

Exercise Therapy

TheraBand™ Resistance Exercise Band	160 - 169
TheraBand™ Resistance Exercise Band Accessories	170
Rolyan® Resistance Exercise Band	171 - 173
REP Band® Resistance Exercise Band	174
Rocktape® Rock Blades	175
Therapeutic Putty	176 - 178
Hand Exercisers	179 - 184
Therapy Balls	185 - 188
Balance	189 - 193
AIREX® Exercise Mats	194 - 197
Exercise Mats	198 - 200
Rolls & Wedges	201 - 204
Weight & Resistance	205 - 208
Upper Extremity Exercise/Pulleys	209 - 214
Lower Extremity Exercise/Pedal Exercisers	215 - 216



ELEVATE PERFORMANCE. ACCELERATE RECOVERY.

Feel Confident in the Leading Line

Pioneered more than 30 years ago, TheraBand™ Professional Resistance Bands are the original products in the industry and the original system of progressive resistance. Today, including CLX, tubing, band loops, latex-free options and other configurations, they comprise the leading line of progressive elastic resistance products. They have also been joined by exercise balls, stability trainers, FlexBars, range of motion products, self-massage products, hand therapy products and a host of other solutions that round out the System of Progressive Exercise. The entire portfolio of products carries the same commitment to professional quality, effectiveness and durability.

Driven by Research, Preferred by Clinicians

Exercise bands and tubing are effective and simple. You appreciate having a single solution that's portable, versatile, easy to store and low-cost – a straightforward way to help patients increase flexibility and range of motion; gain better functional movement; improve balance and strengthen muscles; minimise pressure on joints; and decrease the possibility of incurring injuries. Bands and tubing are small enough to pack into a briefcase or suitcase, yet durable enough to support complete fitness programmes.

But not all elastic resistance products are equal – and TheraBand™ is the clear market leader. Practitioners have awarded TheraBand™ that position because of a renowned, time-tested history of success and advocacy. If it doesn't say "TheraBand™" on the band or tube, it's an imitation.

As each level in a rehabilitation or strengthening programme is mastered, patients can increase resistance and the degree of challenge accordingly. They simply follow the recognised TheraBand™ colour sequence, which offers up to eight levels of challenge – from least challenging to most difficult: Tan, Yellow, Red, Green, Blue, Black, Silver, Gold.



TheraBand™ Band/Tubing Colour	Increase from Preceding Colour at 100% Elongation	Resistance in Pounds at:		Resistance in Kilograms at:	
		100% Elongation	200% Elongation	100% Elongation	200% Elongation
TheraBand™ Tan	-	2.4	3.4	1.1	1.5
TheraBand™ Yellow	25%	3.0	4.3	1.3	2.0
TheraBand™ Red	25%	3.7	5.5	1.7	2.5
TheraBand™ Green	25%	4.6	6.7	2.1	3.0
TheraBand™ Blue	25%	5.8	8.6	2.6	3.9
TheraBand™ Black	25%	7.3	10.2	3.3	4.6
TheraBand™ Silver	40%	10.2	15.3	4.6	6.9
TheraBand™ Gold	40%	14.2	21.3	6.5	9.5

BEGINNER
↓
ADVANCED

Represents typical values. All products not available in all colours.

A Full Range of Professional Grade Products

It's one thing for a company to say its products are effective tools for hands-on healthcare practitioners, it's another to show it. New items and programs are nice; positive health outcomes are necessary.

You know patients open your door seeking more than just a treatment plan. They want to get back to where they used to be, and they want to feel confident that you are the best person for the job because your prescribed program will generate results.

Your patients will not be confident about their treatment unless you are. They need a champion for their cause.

As their champion, you need to be certain about the effectiveness of trusted, proven tools. That's one reason so many hands-on healthcare practitioners rely on TheraBand™ products.

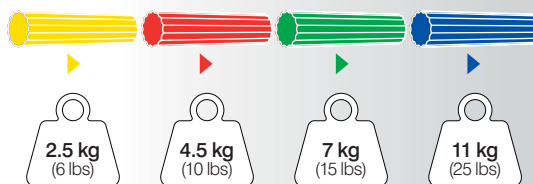
As a partner in research with the Foundation for Physical Therapy and a Strategic Business Partner with the American Physical Therapy Association, TheraBand™ is committed to promoting research and supporting clinicians. TheraBand™ is the brand the world's leading professionals trust with their patients' outcomes – and have for decades.

Clinical Uses and Proven Protocols for TheraBand™ Products

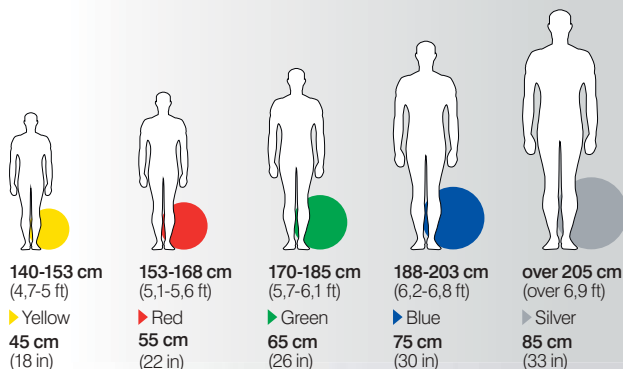
Evidence for the clinical use of TheraBand™ products is provided by the TheraBand™ Academy, which promotes and disseminates research and educational initiatives throughout the world. Its website, www.Thera-BandAcademy.com, is a unique resource that connects healthcare professionals and consumers to an ever-growing body of knowledge.



FLEXBAR ▶ FORCE



BODY HEIGHT ▶ SUGGESTED BALL SIZE



Free Exercises, Research and Education www.Thera-BandAcademy.com

- 650+ Exercises
- Research and education blog
- 130+ Protocols/Programmes
- Searchable databases
- 1,300+ Reference articles
- Customise, print, save and share exercise programmes
- Instructional and exercise videos
- Translate pages into your language

The site features specialised learning portals that are designed to help you find things quickly.

Stay connected to a wealth of clinical uses and proven protocols involving TheraBand™ products by subscribing to the Academy Blog at <http://blog.Thera-BandAcademy.com>



The Original and Number One Selling Exercise Band Worldwide.

TheraBand™ Professional Resistance Bands help users rehabilitate injuries, improve functional living and enhance athletic performance. Colour-coded progressive resistance gives at-a-glance indication of progress from one level to the next.



1 TheraBand™ 46m (50yds) Dispenser Pack

	Colour	Resistance Level
091026871	● Tan	Extra Light
091026889	● Yellow	Light
091026897	● Red	Medium
091026905	● Green	Heavy
091026913	● Blue	Extra Heavy
091026921	● Black	Special Heavy
091026939	● Silver	Super Heavy
091026947	● Gold	Max. Heavy

2 TheraBand™ 5.5m (6yds) Dispenser Pack

	Colour	Resistance Level
091026954	● Tan	Extra Light
091026962	● Yellow	Light
091026970	● Red	Medium
091026988	● Green	Heavy
091026996	● Blue	Extra Heavy
091027002	● Black	Special Heavy
091027010	● Silver	Super Heavy
091027028	● Gold	Max. Heavy



3 TheraBand™ Patient Band in Zipper Bag

A single 2.5m band in a convenient zippered carrying case.

091546076	● Yellow	2.5m
091546084	● Red	2.5m
091546092	● Green	2.5m
091546100	● Blue	2.5m
091546118	● Black	2.5m

4 TheraBand™ Starter Dispenser Packs 1.5m 15 pack

15 individually wrapped 1.5 metre latex bands in a single colour. Each band includes an insert with link to 17 commonly used exercises for the foot, ankle, hip, neck, shoulder and back. Includes multi-lingual instructional insert.

	Colour	Resistance Level
7500010	● Yellow	Thin
7500011	● Red	Medium
7500012	● Green	Heavy
7500013	● Blue	Extra Heavy
7500014	● Black	Special Heavy



5 TheraBand™ Exercise Sets – Light

Attractively retail packaged – these packs are ideal for home dispensing where patient progression through rehab is prescribed. Each band is 1.5m long. A beginner pack includes ● Yellow, ● Red, ● Green.

091337948



6 AOSafety Lexa Eyewear – Metallic Slate Frames with Clear Lens

Not Illustrated

The AOSafety Lexa Eyewear has a revolutionary lens design that closely follows facial contours. The sleek design is totally unobtrusive and virtually invisible to wearers. There are no distracting side shields to reduce peripheral vision. The eyewear has three lens angles and four adjustable temple lengths. Easy-Change lens for different tasks, environments and moods DX Coating resists fogging, scratching, static and chemical attack Medium - fits most faces.

17770M **NEW**

WARNING

Safety precautions to prevent accidental injuries.

