
Weight 20kg



3 Bar Vertical Bar Hanger

Code: U243-RE



5 Bar Holder

Code: U243-RA5



9 Bar Holder

Code: U243-RC9



5 Bar Gun Rack

Code: U243-RD



6 Bar Holder

Code: U243-RB6



The 6 bar in-line storage holds our full range of specialist bars

Deadlift Bar

Code: 230117

Excellent for deadlifts - the hex shaped bar means you stand inside it and grip the handles laterally, providing a more natural hand position. It's great for teaching deadlift technique as the load is placed inline with the body, encouraging you to stay upright and placing more of the load on your legs than your back. Positioning the load around you also makes it ideal for shoulder shrugs. It also means you won't end scuffing your shins when lifting - always a bonus!



Spring Collars

Code: 230115

Simple design and easy to use. Made from 3mm sprung steel that is progressively wound, creating outstanding grip on the bar.

Sold in pairs



Quick-Lock Collars

Code: 230201

Made from an extremely tough and durable thermo elastic polymer, the RAZE Quick Lock Collars do exactly what they promise - they are quick to use and solidly lock the plates onto your bar - leaving you to concentrate on your lifting.

Sold in pairs



Technique Bar

Code: 230116

The ultra light 7kg RAZE Technique Bar has been developed specifically for those who are new to weight training and Olympic Lifting. The machine knurled aluminium bar is 28mm in diameter and mated with steel sleeves to give a real bar feel at a fraction of the weight.

The bar is 183cm (6ft) in length with an internal collar to collar measurement of 132cm (52inches), the same as that of a full-sized Olympic bar. These measurements allow the bar to be used in full-sized Power Racks, squat stands and Olympic benches.

Ideal for use together with the RAZE technique plates, the bar has a max load weight of 65kg.



Elite Collars

Code: 230114

Two stage locking design offers ease of use and strong clamp action - ensuring plates are securely locked onto your bar.

Each collar weighs 2.5kg.

Sold in pairs



PLATFORMS

RAZE Black Series Deadlift Platform

Compact and flexible, the RAZE deadlift platform is perfect when space is limited. Taking up just 2.5m x 1.3m and constructed entirely from industry leading DuraTRAIN 32mm tiles, it's completed with a neat metal surround. Create a dedicated lifting space. Quick and easy to move around. High performance delivered in a small package.



Specifications	Code
2.5m x 1.3m	U1004
2.5m x 2.5m	U1004A

Premium Platform

The solid oak centre provides rock solid stability whilst the sound absorbing construction dissipates shock load, keeping bar rebound to a minimum. 60mm thick with a ramped steel surround.

Specifications	Code
2.5m x 1.9m	U1005
2.5m x 2.9m	U1005A



Elite Platform

Our most advanced lifting platform offers the best sound and shock absorption available. It's 70mm thick and features a multi-layered construction topped with the industry leading 32mm DuraTRAIN tile.

Choose from wood, or full graphic centre.

Specifications
3.6m x 2.6m

Code: U1105





RAZE Farmers Walk Handles

The farmer's walk is one of the most beneficial exercises to perform for any level of user. Train with the RAZE Pro Farmer's handles to increase your conditioning whilst strengthening the upper back, forearms & lower body.

- Vertical weight holders reduce the need for securing collars & increase strength under load.
- Bent steel skids protect flooring surfaces & prevent snagging.
- Fully knurled handles for enhanced grip.
- 500mm of loadable weight holder space (Each handle).
- Weight: 15kg (Each).

* Textured Powder coated finish - Plate loading will cause finish to wear.

Code: **RS13002**



RAZE Yoke

A strongman classic: The Yoke. Primarily used as a heavy loaded carry to challenge the lower limbs, back, trunk & upper back the yoke can also be used for pushing, overhead carrying, Zercher carries, presses & much more. It can be loaded heavily with plenty of plate space provided & adjusted quickly for optimal height for users of all sizes.

- 18 micro adjustment crossbar height options.
- Quick pin selector height adjustment.
- 700mm of loadable weight holder space per skid upright.
- Oversized crossbar for comfort & grip.
- Bent steel skids protect flooring surfaces & prevent snagging.
- Weight: 85kg (Empty).

* Textured Powder coated finish

- Adjustment & Plate loading will cause finish to wear.

Code: **RS13001**



RAZE Dead Pull Stands

Optimise your deadlift training by training areas of weakness with the RAZE Deadlift Pull Stands. 3 different pulling heights (12", 15", 18") allow you to precisely & effectively train weak positions during the deadlift.

Code: **RS13003**



RAZE Dumbbells

RAZE premium rubber dumbbells – stylishly designed and virtually indestructible – a winning combination!

- Precision machined solid steel heads are covered in a non-porous, odourless, rubber compound that's been rigorously tested for toughness and durability.
- The rubber is injection moulded to give the weights a higher level of accuracy and a more consistent finish.
- The hardened chrome, straight, handle has a deep set knurl for confident grip.
- Available in sizes from 2.5kg through to 60kg, in 2.5kg increments.

Weight	Code	Weight	Code
2.5kg	230062	32.5kg	230074
5kg	230063	35kg	230075
7.5kg	230064	37.5kg	230076
10kg	230065	40kg	230077
12.5kg	230066	42.5kg	230078
15kg	230067	45kg	230079
17.5kg	230068	47.5kg	230080
20kg	230069	50kg	230081
22.5kg	230070	52.5kg	230082
25kg	230071	55kg	230083
27.5kg	230072	57.5kg	230084
30kg	230073	60kg	230085

PU dumbbells with custom logos are available

Please call for details



Core Plate

Multi-directional swivel allows you to perform rotational exercises and presses for core strength and stability, rotational strength and upper body mobility especially for the shoulders.

- Rubber feet prevent slipping or movement during use.
- Heavy base plate helps stability.
- Solidly built with 4 sets of roller bearings in the pivot points. No slack or wobble, smooth, maintenance free movement.
- Bar & weight plate not included.

Code: [U203-R](#)



Double Core Trainer

The mother of all core trainers! This double core trainer features independently floating Olympic bar sockets that rotate in all planes of motion, and also slide horizontally allowing you to set the bars at different widths. There is a wide range of functional exercises you can do including: squats, multi-directional lunging, core rotations, wood chopping, overhead pressing, shoulder to shoulder pressing, rowing and so much more!

- Free standing with rubber feet.
- 2 x grab/lift handles that may also be used to anchor battle ropes.
- 1 and 2 arm movements (single core trainer also available).
- Rubber buffers fitted to both sockets to protect floor.

Code: [U203-RA](#)



Battle Ropes

Simple to set up and even easier to use – you could easily be fooled into thinking a workout with a battle rope is going to be a doddle, but beware, just a few minutes with one of these will give you a seriously intense upper body workout and get your heart going – taking care of the cardio workout as well!

- Made from a super strong, yet dynamic and flexible blend of polydacron – feels great to use and is very hardwearing.
- Available with or without a nylon outer casing – the casing adds extra protection and is perfect for outdoor scenarios such as bootcamps.
- Choose from 2 lengths (30' or 50') – the longer the rope, the heavier!
- Also great for attaching to sleds for pulling.



Specification

Code

30'	230125
50'	230126
30' w. sleeve	230127
50' w. sleeve	230128
Bracket	230129



Rubber Kettlebells

In our quest to create the finest and most usable kettlebell out there we consulted with industry experts and kettlebell masters over aspects such as size, shape and feel to make sure we got it just right. Every dimension has been checked, trialled and verified, with the handle in particular being painstakingly designed to provide an ergonomically perfect fit, using either one or two hands.

Once the design was right, we needed to back it up with quality materials and craftsmanship - so we chose to cover the bell with a special rubber compound that exhibits excellent hard wearing capabilities.

The hard chrome handle, chosen for its durability, has an ever so slightly textured satin finish for exceptional feel when swinging.

Large weight indicators are wisely positioned on the top of the bell, making them really easy to read when stored.



Weight	Code	Weight	Code
4kg	230052	16kg	230057
6kg	230053	20kg	230058
8kg	230054	24kg	230059
10kg	230055	28kg	230060
12kg	230056	32kg	230061



3 in 1 Soft Plyo



Foam block covered in hard wearing vinyl. 3 heights from one plyo box - 20" (50cm), 24" (60cm) and 30" (75cm) - just flip it over to change the height.

Code: **230465**

3 in 1 Wooden Plyo Box

The RAZE wooden plyo box gives you 3 different heights in one box - it has a 20" (51cm), 24" (60cm) and 30" (75cm) side.

- Solid construction with reinforcing centre piece
- Comes flat pack, self assembly required, all parts / fixings and easy to follow instructions included.

Code: **230132**

Soft Plyo Boxes

Our incredibly versatile soft plyo boxes are perfect for the development of explosive power. Made from foam and covered with a hard wearing, wipe clean vinyl, they offer a soft but stable landing surface that reduces stress on joints- plus there's no danger of shin damage if you miss a jump! Boxes can be used individually or securely attached together to allow many variations in height up to a maximum of 160cm (5' 3"). They are also light enough to easily move around your training space.

Available in 3" (7.5cm), 6" (15cm), 12" (30cm), 18" (45cm), 24" (60cm) heights

- Large landing area of 90cm x 75cm
- Covered in wipe clean vinyl
- Velcro the boxes together for extra height.

Specifications Code

3"	230133
6"	230134
12"	230135
18"	230136
24"	230137
Full Set	60112



Speed Sled

- British made drag sled
- Convenient flat pack design
- Use indoor or outdoor
- Bent steel rails stabilise loaded weight plates

Code: **U246-R**



Dog Sled

- Use for push, pull and speed training
- Suitable for indoor or outdoor use
- Choice of handles – either removable poles or fixed horizontal rail
- Handles can be added at either end of the sled

Code: **UU246-RB**

Code: **U246-RA**



Prowler

Specially designed to force you to sink your hips extremely low to move the sled – if you don't the front ski will just dig into the ground.

- Dual low and lower height push bars
- Removable drive poles with rubber grips
- Harness & rope connection points
- Dual angled ski's allow sled to move in either direction
- Centrally located Olympic disc holder for even weight distribution.

Code: **U221-R**



Double Prowler

The beast! Weighing in at 68kg the Double Prowler provides a challenge even before you start loading it with weights..

- 4 removable drive poles with rubber grips
- 2 centrally located Olympic disc holders for even weight distribution
- Dual low and lower height push bars can be used from the front or back of the sled
- Harness & rope connection points
- Dual angled ski's allow sled to move in either direction.

Code: **U220-R**



Wooden Rings

Oversized 32mm diameter wooden rings are easier to maintain false grip and train for that first muscle up!

Heavy duty, quickly adjustable cam brackets.

Super strong 6m long x 38mm wide straps featuring numbers and space markings so you can easily line up your rings – no more guessing!

Code: [230130](#)



Classic Rings

Olympic regulation 28mm rings with heavy duty bracket and adjustable 38mm strap complete with stitched in space markings for easy hanging.

