

Exercise Equipment

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1



MATRIX

2 YEAR WARRANTY

2



MATRIX

2 YEAR WARRANTY

1 Matrix T1X Treadmill

Features

- Ultimate Deck System™ Hard-Wax reversible 1" absorbs impact for the best possible feel
- Large LED display for easy viewing and simple controls suitable for users of all experience levels
- Low 7.5" step-on height for ease of accessibility

Technical Specifications

Running Area	152×51cm (60×20")
Deck Step Height	19cm (7.5")
Incline Range	0-15%
Speed Range	0.5-12mph
Telemetric HR Receiver	Yes
Transport Wheels	Yes
Display Type	Alphanumeric LED
Display	Speed, incline, elapsed time, distance, pace, heart rate, time remaining, calories
Workouts	Manual, rolling hills, fat burn, 5k, target HR, Gerkin Protocol
Quick Start	Yes
Dimensions	213×85×132cm
Warranty	2 years parts, 2 years labour

091434059

Maximum user weight



2 Matrix T3XH Treadmill

- Dimensions 215×85×142cm

Technical Specifications

Deck Type	Ultimate hard-wax reversible 1" deck
Bell Type	Hanasit, 2-ply commercial grade
Running Area	152×51cm (60×20")
Step-on Height	19cm (7.5")
Cushion System	Ultimate Deck cushioning system
Tread Sense	Yes. Engaged above 0.5mph/0.8kph
Incline Range	0-15% (590kg / 1300lbs thrust elevation motor)
Speed Range	Forward 0.16-19.3km/h/o. 1-12mph
Contact & Telemetric HR	Yes
Crossbar Controls	No
Ethernet Port	Yes

091559988

Maximum user weight



DELIVERY

Delivery is approximately 10-12 weeks. Oversize items will be subject to additional carriage charges. See pages 570 to 571 for details.

1 Matrix U1X Ergometer

Features and Benefits

- Heavy gauge welded steel frame provides a solid workout foundation
- Multi-position handlebars ensure a comfortable workout position
- Self-powered generator allows for freedom of placement anywhere in the room
- Pure Comfort seat provides extra support for a more comfortable ride
- 12 programs including manual option
- Display shows time, distance, level, rpm, METs, watts, heart rate, target heart rate, % max heart rate

091540822

Maximum user weight



2 Matrix R1X Recumbent Cycle

Features and Benefits

- Step-thru frame design ensures easy access to the machine
- Self-powered generator allows for freedom of placement anywhere in the room
- User-friendly seat adjustment mechanism makes it easy to find the perfect riding position
- 12 programs including manual option
- Resistance range from 1-25
- Display shows time, distance, speed, calories, resistance level, RPM, METs, watts, heart rate

Technical Specifications

Dimensions: 162×73×139cm

Weight: 70kg

091344415

Maximum user weight



3 York 7000 Series Recumbent Cycle

Performance

- 40 levels of magnetic resistance
- 180kg max user weight
- 13.5kg flywheel
- Seat height and rake adjust

Programs

- 25 (Gola 1, P1-12, Watt 1, User 1-7, HRC 1-4)

Resistance

- EMS

Interface

- Hand pulse sensors
- 7" blue back light LCD display
- Wireless receiver
- Self generating & power plug

Electronic

- Jack plug input
- USB charger input
- MP3 player input
- Speaker system

Convenience

- Tablet-book holder
- Wheels for easy transportation

091555200

Maximum user weight



2 YEAR WARRANTY

1



SELF GENERATING
NO MAINS REQUIRED

MATRIX

2



SELF GENERATING
NO MAINS REQUIRED

MATRIX

2



SELF GENERATING
AND POWER PLUG

YORK
FITNESS



DELIVERY

Delivery is approximately 2 weeks. Oversize items will be subject to additional carriage charges. See pages 570 to 571 for details.

1



CE
CLASS IIa
Medically Approved

STANDARD

1 SCIFIT PRO2® Total Body Exerciser

The PRO2 is extremely versatile offers upper body, lower body or total body exercise. Developed by rehabilitation professionals, this adaptability makes the PRO2 the ideal choice for professionals working within rehab and sports-injury clinics. Medical CE IIa Certification.