Improper or careless use of resistance exercise bands and resistance exercise tubing might result in serious injury. Cuts or nicks induced in the material through careless handling, storage, or cleaning might cause the products to break suddenly during exercise, we recommend that protective eyewear is worn. Suitable protective eyewear is available from Performance Health. If you choose not to wear protective eyewear please inform your healthcare professional or appropriate person.



PRICES

For up-to-date prices please see our Website, alternatively contact your Sales Representative or Customer Services.



Latex-Free - Identical Performance to Latex

- Many patients who react to certain proteins found in natural rubber latex must avoid Latex Bands
- Unfortunately, most latex-free elastic resistance do not offer the same performance as latex bands without the potential for causing a latex allergy reaction.
- TheraBand Latex-Free Professional Resistance Bands provide the same quality and trusted resistance progression of our natural latex bands... they stretch like latex!
- TheraBand Latex-Free bands do not have a scent, powder or proteins.
- TheraBand Latex-Free Professional Resistance Bands match the pull forces of our latex bands, and they follow the TheraBand color-coded System of Progressive Exercise.

Latex-Free Professional Resistance Bands – Economical bulk rolls that facilitate cutting band length to patient requirement.



1 TheraBand™ 22.9m Roll Latex Free Dispenser Pack

Colour	Resistance level
091037977 ● Yellow	Light
091037985 ● Red	Medium
091037993 ● Green	Heavy
091038009 ● Blue	Extra Heavy
091038017 ● Black	Special Heavy
091554815 ● Silver	Super Heavy
091554823 ● Gold	Maximum

2 TheraBand™ 45.5m Roll Latex Free Dispenser Pack

Colour	Resistance level
091531607 ● Yellow	Light
091531615 ● Red	Medium
091531623 ● Green	Heavy
091531631 ● Blue	Extra Heavy
091531649 ● Black	Special Heavy

3 TheraBand™ Resistance Exercise Band Latex Free Patient Packs

Attractively retail packaged, these packs are ideal for home dispensing where a latex-free product is needed to address an allergy/sensitivity and where patient progression through rehabilitation is prescribed. Each band is 1.5m long. Includes a beginner and advanced pack. Includes multi-lingual instructional insert.

7500015	Beginners Pack	● Yellow	● Red	● Green
7500016	Advanced Pack	● Blue	● Black	



1 2

Exercise Therapy



3



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RETAIL PACKAGED
These products are supplied in retail packaging.

Innovation = TheraBand CLX™

- Performance Health has designed and created the next innovation of elastic resistance products, TheraBand CLX™
- CLX - Consecutive Loops are Non-Latex* delivering versatility and ease of use.
- TheraBand CLX Easy Grip Loops™ completely eliminates the need to ever tie knots again.
- CLX provides multiple unique grip options and exercise possibilities like open and closed hand motions
- CLX allows for holding sport specific objects during resistance training, and even “no grip required” exercises.
- Designed, created and manufactured in Akron, Ohio USA



VERSATILE X SIMPLE X EFFECTIVE

New design of performance

- 4 PRODUCTS IN ONE band, loop, tubing with handles & anchor
- Durable **NON-LATEX*** construction

Easy Grip Loops

provide multiple unique grip options

Reinforced Seals




VIEW THE CLX™ EXERCISE LIBRARY ON THE FREE APP



*Not made with natural rubber latex



TheraBand CLX™ Continuous Roll – 22m Roll					
Code	Colour	Product Width (cm)	Country of Origin	Contains Latex	Contains Phthalates
091556802	● Yellow	5	USA	No	No
091556810	● Red	5	USA	No	No
091556828	● Green	5	USA	No	No
091556836	● Blue	5	USA	No	No
091556844	● Black	5	USA	No	No
091556851	● Silver	5	USA	No	No
091556869	● Gold	5	USA	No	No

TheraBand CLX™ Individual Pre-Cut – 11 Loops					
Code	Colour	Product Width (cm)	Country of Origin	Contains Latex	Contains Phthalates
091556737	● Yellow	5	USA	No	No
091556745	● Red	5	USA	No	No
091556752	● Green	5	USA	No	No
091556760	● Blue	5	USA	No	No
091556778	● Black	5	USA	No	No
091556786	● Silver	5	USA	No	No
091556794	● Gold	5	USA	No	No



Anchor



Band Loops



Handles

Features and Benefits

All-in-One Product

- Does the work of four products (band, loops, tubing with handles, anchor).

Simplicity Increases Compliance and Use

- Intuitive design and versatility make home exercise less complicated.

Consecutive Loops Allow Hands-Free

- Patented built-in consecutive loops work for open hand exercises, holding objects with resistance, never before possible exercises, and hands-free exercises.

Latex Free Construction

- Exclusive latex-free material and proprietary construction method yield winning results.

TheraBand™ Trusted Colour Progression

- Same trusted colour progression as latex, latex-free bands and tubing.

Integrated App Engages Users (Patients And Clinicians)

- Video exercise library and exercise support features enhance the user experience.



1 2



1 TheraBand™ Tubing 7.5m

Great for hand therapy and upper extremity strengthening activities. Follows the TheraBand™ System of Progression.

	Colour	Resistance level
091342658	● Yellow	Light
091342666	● Red	Medium
091342674	● Green	Heavy
091342682	● Blue	Extra Heavy
091342690	● Black	Special Heavy
091342708	● Silver	Super Heavy

2 TheraBand™ Tubing 30.5m

	Colour	Resistance Level
091026707	● Beige	Extra Light
091026715	● Yellow	Light
091026731	● Red	Medium
091026756	● Green	Heavy
091026772	● Blue	Extra Heavy
091026798	● Black	Special Heavy
091026814	● Silver	Super Heavy

3 TheraBand™ LOOP

Continuous loop elastic bands in the recognised TheraBand™ colour progression. They can be used for a variety of applications, particularly lower body exercises to increase strength and balance. Band Loops are individually poly-bagged. Each loop includes safety instructions. Available as single or as a multipack of 10.

Single

8" (20.5cm) Length	Colour	Resistance Level
091555762	● Yellow	Light
091555796	● Red	Medium
091555820	● Green	Heavy
091555853	● Blue	Extra Heavy
12" (30.5cm) Length	Colour	Resistance Level
091555770	● Yellow	Light
091555804	● Red	Medium
091555838	● Green	Heavy
091555861	● Blue	Extra Heavy
18" (45.5cm) Length	Colour	Resistance Level
091555788	● Yellow	Light
091555812	● Red	Medium
091555846	● Green	Heavy
091555879	● Blue	Extra Heavy

3



Multipack of 10

8" (20.5cm) Length	Colour	Resistance Level
091337963	● Yellow	Light
091337997	● Red	Medium
091338029	● Green	Heavy
091338052	● Blue	Extra Heavy
12" (30.5cm) Length	Colour	Resistance Level
091337971	● Yellow	Light
091338003	● Red	Medium
091338037	● Green	Heavy
091338060	● Blue	Extra Heavy
18" (45.5cm) Length	Colour	Resistance Level
091337989	● Yellow	Light
091338011	● Red	Medium
091338045	● Green	Heavy
091338078	● Blue	Extra Heavy

4



4 TheraBand™ Resistance Tubing Multi-Tube Patient Packs

Attractively retail packed, these packs are ideal for home dispensing where patient progression through rehab is prescribed. Each tube is 1.5m (5ft) long.

091342716	Light	● Yellow	● Red	● Green
091342724	Heavy	● Blue	● Black	

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1 TheraBand™ Wall Station

TheraBand™ Wall Station is the first compact, total body rehabilitation system designed for in-clinic strength training.

- Features the familiar colours and resistance levels of TheraBand™ resistance tubing. Includes 30.5cm (12") Tubing in four progressive levels.
- Multidimensional design with three planes of movement.
- Comprehensive accessory package including Exercise Handles, Extremity Straps and Head Strap.
- Two full-colour exercise posters.

091539733



1



1 TheraBand™ Rehab and Wellness Station

Rehab & Wellness Station enables easy transitions between clinic visits and home exercise programs.

Station includes:

- Multi-dimensional wall mount system that provides three planes of movement with slide tracks, position indicators and one-hand lock down to enable easy patient set up, charting and documentation
- Portable base system with six connection points
- Trusted Resistance Tubing in four progressive levels and three lengths
- Three Pro Series SCP® Exercise Balls (Yellow, Green, Red)
- Two sets of Stability Trainers (Green, Blue)
- A complete accessory kit, including Waist Belt, Assist Straps (2), Head Strap, Exercise Bar, Extremity Straps (2), Exercise Handles (2) and an Accessory Rack
- Exercise CD with ready-to-use printouts and directions for at-home exercise programs
- Four full-colour exercise wall posters
- Educational video with system introduction and exercise illustration

7500060

2 Training Station Accessories

Training Station Accessories are compatible with the Rehab & Wellness Station, Exercise Station, Wall Station or other exercises.

