

A full-page advertisement featuring a shirtless male athlete in a dynamic running pose. He is wearing dark blue athletic shorts with white side stripes and white sneakers with yellow and black accents. A yellow resistance band is stretched across the scene behind him. The background is plain white.

EXERTOOLS™

BE EXTRAORDINARY



Welcome to Exertools and our latest catalog featuring over 370 products that promote activity-specific training and rehabilitation.

The Exertools goal is that you have fun and get healthier in a safe and beneficial environment, while working to improve your activity of choice.

The basic goal in rehabilitation and fitness is to enhance one's ability to function within a chosen environment and to better perform specific activities.

Within these pages you will find many products to help you start or fine tune your personal activity-specific program. At Exertools we are constantly finding new and innovative products and adding them to our inventory, so please be sure to visit us at Exertools.com. If you have any questions feel free to contact me directly.

To your health, wellness, and success,

Eric A. Parsells
President, EXERTOOLS
800-235-1559 x707

The California Office of Environmental Health Hazard Assessment's Proposition 65 requires product manufacturers to provide a baseline "clear and reasonable warning" to California residents about their products before knowingly and intentionally causing an exposure to a list of over 800 regulated chemicals known to the state to cause cancer or birth defects. In this catalog we mark these products with a symbol. We encourage our customers with any concerns about potential exposure, to contact us directly prior to purchase. The following warning should be associated with the symbol displayed throughout this catalog.

WARNING: This product can expose you to one or more chemicals which are known to the state of California to cause cancer or birth defects or other reproductive harm. For more information, visit www.p65Warnings.ca.gov. bk16v35

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Shipping

- Shipping charges are based on total weight of the order.
- All orders shipped and charged via standard GROUND delivery by the carrier of our choice.
- NEXT DAY & 2ND DAY delivery available at additional cost
- Orders must be shipped to a physical address. No PO boxes.
- Orders to Alaska, Hawaii or outside of the continental U.S. are subject to additional shipping fees.

Return Policy

No returns accepted without a "Return Authorization Number" (RMA). Call Customer Service at 800-235-1559 ext. 707 to obtain RMA and return address.

- Customer will be responsible for shipping costs on all returns.
- There is a re-stocking fee of 20% of the retail product price.
- Products must be returned in original condition and originate within 30 days from date of shipment.
- EXERTOOLS will replace any item defective under normal use at no additional cost during the warranty period.



There's more to athleticism than power and speed



SSE-801

New! Senaptec Quad Strobe Eyewear \$1,195.00

Senaptec, the leader in stroboscopic eyewear, is excited to announce the release of the Senaptec Quad Strobe eyewear. Quads are the next generation of stroboscopic eyewear designed to improve reaction time, spatial awareness, balance, and visuomotor skills. Using liquid crystal technology, the lenses flicker between clear and opaque, removing visual information and forcing an individual to process more efficiently. The new Senaptec Quad Strobe eyewear allows the user to select regions of strobing to customize a performance or therapy activity.



SSE-202

Senaptec Strobe Eyewear \$349.00

The Senaptec Strobe is designed to train the connections between an individual's eyes, brain, and body. Using liquid crystal technology, the lenses flicker between clear and opaque, removing visual information and forcing the individual to process more efficiently. The Senaptec Strobe can be integrated into existing sports training drills and exercises, or added to vision therapy protocols as an uploading technique. The curved liquid crystal lenses provides a full 180 degree field of view allowing users to enhance their visual skills in the training room, or on the field of play!



Core-Tex Complete

\$529.00



Core-Tex Complete does what nothing else in the fitness, sports conditioning or rehab worlds can do: Create a truly three dimensional surface for functional movement. Its versatility enables users of all levels and abilities to train the entire body in multiple positions using the unique motion to increase strength and mobility. That's why the Core-Tex is endorsed by the fitness industry's most respected leaders.

Take any exercise and make it better on the Core-Tex. If you have never used the Core-Tex before, it is highly recommended you purchase the Complete Unit.

The Complete Unit includes:

- Base
- Ball transfers
- Adjustable center dow
- Platform
- DVD with support materials for safety and multiple exercise options
- Adjustable Handrail with 3 height adjustments -Maximum height 46.5 inches x width 30.5 inches

CTX-RT-2



Core-Tex -One Hand Rail

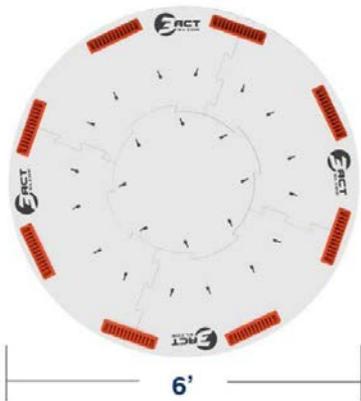
\$479.00

The Core-Tex comes with an integrated handrail. The handrail is designed to fit precisely under the base so that the user's body weight anchors the handrail while the user is standing on the Core-Tex. The handrail is adjustable to three positions to accommodate users of different heights. The handrail is easily attached and removed by simply lifting the base and placing it over the lower portion of the handrail so that it fits exactly over the preset recesses.

- Adjustable Handrail-Maximal height 46.5 inches x width 30.5 inches
- Dish or platform-30 inches in diameter
- Base-24 inches in diameter x height 4,5 inches
- Dish on top of base sits 7 inches high
- Total weight-40 lbs



CTX-RT-1



3ACT PAC

3ACT Slideboard Package

\$795.00

Everything you need to get started! Fitness and Rehab in one! 3ACT has reinvented the slideboard! Great for sports performance, fitness and rehabilitation activity specific exercise programs.

The 3ACT Slide provides an easy, low-impact training platform to quickly work and strengthen the muscles necessary to regain optimal movement. Adjustable stability blocks are the key to creating 3ACT Slide exercises. Like traditional slideboards, they serve as a fixed stopping point, however, the circular 3ACT Slide and multi-positional blocks adds a new and important dimension to any slide movement pattern and workout experience.

Movement is no longer limited laterally like the standard slideboard. The 3ACT Slide circular design and configurable stability blocks allow for direction of movement fore/aft, laterally, diagonally and circular opening up an unlimited number of possibilities for the athlete and rehabilitation patient. The movable stability blocks allow for easily tailored exercise patterns and workouts addressing many performance, fitness and rehab objectives and controllable progressions.

Additionally, the 3ACT Slide is effective in boosting aerobic/anaerobic endurance and stamina, as well as serving as a foundation to develop balance. In fact, one of the most effective ways to use the Slider in physical therapy setting, is to strengthen muscles that support critical skeletal and muscular structures like ligaments. Athletic trainers and physical therapists alike can target location-specific benefits for feet, ankles, knees, the core, hips, and more. Portable, versatile, and multi-directional, the 3ACT Slide is a patented, 6-foot circular slide board—a portable, self-contained, activity-specific, fitness and rehabilitation tool. The 3ACT Slide’s multi-directional design allows tri-plane movement to simulate athletic and physical demands for a variety of sports and rehabilitation needs.

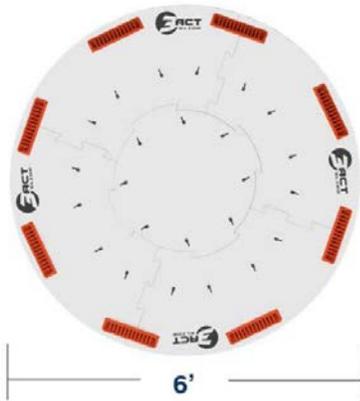
Constructed from the highest quality polyethylene and EVA material combining durability and portability.

Package includes:

- 3ACT Board Platform (0001)
- 3ACT Stability Blocks (0002)
- 3ACT Shoe Cover (pair) (0003)
- 3ACT Carry Bag (0004)

3ACT Slide (Platform only)

\$599.00



0001

Restoring and improving multi-directional strength and mobility is the key for better outcomes. The 3ACT Slide is an activity-specific, low impact, weight bearing training tool that can deliver outstanding patient and athlete satisfaction as training and therapy goals are achieved.

Adjustable stability blocks are the key to creating 3ACT Slide exercises. Like traditional slideboards, they serve as a fixed stopping point, however, the circular 3ACT Slider adds a new and important dimension to the slideboard workout. Movement is no longer limited laterally like the standard lateral slideboard.

3ACT circular design and configurable stability blocks also allow for direction of movement back and forth as well as laterally, opening up an unlimited number of possibilities for the athlete and the physical therapist. Effective for the following and so much more:

- THR and TKR rehab
- Post-op ACL reconstructions
- Balance training
- Core training -and so much more

3ACT Slide... because life is not a straight line.



0004

3ACT Carry bag

\$59.00

This stylish carry bag will come in handy when transporting your Slider



0002

3ACT Stability Block

\$24.95

Additional Stability Blocks can increase versatility and effectiveness of your Slide sessions



0003

3ACT Slider Shoe Covers

\$14.00

Get additional shoe covers to have on hand.

0005

Custom Logo for your 3ACT Slideboard

\$75.00

Add business logo or school colors to your Slider. For more information, contact us at info@exertools.com.

CoreGlide

\$499.99

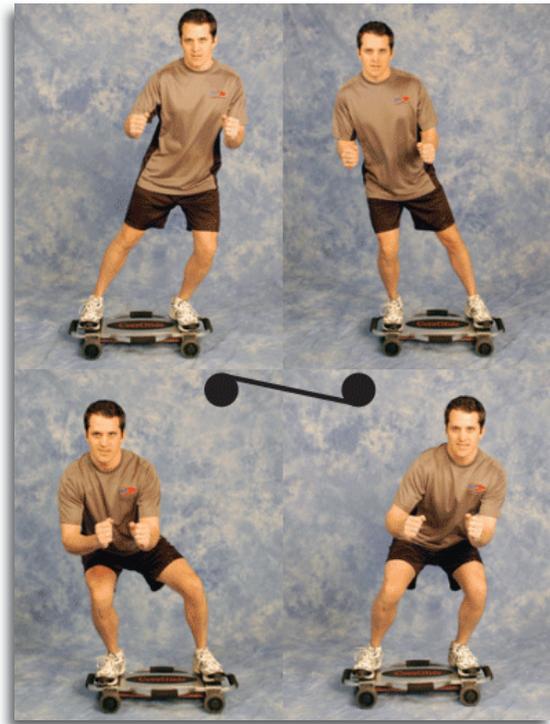
CoreGlide is a trackless, portable and highly versatile system which offers controlled and/or reactive, upper and lower body activity-specific exercises.

Invented by a certified athletic trainer and certified strength and conditioning specialist, the CoreGlide is designed to offer dynamic, multi-dimensional movement patterns which challenge balance, and center of gravity sway control as well as quick joint stabilization.

The CoreGlide's unique self-contained resistance mechanism allows the unit to be easily set for multiple skill and fitness levels to provide appropriate integration into any fitness program or prehab/rehab protocol. The CoreGlide system includes CoreGlide board, resistance bands, and a board pad that doubles as a kneepad for certain exercises.



CG001



CG002

Coreglide replacement bands (set of six)

\$18.00

Coreglide replacement bands (set of six)



Surge Storm

\$199.95



72-3003BLKORG-A

The Surge® Storm is our new cutting-edge training device built to improve overall health, fitness, and performance. This specialized tool utilizes water to create an unstabilized and unpredictable resistance allowing the muscles to be challenged no matter what the exercise. The Surge® Storm also provides a unique challenge to the joints and stabilizing muscles by forcing the body to resist and control the unpredictable nature of the shifting water. The advanced core training with the Surge® Storm offers over 50 innovative movement patterns that stimulate top-down instability the way it happens in life.

HYDRO-INERTIA® is the utilization of water to create an unstable resistance that increases core strength and stability during exercise. The majority of instability products currently on the market are primarily used as a base that you sit, stand, or lay down on. By utilizing Hydro-Inertia® technology in the Surge® Storm, you take away the limitations that are found in products that are limited to postural instability. With the Surge® Storm you are able to work instability throughout a full range of motion in routines that engage your entire body.



72-3003BLKORG-A	Surge Storm Black/Orange	●	\$199.95
72-3003BLKLGN-A	Surge Storm Black/Lime Green	●	\$199.95
72-3003BLKBLK-A	Surge Storm Black/Black	●	\$199.95
72-3003BLKRED-A	Surge Storm Black/Red	●	\$199.95
72-3003BLKBLU-A	Surge Storm Black/Blue	●	\$199.95

Exertools Resistance Tubing with Handles



EXRTH-MD

Exertools Resistance Tubes are made of strong, thin, latex free rubber tubing (4 feet long) with easy to clean rotating plastic handles. Available in five resistance levels from extra light to extra heavy. Depending on your fitness level and goals, our Resistance Tubes allow you to do just about any type of strength training exercise – chest press, row, shoulder press, tricep extension, bicep curl, squat and more.

Add the Exertools Door Anchor and you have a great gym on the go. Resistance Tubes are a strong complement to our Strength Bands and MAT Tubing System. For the ultimate versatility and performance, combine all of the above with the Exertools Activity Column.



EXRTH-HY



EXDA

Resistance Tubes Advantages?

- Cost effective
- Addresses all fitness levels and objectives
- Used for multiple traditional movement patterns
- Good for isolated and total body exercises
- Can be used anywhere: at home, on the road, in a clinic or gym, on field or court
- Takes up little space to store and use
- Can be used alone or with a partner
- Can quickly add variety to a workout
- Can be use by itself or easily combined with other equipment



EXRTH-VL	Exertools Tubing with Handles - Very Light Resistance - Red ●	\$9.99
EXRTH-LT	Exertools Tubing with Handles - Light Resistance - Purple ●	\$9.99
EXRTH-MD	Exertools Tubing with Handles - Medium Resistance - Green ●	\$9.99
EXRTH-HY	Exertools Tubing with Handles - Heavy Resistance - Blue ●	\$9.99
EXRTH-VH	Exertools Tubing with Handles - Extra Heavy Resistance - Black ●	\$9.99
EXDA	Exertools Door Anchor	\$5.99

Exertools Strength Bands

A great alternative to free weights, the Exertools Strength Bands can be safer and easier on your joints than traditional weights. They enhance normal, full body movements instead of isolating one muscle at a time. Recognized as simple, easy to use, and beneficial in many aspects of strength training for both assisted and resisted movement patterns, strength bands have been integrated into many fitness, rehab and performance training protocols for over twenty years.

- Durable Phthalate-free design with maximum durability
- Highest quality latex bands on the market (6' loop)
- Easy to use with Exertools Door Anchor
- A stong complement to the Exertools Tubing with Handles and MAT Tubing System
- A perfect integration with the Exertools Activity Column



EXSBVL	Exertools Strength Bands -Very Light Resistance ●	\$11.00
EXSBLT	Exertools Strength Bands -Light Resistance ●	\$17.00
EXSBMD	Exertools Strength Bands -Medium Resistance ●	\$22.50
EXSBHY	Exertools Strength Bands -Heavy Resistance ●	\$30.50
EXSBXH	Exertools Strength Bands -Xtra-Heavy Resistance ●	\$39.00

Strength Band Resistance Levels

- X-Light (0 to 10lbs) – Red
- Light (0 to 20lbs) – Purple
- Medium (0 to 40lbs) – Green
- Heavy (0 to 60lbs) – Blue
- X-Heavy (0 to 80lbs) – Black

The MAT Tubing System



Increase your mobility, balance, stability, strength and speed with our functionally-based ExerTools MAT Tubing System. A multi-functional, activity-specific training system for therapeutics, sports and personal fitness. Available in five resistance levels.

The MAT Tubing System is comprised of five parts:

- Two 10-inch door anchors/handles
- 5-foot tube (from very light to extra heavy resistance)
- 24-inch tube covering foam
- Two 10-inch door anchors/handles around tube covering foam
- Two 5-inch foam grips at each end of the tube



EXMATHY

Developed by Mike Voight PT, DHSc, SCS, OCS, ATC, FAPTA and Tab Blackburn MEd, PT, ATC to address the training, conditioning and rehabilitation from the world of science instead of a gimmick.

This system allows you to utilize your resistance tubes in an easy and efficient way. The MAT Tubing System is high quality and multifunctional and will allow any number of resistance activities from various positions. This tubing system was designed based on user feedback. They're stronger, offer more and better stabilizing straps, and much more comfort in use.



multiple door anchors



EXMATVL	Exertools MAT Tubing System - Very Light Resistance	\$34.95
EXMATLT	Exertools MAT Tubing System - Light Resistance	\$34.95
EXMATMD	Exertools MAT Tubing System - Medium Resistance	\$34.95
EXMATHY	Exertools MAT Tubing System - Heavy Resistance	\$34.95
EXMATXH	Exertools MAT Tubing System - X-Heavy Resistance	\$34.95

Exertools Dyna Disc®

The Exertools Dyna Disc® is a seamless, round pad approximately 2 inches high and available in 13.5", and 24" diameters. Inflatable with a standard ball needle and pump (included) the Dyna Disc®, can withstand up to 2,000 pounds per square inch. Smooth on one side with quarter-inch pegs on the other, the Dyna Disc® employs a unique beveled shape strategically designed to focus on hamstrings while sitting. Experience most of the benefits of a gymbal (abdominal, lower back, balance pelvic stabilization and weight-shift exercises) while sitting safely in a chair.

Dyna Disc® is recognized as being much more versatile than a gymbal in that you can stand on it, sit on it, lie down on it, and jump on it. Dyna Disc® is also perfect for seniors or anyone who is uncomfortable getting on a gymbal. It is often used as the keystone in fall risk reduction/active senior programs.

Combine the Dyna Disc® with Dyna Boards™ and experience a variety of physiological demands in numerous postures. Create new and exciting dimensions to any exercise program. The boards come in four sizes: 15", 20", 30" rounds and 20" x 40" rectangle. The boards can be used on-center or off-center.

The Dyna Boards™ are made of high quality 1/2" or 5/8" Baltic Birch and coated with an aluminum oxide/sand non-skid surface. Add Exertools' four-board stand and the Dyna Board™ package is easily stored in any exercise area.



EXDDAQ	Exertools Dyna Disc - Aqua	\$24.95
EXDDMG	Exertools Dyna Disc - Meadow Green	\$24.95
EXDDMU	Exertools Dyna Disc - Mulberry	\$24.95
EXDDRB	Exertools Dyna Disc - Royal Blue	\$24.95



Exertools Dyna Disc® Plus

\$49.99

The original exercise balance device, Dyna Disc® Plus is an inflatable pillow. It's smooth on one side and textured with pegs on the other. Use Dyna Disc® Plus seated to give you benefits similar to a gymbal, standing to increase balance and muscular resistance while doing exercises, or lying to improve strength and core stabilization for floor exercises.

Vary inflation to change the degree of difficulty. Dyna Disc® improves posture, alignment and creates a more challenging workout in less time. And Dyna Disc® comes with a complete satisfaction warranty and industry leading two-year guarantee.

Add an Exertools Dyna Board™ to create a full range of rocker and wobble exercises. Dyna Disc® Plus combines perfectly with larger dynaboards, 30" round and 20 x 40" rectangular, for combined strength, core balance, and coordination.

Specifications:

- 24 inches in diameter
- Up to 4" in height
- Made of the same material as a gymbal
- Inflate with a traditional gymbal needle



EXDDPL



Exertools Complete Dyna Disc® Package

\$129.99



EXDDPAC

Exertools Complete Dyna Disc® Training Package offers a complete set of Dyna Disc® options to enhance your balance training. Use standing, lying, or seated; with or without Dyna Boards™. Add variation and challenge to dumbbell and tubing exercises by placing a disc under your feet or on a chair. All are great for balance, core strength, rotation and dynamic stabilization training. **Package includes:** 1 Pair Dyna Disc® Jr. - 7" Diameter (Pair, green) — great for hands, feet, floor and weight-shift. 2 Dyna Discs®; 13.5" Diameter — for one or two-leg exercises, seated exercises, or with Dyna Boards™ for range of motion, swing training, variable weight shift exercises. 1 Dyna Disc®; Plus - 24" Diameter (blue) — for two-legged exercises.

Combine with larger Dyna Boards™ (30" and 20"x 40") for core balance and coordination. Dyna Disc®. The original exercise balance device, DynaDisc is an inflatable pillow capable of withstanding 2000lbs per sq. inch. It's smooth on one side and textured with pegs on the other.

Use Dyna Disc® seated to give you benefits similar to a gymball, standing to increase balance and muscular resistance while doing exercises, or lying to improve strength and core stabilization for floor exercises. Vary inflation to change the degree of difficulty. Dyna Disc® improves posture, alignment and creates a more challenging workout in less time. Dyna Disc® comes with a complete satisfaction warranty and industry leading two-year guarantee.

Specifications:

- Unique beveled edge supports comfort to the hamstrings
- Smooth on one side, textured on the other
- Made of the same material as a gymball
- Inflate with a traditional ball needle



Exertools Dyna Boards

The Exertools Dyna Boards™ are designed to assist in the use of the Dyna Disc®. The boards come in 15, 20 and 30 inch circles as well as a 20 x 40 inch rectangle. Simply place the hole in the board over the Dyna Disc® so the logo of the disc is showing. This assures correct alignment. The small board can be used with one foot, the 20" with two, the 30" with a wider two foot stance and/or sitting cross leg, and the rectangle board can be used as a surf or skate board as well as while on all fours for back stabilization. Change the air in the Dyna Disc® to change the height of the board effecting the range of motion and level of difficulty.



EXDB30

Combine the Dyna Disc® or Dyna Disc® Plus with Exertools Dyna Boards™ and experience a variety of physiological demands in numerous postures. Utilizing the 30" Dyna Board allows for an easy transition to two-leg exercises. Place the cutout over the Dyna Disc® logo and use as a wobble board. Sit on Dyna Board™ 30" cross-legged to isolate abdominals.

- Dyna Boards™ are made 5/8"
- Baltic Birch Coated
- Aluminum oxide/sand non-skid surface
- 30" diameter can be used for single or double leg exercises
- MADE IN THE USA

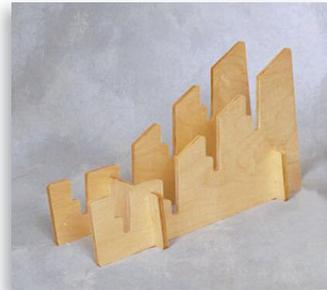


Item: EXDB15

EXDB15	Exertools 15 inch Dyna Board	\$33.95
EXDB20	Exertools 20 inch Dyna Board	\$42.95
EXDB30	Exertools 30 inch Dyna Board	\$67.95
EXDBRC	Exertools 20 x 40 inch Dyna Board	\$74.95



EXDBRC



EXMBS4

Exertools 20 x 40 inch Dyna Board™

\$74.95

Combine the Dyna Disc® or Dyna Disc® Plus with Exertools Dyna Boards™ and experience a variety of physiological demands in numerous postures. The 20" x 40" Dyna Board™ is one of the only devices in the market for core stabilization exercises while on all fours with little or no compression of the spine.

- Dyna Boards™ are made 5/8" Baltic Birch
- Coated with aluminum oxide/sand non-skid surface
- Can be used for weight shift exercises, squats, and unique core and hip stabilization exercises.
- Changing the relationship to the center hole significantly increases the number of physiological benefits.
- Ship Weight 11lbs
- MADE IN THE USA



Exertools Four Board Stand

\$39.99

The four-board stand is designed to neatly store any Exertools wooden balance boards and rotational devices. The board stands will help organize the clinic, preserve the products, and offer a clean, professional look. Securely hold all Exertools Dyna Boards™, Wobble and Rocker boards. Accommodate the thicker 12" and 20" Swivel Discs in a slightly elevated format. Board stand consist of four pieces easily assembled without tools. MADE IN USA

Exertools Dyna Disc® / Dyna Board™ Packages

EXDDP15	Exertools Dyna Pac 15 (One Dyna Disc and one 15" Dyna Board)	\$58.90
EXDDP20	Exertools Dyna Pac 20 (One Dyna Disc and one 20" Dyna Board)	\$67.90
EXDDP30	Exertools Dyna Pac 30 (One Dyna Disc and one 30" Dyna Board)	\$92.90
EXDDP24	Exertools Dyna Pac 24 (One Dyna Disc and one 20" x 40" Dyna Board)	\$99.90
EXBDBP	Exertools Basic Dyna Board Package (15", 20", 30", 20" x 40", 4 board stand)	\$259.79



EXDDP15

Exertools Total Dyna Disc® / Dyna Board™ Package (EXBDBP and EXDDPAC)

\$389.78



EXTDBP





EXGB55

Exertools Burst Resistant Gymball -55cm

\$18.99

Perfect for isolating the gluteus, thighs, lower back, and abdominal muscles. It's a great way to get a low-impact aerobic workout at the gym or at home. Promotes symmetry and improved balance. Excellent for core training, rehabilitation and injury prevention. Improves athletic form and performance. For any age and fitness level. Fill with standard ball needle pump.

EXGB55	Exertools Burst Resistant Gymball -55cm	\$18.99
EXGB65	Exertools Burst Resistant Gymball -65cm	\$22.99
EXGB75	Exertools Burst Resistant Gymball -75cm	\$27.99

HELM

\$79.00



72-16902



Designed by a chiropractor and consulted on by professional athletes, The Helm allows you to train your upper body for strength, stability, and endurance, while simultaneously working on your core. The Helm offers more dynamic properties to the generally static plank position. The ergonomic handle design allows for a proper wrist position while using a swiss ball to perform stability training exercises. This prevents wrist strain and wrist-related fatigue/injury. The three different positions also allow for a more expansive range of musculature targeted.

- **The Narrow Grip** pushup transfers the stress to your triceps
- **The Standard Grip** pushup balances stress more evenly through chest, shoulders and triceps
- **The Wide Grip** pushup transfers the stress primarily to your outer chest, shoulders and back

Exertools Economy Series Wobble and Rocker Boards

Economy Series

Exertools now offers a wide choice of high-quality wooden balance products designed to stretch your calves, train the kinetic chain, and develop a strong sense of balance. The Economy Wobble and Rocker Boards are designed with the tighter budget in mind. Board is made of half-inch plywood and covered with an aluminum oxide non-skid surface.

MADE IN USA

- Beginner rocker board offers up to 9.5 degrees of angular displacement.
- Intermediate rocker board offers up to 13.5 degrees of angular displacement
- Advanced rocker board offers up to 17 degrees of angular displacement



Economy Rocker

EXBT1RBB	Exertools Economy Rocker Board - Beginner	\$36.95
EXBT1RBI	Exertools Economy Rocker Board - Intermediate	\$36.95
EXBT1RBA	Exertools Economy Rocker Board - Advanced	\$36.95
ECRPAC	Exertools Economy Rocker Board Package (Incl Beg/Int/Adv)	\$110.85



top & bottom of Economy Rocker (from left to right)
 Beginner EXBT1RBB
 Advanced EXBT1RBA
 Intermediate EXBT1RBI



Economy Wobble



EXBT1WBB	Exertools Economy Wobble Board - Beginner	\$36.95
EXBT1WBI	Exertools Economy Wobble Board - Intermediate	\$36.95
EXBT1WBA	Exertools Economy Wobble Board - Advanced	\$36.95
ECWPAC	Exertools Economy Wobble Board Package (Incl. Beg/Int/Adv)	\$110.85

Exertools Professional Series Wobble and Rocker Boards

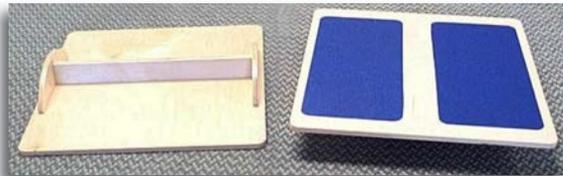
Professional Series

Each Multi-Wobble comes with a unique “quick set” board height adjustment mechanism, for quick and easy settings providing 15, 19, and 22 degrees of angular displacement (level of tilt) on 15” model and 12, 14, and 16 degrees on the 20” model. The 15” model is most often used for one foot balance exercises, while the 20” is used of two foot exercises.

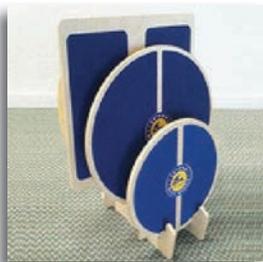
The Professional Rocker Board can be used to challenge the user in the anterior/posterior (A/P), lateral (left to right), and diagonal planes with a 16 degree tilt. Each product is made of quality Baltic Birch.



