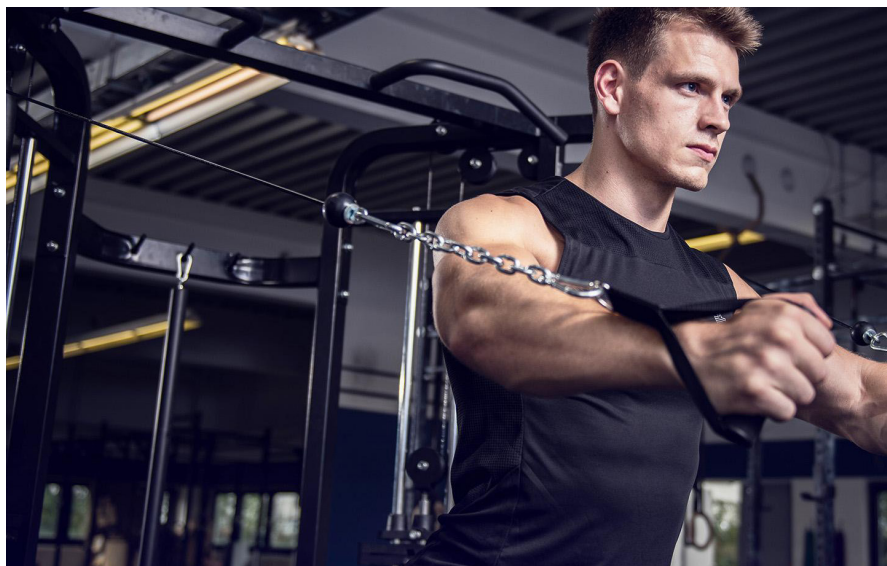
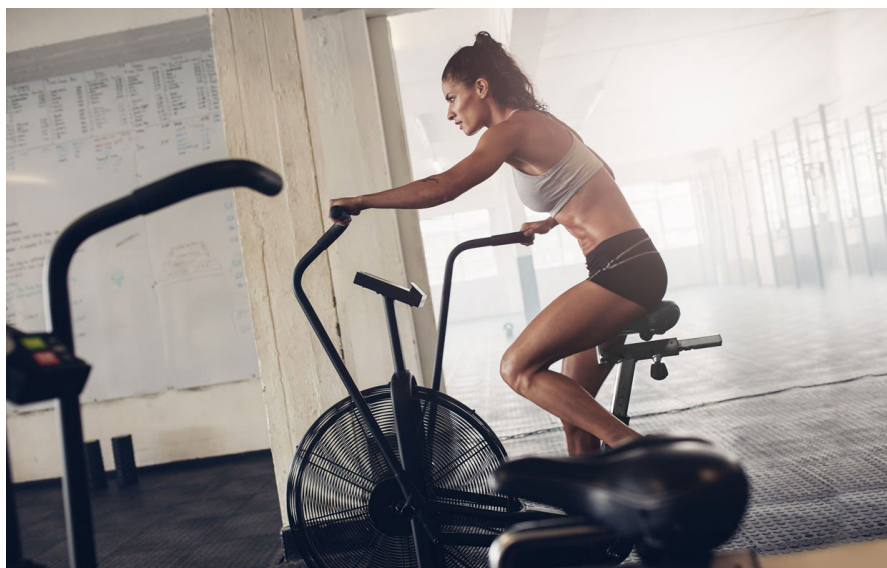


CARDIO · STRENGTH · THERAPY · ACCESSORIES



BROWSE OUR RANGE

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TREADMILLS

Arc Treadmill

TMARC

- Light & Compact
- Easy storage
- Great for walking
- 10km/h Max Speed
- 1.0 CHP H1 Motor



 Foldable for Easy Storage



Pursuit 2 Treadmill

TMPURSUIT

- 14km/h Max Speed
- 1.5 CHP EverDrive® H2 Motor
- 125cm x 42cm Running Deck
- 3 Level Manual Incline
- ShockControl™ Cushioning



Reformer Treadmill

TMREFORMER

- 0.3 to 14km/h Speed Range
- 1.75 CHP EverDrive® H3 Motor
- 120cm x 40cm Running Deck
- 12 Level Automatic Incline
- Designed for rehab, seniors or walkers



Treadmill Mat 2.0m

MATTREADMILL

- Protects your equipment and floor
- 200cm x 100cm (L x W)
- 4mm thick



Silicone Spray

SILSPRAY




Lubricate your treadmill running deck or other moving components with our recommended multi-purpose silicone spray. Food grade, Aerosol form with extending tube for easy reach.

- 300g NET / 509ml



MORE THAN JUST A TREADMILL

With an integrated 7" TFT LCD Colour Display, workouts will no longer feel like a chore. Pump your favourite tracks or play videos to keep yourself entertained and coming back for more.

-  7" WSVGA TFT 1024 x 600 LCD Screen
-  AUX 3.5mm or USB Plug-in* for Music Playback
-  USB Plug-in* for Video Playback

NOW AVAILABLE ON THE
BOOST-R AND APEX



Boost-R Treadmill

TMBOOSTR

- 18km/h Max Speed
- 2.0 CHP EverDrive® H5 Motor
- 130cm x 45cm Running Deck
- 18 Level Automatic Incline
- ShockControl™ Advanced Cushioning
- MP3 Playback



Apex Treadmill

TMAPEX

- 18km/h Max Speed
- 2.5 CHP EverDrive® H6 Motor
- 140cm x 51cm Running Deck
- 18 Level Automatic Incline
- ShockControl™ Advanced Cushioning
- MP3 Playback



Torque 3 Treadmill

TMGOLD2-H

- 18km/h Max Speed
- 3.0 CHP EverDrive® H7 Motor
- 145cm x 51cm Running Deck
- 18 Level Automatic Incline
- ShockControl™ Advanced Cushioning
- MP3 Playback

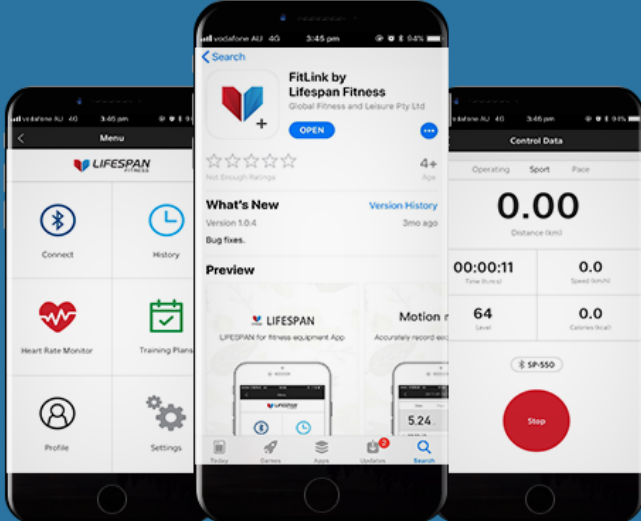
POLAR
HEART RATE CONTROL




Corsair Freerun 200 Curved Treadmill

TMCORSAIRFR200

- Magnetic Free-run System
- No limitations on speed
- 6 Modes of Magnetic Resistance
- 160cm x 48cm Running Deck
- LCD Display



The image shows three smartphones displaying the FitLink app interface. The left phone shows a menu with options like 'Connect', 'History', 'Heart Rate Monitor', 'Training Plans', 'Profile', and 'Settings'. The middle phone shows the app's main screen with a search bar, 'FitLink by Lifespan Fitness' logo, and a 'What's New' section. The right phone shows a 'Control Data' screen with a large '0.00' display and various workout metrics.