7500068 **A** TheraBand™ Padded Bar with D Ring Connector
91.5 cm (3 ft.) length with "D" ring connectors

7500065 **B** TheraBand™™ Assist™ Strap with "D" ring connector, set of 2

7500066 **C** TheraBand™ Exercise Handles with "D" ring connector, set of 2

7500062 **D** TheraBand™ Waist Belt Small/Medium

7500061 **E** TheraBand™ Waist Belt Medium/Large

7500067 **F** TheraBand™ Extremity Strap with "D" ring connector, set of 2

7500063 **G** TheraBand™ Head Strap

7500064 **H** TheraBand™ Accessory Rack
(Not shown for illustrative purposes)

I Tubing Part Number by Resistance Level and Length

30 cm (12") Length with Connectors (set of 2)

7500031 ● Yellow/Thin

7500034 ● Red/Medium

7500037 ● Green/Heavy

46 cm (18") Length with Connectors (set of 2)

7500032 ● Yellow/Thin

7500035 ● Red/Medium

7500038 ● Green/Heavy

7500039 ● Blue/Extra Heavy

60 cm (24") Length with Connectors (set of 2)

7500033 ● Yellow/Thin

7500036 ● Red/Medium

7500040 ● Blue/Extra Heavy

2



RETAIL PACKAGED

These products are supplied in retail packaging.



1 TheraBand™ Professional Resistance Tubing Loop with Padded Cuffs

Non-slip cuffs make them ideal for sports performance enhancement and advanced injury rehabilitation. Retail packaged, instructions included.

- 7500024** ● Red Beginners/Intermediate
- 7500025** ● Green Intermediate
- 7500026** ● Blue Intermediate/Advanced
- 7500027** ● Black Advanced



1

2 TheraBand™ Tubing with Soft Grip Handles

Provide the added convenience of attached handles for a ready-to-use solution. Retail packaged, instructions included.

Retail Packaged

- 7500053** ● Yellow/Thin 122cm (48")
- 7500054** ● Red/Medium 122cm (48")
- 7500055** ● Green/Heavy 122cm (48")
- 7500056** ● Blue/Extra Heavy 122cm (48")
- 7500057** ● Black/Special Heavy 127cm (50")
- 7500058** ● Silver/Super Heavy 127cm (50")



2



2

Non-Retail Packaged

- 7500047** ● Yellow/Thin 122cm (48")
- 7500048** ● Red/Medium 122cm (48")
- 7500049** ● Green/Heavy 122cm (48")
- 7500050** ● Blue/Extra Heavy 122cm (48")
- 7500051** ● Black/Special Heavy 127cm (50")
- 7500052** ● Silver/Super Heavy 127cm (50")

3 TheraBand™ Tubing with Hard Handles

Provide the added convenience of attached handles for a ready-to-use solution. Non-retail packaged, instructions included.

- 7500041** ● Yellow/Thin 122cm (48")
- 7500042** ● Red/Medium 122cm (48")
- 7500043** ● Green/Heavy 122cm (48")
- 7500044** ● Blue/Extra Heavy 122cm (48")
- 7500045** ● Black/Special Heavy 127cm (50")
- 7500046** ● Silver/Super Heavy 127cm (50")



3



4

4 TheraBand™ Tubing with Flexible Handles

Provide the added convenience of attached flexible handles for ready-to-use solution. Non-retail, instructions included.

- 7500059** ● Yellow/Thin

5 TheraBand™ Resistance Exercise Band Dispenser Unit

30 individually wrapped 1.5m latex bands in a single colour.

- 091564921** ● Yellow
- 091564939** ● Red
- 091564947** ● Green
- 091564954** ● Blue
- 091564962** ● Black



5

RETAIL PACKAGED
These products are supplied in retail packaging.



1 TheraBand™ Stretch Strap

The TheraBand™ Stretch Strap is a revolutionary replacement to static stretching devices

The elastic design supports classic static stretches, while encouraging effective dynamic movement and introduces more effective dynamic stretches.

091531599

Accessories – Add Even More Versatility to Bands and Tubing

Accessories are the perfect complement to any band or tubing that goes home with a patient. Accessories empower patients to use Elastic Resistance products correctly and safely.

For example, the Door Anchor can help you turn a patient's door into a sturdy rehab station. When anchoring bands, tubing, and loops, users have an easy option – no knot tying, no shutting the door gently to prevent nicks, no guesswork whatsoever. Instead, they connect their exercise tool to the Door Anchor, which conveniently and securely attaches to any point along the doorframe as the exercise requires.

Other Elastic Resistance Accessories – Exercise Handles, Assist™ Strap – further empower you to convert your patients' homes into highly functional elastic resistance experiences. Consider them your secret weapon to unlock the full potential of Elastic Resistance products.

2 TheraBand™ Door Anchor

Used to secure bands or tubing for upper and lower body workouts. Can be secured at any point along the frame of a standard door, offering versatile anchoring options.

091338102

3 TheraBand™ Exercise Handles (Pair)

Provide an easy, secure grip for bands or tubing.

091338094

4 TheraBand Assist™ Strap

Increases the range of exercises that can be performed with bands and tubing. One end loops around an extremity, while the band / tubing is attached to the other end. This allows users with poor grip strength, like victims of arthritis, to use bands and tubing in training and rehab programs.

091337229

5 TheraBand™ Resistance Band & Tubing Instruction Manual Volume 4

091531714





Rolyan's® extensive product range comes in a variety of different lengths and progressive resistant levels that improve strength, range of motion and co-ordination.

- High quality exercise bands at great low prices!
- Progressive colour scheme is easy to remember without charts.
- Great for home or clinic use.

Rolyan® Exercise Bands

A complete range of latex resistance exercise bands.

46m Length	Colour	Resistance Level
091145440	● Yellow	Light
091145457	● Red	Medium
091145465	● Green	Heavy
091145473	● Blue	X Heavy
091145481	● Black	XX Heavy
25m Length	Colour	Resistance Level
091259563	● Yellow	Light
091259639	● Red	Medium
091259654	● Green	Heavy
091259720	● Blue	X Heavy
091259753	● Black	XX Heavy
5.5m Length	Colour	Resistance Level
091145390	● Yellow	Light
091145408	● Red	Medium
091145416	● Green	Heavy
091145424	● Blue	X Heavy
091145432	● Black	XX Heavy

Rolyan® Bands Individually Packed

Easy convenient packs and ideal to provide for patients. Individually packed Rolyan resistance exercise bands in 1.5m lengths. Available in singles or cases of 100.

Standard Latex

Resistance	Single	Case of 100
Level 1 ● Yellow	091191949	091192160
Level 2 ● Red	091181841	091192178
Level 3 ● Green	091191956	091192186
Level 4 ● Blue	091191964	091192202
Level 5 ● Black	091191972	

1 AOSafety Lexa Eyewear – Metallic Slate Frames with Clear Lens Not Illustrated

The AOSafety Lexa Eyewear has a revolutionary lens design that closely follows facial contours. The sleek design is totally unobtrusive and virtually invisible to wearers. There are no distracting side shields to reduce peripheral vision. The eyewear has three lens angles and four adjustable temple lengths. Easy-Change lens for different tasks, environments and moods DX Coating resists fogging, scratching, static and chemical attack Medium - fits most faces.

17770M NEW



RETAIL PACKAGED

These products are supplied in retail packaging.

WARNING

Safety precautions to prevent accidental injuries.

Improper or careless use of resistance exercise bands and resistance exercise tubing might result in serious injury. Cuts or nicks induced in the material through careless handling, storage, or cleaning might cause the products to break suddenly during exercise, we recommend that protective eyewear is worn. Suitable protective eyewear is available from Performance Health. If you choose not to wear protective eyewear please inform your healthcare professional or appropriate person.



Rolyan® Exercise Bands – Latex Free

A complete range of resistance exercise bands which are 100% latex free, powder free, odour free and recyclable.

50m Length	Colour	Resistance Level
091338946	● Yellow	Light
091338953	● Red	Medium
091338961	● Green	Heavy
091339027	● Blue	X Heavy
091339035	● Black	XX Heavy
25m Length	Colour	Resistance Level
091337344	● Yellow	Light
091337351	● Red	Medium
091337369	● Green	Heavy
091337377	● Blue	X Heavy
091337385	● Black	XX Heavy
5m Length	Colour	Resistance Level
091338847	● Yellow	Light
091338854	● Red	Medium
091338912	● Green	Heavy
091338920	● Blue	X Heavy
091338938	● Black	XX Heavy

Rolyan® Bands Individually Packed – Latex Free

Easy convenient packs and ideal to provide for patients. 100% latex free, powder free, odour free and recyclable. Individually packed Rolyan resistance exercise bands in 1.5m lengths. Available in singles or cases of 100.