Pro Multi Wobble EXMW15



Pro 20” Rocker Board EXRB20



Professional Wobble/Rocker Board Package with Four Board Stand EXPWRPAC

EXMW15	Exertools Professional 15” Multi-Adjustable Wobble Board	\$68.00
EXMW20	Exertools Professional 20” Multi-Adjustable Wobble Board	\$79.00
EXRB20	Exertools Professional 20” Rocker Board	\$79.00
EXPWRPAC	Exertools Professional Wobble / Rocker Balance Board Package	\$266.00



Exertools Swivel Discs



EX12SD

Exertools Swivel Disc - 12” Pair

\$84.99

The 12” Swivel Discs come in a pair and are excellent for single leg and bilateral work. They can be positioned any distance and/or angular relation to each other offering infinite training possibilities. The discs can be utilized to promote the “figure eight” movement pattern similar to that used in throwing, swinging, and hitting, teaching the user how to quickly “open their hips” and feel the generation of power from the body’s center for an improved tennis stroke or the all-important concept of “locking your hips” for the back-swing in golf. MADE IN USA



EX20SD

Exertools 20” Swivel Disc

\$89.99

The 20” Swivel Disc is a rotating disc that allows a unique technique for dynamically stabilizing their center. Excellent for learning the concept of isolation of the core and separation of the upper-body from the lower body. The swivel disc is an excellent training aid to teach a golfer how to engage their abdominals with “quiet legs”. MADE IN USA



Exertools Pro Dual Multi Slant

\$115.00

One of our best sellers! This system's unique, safe and simple left and right independent angle locking system at 10, 20, 30, and 40 degrees makes this highly durable and very stable lower body stretching device a natural choice for athletes, therapy patients and long term care settings. In addition, it has been shown to help improve a variety of conditions such as TMJ, migraine headaches, degenerative hip and chronic lumbo-sacral pain.

Ideal for both prevention and rehab, the Dual Multi-Slant allows the user the freedom to individually adjust the foot plates in just seconds to compensate for their ever-changing level of flexibility.



EXPDMS

- Change angle in seconds
- Non-slip foot grips
- Folds flat for easy storage and portability
- Anti-skid pads on bottom of unit
- Industrial strength construction and hardware

This unit offers a wonderful option to any knee related "fall risk reduction program" as well as lateral and medial stretching and strengthening of the ankles.

- Enter forward to stretch out heel cord to promote an ankle strategy
- Progress by increasing the angle of the board
- Enter backwards to allow for easy squats
- Progress by decreasing the angle of the board
- Enter backwards for forward lunges, promoting eccentric loading of the quads
- Progress by increasing the angle of the board
- Enter forward by lunging to the board to stretch and strengthen ankles, gastrocs, hamstrings, quads and promote lateral stabilization about the joints. Progress by increasing the angle of the board



10850-2XP

BOSU Total Training System with 4-in-1 DVD & 2 Xplode DVDs

\$139.99

Whether you are looking to tone and strengthen, improve core strength, lose weight, or simply get healthy and fit, the BOSU® Balance Trainer (also referred to as the Half Blue Exercise Ball) is easy to use, fun, and effective. Any exercise performed on the ground may be adapted to amplify the challenge and increase results. Use the BOSU® Balance Trainer dome or platform side down. The options and exercise progressions are endless, helping to enhance mobility, strength, balance, and overall fitness levels. Anybody can use it, regardless of fitness level.

Unleash your best with the BOSU® Total Training System. You'll receive everything you need to get started with your training. Package includes:

- BOSU® Balance Trainer
- Foot Pump
- 4-in-1 DVD (including Total Body, Calorie Combustion, Long & Lean, Absolutely Abs workouts) 2 Xplode Cross-Training Series DVD workouts.
- 2 Xplode Cross-Training Series DVD workouts.

Maximum user weight is 300 lbs.



Balance Block

\$49.99



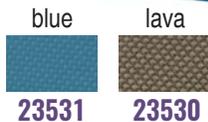
EXBB-15001

Ever wanted to walk a trapeze rope? Even if you don't quite fancy risking a walk on the wild side, wouldn't it be nice to know you could? Spirit TCR's Balance Block is the ideal balance tool to improve countless conditions in rehab and general core stabilization. Improve ankle proprioception, strengthen knee joints, increase hip range of motion and so much more. The balance block is the optimum size at almost 20 inches long, over 15 inches wide and 2 and a half inches thick. This allows for a greater variety in a workout, try core exercises, push-ups, squats (one leg and two leg), lunges and so much more, you will see the difference and feel the extra challenge. An affordable exciting piece of equipment with unlimited possibilities. Durable and effective is a signature of the Spirit TCR line.

AIREX® Balance Pads

The mats with Swiss quality - Airex has been producing foam mats for gymnastics, therapy and recreation in Switzerland for 50 years. A tailor-made product for each type of training: the diverse AIREX® product range leaves no wish unfulfilled.

The AIREX® Balance products are suitable for functional training for body posture, perception, balance and coordination. They also support an effective endurance training program. Balance is what we call the extensive and varied training program with these products, because it helps you retain or restore your mental and physical balance. The secret of the products lies in their special material. It gently yields, activating and sensitizing your entire body.



Airex Balance Pad Elite

\$72.00

All Airex® Balance Pads are made from the same proprietary super soft foam. The closed-cell foam will not absorb water or sweat, and like all Airex® products the foam contains an anti-microbial treatment to increase the durability of the products. Airex® Balance Pads are the choice of professionals to help restore balance and improve stability and coordination. The pads are excellent for retraining lower extremity function, and for improving coordination and stamina. All Airex products are manufactured in Switzerland. Approximate Dimensions: 19"x 16" x 2.5"

Airex Balance Pad

\$65.00

The AIREX® Balance products are active therapy and training devices made of the familiar soft AIREX® foam material. The Balance Pad with its smooth surface is ideal for starting out with barefoot balance training. The thickness of 6cm gives the Balance Pad the desired destabilizing characteristics. Due to the yielding foam, the body is constantly challenged in order to maintain balance and stabilize the joints, exercising more muscles. Training with the Balance Pad can purposefully improve conditional and coordinative abilities in combination, for example strength, endurance, differentiation and balance. Due to the comfortable, smooth surface, the Balance Pad is not entirely slip-resistant on smooth floors. We therefore recommend a non-slip mat underneath (shown above). Approximate Dimensions: 19"x 16" x 2.5"



23501

Airex Balance Pad XL

\$150.00

The AIREX® Balance Pad XLarge is twice as large as the Balance Pad Elite, permitting balance training in a whole new dimension as a result. The variety of exercises and the variations to make training more challenging has been expanded with the introduction of the Balance Pad XLarge. Training with the Balance Pad XLarge can purposefully improve conditional and coordinative abilities in combination, for example strength, endurance, differentiation and balance. Approximate Dimensions: 38" x 16" x 2.5"



23535

Airex Balance Pad Mini

\$45.00



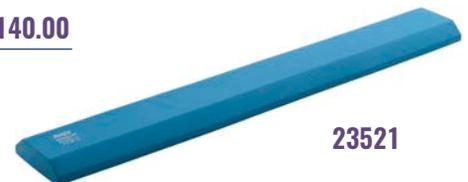
23561

The Balance-pad Mini was developed particularly for the requirements in functional training and it is also ideal for traveling. In addition to its use as an active training tool, it offers the trainer good support when instructing. The smaller training area is ideal for one-legged and single-handed functional exercises as well as for dynamic training and it makes the Balance-pad Mini fit into any sports bag or hand luggage. Half the size of the Elite. Approximate Dimensions: 16" x 9" x 2.5"

Airex Balance Beam

\$140.00

The AIREX® Balance Beam was developed especially for clinical balance and proprioception exercises. It is based on the shape of a conventional balance beam and used mainly in physiotherapy to regain walking and foot functions. The flat beam is safe for balancing and training. Approximate Dimensions: 66" x 11" x 3"



23521

WellnessMats®



WELLNESSmats
A Healthy Way of Life



Known for the highest performance and unprecedented comfort, WellnessMats will always look and feel great. They are engineered to resist spills, stains, and punctures, and are anti-microbial by design.



With elegant lines, a sleek ergonomic design and a smooth surface, the Original has long been the mat of choice. The Original offers comfort & performance, is supportive and resilient, easy to clean, and the beveled edges will never curl. One-piece construction means no delamination - ever. There's nothing quite like an Original.

Stretching Strap \$12.99

Living better means increasing flexibility and range of motion. 10 "pockets" along the strap allow multiple stretches for all body parts and the elastic in the strap allows for even greater range of motion. Great as a daily exercise routine or for recovery after exercise. ©



EXSST

Shoulder Pulley Classic \$9.99

Shoulder pulleys are such an important piece of equipment for anyone who is suffering from shoulder problems. Whether it is a torn rotator cuff that you have just had surgery on or weakness in the shoulder joint. The Shoulder Pulley classic is a great tool with easy to grip handles, a door anchor and easy to follow exercises. Improvement and comfort will be obvious when you use our pulleys.



EXSPC

32WMRBLK	WellnessMats Original (3' x 2' x 3/4")	\$119.95
32WMRBRN	WellnessMats Original (3' x 2' x 3/4")	\$119.95
32WMRBUR	WellnessMats Original (3' x 2' x 3/4")	\$119.95
32WMRGRY	WellnessMats Original (3' x 2' x 3/4")	\$119.95
32WMRTAN	WellnessMats Original (3' x 2' x 3/4")	\$119.95
54WMRBLK	WellnessMats Original (5' x 4' x 3/4")	\$299.95
54WMRBRN	WellnessMats Original (5' x 4' x 3/4")	\$299.95
54WMRBUR	WellnessMats Original (5' x 4' x 3/4")	\$299.95
54WMRGRY	WellnessMats Original (5' x 4' x 3/4")	\$299.95
54WMRTAN	WellnessMats Original (5' x 4' x 3/4")	\$299.95
62WMRBLK	WellnessMats Original (6' x 2' x 3/4")	\$239.95
62WMRBRN	WellnessMats Original (6' x 2' x 3/4")	\$239.95
62WMRBUR	WellnessMats Original (6' x 2' x 3/4")	\$239.95
62WMRGRY	WellnessMats Original (6' x 2' x 3/4")	\$239.95
62WMRTAN	WellnessMats Original (6' x 2' x 3/4")	\$239.95
63WMRBLK	WellnessMats Original (6' x 3' x 3/4")	\$299.95
63WMRBRN	WellnessMats Original (6' x 3' x 3/4")	\$299.95
63WMRBUR	WellnessMats Original (6' x 3' x 3/4")	\$299.95
63WMRGRY	WellnessMats Original (6' x 3' x 3/4")	\$299.95
63WMRTAN	WellnessMats Original (6' x 3' x 3/4")	\$299.95
MOBILEMAT5BLK	MobileMat (5' x 2' x 5/8")	\$199.95
MOBILEMAT5BRN	MobileMat (5' x 2' x 5/8")	\$199.95
MOBILEMAT6GRY	MobileMat (5' x 2' x 5/8")	\$199.95
COMPWMRBLK	CompanionMat (18" x 22" x 3/4")	\$69.95
COMPWMRBRN	CompanionMat (18" x 22" x 3/4")	\$69.95
COMPWMRGRY	CompanionMat (18" x 22" x 3/4")	\$69.95
COMPWMRTAN	CompanionMat (18" x 22" x 3/4")	\$69.95

FitnessMat™



FitnessMats effectively interact with the body to suspend body weight, reducing impact and stress. Inherently anti-microbial and easily sanitized, with a smooth surface that will not harbor harmful bacteria in cracks, crevices or tears.

FIT4WMRBLK	FitnessMat (4' x 2'2" x 5/8")	\$149.95
FIT4WMRBRN	FitnessMat (4' x 2'2" x 5/8")	\$149.95
FIT4WMRGRY	FitnessMat (4' x 2'2" x 5/8")	\$149.95
FIT6WMRBLK	FitnessMat (6' x 2.5' x 5/8")	\$239.95
FIT6WMRBRN	FitnessMat (6' x 2.5' x 5/8")	\$239.95
FIT6WMRGRY	FitnessMat (6' x 2.5' x 5/8")	\$239.95



MOBILEMAT5BLK



EXPDMS

Exertools Professional Dual Adjustable Multi-Slant

\$115.00

This system's unique, safe and simple left and right, independent angle locking system (10, 20, 30 and 40 degrees) makes this highly durable and very stable lower body stretching device a natural choice for athletes, therapy patients and long-term care settings. In addition, it has been shown to help improve a variety of conditions such as TMJ, migraine headaches, degenerative hip and chronic lumbo-sacral pain. The Dual Multi Slant allows for individualized angles for each lower extremity. Change angle in seconds. Non-slip foot grips. Folds flat for easy storage and portability. Anti-skid pads on bottom. Industrial strength construction and hardware. This unit offer a wonderful option for any "fall risk reduction program".



LLMUSP-1

Lifeline Multi-Use Shoulder Pulley

\$13.99

Great for treating shoulder pain and rotator cuff injuries or increasing the range of motion needed for athletic and functional performance, our pulley system gets the blood flowing to your upper body muscles and joints. The flexible cord and door attachment combine with the rotating handles to allow for smooth movement in all directions and constant tension for improved shoulder mobility and flexibility.



LLESP-4

Lifeline Econo Shoulder Pulley Deluxe

\$12.99

The Econo Shoulder Pulley Deluxe is a specifically-designed pulley system that stimulates circulation and increases shoulder strength, motion and flexibility. By opening up the chest and loosening the muscles in your back, neck and arms, this physical therapy tool with safety features like a metal door attachment and non-slip handles treats chronic pain and the repetitive strain from sitting and helps rehab rotator cuff injuries.



021001

Yoga Block

\$12.99

Like all Spirit TCR products the Foam Yoga Block is made completely free of toxic chemicals, heavy metals and phthalates. This block gives prime support where needed and advances all levels of yoga practice. Lightweight, efficient and useful the Spirit TCR Foam Yoga Block fulfills your needs and is a stepping stone to greater fulfillment in your asana practice. Put your trust in our yoga products whether you are new to the practice, well versed or somewhere in between. Our Foam Yoga Block is durable, perfectly weighted and just the right amount of firm to the touch. Once you use our block you won't want to use another block again.



Exertools PlyoBack Reflex Rebounder

\$729.00

The NEW PlyoBack Reflex Rebounder from Exertools offers our strongest, most reliable design features in a durable, versatile, and easy-to-use system. For therapy clinic, sport training, or personal use, PlyoBack Reflex is more than just a rebounder, it's an integrated training station including a balance station, an angled plyometric jump station, a jog station, and medicine ball rebounder all in one.

The tramp angle can be easily adjusted between horizontal (zero) to sixty degrees and can support most physical therapy and athletic training applications with balls weighting up to fifteen pounds. The PlyoBack Reflex is also perfect for balance, stabilization exercises, and light jogging.

Features:

- Heavy-duty powder coated frame made of fourteen gauge double welded steel
- Multiple, pre-set adjustment settings from zero to sixty degree angles (eight settings between 0 and 60 degrees)
- Stabilization handle for support when performing balance, stabilization and jogging exercises
- Forty inch (40") tramp frame with 32" square, true and responsive rebounding surface
- Two Ply Tramp — eight stitches on outer edge, quadruple stitches creating an inner square target
- Quick-responsive rebounding surface with 40 springs — allowing true return of balls and comfortable standing surface
- Spring skirt that completely covers springs and easily Velcros in place



PlyoBack Reflex Rebounder EXPBACR shown with Vertical Ball Rack EXVMBR1



PlyoBack Reflex back view

Exertools Soft Shell, Gel Filled Exballs

The EXBALL SS is available in a range of sizes from the small, easy to catch, two pound ball to the fifteen pound ball which is perfect for two hand drills. Made from a thick vinyl shell with no stitches, patches, or seams to break or unravel, these balls are tough enough to withstand even the hardest of rebounder applications yet pliable enough to be easy to catch. The textured cover (a matted/rippled pattern) makes the EXBALL SS much easier to use in high speed exercises.

Our unique aqueous gel filling allows the ball to maintain its round shape yet have a comfortable "give" for easy catching.

Our gel completely fills the ball's cavity, making it soft to touch with no added inertia to the ball from the filling. This feature makes the EXBALL SS safer to use than balls filled with sand, water, ceramic powder or gels with a higher water content.



EXBAL2	Exertools Soft Shell, Gel Filled Exball - 2#	\$10.88
EXBAL4	Exertools Soft Shell, Gel Filled Exball - 4#	\$17.60
EXBAL7	Exertools Soft Shell, Gel Filled Exball - 7#	\$23.80
EXBAL11	Exertools Soft Shell, Gel Filled Exball - 11#	\$30.80
EXBAL15	Exertools Soft Shell, Gel Filled Exball - 15#	\$37.80
EXBALSET	Set of Soft Shell Exball Medicine Balls	\$122.80

Exertools Hard Shell, Air Filled Exballs



The EXBALL HS is an air filled, weighted ball. The weight of each ball comes entirely from the 38% rubber shell. Sporting an, easy to see, two-tone pattern with a textured surface for maximum grip-ability, this ball offers unparalleled durability and reliability. An air valve allows for adjustment of bounce and firmness. These quality medicine balls are backed by a two year warranty. The EXBALL HS possesses the best combination of qualities to meet the non-rebounder demands of all users in every market. Our EXBALL HS line includes 2, 4, 6, 8, 10, 12, 15, 20, and 25 pound balls.



TOTL2	Exertools Hard Shell Exball - 2#	\$21.99
TOTL4	Exertools Hard Shell Exball - 4#	\$29.99
TOTL6	Exertools Hard Shell Exball - 6#	\$37.99
TOTL8	Exertools Hard Shell Exball - 8#	\$47.99
TOTL10	Exertools Hard Shell Exball - 10#	\$54.99
TOTL12	Exertools Hard Shell Exball - 12#	\$61.99
TOTL15	Exertools Hard Shell Exball - 15#	\$74.99
TOTL20	Exertools Hard Shell Exball - 20#	\$86.99
TOTL25	Exertools Hard Shell Exball - 25#	\$99.99
EXTOTLSETL	Exertools Hard Shell ExBall Light Package (2,4,6,8,10)	\$192.95
EXTOTLSETH	Exertools Hard Shell ExBall Heavy Package (10,12,15,20,25)	\$378.95
EXTOTLSETT	Exertools Hard Shell Exball Total Package (2,4,6,8,10,12,15,20,25 TOTL)	\$516.91



EXTOTLSETL

Exertools Hard Shell ExBall Light Package

\$192.95

This set includes: 2,4,6,8, and 10 pound EXBALLS The EXBALL HS is an air filled, weighted ball. The weight of each ball comes entirely from the 38% rubber shell. Sporting an, easy to see, two-tone pattern with a textured surface for maximum grip-ability, this ball offers unparalleled durability and reliability. An air valve allows for adjustment of bounce and firmness. These quality medicine balls are backed by a two year warranty.



EXTOTLSETH

Exertools Hard Shell ExBall Heavy Package

\$378.95

This set includes: 10,12,15, 20, and 25 pound EXBALLS The EXBALL HS is an air filled, weighted ball. The weight of each ball comes entirely from the 38% rubber shell. Sporting an, easy to see, two-tone pattern with a textured surface for maximum grip-ability, this ball offers unparalleled durability and reliability. An air valve allows for adjustment of bounce and firmness. These quality medicine balls are backed by a two year warranty.



EXTOTLSETT

Exertools Hard Shell Exball Total Package (2,4,6,8,10,12,15,20,25 TOTL)

\$516.91

This set includes: 2,4,6,8,10,12,15, 20, and 25 pound EXBALLS The EXBALL HS is an air filled, weighted ball. The weight of each ball comes entirely from the 38% rubber shell. Sporting an, easy to see, two-tone pattern with a textured surface for maximum grip-ability, this ball offers unparalleled durability and reliability. An air valve allows for adjustment of bounce and firmness. These quality medicine balls are backed by a two year warranty.

Exertools Basic Medicine Ball Package - Vertical - Soft Shell (EXBALSET + EXVMBR)

\$237.80

This is our basic package which includes: One Exertools Vertical Rack and a set of 5 Soft Shell, gel filled EXBalls. Weighted balls are 2, 4, 7, 11, and 15 pounds.



EXBMBVPAC

Exertools Vertical Ball Rack

\$115.00

Exertools 5 Tier Medicine Ball Rack save space and provides easy access to equipment.

Features:

- Welded one peices steel rack
- Fits all types of medicine balls
- No assembly required

Dimensions: 14" x 11" x 52"



EXVMBR1



Exertools Horizontal Ball Rack

\$159.00

Exertools Single Tray Horizontal Medicine Ball Rack. Designed to match the Exertools Plyback Reflex Rebounders. Expand your storage capacity by adding an extra shelf (shown below). The Horizontal Ball Rack can accomodate a total of three shelves for maximum storage.



EXHMBR1



EXHMBR1 shown with Horizontal Ball Rack Extra Shelf added. EXHMBR1 can accomodate a total of three racks.

Exertools Horizontal Ball Rack -Extra Shelf

\$65.00

The Exertools Single Tray Horizontal Ball Rack Extra Shelf provides additional storage options. Expand and customize your storage by adding one or two extra shelves. The Horizontal Ball Rack can accomodate a total of three shelves for maximum storage. Finish is designed to match the Plyback Reflex Rebounders.



EXHMBRT





EXTOTLSETLVPAC

Exertools Basic Hard Shell Medicine Ball Package -Vertical

\$307.95

This is our basic package which includes: One Vertical Ball Rack and Set of 5 Hard Shell, air filled weighted Balls (2,4,6,8, and 10 pound balls). The EXBALL HS is an air filled, weighted ball. The weight of each ball comes entirely from the 38% rubber shell. Sporting an, easy to see, two-tone pattern with a textured surface for maximum grip-ability, this ball offers unparalleled durability and reliability. An air valve allows for adjustment of bounce and firmness. These quality medicine balls are backed by a two year warranty. The EXBALL HS possesses the best combination of qualities to meet the non-rebounder demands of all users in every market. Our EXBALL HS line includes 2, 4, 6, 8, 10, 12, 15, 20, and 25 pound balls.



EXBMBHPAC-HS

Exertools Basic Medicine Ball Package -Horizontal - Hard Shell

\$351.95

This is our basic package which includes: One Exertools single-tier horizontal Rack and a set of 5 Hard Shell, EXBall HS. Weighted balls are 2, 4, 6, 8, and 10 pounds. The EXBALL HS is an air filled, weighted ball. The weight of each ball comes entirely from the 38% rubber shell. Sporting an, easy to see, two-tone pattern with a textured surface for maximum grip-ability, this ball offers unparalleled durability and reliability. An air valve allows for adjustment of bounce and firmness. These quality medicine balls are backed by a two year warranty. The EXBALL HS possesses the best combination of qualities to meet the non-rebounder demands of all users in every market. Our EXBALL HS line includes 2, 4, 6, 8, 10, 12, 15, 20, and 25 pound balls.



EXBMBHPAC-SS

Exertools Basic Medicine Ball Package -Horizontal - Soft Shell

\$281.80

This is our basic package which includes: One Exertools Horizontal Rack and a set of 5 Soft Shell, gel filled EXBalls. Weighted balls are 2, 4, 7, 11, and 15 pounds. The EXBALL SS is available in a range of sizes from the small, easy to catch, two pound ball to the fifteen pound ball which is perfect for two hand drills. Made from a thick vinyl shell with no stitches, patches, or seams to break or unravel, these balls are tough enough to withstand even the hardest of rebounder applications yet pliable enough to be easy to catch. The textured cover (a matted/rippled pattern) makes the EXBALL SS much easier to use in high speed exercises. Our unique aqueous gel filling allows the ball to maintain its round shape yet have a comfortable for easy catching. Our gel completely fills the ball's cavity, making it soft to touch with no added inertia to the ball from the filling. This feature makes the EXBALL SS safer to use than balls filled with sand, water, ceramic powder or gels with a higher water content.



Package Includes:
Plyoback Reflex Rebounder
Set of 3 Soft Shell, Gel filled ExBalls
(2, 7, and 11 pound balls)

EXSPAC

Exertools Plyoback Reflex Rebounder Starter Package

\$918.40

This Plyoback Reflex Rebounder Start package includes: One Plyoback Reflex Rebounder, and 3 Soft Shell, Gel filled ExBalls (weights 2, 7, and 11 pounds). The NEW PlyoBack Reflex Rebounder from Exertools offers our strongest, most reliable design features in a durable, versatile and easy-to-use system. For therapy clinic, sport training, or personal use, PlyoBack Reflex Rebounder is more than just a rebounder, it's an integrated training station including a balance station, an angled plyometric jump station, a jog station, and medicine ball rebounder all in one.

Specifications: Heavy-duty powder coated frame made of fourteen gauge double welded steel. Multiple, pre-set adjustment settings from zero to sixty degree angles (eight settings between 0 and 60 degrees). Stabilization handle for support when performing balance, stabilization and jogging exercises. Forty inch (40") tramp frame with 32" square, true and responsive rebounding surface. Two-ply tramp — eight stitches on outer edge, quadruple stitches creating an inner square target. Quick-responsive rebounding surface with 40 springs — allowing true return of balls and comfortable standing surface. Spring skirt that completely covers springs and easily Velcro in place

**EXPLYOPACV**

Exertools Plyoback Reflex Rebounder Total Soft Shell Package - Vertical

\$966.80

This package includes: One Plyoback Reflex Rebounder. One vertical rack, 5 Soft shell, gel filled balls (Weights: 2, 4, 7, 11, 15 pounds). The NEW!! PlyoBack Reflex Rebounder offers Exertools strongest, most reliable design features in a durable, versatile and easy-to-use system. The Reflex Package includes our most popular Exballs Soft Shell Medicine Balls and a the free-standing rack. For therapy clinic, sport training, or personal use, PlyoBack Reflex Rebounder is more than just a rebounder, it's an integrated training station including a balance station, an angled plyometric jump station, a jog station, and medicine ball rebounder all in one.

Specifications: Heavy-duty powder coated frame made of fourteen gauge double welded steel. Multiple, pre-set adjustment settings from zero to sixty degree angels (eight settings between 0 and 60 degrees) Stabilization handle for support when performing balance, stabilization and jogging exercises. Forty inch (40") tramp frame with 32" square, true and responsive rebounding surface. Two Ply Tramp — eight stitches on outer edge, quadruple stitches creating an inner square target. Quick-responsive rebounding surface with 40 springs — allowing true return of balls and comfortable standing surface. Spring skirt that completely covers springs and easily Velcro in place.

Exertools Plyoback Reflex Rebounder Total Soft Shell Package - Horizontal

\$1010.80**EXPLYOPACH-SS**

This package includes: One Plyoback Reflex Rebounder, One horizontal Rack, 5 Soft shell, gel filled balls (Weights: 2, 4, 7, 11, 15 pounds). The NEW!! PlyoBack Reflex Rebounder offers Exertools strongest, most reliable design features in a durable, versatile, and easy-to-use system. The Reflex Package includes our most popular Exballs Soft Shell Medicine Balls and a the free-standing rack. For therapy clinic, sport training, or personal use, PlyoBack Reflex is more than just a rebounder, it's an integrated training station including a balance station, an angled plyometric jump station, a jog station, and medicine ball rebounder all in one.

Specifications: Heavy-duty powder coated frame made of fourteen gauge double welded steel. Multiple, pre-set adjustment settings from zero to sixty degree angels (eight settings between 0 and 60 degrees) Stabilization handle for support when performing balance, stabilization and jogging exercises. Forty inch (40") tramp frame with 32" square, true and responsive rebounding surface. Two-ply tramp — eight stitches on outer edge, quadruple stitches creating an inner square target. Quick-responsive rebounding surface with 40 springs — allowing true return of balls and comfortable standing surface. Spring skirt that completely covers springs and easily Velcros in place.

Exertools Plyoback Reflex Rebounder Total Hard Shell Package - 2 Tier Horizontal

\$1,425.90**EXBPPACH-HS**

This Plyoback Reflex Rebounder Start package includes: One Plyoback Reflex Rebounder, One 2-tier horizontal rack and 9 hard shell, air filled ExBalls (weights 2,4, 6, 8, 10, 12, 15, 20, and 25 pounds). The NEW PlyoBack Reflex from Exertools offers our strongest, most reliable design features in a durable, versatile and easy-to-use system. For therapy clinic, sport training, or personal use, PlyoBack Reflex is more than just a rebounder, it's an integrated training station including a balance station, an angled plyometric jump station, a jog station, and medicine ball rebounder all in one.

Specifications: Heavy-duty powder coated frame made of fourteen gauge double welded steel. Multiple, pre-set adjustment settings from zero to sixty degree angels (eight settings between 0 and 60 degrees) Stabilization handle for support when performing balance, stabilization and jogging exercises. Forty inch (40") tramp frame with 32" square, true and responsive rebounding surface. Two Ply Tramp — eight stitches on outer edge, quadruple stitches creating an inner square target. Quick-responsive rebounding surface with 40 springs — allowing true return of balls and comfortable standing surface. Spring skirt that completely covers springs and easily Velcros in place.



Exertools and Lifeline Fitness have teamed up to expand the number of fitness products we offer to help you reach your health and fitness goals. Everything from the popular Jungle Gym XT and the Power Wheel to 40' Training Ropes and Slam Balls. Check out our expanded line. Exertools, Better Tools...Best Results!

Lifeline Cables

Lifeline’s cables are all made using Progressive Layering™ Technology, so they feel better and last longer than common extruded fitness cables. Use different cables for different exercises and ranges of motion - or move up to the next resistance level for added challenge and continued strength, endurance and performance gains. It’s also a good idea to replace your bands every year, depending on use and wear - and with Lifeline’s interchangeable system, it’s easy!