Key Features & Benefits

- Isolate training to be upper body only, lower body only or a total body workout
- Adjustable console angle to accommodate users at all positions
- Adjustable and reversible arm cranks for a greater range of movement and exercise variety
- Vertical seat adjustment with gas assisted lift and swivel
- Seat is removable for use with a wheelchair
- Only 5 watts of resistance needed to start and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

Technical Specifications

Machine Weight: 100kg
Machine Size: Length 155cm. Width 76cm. Height 156cm.
Power: Self-generating with auto recharge battery back up
Warranty: 3 years parts and 1 year labour
Machine Weight: 100kg
Machine Size: Length 155cm. Width 76cm. Height 156cm
091183409 Standard

Maximum user weight



2 Matrix E1X Elliptical Trainer

Key Features & Benefits

- Auto-positioning pedals assures a comfortable workout
- 7" blue backlit LCD console display provides constant feedback
- Comfortable 19" stride length for smooth, natural movement
- Self-powered system provides cost-savings and freedom of placement within the facility

Technical Specifications

Display Shows: Time, Distance, Calories, Speed, Level, Watts, METs, Heart Rate, and Workout Profile
Manual and Pre-programs: Manual, Interval+ (Hill Interval, Random Interval), Goal+ (Time Goal, Distance Goal, Calories Goal), Multi FX+ (Constant Watts, Random), Heart Rate+ (Target HR, Weight Loss), Fit Test
Dimensions: 211×79×170cm
Assembled Weight: 151kg

091344092

Maximum user weight



3 Low Support Boots

Low boots are ideal for individuals who have difficulty keeping their feet on standard pedals. The oversized footplate keeps the foot on the pedal with sturdy straps at the back, over the top and around the front of the foot.

Suitable for use with the PRO2.

091279595

2



MATRIX

3



DELIVERY

Delivery is approximately 4 to 6 weeks. Oversize items will be subject to additional carriage charges. See pages 570 to 571 for details.



1 MoVeS OxyCycle 3 Pedal Exerciser

For active and passive training. The MoVeS OxyCycle 3 Pedal Exerciser is a great tool for personalised, low-stress workouts at home. The adjustable speed and resistance makes it a great product to progressively strengthen your arms and legs. This pedal exerciser provides low impact exercise to increase strength and flexibility, is versatile for both upper and lower body and it improves the blood circulation.

The MoVeS OxyCycle 3 Pedal Exerciser has a reliable 80 Watts motor to offer enough power to maintain a constant rotational speed, whereas cheaper models only carry a 30 Watt motor. A safety stop will avoid injury in case of cramp or muscle spasm. The MoVeS OxyCycle 3 has a light-weight compact design, adjustable speed & resistance, a 15-minute timer switch and a multi-function LCD display readout of scan, time, count, total count and calories burned. A non-skid mat and interchangeable hand grip pedals are included.

- 230V AC
- 50Hz
- 25-65rpm
- 50×46×38cm
- 8.5kg

091343888



2 MoVeS OxyCycle 2 Pedal Exerciser

The MoVeS OxyCycle 2 Pedal Exerciser is a great tool for personalised, low-stress workouts at home. The adjustable speed makes it a great product to progressively strengthen your arms and legs. This pedal exerciser provides low impact exercise to increase strength and flexibility, is versatile for both upper and lower body and it improves the blood circulation. The MoVeS OxyCycle 2 Pedal Exerciser has a reliable 60 Watt motor to offer enough power to maintain a constant rotational speed, whereas cheaper models only carry a 30 Watt motor. A safety stop will avoid injury in case of cramp or muscle spasm. The MoVeS OxyCycle 2 has a light-weight compact design, adjustable speed and a multi-function LCD display readout of scan, time, count, RPM-level and estimated calories burned. A non-skid mat and interchangeable hand grip pedals are included.

- 50×46×38 cm
- 8 kg
- 230V AC
- 50Hz
- 25-65rpm

091343870



3 Pedal Exerciser with Digital Display

This Pedal Exerciser comes with a digital display so the user can monitor their progress. Displays time, reps, calories burned, or scan through all three. A fun and easy way to gently exercise your legs or arms. Resistance knob allows user to increase difficulty as arm or leg strength increases. Height 24cm (9.5"). Width 47cm (18.5"). Depth 37cm (14.5").