FitLink


Now Available

Sync, record and manage your workout data on your phone.*

See website for products compatible with FitLink

 GET IT ON
Google Play

 Download on the
App Store

 **Apple Health
Compatible**

*Compatible with Android or IOS devices

Viper M3 Treadmill

TMVIPERM3

- 20km/h Max Speed
- 3.0 CHP EverDrive® H7 Motor
- Adv. Running Deck (150cm x 52cm)
- 22 Levels of Automatic Incline
- BONUS Polar Chest Strap
- PAFERS Bluetooth Technology
- ShockControl™ Advanced Cushioning

Experience the cutting edge of running tech with the high-performance Viper M3. This luxe fitness machine with serious training capabilities features the 3.0 CHP EverDrive H7 Motor, an LCD Colour display stacked with features and an impressive 22 levels of automatic incline.

Viper M3 is FitLink Compatible meaning you'll be able to track your workout on your phone and save all your workout data in one secure location. Available for download for Free on iOS / Android.

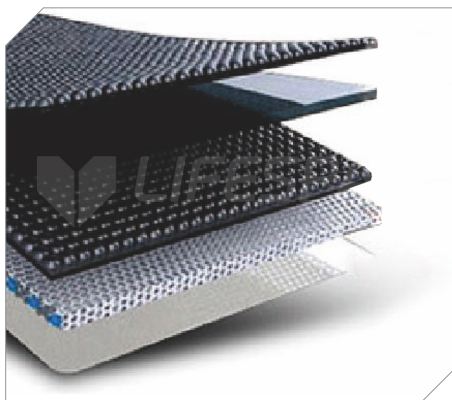
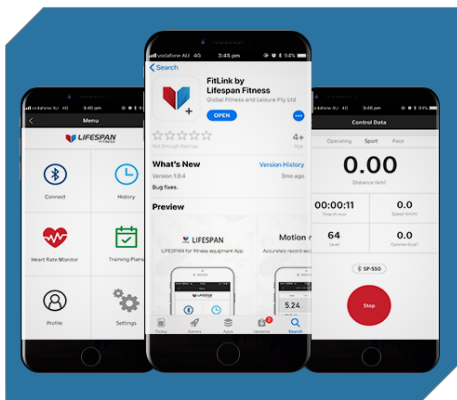
Assembled Size:
195cm x 88cm x 150cm (L x W x H)



POLAR
HEART RATE CONTROL

 **FitLink**

SHOCKCONTROL™
ADVANCED CUSHIONING



Take control of your Lifespan Fitness product with the FitLink app to undertake a variety of training plans, and save all your workout data in one secure location. Pair with Apple Health and your personal heartrate tracker to compile a complete list of statistics about your health and wellbeing.

Featuring a ultra thick PentaLayer™ Commercial running belt that is designed to last longer than your standard treadmill belt. 5 layers to provide superior grip, noise reduction and essential shock absorption during use.

The ShockControl™ System provides a balance of cushioning and stability for a better quality workout. This system of integrated support is provided by the combination of suspension points, an impact reducing running board and integrated incline motor.

Everest Treadmill



Ultimate Calorie Burner

Up to a true 22% incline and 6% decline

Get the ultimate calorie burn and intensify your workout by cranking up the automatic incline to a whopping 22% true incline (Level 20) at the push of a button. It doesn't take long until you'll feel the burn on the Everest. Simulate down-hill environments and target a different muscle group with a 6% decline.



TMEVEREST

- 24km/h Max Speed
- ShockControl™ Advanced Cushioning
- 4.0 CHP EverDrive® H8 Motor
- 155cm x 51cm DuraGrip® Ultra Running Belt
- 20 Levels Automatic Incline
- 6 Levels Automatic Decline
- Compatible with FitLink App
- 155cm DuraGrip® Ultra Running Belt

Assembled Size:

178cm x 91cm x 179.5cm (L x W x H)



Marathon Treadmill

TMMARATHON

- 20km/h Max Speed
- 3.0 CHP AC EverDrive® H7 AC Motor
- Huge 152cm x 56cm Running Deck
- 20 Levels of Automatic Incline
- Full Colour 15.6" LCD Display
- Interactive Display with Workout Programs
- Screen Cast function with Android/iOS
- WiFi Connectivity
- Fitlink App Compatible

The ultimate Treadmill, the Marathon delivers a top of the range running experience with robust commercial components coupled with an intelligent display system on an impressive 15.6" LCD Display. Cutting edge technology allows you to play videos and music, or even cast content from your smart device onto your screen from a smart device or simply keep you entertained on your journey.

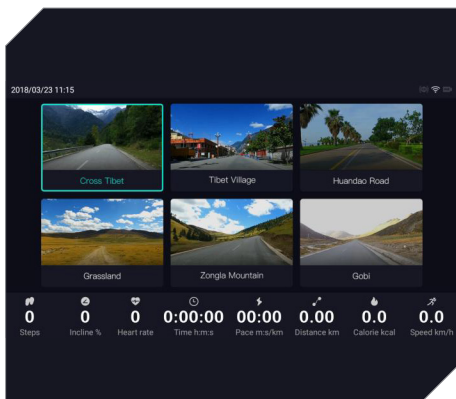
Assembled Size:
196cm x 89cm x 156 cm (L x W x H).



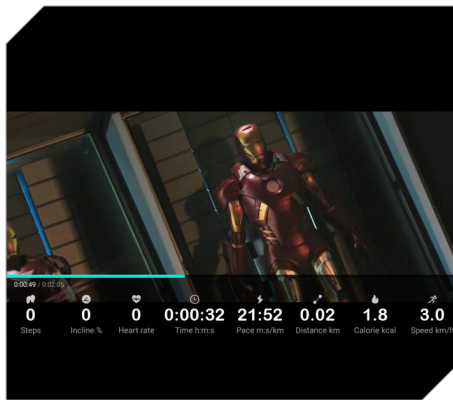
POLAR
HEART RATE CONTROL

EverDrive
AC MOTOR

SHOCKCONTROL[™]
ADVANCED CUSHIONING



Exercise indoors and see the world. Simulate any of Marathon's preset environments to give you the real outdoor running feel.



Experience the full colour 15.6" LCD display of the Marathon and play or cast any of your favourite videos and music.



With Marathon's Screen Cast function, Stream your favourite entertainment or work-out video at a push of a button.

*Please check with us for compatibility

WORK STATIONS

01 Walkstation B Treadmill

TMWALKSTATIONB

Our Walkstation B offers a flexible and versatile treadmill base and console unit to fit under your standing desk.

- 0.8 - 8km/h Speed Range
- 2.25 CHP EverDrive® H6 Motor
- 140cm x 51cm Running Belt
- Wired Desktop Controller

02 Ergo Standing Desk

ERGODESK

Our Ergo Standing Desk is designed as a versatile work station to be used in all types of office or home applications.

- 100cm to 135cm Adjustable Height Range
- Table Cord Grommet
- 110cm x 60.5cm (L x W) Desktop
- Table Load Capacity of 80kg



Cyclestation

CYCLESTATION

Our portable and versatile cyclestation allows you to exercise anywhere.