LL5C-R4



LL5C-R1	R1 Resistance Cable 5ft- 10lb Teal	\$7.99
LL5C-R2	R2 Resistance Cable 5ft- 20lb Purple	\$8.99
LL5C-R3	R3 Resistance Cable 5ft-30lb Pink	\$9.99
LL5C-R4	R4 Resistance Cable 5ft- 40lb Magenta	\$10.99
LL5C-R5	R5 Resistance Cable 5ft- 50lb Orange	\$12.99
LL5C-R6	R6 Resistance Cable 5ft- 60lb Red	\$13.99
LL5C-R7	R7 Resistance Cable 5ft - 70lb Yellow	\$14.99
LL5C-R8	R8 Resistance Cable 5ft- 80lb Green	\$16.99
LL5C-R9	R9 Resistance Cable 5ft- 90lb Blue	\$17.99
LL5C-R10	R10 Resistance Cable- 5ft- 100lb Black	\$19.99



LLCE

Chest Expander

\$24.99

Increase the range of motion and positioning of flies, pulls, curls, and presses to strengthen and stretch pectoral, deltoid, and arm muscles. A modern take on the classic tool designed for the original “strongmen” and bodybuilders, this upper body strength training device offers continual resistance and the ability to target specific muscles for rehabbing upper body injuries and creating increased flexible and mobility. ©



LLAWA

Ankle/wrist attachment

\$19.99

Do more with your cables by securely attaching them to your wrists, ankles, or elbows! The Ankle/ Wrist Attachment is an adjustable resistance tool that enables multi-directional exercises. It offers diverse workout options, targeting almost all individual arm and leg muscles.



LLCB-10

Combat bag - 10 lb.

\$79.99

For those looking to change up their fitness routine, employing a training bag intensifies dynamic, compound and rotational movements to improve functional strength, range of motion and explosive power. It also allows for multidirectional movement to increase exercise variation and target often overlooked stabilizer muscles to prevent injury and strengthen grip, a key to lifting more weight which results in fitness gains.



LLCB-20 Combat bag - 20 lb. \$89.99

LLCB-30 Combat bag - 30 lb. \$99.99

Lateral Resistor

\$24.99



LLRRII

The Lifeline Lateral Resistor helps develop first step quickness, hip flexibility, lateral speed and explosive power. The patented design of this product allows for focused training of underused stabilizer muscles for injury rehabilitation or physical therapy applications. Build complete lower body strength for explosive movements by adding up to 120lbs of peak weighted resistance by adding or removing up to three (3) 9" cables using Lifeline's patented Progressive Resistance System. Interchange the cables to customize the resistance and progress in weighted resistance as you get stronger. Increase lower body dynamic strength as a result of adding intensity and consistent positive and negative resistance to jumping, squatting and all manner of lower body drills and exercises.



LLCGH3

Max Flex Handle - Triple Cable Pocket

\$14.99

Increase load up to 300 lbs. of maximum resistance for full body training. Resistance training provides more dynamic functional movement patterns. Combine different level cables to customize from 10-300 lbs. resistance.



LLDA

Door Anchor

\$4.99

Door anchors are an essential part of any cable system. By anchoring something other than your body, you can change the angle of resistance and drastically increase the number of exercises you can perform with your fitness cables. The Heavy Duty Door Anchor protects cables from regular wear and tear and holds up to three cables at a time in order to provide customized workouts!



LLEH

Exchange Handles (Pair)

\$9.99

Each Exchange Handle holds one Lifeline Resistance Cable. These handles allow quick cable replacements with their patented design. The ergonomic handle provides for proper cable alignment. Resistance tube training provides more dynamic functional movement patterns in a range of different angles, which increases muscle activation and diversity of exercises.



LLESP-4

Econo-Shoulder Pulley Deluxe

\$12.99

The Lifeline Econo Shoulder Pulley or ESP, brings the functionality of the Multi-Use model to a more economical design Patented Grip-All Ball (in red) allows users to instantly and easily adjust the rope length by letting rope tension secure the ball Increases range of motion. Includes: seven-foot braided nylon cord with smooth action pulley • Two patented grip-all ball equipped handles for rope length adjustment • One door attachment • One instructional brochure • One foam cushion assistive grip • One metal door bracket

Lifeline Flat Bands



The Flat Bands are designed to improve muscle stamina and strength, balance, range of motion and coordination of muscle groups. These versatile, easy to use bands are well suited for rehabilitation from injury as well as general strength training and are available in progressive color coded resistance levels to allow you to increase resistance as your strength increases. Individually pre-cut and packaged.

- Increases muscle stamina and strength
- Allows for total body strengthening
- Cost-effective tool



LLFB-L1	Flat Band - Level 1	\$5.99
LLFB-L2	Flat Band - Level 2	\$6.99
LLFB-L3	Flat Band - Level 3	\$7.99
LLFB-L4	Flat Band - Level 4	\$8.99
LLFB-L5	Flat Band - Level 5	\$9.99



LLFBLK

Flat Band Loops Kit-Levels 1, 2, 3

\$19.99

Great for low impact, full body workout. Isolate specific muscles groups. Intensifies bodyweight movements. Controlled load great for injury rehab. Portable, lightweight alternative to free weights and machines. Flexible provides wide range of motion. Maintain resistance throughout entire rep. Length of bands accommodates a range of exercises.



LLFPB

Plyobox

\$159.99

Increase the strength and efficiency of lower and upper body fast-twitch muscle fibers through the use of an array of bodyweight and explosive compound movements like jumps, step ups, hops, shuffles, push ups and dips. Strong, stable and adjustable to fit your fitness level, the Plyobox enables for repetitive dynamic movements that prevent injury by teaching the body to land safely and boasts the metabolic rate for increased conditioning.

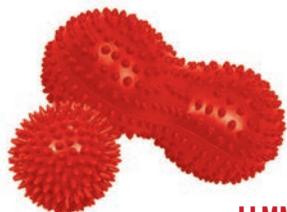


LLMB

Massage Bar

\$29.99

This textured Massage Bar is to be utilized pre/post training for deep tissue response and to enhance recovery process.



LLMMK

Muscle Massage Kit

\$14.99

The Muscle Massage Kit is designed to provide effective massage therapy for muscles all over your body. By targeting trigger points and applying pressure with the nubs on the balls, you can work out tension and allow your muscles to function optimally. In addition, you can stimulate circulation, decrease muscle aches and pains and disperse the effects of lactic acid following activity. Using the Muscle Massage Kit regularly can relieve stress, improve strength and flexibility while helping prevent muscle injuries.

Jungle Gym XT

\$99.99

Bodyweight training is best when performed in progressions or regressions based on individual strength or fitness levels. The Jungle Gym XT quick adjust straps lengthen or shorten in seconds to alter the body's leverage making the exercise harder or easier to perform. This unit allows training everywhere from hotel room to fitness center to a city park based on the Duro Link connection system. To achieve a higher level of fitness and strength, bodyweight training is essential and the Jungle Gym XT makes the perfect tool to build your functional fitness.

JUNGLE GYM XT

- » TOTAL BODY TRAINING UTILIZING MULTI-PLANE MOVEMENTS
- » EASY-IN FOOT CRADLE™ ALLOWS FOR MORE FUNCTIONAL FLOW
- » SPLIT ANCHOR DESIGN QUICKLY ADJUSTS FORCES ON THE BODY

BENEFITS

- » Split anchor design to quickly change the width of the system
- » Easily adjust straps for V-shaped, neutral or wide-angle suspension
- » Attach straps to tree limbs or bars with the Duro-Link™ anchor
- » Durable construction built for punishing commercial use
- » Portable for full body workouts anywhere, anytime
- » Lightweight alternative to weights
- » Easy to follow instructional poster

FEATURES

- » Safe, non-scuff duro-link™ anchor
- » Integrated cinch loop attachment
- » Ergonomic, non-slip handles
- » Secure and adjustable inline buckles
- » Industrial suspension straps
- » Two durable easy-in foot cradles™

LLJGXT - MSRP \$99.99



LLJGXT

Metal Wall Mounts Jungle Gym XT

\$29.99



LLJGXT-MM



LLPW

Power Wheel

\$49.99

A strong core not only helps improve power and balance, it can also help decrease the likelihood of injuries. And nothing looks better than a strong, lean mid-section. The Lifeline Power Wheel delivers a series of intense exercises that challenge your abs, obliques, back, hips and glutes. You'll even see (and feel) the effects on your chest, arms, hamstrings and calves. With exercise options that vary from mild to downright wild, this is the perfect piece of equipment for all fitness levels. ©



LLPPP

Power Pushup Plus

\$39.99

If you think push-ups are effective, wait until you try them with the added intensity of the Lifeline Power Push Up Plus! It offers 24 different resistance force levels up to a maximum 80 lbs. of resistance force against your body. The Power Push Up Plus strengthens chest, shoulder, back and arm muscles with push-ups, flies, shoulder circles and punches. You can also tone your abdominal muscles, obliques, and lower back with push-up and press workouts.

Lifeline Pull Up Revolution

\$39.99

Close to the perfect upper-body workout, pull ups are a compound exercise that stimulates growth in upwards of twenty different muscles in your back, shoulders, chest and arms. This easily adjustable pull up assistance tool lets you take advantage of all the variations of assisted pull ups, chin ups and knee ups as well as core-strengthening planks to build upper body strength and coordination and improve posture. Includes one instructional download.



LLPURPLUS

Features:

- Patented 3-in-1 cable pocket
- Add or subtract cables to vary assistance
- Height adjust strap lock
- Heavy-duty bar hook ensures secure bar attachment
- Durable, non-slip foot stirrup

Benefits:

- Assist in pull up efficiency
- Perform more reps-higher quality reps
- Do extra reps past muscle exhaustion
- 100 lbs. of adjusted power assistance
- Develop a V-shaped torso, broad shoulders
- Gain assistance throughout entire motion
- Progressively decrease assistance

PULL UP REVOLUTION

- » ASSIST IN PULL UP EFFICIENCY
- » PERFORM MORE REPS-HIGHER QUALITY REPS
- » 100 LBS OF ADJUSTED POWER ASSISTANCE



BENEFITS

- » Perform more proper form pull up reps
- » Do extra reps past muscle exhaustion
- » Develop a V-shaped torso-broad shoulders and narrow waist
- » Gain assistance throughout entire motion
- » Progressively get stronger-decrease assistance over time

FEATURES

- » Patented 3-in-1 cable pocket
- » Add or subtract cables to vary assistance
- » Height adjust strap lock
- » Heavy-duty bar hook ensures secure bar attachment
- » Durable, non-slip foot stirrup

LLPURPLUS - MSRP \$39.99

Power Up Chin Up

\$19.99

Chin ups are one of the best exercises for functional strength and this one movement targets your lats, arms, shoulders, chest, delts, triceps, biceps and lower and middle traps. These portable chin up handles make it easy to get a great workout anywhere you go and easily modify this great upper body exercise as fitness gains occur to limit plateaus and continually challenge your muscles for maximum results. Includes instruction manual.



LLPUCU



LLTS

Train Station

\$49.99

The Lifeline Train Station Doorway Gym is a full body resistance system that slides onto any home, office or dorm door within seconds. The patented design allows multiple resistance position angle settings along the height of the door making the change between upper body, core and lower body exercises in seconds. Develop stronger and more powerful chest, shoulder, back, and arm muscles with presses, curls, rows, and extensions. Boost thigh, glute, hamstring, and calf power with squats and lunges. ©

Includes:

- Two 4' Resistance Cables- R3 (30lb Each)
- Two Max Flex Handles
- Interchangeable Ankle/Wrist Attachment
- Two Door Straps with Cable Pockets
- Product Contains Latex resistance cable





LLPPJ-R4

Portable Power Jumper

\$49.99

The Portable Power Jumper is designed to improve the individual's vertical jump, as well as help them gain speed, improve agility, and enhance power. This exercise equipment has proven itself at the Monkey Bar Gym summer basketball training camps, adding an average of eight inches to the participants' vertical jumps. The Portable Power Jumper includes two five foot cables with padding and two foot stirrups with triple cable pockets. The resistance cables are capable of tensions up to forty pounds each. The foot stirrup cable pockets will hold up to three resistance cords.



LLPPP

Power Pushup Plus

\$39.99

If you think push-ups are effective, wait until you try them with the added intensity of the Lifeline Power Push Up Plus! It offers 24 different resistance force levels up to a maximum 80 lbs. of resistance force against your body. The Power Push Up Plus strengthens chest, shoulder, back and arm muscles with push-ups, flies, shoulder circles and punches. You can also tone your abdominal muscles, obliques, and lower back with push-up and press workouts.



LLMCB

Lifeline Mini Core Ball

\$14.99

Whoever said, "Don't sweat the small stuff," never worked out with the Natural Fitness Mini-Core Ball. Though at approximately 8" diameter it is small enough to fit in your suitcase, this ball delivers big results. By allowing you to do medicine ball type moves like plyometric push ups, fitness ball core work like ball squats, or stability ball stretches like back extensions, this piece of equipment can help you build strength, improve balance, and tone your core. Manufactured using non-toxic /phthalate-free material that is safer for the user and has little impact on the environment, whether you use it at home or on the road, the Mini-Core Ball is sure to make a big difference.



LLPFR18

18" Professional Foam Roller

\$24.99

Our Lifeline 18" professional foam roller is a great way to increase athletic performance and shorten recovery times. This foam roller is firm enough to provide myofascial release, yet comfortable enough use daily. All of this leads to lengthened muscle tissue, and assists with any muscle imbalances.



LLPFR36

36" Professional Foam Roller

\$39.99

Our Lifeline 36" professional foam roller is a great way to increase athletic performance and shorten recovery times. This foam roller is firm enough to provide myofascial release, yet comfortable enough use daily. All of this leads to lengthened muscle tissue, and assists with any muscle imbalances.



LLPJR-YB

Power Jump Rope (Beaded) - Yellow/Black

\$11.99

More than just a jump rope, the Lifeline Power Jump Rope is the best full-body conditioner you could ask for. With cushioned handles, this beaded rope is perfectly balanced for good arching action. 



LLWSR-125

Weighted Speed Rope - 1.25 lbs -Black

\$29.99

The Weighted Speed rope weight is all in the rope-not in the handles- making your workout comfortable and smooth. Professionally engineered, our rope features new high-tech, ball bearing handles for smooth rotation, and two sliding rope adjustors make any rope length adjustment quick and easy. Power your chest, shoulder, back and arm muscles with each swing.

LLWSR-75 Weighted Speed Rope - .75lbs- Red \$19.99

Lifeline Max Flex Cables

Available in 5 resistance levels, the Max Flex Cable Kit is the perfect tool for continuously challenging your muscles with the constant tension of resistance cable training. By using your feet and hands as anchors and changing resistance cables for different exercises or as fitness levels increase, you'll achieve a full body strength training workout that also boosts flexibility and balance through low-impact exercises. It's also great for rehabbing injuries and warming up muscles before games and cardio training.

LLMXFC4-R2	Max Flex Cable Kit 4ft - R2 - 20lbs - Purple	\$15.99
LLMXFC4-R3	Max Flex Cable Kit 4ft - R3 - 30lbs - Pink	\$16.99
LLMXFC4-R4	Max Flex Cable Kit 4ft - R4 - 40lbs - Magenta	\$17.99
LLMXFC4-R5	Max Flex Cable Kit 4ft - R5 - 50lbs - Orange	\$18.99
LLMXFC4-R7	Max Flex Cable Kit 4ft - R7 - 70lbs - Yellow	\$21.99



LLMXFC4-R5



LLCGH1

Max Flex Handle - Single Cable Pocket

\$12.99

Max Flex Handles are interchangeable, versatile training grips that are meant to hold one resistance cable. They allow you to change exercises quickly to intensify workouts and to provide full range of motion! Max Flex Handles have a new pocket design that safely locks in cables. The handles are ergonomically correct for less wrist stress and strain.

Lifeline Trainer Cable

Each 4ft. trainer cable acts independently of each other while connected to a door, around a pole or with a partner. Max flex comfort handles provide non-slip traction and a safe grip. Available in 6 resistance levels with interchangeable design.

LLTC-2	Trainer Cable - R2 Resistance Cables - 20lbs - Purple	\$24.99
LLTC-3	Trainer Cable - R3 Resistance Cables - 30lbs - Pink	\$27.99
LLTC-5	Trainer Cable - R5 Resistance Cables - 50lbs - Orange	\$29.99
LLTC-7	Trainer Cable - R7 Resistance Cables - 70lbs - Yellow	\$34.99
LLTC-9	Trainer Cable - R9 Resistance Cables - 90lbs - Blue	\$37.99
LLTC-10	Trainer Cable - R10 Resistance Cables - 100lbs - Black	\$39.99

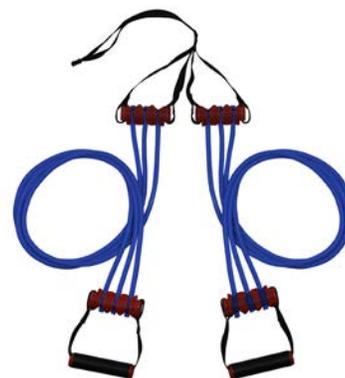


LLTC-3

Triple Trainer Cable

This cable is a beast! 6 cables - 3 per handle with the option to add or remove cables to change the resistance. Each handle acts independently of each other while connected to a door, pole, or with a partner. Available in 4 resistance levels.

LLTTC-3	Triple Trainer Cable - R3 Resistance Cables - 30lbs - Pink	\$49.99
LLTTC-5	Triple Trainer Cable - R5 Resistance Cables - 50lbs - Orange	\$54.99
LLTTC-7	Triple Trainer Cable - R7 Resistance Cables - 70lbs - Yellow	\$59.99
LLTTC-9	Triple Trainer Cable - R9 Resistance Cables - 90lbs - Black	\$69.99



LLTTC-9



LLTGH

Triple Grip Handles (Pair)

\$12.99

Interchangeable Triple Grip Handles hold up to three Lifeline resistance cables at a time. You are able to change and add cables quickly with our new patented handle design. Different levels of cables may be combined to customize resistance level or to target different muscle groups. Proper cable alignment is achieved with these great ergonomic handles!

Lifeline FMT Cable System

The FMT Exercise Band is an all purpose resistance band that can be used for chops, lifts, presses, PNF patterns and more.

- Developed by physical therapist Gray Cook
- Loops at both ends for use with a door or partner
- Sliding foam pads for various comfortable grip positions

2-FMT-2	FMT Cable R2 - 20 lbs	\$42.99
2-FMT-3	FMT Cable R3 - 30 lbs	\$42.99
2-FMT-4	FMT Cable R4 - 40 lbs	\$42.99
2-FMT-5	FMT Cable R5 - 50 lbs	\$42.99
2-FMT-6	FMT Cable R6 - 60 lbs	\$42.99



2-FMT-5

Lifeline Super Bands

Increase the intensity of presses, squats and curls using this continuous 80" loop made from super thick, durable rubber band. Easy to attach to benches or bars, this favorite tool of bodybuilders adds resistance or assistance to dynamic and explosive movements to increase strength, power and flexibility and breakthrough fitness plateaus. 5 resistance levels available.

LLSB-L1	Super Band-Level 1	\$19.99
LLSB-L2	Super Band-Level 2	\$24.99
LLSB-L3	Super Band-Level 3	\$29.99
LLSB-L4	Super Band-Level 4	\$39.99
LLSB-L5	Super Band-Level 5	\$49.99



LLSB-L5



LLTRB-40

40' Training Rope

\$159.99

Training Ropes engage the entire body in a dynamic, low-impact workout through the use of waves, slams, throws and whips. Unconventional and challenging yet adaptable to all fitness levels and routines including CrossFit and HIIT. Training Ropes are versatile training tools that strengthen muscles from delts and forearms to glutes and quads while increasing aerobic capacity and burning calories.



LLSS

Stretching Strap

\$14.99

Our Lifeline Stretching Strap helps relieve tension before or after a tough workout. Its crafted with durable nylon and stretchy elastic that offers support, while still being sturdy enough to withstand heavy resistance without tearing.



LLTNTCS

TNT Cable System

\$39.99

Without damaging doors or moldings, add variety to your resistance training with the TNT Cable System featuring a movable plastic door anchor and self-centering cradle that allows you to work your full body in multiple planes and to use dynamic exercises like twists, punches and chops to build balanced muscles and increased flexibility. The ergonomically designed handles allow for quick and easy cable changing to vary resistance levels depending on fitness levels and the muscle targeted for continued strength, endurance and performance gains. Includes one Instructional download or DVD.



LLVRTKELITE

Lifeline Variable Resistance Training Kit ELITE – 180lbs

\$59.99

Vary everything from resistance levels and angles, plane of motion and muscles that are targeted with the Variable Resistance Training Kit. It comes in a convenient carry bag and features the ergonomically designed triple grip handles, which can be used with three resistance cables to create up to 180-lbs. of total resistance, as well as a heavy-duty door attachment that allows you to get in a comprehensive full body strength training workout at home or on-the-go.

Lifeline Wall Ball

The versatile Wall Ball is grippable and padded for added resistance to develop functional strength, improve muscle stability, and increase explosive power. The Wall Ball can also be used as a base for an extra challenge to coordination. Boost power in your thighs, glutes, and hamstrings, with leg lifts and curls! Get six-pack abs and a strong lower back with roll outs, crawls and knees to chest movements! Strengthen chest, shoulders, aback and arms with push ups, crawls, and pike ups! Different weights are available for extra levels of resistance and strength.

Features:

- Durable sewn polyester exterior
- Soft interior padding for easy grip
- Shell construction ensures stability

Benefits:

- Press and push to improve explosive power
- Achieve full range of motion
- Coordinated movements improve balance and stability
- Freedom of movement provides inexhaustible exercise variety
- Use as base to challenge coordination



LLWB-10	Lifeline Wall Ball-10 lb.	\$79.99
LLWB-16	Lifeline Wall Ball-16 lb.	\$89.99
LLWB-20	Lifeline Wall Ball-20 lb.	\$99.99

Lifeline Slam Ball

The high-impact Slam Ball develops explosive power, improves functional strength, and intensifies bodyweight workouts - all at the same time! Coordinated movements with the slam ball boost stability and balance! Strengthen chest, shoulders, back and arms with pushups, crawls, and pike ups. Get six-pack abs and strong lower back with roll outs, crawls, and knees to chest movements! Boost power in your thighs, glutes, and hamstrings with leg lifts and curls!

Features:

- Flexible plastic exterior withstands impacts
- Textured surface is easy to grip

Benefits:

- Slam and throw to improve explosive power
- Toss to develop joint integrity
- Coordinated movements boost stability and balance
- Build muscles and aerobic capacity simultaneously
- Combine slams and squats for full body conditioning



LLSB-10	Lifeline Slam Ball-10 lb.	\$39.99
LLSB-20	Lifeline Slam Ball-20 lb.	\$59.99
LLSB-30	Lifeline Slam Ball-30 lb.	\$79.99



Juke 360

\$39.99

PER4M Juke 360 is used to build explosive movement power and proper footwork technique during drills. The Juke 360 helps create strength and stamina and improve movement, speed and flow.



PER4MJ360



Power Chute

\$24.99

PER4M Power Chute increases speed and power gain during sprinting drills through added resistance. The quick release buckle allows you to engage in over speed surges while running.



PER4MPC



Speed Ladder

\$24.99

PER4M Speed Ladder for intense training drills of the upper and lower body as well as excellent body stability. Attack the PER4M Speed Ladder with quick feet and high knees for breakout explosion for first step movements.



PER4MSL



Quick Cones

\$19.99

Speed cones condition fast-twitch muscle fibers for speed and agility while developing the precise body control needed for the quick change of directions that are paramount for peak athletic performances. Variable positioning options allow for shuttle, sprint, lateral and backpedal drills to target the complete lower body musculoskeletal system and achieve multi-directional range of motion in muscles, tendons and stabilizers to avoid injury. Comes with 10 instructional drill cards.



PER4MQC



Jump Trainer

\$39.99

PER4M Jump Trainer increases both vertical and horizontal leaping ability. Increase lower body dynamic strength by adding resistance to drills and training workouts.



PER4MJT



Quick Puncher

\$24.99

Incorporate the quick puncher into your workout to improve hand and feet quickness, hand-eye coordination, cardiovascular fitness and concentration under physical duress. Perfect for boxers to practice timing and speed of swims, jabs, hooks, crosses and defensive movements, it is also great for warm up and plyometric exercises like jumps, kicks and toe taps for athletes of all fitness levels. Comes with 10 instructional drill cards. ©



PER4MQP



Upper Body Power Booster

\$39.99

Use the Upper Body Power Booster to add resistance to upper body movements including compound exercises like push ups. The customizable resistance settings allow you to break through fitness plateaus and simultaneously strengthen biceps, triceps, pecs, delts, lats, and core. Comes with 6 instructional drill cards.



PER4MUBPB



PER4MQH

Quick Hurdles

\$49.99

Improve speed, quickness and leaping power through intense sprinting, stepping, and jumping exercises. Adaptable to drills that focus on high knee lift, hopping, side-stepping, and crossovers, this versatile training tools develops the acceleration, power, agility, and body control needed for peak athletic and fitness performance on the field or in the gym. Comes with 10 instructional drill cards.



PER4MGSPG

Grip Strength Power Pack

\$16.99

Weak hands and forearms will fail before larger muscles ensuring you don't put enough tension on your body to stimulate growth. The Portable Grip Strength Power Pack increases hand strength, coordination, and grip strength making it perfect for rehabbing hand injuries or improving performance across a wide range of exercises that put pressure on the hands, wrist, fingers, and forearms. Comes with 6 instructional drill cards.

The Step



THE STEP ORIGINAL HEALTH CLUB SIZE

THE STEP ORIGINAL CIRCUIT SIZE

THE STEP FREESTYLE HEALTH CLUB SIZE

THE STEP FREESTYLE CIRCUIT SIZE

Dimensions	40" L x 14" W	25" L x 11" W	40" L x 14" W	25" L x 11" W
Padded Top	●		●	
Grooved Top		●		●
Riser Compatibility	Health Club Size, Freestyle, and Original	Circuit Size, Freestyle, and Original	Health Club Size, Freestyle, and Original	Circuit Size, Freestyle, and Original
Freestyle Configuration			●	●
Same Model Used in Fitness Clubs	●		●	
Great for Recreational Use		●		●



F1010W

The Original Health Club Step®

\$134.95

Achieve total-body fitness with the same platform used in fitness clubs across the country. This set includes a teal platform with premium comfort cushion top and four original purple risers to create the foundation of any workout program. The Original Health Club Size platform features a wide 40 L x 14 W x 4 H stepping surface with a nonslip grip for added safety and a comfort cushion (non-latex) top that is easy on the hands, feet, and back. Burn more calories the higher you step with 4 to 6 to 8 platform height options using the 16 L x 16 W x 2 H risers. The Step is a great home-fitness tool for beginners to experts and is customizable for a variety of aerobic and strength exercises.



F1007W

The Stackable Step®

\$29.95

Step it up! This set includes a green nonslip platform to create the foundation of any workout program. The platform features a 22" L x 12" W x 4" H stepping surface. Each platform also features a resistance band notch, which safely holds resistance bands in place. Great for institutional settings to accommodate a variety of exercises. Also available in 6 inch size.



F1108W

Don't see what you are looking for?
Just give us a call 800-235-1559 x707.
We carry the entire line of Steps, risers, and more.

High Step®

\$89.95

Perfect for circuit training or plyos. The High Step can adjust from 4" to 12". Easily portable. Includes platform and 4 risers. Also available in grey and black.



F1080

F1007W	THE STEP STACKABLE 4IN RISER-GREEN	\$29.95
F1008W	THE STEP STACKABLE 6IN RISER-BLUE	\$39.95
F1112W	(2) CIRCUIT STEP VIOLET BLOCKS	\$24.95
F1115W	(2) CIRCUIT STEP BLACK BLOCKS	\$24.95
F1122	(2) CIRCUIT STEP GREY BLOCKS	\$24.95
F1010W	ORIGINAL HEALTH CLUB STEP TEAL/PURPLE	\$134.95
F1011W	ORIGINAL HEALTH CLUB STEP BLACK/GREY	\$134.95
F1015W	THE CIRCUIT STEP GREY/BLACK	\$74.95
F1017W	THE FREESTYLE STEP (RED CIRCUIT SIZE)	\$59.95
F1180	THE HIGH STEP (1 GREY PLATFORM, 4 BLACK RISERS)	\$89.95
F1021W	THE FREESTYLE STEP (health club size) grey	\$154.95



Exertools Activity Column

The Exertools Activity Column offers exceptional versatility and customizability. As demand within your therapeutic or training environment expands, the Activity Column can grow and expand with you.

Need a Hi/Lo elastic tubing or bands exercise? Start with the Exertools Activity Column (EXACOL-1) which includes one multiple D-Ring URT (aka Universal Receiving Tube) that can be positioned at any spot along the vertical column. How about a horizontal and vertical rope pulling exercise? Simply add the Rope Trainer (EXACRT).

Create a custom counter-to-cupboard exercise set-up with the addition of the long and short shelf (EXACSS) accessories. Save \$3,000-\$5,000 dollars you would have to spend on a dedicated Upper Body Ergometer, by combining a table-top mini cycle with the long shelf (EXACLS). The Stabilization Bar (EXACSTB) is the perfect add-on for balance or AD/AB exercises and the Spreader Bar with multiple D-Rings (EXACSRB) can offer wider, more robust elastic resistance options. This compact, versatile, and highly customizable tool will expand the range of exercises and therapies available to you.