081511310



4 Pedal Exerciser

An upper and lower body exerciser in one. Excellent value for money with this practical pedal exerciser. Ideal for gentle exercise, for use in the home and clinic. Has non-slip feet and is lightweight for easy portability. With adjustable resistance knob. Weight 2kg.

091125335



5 Restorator™ III Home Model

This cycle exerciser is a favourite for home based exercise because it is so easy to use. Clamps easily to chair legs or client's wheelchair for quick, versatile setup. Resistance can be varied from 0 to 6kg (0 to 13lbs). A simple turn of a knob adjusts the length for individual needs.

081211598



1



2



3



Pro-Fitter Physio Kit for Rehabilitation

For over a decade, Pro Fitter has helped patients rebuild their confidence to overcome physical and emotional barriers associated with injury. It is a dynamic modality that offers the benefits of a complete "closed chain" rehab program for ankle, knee, hip, back and shoulder injuries.

Support Article: Stroke Rehabilitation Using a Fitter by Margaret Johnstone FCSP Balance Problems Found Treatable by Training from Tribune News Service.

1 Pro-Fitter Physio Kit

The Pro Fitter Physio Kit is used by rehabilitation and physical therapy experts worldwide because of its effectiveness in the development of proprioception, muscular stabilisation, joint mobilisation, strength training and client motivation.

Pro Fitter is challenging yet fun and easy to learn! Individuals of all ages quickly discover that skill building with Pro Fitter is more like a sport than an exercise!

Since 1985, athletes and medical experts worldwide have depended on Pro Fitter for maximising sports performance.

- Enhance functional core strength and stability
- Maximise functional leg strength and power
- Obtain faster and more precise reaction skills
- Develop effective upper and lower body strength programmes
- Improve cardiovascular endurance
- Improve proprioception and reduce the risk of sports injuries

Package comes with:

Pro fitter, Soft Ankle Board, Hard Ankle Board, Balance Aids, DVD, User guide, Manual. Net weight: 15.1kg.

081007137

2 Pro Fitter Cross Trainer

For nearly 2 decades, the Pro Fitter cross trainer has helped patients rebuild their confidence to overcome physical and emotional barriers associated with injury. It is a dynamic modality that offers the benefits of a complete "Integrated and Functional" rehabilitation programme for ankle, knee, hip, back and shoulder injuries. The Pro Fitter cross trainer is challenging, fun and easy to use. Functional cross trainers like this effectively reproduce dynamic sports movements. Balance training is critical to all sports performance, as it enhances the ability to react and respond. Whether you're averting a tackle, riding a rail, catching a ball, cycling a mountain trail or skiing moguls, quick feet and co-ordinated body movements will help improve sports performance and prevent injuries. Net weight: 11.4g.

Support Article: Stroke Rehabilitation Using a Fitter by Margaret Johnstone FCSP Balance Problems Found Treatable by Training from Tribune News Service.

Package comes with:

Pro fitter, Soft Ankle Board DVD, User guide Manual.

081007129 Pro fitter 3-D Cross Trainer

3 Wobble & Rocker Board Set

Wobble/Rocker board kit comprises: 20" Rocker Board, 20" Wobble Board 16" Wobble Board, Stand, Exercise Chart.

081034065

1 Rehab Chair

Multi-purpose chair for the rehabilitation of upper and lower limbs and muscular exercises. The swinging arm can be used from both sides. Resistance is applied using 5 weights of 1kg each. The magnitude of effort, range of movement and point of application can be controlled individually. The 90° backrest can be positioned horizontally, by a gas spring servo assisted with a mechanical limit stop, in order to allow exercising of the limb in prone position. Practical and adjustable padded rollers to secure legs, extension strap and lock clip to secure feet.

091337831 Rehab Chair complete with one swinging arm



2 Med Plus Therapy Bouncer

This trampoline features 36 high tensile medical springs, set at an obtuse angle to generate a softer bounce, kind to joints. Folding legs make it ideal for therapy applications where storage space is limited. Diameter 102cm. Height 25cm.