Code: [230131](#)



Ab Mat

The abdominal mat is a simple bit of kit that allows the user to perform more effective sit-ups. When placed under the lumbar spine with the higher portion towards your bum, it creates the perfect environment for the abdominals to move through their full and available range of motion.

Code: [230384](#)



Exercise Mat

At 10mm thick our exercise mat offers optimum comfort and support during your workouts. These durable mats come with a non-slip base. Features two eyelets for hanging.

L: 100cm x W: 61cm

Code: [230484](#)



Foam Rollers

Our straight roller is constructed from solid EVA foam and has a slightly dimpled surface which is ideal if you are new to foam rolling.

D: 15cm x L: 45cm

Code: [230385](#)



Powerbag PT

Designed specifically for the Personal Trainer market, the key feature of the Powerbag PT is the ability to quickly change the amount of weight. The bag comes supplied with a 'standard' Powerbag sand cell (fillable up to 20kg), plus an additional 3 x mini sand cells (fillable up to 4kg each), allowing you to customise and easily change the weight of the bag.

Code: [NT-163](#)



Our multi-point roller is constructed from EVA foam covering a hard plastic tube, giving it an overall harder feel than our straight roller. The EVA foam is also shaped into different sized sections, offering varying pressure points and really helping to isolate any areas of tightness.

D: 14cm x L: 33cm

Code: [230387](#)



Dip Belt

- Heavy duty leather material.
- Chrome plated steel chain with welded links.
- Re-enforced riveted D-ring holders.
- Increased width of belt at rear for additional support.

Code: **KFL-001**



Speed Rope

- Lightweight and fast speed cable - great for mastering double-unders.
- Cable won't tangle or kink up.
- 10ft (3m long) easily adjustable rope.
- Durable, plastic handles.

Code: **230386**



Mini Bands

Mini Bands are an effective and versatile training tool that can be used for rehab work, dynamic warmup and both upper and lower body resistance training.

- Use anywhere; at home, in the gym, on the road.
- Ideal for lateral movement and shoulder stabilization exercises.

Specifications Code

0.3mm Yellow	230186
0.4mm Red	230187
0.5mm Green	230188
0.6mm Blue	230189
0.7mm Black	230190



Agility Bands

Longer 74" resistance bands are ideal for speed and agility work.

Specifications Code

38mm - Teal	230470
50mm - Maroon	230471



Power Bands

The kings of variety! RAZE power bands are useful in almost any training routine and are a great way to safely add intensity without adding weight.

Used on their own power bands are excellent for stretching, joint mobility and pre-activation routines, but combined with equipment they can also add some real variation to your strength training program. This is down to the fact that power bands vary resistance over the duration of a movement - more stretch = more resistance.

Plus, a power band is small, light and transportable so you can train anywhere, anytime....No more excuses.

This orange 6.5mm wide band is the lightest resistance available and is great for the initial stages of rehab, pre-activation prior to lifting and adding lighter resistance to upper body strength work such as bicep and tricep exercises.

Specifications Code

6.5mm	230097
13mm	230098
22mm	230099
28mm	230100
44mm	230101
63mm	230102
83mm	230103



Classic Med-Balls

The RAZE medicine ball has a unique construction and hi-grip, textured finish, making it perfect for throws and catches.

The large, white, weight indicators stand out against the textured black background. Med balls are easily incorporated into functional training routines and are ideal for adding variety to your upper body workouts. They're also great to train explosive power and improve coordination.

Weight	Code
--------	------

1kg	230023
2kg	230024
3kg	230025
4kg	230026
5kg	230027
6kg	230028
7kg	230029
8kg	230030
9kg	230031
10kg	230032



Slam Balls

This training tool is the ideal companion to traditional medicine balls and wall balls as they are designed to be slammed! Against walls, into floors... use your imagination, and unlike medicine balls and wall balls there is no rebound, slam balls "dead bounce".

The slam balls feature a textured surface and a constantly moving filler material that adds a new dimension to training - dynamic shift - this is a huge benefit when developing explosive strength whilst performing sports related movements.

Weight	Code
--------	------

4kg	230119
6kg	230120
8kg	230121
10kg	230122
12kg	230123
14kg	230124



Dual Grip Med-Balls

The RAZE dual grip medicine ball features two moulded handles, allowing you to hold the ball in different ways and add even more diversity to your workout.

Manufactured from high quality, light textured rubber and featuring large easy to read weight indicators, the RAZE dual grip med ball is a solid performer.

Weight	Code
--------	------

4kg	230016
5kg	230017
6kg	230018
7kg	230019
8kg	230020
9kg	230021
10kg	230022



Wall Balls

Right tool for the job, the RAZE Wall Ball has been designed for sport specific training and dynamic movements. Constructed from high quality textiles with double stitched seams throughout - this highly durable yet soft construction makes it suitable for all user abilities and fitness levels.

Each ball is the same 36cm (14") diameter so you can progress up and down the weights without having to worry about altering your technique.

Weight	Code
--------	------

4kg	230450
6kg	230451
8kg	230452
10kg	230453
12kg	230454



Weightlifting Gloves

Lightweight leather gloves with a padded suede palm grip.

Size	Code
M	60834
L	60839



Weightlifting Belt

4" wide leather weightlifting belt with extra padded back support.

Size	Code
M	60833
L	60838



Weightlifting Gloves with Wrist Wrap

Leather glove with extended wrist support wrap and gel padded palm for superior grip and comfort.

Size	Code
M	60835
L	60840



Knee Wraps - 72"

Elasticated knee wrap with secure hook & loop closure. 72" long and 3" wide

Code: 60837



Wrist wraps - 18"

Code: 60836

Elasticated wrist wrap with thumb loop and secure hook & loop closure.

18" long and 3" wide



Figure 8 Weightlifting Straps

Code: 60832

Support your wrists during heavy lifting with these cotton lifting straps with neoprene padding.



Heavy Duty Weightlifting Straps

Code: 60831

Made from nylon for superior strength, with textured rubber inlays for maximum grip





**PRO
LOG**®



Group Training Redefined

For centuries, physical training with logs has been seen as one of the ultimate tests of teamwork, strength and endurance. With its modern, ergonomic design the PROLOG® is highly user friendly, resolving potential Health and Safety concerns associated with traditional wooden log training. PROLOG® comes with its own unique physical training program, Log-fit, providing a full body workout for long term results.

PROLOG provides the ultimate workout platform, and has been designed specifically for team and group fitness.

Features

- Suitable for both indoors and outdoors use.
- User friendly- with a 10mm foam insert providing greater comfort when handled or carried in close proximity with the body.
- Durable - Outer covering is provided by a triple cordura lining
- Internal variable weight system- overall weight can easily be adjusted easily and effectively.
- Multi-handled lifting system provides a huge variety of handholds to incorporate into any training program.
- Trainers and coaches can draw from our extensive exercise library to create a variety of motivational and goal-specific workout routines to suit all fitness levels and abilities.
- Easily transported, stored and maintained.

PROLOG Micro

Code: **60334**

- 1-2 people
- Variable Weight Range 15kg-50kg

PROLOG Mini

Code: **60268**

- 2-4 people
- Variable Weight Range 25kg-100kg

PROLOG Maxi

Code: **60267**

- 4-6 people
- Variable Weight Range 40kg-130kg



It's difficult to describe just how revolutionary Prolog is! Many 'group training' platforms are in reality lots of people training individually, which really misses out the extra dimension that training together with other group members brings. Prolog forces a team to train together, co-ordinating movement and effort in synchronised way.

PROLOG M:Spec

A fully metal construction that's galvanised for outdoor use, the PROLOG M:Spec is the ideal entry into team based log-training drills. Designed and manufactured in the UK.

- Available in 2 sizes.
- Use anywhere; at home, in the gym, on the road.
- Ideal for lateral movement and shoulder stabilization exercises.

Specifications Code

2m: 2-4 people		U241-R2
3m: 4-8 people		U241-R3



CRANKIT FITNESS

DISCOVER THE WORLD'S MOST EFFECTIVE & VERSATILE SUSPENSION TRAINING SYSTEM

The UK's appetite for suspension training is still growing. With a variety of exercises to suit a range of fitness levels, the opportunities to increase member engagement and PT revenue are enormous.

Crankit offers the strongest and most versatile suspension training solution on the market. Backed by an industry leading warranty, users can perform over 60 more exercises using Crankit than they can with competitive products.

- Excellent way to help members develop strength, balance, flexibility and joint stability.
- Strongest straps on the market made of industrial grade polyester and nylon webbing.
- Industry leading Suspension Trainer warranty.
- Modular design with multiple component parts increases the number of applications compared with other suspension training products.
- Portable system weighing less than 2kgs means you can run suspension training from multiple locations and increase programming and PT options.
- Easily adjust intensity and tailor programming to suit all fitness levels from beginners to elite athletes.
- Each set of straps includes two anchors, two adjustable straps, two handle/foot loops and six karabiners.
- Available in blue or pink.



Door Anchor

Built in door anchor means you can train at home, in your hotel, or anywhere you have a sturdy door.

Quick Clip Karabiner

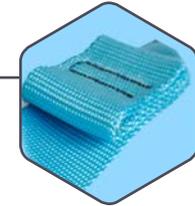
New lightweight, sewn-in karabiners make it easy to assemble your Crankit components how you choose, giving you the ultimate versatility.

Industrial Strength Webbing

Load rated to over 1000kg and sewn together with bonded nylon thread - you'll break before it does!

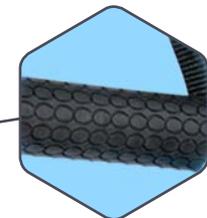
Non-Slip Low Profile Adjusters

New non-slip low profile buckle inspired by rock-climbing technology, with Tensile Resistance Mechanism - guaranteed to never slip under load.



Durable Rubber Grip Handles

New commercial grade easy clean, non-slip, textured rubber handles designed to help you grip better.



revvll[®]

Endless Rope Training

The Revvll PRO is an alternative to stand-alone and expensive rope training simulation machines – yet offers more versatility and fun!

- Substantial exercise variety
- Quick Adjustability – Variable Resistance.
- Mobility – Mount the Revvll high to low and virtually anywhere.
- Commercial Grade – Quality Construction.
- No rope fraying or gloves required!

The Revvll Pro is great for beginning or advanced use within all facility types. Ideal for functional training areas, personal trainers, circuit integration and group classes.

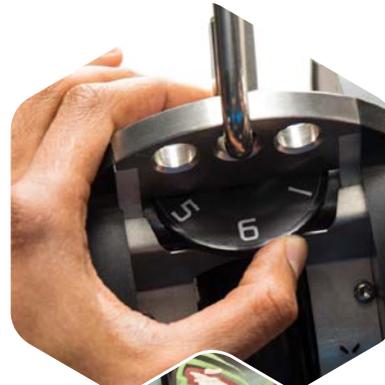
Endless Rope Training on a New Level

There are rope climbing machines that allow the trainee to simulate rope climbing. However, these machines are big and heavy. The revvll was created to allow rope climbing everywhere and for every trainee. A positive side effect of the light weight is the fact that the revvll offers significantly more exercises.