Short Shelf EXACSS
Long Shelf EXACLS



Activity Column shown with Spreader Bar and adjustable D-Rings EXACSRB



URT with D-Ring EXACURT



Rope Trainer EXACRT



Rope Trainer EXACRT in action (rope not included)



Spreader Bar EXACSRB

Activity Column Pricing and Options

EXACOL-1	Exertools Activity Column with Fixed Mounting Brackets and one URT	\$399.00
EXACOL-3	Exertools Activity Column with Fixed Mounting Brackets and three URT	\$599.00
EXACURT	Exertools Activity Column Universal Receiving Tubes with D-Rings	\$115.00
EXACSRB	Exertools Activity Column Spreader Bar with Adjustable D-Rings	\$80.00
EXACEB	Exertools Activity Column Extended Bar	\$110.00
EXACSTB	Exertools Activity Column Stabilization Bar	\$70.00
EXACRT	Exertools Activity Column Rope Trainer	\$199.00
EXACSS	Exertools Activity Column Short Shelf	\$139.00
EXACLS	Exertools Activity Column Long Shelf	\$169.00
EXACLM	Exertools Activity Landmine	\$199.00

Workout Graphics

Workout Graphics products from Exertools are designed to turn your facility's walls, floors, columns and equipment into Activity Specific Testing and Training Stations as well as marketing and branding vehicles. Presently made up of three product types, Workout Graphics offers well over 100 product listings (and counting) developed with the cooperation of strength and conditioning, physical education, fitness, exercise science, and physical medicine leaders.

We offer:

- Floor Graphics
- Wall Graphics
- Equipment Graphics

Floor Graphics

We design floor graphics to enhance the functionality, safety, user experience and branding of your floors. Our flagship floor graphic products can augment your equipment and trainers and can even add functionality to floor space previously unused. We have solutions for almost any flooring, including rubber, tile, and even carpet.

Our functional floor graphics include:

- Agility ladders
- Agility dots
- Equipment-specific graphics



All are designed to enhance the user experience of the exercise and more. While many of our functional graphics are not unique, our peel-and-stick products provide durability that "tape and paint" cannot. Just as important, ours are a much more economical option compared to the skyrocketing cost of custom rubber floor inserts. Plus, we can now place any of our products on carpeted spaces with our peel-and-stick carpet solution.

Our durable logos and decorative floor graphics are completely customized with FULL COLOR, something not possible with the more expensive rubber inserts.

Wall Graphics

Anything we bring to you on the floors, we can bring to your walls also. While mostly decorative, we can bring your walls alive with directional or even functional graphics such as ball target or distance measurements on the wall and even stick to the difficult "powder coat" paint used by many equipment manufacturers.

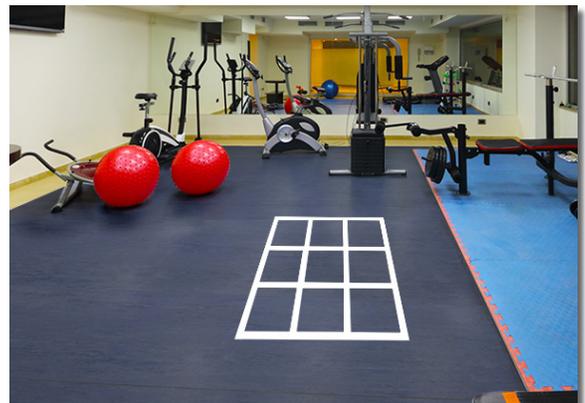


Below: Workout Graphics product examples on equipment and floors. (Courtesy Workout Graphics)



Equipment Graphics

We have a solution for your needs, whether instructional or decorative, we can bring our durable, fade-resistant solutions to your equipment. Our graphics are easy to apply and even stick to the difficult "powder coat" paint used by many equipment manufacturers.



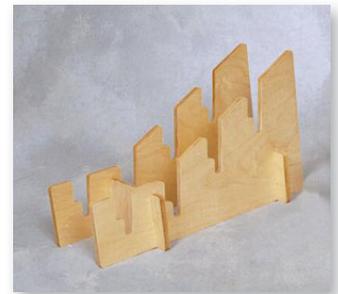
For more information and pricing, please call 707-570-5158.



Exertools Four Board Stand

\$42.95

The four-board stand is designed to neatly store any Exertools wooden balance boards and rotational devices. The board stands will help organize the clinic, preserve the products, and offer a clean, professional look. Securely hold all Exertools Dyna Boards™, Wobble and Rocker boards. Accomodate the thicker 12" and 20" Swivel Discs in a slightly elevated format. Board stand consist of four pieces easily assembled without tools. Made in USA



EXMBS4



EXVMBR1

Exertools Vertical Ball Rack

\$115.00

Exertools 5 Tier Medicine Ball Rack saves space and provides easy access to equipment.

Features:

- Welded one peices steel rack
- Fits all types of medicine balls
- No assembly required

Dimensions: 14" x 11" x 52"

Exertools Horizontal Ball Rack

\$159.00

Exertools Single Tray Horizontal Medicine Ball Rack. Designed to match the Exertools Plyoback Reflex Rebounders. Expand your storage capacity by adding an extra shelf (shown below). The Horizontal Ball Rack can accomodate a total of three shelves for maximum storage.



EXHMBR1



EXHMBR1 shown with Horizontal Ball Rack
Extra Shelf added.
EXHMBR1 can accomodate
a total of three racks.

Exertools Horizontal Ball Rack -Extra Shelf

\$65.00

The Exertools Single Tray Horizontal Ball Rack Extra Shelf provides additional storage options. Expand and customize your storage by adding one or two extra shelves. The Horizontal Ball Rack can accomodate a total of three shelves for maximum storage. Finish is designed to match the Plyoback Reflex Rebounders.

EXHMBRT





ASSAULT FITNESS
AUTHORIZED DISTRIBUTOR

Exertools is proud to bring you the latest products from LifeCORE Assault.

Fan bikes have been around for decades, but no one had sought to improve upon the design until Assault Fitness set out to create the highest quality, most durable air bike on the market.



KEY FEATURES ON AIRBIKES

1. The Custom Seat is Anatomically Designed and Sweatproof
2. A Four-Way Adjustable Seatpost Ensures a Custom Fit for All
3. Over-built forged, cro-moly cranks for superb strength and durability
4. The 27-Inch Steel Fan Delivers Unlimited Resistance
5. Programmable LCD Console with Large Readout
6. Powder coated thick 12g, 2.0mm tubing
7. Compatible With Most Uncoded 512K Heart Rate Transmitters

ASSAULT AIRBIKE - CLASSIC

\$799.00



Having forged the path to bringing the air bike into the Elite Fitness space, our original Assault AirBike classic is best known for creating love-hate relationships with those that have been bold enough to give it a try. Found in boxes and gyms across the globe, this badboy's reputation precedes itself. As with all Assault products, the AirBike classic is forged from the highest quality, most durable materials. This old favorite will leave you burning for days.

- Optional Accessories: Assault Cup-Holder, Assault Wind Screen
- Fan System: The Assault's 27-Inch (68.58 cm) steel fan delivers unlimited resistance
- Number of Programs: 8
- Heart rate: Polar Compatible
- Compatible With Most Uncoded 512K Heart Rate Transmitters

Dimensions: 50.9 x 23.3 x 48.4 in
Bike Weight: 98.1 lbs
User Weight Capacity: 300 lb

ASSAULT AIRBIKE -ELITE

\$1,299.00

The Assault AirBike Elite takes interval training to the next level, with a smoother ride and enhanced console capabilities. Individualized and infinite adjustments allow exercisers to keep it mellow and level to target a heart rate, or do high intensity interval training for a serious workout.

- The Sealed Cartridge Bottom Bracket is Engineered to Last
- Integrated Transport Wheels for Easy Movement and Setup
- The 27-Inch Steel Fan Delivers Unlimited Resistance
- Feet Can be Rested on the Oversized Foot Pegs During All-Arm Sessions
- Monitor Heart Rate Wirelessly via the On-Board ANT+Radio
- Eight Workout Options to Help Exercisers Stay Motivated
- Multiple Grip Options Allow for a More Efficient Workout
- Integrated Removable Windscreen can be Easily Removed for a Breezier Ride
- Ability to Pedal Forward or Backward for Workout Variation



Dimensions: 55.1 x 26.1 x 58.6 in
Bike Weight: 125 lb
User Weight Capacity: 350 lb

WORKOUT WITHOUT LIMITS.

AIRRUNNER



The name says it all! Like running on air, but with a powerful amount of punch. This treadmill is like none you have ever known, burning up to 30% more calories than the average motorized version and built with intense training in mind. Assault Fitness Products, creator of the world-renowned Assault AirBike, has created the next game-changing product in elite fitness: the Assault AirRunner. This premier running machine packs an intense workout into a small package. This treadmill is like none you have ever known - commercially built and designed to accommodate every fitness level, with unlimited possibilities. The Assault AirRunner is a great addition to any facility's functional training zone.



Because the Assault team knows the effectiveness of interval training, our treadmill was designed with HIIT in mind. Burning up to 30% more calories than a motorized treadmill, users can change speeds at will. In addition, this badboy has no maximum speed, so feel free to push it as hard as possible.

The AirRunner is well-appointed to kick your a** for years, built with a steel frame and handrails, corrosion resistant hardware, and a slat belt running surface that lasts up to 150,000 miles. That's right – that's not a typo: 150,000. There's no need for you to adjust the belt tension or replace the deck. This treadmill is the easiest to maintain that you'll find anywhere.

LifeCORE -Assault Fitness AirRunner

\$4,999.00

Key Features:

- The AirRunner is Completely Manual, with No Electric Consumption
- Built with a Steel Frame and Handrails, Corrosion Resistant Hardware, and a Slat Belt Running Surface for Superb Strength and Durability
- One of the Lightest Weight Treadmills in its Class, with Built-In Handle and Integrated Transport Wheels That Make it Easy to Reconfigure Your Workout Space
- Integrates Easily into Small Group Training Programming Monitor Heart Rate Wirelessly via the On-Board ANT+ Radio
- LCD with Bluetooth Connectivity
- Eight Workout Options to Help Exercisers Stay Motivated
- Non-Motorized and Easy to Move
- Keeps Interval Training Fresh -Designed with HIIT in mind
- Powder coated, steel frame
- Sturdy and Durable
- Compatible With Most Uncoded 512K Heart Rate Transmitters

Dimensions: 69.9 in x 32.8 in x 64 in
 Weight: 280 lb
 Maximum User Weight: 350 lb
 User Height Range: 5'0" to 6' 4"



Treadmills



T655MD

SportsArt rehabilitation treadmills are designed specifically for cardiac and physical therapy markets and come loaded with unique features, programs, and user amenities to help treat more patients more effectively.

SportsArt T655MD Medical Treadmill

\$8,895.00

- 5 HP AC-Servo motor
- Detachable step
- -3 to 22% incline range
- -3 to 12 mph
- Adjustable handrails
- Wired controller remote
- CSAFE port
- Optional EDAN ECG integration
- Meets industry standard for medical microamp leakage

SportsArt T655MS Medical Treadmill

\$7,295.00

T655MS

- Bi-directional belt motion for retro walking and gait observations
- Decline to -3% grade for back and knee rehab
- Meets UL requirements for current leakage in a medical setting
- Full-length medical side rails with pediatric lower sections
- Eco-Glide auto lubrication system
- CSAFE Port -Medical Handrails
- Forward and Reverse Speed Function (-3 to 12 MPH)
- 0.1 SAFE-START Speed (Forward & Reverse)
- Contact and Telemetry HR
- Multi-ply 62 x 22 in. Belt
- Integrated 3-Speed Fan
- ECO-GLIDE Auto Lubrication System
- Optional SA Well +
- Dual Headphone Jack w/ Volume Control
- Emergency Stop
- Centered Contact HR



T635M

SportsArt T635 Medical Treadmill

\$5,595.00

- Equipped with medical/rehab specific features like reverse speed up to 3 MPH and extended handrails.
- MyFlex Plus deck cushioning provides 30% more shock absorption and carries a lifetime warranty.
- Meets UL requirements for current leakage in medical settings.
- Large 22 x 61 inch (55 x 154cm) belt provides ample running space and is constructed from carbon-weave, low friction material.
- Contact and Telemetry HR -4-Ply Belt
- USB Port (x2) for Device Charging
- ECO-GLIDE Auto Lubrication System
- Center Handle Bar with contact heart rate
- Dual Headphone Jack w/ Volume Control
- CSAFE port
- Medical Handrails
- Forward and Reverse Speed Function (-3 to 10 mph)
- 0.1 SAFE-START Speed (forward & reverse)

Spirit Medical MT200 Gait Trainer Rehab Treadmill

\$7,999.00



720082

The MT200 features one speed control motor, an incline motor, and a decline motor. Three motors together help users to achieve bi-directional training in combination with uphill or downhill protocols. Adding more versatility to exercise and therapy options, the parallel bars, deck height, and belt speed acceleration are adjustable in small and precise increments.

- Simulate uphill and downhill walking to emphasize specific muscle groups or motions.
- Promoting dorsiflexion and reducing flexion contractors with total knee and total hip replacements.
- Use retro-walking to promote the use of reciprocal muscle groups not normally exercised during forward walking alone.
- Small and precise speed increments and adjustable handrails make this treadmill ideal for use with children too.
- Small speed increments, specially configured handrails, and gait monitoring permit the neurologically impaired patient population to safely benefit.
- Removable step-up for assistance.
- Belt speeds as low as 0.1 mph to accommodate even the most deconditioned patient.





685812

Spirit Fitness XT685 Treadmill

\$2,399.99

The XT685 is our flagship X Series model and features large 3" diameter rollers with a 22" wide belt. This model utilizes a non-folding frame design and waxed deck system which is designed for maximum durability to stand up to the rigors of frequent running. With a long list of premium features and weighing in at 269 lbs, the XT685 is comparable to treadmills at much higher price points. This model is very appealing to someone that is a walker or a serious runner. Additional features include a built-in book-rack, beverage holder, and storage bin for MP3 player, cell phone or remote control and two integrated fans are included to help keep you cool. The New SPIRITFIT APP is designed to monitor and record your workout data through an integrated Bluetooth 4.0 module that is compatible with most iOS and Android mobile devices. ©



800845

Spirit Fitness CT800 Treadmill (light Commercial)

\$3,199.99

The CT800 is stout and extremely durable, weighing in at over 350 lbs. The combination of the heavy duty steel frame and aluminum console masts; side rails make it comparable to treadmills at much higher price points in the commercial market. The large workout area makes this model very appealing to walkers and runners. The CT800 features convenient adjustments and monitoring, critical feedback such as actual Heart Rate and % of projected max, and creative programs including a Fit Test utilizing the Gerkin Protocol. All of these attributes make it a great addition to any commercial environment. ©

801845 CT800 Treadmill Medical Handrails \$299.99



850845

Spirit Fitness CT850 Treadmill (Light Commercial)

\$3,999.99

There are several key areas that define a well designed treadmill. All Spirit Fitness models offer comfortable belts and cushioning systems, convenient storage and adjustments, generous features and programs, and eye catching aesthetics. Select the design elements you desire to create a product that will retain its value for years to come. Designed to withstand the rigors of a commercial fitness environment, the CT850 features a heavy-duty steel frame, a durable powder coat finish and large steel console masts for ultimate stability and durability. ©

851845 CT850 Treadmill Medical Handrails \$349.00



180814

XTERRA TR800 Treadmill

\$2,099.00

The XTERRA TR800 Treadmill offers the perfect combination of innovation, performance, and reliability. The console features an intuitive layout with large, easily identifiable readouts and buttons, dual cooling fans, and audiojack with speakers. The powerful 3.75 HP motor with a speed range up to 12 mph combined with an oversized 22" x 60" running surface with an incline range up to 15% challenges users of all fitness levels. EKG pulse grips and remote handlebar mounted speed and incline controls are right where you need them to provide a comfortable, safe, and effective workout. With the XTERRA status comes our seal of approval with an impressive lifetime frame and motor warranty, 5 years on all parts, and 1 year in-home labor. Start on the road to fitness today! ©

XTERRA TRX4500 Folding Treadmill

\$1,399.00



145817



The premium features and advanced design of the XTERRA Fitness TRX4500 Folding Treadmill allow users of all fitness levels to challenge themselves and maximize their results. The oversized 7.5" bright blue backlit LCD display with 30 pre-set programs provides the variety needed to take your fitness to a new level. Other advanced features include the console quick access speed and incline buttons for fast workout changes, additional remote side handlebar mounted controls for both speed and incline, speakers for your favorite tunes, and a cooling fan to keep you cool. The heart pounding speed range up to 12 mph is powered by a smooth and quiet XTERRA 3.25 HP motor. The included chest strap heart rate transmitter and handlebar mounted hand pulse grips give you two ways to monitor your heart rate making your workouts both efficient and effective. ©

Features:

- Folding with the Lift Assist frame design, with slow lowering Safe Drop feature for added safety
- XTRASoft deck cushioning technology
- Oversized 20" x 60" running surface
- 0-15% incline range



120861

XTERRA TR200 Folding Treadmill

\$539.00

The XTERRA Fitness TR200 Treadmill combines the quality and performance you desire in a treadmill for your home with the flexibility of a machine that can be easily folded up and stored away when not in use. The large 5.5" blue backlit LCD provides you with all your important workout feedback while the intuitive button layout incorporates Quick Touch speed buttons for quick access of your favorite speeds – great for interval training! The integrated bookrack and accessory holders keep your reading material, remote control, and anything else you want close by, right where you need it. And to help keep you in your training zone, hand grip pulse sensors are conveniently mounted on the side handlebars to monitor your heart rate without having to take your hands off the handlebars. 

- Easy Folding to save space
- Heart pounding speed range up to 10 mph
- Smooth and quiet 1.5 HP motor
- 12 preset programs offer unmatched variety
- XTRASoft Cushioned Deck technology
- Large 16" x 50" running surface
- 3 manual incline settings allow you to push your limits
- Large 5.5" backlit LCD

Folding Bikes



135416

XTERRA FB350 Folding Bike

\$194.00

The advanced folding frame design and multi-seating positions of the XTERRA Fitness FB350 Folding Bike maximizes your use of space while providing a workout that is comfortable and effective. With folded dimensions of only 20.5" x 20" and built in transport wheels, it allows you to store it away when not in use and free up some valuable floor space. The padded lower back pad, large anatomically designed thick padded seat, and padded seat handles combine to give you a comfortable secondary seating position that will keep you working out longer. To ensure a smooth and sturdy workout, the FB350 utilizes our solid X-frame design with thick steel tubing and a silent belt drive system. Challenge yourself with 8 levels of resistance while you easily keep track of all of your workout data with the easy to use console. It provides feedback on your speed, distance, time, calories, and pulse along with a convenient scan feature. Make your workouts more effective by easily monitoring your heart rate with the handlebar mounted hand pulse sensors. For improved comfort and convenience the FB350 features large multi-grip padded handlebars and an accessory holder for your remote control or phone. Start on the road to fitness today with the XTERRA Fitness FB350 Folding Bike and exceed your expectations. 

• Weight limit: 225 lbs. • Assembled dimensions: 40.5" x 21" x 50.5" • Folded dimensions: 20.5" x 21" x 50.5"

- Solid X-frame design folds to just 20.5" x 20" of floor space when not in use
- Padded lower back pad, large anatomically designed seat, and multi-grip padded handlebars are designed for long lasting comfort and support while also providing you with a comfortable secondary seating position
- Pulse grips in the handlebars allow you to closely monitor your heart rate at all times during your workout
- 2" x 1" LCD window is easy to read with all necessary information clearly displays speed, distance, time, calories, and pulse
- 8 levels of manual resistance are easily controlled through the large dial tension knob for users of all fitness levels
- Convenient accessory holder for your remote control or phone
- Adjustable strap foot pedals make your pedaling effort more effective while providing a secure non-slip surface
- 3.3 lbs. precision balanced flywheel with friction-free magnetic resistance provides smooth, quiet, & maintenance free operation
- Console is powered by 2 AA batteries (included) no electrical outlet needed
- Transport wheels allow for easily moving your equipment
- 3-piece pedal crank for added durability
- Comfortably fits most users from 4'10" to 5'10" tall



115416

XTERRA FB150 Folding Bike

\$169.00

Looking for an effective way to burn calories and get in better shape, but don't have much room? The XTERRA Fitness FB150 Folding Bike is the perfect exercise tool to help you comfortably pedal away the calories. With folded dimensions of only 16.75" x 18" and built in transport wheels, it allows you to store it away when not in use and free up some valuable floor space. To ensure a smooth and sturdy workout, the FB150 utilizes our solid X-frame design with thick steel tubing and a silent belt drive system. Challenge yourself with 8 levels of resistance while you easily keep track of all of your workout data with the easy to use console. It provides feedback on your speed, distance, time, calories, and pulse along with a convenient scan feature. Make your workouts more effective by easily monitoring your heart rate with the handlebar mounted hand pulse sensors. For improved comfort the FB150 provides a large anatomically designed thick padded seat and large multi-grip padded handlebars. Comfortably fits most users from 4'10" to 5'10" tall. 

• Weight limit: 225 lbs. • Assembled dimensions: 31.5" x 18" x 50.5" • Folded dimensions: 16.75" x 18" x 50.5"

Ellipticals

Spirit Fitness XE795 Elliptical (Light Commercial)

\$2,199.99

The Spirit Fitness XE795 was designed with comfort, durability and value in mind. The natural 20 stride length and narrow 2 pedal spacing ensure an ideal stride motion, while the oversized/cushioned foot pedals, and cushioned ergonomic hand grips ensure comfort at the touch points. The XE795 is self-powered, meaning no cords to worry about. You can place this product anywhere. The large sealed roller bearings used with the pedal arms and handlebars, along with the dual roller wheels and aluminum tracks, assure a smooth and reliable workout. The frame has been constructed as one solid welded piece from front to back for added stability and durability, while minimizing noise. ©



795013

Spirit Fitness CE800 Elliptical (Light Commercial)

\$2,699.99

The CE800 was specifically engineered for the commercial environment, from its heavy duty steel frame to its durable powder coat paint finish. The design focuses on convenience, comfort, reliability, and aesthetic appeal. A smooth, quiet 20 stride, which is the optimal distance for the average user. Dual rollers on each pedal arm for a sturdier base; the rollers are shielded for safety. Generator powered console means there is no need for electricity. 2 Degree of inversion at each foot pedal places the user in an anatomically correct position. A 30 lb. flywheel combined with the weight of each pedal arm produces the ideal amount of inertia. 40 levels of resistance to satisfy the needs of beginners or advanced exercisers. ©



800045

Spirit Fitness CG800 e-Glide Elliptical (Commercial)

\$2,699.99

Spirit CG800 e-Glide Elliptical Trainer is designed specifically for group exercise workouts. The Spirit CG800 e-Glide Elliptical Trainer has a patent-pending direct drive system that creates the smoothest possible elliptical motion. You will feel as if you are actually floating above the Spirit e-Glide. This is created by the combination of the direct drive system, perfect gear ratio, optimum stride length, and ergonomic pedal placement. The addition of solid steel machined pulleys and automotive-grade Poly-V belts assures it will hold up to the toughest environments. Patented Direct Drive System produces a unique workout experience. Infinite resistance adjustments to satisfy every fitness level. Telemetric Heart Rate for hands free monitoring. 30 lb. flywheel generates the optimum amount of inertia. Battery powered console means there is no need for electricity. ©



800449

Spirit CE850 Elliptical (Light Commercial)

\$3,499.99

The CE850 is designed with convenience, comfort, reliability, and aesthetic appeal in mind. We are confident that if people enjoy the experience – proper ergonomics and biomechanics, a smooth, quiet stride, important workout data feedback, and challenging programs, they will adhere to a regular exercise routine. This unit features a multitude of program options, wireless and contact heart rate, an adjustable stride length (18"-24" in .5" increments), 20 levels of resistance, a 30 lb. flywheel, and an extensive amount of console feedback. This model is very appealing to someone that values a smooth ride and extensive data feedback. ©



850045

Spirit Fitness XE895 Elliptical (Light Commercial)

\$2,999.99

The Spirit Fitness XE895 has the flexibility to allow users to simulate the full body motion of a walk, jog, or run. The electronically adjustable stride length (18"-24" in .5" increments) and narrow pedal spacing ensure an ideal stride motion, while the oversized/cushioned foot pedals and multi-position hand grips deliver maximum comfort for users of all sizes and fitness levels. The XE895 features premium components including large sealed roller bearings used with the pedal arms and handlebars, dual roller wheels, and aluminum tracks to ensure a smooth and reliable workout. The New SPIRITFIT APP is designed to monitor and record your workout data through an integrated Bluetooth 4.0 module that is compatible with most iOS and Android mobile devices. ©



895014



The XTERRA Fitness line of fitness equipment is incomparable in its level of outstanding craftsmanship. Each piece of equipment has been carefully developed to bring a sleek and elegant addition to your living space that will provide everything you need to attain fitness and bring adventure and achievement nearer with every training session. To accomplish this every product in the XTERRA Fitness line shares a number of exceptional features, including easy to use large Blue Backlit LCD display consoles, advanced training programs, stylish yet tough designs, and a lifetime warranty that includes our superior level of customer service.