- 8 levels adjustable tension
- 2.5kg Magnetic Flywheel
- Extendable LCD Monitor to show stats
- Fits under desks



UPRIGHT EXERCISE BIKES

EXER-58 Exercise Bike

EXER58

- Manual Magnetic Resistance
- 8 Level Adjustable Tension
- Quiet Belt Drivetrain
- 4-way Saddle Adjustment
- Wide Comfort Saddle



EXER-60H Exercise Bike

EXER60H

- Dual Motion Cardio Bike
- Manual Magnetic Resistance
- 8 Level Adjustable Tension
- Quiet Belt Drivetrain
- 4-way Saddle Adjustment
- Wide Comfort Saddle



EXER-80 Exercise Bike

EXER80

- Automatic Magnetic Resistance
- 16 Level Adjustable Tension
- Quiet Belt Drivetrain
- 4-way Saddle Adjustment
- Wide Comfort Saddle
- Integrated Speakers
- USB Charging



EXER-90H Exercise Bike

EXER90H

- Dual Motion Cardio Bike
- Exponential Air Resistance
- 25" Diameter Steel Fan
- Commercial Chain Drivetrain
- 4-way Saddle Adjustment
- Wide Comfort Saddle



ROWING MACHINES

ROWER-442 Rowing Machine

ROWER442

- Manual Magnetic Resistance
- 12 Level Adjustable Tension
- LCD Monitor
- Foldable for Easy Storage
- Contoured Comfortable Seat



ROWER-605 Rowing Machine

ROWER605

- Automatic Magnetic Resistance
- 16 Level Adjustable Tension
- Maximum of 39kg/f Resistance
- LCD Monitor with workout programs
- BONUS Polar Chest HR Strap
- Pace & Distance stats available
- Folds up for storage

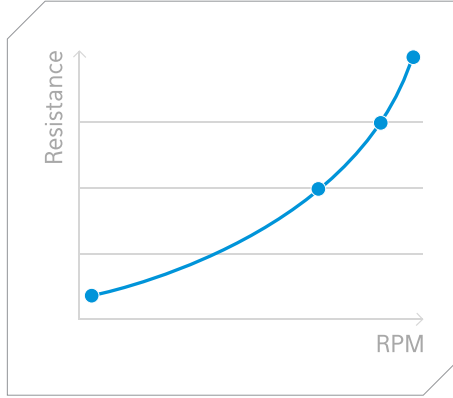


WHY WATER RESISTANCE?



Smooth Rowing Action

The Water Resistance Rower's water chamber allows for exceptionally smooth & consistent rowing. The system allows for zero delay in resistance, you'll feel a smooth and consistent row right from the first stroke. No jerking or jarring to ruin your rhythm or make your workout unpleasant.



Exponential Resistance Curve

Similar to on-water rowing, the resistance is determined by the amount of effort placed in each row. Row harder and you'll go faster, row easier and you'll go slower. Exponential and dynamic resistance to suit to any fitness level.



Realistic Rowing Feel

In order to replicate the feel of a rowing scull pushing through water, our Water Resistance Rower comes with a water filled chamber coupled with an impeller that spins and pushes water around. This system offers the closest experience and feel to on-water rowing for an excellent workout or training session.

ROWER-700 Water Resistance

ROWER700

- Smooth & Exponential Resistance
- Realistic Water Rowing Feel
- LCD Monitor
- Speed and Time stats available
- Folds up for Storage

Assembled Size:

220cm x 55cm x 50cm (L x W x H)



ROWER-800 Water Resistance

ROWER800

- Smooth & Exponential Resistance
- Realistic Water Rowing Feel
- Built to withstand commercial environments
- LCD Monitor
- Pace & Distance stats available
- Folds up for storage

Assembled Size:

207cm x 56cm x 48cm (L x W x H)



ROWER-810



ROWER-445 - ASK BLISSY FOR FINAL PICS

ROWER750



SPIN BIKES

SP-330 Spin Bike

SP330

- Unlimited Resistance
- 13kg Cast Iron Flywheel
- Chain Drivetrain
- Enclosed Flywheel for safety
- LCD Monitor



SP-460 Spin Bike

SP460

- Unlimited Resistance
- 18kg Cast Iron Flywheel
- Chain Drivetrain
- LCD Monitor with RPM
- Pulse Sensors



SP-550 Spin Bike

SP550

- Unlimited Resistance
- 18kg Cast Iron Flywheel
- Quiet Belt Drivetrain
- LCD Monitor with RPM
- Pulse Sensors



SP-870 M2 Spin Bike

SP870M2

- Unlimited Resistance
- 25kg Carbon Steel Flywheel
- Quiet Belt Drivetrain
- Commercial Crankset
- Commercial Frame
- LCD Monitor with RPM
- Pulse Sensors



SP-960 Spin Bike

SP960

Assembled Size:

131cm x 61cm x 115cm (L x W x H)

POLAR
HEART RATE CONTROL
(Strap sold separately)



Alloy Frame Components

Designed to exceed commercial quality standards, the SP-960 features precision cut alloy frame components. These result in seamless seat and handlebar adjustments, that will also not rust in high moisture environments.



SilentDrive™ System

Enjoy a smooth, quiet ride. Designed to be extra durable, belt drive systems require less maintenance and are virtually noiseless: perfect for homes or gyms.



TrueSpin™ Precision Flywheel

All TrueSpin™ flywheels are precision balance tested against stringent standards. This allows for smoother rides, minimizes flywheel knocking noises and prolongs bearing & axle life.

MAGNETIC SPIN BIKES

SM-100 Spin Bike



* Magnetic resistance do not wear out and require replacement like regular friction pads

SM-400 Spin Bike

SM400

- Adjustable Magnetic Resistance
- 18kg Cast Iron Flywheel
- Quiet Belt Drivetrain
- LCD Monitor with RPM
- Pulse Sensors
- Maintenance Free*



Velo Plush Seat

SEATVELO

- Comfortable alternative to a standard sport saddle.



Equipment Mat 1.5m

MATEXEREQUIP

- 150cm x 100cm (L x W)
- 4mm thick
- Protects your equipment and floor



RECUMBENT BIKES

RC-81 Recumbent Bike

RC81

- Magnetic Resistance
- 8 Level Adjustable Tension
- Ergo Comfort Mesh Seat
- Adjustable Seat Length
- Quiet Belt Drivetrain
- LCD Display
- Pulse Sensors

 TABLET HOLDER



RC-300 Recumbent Bike

RC300

- Automatic Magnetic Resistance
- 16 Level Adjustable Tension
- Ergonomic Comfort Mesh Seat
- Quick-Release Lever Seat Adjustment
- Quiet Belt Drivetrain
- LCD Display
- Pulse Sensors

POLAR
HEART RATE CONTROL

 TABLET HOLDER



ELLIPTICAL CROSS TRAINERS

X-03 Cross Trainer

X03

- 2-in-1 Hybrid
- Cross Trainer & Exercise Bike
- Adjustable Mechanical Resistance
- 28cm Elliptical Stride
- LCD Display
- Adjustable Seat Height
- 2lb & 3lb Dumbbells
- Resistance Bands
- Pulse Sensors



X-18 Cross Trainer

X18

- Manual Magnetic Resistance
- 8 Level Adjustable Tension
- 33cm Elliptical Stride
- Quiet Belt Drivetrain
- LCD Display
- Pulse Sensors



X-22 Cross Trainer

X22

- Automatic Magnetic Resistance
- 16 Level Adjustable Tension
- 36cm Elliptical Stride
- Quiet Belt Drivetrain
- LCD Display
- Pulse Sensors
- 24 Workout Programs



X-41 Cross Trainer

X41

- Automatic Magnetic Resistance
- 16 Level Adjustable Tension
- 46cm Elliptical Stride
- Quiet Belt Drivetrain
- LCD Display
- Pulse Sensors
- 18 Workout Programs
- Integrated Speakers (AUX Plug-in)

 TABLET HOLDER



XT-38 Cross Trainer

XT38

- Front Wheel Drive Elliptical
- Automatic Magnetic Resistance
- 16 Level Adjustable Tension
- 46cm Elliptical Stride
- Quiet Belt Drivetrain
- LCD Display
- Pulse Sensors
- 21 Workout Programs



XT-44 Cross Trainer

XT44

- Front Wheel Drive Elliptical
- Automatic Magnetic Resistance
- 24 Level Adjustable Resistance
- Dynamic Air Resistance
- 52cm Stride Length
- Quiet Belt Drivetrain
- LED Display
- Pulse Sensors
- Wireless Heartrate Monitor Compatible
- 12 Pre-Set Workout Programs
- Integrated Speakers



Special Order Only.
Call 1300 169 600 for more information.