With classic rope climbing you pull the rope towards your body, with the revvll rope resistance training, however, you can move the rope in various ways against a certain resistance: pulling, pushing, and rotating movements in different angles are possible. You don't sit on a rope climbing machine or are clinging to a rope – you can choose your own position freely. Thus, revvll rope trainers give you an overall upper body training with adjustable resistance. All you need to do is change your own position towards the training tool or the mounting height of the revvll.

Workout programming with different resistances

The adjustable resistance is a central element of the revvll in order to allow rope climbing for every trainee, whether they are rehab patients or professional athletes. At the same time, the adjustable resistance is an important part of training programming. If you prefer strength training you choose a higher resistance, if endurance is your main goal the lighter resistances will be your choice.



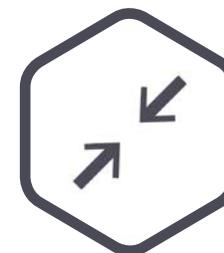
Adjustable Resistance

Six resistance settings from light to heavy.



Mobile Lightweight

Mobile device with less than 6 kg total weight.



Full Freedom of Movement

Countless exercises depending on your position and mounting height.

Revvll One Code: 61044

Revvll Pro Code: 60763



**CARBON
CLAW**

FIGHT EQUIPMENT
SPECIALISTS

**CARBON
CLAW**





**WE STOCK AN EXTENSIVE RANGE OF BOXING,
MARTIAL ARTS & MMA PRODUCTS**

For more information, ask for our dedicated Carbon Claw brochure

CONTACT OUR SALES TEAM ON: 01455 890 100

ReNegaDE

AIR ROWER

A REAL HIT MACHINE

IT WON'T LEAVE YOU COMING BACK FOR MORE

Built to the same exacting standards as the Renegade AirBike, the Air Rower is a real animal. Delivering strong resistance with a combination of air and magnets, it features:

- 8 resistance levels
- Adjustable foot plates
- Steel reinforced aluminium seat track
- Very comfortable seat
- Transport wheels

Stands upright for storage and easy transport

The performance monitor tracks all the data you'd expect (time, distance, calories, watts, strokes, SPM and time/500) plus it has target and interval programs and tracks pulse via optional chest belt.





FEATURES

Engineered aluminium pulley with robust sealed cartridge bearings - reduces friction and prolongs the life of the pulling strap

Large LCD screen displays 8 workout modes including 20/30, 20/10, custom intervals, target settings and SPM control

OD 25 SCM415 Axle
OD 74mm TPR with 6200 sealed cartridge bearing inserted

Ergonomic handle with high tensile strength pulling strap

Engineered oversized Quick Footrests

INA FC2016 robust needle bearing SQ 370mm / 2.8kg super steel fan

Engineered POM rollers with robust 608zz sealed cartridge bearings inserted

Fold-Up with four transportation wheels design



AIR BIKE

THIS IS NO ORDINARY AIRBIKE

IT'S AN ENDURANCE BUILDING, WOD FUELLING,
GUT BUSTING, POWER CHARGING, ROGUE OF A MACHINE

Built to withstand anything that's thrown at it, the Renegade is one tough competitor and is fully kitted out with industry leading gear:

- Industrial grade, endless Poly-V drive belt offering faultless load transfer and increased life span
- Double sealed bearing set in the central hub of the 56cm diameter super steel air fan for effortless rotation
- Multi-direction, sealed cartridge bearings in the push and pull arms for long lasting durability
- 3mm main frame structure for superior strength
- 2 year limited warranty

The Renegade's Performance Monitor Provides a Comprehensive View of Your Workout Data:

- Large LCD screen displays all workout data in easy to read format
- Stay motivated with 8 workout modes, including 10/20 and 20/10 intervals, target settings and heart rate control
- Easy one-touch mode selector
- Power output is shown in watts, giving you an accurate measurement to track your progress and improve your performance





FEATURES

Large moulded PU seat for comfort

Infinitely adjustable quick release saddle adjustment - up/down/forward/back

Handle with knurled grip to easily pick up and move the Renegade around

10mm thick SS41 engineered steel crank arm

Main framework constructed from 3mm thick steel for maximum strength

Low maintenance, endless Poly-V single belt transmission

38mm diameter, 3mm thick moving arms are built to take the most intense upper body workouts

Performance monitor with 8 workout modes and wireless heart rate receiver

Smooth, natural, unlimited airflow resistance provided by a heavy duty 56cm steel fan with cross-bonded steel blades for the ultimate in linear power

Chunky foot pegs, great for resting your feet during all arm workouts

Industrial grade, sealed cartridge bearings on all moving joints for long lasting durability and smooth and quiet action

76mm x 24mm integrated nylon fibre wheels for smooth transportation

3mm tubing on the stabilisers for strength and stability

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Station Strength

 **MADE IN
BRITAIN**



CUSTOM COLOURS

Building on over 20 years of design, innovation and engineering excellence, our range of station strength equipment offers a highly effective strength solution delivered in an aesthetically pleasing and biomechanically correct package. All equipment is made to order, allowing you to choose custom colour and branding options.

All of our frame colours are available in gloss or matte finish. If you have a specific colour requirement we'll do our best to match it.



Framework Colours

Red RAL3020	Yellow RAL1023
Dark Blue RAL5002	Green RAL6018
Orange RAL2004	Light Blue RAL5015
Black RAL9005	Purple RAL4006
Black Texture	Dark Grey RAL7024
Unfinished Steel	Silver RAL9006
Silver Sparkle	White RAL9016

Upholstery Colours

Mohn 641-0852	Orange 641-0985
Agave 641-0878	Atoll 641-0933
Feuer 641-0931	Sonne 641-0952
Smaragd 641-0968	Violett 641-0870
Fuchsia 641-0871	Schiefer 641-0932
Schwarz 641-0811	Lila 641-0869
Sky 641-1020	Granit 641-1020

Leg Press

Compound Leg press helps build strength and endurance in your legs.

- Entry from either side of machine
- Large fixed anti-slip footplate surface
- Lumbar support
- Linear bearing carriage mechanism
- Adjustable start position (6 positions)
- Seat angled to reduce pressure on the spine



Specifications

Length	1,905mm	Stack Weight	150kg
Width	1,270mm	Stack Config	20 x 7.5kg
Height	1,675mm	Item Weight	260kg

Code: R001

Leg Ab/Adductor

This dual function unit easily adjusts between Inner/Outer thigh positions (Adduction/ Abduction) with low profile frame designed to be non intimidating to all users.

- Independent arms
- Easy entry/exit
- Weight stack accessed from seated position
- Bent knee position reduces stress to the knee joint
- Range limiters with 7 start positions a justed from the seated position



Specifications

Length	1,420mm	Stack Weight	50kg
Width	1,180mm	Stack Config	20 x 2.5kg
Height	1,495mm	Item Weight	220kg

Code: R002

Seated Leg Curl

Works the hamstrings from the seated position and is less intimidating than the prone leg curl.

- Seat mechanism adjusted with one hand from seated position (7 positions)
- Lumbar support
- Self aligning foot roller pad accommodates different lower leg lengths
- Rubber foot pads with floor fix options
- 6 height position counterbalanced knee pad



Specifications

Length	1,360mm	Stack Weight	100kg
Width	1,150mm	Stack Config	20 x 5kg
Height	1,515mm	Item Weight	240kg

Code: R003

Leg Extension

Leg Extension focuses on the quadriceps and helps develop strong thighs, it also helps strengthen muscles around the knees.

- Self centering foot roller pad adjusts automatically to all limb lengths
- Seat accessible weight stack location
- Seat back pad adjusted with one hand from the seated position (7 positions)
- Leg assembly with range limiting and 7 Start positions
- Back pad angled to reduce hamstring tension



Specifications

Length	990mm	Stack Weight	100kg
Width	1,150mm	Stack Config	20 x 5kg
Height	1,515mm	Item Weight	250kg

Code: R004



Prone Leg Curl

An innovative design features an angled bench to isolate the hamstrings and reduce lower back strain.

- Adjustable Leg pads
- Hand grips placed in a natural position for increased stability
- Side drive for easy access to weight stack from exercise position

Specifications

Length	1,400mm	Stack Weight	100kg
Width	900mm	Stack Config	20 x 5kg
Height	1,700mm	Item Weight	240kg

Code: R005



Leg Extension/Curl

For sites with limited space this product offers the versatility of a seated Leg Extension and Prone Leg Curl in one unit. One easy pull pin adjustment quickly changes the exercise from leg extension to leg curl.

- Self centring foot roller pad adjusts automatically to all limb lengths
- Seat accessible weight stack
- Grab handles for stability in both exercise positions

Specifications

Length	1,350mm	Stack Weight	100kg
Width	1,130mm	Stack Config	20 x 5kg
Height	1,515mm	Item Weight	240kg

Code: R060



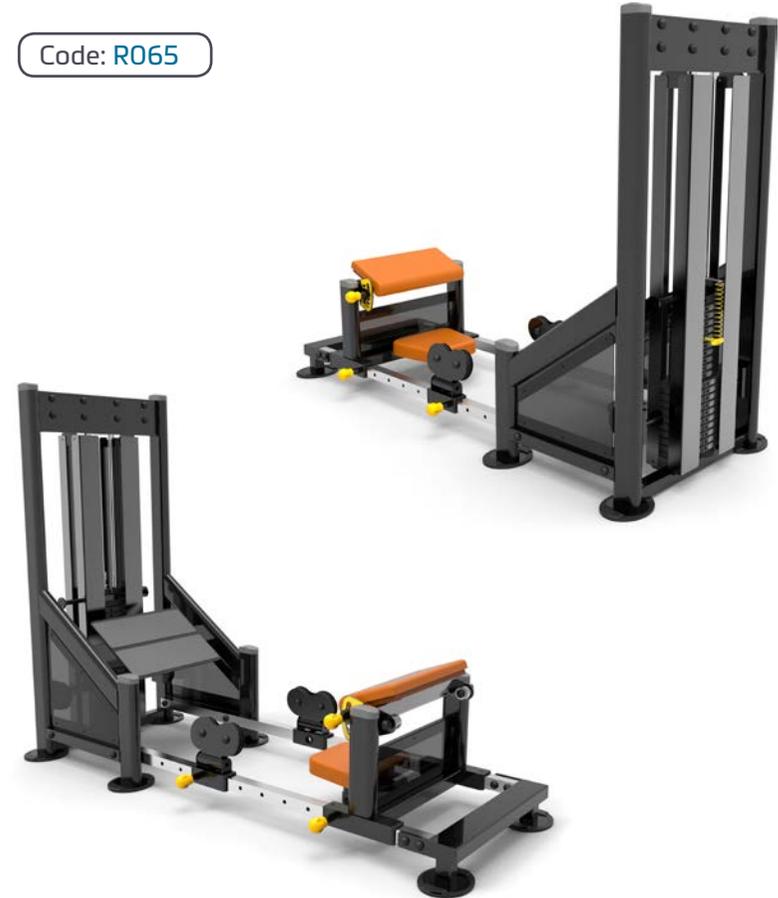
Glute Bridge

The ultimate hip thrust machine. Allows you to isolate the glutes safely and effectively. Option to increase weight stack.