XTERRA FS380 Elliptical

\$799.00

The XTERRA FS380 Elliptical Trainer provides a synchronized upper and lower body movement for the ultimate in full body workouts. The ergonomic 18" stride length is combined with a belt-drive system, friction free magnetic resistance, and a premium aluminum wheel track design for an ultra-smooth and quiet workout. The front-drive design maximizes your use of space with a small footprint while the heavy-duty frame design provides a sturdy workout for users of all sizes. Keep track of your progress with the oversized 5.5" bright blue backlit LCD console window. It displays your program profile, time, speed, distance, heart rate, loop track, watts, resistance level, RPM, and calories, along with an alpha-numeric message center at the bottom of the screen. The FS380 provides 24 levels of resistance and a long list of motivating programs to keep you motivated and challenged regardless of your fitness level. Delivering an outstanding elliptical feel at an exceptional value, the XTERRA FS380 is engineered for toughness, durability and years of maintenance free performance. ©



XTERRA FS3.5 Elliptical

\$679.00

The XTERRA FS3.5 Elliptical provides an ultra-smooth total body workout, sleek styling, and synchronized upper and lower body movement. The patented front-drive design maximizes your use of space with a small footprint while providing a movement that is effective and biomechanically correct. And with a smooth belt-drive system, friction-free magnetic resistance, 17" stride length, and aluminum track wheel system, the FS3.5 Elliptical delivers a quiet and effective workout. The console is complemented with a large easy-to-read blue and yellow backlit LCD screen that displays everything from speed and distance to calories and heart rate. The 24 pre-set and 4 heart rate programs with 24 levels of resistance are sure to challenge users of all fitness levels. ©



XTERRA FS3.0 Elliptical

\$539.00



Begin the adventure to better health and wellness with the XTERRA FS3.0 Dual Action Elliptical. With a 16" stride length, the FS3.0 provides a great, non-impact total body workout. Your body will be challenged by the 20 levels of resistance and 14 programs. You will be able to monitor your heart rate using the built-in heart rate receiver or contact heart rate grips. You will be able to keep track of all of the important feedback data you need on the 5.5" blue backlit LCD display, while listening to your favorite tunes via the audio input jack and console speakers. ©



XTERRA FS2.5 Elliptical

\$479.00



Enjoy the benefits of better health and fitness with the new, XTERRA FS2.5 Dual Action Elliptical. Whether you are looking to slim down or tone up, train more efficiently on the FS2.5. 24 levels of resistance along with 24 program options keeps your workouts fresh and your body challenged. Listen to your favorite music by connecting your MP3 player through the audio jack and speakers in the console. ©



XTERRA FS1.5 Elliptical

\$419.00



Enjoy the benefits of total body conditioning in the convenience of your own home! The XTERRA FS1.5 Dual Action Elliptical offers the smoothest motion in a compact design incorporating a heavy duty 17.6 lbs flywheel system. 16 resistance levels and 13 inspiring programs keeps you motivated throughout your workout. ©



XTERRA FS150 Elliptical**\$329.00**

115016



The XTERRA FS150 Elliptical provides a smooth total-body workout, compact design, and synchronized upper and lower body movement. The rear-drive design maximizes your use of space with a small footprint while providing a movement that is challenging and effective. And with a smooth belt drive system, friction-free magnetic resistance, and comfortable 13" stride length, the FS150 Elliptical delivers a quiet and effective workout. The advanced console features a large 3.7" easy to read blue backlit LCD screen that displays everything from speed and distance to calories and heart rate. The 12 pre-set, 4 custom user, 1 body-fat, and 5 heart rate programs with 24 levels of resistance are sure to challenge users of all fitness levels. Ⓞ

2-IN-1 EU150
HYBRID ELLIPTICAL TRAINER AND UPRIGHT BIKE

115026

**XTERRA EU150 Hybrid Elliptical/Upright****\$329.00**

The XTERRA Fitness EU150 Hybrid Elliptical Upright Bike combines a full body elliptical workout with the seated comfort of an upright bike. It offers a smooth, non-impact, total-body workout in a compact design. Simply stand on the pedals to experience the elliptical trainer with a 13" stride length, 11 lbs flywheel, belt drive system, and friction-free magnetic resistance. By sitting, you can change the intensity of your workout and target alternate muscle groups. This 2-in-1 combo workout combines two great pieces of equipment into one. The EU150 allows you to challenge yourself with an impressive 24 levels of resistance and 23 inspiring programs. Easily keep track of your workout data with the large 3.7" bright blue backlit LCD – it clearly displays program profile, time, speed, distance, calories, RPM, pulse, and resistance level. And to make your training experience more enjoyable, the console also features an audio jack and speaker so that you can listen to your favorite music. Ⓞ

- 2-in-1 design combines a full body elliptical workout with the seated comfort of an upright bike.
- Ergonomic 13 stride length provides a comfortable elliptical motion in a space efficient design.
- Dual-action design with synchronized upper and lower body movement provides a complete total body workout when standing on the pedals.
- 3.7 bright blue LCD console window is easy to read with all the necessary information clearly displays program profile, time, speed, distance, calories, RPM, pulse, and resistance level.
- Motivating programs include manual, 12 preset, 4 user designed, 1 body fat, and 5 heart rate.
- Built-in audio jack with speaker for MP3 player.
- Pulse grips enable you to monitor your heart rate at all times and are conveniently located on the center handlebars.
- Belt drive system and friction-free magnetic resistance provide smooth, quiet, and maintenance free operation.
- 11 lbs flywheel helps provide a smooth elliptical motion.
- Oversized foot pedals add comfort to your workout while providing a secure non-slip surface.
- Front transport wheels make moving your equipment easy.
- 110v plug-in adapter powers the electronics and computer controlled magnetic resistance braking system.
- Weight limit: 265 lbs. • Assembled dimensions L x W x H: 42.5 x 24.5" x 61.5" • Warranty: 1 year frame and parts

XTERRA EU100 Hybrid Elliptical/Upright**\$279.00**

Looking for a comfortable and effective workout for your home? The XTERRA Fitness EU100 Hybrid Elliptical Upright Bike combines a full body elliptical workout with the seated comfort of an upright bike. It offers a smooth, non-impact, total-body workout in a compact design. Simply stand on the pedals to experience the elliptical trainer with a 13" stride length, 11 lbs flywheel, belt drive system, and friction-free magnetic resistance. By sitting, you can change the intensity of your workout and target alternate muscle groups. This 2-in-1 combo workout combines two great pieces of equipment into one. The EU100 allows you to challenge yourself with 8 levels of resistance while you easily keep track of all of your workout data with the easy to use console. It provides feedback on your time, speed, distance, calories, and pulse, along with an odometer to keep track of your progress. Make your workouts more effective by easily monitoring your heart rate with the handlebar mounted hand pulse sensors. For improved comfort the EU100 provides a large contoured and padded seat that is adjustable not only up and down, but also forward and back for users of all sizes. It also comes with multi-grip soft padded handlebars along with oversized pedals. To give you peace of mind, the EU100 is covered by a full one year warranty on the frame and all parts. Start enjoying the convenience of total body conditioning in your home today with the XTERRA Fitness EU100 Hybrid Elliptical Upright Bike. Ⓞ

2-IN-1 EU100
HYBRID ELLIPTICAL TRAINER AND UPRIGHT BIKE

110026

- 2-in-1 design combines a full body elliptical workout with the seated comfort of an upright bike
- Ergonomic 13 stride length provides a comfortable elliptical motion in a space efficient design
- Dual-action design with synchronized upper and lower body movement provides a complete total body workout when standing on the pedals
- 3.7 LCD console window is easy to read with all the necessary information clearly displays your time, speed, distance, calories, and pulse, along with an odometer
- 8 levels of manual resistance are easily controlled through the large dial tension knob for users of all fitness levels
- Pulse grips enable you to monitor your heart rate at all times and are conveniently located on the center handlebars
- Belt drive system and friction-free magnetic resistance provide smooth, quiet, and maintenance free operation
- 11 lbs flywheel helps provide a smooth elliptical motion
- Oversized foot pedals add comfort to your workout while providing a secure non-slip surface
- Front transport wheels make moving your equipment easy
- Console is powered by 2 AA batteries (included) no electrical outlet needed
- Weight limit: 265 lbs. • Assembled dimensions L x W x H: 42.5 x 24.5" x 61.5" • Warranty: 1 year frame and parts

Spirit Medical MR100 Recumbent Ergometer Cycle

\$4,499.00



The MR100's recumbent design pays particular attention to hip and lower body joint mobility, allowing optimal rehabilitation at a relatively relaxed posture. Users may input desired knee flexion angles and the software will suggest the pedal and the seat's fore/aft position. Variables such as body symmetry and limb length can be taken into account for clinicians to finely tailor to every patient's needs. The MR100 is equipped with the standard MA900 Rehabilitation Adjustable Crank, which operates in a closed-kinetic chain environment. 

MA901 Neurological Pedal Set

\$249.00

MR100's pedal option

790172



- Adjustable pedal cranks enable a clinician to adjust the bike to accommodate a patient's range of motion performance capabilities. This includes independently, single side or bilateral adjustments from a limited range of motion as small as 15 degrees through full range of motion
- Multiple seat adjustments: 8 position swivel seat for ease of patient ingress and egress, 6 position recline seat back for hip angle adjustments, and fore/aft patient positioning
- Documentable patient positioning with numbered indexing seat and pedal crank adjustments for consistent patient set-up from visit to visit
- Bidirectional resistance with both forward and reverse pedaling for instantaneous retro-cycling
- Symmetry monitoring to measure bilateral power (example: Left 41 watts - Right 34 watts)
- Multiple resistance modes: constant resistance, constant power and Isokinetic resistance
- Work rate range from under 5 watts up to 1,750 watts
- Dynamic braking minimizes impulse loading
- Software assisted patient set-up
- Sub-max VO2 testing (YMCA protocol)

Recumbent Bikes

Spirit Fitness CR800 Recumbent Bike (Light Commercial)

\$1,999.00



Durable, comfortable, and smooth are all qualities of the Spirit Fitness CR800 semi-recumbent fitness bike. Easy adjustments, bright LED screens, a turbo cooling fan, high density foam seats, challenging programs, 40 levels of magnetic resistance, and a generator powered console are standard on this model. Some fitness equipment companies talk about the weight of their flywheel as though it were the most important part of the fitness bike. But a heavy flywheel can actually make it more difficult to use, and create an unsmooth pedaling motion. Instead, we focus on the kinetic energy at the pedal. Taking into account the flywheel weight, pulley diameters, belt length, and belt tension, we have developed the perfect formula to assure a smooth start and finish during each pedal motion. A key comfort issue for any semi-recumbent fitness bike is the distance between the pedals. Since the drive system on all semi-recumbent bikes is located between the pedals, we have adjusted the footpad on our pedals to have an integrated two degree inward tilt to make the ride more comfortable. Two degrees may not sound like much, but this is an example of where the spirit of innovation makes for a better cycling experience, and this small but critical detail is only one example of what separates Spirit Fitness bikes from their competitors.

SportsArt C521M Medical Recumbent Cycle

\$3,995.00

The SportsArt C521M is designed specifically for physical therapy and rehab patients. Some features include the combination of bi-directional pedal rotation and resistance, plus a bi-directional free spin function, and an adjustable pedal crank. A low start up resistance makes it easy for deconditioned users to exercise safely. The Free Spin enhances safety by cutting off momentum to pedals if the user stops pedaling abruptly. Comfortable, easy access for all users thanks to the tilt-up side arms, reclining seat back, and step through design.



SportsArt cycles are self-generating; no-outside power source required. The contact heart rate is standard and a wireless Polar® HR receiver is built in, multiple language options are included (English, Spanish and French) and a 3-speed fan keeps users cool.



- Designed specifically for physical therapy and rehab patients
- Reclining mesh seatback reclines with pouch for hot/cold packs
- Bi-directional rotation and resistance with comfortable transition between directions
- Low profile shroud allows easy on/off access
- Built-in adjustable crank accommodates pedal positions at 5", 6" and 7" from radius

Recumbent Bikes



XTERRA SB550 Recumbent Bike

\$999.00

The XTERRA SB550 Recumbent Bike was developed with one standard in mind – to hold up to the abuse of the athletes it was named after. With the XTERRA status comes our seal of approval with an impressive lifetime frame and brake warranty, 3 years on parts and 1 year in-home labor. Specifically designed for the home environment, the SB550 incorporates numerous thoughtful features that were developed with your performance and comfort in mind. The SB550 Recumbent Bike is perfect for anyone regardless of age or ability. The walk-through frame design, large mesh back seat, smooth friction-free drive system, and large blue backlit LCD display all contribute to an exceptional ride experience. Add to that our heart rate control programs with wireless heart rate monitor and an easy-adjust aluminum slide rail, and you have the ultimate recumbent bike. The list of features is matched only by the passion of those looking to get serious about their workouts. Start on the road to fitness today with the new XTERRA SB550 Recumbent Bike and exceed your expectations. 

- Weight limit: 300 lbs. • Assembled dimensions: 54.8" x 27.7" x 47.1"

Solid walk-through frame design makes getting in and out easier • Commercial quality seating with mesh back seating for long lasting comfort and support • Wireless chest strap closely monitor your heart rate • Large blue backlit LCD display is easy to read with all the necessary information clearly displayed • Motivating programs include 7 pre-set, 2 user defined, 2 HR control, and manual • Built-in cooling fan and audio jack with speakers • Pulse grips in the seat handlebars monitor your heart rate • Heavy duty 3-piece cranks for ultimate performance and durability • Oversized and cushioned foot pedals add comfort while providing a secure non-slip surface - Large 22lb. flywheel with friction-free magnetic resistance provide smooth, quiet, and maintenance free operation • 20 levels of resistance provides a variety of exercise options • 10v plug-in adapter powers the electronics and computer controlled magnetic resistance braking system • Water bottle holder keeps your water bottle in close reach • Console features a built-in reading rack and storage holder • Transport wheels allow for moving your equipment



XTERRA SB2.5r Walk-Thru Recumbent Bike

\$479.00

The XTERRA SB2.5r walk-thru recumbent bike is ideal for all users looking to lose weight, tone up or stay in shape. It's easy to get in and out, and the densely padded molded foam seat will give you comfort and support. The reliable poly v-belt along with the 22 lb flywheel system is smooth and quiet and with 24 resistance levels you can challenge yourself as you reach your fitness goals. A large, easy to read dual color backlit LCD display also incorporates speakers for your MP3 player. 

- Weight limit: 300 lbs • Assembled dimensions: 58.8" x 27.7" x 41"

Convenient walk-thru design • Heavy-duty steel frame • Smooth and quiet poly v-belt • 22lb heavy duty flywheel system offers premium fluid motion • Oversized, self leveling pedals • 3-Piece quality pedal crank • Comfortably molded seat bottom and large back pad • Seat adjustments fore/aft • 24 programs including 12 preset, 1 body fat, 1 watt, 4 user defined, 1 target heart rate, 4 heart rate, and a manual • Built in heart rate receiver works with chest strap (not included) for optimal conditioning • Large 5" x 2.5" dual color backlit LCD display is easy to read • Audio jack and speakers • Hand grip pulse sensors (monitor your heart rate) mounted on the handlebars • 24 levels of resistance • Magnetic resistance system is friction-free for smooth, quiet, and maintenance-free operation • Front transport wheels • Rear spin out levelers for correct balancing on most floors • 110v plug-in required



XTERRA SB250 Recumbent Bike

\$449.00

The advanced XTERRA SB250 Recumbent Bike with sleek lines and premium features provide a smooth lower-body workout, walk-thru solid frame design, and advanced console features. The compact design maximizes your use of space with a small footprint while providing a low impact, effective workout. And with a smooth belt drive system, friction-free magnetic resistance, and easy adjust lever seat slide, the SB250 Recumbent Bike is quiet. • Weight limit: 300 lbs. • Assembled dimensions: 60.3" x 24.4" x 42.2" 

Heavy-duty walk-thru frame design • Thick, contoured padded seat and back pad for comfort and support • Lever-adjust seat slide allows for micro adjustments • Pulse grips in the seat handles allow you to monitor heart rate • Oversized, easy to read 5.5" blue backlit LCD window with program profile, time, distance, calories, resistance level, pulse, and rpm • Motivating programs include 12 pre-set, 4 user, 1 body fat, 1 watt, 5 HR and manual • Built-in audio jack with speaker • Adjustable strap foot pedals make pedaling more effective and pedals have secure non-slip surface • 13.5 lbs. flywheel with friction-free magnetic resistance provide smooth, quiet, and maintenance free operation • 24 levels of resistance provides variety for all users • 110v plug-in adapter powers electronics and computer controlled magnetic resistance braking system • Water bottle holder • Console has built-in reading rack • Transport wheels allow for moving your equipment



XTERRA SB150 Recumbent Bike

\$329.00

The XTERRA SB150 Recumbent Bike provides a smooth lower-body workout, walk-thru solid frame design, and advanced console features. The compact design maximizes your use of space with a small footprint while providing a workout that is low impact and effective. And with a smooth belt drive system, friction-free magnetic resistance, and easy adjust seat slide, the SB150 Recumbent Bike delivers a quiet and effective workout. The advanced console features a large 3.7" easy to read blue backlit LCD screen that displays everything from speed and distance to calories and heart rate. The 12 pre-set, 4 custom user, 1 body-fat, and 5 heart rate programs with 24 levels of resistance are sure to challenge users of all fitness levels. For more information on the SB150 and all the XTERRA line, be sure to visit Exertools.com. 

- Weight limit: 265 lbs. • Assembled dimensions: 58.3" x 24.8" x 45.3"

Upright Cycles

**Spirit Medical MU100 Upright Ergometer Cycle****\$3,499.00**

The Spirit Medical Systems Group bike ergometers are intended to be used in aiding in the physical rehabilitation process for patients with orthopedic and neurological problems. Also used in sports medicine, wellness and general conditioning programs. The MU100 addresses lower-body conditioning with advanced options for optimal knee positioning. Clinicians may input desired knee flexion angles and the software will suggest the pedal and the seat's fore/aft position. Variables such as body symmetry and limb length can be taken into account for clinicians to finely tailor to every patient's needs. The MU100 is equipped with the standard MA900 Rehabilitation Adjustable Crank, allowing clinicians to address lower extremity range of motion differences by individual positioning of the pedals. ©

**XTERRA MBX2500 Indoor Cycle Trainer****\$539.00**

The XTERRA Fitness MBX2500 Indoor Cycle doesn't just look amazing with its sleek styling and great looks - the innovative rear drive frame design combines the quality and high performance that XTERRA Fitness has become known for with features that riders of all fitness levels can appreciate. From the heavy 48.5 lbs precision balanced flywheel and smooth belt drive system to the electronic console and full adjustability, every aspect of the MBX2500 helps users keep moving and stay motivated. With the XTERRA status comes our seal of approval with an impressive lifetime frame and 1 year parts and in-home labor warranty. Start on the road to fitness today with the new XTERRA MBX2500 Indoor Cycle and exceed your expectations. • Weight limit: 300 lbs. • Assembled dimensions: 56.3" x 20.5" x 53.2" ©

- Seat and handlebars are fully adjustable to provide riders with a proper fit forward/back/up/down
- Heavy 48.5 lbs precision balanced flywheel is chrome plated to prevent corrosion and has a protective shield around the outer edge to help avoid touching the moving flywheel during workouts
- LCD console display is easy to read with all your necessary information displays RPM, speed, time, distance, calories, and heart rate. Chest strap transmitter (not included) is required for heart rate display to function.
- Smooth and quiet belt drive operates as a fixed gear (direct drive) and never needs to be oiled
- Lever resistance adjustment is fast and simple to use with 8 levels of resistance
- Durable brake pad supplies resistance from the top of the flywheel for improved long-term durability
- Ergonomic handlebar design is designed to offer riders more hand positions
- Comfortable saddle is anatomically designed but the seat post can accommodate most aftermarket saddles
- Adjustable stabilizer levelers allow stabilization on most surfaces and large transport wheels allow for easy transport

**Spirit Fitness CU800 Upright Bike (Light Commercial)****\$1,799.00**

Durable, comfortable, and smooth are all qualities of the Spirit Fitness CU800 fitness bike. Easy adjustments, bright LED screens, a turbo cooling fan, high density foam seats, challenging programs, 40 levels of magnetic resistance, and a generator powered console are standard on both models. Indoor exercise bikes have been around for many decades. Their appeal and effectiveness have stood the test of time. Comfort, convenience, familiarity, enjoyment, and medical conditions are a few reasons this modality appeals to a large segment of the population. The entire C series expounds on two of these critical areas; comfort and convenience. We know that if your users don't enjoy the experience that our products create, they won't feel compelled to make using them a part of their lifestyle. ©

**Spirit Fitness CIC800 Indoor Cycle Trainer (Commercial)****\$1,499.99**

The CIC800 Indoor Cycle excels in three critical areas – durability, comfort and performance. It is a perfect addition to a club, corporate fitness/recreation center, school or hotel because the stout design will withstand hours of consistent use. The needle bearings that encompass the pedals and flywheel axle, industrial grade Hutchinson Poly-V belt, and our three piece crank work synergistically to create the perfect formula for durability and performance. The fore/aft/up/down adjustments of the handlebars and seat along with SPD dual pedal design provide a comfortable fit for nearly any size rider. ©

- Magnetic resistance for smooth and consistent, maintenance-free operation
- Micro fore/aft adjustments on seat and handlebars
- Reliable pop-pin up/down adjustments on seat and handlebars
- Commercial grade Hutchinson poly-v belt is both smooth and reliable
- Molded rotary knob for comfortable resistance adjustments and quick-stop operation
- Dual pedal design provides options for both SPD and toe-clip convenience
- Aluminum seat and handlebar posts with stamped height settings for quick reference

Rowers

Spirit Fitness CRW800 Rower (Light Commercial)

\$1,499.99



800945

The CRW800 Rower combines a long list of high performance features with a reliable design. From the convenience of the 20" frame height and folding storage design to the combined air/magnetic resistance and remote handle controls, the CRW800 is sure to impress. It is the perfect addition to a corporate fitness/recreation center, school, or hotel because the ease of use and resulting unparalleled full-body workout are second to none. Spirit CRW Rower Features: Air and magnetic resistance (16 levels) for smooth and consistent operation. Wireless remote handle controls allow quick changes to resistance. Fold up frame design for easy storage. Commercial grade handle strap is both smooth and reliable. Solid steel frame with aluminum monorail. Durable stainless steel fan cover. Flex pedals with easy adjust numbered settings. ©

XTERRA ERG700 Folding Rower

\$959.00



170918

The ERG700 Rower provides an unparalleled full-body workout. Simply put, it is the best low-impact, full-body workout available! The full body rhythmic nature of rowing makes it wonderfully efficient at burning calories while also developing flexibility and strength. Rowing is impact-free and the intensity is completely user-controlled. The large 5.5" bright blue backlit console with height and angle adjustment includes motivating programs to keep you inspired. Performance is top-of-the-class with a smooth action aluminum rail system, convenient fold up design, industrial strength handle strap, flex pedals with easy adjustment, and the combination of both air and magnetic resistance (16 levels) for an exercise experience second to none. The XTERRA performance monitor clearly displays time, distance, strokes/min, count, calories, heartrate, watts, level and a program graphic of resistance over time. It also features 10 effective programs for a wide variety of workouts. When you are not using your ERG700 Rower, simply fold it up and wheel it out of the way. With folded dimensions of just 52.5" long x 18" wide it won't consume a room when not in use. ©

• Weight limit: 350 lbs • Assembled dimensions: 97" x 18" x 38" • Folded dimensions: 52.5" x 18" x 62"

XTERRA ERG500 Air Turbine Rower

\$679.00



150916

There are few exercises available that work as many muscle groups through as wide a range of motion as rowing. The full body rhythmic nature of rowing makes it wonderfully efficient at burning calories while also developing flexibility and strength. Rowing is impact-free and the intensity is completely user-controlled. The advanced design of the XTERRA ERG500 air turbine converts wind power into resistance to closely simulate the action of rowing. The conveniently located lever adjustment features 8 resistance levels which regulate the airflow out of the air turbine. The ERG500 has a sturdy steel frame design to limit frame flex, dual aluminum slide rails for smooth action, large contoured seat, padded row handle with convenient holder, and flexing foot pedals that allow you to maintain proper form by pivoting with your every movement. Console feedback provides time, distance, strokes/min, count, calories, pulse, and a visual stroke display graphic. When you are not using your ERG500 rower, simply fold it up. It won't consume a room when not in use. The cordless design (no plug-in required) uses 2 AAA batteries (included) to power the display, allowing you to use the ERG500 anywhere! ©

• Weight limit: 300 lbs. • Assembled dimensions: 72" x 19" x 33" • Folded dimensions: 45" x 20" x 57"

XTERRA ERG400 Rower

\$549.00



140914

It is rare to find an activity that works as many muscle groups through as wide a range of motion as rowing. The full body rhythmic nature of rowing makes it wonderfully efficient at burning calories while also developing flexibility and strength. Rowing is impact-free and the intensity is completely user-controlled. Simply put, it is the best low-impact, full-body workout available! Our passion for making the best fitness equipment on the market is seen throughout the design of the XTERRA ERG400 Rower featuring a silky smooth aluminum track rail, maintenance free magnetic and air resistance system, and an adjustable angle LCD performance monitor with 16 levels. The list of features is matched only by the passion of those looking to get serious about their workouts. Start making waves with your workouts today on the ERG400 Rower. ©

• Weight limit: 250 lbs. • Assembled dimensions: 72" x 19" x 33"

XTERRA ERG200 Rower

\$329.00



120916

Rowing is one of the best full-body workouts around. The continuous rowing motion requires your entire body, so it boosts your heart rate, muscle engagement, and calorie burn! Rowing is impact-free and the intensity is completely user-controlled. The XTERRA ERG200 Rower utilizes a dual aluminum track rail system, simple dial tension selection with 8 levels, and an easily adjustable console angle. The large contoured seat, padded pull handle, and pivoting foot pedals with wide Velcro straps combine for a smooth and comfortable workout for users of all fitness levels. Plus you can fold it up for storage or easy transport. ©

• Weight limit: 250 lbs. • Assembled dimensions: 72" x 20.7" x 31.5"

Steppers



800545

Spirit Fitness CRS800 Recumbent Stepper (light Commercial)

\$3,799.99

The CRS800 Recumbent Stepper by Spirit Fitness is a commercial semi-recumbent step machine employing both the upper body and lower body in linked motion to increase benefits of cardiovascular training during aerobic exercise. The CRS800 Recumbent Cross Trainer is the perfect solution for those clients wanting a low-impact, full-body workout to promote weight loss and body fat reduction while performing a functional movement with minimal stress on lower body joints. The seated stepping motion utilizes a linked, linear motion enabling users to self-adjust the stroke length to accommodate their range-of-motion capabilities. The smooth stepping action is made more comfortable with oversized cushioned foot pedals. The linked natural upper body motion uses large cushioned multi-grip handles that are adjustable for reach and allow exercisers to vary the grip position for change in muscle focus. The step-through frame design is optimal for users with limited mobility or active aging exercisers, making the CRS800 Step Recumbent Trainer a great cardio exercise machine choice for senior living facilities and military rehabilitation centers. ©R



800645

Spirit Fitness CS800 Stepper (light Commercial)

\$1,799.99

The CS800 Stepper combines the familiar dependent stepping action with an arched step-rail design and impressive 16 maximum step height for an effective lower body workout. The narrow 2 pedal spacing (Q-Factor), large cushioned pedals, and solid handrail design combine to give you an incredibly comfortable and space-efficient cardio unit. Spirit C Series CS800 Stepper features arched step-rail design which allows for a more natural stepping motion. 16 inch maximum step height with 20 levels of resistance satisfy the needs of beginners or advanced exercisers. Padded handlebars surround the user for a secure and stable workout. Shielded concave roller wheel system for superior stability and durability. Ease of use allows users of any fitness level to get an effective workout. C-Safe Power and Communication capabilities for A/V control. 2 degrees of inversion at each foot pedal places the user in an anatomically correct position. ©R



730032

Spirit Medical MS300 Recumbent Stepper

\$5,499.00

Combined upper and lower body movements provides a full body workout, building strength and range-of-motion and utilizing wellness programs to increase longevity. Dependently linked, linear motion pedals enables users to self-adjust the stroke length to accommodate their range-of-motion capabilities. Closed kinetic chain provides low impact movement with minimal stress on knees, ankles, hips and low back in a safe and comfortable semi-recumbent position. Quadrilateral exercise pattern allows users to distribute the exercise efforts across four limbs. By reducing the effort from the involved limb and transferring a greater effort to the uninvolved limbs, they will maintain an elevated heart rate to achieve exercise potential. Applications Include: Orthopedic, Sports Medicine, Neurological, and Cardiac Rehabilitation as well as Senior Rehab and Wellness Training. ©R



115518

XTERRA RSX1500 Recumbent Stepper

\$1,039.00

The XTERRA Fitness RSX1500 is the perfect solution for those wanting a low-impact, full-body workout, while performing a functional movement with minimal stress on lower body joints. The exercise motion utilizes a linked 13" stepping action to also engage your upper body. The smooth motion is complemented with ratchet style pedal straps that can tighten securely around your feet, articulating padded hand grips (360 degrees of rotation), comfortable mesh back seating, and adjustable position handles. The RSX1500 Seated Stepper is perfect for anyone regardless of age or ability. The walk-through frame design, comfortable seating, smooth friction-free magnetic drive system, and large blue backlit LCD display all contribute to an exceptional workout experience. ©R

Full-body dual-action design provides a natural and coordinated leg and arm motion • Designed for a low impact movement for less stress on knees, ankles, and hips in a semi-recumbent workout position • Leg motion provides a full 13" step range • Numbered adjustable position handles provide adjustment for different size user • Articulating hand grips rotate 360 degrees • High quality seating features a contoured mesh back support and a high resiliency foam seat pad - designed for long lasting comfort and support • Mesh back keeps you cool and comfortable • Foot pedals are self-balancing • Easy-adjust ratcheting straps provides a secure hold for users with limited mobility • Easy to read blue and yellow backlit LCD window (5" x 2.5") with all the necessary information • Displays program profile, time, speed, distance, calories, RPM, pulse, and resistance level • 25 motivating programs include 13 Preset, 1 body fat, 1 watt, 4 custom, 1 constant speed, 1 target heart rate, 4 heart rate control (55%, 65%, 75%, 85%), and manual • Built-in audio jack with speaker • Console features built-in reading rack and wireless heart rate receiver (strap sold separately) • Seat handlebar features convenient heart rate sensors; it pivots out of the way for easy entry/exit • Seat slide adjustment fits users from approximately 4'7" to 6'2" • Smooth belt drive system with a high RPM 22lbs flywheel and 24 levels of resistance for users of all fitness levels • Requires standard wall outlet • Weight limit: 300 lbs. • Assembled dimensions: 52.1" x 14.7" x 50"

Steppers



Spirit MS350 Wheelchair Accessible Recum Stepper

\$5,999.00

The MS350 adjustable seat not only provides a customized fit, but is also removable for wheelchair access. Patients can experience full body exercise through coordinated, linear, and natural 1:1 leg and arm motion. Self-adjustable stroke length accommodates patients' specific range of motion capabilities, providing low impact movement for knees, ankles, and hips in a safe semi-recumbent position. Versatile for different training emphasis, the MS350's unique quadrilateral exercise pattern allows users to selectively distribute different extent of exercise efforts across their four limbs. Limbs that input more force can efficiently lead less involved limbs to functional movements and maintain elevated heart rate. A low inertia starting at 5 watts translates to smoothness; the work rate can increase up to 750 watts, accompanied by different step speeds of the user's choice. ©

- Multiple seat adjustments: 8 position swivel seat for ease of patient ingress and egress, 6 position recline seat back for hip angle adjustments, and fore/aft patient positioning
- Symmetry monitoring to measure bilateral power (example: Left 41 watts - Right 34 watts)
- Direct wheelchair access along with the step-through frame design allows for easy on and off
- Resistance mode Isokinetic for step speeds from 10 to 210 steps/minute
- Linked upper and lower body linear pattern
- Adjustable position handles with articulating hand grips
- Cushioned footplates with stabilization straps
- Adjustable step range from 1 inch to 12.5 inches
- Heart rate monitoring via handheld and telemetry



MA902 Stepper Lower Body Lateral Stabilizer

\$499.00

Recumbent Body Stepper Options Lower Bi-Lateral Stabilizer (MA902) - Set offers advanced support for patients experiencing lower body deficiencies or weaknesses that require additional leg and foot alignment to achieve maximal results. ©

SportsArt UB521M Medical Upper Body Ergometer with Bilateral Arm Frame

\$4,495.00

A therapist's favorite modality for seated, standing or users needing wheelchair access.

UB521 BILAT ARM FRAME

- Bi-directional, adjustable crank – gradually increase range-of-motion radius with settings of 6.5", 7.5", 8.5" and 9.5"
- Display console rotates 85° – easy viewing, regardless of body position
- Low starting resistance – levels 1-20 adjust in 1/10th increments



Feedback:

- Workout Level, Calories, Time, RPM, Distance, METS, WATTS, Speed

Workout Programs Include:

- Custom Interval, Random, Hill, Track, Iso Kinetic, Iso Strength, Custom HR, Cardio/Weight Loss, Custom HR, ActivZone™

Power Requirement

- 120v Power supply

UB521M ADJ SWIVEL SEAT Adjustable Swivel Seat \$1,030.00

UB521M ADJ SEAT Adjustable Seat \$820.00

UB521M WHEELCHAIR PLATFORM Wheelchair Platform \$510.00

WOODWAY Bari-Mill 55 Treadmill

\$13,935.00

WOODWAY

The Bari-Mill delivers exceptional quality of care while offering fully adjustable support. From bariatric to pediatric, the Bari-Mill offers an infinite range of height and width capabilities for any user, freeing up ample space for therapists to assist in rehabilitation techniques. With an absolute zero start speed that increases in increments of 0.1 mph and an 800 lb. user capacity, no patient is excluded from therapy due to equipment restrictions.