XT-45 Cross Trainer

XT45

- Front Wheel Drive Elliptical
- Automatic Magnetic Resistance
- 32 Level Adjustable Resistance
- 51cm Stride Length
- Automatic Incline
- Quiet Belt Drivetrain
- Wireless Heartrate Monitor Compatible
- 12 Pre-Set Workout Programs
- Integrated Speakers
- LED Display
- Pulse Sensors

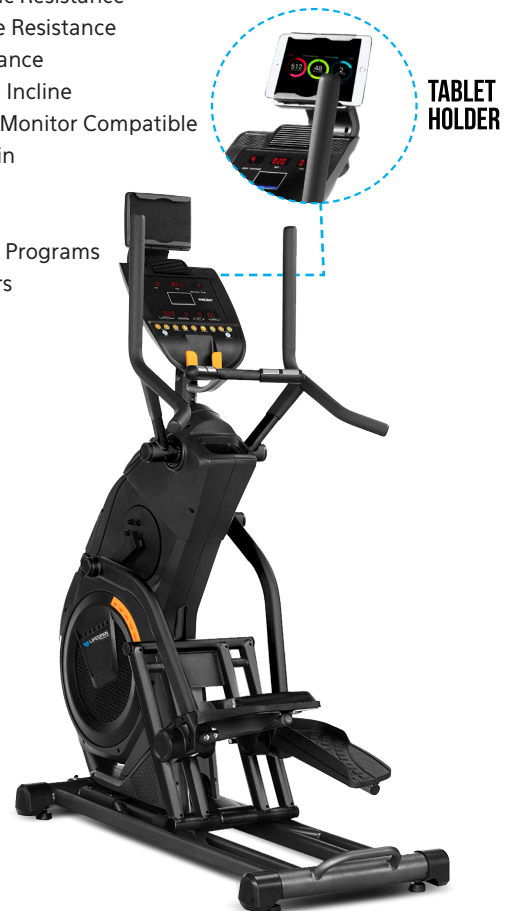


Special Order Only.
Call 1300 169 600 for more information.

ST-13 Stepper

ST13

- Automatic Magnetic Resistance
- 24 Level Adjustable Resistance
- Dynamic Air Resistance
- 15 Level Adjustable Incline
- Wireless Heartrate Monitor Compatible
- Quiet Belt Drivetrain
- LED Display
- Pulse Sensors
- 12 Pre-Set Workout Programs
- Integrated Speakers



Special Order Only.
Call 1300 169 600 for more information.

Wireless Heart Rate Monitor

CHESTSTRAPG1

- Compatible with 5.3khz Frequency Devices
- Fasten Securely
- Greater Accuracy



Polar T34 Wireless Heart Rate Monitor

CHESTSTRAPPOLAR

- Compatible with 5.3khz Frequency Devices
- Fasten Securely
- Greater Accuracy



Rubber Gym Floor Mat 15mm

MATGYM15

- Protects Flooring & absorbs vibrations
- 100cm x 100cm (L x W)
- 15mm thick*
- 860kg/m3 Density

*Thickness may vary due to manufacturing & curing process. Speak to us for more details.



Equipment Covers

Our covers are great for keeping dust and unwanted debris away from your fitness equipment.

- Made from reliable polyester fabric.
- Resistant to most chemicals, stretching and shrinking, wrinkle resistant, mildew and abrasion resistant.



Equipment Covers	Measurements (L x W x H)
Universal S/M Treadmill Cover TMCOVER-S	100cm x 59cm x 146cm
Universal L/XL Treadmill Cover TMCOVER-L	120cm x 8.5cm x 160cm
Universal Exercise Bike Cover COVEREB	105cm x 57cm x 148cm
Universal Spin Bike Cover COVERSB	130cm x 52cm x 125cm
Universal Cross Trainer Cover COVERCT	145cm x 58cm x 172cm
Universal Recumbent Bike Cover COVERRB	170cm x 67cm x 110cm

EXERCISE BENCHES

Adjustable Roman Chair

BENCHROMANCHAIR

- Adjustable Roman Chair
- Target Hamstrings, Abdominals, Lower back muscles
- Adjustable Incline Angle
- Adjustable Height
- Comfortable Thick Padding



BN-6 Bench

BENCHBN6

- Fully Adjustable Bench with 6 Levels (Flat, Incline, Decline)
- Adjustable Seat Height (2 Levels)
- Modular Attachments for Dip / Chin Ups
- High Density Padding

BENCHBN6-SET

- Set includes Chin up Attachment and Dip attachment



MF-4000 Bench

BENCHMF4000

- Extendable & Reversible Barbell Holder
- Adjustable Angle (Flat / Incline)
- Adjustable Leg Rollers
- High Density Padding

MF-4000 + 120kg Weight Set Package

BENCHMF4000+120KG

- Includes MF-4000 Bench
- Includes 120kg Standard
- Cast Iron Weight Set



*Weights & Bar Not Included

LEG PRESS & POWER SLEDS

LP-1 Vertical Leg Press

STATIONLP1

Compact Leg-Press compatible with Olympic & Standard Weight Plates.

- Adjustable Safety Pins
- High Density Padding



Commercial Power Sled with Harness

POWERSLEDC1

- Commercial Steel Frame
- Push or Pull workouts
- Low & High Position Handles
- Compatible with Olympic Weights
- Includes Harness



POWER RACKS, TOWERS & GYM STATIONS

PT-1 Power Tower

POWERTOWERPT1

Versatile 4-way Power Tower for a big range of exercises.

Great for:

- Dips
- Vertical Knee Raises
- Chin Ups / Pull ups
- Push ups



PTX-100 Power Tower

POWERTOWERPTX100

Great 2-in-1 tower with a 4-way power tower and in-built foldable flat or decline bench.

- Adjustable J-Hooks for Bars & Barbells
- Leg Rollers for Ab workouts

Great for:

- Dumbbell / Barbell Workouts
- Ab Crunches / Sit-ups

*Weights Included



SR-1 Squat Rack

SQUATRACKSR1

Our Squat Stands are great for barbell bench press, back & front squats, shoulder press and more.

- Adjustable J-Hooks / Safety Spots
- Adjustable Stand Width
- Can be used for Dips



SR-2 Squat Rack

SQUATRACKSR2

Solid, strong, and tall 1.8m Squat Rack. Perfect for squats, bench press, military shoulder press, and many more.

- Adjustable J-Hooks
- 40cm Safety Spots
- Resistance Band Pegs

*Weights & Bar Not Included



PR-2 Half Rack

POWERACKPR2

Versatile Half-Rack designed for Olympic & Standard Barbells.

- Adjustable J-Hooks / Safety Spot Bars
- Adjustable Dip Attachment
- Wide Grip Pull Up Handles
- Resistance Band Pegs
- 4 x Weight Storage Sleeves
- 2 x Olympic Barbell Storage Slots



*Weights & Bar Not Included

PR-3 Power Rack

POWERRACKPR3

Multipurpose Full-Rack, great for a huge variety of exercises like bench press and squats.