Latex Free

Resistance Level	Single	Case of 100
Level 1 ●	091524909	091524917
Level 2 ●	091181858	091192129
Level 3 ●	091191980	091192137
Level 4 ●	091191998	091192145
Level 5 ●	091192004	



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**PROGRESSIVE
RESISTANCE
COLOUR
SCHEME**



1 Rolyan® Tubing

Colour coded tubing for varying degrees of resistance. Available in 30.4m length only.

Length 30.4m

Resistance

091170323	Level 1	● Yellow	Light
091170349	Level 2	● Orange	Medium
091170364	Level 3	● Green	Heavy
091170380	Level 4	● Blue	Extra Heavy
091170406	Level 5	● Black	Extra Extra Heavy

2 Exercise Band Dispenser

A quality lightweight varnished wooden dispenser for Rolyan Band. It holds 5 large rolls, one of each colour, on front removing rotating spindles. Wall mountable (fixings included). Delivered flat packed, some light assembly required. Rolls not included.






091214287 Dispenser only



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Resistance Level				
Light		←————→		Heavy
				
Peach	Orange	Lime	Blueberry	Plum
Level 1 Extra Light	Level 2 Light	Level 3 Medium	Level 4 Hard	Level 5 Extra Hard

REP Bands®






REP Band Products now offer greater elastic response, higher resilience and faster recovery than the previous formulation. REP Bands are made from a synthetic polymer and have been skin-tested and proven non-allergenic. They are great for all needs of resistance exercise, including aquatic. They contain no latex or dry natural rubber.


- No Latex - Avoiding allergic reactions
- No Powder - Clean to use
- No Odour - Free of unpleasant rubber smell

1 REP Bands® Exercise Bands

	5.5m roll	46m roll
Level 1 	081029842	081279876
Level 2 	081029859	081279884
Level 3 	081029867	081279892
Level 4 	081029875	081279900
Level 5 	081029883	081279918

2 REP Bands® Tubing

	7.6m roll	30m roll
Level 1 	081029321	081030873
Level 2 	081029339	081030881
Level 3 	081029347	081030899
Level 4 	081029354	081030907
Level 5 	081029362	081030915

 **RETAIL PACKAGED**
These products are supplied in retail packaging.

1 Massager RockTape® RockBlades

A complete IASTM (Instrument Assisted Soft Tissue Mobilisation) system.

RockBlades are comprised of two precision-engineered and manufactured soft-tissue instruments: a Mallet (metal) and a Mullet (plastic), RockRub emollient, sanitising wipes and a quick-start guide to form a complete IASTM system.

Components:

- The Mallet - Your in-clinic powerhouse
- The Mullet - Perfect for out on the road
- Rub & Wipes - Naturally slick, exceptionally clean

091564673

The Mallet

A surgical-grade IASTM all-star.

Just one of the stunning tools included in RockBlades. Crafted from polished, surgical-grade stainless steel, it's your all-in-one ISTM treatment powerhouse.

The Mallet is your ultimate in-clinic tool. Hand polished treatment surfaces, combined with a perfectly balanced and weighted core make it a joy to use day in and day out.

Matte-finished dimples, four on each side, combined with our brass-knuckle style handle enable you to hold the tool 6 different ways. Each side is unique both in shape and edge radius. The Mallets non-treatment faces are laser-engraved with RockTapes manifesto pattern.

Technical Specifications:

- Material: Surgical Stainless Steel
- Weight: 450g / 1lb
- Dimensions: 7.2×4.5×0.3"
- Treatment Surfaces: 4
- Grips: 6

The Mullet

Powerful IASTM treatments to-go.

This lightweight tool is designed to be portable, allowing you to deliver superior soft-tissue manipulation wherever the job takes you.

The Mullet is made from an incredibly durable thermo-plastic polyamide, the same material used in high-performance automotive and aerospace applications.

Four distinct tissue-manipulation zones provide comprehensive treatment capabilities. Each edge, angle and shape was carefully honed over two years to deliver superior results.

The Mullet's non-treatment faces are chemically-etched with RockTapes manifesto pattern.

Technical Specifications:

- Material: Thermo-plastic Polyamide
- Weight: 187g / 0.4lb
- Dimensions: 5.9×4.4×0.34"
- Treatment Surfaces: 4

Rub & Wipes

Start treatment right out of the box.

RockTape could have stopped at two incredible tools, but they didn't. In addition to their Mallet and Mullet, every set of RockBlades includes a newly reformulated RockRub emollient and a pack of sanitising wipes.





Clean
Non-Toxic
Non-Oily
Bleedproof



1



1 Rolyan® Therapy Putty

Clean, non-toxic, non-oily and bleedproof therapy putty leaves no colour or residue on the client's hands. It will not fragment, separate or stick to the skin. With six distinct colours to reflect established standards in resistance exercise, and progress in resistance from super soft tan to extra firm grey. Designed to meet a wide range of strengthening needs, putty can be squeezed, stretched, twisted or pinched. Combine any of the colours to create custom resistance to meet individual needs. Warning: avoid contact with materials eg. fabric, paper. Latex free.

Rolyan Therapy Putty						
Weight	Super Soft Tan	Soft Yellow	Medium Soft Red	Medium Green	Firm Blue	Extra Firm Grey
57g	091012012	091012053	091012095	091012137	091012178	091040963
85g	091041458	091041466	091041474	091041482	091041490	091041508
113g	091012020	091012210	091012236	091012251	091012277	091040971
454g	091012038	091012061	091012103	091012145	091012186	081249440
2.3kg	091012046	091012079	091012111	091012152	091012194	091040997

Bulk Sets of 10 pk				
Weight	Soft Yellow	Medium Soft Red	Medium Green	Firm Blue
57g	091012087	091012129	091012160	091012202
113g	091012228	091012244	091012269	091012285

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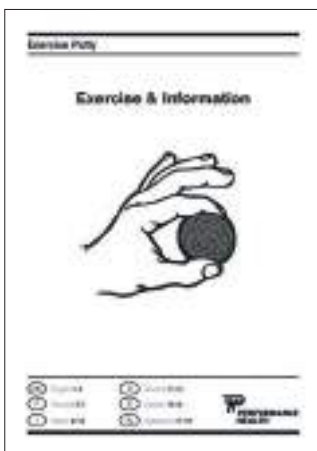
2 Rolyan® Putty Containers

These soft, plastic containers will not dent or break. Large quantities of putty can be bought and distributed to individuals this way, saving money. They are easy-to-open and flat enough to fit in a pocket. The lid features a label where client and therapist details can be recorded. Packs of 10.

091045277



1



2



2 Exercise Putty Information

This instructional pamphlet is an illustrative guide for a variety of thumb, finger, hand and wrist exercises.

091523877 20 Pack

1 Rolyan® Micro-Fresh™ Therapy Putty

With the addition of an anti-microbial agent called Ultra-Fresh, Micro-Fresh Putty will last longer than standard putty and provide odour protection. The incorporation of this anti-microbial agent enables the putty to resist the growth of destructive and odour-causing microbes. Ultra-Fresh is an EPA-registered anti-bacterial and anti-fungal agent. Micro-Fresh Putty is non-toxic, clean and non-oily. Designed to meet a wide range of strengthening needs for hands and feet: the putty can be squeezed, stretched, twisted or pinched. Five distinct colours reflect established standards in resistance exercise, but patients can also combine colours to create custom resistance levels. Latex free.

Rolyan® Micro-Fresh™ Therapy Putty					
Weight	Super Soft Tan	Soft Yellow	Medium Soft Red	Medium Green	Firm Blue
57g	081031806	081031848	081031889	081031939	081031970
113g	081031822	091013101	091013143	091013184	091013226
454g	081031814	091013093	091013135	091013176	091013218
2.3kg	091013077	091013119	091013150	091013192	091013234



1 Rolyan® Progressive™ Putty

One putty for a whole range of treatment needs. Begin with soft resistance, adding progress chips to gradually increase resistance. Putty resistance can be customised to fit individual needs. Ideal for home use - patients can progress independently. Eliminates the need to purchase putty in a variety of resistances. Non-oily putty. Base by itself is ideal for low resistance exercises. Non-toxic and latex free.