WOODWAY USER SYSTEM (WUS) DISPLAY

- LCD touch screen operator panel
- Menu-driven operation
- Remote speed, stop, and elevation control
- 18 pre-set programs (ability to create/store up to 200 custom programs)
- Medical Test Cycles (e.g. Conconi, Cooper, Bruce...)
- Automated pulse monitoring
- Speed, distance, elevation, pulse, time, and calorie readout

(OPTIONAL) ARM SUPPORTS**

Lower arm/under arm supports promote physiological exercise and provide optimal stabilization for the patient. The supports are fully adjustable and secure both horizontally and vertically. Also, they double as under arm supports with simple padding rotation.

PATIENT SAFETY

Our patented Slat Belt running surface helps absorb more of the impact than any other treadmill, preventing further deterioration of bones, tendons, ligaments, and muscles of the lower extremities, pelvis, and lower back.

The Bari-Mill is the ideal machine for patients who require walking support. The fully adjustable medical grade handrails provide a wide range of possibilities in width and height, providing a comfort level that is unmatched by standard stationary parallel bars. The handrails are also beneficial for pediatric use, as the adjustable handrail height accommodates children of all sizes.

CONVENIENT USER CONSOLE

Pre-programmed medical tests and protocols on the external touch screen console give doctors and therapists quick and clear results for each Bari-Mill user.

RELIABILITY

The Slat Belt running surface also has distinct advantages for you and your facility because it lasts up to 150,000 miles without a single belt change or deck swap. With 114 ball bearings, the belt glides easily, resulting in years of life with very little necessary maintenance and up to 50% in electrical savings. There is no need to adjust and tension the belt because our design utilizes tracking rollers and a toothed pulley, resulting in the lowest maintenance cost and lowest total cost of ownership of any treadmill.

**P5WW2212.ART****WOODWAY Continuum Treadmill**

\$8,450.00

COLW2210.AR

Experience a lower RPE (rated perceived exertion), less impact, and less muscle fatigue with the Continuum. With a low profile 8" step height and an absolute zero start speed, patients will appreciate the safety and usability that the most comfortable and accessible rehabilitation platform has to offer.

Fully equipped with durable medical grade parallel handrails and a convenient console with pre-loaded ACSM Tests, the Continuum provides your patients and you with the confidence you need for infinite therapy possibilities.

WOODWAY offers a variety of options for its medical line of treadmills. For additional information and pricing for your specific needs, please contact us at **Exertools 800-235-1559 x707**

WOODWAY 4Front Treadmill

\$11,135.00*

You have spoken and we have listened. The 4Front treadmill is the culmination of 40 years of WOODWAY design and innovation. From the frame to the display, the 4Front treadmill leads the industry in cardio equipment. We have taken time to test and improve upon our patented Slat Belt design to create an all new treadmill from the ground up that takes into account all factors of the commercial fitness industry. From comfort to durability, the 4Front sets the bar for all treadmills out there.

*Physical Therapy Console unit



WW-4FRONT

Features:

- Comfortable handrail control of speed, elevation, and stop
- Multiple LED readouts monitoring speed, incline, distance, time, and heart rate
- CSAFE fitness communications compatible
- Fitness tests and programs; 99 custom workout programs
- Network Capable along usage monitoring and user integration with many fitness apps.
- USB port for exporting workout data and charging mobile devices
- Individual slats with vulcanized rubber surface
- Zero stretch and Zero slip toothed, wire-reinforced lateral belts
- Near frictionless precision ball bearing rail guide
- Emergency stop magnet and safety lanyard
- Polar monitor circuitry – integrated heart rate monitoring
- Advanced Slat Belt shock absorption
- Life expectancy of running surface 150,000 to 200,000 miles
- Extended warranty and factory renewal program

MATRIX MX16 S-Drive Performance Trainer

\$3,895.00



Only the S-Drive Performance Trainer combines the benefits of a self-powered treadmill, weighted sled, resistance parachute and harness system in one space-saving footprint. Whether used as part of a circuit training environment or as part of an athletic training program, the S-Drive offers an intense exercise experience that can be adjusted to challenge all users, from the aspiring fitness enthusiast to the elite athlete.



T-DPT

Features:

- Sled brake with eight settings provides a true-to-life weighted sled pushing experience
- Parachute brake with 11 settings gives users the feel of real parachute resistance
- Sled and parachute brakes can be used individually or together to vary between cardio and strength-building workouts
- Adjustable harness offers easy entry and exit while allowing for a complete upper body range of movement
- Built-in bar simulates sled pushing and pulling without needing the space to use a traditional sled
- 7-degree incline is ideal for building strength and explosiveness with proper form, whether the user is performing forward, lateral or reverse movements
- Full perimeter handrails offer easy entry and exit and support during lateral movement
- Low-inertia design offers true-to-life ground reaction force and quick deceleration, ideal for HIIT
- Heavy-duty deck stands up to the most intense workouts and accommodates larger users in rehabilitation settings
- Self-powered design makes it easy to place the unit anywhere in your facility
- 7" step-on height offers easy access for users of all kinds
- True zero start and unlimited top speed offers a wide variety of users the ability to match their workout experience to their needs and fitness goals

• Resistance Type: Independent Sled and Parachute brakes • User Harness: Connection free harness for walking or sprinting • Deck Type: Reversible silicone 1" deck • Belt Type: Habasit, 2-ply commercial grade • Running Area: 60" x 22" • Step-on Height: 7" • Incline Range: 7° fixed • Speed Range: User defined • Power Requirements: Self-powered • Sled Brake Maximum Resistance: 270-lb. sled on natural turf • Assembled Dimensions: 76.8" x 34.8" x 59" (L x W x H) • Max User Weight: 400 lbs. • Assembled Weight: 270 lb • Shipping Weight: 349 lbs.

MATRIX MX17 S-Force Performance Trainer

\$4,895.00



S-Force combines a specifically designed motion, two active positions and magnetic resistance to build speed and power and take HIIT workouts to the next level. Whether you use the S-Force for athletic performance training, as a challenging part of your circuit, in small group training or as a stand-alone station on your cardio floor, everyone who tries it will get a workout that's low-impact and high-intensity all at once.



SPT

Features:

- Smooth, quiet magnetic resistance system and a specifically designed motion provide low-impact, high-intensity exercise
- Magnetic resistance increases the harder the athlete works, creating challenging progressive workouts
- User-defined path accommodates up to a 36" stride length
- Adjustable backlit console provides complete, easy-to-read feedback
- Clearly defined quick keys offer instant access to Sprint 8, interval training and goal-based training programs
- Contoured handlebars offer multiple secure grips and instant resistance adjustment
- Foot platforms and ergonomically sculpted seat provide stability when entering and exiting
- Cord-free design and integrated wheels make it easy to place the unit anywhere in your facility

• Display Screen: Extra-large Backlit LCD Display • Display Readout: Time, Distance, SPM (steps per minute), Steps, Heart Rate, Calories (with heart rate strap) • Programs: Sprint 8, Goals, Interval, Challenge • Telemetric Receiver: Yes • Stride Length: 36" • Resistance Levels: 5 • Handlebar Design: Multi-position handlebar • Pedals: Self leveling with quick release strap • Transport: 3 wheel transport • Resistance Technology: Magnetic Resistance • Max User Weight: 400 lbs. • Product Weight: 290 lbs. • Overall Dimensions: 72" x 27" x 66" • Power: 3 D-cell Batteries



Free Weight - Benches



SportsArt A991 ADJUSTABLE FID

\$895.00

SportsArt Free Weight Series combines quality and value in a simple, easy-to-use strength line designed to accommodate users of any fitness or experience.

- Welded steel frame adjusts to flat, incline or decline positions
- Heavy-duty vinyl cushions
- Dimensions: 55" x 22" x 56" (min) -Dimensions: 55" x 22" x 18" (max)



SportsArt A996 OLYMPIC BENCH PRESS

\$1,195.00

SportsArt Free Weight Series combines quality and value in a simple, easy-to-use strength line designed to accommodate users of any fitness or experience.

- Welded steel frame
- Heavy-duty vinyl cushions
- Dimensions: 56" x 52" x 48"



SportsArt A997 OLYMPIC DECLINE BENCH

\$1,495.00

SportsArt Free Weight Series combines quality and value in a simple, easy-to-use strength line designed to accommodate users of any fitness or experience.

- Welded steel frame
- Heavy-duty vinyl cushions
- Dimensions: 64" x 52" x 48" (min) -Dimensions: 76" x 52" x 48" (max)



SportsArt A992 FLAT BENCH

\$595.00

SportsArt Free Weight Series combines quality and value in a simple, easy-to-use strength line designed to accommodate users of any fitness or experience.

- Welded steel frame -Heavy-duty vinyl cushions
- Comfortable grip handle and wheels for easy relocation
- Dimensions: 53" x 22" x 17"

Free Weight - Benches

**SportsArt A993 45 DEG BACK HYPEREXTENSION****\$895.00**

SportsArt Free Weight Series combines quality and value in a simple, easy-to-use strength line designed to accommodate users of any fitness or experience.

- Welded steel frame adjusts to accommodate user size
- Heavy-duty vinyl cushions

**SportsArt A995 CRUNCH BENCH****\$1095.00**

Our Ab Crunch Bench lets you tone your core muscles and define your abdomen with one multi-use tool.

- Welded steel frame
- Heavy-duty vinyl cushions
- Bench angle and leg pads adjust for a variety of training options
- Weight: 112 lbs / 50.9 kg

**SportsArt A998 OLYMPIC INCLINE BENCH****\$1,495.00**

The A998 Incline Olympic Bench Press by SportsArt isolates the upper pectoral muscles while also engaging the front delts and triceps. The incline barbell press is an excellent upper body mass and power builder and its results are amplified when used in conjunction with a flat and decline bench press.

- Welded steel frame
- Heavy-duty vinyl cushions
- Three Olympic bar racking positions with removable bar locking pins for safe weight plate exchange
- Adjustable seat height
- Spotter platform with non-slip rubber pad allows secure footing for partner assistance during heavy lifts
- Weight: 172 lbs.
- Dimensions: 71" x 52" x 55"

**SportsArt A999 ARM CURL BENCH****\$895.00**

SportsArt Free Weight Series combines quality and value in a simple, easy-to-use strength line designed to accommodate users of any fitness or experience.

- Welded steel frame
- Heavy-duty vinyl cushions
- Adjustable seat height
- Dimensions: 49" x 31" x 38"

Free Weight -Racks and Cages

**SportsArt A967 HALF CAGE****\$3,595.00**

SportsArt Freeweight strength products are made using the highest quality materials and manufacturing process. Each piece uses 11-gauge steel and oval shaped tubing with robotic welds and a scratch resistant powder coat frame.

- Adjustable J-hooks
- Adjustable safety bar
- 6 weight horns for ample weight storage
- Variable grip pull-up bar
- Resistance band pegs
- Open frame design for overhead exercise

**SportsArt A966 POWER CAGE****\$4,195.00**

SportsArt Freeweight strength products are made using the highest quality materials and manufacturing process. Each piece uses 11-gauge steel and oval shaped tubing with robotic welds and a scratch resistant powder coat frame.

- Adjustable J-hooks
- Adjustable safety bar
- 6 weight horns for ample weight storage
- Variable grip pull-up bar
- Resistance band pegs
- Suspension trainer anchor point

**SportsArt A965 SQUAT RACK****\$2,495.00**

SportsArt's plate-loaded series strength product is made using the highest quality materials and manufacturing process. Each piece uses 11 gauge steel and oval-shaped tubing with robotic welds and a scratch resistant powder coat frame. The A965 Squat rack features 6 rack heights, large safety catch, ergonomically angled upright and 8 weight horns for ample weight storage.

- 6 rack heights
- Large safety catch
- Ergonomically angled upright
- 8 weight horns for ample weight storage
- Robotically welded Durable powder coat frame
- Large bar holds for easy racking
- Generous weight storage
- Olympic width

**SportsArt A902 OLYMPIC PLATE TREE****\$1,195.00**

SportsArt Free Weight Series combines quality and value in a simple, easy-to-use strength line designed to accommodate users of any fitness or experience.

**SportsArt A901 10 PR DUMBBELL RACK****\$1,295.00**

SportsArt Free Weight Series combines quality and value in a simple, easy-to-use strength line designed to accommodate users of any fitness or experience.

Free Weight Sets



PowerBlock Pro 32 Commercial Set (stand sold separately)

\$379.00

The PowerBlock Pro 32 adjustable dumbbells deliver premium value in the most efficient package. With unmatched versatility and ease of use you can have 8 pairs of dumbbells in 1, replacing 288 lbs. of weights. The 4 pound increments are ideal for personal training, group strength or rehab application. With the redesigned ergonomic contours the new handles are more comfortable and are easier to use. Having it all is easy with the new Pro 32 and makes saving time, space and money more simple than ever before.

To change the weight in just seconds, slide the selector pin into the blocks at the weight you want. Then reach inside the “core” and grab the handle. When you lift the handle, the weight you selected is lifted along with the handle. ©

- Weight range of 4-32 lbs per hand in 4 lb increments
- Increments: 4, 8, 12, 16, 20, 24, 28 and 32 lbs per hand
- Urethane coated steel plates for smooth, quiet performance
- Contoured comfort grip TPR handles

PowerBlock works as easy as:



1. Select weight



2. Lift weight



505-00120-01

600-00184-00 Powerstand (use with Pro 32 set) \$169.00

620-00182-00 PowerBench \$499.00

505-00121-01 Pro 50 Commercial Set (with stand) \$949.00 ©

55 LB. Duracast Weight set

\$54.95

US Weight 55 lb. Vinyl Traditional Weight Set - Welcome to your basic weightlifting set, conveniently packaged in one colorfully labeled box. The set comes complete with heavy duty vinyl encased weights that are floor-friendly – won’t scratch, stain, or rust! The informative, easy-to-read guide included will help you lift your way to health. A “heavy” set for the exerciser in need of muscle! Tested, tough & economical USW products promote a healthy lifestyle of strength training. Great addition to any home gym for strength training, muscle toning, and aerobic fitness conditioning. Build a strong body with US Weight!



F0055

- (1) 4 lb. Ultra-Strong Steel Straight Bar with Textured Grips and Patented Design
- (4) 10 lb. Weight Plates
- (2) 5 lb. Weight Plates
- (2) Standard-Sized (1”) Spring Clips

100 LB. Traditional Weight set

\$64.95

US Weight 100 lb. Vinyl Traditional Weight Set - Welcome to your basic weightlifting set, conveniently packaged in one colorfully labeled box. Weight training with free weights remains one of the fastest, most effective ways to build strength and muscle mass, and this simple yet comprehensive set from US Weight helps you do just that. The set comes complete with heavy duty vinyl encased weights that are floor-friendly – won’t scratch, stain, or rust! The informative, easy-to-read guide included will help you lift your way to health.



F9100

- (1) 4 lb. Ultra-Strong Steel Straight Bar with Textured Grips and Patented Design
- (2) 20 lb. Weight Plates
- (4) 10 lb. Weight Plates
- (2) 8 lb. Weight Plates
- (2) Standard-Sized (1”) Spring Clips

105 LB. Traditional Weight set with Dumbbells

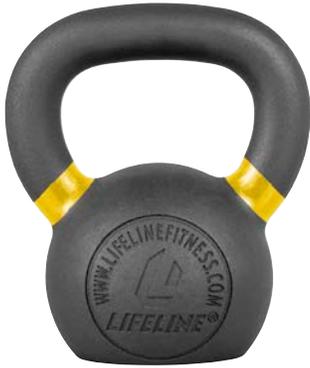
\$74.95

Weightlifting Set with Dumbbells. Heavy-duty vinyl encased weights attach to 2-piece straight bar and dumbbell handles, and they won’t rust, scratch or stain your floor! Great addition to any home gym for strength training, muscle toning, and aerobic fitness conditioning. Build a strong body with US Weight!



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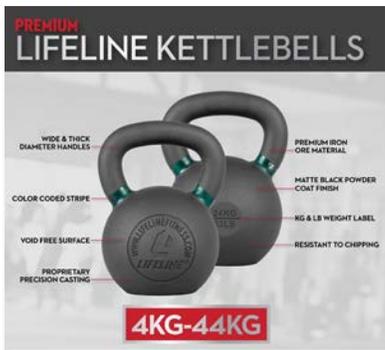
- (1) 4 lb. Ultra-Strong Steel Straight Bar with Textured Grips and Patented Design
- (2) Dumbbell Bars
- (2) 20 lb. Weight Plates
- (4) 10 lb. Weight Plates
- (4) 5 lb. Weight Plates



Lifeline Kettlebells

Lifeline Kettlebells are manufactured with first run/virgin iron ore, not scrap, and are formed into a strong, balanced, single-piece casting with a flat wobble-free base. A clean, consistent surface and durable powder-coat finish gives Lifeline Kettlebells premium level quality.

Kettlebell workouts deliver functional whole-body fitness by combining the burn of cardio with muscle building strength training and compound movements that deliver greater flexibility and coordination. Featuring the classic design popularized in Russia a few hundred years ago which allows them to be employed in countless ways—including swings, presses, rows, twists, squats and snatches, these kettlebells are weighted off-centered, which recruits more stabilizer muscles and works the targeted muscles through a wider range of motion.



Item	Weight	Color Stripe	Handle Diameter x Opening Width	Price
LLKB4	4KG 8.8lb	Pale Yellow	1.26" D X 3.22" W	\$24.99
LLKB8	8KG 18.8lb	Spicy Pink	1.26" D X 4.03" W	\$34.99
LLKB12	12KG 26lb	Blue	1.42" D X 4.8" W	\$46.99
LLKB16	16KG 35lb	Bright Yellow	1.46" D X 4.8" W	\$59.99
LLKB20	20KG 44lb	Dark Purple	1.50" D X 4.8" W	\$74.99
LLKB24	24KG 53lb	Green	1.57" D X 4.8" W	\$86.99
LLKB28	28KG 62lb	Orange	1.57" D X 4.8" W	\$99.99
LLKB32	32KG 71lb	Red	1.57" D X 5" W	\$114.99
LLKB36	36KG 80lb	Black	1.57" D X 5" W	\$129.99
LLKB40	40KG 88lb	White	1.57" D X 5" W	\$139.99
LLKB44	44KG 97lb	Silver	1.57" D X 5" W	\$149.99



Lifeline Pro Round Rubber Dumbbells

These high-quality dumbbells are sleek, stylish and versatile. The Lifeline Pro Round Rubber Dumbbells are available in weights from 5lb up to 120lb. The triple-knurled chrome handles are ergonomically designed for a secure, comfortable grip and the rubber over-molded heads protect both your floor and the dumbbells while diminishing noise. The heads are welded to the handles to provide a stable, durable joint. The ends feature high-visibility weight markings for easy identification.



- Rubber over-molded heads
- Ergonomic triple knurled chrome handles
- High-visibility weight markings

Handle Dia. x lengths

- 5-10LB - 28mm Dia x 145MM
- 15-50LB - 32mm Dia x 145MM
- 55-120LB - 34mm Dia x 145MM

LLPRRD-5	5LB Pro Round Dumbbell	\$16.00	LLPRRD-65	65LB Pro Round Dumbbell	\$130.00
LLPRRD-10	10LB Pro Round Dumbbell	\$29.00	LLPRRD-70	70LB Pro Round Dumbbell	\$140.00
LLPRRD-15	15LB Pro Round Dumbbell	\$35.00	LLPRRD-75	75LB Pro Round Dumbbell	\$150.00
LLPRRD-20	20LB Pro Round Dumbbell	\$40.00	LLPRRD-80	80LB Pro Round Dumbbell	\$160.00
LLPRRD-25	25LB Pro Round Dumbbell	\$50.00	LLPRRD-85	85LB Pro Round Dumbbell	\$170.00
LLPRRD-30	30LB Pro Round Dumbbell	\$60.00	LLPRRD-90	90LB Pro Round Dumbbell	\$180.00
LLPRRD-35	35LB Pro Round Dumbbell	\$70.00	LLPRRD-95	95LB Pro Round Dumbbell	\$190.00
LLPRRD-40	40LB Pro Round Dumbbell	\$80.00	LLPRRD-100	100LB Pro Round Dumbbell	\$200.00
LLPRRD-45	45LB Pro Round Dumbbell	\$90.00	LLPRRD-105	105LB Pro Round Dumbbell	\$210.00
LLPRRD-50	50LB Pro Round Dumbbell	\$100.00	LLPRRD-110	110LB Pro Round Dumbbell	\$220.00
LLPRRD-55	55LB Pro Round Dumbbell	\$110.00	LLPRRD-115	115LB Pro Round Dumbbell	\$230.00
LLPRRD-60	60LB Pro Round Dumbbell	\$120.00	LLPRRD-120	120LB Pro Round Dumbbell	\$240.00

Selectorized -Dual Function

The SportsArt Dual Function Strength Series is uniquely engineered to offer training on multiple muscle groups per station without compromising range of motion or user experience, making them ideal for smaller spaces. Our Dual-Functional Series is an entry level full commercial line combining quality and value in a simple, easy-to-use strength line designed to fit any budget. Each unit is built using the highest quality materials and backed by over 37 years of excellence in fitness equipment manufacturing.

**DF-200****SportsArt DF-200 PERFORMANCE LEG EXTENSION/LEG CURL****\$3,595.00**

- Direct drive system offers two opposing cams for less cable-slop and faster workout changeover
- Easy transition from leg extension to seated leg curl
Plate increments: 20 x 11 lbs (5 kg)
- Adjustable seat back and leg pads for user customization

**DF-201****SportsArt DF-201/P756 PERFORMANCE LEG PRESS/CALF EXTENSION****\$3,895.00**

- Step-through design for safe and easy access
- 1:2 pulley ratio to increase resistance
- Plate increments: 8 x 11 lbs (5 kg); 8 x 16.5 lbs (7.5 kg)
- Fully adjustable seat back to accommodate users of different heights

SportsArt DF-203 PERFORMANCE LAT PULLDOWN /MID ROW**\$4,095.00**

- Multi-position handlebars work different areas of the back
- Adjustable seat and chest pad to accommodate different heights
- Plate increments: 8 x 11 lbs (5 kg); 8 x 16.5 lbs (7.5 kg)
- Foot rests for stabilization

**DF-203****SportsArt DF-208 PERFORMANCE MULTI PRESS****\$3,595.00**

- Multi-position grip for improved biomechanics
- Adjustable starting position targets different muscle groups
- Plate increments: 20 x 11 lbs (5 kg)
- Innovative slide-out seat offers multiple lifting positions

The logo for SportsArt, featuring the brand name in a bold, italicized font with a green triangle above the 'A'.

**DF-208**

Selectorized -Cable Systems

**SportsArt DS972 STATUS DUAL STACK FUNCTIONAL TRAINER****\$5,495.00**

The SportsArt DS972 Dual Stack Functional Trainer offers a unique adjustable pulley ratio (1:2 and 1:4) giving users more workout options and increases weight selection options.

- Adjustable 1:2 and 1:4 pulley ratios
- Dual weight stack
- 41 pulley positions offers more workout positions and versatility
- Integrated pull-up bars -Magnetized weight selector fork with retracting cord
- 7-piece accessory set included
- Deep-groove, 5-inch (12.7 cm) shrouded pulleys provide faultless cable tracking
- Cold rolled steel weight stacks with noise dampening
- Stainless steel guide rods resist rust and stay smooth
- Internally lubricated 1500 lb (680 kg) steel aircraft cables provide quiet, smooth operation

DS972

Weight: 623 lbs / 282.6 kg

Dimensions: 60.2 x 37.2 x 89.2 in / 153 x 94.5 x 226.6 cm

Weight Stack: 200 lbs / 90.9 kg (per stack)

SportsArt A93 PERFORMANCE GYM FUNCTIONAL TRAINER W/O BENCH**\$2,995.00**

Single stack efficiency and 1:4 pulley ratio make the S93 Functional Trainer an extremely versatile rehab and conditioning tool for multiple patient types. Comfortable cushions, correct ergonomics, magnetized selector fork instantly locks into place for quick, secure action, retracting cord keeps selector fork from disappearing while eliminating clutter, flat "fork-style" selector supports weight plates, rather than balancing on a thin, single selector pin, precision sound dampeners keep stack action quiet, cold rolled steel weight plates resist rust, convey quality.

- 11-gauge (3 mm) steel elliptical tube means lasting strength
- Rip-resistant marine quality upholstery with industrial strength cushioning
- Dual powder coated graphite paint resists scratches and scuffs
- Kevlar belts for quiet, smooth action and optimal tensile strength; coated cables have 2200 lb. tensile strength aircraft cable
- Three sets of rotating pulleys deliver maximum training options
- All pulleys are deep-grooved and shrouded to keep cables tracking properly
- Weight stack delivers smooth, silent operation
- Wide variety of accessory handles and carabiners come standard
- Total Motion Technology™ provides three sets of rotational pullies for a wide variety of exercises
- All components are commercial grade

A93 TOWER

Bench (Optional)

SportsArt P773 PERFORMANCE CABLE TOWER**\$2,795.00**

SportsArt Performance Series offers options for total-body training; allowing users to quickly and easily switch between upper, lower and core-body exercises.

- Dual swivel pulleys adjust vertically and lock into place, allowing for functional training from virtually any angle
- 36 incremental adjustments for the ultimate in customization
- Easy grip bars stabilize exercisers during balance challenging workouts
- 4:1 (one hand) and 2:1 (two hand) ratios provide versatility for personal and sport-specific training

Weight: 325 lbs / 147.7 kg

Dimensions: 41.1 x 36.2 x 83.1 in / 105 x 92 x 211 cm

Weight Stack: 176 lb / 80 kg

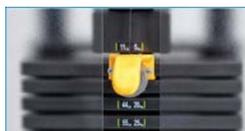
P773

Selectorized - SportsArt Performance Series

The Performance Series by SportsArt combines quality and value in a simple, easy-to-use strength line designed to fit any budget. Each unit is built using the highest quality materials and backed by over 38 years of excellence in fitness equipment manufacturing. The lowered stack height and compact footprint help to avoid visual clutter in smaller spaces, while adjustable seats and range-of-motion limiters ensure movements are comfortable and biomechanically correct. The result is a durable, value-engineered line that delivers maximum results in a compact design. The machines are easy to use and provide a challenging workout that accommodates users of all levels, from beginners to advanced trainers.



Magnetized weight selector



Premium precision steel plates with sound dampening



Micro cable adjustment



Range of movement adjustment ensures that the cam is synchronized



P721

SportsArt P721 PERFORMANCE MID ROW

\$2,895.00

SportsArt Performance Series upper-body equipment offers at least two options to exercise each muscle group, providing choices for the gym and its members.

- Convenient seat height adjustment to accommodate people of various heights
- Chest pad adjust to suit different arm lengths

Weight: 360 lbs / 163.6 kg
 Dimensions: 57.3 x 47.6 x 57.5 in / 145.5 x 121 x 146 cm
 Weight Stack: 176 lb / 80 kg

SportsArt P726 PERFORMANCE LAT PULLDOWN

\$2,895.00

- Ergonomically curved bar provides wide or narrow grip options
- Adjustable seat and leg hold down, allow for optimal positioning.

Dimensions: 52.4" x 44.6" x 92.4"
 Weight: 339 lb
 Stack Weight: 176 lb



P726



P733

SportsArt P733 PERFORMANCE PEC DECK

\$3,295.00

Contoured Cam System- Specially designed cams provide unparalleled ergonomics throughout the entire motion; offering a perfect start, strong finish, and smooth resistance for human biomechanics.

- Convenient seat height adjustment suits people of various heights
- Ergonomic handle design is comfortable in pec-fly position.

Dimensions: 56.1 x 32.8 x 77 in.
 Stack Weight: 176 lb
 User Weight: 500 lbs
 Pulley Ratio: 1:0.25 (per arm)



Contoured and molded seat pads provide comfort and ergonomic support for a variety of movements.

SportsArt P758 PERFORMANCE PRONE LEG CURL

\$2,995.00

Specially designed cams provide unparalleled ergonomics throughout the entire motion; offering a perfect start, strong finish, and smooth resistance for human biomechanics.

- Range of motion feature allows user to customize start/stop range; perfect for rehabilitation users
- Adjustable leg pad accommodates different leg lengths, allowing users to achieve proper leverage
- Incremental 3.3 & 6.6 lb (1.5 & 3 kg) micro-loading adjustment.

Dimensions: 54 x 40 x 57.5 in.
 User Weight: 500lbs
 Stack Weight: 176 lb -Pully Ratio: 1:0.5



P758



P759

SportsArt P759 PERFORMANCE LEG CURL

\$3,195.00

Our seated leg curl focuses your workout on the hamstrings.