Specifications

Length	2,100mm	Stack Weight	125kg
Width	900mm	Stack Config	20 x 5kg
Height	1,600mm	Item Weight	280kg

Code: R065



Seated Back/Row

Seated back/row helps develop the major muscles of the back

- Sternum pad provides support and helps reduce lower back involvement without restricting arm movement
- Overhead pivot moves through a natural arc allowing wrists to maintain a neutral position
- Weight stack accessible from seated exercise position
- Rubber foot pads with floor fix option.



Specifications

Length	1,600mm	Stack Weight	125kg
Width	1,280mm	Stack Config	10 x 5/7.5kg
Height	1,940mm	Item Weight	260kg

Code: R011

Shoulder Press

Shoulder press follows a natural arc to develop overhead lifting strength.

- Seat height mechanism adjusted with one hand
- Weight stack accessible from seated position
- Anti slip rubber feet protect floors and prevent machine slippage with floor fix option
- 2 Grip positions depending on users flexibility
- Overhead pivot provides a more natural arc of movement
- Lumbar support



Specifications

Length	1,420mm	Stack Weight	100kg
Width	1,180mm	Stack Config	20 x 5kg
Height	1,495mm	Item Weight	220kg

Code: R021

Chest Press

Defined path of motion delivers a safe and effective chest exercise.

- Seat height mechanism adjusted with one hand
- Weight stack accessible from seated position
- Anti slip rubber feet protect floors and prevent machine slippage with floor fix option
- 2 Grip positions depending on users flexibility
- Overhead pivot provides a more natural arc of movement and lumbar support



Specifications

Length	1,245mm	Stack Weight	100kg
Width	1,335mm	Stack Config	20 x 5kg
Height	1,890mm	Item Weight	230kg

Code: R020

Back Extension

Targets the important erector spinae muscles of the lower back the area associated with many back problems.

- Yellow joint centre indicator ensures users hips are aligned with machine axis
- Anti slip foot platform
- Weight stack accessible from seated exercise position
- 6 position adjustable start mechanism for individual range of motion



Specifications

Length	1,140mm	Stack Weight	100kg
Width	930mm	Stack Config	20 x 5kg
Height	1,525mm	Item Weight	220kg

Code: R012



Pec Fly/Rear Deltoid

The double pivoting arms mimic the movement of dumbbell flies automatically adjusting to movement changes in the shoulders, elbows and wrists.

- Pivot point alignment duplicates natural arc of movement allowing full contraction of the rear deltoid and pectoral muscles
- Independent pivoting arms provide versatility and accommodate all users
- Double elliptical cams keeps arc of movement smooth throughout the range of motion



Specifications

Length	1,385mm	Stack Weight	1,100kg
Width	1,485mm	Stack Config	20 x 5kg
Height	1,730mm	Item Weight	320kg

Code: R022

Abdominal

The abdominal crunch is one of the most effective exercises to increase abdominal strength.

- Unique floating chest pad allows for a natural crunch movement
- Cam profile provides variable resistance
- Counterbalanced lifting arm provides low initial resistance
- Anti slip foot platform
- Weight stack accessible from seated position



Specifications

Length	3,000mm	Stack Weight	75kg
Width	750mm	Stack Config	20 x 5kg & 10 x 2.5kg
Height	2,300mm	Item Weight	240kg

Code: R032

Multipress

Where space is at a premium, the multipress offers both a chest and shoulder press in one compact machine. One easy pull pin adjustment quickly changes between exercises.

- Seat height mechanism adjusted with one hand
- Weight stack accessible from seated position
- Anti slip rubber feet protect floors and prevent machine slippage with floor fix option
- 2 Grip positions depending on users flexibility
- Overhead pivot provides a more natural arc of movement



Specifications

Length	1,245mm	Stack Weight	100kg
Width	1,335mm	Stack Config	20 x 5kg
Height	1,890mm	Item Weight	290kg

Code: R061

Neck Trainer

Developed in collaboration with the Royal Air Force specifically for use by fast jet pilots

- providing a 360-degree exercise profile, progressively training the neck to improve G tolerance and decrease injury.
- Spring assisted seat height adjustment
- Back adjustment
- 4 position range limiter
- 360 degree rotation



Specifications

Length	1,220mm	Stack Weight	35kg
Width	1,270mm	Stack Config	15 x 2.5kg
Height	1,370mm	Stack Config	15 x 2.5kg

Code: RX100

Arm Curl

Helps develop the biceps whilst supporting the elbow for maximum control.

- Coloured joint axis locators
- Rubber foot pads with floor fixing holes
- Convenient range of motion adjuster (7 positions)
- Adjustable seat
- Counterbalanced lifting arm
- Self centering handle

Specifications

		Stack Weight	75kg
Length	1,345mm	Stack Config	10 x 5kg
Width	1,010mm		10 x 2.5kg
Height	1,570mm	Item Weight	240kg



Code: R030

Bicep/Tricep

This dual unit allows for both Bicep and Tricep exercises in one machine. A natural free weight feel is delivered through the floating pulley system.

- Adjustable pulley height 10 positions
- Dual rotating pulleys delivering a 'free weight' feel
- Rubber foot pads with floor fixing holes
- Includes attachments Tricep rope, Tricep 'V' bar and Straight bar

Specifications

		Stack Weight	75kg
Length	1,650mm	Stack Config	10 x 2.5/5kg
Width	1,250mm		
Height	1,650mm	Item Weight	190kg



Code: R064

Tricep Dip

Offers isolation of the Tricep muscles from the seated position.

- Seat height mechanism adjusted with one hand
- Angled back pad provides stabilization eliminating the need for seat belt
- Pivot point located to encourage tricep isolation
- Weight stack accessible from seated position
- Anti slip rubber feet protect floors and prevent machine slippage with floor fix option

Specifications

		Stack Weight	100kg
Length	1,140mm	Stack Config	20 x 5kg
Width	930mm		
Height	1,525mm	Item Weight	220kg



Code: R031

Assisted Chin Dip

A machine that improves upper body strength and counterbalances your body weight.

- Multi grip handles
- Knee pad may be rotated away for body weight chins and dips
- Linear bearing transmission
- Anti slip footplates
- Anti slip rubber feet protect floors and prevent machine slippage with floor fix option

Specifications

		Stack Weight	75kg
Length	1,200mm	Stack Config	15 x 5kg
Width	1,210mm		
Height	2,200mm	Item Weight	280kg



Code: R052

Lat Pull Down

One of the hallmark machines to exercise the major muscles of the back.

- Angled thigh stabilization pad allows easy entry/exit
- Weight stack accessible from seated exercise position
- Supplied with 48" solid Lat bar

Specifications

Length	1,100mm	Stack Weight	125kg
Width	950mm	Stack Config	10 x 5/7.5kg
Height	2,200mm	Item Weight	240kg

Code: R010



Low Row

Great for beginners and experts alike, the low row is an incredibly versatile machine that can be used with a wide range of attachments.

- Large anti-slip footplates
- Bar strike plate for easy positioning of the bar
- Long seat for variety of users and for easy access to the bar

Specifications

Length	3,000mm	Stack Weight	150kg
Width	7,500mm	Stack Config	20 x 7.5kg
Height	2,300mm	Item Weight	230kg

Code: R013



Lat Pull Down/Low Row

Allows two compound back exercises in one compact machine.

- Supplied with 48" Solid Lat Bar & Close grip Chinning triangle
- Tapered Knee Pads
- Weight stack accessed from seated position
- No-cable or bar change design allows you to go immediately between
- Lat Pull / Seated Row exercises

Specifications

Length	2,245mm	Stack Weight	150kg
Width	1,490mm	Stack Config	20 x 7.5kg
Height	2,245mm	Item Weight	290kg

Code: R062



4 Stack Multi-Station

Our massively versatile 4 stack option is a great space saver and features the following training stations; low-row, lat pulldown, hi-low pulley and tricep pushdown.

The low row and lat pull down stations have been re-designed to feature dual pulleys, giving the user the freedom to train each side independently. The configuration of the machines can be altered to suit your facility.

Specifications

Code: **R101**

Length 3,610mm
Width 1,640mm
Height 2,425mm



Specifications

Code: **R101A**

Length 3,610mm
Width 3,610mm
Height 2,425mm



5 Stack Multi-Station

- The ultimate in multi-dimensional strength training - our 5 stack station features the same training stations as the 4 stack with the addition of a cable cross-over.

Specifications

Code: **R102**

Length 7,125mm
Width 1,655mm
Height 2,405mm



Hi/Low Pulley

Incredibly versatile pulley machine - ideal where space is an issue.

- Quick release carabina connectors
- Pulleys pivot to provide resistance in many different exercise patterns
- Support bar offers stability at a convenient height
- Considerable flexibility in a compact area

Specifications

Length 750mm **Stack Weight** 100kg
Width 850mm **Stack Config** 20 x 5kg
Height 2,200mm **Item Weight** 180kg

Code: **R058**



Multiple Pulley

This is a multi-functional pulley machine.

- 14 pulley height positions
- Grab handle for stability
- Supplied with

1 x Stirrup handle, 1 x Tricep rope,
1 x Leather ankle strap, 1 x 18" Straight bar

Specifications

Length 750mm **Stack Weight** 100kg
Width 1,050mm **Stack Config** 20 x 5kg
Height 2,170mm **Item Weight** 210kg

Code: **R053**



Compact DAP

A truly multi-functional unit allowing dozens of exercises for one or two users at one time.

- Supplied with 2 x Stirrup handles, 1 x Tricep rope, 1 x 18" Straight bar & 1 x Leather Ankle strap
- Adjustable rotating pulleys with 17 height options
- Grab handles for stability
- Rubber foot pads to protect floor and prevent machine slipping with bolt down option

Specifications

Length	1,625mm	Stack Weight	2 x 100kg
Width	800mm	Stack Config	20 x 5kg
Height	2,290mm	Item Weight	400kg

Code: **R055**



Cable Crossover

- Two opposing Hi/Low pulley machines with quick release carabina connectors
- Pulleys pivot to provide resistance in many different exercise patterns
- Chinning Bar fitted as standard
- Support/Grab bars offer stability at a convenient height

Specifications

Length	3,255mm
Width	1,015mm
Height	2,295mm
Stack Weight	2 x 100kg
Stack Config	20 x 5kg
Item Weight	380kg

Code: **R059**



Dual Multiple Pulley

A Truly multi-functional unit allowing dozens of exercises for one or two users at one time.