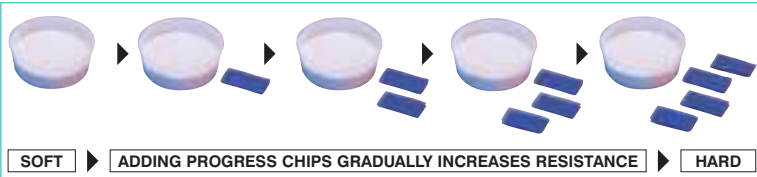
- 081276021** 2.3kg/5lb Putty Base with 32 Progress Chips
- 081276047** 2.3kg/5lb Putty Base without Chips
- 081276039** Pack of 4 additional Progress Chips

2 Rolyan® Colour Change Putty

This non-oily, bleedproof speciality putty provides patients with visual feedback as exercises are performed. Squeezing, stretching or pinching the putty results in a gradual change in putty colour as its temperature increases. Putty will slowly revert back to original colour when not in use. Sold in multiple resistance packages of three 113g containers. Colours (resistances) include: Orange/Yellow (Soft), Purple/Red (Medium-Soft), and Royal Blue/Light Blue (Medium). Latex free.

	Colour	Resistance	Force
081223205	Orange - Yellow	Soft	113g/4oz
081223213	Purple - Red	Medium-Soft	113g/4oz
081223221	Royal Blue - Light Blue	Medium	113g/4oz
091036755	Set of 3		

PROGRESSIVE RESISTANCE



£ PRICES
For up-to-date prices please see our Website, alternatively contact your Sales Representative or Customer Services.



1 TheraBand™ FlexBar®

Incredibly Effective, Unbelievably Simple. Millions of people want to get a grip on the best ways to improve hand, arm and shoulder strength. Millions more are dealing with painful tennis elbow and struggling to find a lasting, non-surgical solution. Many older adults want mobility, hoping to get out of wheelchairs or to use walkers with greater ease. Arthritis patients want self-reliance, hoping to open more jars. They need clinical expertise – and a TheraBand™ FlexBar®.

Professionals are seeing the value and efficacy of the FlexBar®, a lightweight, easy to grip, portable resistance exerciser for rehabilitating and strengthening hands, wrists, forearms, shoulders and elbows. Each bar is 30.5cm (12") long, with resistance levels that increase with each of four available colour-coded diameters.

The product is an economical, simple tool for conducting a variety of exercises such as activity simulations, wrist abduction, thumb strengthening, eccentric twists and soft tissue manipulation.

	Colour	Resistance	Force
091540723	Yellow	Extra Light	2.5kg/6lbs
091342583	Red	Light	4.5kg/10lbs
091342591	Green	Medium	7kg/15lbs
091342609	Blue	Heavy	11kg/25lbs



2 TheraBand™ Hand X-Trainers

TheraBand™ Hand X-trainer is an innovative product that offers several key benefits:

- Patented formula supports hold/cold therapy, ease of use and optimal form
- Economical and intuitive - ideal for home exercise
- Progressive for clear measure of progress
- Clean and professional - supports broader range of exercises
- The ultimate hand therapy tool available in 4 progressive densities

	Colour	Resistance
091531656	Red	Soft
091531664	Green	Medium
091531672	Blue	Heavy
091531680	Black	Extra Heavy



3 TheraBand™ Hand Exerciser

- Variable resistance training for hands, fingers and forearms
- Helps strengthen grip, increase dexterity and mobility
- Helps improve fine and gross motor skills
- Four colour-coded levels of resistance to meet a full range of patient applications - can be used for hot or cold therapy
- Comes with an illustrated manual that includes exercises developed by a licensed therapist

	Colour	Resistance level	Pounds of force achieve 50% compression
091342617	Yellow	Extra Soft	0.68kg/1½lbs
091342625	Red	Soft	1.36kg/3lbs
091342633	Green	Medium	2.27kg/5lbs
091342641	Blue	Firm	3.63kg/8lbs



4 TheraBand™ Hand Trainer

TheraBand™ Hand Trainer will assist patients recovering from hand or wrist surgery, and help to improve strength and mobility. It follows the familiar TheraBand™ colour progression, which allows patients to easily track progress during treatment. Each colour-coded latex sheet, from tan (extra light) to black (heavy), offers progressively more resistance for extension, flexion, and opposition exercises to improve grip strength and mobility.

- Six interchangeable levels of resistance
- Supplied in the familiar TheraBand™ colour progression

091338144	Intro Kit
091338151	Tan refill (6 sheets)
091338169	Yellow refill (6 sheets)
091338177	Red refill (6 sheets)
091338185	Green refill (6 sheets)
091390269	Blue refill (6 sheets)
091338193	Black refill (6 sheets)



1



THERABAND



1 TheraBand™ Massage Balls

The massage balls are used for reflex zone massage, improves circulation and relaxation. The balls are delivered with needle valve for individual pressure setting. Available in a choice of five colours.

	Sizes	Colour
7500080	6cm	Orange
7500077	8cm	Green
7500079	8cm	Yellow
7500078	9cm	Red
7500081	10cm	Blue

2 Rolyan® Hand Bar Exerciser

A bar style device used for hand, wrist and shoulder exercises. Available in four resistances in four different colours. 30cm length. Diameter varies by resistance. Latex DNR and avoid direct sunlight.

		Colour	Resistance
091564103	30cm	Yellow	2.5kg
091564111	30cm	Red	4.5kg
091564129	30cm	Green	7.0kg
091564137	30cm	Blue	11.0kg

2



Rolyan

3 Rolyan® Hand Web Exerciser

A web style device used for hand exercises. Resistance can be adjusted by changing hand position. Available in four colours indicating increases in resistance levels. Latex DNR and avoid direct sunlight.

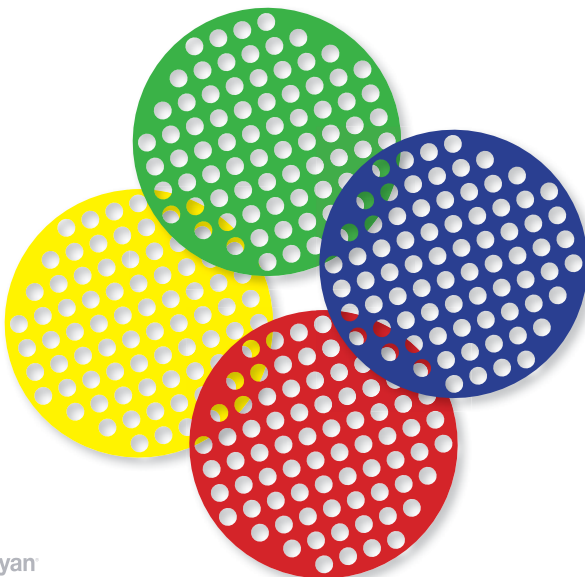
		Colour	Resistance
091564194	35.5cm	Yellow	Extra Soft
091564202	35.5cm	Red	Soft
091564210	35.5cm	Green	Medium
091564228	35.5cm	Blue	Firm

3



Rolyan

3



Rolyan

1 Rolyan® R-Lite Resistance Foam Blocks

Exercise blocks to help strengthen fingers and hands following injury or surgery. Ideal for use by people who have arthritis. Made of slow-recovery foam - the rate of exercise is determined by the foam's recovery time to help keep the overly enthusiastic patient from over using muscles. In three resistances for different strength levels and to allow progression. Blocks are 4.4×4.4×7.6cm. Wash in warm water with mild soap and air dry. Box of 32.

	Colour	Resistance
081298231	● Yellow	Super-Soft
081298306	● Pink	Soft
081298314	● Blue	Medium
081146968	● Green	Firm
081298322	Set of 12 (3 blocks of each colour)	



1

2 Homecraft Gel Ball Hand Exerciser

Gel balls colour coded to provide variable resistance training for hands, fingers and forearms. The balls are pleasant to touch and return back to their original shape after each squeeze. Perfect for use in the clinic or at home.

	Colour	Resistance
091142587	● Pink	X-Soft
091142637	● Blue	Soft
091142645	● Green	Medium
091142652	● Orange	Firm
091142660	● Black	X-Firm
091142678	Set of 5 - one of each colour (not retail packed)	



2

3 Eggercizer™

For strengthening weakened or injured hand, finger, wrist, and arm muscles. Completely washable in warm water. Contoured to fit comfortably into hand. Can be used to help reduce stress as well as increase strength and flexibility. Compressible synthetic rubber material leaves no messy residue. Returns to its original shape when released. X-Soft has slow recovery, great for individual finger and thumb strengthening. Colour coding simplifies progressive rehabilitation from extra soft through to medium.

	Colour	Resistance
091066463	● Orange	X-Soft
091066471	● Green	Soft
091066489	● Blue	Medium



3

4 Squeeze Ball Hand Exerciser

Palm-size ball returns to its original 6cm diameter within 2 to 3 seconds after squeezing. A great tool for working off everyday stress too. Colour may vary. 60mm diameter.

081033323	Single
081033331	Pack of 12



4

5 Hand Grips

Resistance exerciser for advanced hand muscle strengthening. In pairs to exercise both hands simultaneously. 11cm distance between outside handle ends.