- Adjustable J-Hooks / Safety Spot Bars
- Adjustable Dip Attachment
- Resistance Band Pegs
- Fat and Skinny Interchangeable Chin-Up Bars
- Precision Hole Configuration
- 25mm Hole Spacing in Bench Press section
- 50mm Hole Spacing in Squat/Overhead Press Section



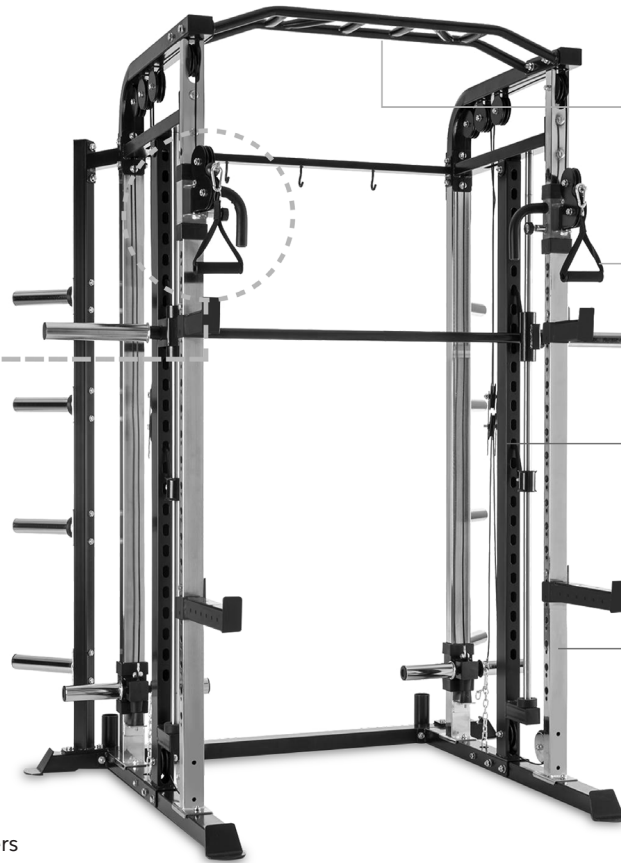
*Weights & Bar Not Included

GS10 Multi-functional Smith and Cable Machine

ALL IN ONE ULTIMATE GYM SYSTEM



Adjustable Cable Cross-over



Pull Up Bar

Adjustable Cable Machine

Integrated Smith Machine

Integrated Half Rack

STATIONGS10

- Height adjustable cable pull
- 30/50mm weight plate compatibility
- Olympic sized Smith Machine Barbell
- Two adjustable J Hooks & safety spotters
- Multi-grip positioning on chin-up bar
- Weight Plate storage & attachment holders
- Multifunctional rack with chin-up and cable exercises

Assembled Size:
185cm x 155cm x 225cm (L x W x H)

CORTEX

GS6 Multi Gym Station

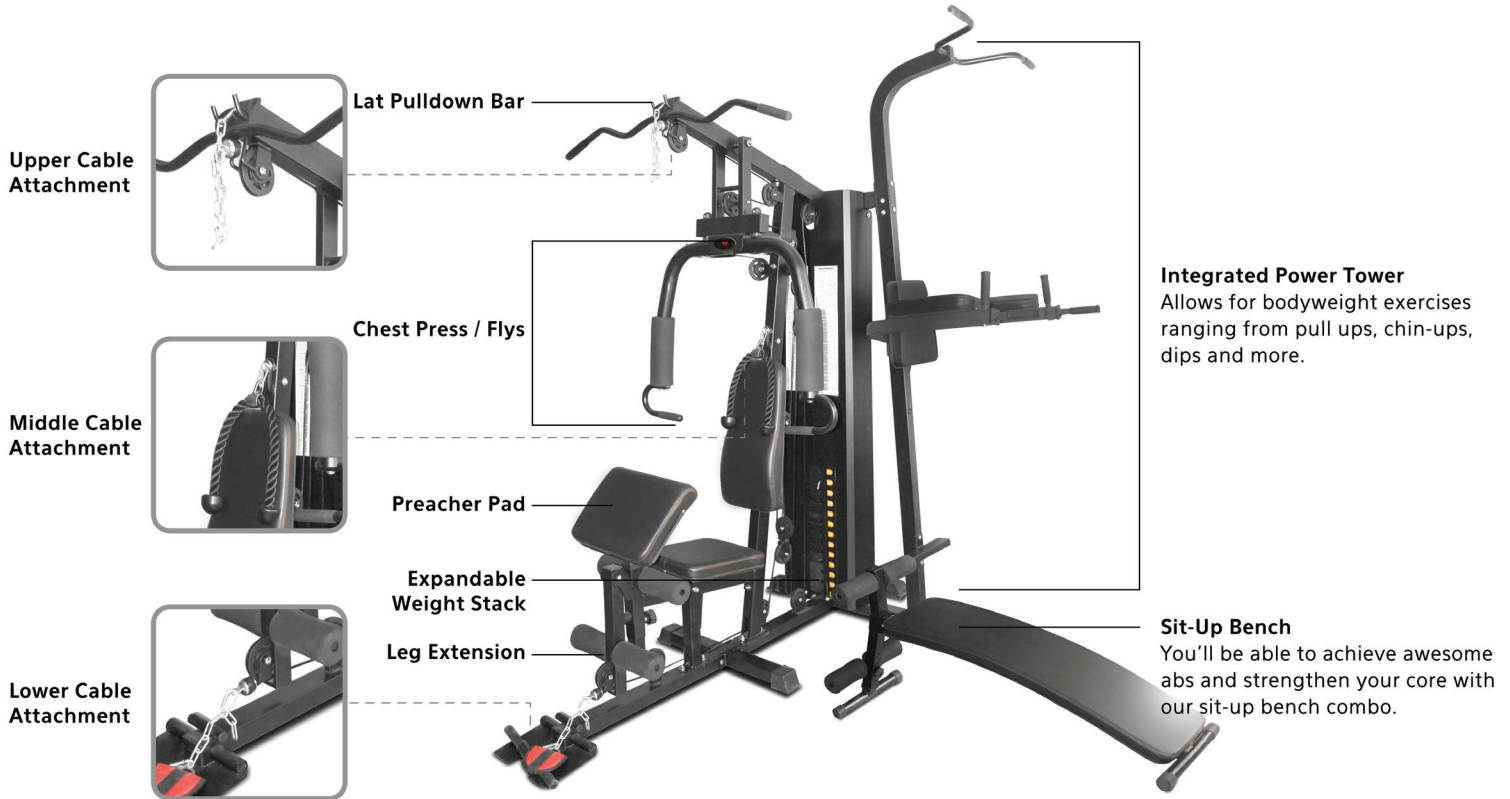
STATIONGS6

- 38+ exercises for a full body workout
- 78kg Weight Stack (Expandable)
- Height Adjustable Seat & Preacher Pad
- Workout Diagram Chart provided
- 2000lb Tensile Strength Cables
- 5 Standard Attachments included
- Free-standing & foldable Ab bench
- Integrated Power Tower

Assembled Size:

211cm x 163cm x 248cm (L x W x H)

Package	Includes
SS2 Single Station STATIONSS2	Lat Pulldown Bar, Curl Bar, Tricep Rope, Single Handle and Ankle Straps included
GS6 Pro Gym Package STATIONGS6-PRO	GS6 Multistation MF-4000 Bench
GS6 Ultimate Gym Package STATIONGS6-ULTIMATE	GS6 Multistation MF-4000 Bench 103kg Upgraded Weight Stack



*Weight Stack can be purchased additionally

Attachments

	Close Grip V Handle ATTACHVTRIANGLE
	D Bar ATTACHDBAR
	Lat Pulldown Bar ATTACHLATPULLDOWNBAR

	D Stirrup Handle ATTACHDSTIRRUPHANDLE
	Revolving Straight Bar ATTACHREVOLVESTRAIGHTBAR
	Cable Curl Bar ATTACHCABLECURLBAR