- Adjustable seat — back cushion keeps posture correct
- Adjustable thigh cushion provides optimal comfort for various leg lengths
- Multiple starting positions for full range of motion
- Deep-groove, 5-inch (12.7 cm) shrouded pulleys provide faultless cable tracking
- Cold rolled steel weight stacks with noise dampening
- Stainless steel guide rods resist rust and stay smooth
- Internally lubricated 1500 lb (680 kg) steel aircraft cables provide quiet, smooth operation
- Heavy-duty European-styled cushions.

Weight: 409 lbs / 185.9 kg • Dimensions: 53.9 x 40.6 x 57.5 in / 137 x 103 x 146 cm
 Weight Stack: 176 lb / 80 kg • User Weight: 500 lbs / 227 kg • Starting Weight: 13.2 lbs / 6 kg

Plate Loaded - SportsArt



A983

SportsArt A983 SMITH MACHINE

\$4,295.00

SportsArt Plate Loaded Series combines quality and value in a simple, easy-to-use strength line designed to accommodate users of any fitness or experience.

- Welded steel frame
- Deep grooved pulleys for smooth cable tracking
- Chrome Olympic bar and plate racks

Dimensions: 72" x 100" x 90"



A987

SportsArt A987 PLATE LOADED SHOULDER PRESS

\$2,295.00

Our Plate Loaded Shoulder Press has an independent natural path of motion to target the deltoid.

- Adjustable seat height
- Heavy-duty European-styled cushions

Weight: 216 lbs / 98.2 kg
 Dimensions: 48.4 x 57.5 x 59.1 in / 123 x 146 x 150 cm
 User Weight: 500 lbs / 227 kg

Selectorized - SportsArt Status Series

SportsArt

The Status Series selectorized premium strength line combines a sleek, modern design with world-class components and our dependable, industrial-quality manufacturing to bring you the whole package in every machine.

Each machine is built to last in the most demanding commercial environments, with heavy gauge steel oval tubing, Kevlar-reinforced belts, internally lubricated cables with deep-channel pulleys and sealed bearings. Gas-assisted seat adjustments and contoured cushions ensure comfort and ease of use. Independent movement and biomechanically correct design accommodate users of any fitness or experience level, delivering measurable, targeted results in the shortest amount of time possible.



SportsArt S915 STATUS INDEPENDENT CHEST PRESS

\$4,695.00

S915



This product builds strength in the pectoral and arm muscles. The exercise involves extending the arms in front of the body by pushing against the two levers, which have an independent action. Resistance is provided by a weight stack which enables the workload to be adjusted to suit each type of user.

- Independent converging press arms offer ergonomic motion and balanced muscle engagement
- Multi-position hand grips allow users to train muscles from multiple angles with proper hand positioning
- Gas-assisted seat adjustment
- Pre-Rom foot bar assists in starting or stopping movement like a spotter
- Cold rolled steel weight stacks with noise dampening
- Stainless steel guide rods resist rust and stay smooth
- Kevlar belts for quiet, smooth action and optimal tensile strength; belt contains 2200 lb (998 kg) tensile strength aircraft cables
- Marine-grade double stitched upholstery • Heavy-duty European-styled cushions

SportsArt S922 STATUS PECTORAL FLY/REAR DELTOID

\$4,095.00

SportsArt Status Series has 13 pieces designed to target specific muscle groups in the upper body. We understand that variety is essential for gym users to progress and achieve their goals. For this reason, we have designed at least two options to exercise each muscle group, providing choices for the gym and its members.

- Independent motion provides for balanced training
- Long handles and dual grip zones fit a variety of users
- Handles flair in/out to accommodate different physiques
- Dual function facilitates pec fly/rear delt workouts
- Incremental 3.5 and 6.5 lb. micro-loading adjustments
- Cold rolled steel weight stacks with noise dampening
- Stainless steel guide rods resist rust and stay smooth
- Kevlar belts for quiet, smooth action
- Marine-grade double stitched upholstery
- Heavy-duty European-styled cushions



SportsArt S917 STATUS INDEPENDENT SHOULDER PRESS

\$4,595.00



Specific product for working out the shoulders and arms. From a sitting position, it involves extending the arms upwards with the hands gripping the two independent levers. Resistance is provided by a weight stack which enables the workload to be adjusted to suit each type of user.

- Independent converging press arms offer ergonomic motion and balanced muscle engagement
- Pivot point indicators for proper joint alignment
- Handles rotate naturally throughout the motion and reduce wrist stress
- Incremental 3.3 & 6.6 lb (1.5 & 3 kg) micro-loading adjustment
- Cold rolled steel weight stacks with noise dampening
- Stainless steel guide rods resist rust and stay smooth
- Kevlar belts for quiet, smooth action and optimal tensile strength; belt contains 2200 lb (998 kg) tensile strength aircraft cables
- Marine-grade double stitched upholstery • Heavy-duty European-styled cushions



S956

SportsArt S956 STATUS HORIZONTAL LEG PRESS

\$8,595.00

SportsArt Status Series delivers 7 pieces of selectorized strength designed specifically to target the muscles in the lower body. Users can train on products that engage the gluteal, quadriceps, hamstrings and calves in a single movement or choose products that target these muscles individually for higher intensity.

- Multi-functional leg press converts to hack squat, calf raise or hip sled for total leg workout
- Seat back reclines 90-180 degrees with fingertip adjustment lever
- Wide stance non-slip foot plates
- Linear bearing system delivers smooth, fluid movement of seat carriage
- Adjustable shoulder pads put user in optimal lifting position for hack squat regardless of height
- 440 lb. stack, with twenty 22 lb. weight plates; 1:1 ratio

SportsArt S933 STATUS PEC DECK

\$5,295.00

- Independent press arms for equal muscle training
- Long handles accommodate different users
- Gas-assisted seat adjustment fits users of different sizes
- Foot rest helps maintain proper body alignment
- Incremental 3.5 and 6.5 lb. micro-loading adjustments

Dimensions: 48" x 49" x 70" • Stack Weight: 242 lbs.

S933



S957

SportsArt S958 STATUS LEG EXTENSION

\$4,895.00

Train on products that engage the gluteal, quadriceps, hamstrings and calves in a single movement or choose products that target these muscles individually for higher intensity.

- Spring-assisted seat back adjustment supports users of different sizes
- Angled seat bottom reduces lower back stress
- Adjustable leg pad accommodates different leg lengths, allowing users to achieve proper leverage
- Incremental 3.5 and 6.5 lb (1.58 & 2.9 kg) micro-loading adjustments
- Cold rolled steel weight stacks with noise dampening
- Stainless steel guide rods resist rust and stay smooth
- Kevlar belts for quiet, smooth action and optimal tensile strength; belt contains 2200 lb (998 kg) tensile strength aircraft cables
- Marine-grade double stitched upholstery
- Heavy-duty European-styled cushions

SportsArt S961 STATUS TOTAL HIP

\$4,795.00

SportsArt Status Series offers options for total body training, allowing users to quickly and easily switch between upper, lower and core exercises.

- Range of motion limiter allows users to set start and end points for safety and comfort
- Adjustable for hip flexion/extension and abduction/adduction movements
- Entire upper portion slides vertically on linear bearings to adjust pivot point for users of different heights
- Adjustable pad for various exercises
- Non-skid platform
- Incremental 3.5 and 6.5 lb. micro-loading adjustments

S961



S916

SportsArt S916 STATUS INDEPENDENT LAT PULLDOWN

\$4,095.00

- Pivoting flex handles reduce wrist stress and help prevent injury
- Biomechanically correct diverging motion
- Gas-assisted seat adjustment and adjustable thigh pad accommodate users of different sizes
- .5:1 ratio (one hand); 1:1 ratio (two hands)

Dimensions: 57" x 34" x 83" • Stack Weight: 220 lbs.



Rope Machines



RopeFlex OX RX2000 Rope Trainer

\$2,250.00



45-5043

Top fighters in the UFC use Ropeflex equipment to prepare for their bouts! Ropeflex machines offer unique functional training for MMA, jiu-jitsu, wrestling, grappling, and other sports. Ropeflex equipment offers unparalleled versatility and combines strength training, cardiovascular training, and muscular endurance training in one simple machine. ©

Features:

- Multi-mode base mount rope pulling machine
- Standing or sitting rope pulling positions
- Durable and compact design with wheels for easy movement
- Continuously adjusting progressive resistance
- Compatible with HiperVision virtual training system



RopeFlex OX2 RX2100 Rack Mount Rope Pulling Resistance Machine

\$1,699.00

Top fighters in the UFC use Ropeflex equipment to prepare for their bouts! Ropeflex machines offer unique functional training for MMA, jiu-jitsu, wrestling, grappling, and other sports! Ropeflex equipment offers unparalleled versatility and combines strength training, cardiovascular training, and muscular endurance training in one simple machine. ©

Features:

- Larger diameter rope (1.5 inches)
- 1.5X resistance of the standard RX2100
- Compatible with power and bag racks
- Continuously adjusting progressive resistance



45-5002



45-1008

RopeFlex IBEX RX2300 Dual Position Rope Pulling Resistance Machine

\$2,995.00

The compact and versatile Ibox™ combines 2 machines in 1 for unparalleled workout variety! Take advantage of both horizontal and vertical configurations for a complete, functional, total-body workout. Get the edge on your competition with self-adjusting Intelligent Resistance™ for optimal gains that transfer to almost any sport or activity. The compact design, smooth operation, and maintenance-free engineering give you the peace of mind you need to focus on your training goals, not your maintenance needs. ©

Features:

- Dual-position, horizontal and vertical rope climber
- Two extended cushioned seats and back supports
- Automatic resistance increases pull force with faster speed
- Digital LCD Display (time, distance, and speed)
- Compatible with HiperVision virtual training system (Software downloadable to Apple products only)



RopeFlex ORYX 2500 Vertical Rope Trainer

\$3,695.00



The benefits of climbing rope are no longer the exclusive provenance of elite athletes with the ORYX. Now, safe and effective rope-pulling exercise is available to athletes, students, fitness enthusiasts, and even for injury-rehabilitation purposes. No need to worry about the risks and inconvenience of hanging rope from the ceiling. The seat offers added stability and safety, and it is removable for wheelchair-accessibility. Intelligent Resistance™ adjusts to the needs of users of all fitness levels. ©

Features:

- 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
- ADA compliant



45-1005

Humac Balance System Package

\$3,995.00

HUMACBALANCE
MEASUREMENT & TRAINING



Fall Prevention through Evaluation and Exercise

The HUMAC Balance System is a key component of a proactive fall-prevention strategy. All fall-prevention strategies include functional testing, but research now shows that force-platform testing should be part of your testing arsenal as well.

The system gives you the forceplatform testing you need for any comprehensive fall-prevention strategy, at a price every senior living or physical therapy facility can afford.



Balance Board and Flight Exercise Displays

Limits of Ability Testing

Portable HUMAC Balance (Microsoft Surface not included)

The Power of Visual Feedback: The exercise programs included with HUMAC Balance provide the patient with a wealth of visual feedback. This keeps the patient engaged, and even gives the therapist the opportunity to work with other patients during the duration of the HUMAC Balance exercise session.

- Simple plug-and-play setup
- Includes mCTSIB, LOS, and other tests
- Test results are matched to age-based normative data
- Exercise routines are compatible with all levels of care
- Comprehensive objective balance assessment and training

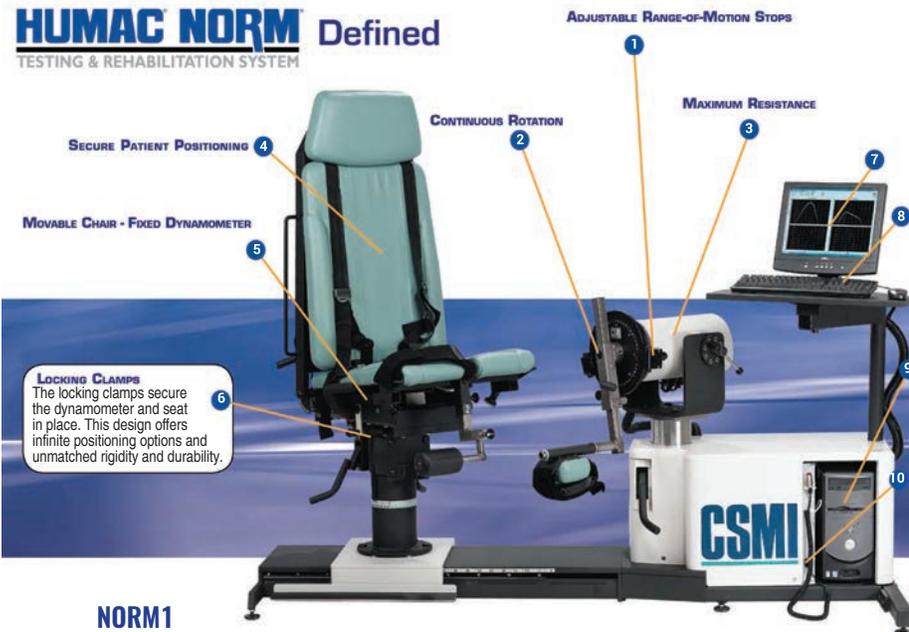
Humac Norm

\$44,000.00

Developed for the Exercise Science Lab and perfected in the physical therapy clinic and athletic training room the HUMAC NORM Isokinetic Extremity System is the machine of choice across all disciplines and around the world.

- **Mechanical Design** —Patented inline design is space efficient, quick to set up, includes 22 standard test & exercise patterns, and is the most stable platform in the market.
- **Dynamometer Performance** —State-of-the-Art Brushless motor offers the widest performance envelope from 1/10 ft/lb and 1/16 /deg/sec to 500 ft/lbs and 500 deg/sec. Ability to rotate the shaft 360+ degrees makes work simulation patterns possible.
- **Intuitive Software** —Intuitive HUMAC Software makes it easy to learn and operate the HUMAC NORM Extremity System. Vivid and unique exercise displays help keep patients motivated. Full-page test, progress and group summary reports make it easy to communicate baselines, progress, and performance relative to local norms.

HUMAC NORM Defined
TESTING & REHABILITATION SYSTEM



1. With the Adjustable Range-of-Motion Stops you do not have to change adapters each time you change sides.
2. The dynashaft allows continuous 360° rotation to simulate work patterns such as turning a wheel or screwdriver.
3. The HUMAC NORM dynamometer offers 500 ft-lbs. of eccentric and concentric force.
4. The seat area is 1,220 square inches. The large seat, coupled with fore/aft seat back positioning and a four point seatbelt harness, accommodates and stabilizes small and big, young and old patients alike.
5. The patented dynamometer/seat configuration minimizes floor space and adjustments, and insures quick and secure patient set-ups.
6. The locking clamps secure the dynamometer and seat in place. This design offers infinite positioning options. Dual clamps allow adjustments from either side
7. Our easy-to-use HUMAC software creates a machine everyone can operate. Add a touch screen monitor to make the HUMAC NORM even faster to operate.
8. Each HUMAC NORM window includes a Help button. Simply press Help and the on-line Help System opens to the very page you are on in the software.
9. The integrated computer system design saves floor space, reduces cables, and guarantees the keyboard and monitor will always be within reach.
10. Auxiliary outputs provide easy access to torque, position, and velocity analog signals for input into other systems such as EMG

NORM1

TecnoBody ISO Free

\$13,500.00



The Functional Line

ISO-FREE is the world's first functional training system for free exercises incorporating the ability to recognize movements and balance for controlled and effective training. Engineered for sports medicine, rehabilitation and occupational therapy the ISO-FREE can accommodate users on a motion analysis and force platform to record, check and/or correct movements, balance, and posture.

Features:

- Test modules with balance and posture control, as well as jump analysis, reaction speed and other tests
- Training modules for isotonic workouts
- Create powerful and specific training plans and programs with an automatic and autonomous execution
- Full integration with TecnoBody Management System and patient data files
- 23" PC Control touchscreen for real-time feedback
- 3D camera for motion capture
- Virtual games for functional training for upper and lower limbs



TecnoBody Prokin 252

\$22,499.00

The Postural Line

The Prokin 252 is both a static and dynamic balance system designed for the assessment and training from a single or double leg stance. Paired with the intuitive TecnoBody software, it is easy for fitness or rehabilitation professionals to assess and evaluate each client with precise and detailed data to use to measure progress and create powerful and specific training plans and programs.

Functionality:

- Dynamic and static balance board
- Single and double leg stance
- 50 different selectable levels of instability
- Balance tilt measurement: +/- 15° (maximum resolution of 0.2° and 0.5° precision)
- Trunk Sensor with detection angles of +/- 30° AP - ML with 0.1° resolution
- Seat tilt measurement: +/- 15° (maximum resolution of 0.2° and 0.5° precision)

Software:

- Assessment modules including the Romberg & equilibrium
- Training modules including rehab tracings & load training
- Protocols & analysis including patient files & comparison tests
- Games including equilibrium and flight simulator
- Integration with TecnoBody Management System



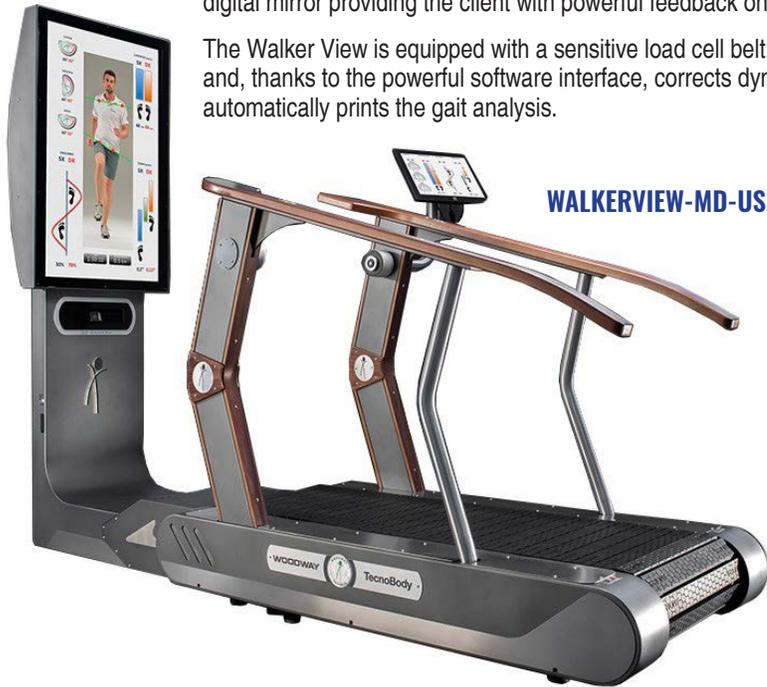
TecnoBody Walker View

\$35,000.00

The Postural Line

The Walker View is a fully equipped Woodway treadmill with an embedded PC platform capable of simultaneously assessing both gait analysis and the movement of all parts of the body. The 47" monitor, positioned at the front of the Walker view system, is a digital mirror providing the client with powerful feedback on controlling and analyzing their posture when in movement.

The Walker View is equipped with a sensitive load cell belt. This technology allows the assessment of stance during ambulation and, thanks to the powerful software interface, corrects dynamic parameters in real time. Once the test is finished, the system automatically prints the gait analysis.



WALKERVIEW-MD-US



Functionality:

- Embedded PC platform monitors and records step length, step speed, step symmetry, and range of motion of the hips, knees, and ankles
- The Walker View treadmill is equipped with a sensitive load cell belt allowing the assessment of walking/running stance and corrects dynamic parameters in real time
- Ability to connect to TecnoBody Management System by TecnoBody Key

Software:

- Test modules for Gait Analysis, Posture Control, and Aerobic Endurance
- Integrated 3D camera to analyze movement and posture
- Virtual reality games for functional and interactive walking and running

With the Walker View, you can immerse your clients in a virtual environment and give them useful feedback on control in real time, both regarding their posture and the symmetry of their stance.



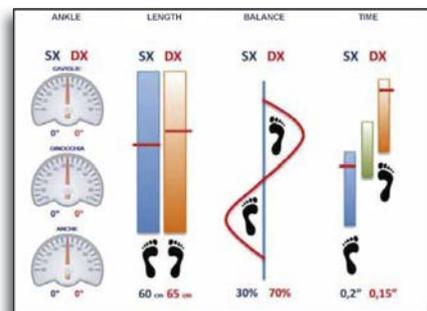
SLAT BELT TECHNOLOGY

Walker View features the Woodway's rubber cushioned slat belt running surface offering comfort and efficiency



3D CAMERA

Integrated 3D Camera to give instant feedback for analyzing movement and posture



Test modules for Gait Analysis, Posture Control, and Aerobic Endurance

Senaptec Sensory Station

\$24,995.00



Sensory Performance

Breadth matters! Your senses are a compilation of a multitude of fundamental skills. Measuring just one skill misses the complete picture. The Senaptec Sensory Station provides the world's most complete automated solution for the sensory skills that matter most in life. The system can currently assess 10 sensory parameters and provide training on all these skills. This is your complete sensory performance solution!

The Sensory Station is a state-of-art sensory evaluation & training station which assesses 10 visual and sensorimotor skills. In less than 25 minutes, you can determine an individual's strengths and opportunities to improve sensory performance.

The Sensory Station is a digital convergence of many analog tools that took up much floor space in a facility. The automated data collection, analysis, and immediate reporting saves you time so that you can get to training right away.

Adjustable Height



PROVEN EVALUATION TOOLS

Sensory Station measurements are founded on scientific principles and proven through research. The methodology has been used to evaluate youth, professional athletes, and even warfighters.

LARGE COMPARISON DATABASE

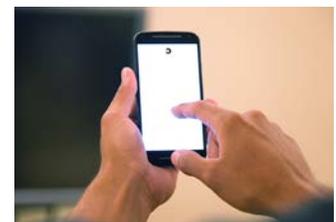
Senaptec's data analytics include comparative databases from youth to professional sports in a wide range of sports and positions. Custom comparisons can be easily made with the Sensory Station.

ANALYSIS IMPROVEMENT PLAN

Senaptec's proprietary algorithms provide an 18-point analysis report immediately after the evaluation that can be emailed directly. A custom improvement plan is also included based on the report.

TRAINING TOOLS

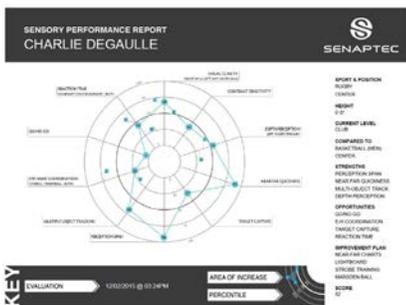
Senaptec provides training tools for all assessed skills. The tools on the Sensory Station training platform are built as games that are designed to help people improve their sensory performance.



Remote Input

Features:

- Adjustable Height
- Remote Input
- Cloud-based Data & Analytics
- Large Comparison Database
- Sensory Performance Report
- Export Raw Data
- Evaluation & Training
- Modular & Expandable



Sample Sensory Performance Report



The ToePro Exercise Platform

\$49.99

Improve Performance and Recovery

The ToePro foot exercise platform has been designed to improve performance and recovery from injury by optimizing exercises for the foot and ankle. It enables users to apply high forces to the muscles of the foot and leg while in their lengthened positions. Compared to conventional exercises, exercising lengthened muscles produces nearly fourfold increases in strength.

The surface of the ToePro allows ideal concentric (shortening) contraction of the muscles during the prescribed exercises whilst the soft surface also challenges the users balance, assisting with balance improvement. Increasing toe and arch strength is important for injuries like plantar fasciitis, metatarsal stress fractures and bunions, which are strongly correlated with foot weakness.



TPEP



The ToePro Foot Exercise Device is also useful for the prevention of falls in the elderly: every 1% increase in force generated beneath the big toe decreases a senior's risk of falling by 7%. The ToePro was designed and produced by Dr. Thomas Michaud, the author of a number of top selling biomechanics textbooks used around the world.



ROTEX-FS

ROTEX-FS Full Body

\$299.00

Relieve chronic muscle pain by developing a workout routine paired with a state-of-the-art tool for exercise. ROTEXMotion offers the ROTEX FS Full Body, an innovative, lightweight machine that is engineered to hold a total of 500 lbs. You won't see a tension adjustment on this machine, since the resistance is created from both the machine and by the body position required in each ROTEX exercise. You can even carry it with you during travels or bring it to the gym. Order your ROTEX FS Full Body today to add flexibility and stability to your workout session.



ROTEX-FSE

ROTEX-FSE Handheld

\$149.00

The ROTEX-FSE Handheld device completes the ROTEXMotion system. Used with a responsible exercise or therapy program, it adds another dimension for the entire upper body. Problems such as rotator cuff, elbow tendinitis, forearm and wrist strength, and general lower back pain and stiffness are greatly reduced.



Instrument Assisted Soft Tissue Mobilization (IASTM) Products



WTU1001

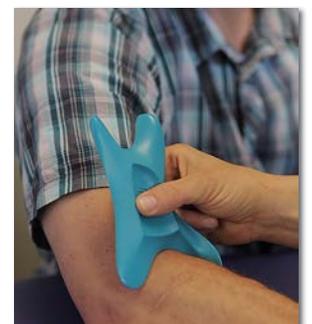
The Wave Tool

\$49.99

The Wave Tool is an all-in-one IASTM tool that combines myofascial massage surfaces and precise edge release technology. It can completely treat myofascial pain, fascial restrictions, trigger points, fibrosis and adhesions. The edge effectively breaks up poor quality tissue, while simultaneously preserving the healthy tissue.

The unique 3D shape allows the user to hold the tool with a light comfortable grip. The user is able to feel tissue restrictions and variations with greater ease, while decreasing hand strain.

Affordable, versatile, and very durable. The Wave Tool is an ideal tool for clinical practice, yet is affordable enough to be used by individuals for self-treatment in between therapy sessions.





What is IASTM?

Instrumented Soft Tissue Mobilization (ISTM) or Instrument Assisted Soft Tissue Mobilization (IASTM) is a manual therapy protocol that utilizes specially designed stainless-steel instruments to assist in detecting and treating areas exhibiting scar tissue, soft tissue restriction, adhesions, or chronic inflammation. These instruments, which can detect soft tissue restrictions altering the musculo-skeletal system, will decrease pain, increase range of motion, and enhance athletic performance.

What are ISTM Instruments?

Before a physical therapist can fully appreciate ISTM instruments and their benefits, it helps to know what they are. Deriving from a traditional Chinese medicinal technique known as Gua Sha, ISTM instruments are a modern evolution of this form.

The instruments designed by Técnica Gavilán have a well-defined treatment edge surrounding the entire perimeter. This design requires less treatment pressure and virtually eliminates bruising. Each curve is customized with a double-beveled treatment edge for comfort and enhances the asymmetry of each instrument. This allows the Gavilán instruments the ability to fit the greatest number of body areas for treatment.

Ala | The Wing of the Gavilán

\$289.00

Non-porous stainless steel to prevent the transmission of bacteria from one patient to another. Multi-directional applications with 'perimetered' double treatment edges for comfort and treatment applications from any direction. Works well for larger areas to evaluate and treat.

*Instrument Only, Case Not Included



Pico | The Beak of the Gavilán

\$289.00

Non-porous stainless steel to prevent the transmission of bacteria from one patient to another. Multiple diameters for treatment of the hands and feet. Less aggressive 'perimetered' double edge for multi-directional treatments and a unique projection for tendon pulleys, incisions, and specific applications.

*Instrument Only, Case Not Included



Garra | The Talon of the Gavilán

\$289.00

Non-porous stainless steel to prevent the transmission of bacteria from one patient to another. Multiple diameters for treatment around bony landmarks and the soft tissues around joints. Multi-directional applications with 'perimetered' double treatment edges.

*Instrument Only, Case Not Included



Instrument Set with Leather Case

\$899.00

Complete set includes three instruments: one Ala, one Pico, and one Garra in a leather instrument case. Instruments store flat for easy travel. The case opens to a convenient stand for easy access during use.



Leather Instrument Case

\$33.00

The three pocket leather case has magnetic closures and will sit upright on the counter exposing the Gavilán Instruments for easy retrieval.

*Case only, instruments not included.





Instuments that feel good in your hand

When it comes to the very best IASTM instruments, the brand chosen is often a result of how well, or how strategically it has been marketed. But quality? That's less subjective. We asked Dr. Michael Voight, DHSc, OCS, SCS, ATC, CSCS, FAPTA, Director of the Sports Residency Program at Vanderbilt Orthopaedic Institute and Belmont University, to provide a primer on how to recognize the highest-quality instruments.

What properties do you look for in high quality instruments that tell you it 's well made?

"What makes the biggest difference isn't always visible because it's the quality of manufacture and the details in the finished edges. You can't see it in product photos, but you can feel it the moment you hold it in your hand. HawkGrips offer balanced weight, perfectly finished single and dual-bevel edges, and patented non-slip, cross-hatch gripping that ensures a firm grasp so you don't drop the instrument when your hands are slippery with emollient. Dropped tools equal damaged tools, which can't be used on patients' skin."

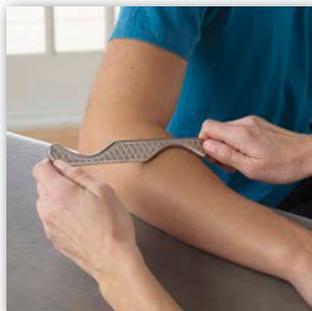


Patented Cross Hatch Gripping

When clinicians' hands are slippery with emollient, smooth tools are easy to drop and damage. HawkGrips feature our patented cross-hatch gripping to provide superior grip.