	Colour	Tension	Resistance
081296490	● Red	Medium	25lb
081296508	● Black	Heavy	40lb
081296482	● Blue	Extra Heavy	55lb



5

 **RETAIL PACKAGED**
These products are supplied in retail packaging.

1



1 Rolyan® Ultigrip Finger Exerciser

Designed to enhance rehabilitation and strengthen each finger individually as well as the entire hand and forearm.

Newly designed palm bar correctly places and locks device in your hand and distributes pressure evenly. Centre notch keeps thumb from moving during exercise.

Includes: Double thumb accessory for more effective exercise for Thumb Tip Flexion and Exercise leaflet.

Innovative

Innovative arched shape mimics the neutral, resting position of the hand.

NEW design

New fingertip design provides, comfortable placement of fingers for support, added control and to prevent incorrect movement.

Removable

Removable buttons allow Thumb Accessory to be easily attached for more comfort and control during thumb exercises.

	Colour	Resistance
081631365	● Yellow	0.68kg/1.5lbs
081631373	● Red	1.4kg/3lbs
081631381	● Green	2.3kg/5lbs
081631399	● Blue	3.2kg/7lbs
081631407	● Black	4.1kg/9lbs
081631852	Set of Five (includes Display Rack)	
081631415	Replacement Finger Pad	
081631423	Display Rack Only	

1



2 Rolyan® Colour-Coded Latex Free Rubber Bands

85g packs of the graded colour-coded rubber bands used on Hand Exercisers. Each bag contains one colour. All rubber bands are 8.9cm long. 85g bag. Latex free.

	Colour	Width	Resistance	Per Pack
081268333	● Yellow	3.2mm	Extra Light	150
081268341	● Red	6.4mm	Light	70
081268358	● Green	9.5mm	Medium	50
081268366	● Blue	1.3cm	Heavy	30

2



1 Digi-Flex® Exerciser System

Develops isolated finger strength, flexibility and co-ordination as it builds hand and forearm strength. With this system, the stronger digits can no longer compensate for the weaker ones and each finger is appropriately challenged on its own spring-loaded button. Calibrated springs provide a quantitative tool for evaluating progress. Plastic rack display set consists of five pocket-sized, colour coded units with graduated resistances. Colour coding helps with quick identification and provides positive reinforcement with advancement from colour to colour. Includes pamphlet illustrating different methods of use.

	Colour	Resistance
081273028	Yellow	0.68kg/1.5lbs
081273036	Red	1.4kg/3lbs
081273044	Green	2.3kg/5lbs
081273051	Blue	3.2kg/7lbs
081273069	Black	4.1kg/9lbs
081273010	Set of 5 with Display Rack	



1

2 Rolyan® Basic Ergonomic Hand Exerciser

The Rolyan® Basic Ergonomic Hand Exerciser features lightweight plastic frame with or without a padded handle that fits comfortably in the palm of the hand. It is offered in a single size that is designed to fit many hand sizes. The frame can be customized to block flexion and extension movements to work the muscles.

- Use the latex-free hand exerciser to build strength in the hand, fingers, and thumb
- Ideal rehabilitation tool increases dexterity and improves grip after injury or surgery
- Includes four pairs of coloured rubber bands with varied resistance (yellow, red, green, and blue)
- Switch out rubber bands to adjust resistance as you change exercises or gain strength
- Features a padded handle to cushion the hand during rehabilitation exercises

- 081268309 Foam Handle
081268382 Plastic Handle



FOAM HANDLE

2



PLASTIC HANDLE

2

3 Finger Extension Remedial Game

The Extension Remedial Game is made to improve finger extension in a fun way. It's a two sided board which means there are two games. One is checkers and the other is a solitaire jumping game. The hook and loop playing surfaces give desired resistance and engage the finger in position for active extension.

081030436

4 Manipulation Board

The hardware and closures of the Manipulation Board are typically used in the home and are mounted on a 23×14³/₄" wooden board. It includes a door chain lock, electric outer plate, pad lock, key lock, faucet, hook & eye lock and luggage lock. The board is pre-drilled for mounting.

081033430



4



3

1



1 Handmaster™ Plus

Provides complete reciprocal muscle group exercise for the hand through full, natural planes of motion. It is recommended for improving strength, balance, coordination, speed, and general blood flow, stimulates all peripheral nerves to the hand and allows for unattended therapy. Designed for daily outpatient use to complement the treatment of hand, wrist, and forearm conditions. The Handmaster Plus is great for stroke rehabilitation, as well as the treatment and prevention of carpal tunnel syndrome, tennis elbow and RSI. Each package contains one resistant ball, two flexible cords (for varying hand sizes) and complete set of instructions.

	Colour	Resistance
091041136	Purple for Early Rehabilitation	Soft
091041144	Red for Late Rehabilitation	Medium
091041151	Orange for Strength Training	Firm

2 NSD Power® Ball Classic

This superlative gyro offers high speed performance. Ensures a thorough workout on your arms and wrists and at a very affordable price.

All 250Hz Classic™ models are individually hand-assembled from high-quality components and are balanced and tested – certified to spin at speeds in excess of 15,000rpm... for the speed demon in you!

- Perfect for sports (golfers, squash, tennis, fencing, basketball, badminton, archery, cricket etc) fitness, rehabilitation (Carpal Tunnel, RSI, Arthritis etc), musicians of all disciplines, and are great fun too!
- 250hz™ Powerball® models are individually hand-assembled and are the still the fastest models in the range
- Recommended for 14 years and over

Weight: 235g

Rotor Colour: White

Grip-band: Black

Dimensions: 70mm (diameter) x 57mm (height)

Shell Colour: Translucent Blue

Classic: Loaded with a high performance 250hz rotor.

091189406

2



LATEX FREE

FREE PUMP



PERFORMANCE HEALTH

1 Anti-Burst Exercise Therapy Balls

- New extended size range
- Safe, durable and easy to use
- Free hand pump
- 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 **300 kg** **47 st**



2 Powerball® Premium ABS®

Guaranteed safety thanks to the patented Anti-Burst-System. Load capacity up to 1000kg (guaranteed burst-proof is damaged up to 170kg).

091342385 65cm Blue

Maximum user weight **1000 kg** **157 st**



RETAIL PACKAGED
These products are supplied in retail packaging.

SUPPLIED WITH EXERCISE POSTER



NON-RETAIL AVAILABLE



NEW



1 TheraBand™ Exercise Ball Pro Series SCP™

The TheraBand™ Pro Series SCP™ Exercise Ball is the latest offering in ball technology. This ball was specially designed to deflate slowly if punctured, thereby reducing the risk of injury. It also provides improved stability at the points of body contact and enhanced performance due to the responsive surface design. It is the most comfortable exercise ball patients will sit on and the best one they'll grip, thanks to built-in latitudinal ridges and an outstanding texture that doesn't feel like plastic.

Each exercise ball comes with two plugs and an inflation adapter and a poster detailing 24 exercises.

Items 091558634, 091558642, 091558659, 091558667, 091560135 come in retail packaging.

- 091558634** 45cm (18") ● Yellow
- 091558642** 55cm (22") ● Red
- 091558659** 65cm (26") ● Green
- 091558667** 75cm (30") ● Blue
- 091560135** 85cm (33") ● Silver

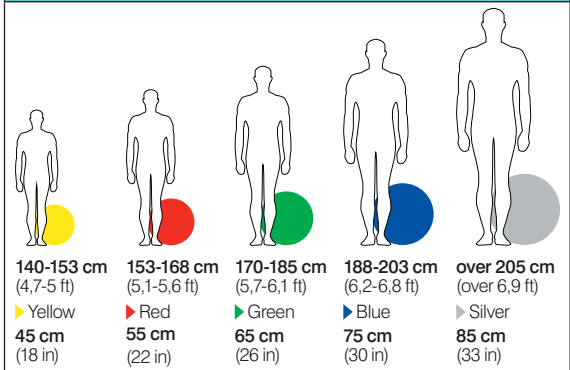
Items 7500017, 7500018, 7500019, 7500020 come in a poly bag

- 7500017** 45cm (18") ● Yellow
- 7500018** 55cm (22") ● Red
- 7500019** 65cm (26") ● Green
- 7500020** 75cm (30") ● Blue

Maximum user weight



Body Height: Suggested Ball Size



2 Original TheraBand™ Exercise Balls

- 091342088** 45cm (18") ● Yellow
- 091342096** 55cm (22") ● Red
- 091342104** 65cm (26") ● Green
- 091342120** 75cm (30") ● Blue

3 TheraBand™ Anti-Burst Exercise Balls

- 091342310** 45cm (18") ● Yellow
- 091342328** 55cm (22") ● Red
- 091342336** 65cm (26") ● Green
- 091342344** 75cm (30") ● Blue
- 091342351** 85cm (33") ● Silver

4 TheraBand™ Mini Ball

Soft and inflatable to support a range of varied and effective exercises designed to increase core strength in the back and abdominals. Tactile, stretchy PVC makes the yellow 23 cm (9") diameter ball responsive to the touch and non-slip when placed against a hard surface. Includes an instructional poster.