- Supplied with 2 x Stirrup handles, 1 x Tricep rope, 1 x 18" Straight bar & 1 x Leather Ankle strap
- Adjustable rotating pulleys with 17 height options
- Grab handles for stability
- Rubber foot pads to protect floor and prevent machine slipping with bolt down option

Specifications

Length	2,530mm
Width	800mm
Height	2,150mm
Stack Weight	2 x 100kg
Stack Config	20 x 5kg
Item Weight	440kg

Code: **R050**



Functional Trainer

Popular with personal trainers the functional trainer provides endless variety of exercise options to improve balance, stability and power.

- Independently rotating (9 positions), height adjustable arms (15 positions)
- Dual swivel pulleys ensure fluid cable travel, with 360° rotation
- Supplied with 2 x Stirrup handles, 1 x Tricep rope, 1 x 18" Straight bar & 1 x Leather Ankle strap
- Low starting resistance

Specifications

Length	3,480mm
Width	830mm
Height	2,200mm
Stack Weight	2 x 100kg
Stack Config	20 x 5kg
Item Weight	380kg

Code: **R054**



SELECTORISED IFI STATIONS



As official IFI equipment suppliers and research and development associates, we are amongst the first manufacturers in the world to gain IFI stage 2 accreditation for a number of our selectorised strength stations.

Our commitment to innovative design and inclusive equipment has seen us incorporate the following features:

- Foldaway seat operated with one hand
- Adjustments operated with one hand
- High colour contrast handles
- Lightweight alloy bent gate carabinas with colour contrast
- Weight stack & adjustment numbers are rubber moulded and tactile



IFI Leg Curl

- Colour contrasted seats
- oversized to add stability and comfort
- Raised weight stack
- 2kg start weight
- Step up platform
- Height adjustable leg clamp
- Rubber molded raised and coloured weight number, range limiter & back adjustment decals



Specifications

Code: **R003i**

Length 1,515mm **Stack Weight** 100kg
Width 1,215mm **Stack Config** 20 x 5kg
Height 1,435mm **Item Weight** 260kg

IFI Leg Extension

- Colour contrasted seats oversized to add stability and comfort
- Raised weight stack
- 2kg start weight
- Step up platform
- Rubber molded raised and coloured weight number, range limiter & back adjustment stickers
- Self centring leg roller pad



Specifications

Code: **R004i**

Length 1,440mm **Stack Weight** 100kg
Width 1,025mm **Stack Config** 20 x 5kg
Height 1,435mm **Item Weight** 250kg

IFI Leg Press

- Compound Leg press helps build strength and endurance in your legs.
- Entry from either side of machine
- Large fixed anti-slip footplate surface
- Lumbar support
- Linear bearing carriage mechanism
- Adjustable start position (6 positions)



Specifications

Code: **R001i**

Length 1,515mm **Stack Weight** 100kg
Width 1,215mm **Stack Config** 20 x 5kg
Height 1,435mm **Item Weight** 260kg

IFI Seated Back Row

- Colour contrasted seats oversized to add stability and comfort
- Raised weight stack
- 2kg start weight
- Step up platform
- Height adjustable leg clamp
- Rubber molded raised and coloured weight number, range limiter & back adjustment decals



Specifications

Code: **R011i**

Length 1,550mm **Stack Weight** 100kg
Width 1,280mm **Stack Config** 20 x 5kg
Height 1,940mm **Stack Config** 20 x 5kg

IFI Shoulder Press

Code: R021i

- Colour contrasted seats
- oversized to add stability and comfort
- Raised weight stack
- 2kg start weight
- Step up platform
- Height adjustable leg clamp
- Rubber molded raised and coloured weight number, range limiter & back adjustment decals



Specifications

Length	1,830mm	Stack Weight	50kg
Width	1,400mm	Stack Config	20 x 2.5kg
Height	1,570mm	Item Weight	210kg

IFI Pec Fly/Rear Delt

Code: R022i

- Colour contrasted seats
- Rubber moulded raised and coloured weight number stickers
- Oversized seats to add stability and comfort
- Yellow high visibility handles and grips on adjustments
- Swing away seat for wheelchair access adjusted with one hand



Specifications

Length	1,385mm	Stack Weight	100kg
Width	1,485mm	Stack Config	20 x 5kg
Height	1,730mm	Item Weight	320kg

IFI Chest Press

Code: R020i

- Colour contrasted seats
- Oversized seats to add stability and comfort
- Rubber molded raised and coloured weight number stickers
- Centrally adjusted Foldaway lightweight seat
- Lumbar support
- Oversized instruction graphics with high colour contrast



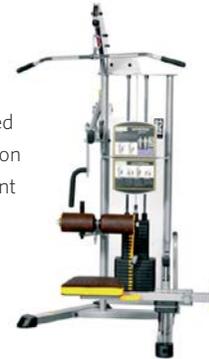
Specifications

Length	1,500mm	Stack Weight	100kg
Width	1,410mm	Stack Config	20 x 5kg
Height	1,890mm	Item Weight	220kg

IFI Lat Pull-Down

Code: R010i

- Single handed adjustment of thigh rollerpad
- Seat accessible weight stack
- Foldaway seat for wheelchair access
- 7 position bar height position adjusted with one hand from the seated position
- Spring assisted seat height adjustment



Specifications

Length	1,640mm	Stack Weight	100kg
Width	1,400mm	Stack Config	20 x 5kg
Height	2,220mm	Item Weight	220kg

IFI Multiple Pulley

Code: R053i

- Rubber moulded raised and coloured weight number stickers
- Yellow high visibility handles and grips on adjustments
- Oversized instruction graphics with high colour contrast
- 14 pulley height positions with high visibility tactile number stickers adjusted with one hand
- Magnetic weight selector pins with high visibility yellow handle and lanyard



Specifications

Length	1,120mm	Stack Weight	100kg
Width	1,360mm	Stack Config	20 x 5kg
Height	2,170mm	Item Weight	220kg

IFI Dual Multiple Pulley

Code: R050i

- Oversized back rest seat to add stability and comfort
- Rubber moulded raised and coloured weight number stickers
- Yellow high visibility handles and grips on adjustments
- Oversized instruction graphics with high colour contrast



Specifications

Length	1,220mm
Width	1,360mm
Height	2,170mm
Stack Weight	2 x 100kg
Stack Config	20 x 5kg
Item Weight	365kg

Iso Lever Leg Press

The rotary platform mechanism allows a natural arc movement to be followed by combined hip and knee rotations through the four-point pivot linkage, which allows correct ankle position to be maintained.

- Easy access
- Low weight loading point on carriage
- Silent movement
- Large anti-slip platform
- Additional 4 weight storage pegs

Specifications

Code: **L001-R**

Length	1,400mm
Width	1,600mm
Height	2,500mm
Weight	180kg



Incline Leg Press

- Extra wide footplate covered with heavy duty anti-slip pattern
- Easy to reach control of start position release
- Carriage disengages from stops only when weight is lifted
- 4 additional weight storage pegs
- Carriage stops are spring loaded reducing noise and shock to the framework and floor
- 560kg (1230lb) capacity

Specifications

Code: **U003**

Length	2,500mm
Width	1,300mm
Height	1,400mm



Bi-Lateral Leg Press

- 3 x Seat Back adjustments from 30-40°
- 1.3m travel range
- Independently loading solid welded carriages to eliminate flex can be locked off to create a single Footplate
- 8 x Precision Linear Bearings seamlessly travel over solid Hardened/Ground shafts
- Adjustable height start/stop positions
- Spring loaded to reduce impact to both frame and floor

Specifications

Code: **U230-R**

Length	2,640mm
Width	1,515mm
Height	1,590mm



Iso Lever Squat

- Dual use machine for both hack squat and front squat allowing a more natural squat to be performed.
- Design reduces back and knee strain due to curved arc of motion
- Extended anti slip footplate with safety lip to prevent knee movement forward of the foot
- Adjustable start height with 3 positions
- Additional weight storage pegs

Specifications

Code: **L016-R**

Length	1,600mm
Width	1,300mm
Height	1,800mm
Weight	180kg



Seated Calf

- Anti-slip footplate angled for full range of motion
- Rotating seat ensures consistent relationship between the femur and knee pads
- Spring assisted adjustable knee pads for tibia length, ensure maximum comfort and safety (6 height positions)
- Rubber feet with floor fix option

Specifications

Code: **U006**

Length	1,400mm
Width	500mm
Height	900mm



Hack Squat

- Heavy duty footplate with safety lip covered with anti-slip tread pattern
- Large footplate is extended forward of the path of travel, preventing knee movement forward of the foot reducing sheer stress of the knee
- 2 weight storage pegs
- 2 start positions to accommodate a variety of users
- Carriage operates on 40mm dia.
- Linear bearings

Specifications

Code: **U002**

Length	1,400mm
Width	1,000mm
Height	1,400mm



45 Degree Calf Raise

- The relationship between the seat and back pad automatically places the load correctly on the hips to avoid lower back injury
- Compact footprint
- Easy entry/ exit places user in a heads up position
- Adjustable seat height

Specifications

Code: **U011**

Length	1,000mm
Width	700mm
Height	1,800mm



Iso Lever Leg Extension

The plate loaded Leg Extension incorporates a direct link mechanism between lifting and plate loading arm delivering optimal resistance throughout the range of movement.

- Incorporates range limiter offering 7 start position adjustments
- Back pad adjustment
- Self-aligning roller pads
- Low weight loading point

Specifications

Length	1,050mm
Width	1,400mm
Height	1,200mm
Weight	150kg

Code: L009-R



Iso Lever Leg Curl

Optimal results are achieved through 3 weight loading points, offering unlimited exercise patterns.

- Coloured joint axis locator
- Rubber foot pads with floor fixing holes
- Adjustable roller pads
- Incorporates range limiter
- Large split angled pads

Specifications

Length	1,050mm
Width	1,400mm
Height	1,600mm
Weight	140kg

Code: L010-R



Scrum Machine

Fantastic piece of kit for safely training correct scrum positioning and technique.

Not only for rugby players -

it's great for improving strength, explosiveness and muscle mass in the glutes and quads

- Comfortable and natural body position throughout the whole range of movement
- Adjustable foot positioning

Specifications

Length	3,258mm
Width	1,300mm
Height	1,310mm

Code: SM



Donkey Kick

Designed to replicate the rear kick movement path targeting the Glutes, Hamstrings and Quadriceps.

- Rear weight loading for even weight distribution
- Tubular Footplate allows for foot rotation through the range of movement
- Dual pivot Bearing system eliminates twisting through the Lifting arm mechanism
- Large stable footprint
- 2 Heavy duty Rubber Bumper stops absorb shock from the Lifting Arm

Specifications

Length	1,650mm
Width	1,100mm
Height	1,200mm

Code: L024-R



Iso Lever Shoulder Press

Shoulder Press provides a unilateral movement that simulates a dumbbell press. Choices of neutral and barbell grips to accommodate personal preference. An adjustable seat for a wide range of user height and range of motion.