	Tricep Rope ATTACHTRICEPROPE
	Tri Pushdown Bar ATTACHTRIPRESSBAR
	25kg Weight Stack Addon for GS6/SS2 WP5CONC25

FT10 Cable Crossover Station

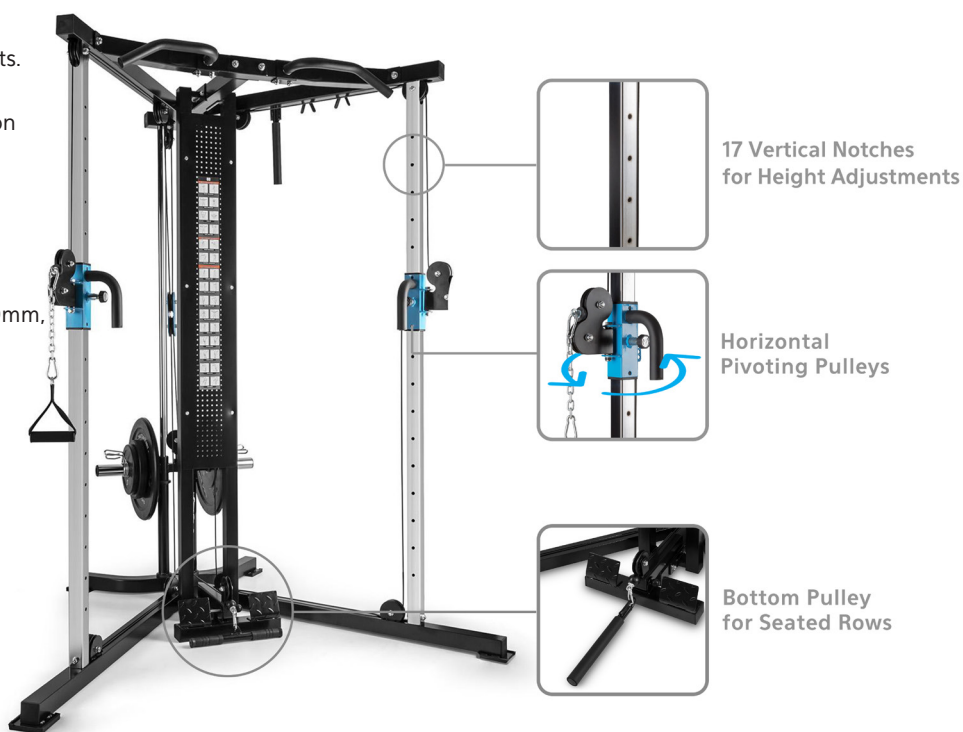
STATIONFT10

- Weight holder compatible with 25/50mm weights.
- Solid construction made of steel square tube
- All parts powder-coated or chromed as protection against corrosion and scratching.
- Lower lat pulldown with stable footrest
- Rubberised handles for good grip

- Includes 1 x Cable Pulley Station (Assembly Set), 2 x Weight Bracket 25mm, 2 x Weight Bracket 50mm, 1 x Longitudinal Tension Rod

Assembled Size:

160cm x 180cm x 210cm (L x W x H)



FT40 Pin Loaded Cable Crossover Station

STATIONFT40

- Plug pin coupling for quick selection of the weight load in steps of 5kg.
- 17 hole notches each with 10cm distance from the positioning of the pull handles.
- Weights with aperture as injury protection
- Solid construction made of steel square tube
- All parts powder-coated or chromed as protection against corrosion and scratching.
- 2.1m high pull-up bar with varied grip lengths and angles.

Includes:

- 1 x Cable Pull Station (Assembly Kit)
- 36 x 5kg Weight Plate
- 2 x Nylon Single Handles

Assembled Size:

112cm x 201cm x 213cm (L x W x H)

Special Order Only.

Call 1300 169 600 for more information.



STANDARD 25MM WEIGHT PLATES

25mm Cast Iron Weights

*Please refer to the website to see weight sets.



Standard EZ Curl Bar

CURLBARSTD47



Standard Dumbbell Handles

DBSTANDARD14



Standard Tri Bar

TRIBARSTD



Standard Barbell

BARBELLSTD72A



20kg Standard Dumbbell Set with Case

DBSET20CASE

- Dumbbell Handles with Rubber Grips & Spiral Lock Collars
- Set comes with 4 x 1.25kg, 4 x 2.5kg Cast Iron Plates
- Carry Case included



Standard Weight Tree

WTSTANDARD

- 3-Tier Weight Tree
- For Standard Weight Plates (25mm)
- 2 Standard Bar/Barbell Holders

*Weights & Bar Not Included



STUDIO 30MM WEIGHT PLATES

Standard 30mm Barbell

BARBELLSTD72A-30MM



30mm EnduraShell Weight Plates

- 1.25kg WPCEMENT1.25
- 2.5kg WPCEMENT2.5
- 5kg WPCEMENT5
- 10kg WPCEMENT10



Pump Studio Barbell

STUDIO-WEIGHTSET

- 140cm x 30mm dia. Studio Barbell with rubber grip (35mm grip)
- 30mm hole diameter to suit Pump/Studio Barbells
- 8 sided anti-roll design
- Rubber Constructed
- Colour coded for different weights
- Spring Collar Clamps included



OLYMPIC 50MM WEIGHT PLATES

Olympic Bars & Accessories

*Please refer to the website to see weight sets.

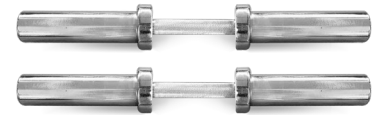
Olympic Tri Bar
OLYTRIBAR



Olympic Lock Jaw Collars (Pairs)
OLYCOLLARS-LOCKJAW



Olympic Curl Bar
OLYCURLBAR



Olympic Dumbbell Handles
OLYDUMBBELLPAIR



7ft 15kg Olympic Barbell (4 Bearings / 317kg Max)
OLYBARBELL15L



7ft Olympic Barbell (4 Bearings / 317kg Max)
OLYBARBELL20L



7ft Olympic Barbell (8 Bearings / 317kg Max)
OLYBARBELL20LB



7ft Olympic Competition Barbell (8 Bearings / 900kg Max)
OLYBARBELL20COMP

Black Bumper Plates

- Built to IWF Specifications of 450mm in diameter
- Designed for Olympic Lifting, Cross fit, and general gym use

Available Sizes:

- 5kg BUMPPPLATEBK-05KG
- 10kg BUMPPPLATEBK-10KG
- 15kg BUMPPPLATEBK-15KG
- 20kg BUMPPPLATEBK-20KG
- 25kg BUMPPPLATEBK-25KG

Competition Bumper Plates

- Constructed using super tough PolyUrethane
- Built to IWF Specifications of 450mm in diameter
- Dead Bounce Design

Available Sizes:

- 5kg BUMPPPLATECOMP-05KG
- 10kg BUMPPPLATECOMP-10KG
- 15kg BUMPPPLATECOMP-15KG
- 20kg BUMPPPLATECOMP-20KG
- 25kg BUMPPPLATECOMP-25KG



Olympic Tri-Grip

Built to commercial standards with heavy duty rubber to ensure maximum durability and protection for your equipment, walls or floors.