- 7500021** 23cm (9") ● Yellow

1 Gymnic™ Classic

These exercise balls are used to improve flexibility, coordination and balance, also to strengthen and tone abdominals, trunk muscles, arms and legs. These inflatable vinyl balls provide excellent therapy for perceptual motor training activity, especially for children with abnormal reflex patterns or for general exercises and group activities. Seamless construction withstands rugged use by active children and adults. Distance from shoulder to finger tip equals diameter of ball required. Please make sure that the ball is used on a surface free from pointed objects to avoid the risk of puncture. For body weight exercise only. Lifting weights while using the product may cause injuries to the user. Latex free. Phthalate free. Colour may vary.

	Diameter	Colour
091125780	45cm	Yellow
081195403	55cm	Red
081195411	65cm	Blue
081195429	75cm	Yellow
081195437	85cm	Red
081195445	95cm	Blue
081195452	120cm	Red

Maximum user weight



LATEX FREE

BEST SELLER

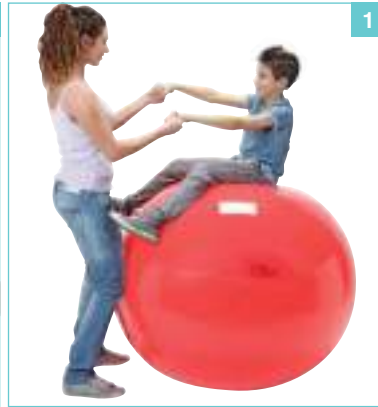


2 Gymnic™ Classic Plus

The Gymnic Plus is the new generation of popular therapy and fitness balls. Perfect for conditioning postural reflexes and motor control. They use advanced technology and a homogeneous material that resists collapse – even after punctures from the sharpest knives and scissors. There is no danger of big splits, tears, or sudden loss of pressure. The BRQ system works with a maximum load of 120kg. For body weight exercise only. Lifting weights while using the product may cause injuries to the user. Latex free. Phthalate free.

	Diameter	Colour
081195239	65cm	Blue
081195247	75cm	Yellow

Maximum user weight



Exercise Ball Sizing Chart

Ball Size	Person's Height
65cm	1.57m to 1.83m
75cm	1.83m to 2.01m

3 Overball

The premier mini-ball, made by the creators of the Gymnic® Therapy Ball. Enhances resistance training, Pilates, or other workout routines to tone abdominals, arm and leg muscles. The Overball has a soft, easy grip texture. 23cm diameter. Colour may vary. Phthalate free.

Diameter	Colour
091142595	23cm May Vary

LATEX FREE



PRICES
For up-to-date prices please see our Website, alternatively contact your Sales Representative or Customer Services.



1 Ball Support

This concave disk is designed to hold a therapy ball still while a user works to improve balance reactions. Stabilising the ball surface lets users receive the benefits of a therapy ball while controlling ball movement.

091143114 Large Base: for Balls 65-75cm

2 PVC Ball Rack

These PVC ball racks provide a space saving solution to storing and organising balls whilst still providing quick and easy access. Available as a wall mounted rack only.

091160522 Wall Mounted

3 CanDo® Ball Stacker

Space saving design allows balls to be neatly stacked. Any size ball can be stacked. Set of 3.

091160530

4 Faster Blaster

Handy 18cm long hand pump inflates therapy balls in a matter of minutes. Compact, light weight design makes it perfect for the travelling therapist.

091125285

5 TheraBand™ Pilate Ball

The Pilate Ball is a universal training tool of exercise in the classic pilates school. Soft and easy to handle, this pilate ball can be used for pelvic re-education or shoulder rehabilitation. The foldable ball is easy to inflate and deflate.

	Diameter	Colour
7500072	26cm/10 1/4"	● Silver

6 TheraBand™ Exercise Ball Stacker

Simplifies storage of inflated balls.

7500074 Set of three

7 Power Pump

An essential tool for achieving and maintaining proper exercise ball inflation.

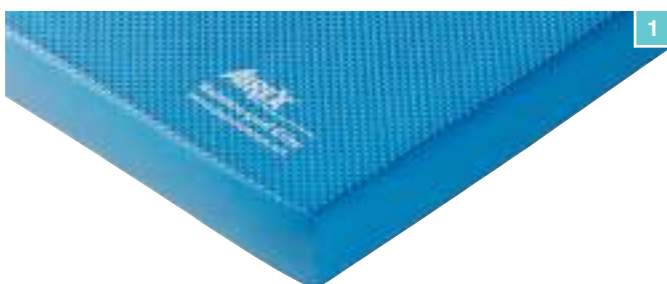
7500073



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2

1 AIREX® Balance-pad Elite

The Balance-pad Elite is designed to help co-ordinate and improve body movements and balance skills. The new waffle pattern on the top and underside of the pad, makes it non-slip. It also provides a pleasant massage and stimulation to the receptors in the soles of the feet. It actively promotes blood circulation in the feet which helps their well being. The pad can be used on both sides which increases its life. In water it can be used as a buoyancy aid and swimming float.

Length	Width	Thickness	Colour	Weight
50cm	41cm	6cm	● Blue	0.7kg

Application Balance training, mobility training, standing stability training, motor-skill training to maintain balance.

091125566



Indoor Outdoor Water

2 AIREX® Balance-beam

The Balance-beam has multifunctional therapy applications. Warm and comfortable to touch, the balance beam provides a base for an individual to work toe-to-toe improving lower and upper body stabilisation and co-ordination. Easy to clean, impervious to water, with a sanitised anti-bacterial finish.

Length	Width	Thickness	Colour	Weight
160cm	24cm	6cm	● Blue	0.9kg

Application Physiotherapy, rehabilitation, neurology, elderly, orthopaedics, group training, and schools.

091124338



Indoor Outdoor



3 Activity Disc

Wobble cushions have become very popular for posture education work and as an alternative to wobble boards; they are much safer and easier to store. The cushion is fitted with nodules for foot massage and sensory work, on one side only. This also gives extra grip to the cushion when used for posture work. Pump included.

Diameter	Colour	Weight
091216159 33cm/13"	● Blue	1kg

4 Disc 'O' Sit Air Cushion

The Disc'O'Sit Air Cushion is an inflatable dynamic cushion. It can be used on the floor for balance training, proprioception and strengthening of the lower extremities. When used in a seat, it mimics both the movement and shape of a ball. Can be inflated orally. Diameter 38cm.

Diameter	Colour
091125277 38cm/15"	● Turquoise



3



3



4

i INFORMATION
Visit www.bebalanced.net for exercise techniques.



BEST SELLER



1 Dynair® Ball Cushion

Physiotherapy for back muscle training, pelvis training, and as a balance device. For relaxing and dynamic sitting: the vibrations produced naturally by the body (through breathing etc.) are not suddenly halted, but can continue according to their own rhythm. The erect posture is optimised and the muscles stabilising the spine are trained.

Dynair® Ball Cushion	Diameter	Colour
091339050	36cm	● Blue
091339068	36cm	● Green
091339076	36cm	● Red
091339126	33cm	● Blue
091339134	33cm	● Green
091339142	33cm	● Red
Dynair® Senso Ball	Diameter	Colour
091338540	36cm	● Green
091338557	36cm	● Blue
091338565	36cm	● Red
091338482	33cm	● Green
091338490	33cm	● Blue
091338508	33cm	● Red

Maximum user weight

200 kg **31 1/2 st**



2 Dynair® Premium - Wedge Cushion

- Supports upright posture
- Strengthens back muscles
- Can relieve back pain
- Can be used on both sides, soft knobby side also for foot and back massage
- Inside pressure individually regulated. Includes pump, full instructions and seating exercise chart

	Diameter	Colour
091338524	40cm	● Blue
091423052	40cm	● Red

Maximum user weight

200 kg **31 1/2 st**



3 Dynair® Extreme

Sit on it and feel good. Brings you automatically in an upright and healthy position.

The Dynair Extreme is the largest member coming from the Dynair family. With a diameter of 80cm and a height of 18cm it is perfectly suited as a meditation pillow and seat cushion. Smooth vibrations are being absorbed immediately by the cushion and emitted to the spine. In order to keep up a calm seating position small adjusting moves have to be made all the time, thus becoming a challenge for the spinal muscles and trunk muscles. Furthermore spinal training and exercises for improving trunk stability can be carried out perfectly in a dorsal or ventral position. The Dynair Extreme functions extremely well as a therapy cushion for certain disease patterns such as paresis, sensoric and motoric deficits or neurological and muscle dysfunctions.