- Multiple handgrips
- 2 additional weight storage pegs
- Spring assisted Indexed seat adjustment Low weight loading point
- Comfortable inclined position

Specifications

Length	1,135mm
Width	1,255mm
Height	1,250mm
Weight	160kg

Code: L003-R



Incline Shoulder Press

- Converging independent arms
- 4 additional weight storage points
- Adjustable seat height
- Raised foot platform

Specifications

Length	1,430mm
Width	1,505mm
Height	1,895mm

Code: L020



Iso Lever Lat Pull-Down

Exercise arms are counter weighted and operate through a natural diverging plane of motion, also featuring barbell and neutral grips for varied exercise patterns.

- Indexed spring assisted seat adjustment
- 2 additional weight storage pegs
- Low weight loading point
- Tapered height adjustable roller pads for easy entry/exit

Specifications

Length	1,900mm
Width	1,200mm
Height	1,800mm
Weight	130kg

Code: L006-R



Seated Side Lateral

- Independent converging/diverging Lifting Arms with Range Limiters
- Low profile with Compact Footprint
- Additional rear plate storage

Specifications

Length	1,100mm
Width	1,400mm
Height	1,300mm

Code: L022-R



Iso Lever Seated Row

The starting position is a narrow grip, with the arms moving backwards and outwards (diverging) to achieve a full contraction. Unique rotating chest pad reduces pressure on the sternum throughout the range of motion.

- Multiple handgrips
- 2 additional weight storage pegs
- Spring assisted Indexed seat adjustment

Specifications

Length	1,100mm
Width	1,650mm
Height	1,300mm
Weight	130kg

Code: L004-R



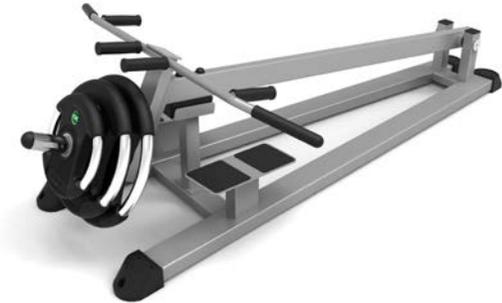
T Bar Row

- Easy access
- Low weight loading point
- Multiple hand positions
- Silent movement
- Large foot platform
- Rubber foot pads
- Front mounted disc holder for traditional T-Bar feel

Specifications

Length	2,100mm
Width	1,250mm
Height	700mm

Code: L047



Incline T Bar Row

- Anti-slip platforms for safety and stability
- Articulating lifting arm
- Footplates angled so that most of the body weight is supported by the legs and not the chest
- Choice of 3 wide and narrow grip handles for varied back isolation
- Rubber floor pads with floor fix option

Specifications

Length	1,300mm
Width	600mm
Height	1,600mm

Code: L043-R



Standing Row

Allows a natural movement arc and better targeting of the lats.

- Multiple hand grips
- 4 weight storage posts

Specifications

Length	1,400mm
Width	1,700mm
Height	1,000mm

Code: L023-R



Iso Lever Chest Press

Dual axis technology allows the user to perform a larger range of movement while incorporating two directions of resistance.

- Multiple handgrips
- 4 additional weight storage pegs
- Spring assisted Indexed seat adjustment
- Comfortable inclined position
- Rubber feet with floor fix option

Specifications

Length	1,400mm
Width	1,300mm
Height	1,400mm
Weight	160kg

Code: L002-R



Iso Lever Flat Chest Press

- Converging independent arms
- Low starting weight
- Additional weight storage

Specifications

Length	1,800mm
Width	1,500mm
Height	1,280mm

Code: L018



Iso Lever Arm Curl

Indexed spring assisted seat height adjustment incorporates stage loadresistance system pivoting handles allow complete articulation of the wrist & elbow joints.

- Indexed seat adjustment
- Low weight loading point
- 7 Start position options

Specifications

Length	2,500mm
Width	1,300mm
Height	1,400mm

Code: L007-R



Standing Shrug

Multi-functional unit that allows user to perform numerous exercises including squats, lunges, shrugs and dead lifts, whilst users feet stay firmly placed on the ground.

- 2 Different weight loading points allows strength curve to be varied
- 2 Handle height positions

Specifications

Length	1,400mm
Width	1,500mm
Height	1,000mm

Code: L018



Floor Base Multipress

- Unilateral and Bi lateral use
- Feet on the floor delivers a more functional benefit for balance and coordination in explosive power training
- Popular for advanced performance training in elite sport, particularly Rugby

Specifications

Length	1,875mm
Width	1,855mm
Height	1,685mm

Code: L015



Smith Machine

- Ideal machine for making a transition from variable resistance to free weight training
- 6 additional weight storage pegs
- 7 start/finish positions at 200mm intervals
- Open frame allows access from either side
- 30mm close tolerance linear tracking system
- Each side of bar supported by 30mm roller bearings

Specifications

Length	1,300mm
Width	2,000mm
Height	2,200mm

Code: U082-R



Counterbalanced Smith Machine

The mechanism is counter weighted to neutralise the weight of the bar, giving a starting weight of 5kg throughout the full range of travel.

- 8 weight storage pegs
- 6 start/stop pegs
- 2 additional safety catches in-case the user fails a lift

Specifications

Length	1,300mm
Width	2,000mm
Height	2,200mm

Code: U095



3D Smith Machine

Allows unrestricted joint movement and core activation not found with a traditional linear Smith machine. A safe effective tool for transition from machine to free weight training.

- 3D movement (up, down, backwards and forwards)
- Heavy duty safety catch bars
- 10 Rack positions
- 30mm Linear bearing transmission for smooth 3D motion

Specifications

Length	2,240mm
Width	1,980mm
Height	1,700mm
Weight	200kg

Code: U101-R



Roman Chair

- Low profile small footprint
- Tapered pad allows free shoulder movement
- Foot pegs provide stability
- Rubber foot pads

Specifications

Length	1,300mm
Width	800mm
Height	1,300mm
Item Weight	45kg

Code: U065-R



Hyperextension

A challenging bench for lower back, obliques and trunk developments.

- Anti-slip platform for safety and stability
- Adjustable telescopic split thigh roller pads to fit users of all sizes
- Stability handles
- Rubber feet with floor fix option

Specifications

Length	850mm
Width	720mm
Height	1,500mm
Item Weight	80kg

Code: U045-R



Crunch Curl

- Promotes correct isolation of the abdominals and discourages hip flexor movement
- Low profile for easy entry/exit
- Locking roller pads hold user in position

Specifications

Length	1,400mm
Width	750mm
Height	1,400mm

Code: U066-R



Adjustable Crunch Curl

- Adjustable angle 5 position
- Promotes correct isolation of the abdominals and discourages hip flexor movement
- Low profile for easy entry/exit
- Locking rollers hold user in position with wide base pads for hip support
- Stability handle for easy entry/exit

Specifications

Length	1,400mm
Width	750mm
Height	1,400mm

Code: U064-R



Preacher Curl

Isolates the Biceps and prevents lifters using momentum to raise the weight.

- Tapered arm support
- Spring assisted adjustable indexed seat adjustment
- Angled bar rests hold barbell in starting position
- Wide bar rests allows bar to be loaded without tipping

Specifications

Length	900mm
Width	700mm
Height	950mm
Item Weight	80kg

Code: U063-R



Reverse Hyper Bench

This exercise is regarded by many strength coaches as being the best lower back, hamstring, and glute exercise.

The Reverse Hyper Bench is all about...

- Keeping your back healthy
- Lower back, glute, hamstring and spinal erector strength

Specifications

Length	1,330mm
Width	860mm
Height	1,160mm
Item Weight	70kg

Code: U020-R



Flat Bench

- Light enough to be moved easily and strong enough for heavy barbell /dumbbell work
- Extra wide base for stability
- Pad allows free shoulder movement

Specifications

Length	1,200mm
Width	450mm
Height	500mm
Item Weight	31kg



Code: U087-R

Incline/Decline Bench

Versatile multi function bench fitted with lifting handle and rear rollers for easy safe movement around the gym floor.

- Tapered seats front and rear for added comfort and to reduce damage caused by dumbbells
- Lumbar support
- Adjustment profiles prevent users adding dumbbell or discs
- Back adjusts from flat to 85 degrees plus decline from 0 to 20 degrees
- Bottom adjusts independently
- Optional Roller assembly available

Specifications

Length	1,250mm
Width	500mm
Height	500mm
Item Weight	40kg



Code: U099

Incline/Decline Bench

- 2x Transport wheels
- Integrated transport handle (front)
- Sprung plunger; seat adjustment
- Back inclines from flat through 15°, 30°, 45°, 60°, 75°, plus a 13° decline

Specifications

Length	1,262mm
Width	672mm
Height	450mm

Code: U500-R



Elite Bench

Featuring laser cut adjustment holes and brand new angle markers, the backrest is easily adjustable into 9 positions from flat to 75 degrees. The seat pad is independently adjustable into 3 positions and both feature an evolution of our easy lift and adjust handle.

Upholstery is ergonomically shaped and tapered to allow free shoulder movements and the addition of a lumbarpad offers greater back support. Features handle and wheels for easy movement.

Specifications

Length	1,300mm
Width	500mm
Height	440mm

Code: U103-R



Adjustable Decline Bench

- 4 Height/Angle adjustments
- Leg rollers provide stability
- 500mm wide pad to give full hip support tapers for free shoulder movement and spotting assistance
- Handle and transport wheels

Specifications

Length	1,680mm
Width	740mm
Height	760mm
Item Weight	44kg

Code: U028-R



Press Bench

- Seat back slightly angled to reduce lower back strain during lifts
- 2 Position bar rests for a variety of users
- Convenient spotter platform covered with non slip material
- Height adjustable safety bars also allow you to lift the bar from in front

Specifications

Length	1,100mm
Width	1,285mm
Height	1,765mm

Code: U030-R



Adjustable Olympic Incline Bench

- 2 Large platforms mounted for close-in over the barbell spotting of heavy lifts
- 2 Position bar rests to accommodate various size lifters
- 250mm wide bench for free shoulder movement
- Front and rear seat angle adjustment for optimum upper chest development

Specifications

Length	1,400mm
Width	1,300mm
Height	1,400mm
Item Weight	100kg

Code: U022-R



Fixed Olympic Bench

- 2 Additional weight storage pegs
- Angled uprights and bar rests minimize bar rebound making racking easier
- 250mm wide bench allows free shoulder movement, tapered at rear for spotter
- 2 position bar rests to accommodate various users
- Lowered bench height properly positions the legs to reduce the risk of lower back strain

Specifications

Length	1,100mm
Width	1,250mm
Height	1,450mm
Item Weight	92kg

Code: U021-R



Adjustable Olympic Decline Bench

- Back pad tapers to give lifters shoulders full freedom of movement
- Torso length adjustment correctly positions user to the bar rests but far enough away to eliminate contact during lifts
- 500mm wide pad to give full hip support tapers for spotting assistance

Specifications

Length	1,400mm
Width	1,300mm
Height	1,400mm
Item Weight	100kg

Code: U023-R



4 in 1 Multipress Bench

- 4 in 1 bench Flat, Incline, Decline & Shoulder press
- Front and rear seat pads adjust independently and register into a specially designed profile that will not disengage
- Bench assembly adjusts backward and forwards gliding effortlessly between press positions
- 4 Additional weight storage pegs
- Spotting platforms allow close-in over the barbell assistance
- Angled uprights and bar rests minimize bar rebound making racking easier
- 5 position bar rests to accommodate majority of arm lengths located on outside of frame to prevent damage from cast iron discs
- 250mm wide bench allows free shoulder movement

Specifications

Length	1,720mm
Width	1,750mm
Height	1,830mm
Item Weight	160kg

Code: U029-R



Prone Row Bench

Train the upper and mid back while fully supporting the torso.