HawkGrips backs-up every instrument we make with our "Iron-Clad Forever Warranty". If any HawkGrips instrument is damaged in any way, we will repair or replace it at no cost to you, our customer.

Proudly Made in America



HawkGrips HGPro Multi-Instrument

\$449.00

The single most versatile instrument in our industry. If you only buy one IASTM tool, this is the one you want. Don't be fooled by cheap copycats, the HGPro is an extremely high quality medical instrument. You'll know it the first time you hold it in your hand. The HGPro multi-instrument features seven different treatment edges. In addition to the instrument, every purchase of the HGPro includes: One drawstring pouch, One jar of regular emollient, and a user manual



HGPRO

More Treatment Edges

HawkGrips offers more instruments of various sizes, with up to 29 treatment edges. This means clinicians have the most treatment options.



HG01

HawkGrips Small Handlebar, Stainless Steel

\$549.00

The Small Handlebar is best for treating large muscle groups of petite patients/athletes. Perfect for shoulders, back, neck, side abdominals and hamstrings. Case, emollient, and other accessories sold separately. Made in the USA.

*Disclaimer: HawkGrips® instruments were designed and are intended for use by trained healthcare professionals. Use of these instruments without proper training and experience could result in injury.



HG02

HawkGrips Medium Handlebar, Stainless Steel

\$549.00

Best for treating large muscle groups of average-size patients/athletes. Perfect for shoulders, back, neck, side abdominals and hamstrings. Case, emollient, and other accessories sold separately. Made in the USA.



HG03

HawkGrips Large Handlebar, Stainless Steel

\$549.00

Best for treating large muscle groups of average-size patients/athletes. Perfect for shoulders, back, neck, side abdominals and hamstrings. Case, emollient, and other accessories sold separately. Made in the USA.



HG04

HawkGrips Small Multi-Curve

\$439.00

Best for treating large muscle groups of average-size patients/athletes. Perfect for shoulders, back, neck, side abdominals and hamstrings. Case, emollient, and other accessories sold separately. Made in the USA.



HG05

HawkGrips Medium Multi-Curve

\$439.00

Best for treating various muscle groups and joints. Perfect for treating wrists, elbows, calf areas and knees. Features single bevel and double bevel treatment edges. Case, emollient, and other accessories sold separately. Made in the USA.



HG06

HawkGrips Large Multi-Curve

\$439.00

Best for treating various muscles groups and joints, particularly of larger patients/athletes. Perfect for treating elbows, calf areas, knees, ankles and feet of larger patients/athletes. Features single bevel and double bevel treatment edges. Case, emollient, and other accessories sold separately. Made in the USA.



HG07

HawkGrips Boomerang Instrument

\$439.00

Best for diagnosis and more aggressive treatment. Perfect for treating various muscle and joint groups including suboccipital muscles. Features concave treatment edge. Case, emollient, and other accessories sold separately. Made in the USA.



HG08

HawkGrips Scanner Instrument

\$439.00

Best for scanning and treatment. Versatile instrument capable of treating broader surface areas. Features convex treatment edge. Case, emollient, and other accessories sold separately. Made in the USA.



HG09

HawkGrips Dual-Edge Tongue Depressor Instrument

\$439.00

Best for pinpointing specific treatment areas. Two treatment edges allow for precise, aggressive treatment of specific muscle and joint areas. Features convex treatment edges. Case, emollient, and other accessories sold separately. Made in the USA.

HawkGrips Instrument Sets



Each Instrument Set includes the instruments, one roll-up carrying case, one jar of regular HawkGrips emollient, and a user manual.



HawkGrips Introductory Set

\$1,109.00

The perfect starter set. Set includes: Three small instruments (HG5, HG8, HG9), Roll-up carrying case, one jar of regular emollient, and a user manual



HawkGrips Silver Set

\$2,159.00

The HawkGrips Silver Set Set includes: All six small instruments (HG4-HG9), a Roll-up carrying case, one jar of regular emollient, and a user manual



HawkGrips Gold Set

\$2,649.00

The HawkGrips Gold set contains seven instruments, providing the most treatment options for the clinician. Set includes the Medium Handlebar (HG2), all six small instruments (HG4-HG9), one jar of regular emollient, and a user manual



HawkGrips Platinum Set

\$3,549.00

The HawkGrips Platinum set contains nine instruments, providing the most treatment options for the clinician. Set includes: Small, Medium, and Large Handlebar instruments (HG1-HG3), all six small instruments (HG4-HG9), roll-up carrying case, shoulder bag, one jar of regular emollient, and a user manual



*Disclaimer: HawkGrips® instruments were designed and are intended for use by trained healthcare professionals. Use of these instruments without proper training and experience could result in injury.

HawkGrips Emollients

HawkGrips emollient works to help the HawkGrips instruments glide smoothly over the skin during IASTM treatment. Available with or without fragrance.

Fragrance-free



HawkGrips Emollient, Fragrance Free, 8oz. Jar

\$13.50

This professional-grade, water-based, non-staining, fragrance-free IASTM emollient was designed to provide all of the benefits of traditional oil-based emollients. Our unique patent-pending formulation and easy-to-use applicator bottle makes it faster to apply and easier wipe away. The convenient 4oz. size makes it easy to take with you when you fly or travel anywhere.

HGEFF05	HawkGrips Emollient, fragrance-free, 8oz. jar, 5 jars/cs	\$67.00
HGEFF10	HawkGrips Emollient, fragrance-free, 8oz. jar, 10 jars/cs	\$122.00
HGEFF20	HawkGrips Emollient, fragrance-free, 8oz. jar, 20 jars/cs	\$221.00

Vanilla Fragrance



HawkGrips Emollient, Vanilla fragrance, 8oz. Jar

\$13.50

This professional-grade, water-based, non-staining, vanilla scented IASTM emollient was designed to provide all of the benefits of traditional oil-based emollients. Our unique patent-pending formulation and easy-to-use applicator bottle makes it faster to apply and easier wipe away. The convenient 4oz. size makes it easy to take with you when you fly or travel anywhere.

HGE05	HawkGrips Emollient, Vanilla fragrance, 8oz. jar, 5 jars/cs	\$67.00
HGE10	HawkGrips Emollient, Vanilla fragrance, 8oz. jar, 10 jars/cs	\$122.00
HGE20	HawkGrips Emollient, Vanilla fragrance, 8oz. jar, 20 jars/cs	\$221.00



HawkHydro Emollient, 4oz bottle

\$14.99

This professional-grade, water-based, non-staining, fragrance-free IASTM emollient was designed to provide all of the benefits of traditional oil-based emollients. Our unique patent-pending formulation and easy-to-use applicator bottle makes it faster to apply and easier to wipe away. The convenient 4oz. size makes it easy to take with you when you fly or travel anywhere.

HH05	HawkGrips Emollient, fragrance-free, 4oz. jar, 5 jars/cs	\$68.99
HH10	HawkGrips Emollient, fragrance-free, 4oz. jar, 10 jars/cs	\$129.99
HH20	HawkGrips Emollient, fragrance-free, 4oz. jar, 20 jars/cs	\$229.99



HawkHydro + Emollient, 4oz bottle

\$15.99

HawkHydro+ is professional-grade, water-based, non-staining, fragrance-free IASTM emollient designed to provide all of the benefits of traditional oil-based emollients. Our unique patent-pending formulation and convenient applicator bottle makes it faster to apply and easier to wipe away. With HawkHydro+, you'll enjoy the added benefit of a liquid polymer that leaves a gentle adhesive on the skin ideal for kinesiology taping, braces, and more. The convenient 4oz. size makes it easy to take with you when you fly or travel anywhere.

HHP05	HawkGrips Emollient, fragrance-free, 4oz. jar, 5 jars/cs	\$74.99
HHP10	HawkGrips Emollient, fragrance-free, 4oz. jar, 10 jars/cs	\$139.99
HHP20	HawkGrips Emollient, fragrance-free, 4oz. jar, 20 jars/cs	\$247.99



HawkHydro Emollient, Single Use Packets, 50/cs

\$64.00

HawkHydro is a water-based emollient designed specifically for use with IASTM tools. All of the benefits of the traditional oil-based emollients and none of the mess. HawkHydro is easy to use and wipe away.

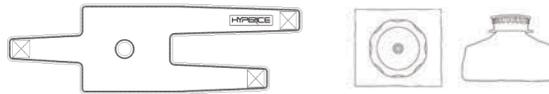


HYPERICE Shoulder Ice Compression Technology

\$99.00

The Hyperice Shoulder is an easy-to-use, portable, two-part cryotherapy device. Combining a plush neoprene wrap and ice cell with a patented air-release valve, the Hyperice Shoulder molds the ice over the front of your shoulder and collar bone area for an optimal “ice cast” treatment.

Designed to treat and/or prevent shoulder pain and inflammation from strains/sprains, rotator cuff tendonitis or injury, shoulder impingement, SLAP tear, or shoulder arthritis.



Available for Right and Left Shoulder.
Sold separately.

Technical Specifications for the Compression Wrap:

- 3mm Premium grade compression neoprene with plush finish
- Non-restrictive design allows for greater range of motion and mobility while icing
- Provides optimal compression while maintaining a comfortable fit
- Machine washable

Technical Specification for the Patented Air-Release Valve Ice Cell:

- Push-button air-release valve enables maximum compression
- Ultra-thin, durable cell “skin” rapidly penetrates ice temperature to targeted area
- Flexible Ice Cell conforms to the body’s contours for maximum coverage
- Antimicrobial cell “skin” prevents the growth of microbes (bacteria, fungi)
- Wide mouth opening makes it easy to load ice
- Anti-leak seal
- Flange collar design locks ice cell into place for stability
- 8” X 8” icing surface area

HYPERICE Utility Ice Compression Technology

\$89.00



10030-001

The Hyperice utility device is composed of two parts that work together as a system to maximize cold and compression to deliver optimal cold therapy. Designed to treat and/or prevent ankle sprain, inflammation from tennis elbow, arthritis, shin splints, wrist sprain, and much more. Throw it in your gym bag and use before or after workouts to help fight inflammation.

Delivers optimal cold to the elbow, wrist, shin or ankle to best experience the benefits provided by cold therapy.



HYPERICE Knee Ice Compression Technology

\$74.99

The Hyperice Knee molds the ice to your knee perfectly for an optimal “ice cast” treatment. Designed to treat and/or prevent knee pain and inflammation from strains/sprains, ACL/MCL/ Meniscus strains or tears, patella tendonitis (jumper’s knee), and runner’s knee.



10010-001



HYPERICE Back Ice Compression Technology

\$109.00

The Hyperice Back is used by top performing athletes all over the world. Lindsey Vonn, Blake Griffin, Hope Solo, and many more rely on Hyperice Ice Compression Technology to prepare, train, recover, and



reach their full potential. Hyperice Back is designed to treat and/or prevent lower back pain, spasms, overuse, or strain.

Delivers optimal cold to the knee to best experience the benefits provided by cold therapy.



10040-001

HYPERICE Hypersphere

\$149.00



Compared to other SMR/ massage balls, the HYPERSPHERE helps to pinpoint and release trigger points faster, deeper, and less painfully using high-intensity vibration. The HYPERSPHERE is portable and only 5" in diameter, which helps to release tension in targeted areas better than any roller.

- Three high-intensity vibration settings
- Can be used to activate, soothe, or loosen muscles/fascia in the: feet, calves, hamstrings, gluteus, hip flexors, shoulders, back, and forearms
- The Hypersphere's high-intensity vibration allows you to release tension and targeted areas deeper than a foam roller
- Dual exterior (silicone grip texture plus dense shell) for optimal sheering



32000-010

HYPERICE Hypervolt

\$349.00



53000-001

The Hypervolt is a cordless state-of-the-art vibration massage device that helps relax sore and stiff muscles to improve mobility. Relieves muscle stiffness and soreness, increases circulation and range of motion, and improves the overall health of the body's soft tissue. Helps relieve muscle soreness and stiffness, promotes circulation, and accelerates warmup and recovery. Lightweight, easy-to-use for self-myofascial release.

- Powerful high-torque motor featuring Quiet Glide™ technology
- 3 speed settings deliver up to 3200 percussions per minute
- Rechargeable lithium-ion battery (Up to 3 hours of use per charge)
- 4 interchangeable head attachments
- Lightweight (2.5 lbs), ergonomic design



HYPERICE Vyper 2.0 Vibrating Fitness Roller

\$199.00

The VYPER 2.0 is the next generation of the world's most powerful vibrating fitness roller. The award winning VYPER 2.0 features 3 speeds of high-intensity vibration and a dual-zone smooth and grooved German engineered exterior. The VYPER 2.0 allows you to warm up, activate, and recover faster and more effectively than any other roller. Used daily by the world's best athletes. Most powerful vibrating roller on the market, maintains its superior amplitude and G-force even when body mass is applied. (6.9, 7.8, and 8.8 G-Force)

Three Vibration frequency levels: 45, 68, 92 HZ • Dual-zoned exterior shell: smoothed and grooved exterior design for a more customized roll • All digital circuitry controls 3 high-intensity vibrating speed settings • Eco-friendly, poly-propylene outer shell transfers maximum vibration • Rechargeable lithium-ion batteries give over 2 hours of use per charge • Travel-friendly, TSA approved as carry-on



31000-001



HYPERICE Venom Shoulder

\$249.00

The Venom by Hyperice is a wearable state-of-the-art technology that combines heat and vibration to effectively warm, loosen, and relax sore and stiff muscles prior to or during physical activity. The Venom is worn by athletes to stay loose before and during practices and games. Equipped with numerous features and benefits, the Venom is a must have product. The Venom is available in back, knee, left shoulder, and right shoulder.

Heat & Vibration Technology

The Venom is equipped with 4 vibration pods that have three levels of vibration for therapeutic relief. The different vibration styles include constant, pulsating, and variation. The Venom is also equipped with nanotechnology that heats up to 160°F within 90 seconds for the best heat therapy experience.

left shoulder



21000-001-21

right shoulder



21000-001-22

Digital Touchscreen Control

The Venom is equipped with a digital touchscreen control where temperature, vibration patterns, and time can all be controlled at the tip of your finger for the most customizable heat therapy experience. In addition to wearing the Venom before physical activity or competition it can also be worn when relaxing at home, at work, before or after a massage treatment, and even on the plane (TSA approved as a carry-on). The Venom is powered by a rechargeable lithium-ion battery that can be used for up to 2 hours in use.

HYPERICE Venom Leg

\$249.00



21000-001-10

The Hyperice Venom line includes the Venom Leg with the same cutting edge, digitally connected technology found in the other Venom wearable products. Combine heat and vibration to warmup, loosen and relax muscles. Can be used on the knee, quad, hamstring, and calf.

- Digital touch screen control
- Nano-technology heat with adjustable temperature levels
- 4 vibration pods with variable sequences
- Powered by a rechargeable lithium-ion battery
- Premium Plush Neoprene

HYPERICE Hypersoothe

\$30.00

Hypersoothe is a lightweight topical cream infused with essential oils and natural plant extracts to soothe the body's muscles and joints. Apply this fresh fragrant topical before or after physical activity, throughout the day, or during a massage treatment.



45000-000-33

- All-natural ingredients
 - Peppermint - Aloe & Nettle
 - Lavender & Chamomile
 - Coconut, Sweet Almond, & Tea Tree Oils

The Original Backnobber® II -Cobalt Blue

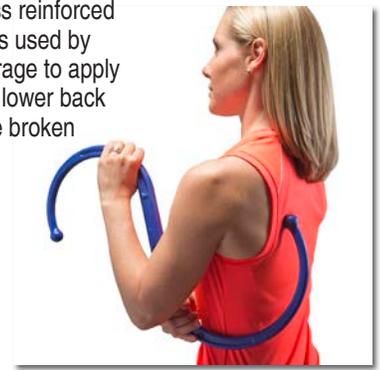
\$29.95



B2COB

The Original Backnobber® II massage tool is constructed of durable, fiberglass reinforced Nylon and carries a full, satisfaction guarantee. The Original Backnobber® II is used by hooking one of its curves over a shoulder or under an arm and using its leverage to apply firm, deep pressure to knots in the muscles of the neck, shoulder, upper and lower back and to nearly any other location where muscle soreness may occur. It can be broken down for easy travel and storage and comes with a fully illustrated 36 page user guide. Proudly Made in the USA.

B2CB	Backnobber® II -Charcoal Black	\$29.95
B2MG	Backnobber® II -Green	\$29.95
B2P	Backnobber® II -Purple	\$29.95



The Original Jacknobber® II -Amethyst Purple

\$8.95



JK2AP

The knobs of the four legs of the Jacknobber® II massage tool can be used in many ways to apply deep pressure to myofascial trigger points and areas of muscle tension. The smaller knobs provide more intense pressure while the larger knobs provide a more diffuse pressure. Use one knob at a time to press deeply into taut bands with embedded trigger points; use two knobs at a time on either side of the spine. Arguably this is the most satisfying and easy to use hand held massage tool available.

JK2RR	Jacknobber® II -Ruby Red	\$8.95
JK2EG	Jacknobber® II -Emerald Green	\$8.95
JK2SB	Jacknobber® II -Sapphire Blue	\$8.95



The Original Index Knobber® II Emerald Green

\$8.95



IK2EG

The Original Index Knobber® II massage tool is a simple device designed to let you apply deep pressure to muscles within easy reach of your hand. It's the ideal instrument for clinic or home use allowing for firm, sustained pressure on targeted muscle. It is as safe and effective at massaging a sore muscle with your own knuckle or thumb. It's unique patented design allows it to be used in several hand positions. Comfortable and interchangeable between hands.

IK2RR	Index Knobber® II Ruby Red	\$8.95
IJK2SB	Index Knobber® II Sapphire Blue	\$8.95
IK2AP	Index Knobber® II -Amethyst Purple	\$8.95





ORBITSB

The Original Orbitmassager® -Sapphire Blue

\$21.95

You can use The Original Orbit Massager® hand held massage tool to give the perfect massage to yourself or to someone you care about. Its ergonomic shape fits perfectly in the palm of your hand while the innovative, gliding action of its freely rotational ball kneads the muscles in the same way the professional massage therapist works to loosen and relax soft tissues.

ORBITEG Orbitmassager® -Emerald Green

\$21.95



VIBRARR

The Original Vibrassager® -Ruby Red

\$17.95

This innovative rolling massager is equipped with two knobbed wheels that actually feel like they vibrate as they are rolled across the back giving a delightful, relaxing massage.

VIBRASB Vibrassager -Sapphire Blue

\$17.95

VIBRAAP Vibrassager -Amethyst Purple

\$17.95

VIBRAEG Vibrassager -Emerald Green

\$17.95



PALMAP

The Original Palmassager® -Amethyst Purple

\$8.95

The Original Palmassager™ is one of the most efficient massage therapy aids available anywhere. Hold it firmly in the palm of the hand and use one, two or three of its round knobs to massage sore muscles.

PALMRR Palmassager® -Ruby Red

\$8.95

PALMEG Palmassager® -Emerald Green

\$8.95

PALMSB Palmassager® -Sapphire Blue

\$8.95



K2RR

The Original Knobble® II -Ruby Red

\$8.95

The Knobble® II massage tool is the new design of the all wood favorite. Made of durable polymer with a band of non-latex, Santoprene, The Knobble® II gives your hand more power when you need it. Use either the tip or the base for applying pressure on yourself or others. The Knobble® II doesn't replace your healing hands- it just helps them do more and last longer.

K2AP Knobber® II -Amethyst Purple

\$8.95

K2EG Knobber® II -Emerald Green

\$8.95

K2SB Knobber® II -Sapphire Blue

\$8.95





UPYA Universal Unweighing System Package (4 point adapter & suit)

\$1,798.00

Movement is life and we move with you!

The UPYA Universal Adapter and Suit System is an economical entry and/or addition to the capabilities of virtually any commercially available lifting/unweighing/support system.

Every aspect of the system is designed to allow the user freedom of motion both laterally and A/P while still being supported and/or unweighed. The Universal Adapter's ability to connect to a lifting/unweighing/support system changes the format from a binding one or two point connection, to a four point connection which, coupled with the articulating arms, provides the user with the most safe, secure, comfortable and natural experience possible.

The UPYA SYSTEM is highlighted by the suit. It is incredibly fast and easy to put on, adjust, and take off. The material is both durable and flexible (no chafing), highly adjustable and the construction provides comfort for both men and women.

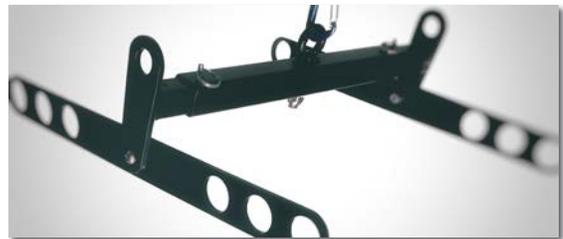
The UPYA system solves/eliminates all the issues related to two point connections that impede natural movement, cause user discomfort associated with buckles and straps and the various other issues presented with traditional harness products.

UPYA-001 UPYA Universal Unweighing System 4 Point Adapter

\$1,199.00

The Adapter Provides:

- 4 points of connection
- 360 degree range of motion
- Lateral and A/P movement
- Unlimited adjustment
- Light and built to last
- Easy clinician access to patient



UPYA-002 UPYA Universal Unweighing System Suit

\$599.00

The Suit is:

- Easy to get on and off (Huge time saver)
- Unparalleled Comfort (No pinching due to lifting from thighs, waist and bottom)
- Durable and easily to clean and maintain
(Treated with anti-microbial Silvadur, machine washable on cold with light detergent / air dry)
- One size fits 90% of the adult population. (Bariatric and pediatric in development)

BTrackS™ Balance Tracking System



The Balance Tracking System (BTrackS™) enables health professionals to assess balance and posture by administering validated, computerized tests using gold-standard force plate technology. BTrackS™ is used for fall risk analysis, balance improvement programs, concussion management, Medicare wellness, chiropractic care, physical therapy and balance research. Assessments are completed in minutes and testing results are compared to normative data. Since being introduced in 2014, BTrackS™ has set a new standard for accurate, reliable and affordable balance testing.



SBS30	Plate + Sport Balance SW -Balance Testing and Percentile Ranking	\$1,299.00
ABS70	Plate + Assess Balance SW -BBT/Posture/Fall Risk/Percentile/Training	\$1,699.00
ABS90	Plate + Assess Balance SW with CTSIB Test and Foam for Plate	\$2,099.00

Tapes & Vacuum Massage



6D5M	6D TAPE -Active Six Dimensional Handle Tape -5 Meters	\$42.00
6D1M	6D TAPE -Active Six Dimensional Handle Tape W/ Manual -1 Meter	\$14.00



6D5M

The 6D Tape physiotherapeutic handletape is designed for physio- and lymphatic therapy, as well as self-administered care. In addition to physio- and lymphatic therapy, it can also be combined with massage and fascial therapy techniques. Activate the lymphatic system and generate an increase in circulation with the 6D Tape. Can be used for self-administered care to speed up healing between and after professional treatment sessions.

Lift, twist, spin, stretch and push – and it stays on your skin for up to ten days

What makes 6D Tape different in comparison with kinesiologic tapes? The unique handles enable the therapist or the patient to mobilize the tissue in six dimensions. With the handles you can lift, twist, spin, stretch and push the tissue. You can keep 6D Tape on the skin for up to ten days and take a shower, swim or go to a sauna with it.

6D Material

The base material is unique, and skin-friendly kinesiology tape. The kinesiology tape is made of 100% cotton. It imitates the features of the skin. The material is breathable and water-resistant. The base material is elastic with 130-140% stretchability. The handle material is non-elastic.

6D Touch

The unique adhesive technology is skin sensitive. The acrylic adhesive is strong, hypoallergenic, and latex-free. The adhesive is activated with a gentle rub, and the bond reaches its maximum strength in 15 minutes.

Tape Dimensions: 48 mm X 5 m / 1.9" X 16.4' 6D Tape has CE Class 1 Medical Registration in Europe according to Medical Device Directive MDD 93/42/EEC

6D ACTION Vacuum Massager

\$1,995.00

6D Action Massager is a vacuum based, i.e. negative pressure-based massage device, and can also be used as an aid for physiotherapy and lymphatic drainage therapy.

This vacuum massager allows both continuous and pulsating vacuum suction and does not require special preparation as the treatment is applied to the bare skin. Moderate application of oil or massage cream may allow the treatment head to glide more smoothly on the skin. Avoid excessive use of oil or massage cream.

- **Pulsation vacuum**
Pulsation vacuum mode on the treated area
- **Combined with lift/twist**
Continuous or pulsation vacuum mode on the treated area combined with lift/twist
- **Combined with gliding**
Continuous or pulsation vacuum mode on the treated area combined with gliding

6DAD



The device package includes the main unit, vacuum cable with filter, 6 treatment heads in different sizes, roller treatment head with filter, power cable and carrying bag.



Proven, Powerful, Safe and Effective

Multi Radiance Super Pulsed Lasers use innovative technology to deliver light energy to tissue, which reduces pain and increases circulation.

Cascading Energy Effect™ Multi Radiance Super Pulsed Lasers combine three clinically proven wavelengths to create the Cascading Energy Effect™, allowing for deeper

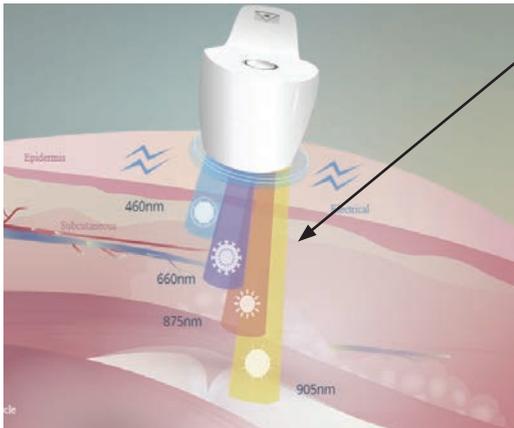
Super Pulsing is the Key to Multi Radiance Technology

Super pulsed infrared laser (905 nm) GaAS is the essential component of Multi Radiance Medical technology. Multi Radiance Medical super pulsed lasers deliver billionths-of-a-second pulses, combined with up to 50,000 mW of peak power for a higher concentration of light energy, or photons, driven deeper into the target tissue without any risk of overheating.

Super pulsing allows for deeper penetration than a laser of the same wavelength that is not super pulsed but has the same average output power. This is because short pulses allow for quick absorption. In addition, the period between pulses promotes a better environment for optimal pain relief.

Stay In the Game

Spend more time in the game and less time in recovery with Multi Radiance Medical's exclusive Super Pulsed Laser technology. Whether you treat high school, college or professional athletes, Multi Radiance Laser provides athletes with a convenient, comfortable, and portable tool for treatment in the training room, on the field, or on the road.



MR4 Pro Sport Package™

\$19,995.00

The MR4 PRO Sport Package features the cordless MR4 ACTIV, the LaserStim™ Emitter, and the LaserShower™ Emitter. You'll also get a set of LaserPuncture Trigger Point Probes for targeted treatment in small areas. This versatile package combines three of our most popular super pulsed lasers to give your athletes or patients safe, fast and drug-free pain relief in the clinic, on the road, or on the field.



PainAway POST-OP™ Portable Personal Use Laser (with case)

\$2,995.00

The cordless, portable PainAway Post-Op™ laser provides temporary pain relief and enhanced post-operative care for patients in the comfort of home. Busy patients will love the easy-to-use pre-programmed settings and the convenience of continuing a series of treatments on their own time. The PainAway PostOp™ consists of a multi-wavelength, synchronous multi-light source PBM device that incorporates a Super Pulsed Laser (GaAs 905 nm), and ultra-bright infrared and red LEDs (875 nm and 640 nm).

- 15W peak super pulsed power
- Convenient and portable
- Rechargeable battery (8 hours of use)
- Easy to use
- FDA Cleared for patient use at home under doctor direction
- Reduces pain, minimizes patient exposure to opioids
- Promotes microcirculation
- Accelerates recovery



TQ SOLO™ Portable Personal Use Laser (with case)

\$2,495.00

Treat pain anytime, anywhere with the portable TQ Solo personal use laser. Our most popular laser features 15W of peak super pulsed power and has 3 easy-to-use preset frequencies to help manage pain.

- 15W peak super pulsed laser power
- Compact and lightweight
- 3 preset frequencies
- Cordless
- Rechargeable battery with 8 hours of continuous use
- Compatible with optional acupuncture & muscle trigger probes

Multi Radiance has a comprehensive line of products and packages.

If you don't find what you are looking for, please call us for additional information.

You Give Your Clients The Best Care ... Now Offer Them The Best Products!



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Let us build you a branded storefront! Provide your clients easy access to a huge inventory of carefully curated physical therapy and training products.



Don't worry, we do all the heavy lifting!

We take care of everything. All we need is your logo and we're ready to go. We handle shipping, customer service and everything in between.

Another way to build trust with clients

Be a trusted resource for your clients. We make it simple and easy to find and purchase hundreds of quality products that have been clinically tested and proven.

ZERO Cost to you!

There is no cost for set up and no monthly fee. It is absolutely FREE.

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