091228873

Maximum user weight



3 Pro Plus Therapy Bouncer

This superior strength trampoline has 48 heavy duty springs for a smooth even bounce. Folding legs make it ideal for therapy applications where storage space is limited. Specifically designed for intensive use. Diameter 102cm. Height 25cm.

091228899

Maximum user weight



4 Rebounder Support Bar

For use with the therapy bouncers when additional stability is required. Helps to maintain balance whilst bouncing.

091228766

5 Balance Benches

Balance benches manufactured in beech and fitted with rubber buttons to avoid damage.

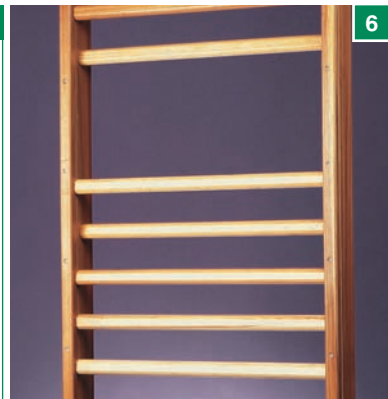
091139732 6ft

6 Wall Bars

Wall bars in polished pine, available in single, double and triple sections to suit your clinic requirements. The units are supplied complete with wall fixing kit and instructions.

091139435 Single Section 270×86cm

091139443 Double Section 270×167cm



DELIVERY
Delivered is approximately 4 weeks. Please contact Customer Services for more information.

MADE TO ORDER
This item is made to order and, therefore, is not refundable.

1

LATEX FREE

FREE PUMP

PERFORMANCE HEALTH

1 Anti-Burst Exercise Therapy Balls

- New extended size range
- Free hand pump
- Safe, durable and easy to use
- Latex free

A complete range of burst resistant exercise therapy balls that are suitable for a wide variety of exercises from muscle strengthening to balance, traditional exercises and treatments to yoga and pilates. Helps improve core stability and provide a complete body workout.

Specifications

	Size/Diameter	Body Height	Colour
091339613	45cm/18"	Less than 5'	Yellow
091339621	55cm/22"	5' - 5'4"	Red
091339639	65cm/26"	5'5" - 5'9"	Green
091535327	85cm/34"	6'4"+	Silver

Maximum user weight



2 Max Grip Medicine Balls

Colour coded multipurpose rubber training balls that can be used for a multitude of exercises.

Diameter

091142900	1kg	20cm
091142918	2kg	20cm
091142934	4kg	23.5cm
091142959	6kg	29cm
091142967	7kg	29cm
091142975	8kg	29cm

3 Double Grip Medicine Balls

Similar to the Max Grip Medicine Balls above but featuring double handles for added grip.

Diameter

091143007	4kg	23.5cm
091143015	5kg	23.5cm
091143023	6kg	29cm
091143049	8kg	29cm
091143064	10kg	29cm

4 Medicine Ball Display Stand

The medicine ball display stand is ideal for smaller clinics or display areas. Holds up to five medicine balls (balls not included). Assembly required.

091143080

5 Neoprene Dumbbells

Neoprene coated dumbbells for aerobic and fitness training. Flat bottoms prevent weights from rolling away. Boxed in pairs.

Colour Weight

091169671	Pink	0.5kg
091169689	Purple	1kg
091169697	Green	1.5kg
091169705	Blue	2kg
091169713	Orange	3kg
091169721	Red	4kg
091169747	Black	5kg

6 TheraBand™ Soft Weights

TheraBand™ Soft Weights are a soft alternative to traditional isotonic dumbbells and cuff weights. They appeal to older adults, people with arthritis or limited grasping ability, and people in toning, shaping and sport-specific programmes. They're ideal for balance training and stabilisation exercises. Each Soft Weight is individually packaged with an exercise guide and safety instructions. Latex free.

Colour Weight

091040369	Tan	0.5kg
091040377	Yellow	1kg
091040385	Red	1.5kg
091040393	Green	2.0kg
091040401	Blue	2.5kg
091040419	Black	3.0kg
091040427	Set of 6	



RETAIL PACKAGED

These products are supplied in retail packaging.



1-8kg Weights



4-10kg Weights