- Fixed bar hooks allow for 4 different start positions

Specifications

Length	1,750mm
Width	800mm
Height	1,050mm
Item Weight	68kg

Code: U1007



Adjustable Prone Row Bench

Used by and developed in conjunction with the GB Olympic rowing squad. This multi-functional bench is fully height adjustable at the front and back providing flat, incline and decline positions

Specifications

Length	1,750mm
Width	800mm
Height	1,050mm
Item Weight	68kg

Code: U1007B



Hip Thruster

Ideal piece of equipment for performing the hip thrust exercise to increase the strength and size of the glutes. Features 5 resistance band pegs on each side, comfortable, padded back rest and solid foot platform. Much safer than trying to do the exercise across an unsecured dumbbell bench. Features handle and wheels for easy transportation.

Specifications

Length	1,580mm
Width	1,040mm
Height	412mm

Code: U232-R



Box Squat

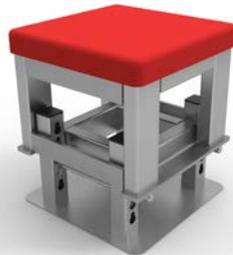
Allows user to safely squat to the correct depth every time and may also be used for Lunges, Single Leg squats, split Squats and Step ups.

- Large stable upholstered platform
- 4 Height positions

Specifications

Length	400mm
Width	400mm
Height	400mm

Code: U239-R



Single Leg Squat/Nordic

Highly flexible and fully adjustable for Rear foot elevated Squats and Nordic Hamstring Curls.

- 9 locking Height positions
- Extended Foam Roller
- Comfortable oversized knee pad
- Stable and robust
- Transport wheels
- Floor fix option
- Rubber feet for stability

Specifications

Length	1,100mm
Width	1,500mm
Height	700mm

Code: U234-R



Single Leg Squat

Compact design with adjustable height foam roller - 9 positions. Integrated carry handle.

Specifications

Length	640mm
Width	1,015mm
Height	613mm

Code: U234RA



Glute Ham

- Rollers for ankle support with independent vertical height adjustment
- Oversized thigh pads increases user comfort, plus additional knee pad
- Transport wheels and grab handle

Specifications

Length	1,330mm	Height	1,160mm
Width	860mm	Item Weight	70kg

Code: U048-R



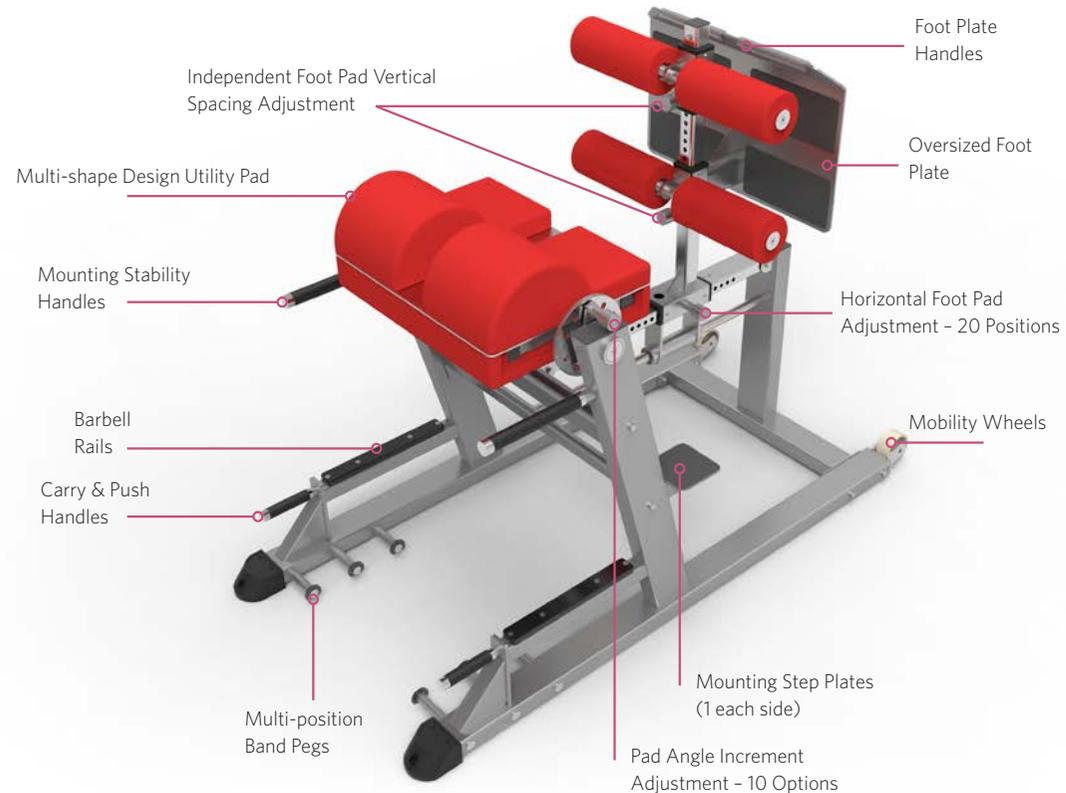
Elite Glute Ham

- Angle adjustable 2 sided pad
- Multi-shape Design Utility Pad
- Custom upholstered ergonomic leg pads
- Precision engineered adjustment
- Horizontal & vertical footplate & pad adjustment
- Oversize footplate for a wider selection of foot positions
- Band pegs for added resistance
- Barbell rails for barbell loading
- Handles on foot plate allow for performing reverse hyperextension
- Complete mild steel & welded construction

Specifications

Length	1,850mm	Height	1,450mm
Width	970mm	Item Weight	185kg

Code: U242-R



Wall Mount Dip Station

- Tapered 50mm diameter handles
- Step up platform

Specifications

Width 700mm

Height 1,300mm

Code: U086-AR



Dip Frame

- Low profile small footprint
- Tapered pad allows free shoulder movement
- Foot pegs provide stability
- Rubber foot pads

Specifications

Length 1,300mm

Width 800mm

Height 650mm

Code: U086-R



Dip/Leg Raise Frame

- Low profile small footprint
- Tapered pad allows free shoulder movement
- Foot pegs provide stability
- Rubber foot pads

Specifications

Length 1,300mm

Width 800mm

Height 650mm

Code: U067-R



Chin/Dip Frame

- Built in step helps access to the exercise position
- 50mm bars tapered to increase exercise options

Specifications

Length 1,475mm

Width 1,120mm

Height 2,270mm

Code: U096-R



Leg Raise - Chin/Dip Frame

- A versatile product for body weight chins, dips and leg raises may be used by 2 people at one time
- Angled Back and arm supports designed to stabilize upper torso, thus isolating hip flexors and abdominal muscles
- Extra wide base for greater stability
- Anti slip step up platforms for easy entry/exit
- Bolt together construction for access

Specifications

Length 1,475mm

Width 1,120mm

Height 2,270mm

Item Weight 130kg

Code: U097-R



Vertical Leg Press

- 100x100x3mm steel construction framework
- Massive 200x100x5mm steel construction on carriage
- Adjustable safety stops
- Band anchor peg attachments
- Linear bearings

Specifications

Depth	1,565mm
Width	2,045mm
Height	2,039mm
Weight	200kg

Code: **L025-R**



Belt Squat

- 2 x Hand Height positions
- 4 x Plate Loading points fully welded through the framework
- 2 x Plate Storage Holders
- 2 x Band Anchor Pegs
- Rubber Dead Stops for both Lifting Arm and Handle/Release Arm

Specifications

Depth	1,717mm
Width	1,740mm
Height	1,188mm
Weight	180kg

Code: **L026-R**



ROPEFLEX® IBEX

- Safe alternative to ceiling rope targeting strength and cardio development
- Durable, compact and light-weight design
- Soft-braided rope for easy and comfortable grip
- Cushioned, supportive seats and back support for various workout routines
- Pull resistance ranging from 4kg-45kg
- Available custom configurations for any specialised training or rehabilitation needs

Specifications

Length	1,220mm	Pull Resistance	4-45kg
Width	840mm	Item Weight	45kg
Height	1,550mm		

Code: **RX-2300**



ROPEFLEX® ORYX

- Full size vertical rope climber
- Secondary pulleys for additional horizontal and bottom pulls
- Removable cushioned seat for sitting and standing rope pulls
- Continuously adjusting Progressive Resistance, from 4kg to 45kg
- Soft braided rope for easy and comfortable grip

Specifications

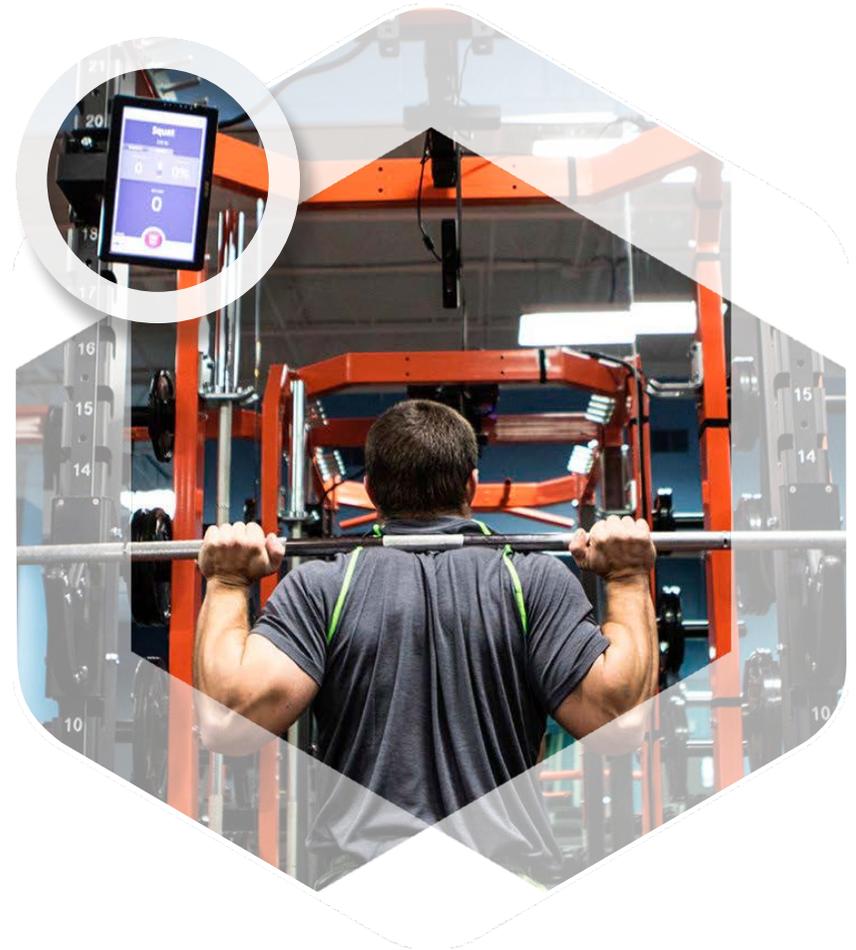
Length	1,220mm	Pull Resistance	4-45kg
Width	890mm	Item Weight	64kg
Height	2,180mm		

Code: **RX-2500**





The EliteForm system is a hardware and software system to capture and analyse the athlete's lifts. It works in conjunction with StrengthPlanner, where coaches can manage the athlete's workouts, to provide the most engaging and accountable training environment possible.