- 2.5kg OLYPLATE-2.5KG
- 5kg OLYPLATE-5KG



Barbell Lifter

BARBELLIFTER

- Allows for easy weight racking & un-racking
- Raises Barbell to 310mm
- 200kg Max Weight
- Nylon Wear Pads protect Barbell
- Durable Steel Construction



DUMBBELLS

Adjustable Dumbbell Pair

DBADJUST52.5PAIR

DBADJUST52.5PAIR-STAND

DBADJUSTSTAND

- Smart locking system
- Contoured handle for easy gripping Weight System
- Adjustable from 5lb to 52.5lb (2.3kg to 24kg)
- Stand is an optional extra
- Change weight in seconds



Hex Dumbbell Set 1-10kg

DBHEXSET

- 10 pairs of Hex Dumbbells (1 - 10kg)
- 10-Tier Dumbbell Stand
- Rubber coated for handling and safety
- Embossed Weight (kg)



Barbell Squat Pad

BARBELLSQUATPAD

- 10cm Diameter
- 43cm Total Length

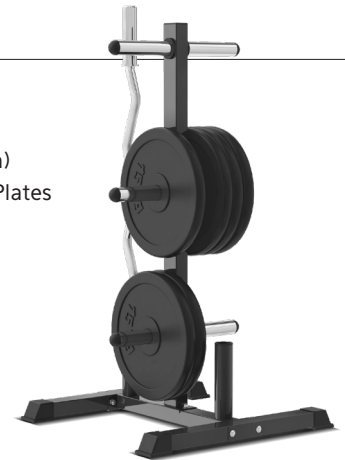


Olympic Weight Tree

WTOLYMPIC

- 3-Tier Weight Tree
- For Olympic Weight Plates (50mm)
- Evenly spaced to fit 450mm Dia. Plates
- 2 Olympic Bar/Barbell Holders

*Weights & Bar Not Included



Vinyl Dumbbell Pair 4lb

DBHAND4LBPAIR

- Build Strength & Tone muscles
- Vinyl PVC Construction
- Easy to hold & grip
- Hexagonal Heads (Anti-Roll)



Pro-Fixed Dumbbells 5kg-30kg

DBPRO2SET5-30KG

- Heavy Duty Gym Quality Dumbbells
- Rubber Pro-Style with Weight (kg) Embossed
- 385kg of Dumbbells from 5kg -30kg (11 Pairs)
- Knurl Grip Handles
- 2-Tier Dumbbell Rack



KETTLEBELLS

Cast Iron Kettlebells



Available Sizes:

- 4kg KBVINYL4
- 6kg KBVINYL6
- 8kg KBVINYL8
- 10kg KBVINYL10
- 12kg KBVINYL12
- 16kg KBVINYL16
- 20kg KBVINYL20

- Kettlebell Set 4kg to 20kg KBVINYLSET4-20KG
- Kettlebell Set 4kg to 12kg KBVINYLSET4-12KG
- 2-Tier Kettlebell Rack KETTLEBELLRACK2T



Adjustable Kettlebell 10kg

KBADJUST10KG

- Up to a maximum of 10kg weights are included
- Thick Rope with Padded Handles
- Ergonomically designed to feel like a normal kettlebell



Standard Kettlebells

Available Sets:

- Kettlebell Set 6kg to 16kg KBSTANDARDSET6-16KG

- 6kg KBSTANDARD6
- 8kg KBSTANDARD8
- 10kg KBSTANDARD10
- 12kg KBSTANDARD12
- 16kg KBSTANDARD16



WEIGHT BALLS & BAGS

Slam Balls

- Hard, Durable Shell
- Textured Pattern

Available Sizes:

- 6kg SLAMBALL6KG
- 8kg SLAMBALL8KG
- 10kg SLAMBALL10KG
- Medicine Ball Rack MEDBALLRACK10
- Slam Ball Complete 71kg Set SLAMBALLSET71
- 12kg SLAMBALL12KG
- 15kg SLAMBALL15KG
- 20kg SLAMBALL20KG



Medicine Balls

Our Rubber Medicine balls are great for developing strength, power, endurance, and are suitable for all levels of abilities and ages.

Available Sizes:

- 2kg MEDBALL2
- 4kg MEDBALL4
- 6kg MEDBALL6
- Medicine Ball Rack MEDBALLRACK10
- Medicine Ball 30kg Set MEDBALLSET30
- 8kg MEDBALL8
- 10kg MEDBALL10



Slam Balls X

- Extra Durable Shell
- Strong Tyre Tread Grip

Available Sizes

- 6kg SLAMBALLX6KG
- 8kg SLAMBALLX8KG
- 10kg SLAMBALLX10KG
- 12kg SLAMBALLX12KG



Wall Balls

Great for drills to improve weightlifting movements, train strength and target multiple muscle areas.

Available Sizes:

- 4kg WALLBALL-4KG
- 6kg WALLBALL-6KG
- 8kg WALLBALL-8KG
- 10kg WALLBALL-10KG
- Wall Ball Complete 28kg Set WALLBALLSET28

Power Bags X

Power Bags are an excellent conditioning tool and the soft construction of the bag allows for a safe, effective functional way to train.

Available Sizes:

- 5kg POWERBAG-5KG
- 10kg POWERBAG-10KG
- 15kg POWERBAG-15KG
- 20kg POWERBAG-20KG
- 25kg POWERBAG-25KG
- Power Bag Complete 75kg Set POWERBAGSET75



PLYOMETRIC BOXES

Plyo Box Set 30cm / 45cm / 60cm

The Original Plyometric Box. Steel Frame for exceptional durability & strength. Rubber Slip Resistant platform & rubber feet for safety & stability.

Available Sizes:

- 12" (30cm) PLYOBOX30-BK
- 18" (45cm) PLYOBOX45-BK
- 24" (60cm) PLYOBOX60-BK



Wooden 3-in-1 Multi Plyo Box

PLYOBOXWOOD3IN1

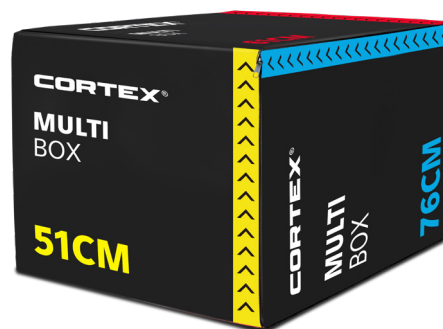
- Roll over to adjust 3 different heights (51cm, 61cm, 76cm)
- Side handles for easy mobility
- Flat packed & easy assembly



Soft 3-in-1 Multi Plyo Box

PLYOBOX-3IN1

- Capable of adjustment to 3 different heights (51cm, 61cm, 76cm), to allow for progressive exercises.
- Heavy 30kg structure to keep it sturdy
- Soft Structure to cushion accidental falls
- Heavy Duty PVC Layer
- Ultra-High Density Foam



Soft Plyo Box Set of 4

PLYOBOXSOFT-SET

- Set comes with 15cm, 30cm, 45cm, 60cm tall Plyometric Foam Boxes
- Base size: 90cm x 75cm (L x W)
- Soft structure to cushion accidental falls
- Heavy Duty PVC Layer
- Ultra-High Density Foam

Available Sizes:

- 15cm PLYOBOXSOFT15
- 30cm PLYOBOXSOFT30
- 45cm PLYOBOXSOFT45
- 60cm PLYOBOXSOFT60



EXERCISE & CROSS TRAINING GEAR

Adjustable Weight Vest

- Easily Add/Remove weight bags to adjust weight for 20kg/30kg
- Triple Velcro Strap for a perfect fit
- Shoulder Strap Buckle for easy removal

Available Sizes:

- Up to 10kg WEIGHTVEST-10kg
- Up to 20kg WEIGHTVEST-20kg
- Up to 30kg WEIGHTVEST-30kg

10kg
Weight Vest



20kg / 30kg
Weight Vest



Battle Ropes

- Excellent cardio workout tool
- Maximise fat burn & tone muscles

Available Sizes:

- 15m x 38mm Dia., 13kg ROPEBATTLE3815



Speed Skipping Ropes

- Precision Ball Bearings & Steel Head
- 3m coated and adjustable cable
- Machined aluminium handles

Available Colours:

- Black SKIPROPE-BK
- Silver SKIPROPE-SIL2

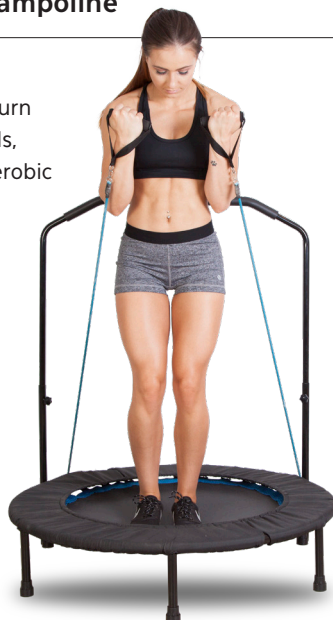


RevoBounce 40" Fitness Trampoline

TRMINI40-2

Our Revo Bounce Trampoline will burn heaps of calories while toning quads, glutes and calves for fun-packed aerobic workout.