How Elite Form Works

- Each rack is equipped with a PowerTracker unit containing one custom PC, two 3D depth cameras, and an interactive touchscreen.
- The athletes workout, created by the coach in StrengthPlanner, is available to the athlete on the touchscreen once they log in.
- The athlete selects the lift they are about to perform and PowerTracker automatically chooses the best camera to capture the lift.
- As the athlete performs the lift the touchscreen shows reps, velocity and power IN REAL TIME.
- At the end of the set the athlete is able to watch the footage of the lifts back, to analyse technique prior to complete the next set.
- The data is sent via Wi-Fi to StrengthPlanner so coaches can analyse and see where an athlete's form or power output are dropping off during a session.

Strength Planner Software

- Allows coaches to keep up to date training records for multiple teams or squads in one central database.
- Coaches can work remotely and still monitor athletes quality of training.
- In real time, a coach can amend an athletes session and send it directly to the athlete at the rack.
- More in depth feedback for coaches and athletes.
- Far easier to plan and track progress throughout training cycles.
- Quantifiable data for athletes to measure themselves by.

Benefits

- Validated Training Tool - 57 sites utilising Elite Form in the US, Australia, and Europe.
- Accountability & Efficiency.
- Create Competition in the Weight Room.
- Modern Weight Room for Today's Athletes.
- Real-time feedback at the rack.
- Video replay to review lift form.
- Results saved automatically to StengthPlanner for coaching and athlete analyses.
- Allows coaches to focus on coaching.

Elite Form Clients



"When it comes to developing explosive power, EliteForm's Integrated system is an essential tool for every weight room. Athletes receive real-time feedback during workouts to add competition and buy-in for every rep, while objective data is recorded to give deeper analysis into performance through a workout, season, or career."

"The use of EliteForm has sharpened our training system and philosophy. It gives our athletes and coaches immediate, objective feedback. With EliteForm, our athletes train at the highest standards in terms of safety and performance. When your athletes attack every lift knowing and seeing that every rep matters, you have created a measurable advantage."

Don Decker, Head Football Strength & Conditioning Coach, New Mexico State University

Testing Rack

Plug and Play no floor preparation required.
Any cabling is integrated into frame and Platforms.

- Left or right linear sliding rail and adjustable position plate to allow Gymaware system to be secured in place.
- Jump height measure option.
- Isometric pull measurement feature optional.

Rack mounted 3D camera for instant replay of lifting form with optional articulating outrigger arms to allow for accurate camera positioning.



Optional rotating large screen mounts may be fitted to rear frame Joining Bars for Athlete and coach to view realtime results.

Oversized Platform depth minimum 90mm allows for permanent integration of all major brands of Force Plates or for removable Plates into the Grid Matrix sub frame

If Force Plates need to be removed a blanking plate is provided.

Iso Mid Thigh Pull

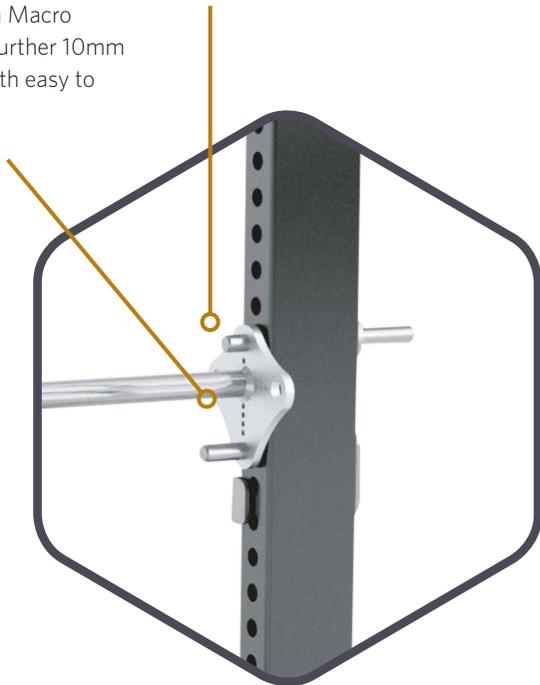
Allows Isometric tests and athletic performance measurement through Peak force or Rate of force development, a safe method of testing maximal strength.

- Free standing unit.
- Modular design allows for single and dual Force Plate integration and can accommodate a variety of Force Plates.

Code: **U236-R**

Quick Pull Bar height adjustment allowing the Bar set up to cross the thighs in the correct position.

Bar Height 40mm Macro adjustment with further 10mm Micro adjuster, with easy to read indicator.



Bar Height range from 225mm to 1,585mm.

Transport wheels.



Mid Thigh Pull Lite

A portable version of our full size mid-thigh pull. Transport wheels allow you to easily wheel the unit in and out of your testing / training area.

- Features quick adjust pull bar.
- Base can be customised to accommodate any force plate.

Code: **U236L**

Specifications

Length 1,100mm

Depth 620mm

Height 1,129mm



The harness is designed to develop, promote, and help maintain perfect posture under pressure. Athletes and players as young as 10 years old can use the harness, as well as international elite players. It will develop an understanding of what the required body shape looks and feels like when actively involved in many sports.

Specs

Code

Small (28"-38")

60313

Medium (34"-44")

60314

Large (40"-54")

60315





Raptor TAC 20 Tactical Weight Vest

The Raptor TAC20 can be used by any ability level who want to develop the core strength, endurance, power and mobility that is demanded for today's Soldier and Athlete.

Key Uses

- Optimal physical load carrying and core training system.
- Enhance Bodyweight training and functional physical training sessions.
- Pre-deployment core training tool.
- Maintain OPS fitness (gym in a vest).
- Rehabilitation anchor system for use by Physio with injured personal or athlete.
- Heavy duty towing harness (casualty drags/sled/prowler).
- The training vest to prepare service personnel to wear Ops equipment.
- Enhance Soldier and Athlete performance and reduce injury!

Key Features

- Max training weights 15-20kg available.
- Safe weight distribution featuring fast in and out system.
- Securely modulated 12/16/22 individual weight compartments. Designed to fit securely but allow maximum mobility and comfort.
- Anti-Bacterial Properties /Removable Coolmax liner for washing. Tough outer construction double layered materials for extended wear and tear.
- 6 x Anti-Corrosion loop and D-ring anchor points designed to support heavy loads. Wide range of functionality and connection for cables, bungee bands, webbing straps.
- Training Raptor workout Ebook/App.



Black



Camo



AT THE CLUB OR AT HOME, ENGAGE YOUR MEMBERS!

Uptivo helps fitness professionals make their clubs more enjoyable and motivational. It provides accurate heart rate effort tracking to monitor both individual and group training sessions in the club and in the open air.



Cardio telemetry at your Club.

By leveraging the cardio frequencies displayed on the screen, coaches can monitor trainees' effort levels during each session and can step in as needed to adjust the lesson's pace. Uptivo tracks your club members automatically and monitors them across all areas without the need for manual intervention.

- Cardiac activity data
- Training zones
- Calories burned
- Uptivo Performance Points



Homework!

The Uptivo App integrates perfectly into your club's ecosystem as a personal tracking solution for members who are willing to test their limits or who are in need of additional training activities to reach fitness targets set by their trainers. Also available for Apple Watch, Fitbit Ionic, and Versa!



HEART.

AT THE CORE OF YOUR BUSINESS.

The heart-rate telemetry that takes your Club to a new level.



Your new business opportunity.

Expand your fitness offer with Uptivo Armband and Uptivo Belt to give your members the flexibility of these HR sensors: group training and workout classes (HIIT, spinning...), training with the club's equipment (treadmills, exercise bikes, elliptical machines), or iOS and Android smartphones.

- Bluetooth Smart
- ANT+
- Long Battery Duration

Trainer journal on *my.uptivo.fit*

Regardless of where the training is performed - at the club or at home - coaches have all the necessary information at their disposal to motivate trainees, provide feedback on past training sessions, and introduce new activities in order to reach members' individual training targets.

- Training history and reports
- Trainer feedback
- Gamification
- Advanced biometrics

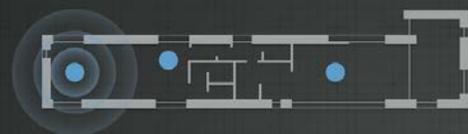


Take your classes outdoors.

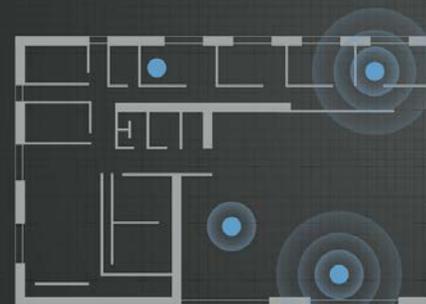
The Uptivo Trainer app allows setting up individual or group (up to 40 participants) training sessions in the open air. At the end of each session, all individual and group reports are available to trainers in order for them to review the training results.



A complete fitness club ecosystem



GROUP CLASS



FITNESS AREA



OUTDOOR



HOME

Uptivo features*

- ANT+ and Bluetooth support
- Real-time indoor & outdoor HR monitoring
- Customizable training zones
- Real-time group trainings
- UPPs-based challenges and rankings
- Training journal and email reports
- Advanced biometrics and fitness tests
- Customizable circuit timers and intensity flows
- Indoor Biking solution
- Brand always in the foreground

*Features dependant on the Uptivo version

Uptivo Basic

Live HR monitoring
No monthly fee
Unlimited members

Uptivo Studio

Ideal for Boutiques & Studios
Cloud-based
Up to 50 members

Uptivo Club

Solution for Fitness Clubs
Cloud-based
Up to 500 members

Uptivo Premium

Solution for Club Resorts
Cloud-based
Up to 1000 members

Uptivo Unlimited

Unlimited Solution
Cloud-based
Unlimited members

Sports Performance



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