- Comes with resistance bands to intensify and add variation to your workout.



Quantum 2 Inversion Table

INVERSIONTABLEQUANTUM2

Take advantage of inversion therapy. De-compress spinal area to relieve back pain or prolonged back stress.

Assembled Size:

108cm x 69cm x 148cm
(L x W x H)



Resistance Bands Handle

BANDRESISTHANDLE

- Handles provide extra grip on pulling exercises
- Steel construction for strength & durability
- More natural grip for most movements



Parallel Bars (Pairs)

BARSPARALLEL

Simple, portable, extremely versatile and highly multi-purpose to work arms, chest, back and core muscles.

- Thick Wall Steel Design
- Soft Foam Grips



Folding Exercise Mat 1.8m

MATEXERFOLDING

Folding Exercise Mat is a great accessory, perfect for any type of work or stretching routine, pilates, gymnastics and any sort of general fitness.

- Folds into 3 parts
- Convenient Carry Handle

Assembled Size: 180cm x 60cm x 5cm (L x W x H)

Folded Size: 60cm x 60cm x 15cm (L x W x H)



Resistance Bands

Purchase separately or in sets:

- Set of 5 BANDRESIST-SET5
- Set of 10 BANDRESIST-SET10

- 5mm (Red) - Up to 10kg Resistance
- 13mm (Blue) - Up to 15kg Resistance
- 21mm (Purple) - Up to 30kg Resistance
- 32mm (Orange) - Up to 45kg Resistance
- 45mm (Green) - Up to 60kg Resistance



Wooden Gym Ring (Pairs)

GYMRING

- Crafted Wooden Ring and built to FIG Specifications
- 4.0m long, 2.5cm wide adjustable nylon straps



Fitness Ball

- Anti-burst material
- Air pump included

Available Sizes

- 65cm FITNESSBALL65-GY
- 85cm FITNESSBALL85-GY



YOGA & THERAPY

01 Yoga Wheel

YOGAWHEEL-BLU

Excellent tool for stretching, great for Back / Shoulder / Chest opening and quad / hip flex or stretching.

- 15cm Wide
- 32cm Diameter
- ABS Plastic

02 Yoga Mat

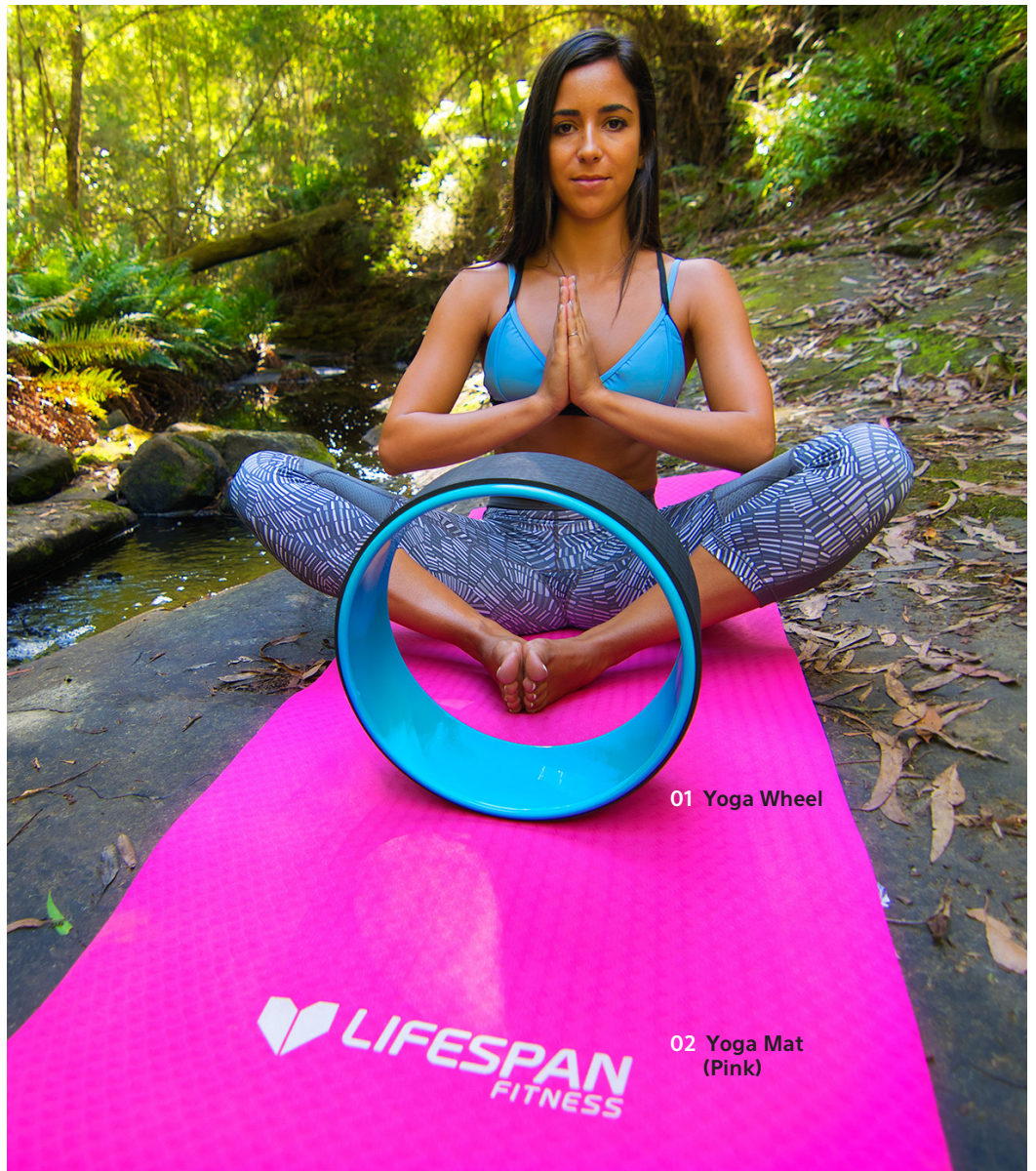
Available in 2 colours:

- Pink MATYOGA14PK
- Blue MATYOGA14BLU

Our Dual-Layer Mats are made with eco-friendly TPE, and come with a soft, comfortable surface while having a grippy, durable underside layer.

Assembled Size:

183cm x 61cm x 0.5cm (L x W x H)



Foam Roller

- Made from High Quality Density EVA Foam
- Strong core to retain shape

Available Sizes:

- 90cm ROLLERFOAM90



Grid Foam Roller

Grid Sections with different groove patterns to allow you to vary the intensity of the pressure points.

Available Sizes:

- 33cm ROLLEREVAFOAM33
- 60cm ROLLEREVAFOAM60





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