	Diameter	Colour
091423037	80cm	● Lilac

Maximum user weight

200 kg **31 1/2 st**



RETAIL PACKAGED
These products are supplied in retail packaging.

1 TheraBand™ Stability Trainers

Stability Trainers are oval-shaped, colour-coded foam pads, supplied in two densities to provide a progressive system of balance training for rehab, post-rehab conditioning, and fitness applications. Each pad is moulded in closed-cell foam with a ridged surface.

	Density	Colour
091040328	Soft	● Blue
091040344	Firm	● Green

2 Togu® Balance Hedgehogs

Possible applications: To promote physical co-ordination (e.g. circuit training for balance), for various exercises for building strength, to promote mobility, for relaxation, for foot massages and to promote somaesthesia, for various games.

Material: High-quality RUTON®

Design: Cast in one piece. Short knobs which are pleasant to the touch. With needle valve for the regulation of pressure to meet individual needs. Supplied as a pair. 16cm diameter.

Available in 2 colours (not relating to resistance)

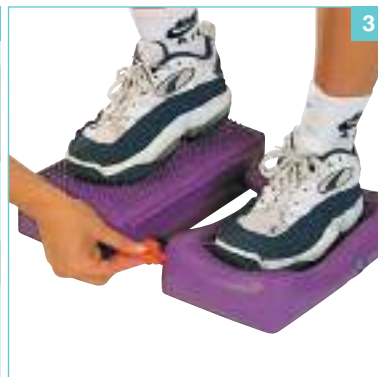
	Colour
091340918	● Purple
091340884	● Blue



3 Gymnic™ Movin' Step

The Movin Step is a unique product that can be used in workouts, therapy and rehabilitation. It combines two exercises tools. A dynamic base for exercises that challenge and improve balance co-ordination and an air step for cardio-vascular and strength endurance exercise. The valve allows easy switching from one to the other. Valve closed (vertical position) gives two independent airchambers or valve open (horizontal position) allows airflow between chambers. The valve can be set in any intermediate position for finer adjustment. Remove plug to inflate. Includes a 12 page exercise brochure.

	Height	Length	Width	Weight
091144187	7cm	35cm	35cm	1.5kg



4 Rolyan® BEEP™ (Balance Enhancement Exercise Program) Board

Ideal for establishing a simple, low cost programme to help people who have balance problems reduce the potential of falling. The side to side rocking motion promotes weight shifting and lateral balance reactions to help reduce the fear of falling and increase self-confidence. The board emits a beep that provides a goal: with each successful weight shift, the beep sounds, reinforcing a job well done. Provides appropriate reinforcement for people with visual impairments.

The Balance Enhancement Exercise Program can be used as part of an individual treatment programme or as a group activity, where using the BEEP Board becomes a social event and its use is enhanced by mutual support and group interaction. Using music helps make the exercise more lively. Lightweight uniaxial plastic board 6.4cm high for patient safety. Features a slip-resistant surface and foam to cushion the impact of weight shifts.

081296623 Board measures 41×64cm (16×25")

Maximum user weight	136 kg	21 1/4 st
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5 STEP IT Lower Extremity Exerciser

Clinically proven to increase blood circulation, STEPIT, simulates the movements of walking. A foldaway pedal that is easy to carry around. Designed for use anywhere and suitable in clinic, club or the home environment. Colour may vary.

091511948



RETAIL PACKAGED
These products are supplied in retail packaging.



1 Fitness Mad Air Dome Pro II

The dome can be used for almost any exercise that is normally performed on an aerobic step or on the floor. As the Air Dome is an unstable surface, exercises performed on the Dome are more dynamic working the core, making exercises both more challenging and more effective, bringing results faster. Can be used either side up. Features TPR anti-slip base to keep firmly in place on the floor. Includes 8" hand pump to inflate the dome. Height: 21cm (6½") when fully inflated. Base diameter 59cm.

091329408

Maximum user weight



2 Balance Disc

This moulded Wobble Board is strong and lightweight. It features a non-slip textured top and is excellent value. It will help with balance, co-ordination and posture. 40cm diameter, 9cm high, for patients up to 120kg.

091228642

Maximum user weight



3 Economy Wobble Board

Excellent value for money with this PVC surfaced wobble board. The surface is non-slip and can be wiped clean with a damp cloth. Diameter 50cm. Latex Free.

091125756



Adjustable boards are excellent for people who wish to progress their balance skills. These versatile boards allow you to progressively increase the difficulty of the exercise by simply adjusting or changing the base, making them suitable for all types of rehabilitation and strength training. In addition, adjustable wobble boards are easy to store and ideal for both clinic and home use.

1 TheraBand™ Stability Disc

The TheraBand™ Stability Disc is more challenging than the TheraBand™ Stability Trainers. The 33 cm (13") diameter Disc offers an unstable, sensory-stimulating surface designed to facilitate balance and proprioceptive training, as well as automatic postural reactions. The Stability Disc is also ideal for active sitting. Available in silver only.

7500075

2 TheraBand™ Dynamic Ball Cushions

7500023 ● Green 33cm without senso-knobs

7500070 ● Green 33cm with senso-knobs on one side

7500028 ● Blue 36cm without senso-knobs

7500029 ● Blue 36cm with senso-knobs on one side

7500030 ● Black 50cm with senso-knobs on one side

3 TheraBand™ Rocker Board

The TheraBand™ Rocker Board offers an unstable and sensory-stimulating surface designed to facilitate balance and proprioceptive training and automatic postural reactions.

TheraBand™ Rocker Board: single plane rocker that allows one plane of instability at a time. Angle of Deflection is 30°.

091338128 TheraBand™ Rocker Board

4 Fitness Mad Adjustable Wobble Board

This 40cm adjustable wobble board offers angles between 19° and 23° by simply screwing the rocker in or out, allowing you to progressively improve your balance. The more you screw the rocker out the greater the angle and the greater the difficulty.

091329259



1



2



3



4



A new measure of function and comfort

THE WORLD'S NO.1 SELLING EXERCISE MATS

made in switzerland

AIREX® products are premium quality with a long product life. Thanks to their versatility, they form an excellent base for all types of exercises.

Everyone recognises the AIREX® mats with the typical horizontal stripes – the original for 50 years and the clear number one amongst all therapeutic, sports and leisure mats. The innovative closed-cell foam of the AIREX® mats was developed over many years of work. The extremely hard-wearing material is on the one hand supportive and on the other hand warm, soft and absorbing. Joints, tendons and muscles can thereby be trained gently and efficiently.

Properties:

-  **Comfortable**
Soft, smooth, excellent insulation.
-  **Cushioning**
Resilient and supportive, protection against injuries.
-  **Increased durability**
Wear-resistant material for years of top form.
-  **New formula for effective hygienic protection**
Easy to clean.
-  **Water-repellent**
Closed-cell foam material preventing water and dirt penetration.
-  **Multifunctional**
Versatile, for indoor, outdoor and water use.
-  **Non-slip**
Surface structure and special foam technology prevent slipping.
-  **Flat-lying**
Flat-lying mats prevent tripping.
-  **CE-compliant**
High-quality materials, strict quality control.

Characteristics of AIREX® products:

- Warm and comfortable
- Absorbing
- Long life span
- Hygienic through antimicrobial finishing
- Water repellent through closed-cell structure
- Multifunctional
- Slip-proof
- Flat placement on the floor
- Conforms to CE (CE 93/42/EWG)

Airex mats are an ideal basis for any kind of training; indoor, outdoor and in the water.

They are easy to use, flexible, safe and robust with indestructible material they always stay in top shape.



AIREX® products have been awarded the AGR quality cachet: Certified and recommended by Association Forum Healthy Back – Better Living and Federal Association of German Back Schools.



Premium quality for any type of use



1 | AIREX® Coronella

Length	Width	Thickness	Weight
185cm	60cm	15mm	2.2kg

- 091125491 ● Red
- 091125483 ● Green
- 091125475 ● Blue



2 | AIREX® Corona

Length	Width	Thickness	Weight
185cm	100cm	15mm	3.8kg

- 091125525 ● Red
- 091125517 ● Green
- 091125509 ● Blue



1



2





1 Aqua

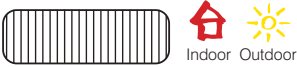


2 Red



3 Blue

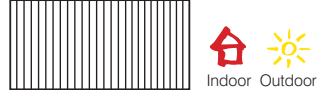
1 AIREX® Fitline				
Length	Width	Thickness	Colour	Weight
180cm	58cm	10mm	Aqua	1.5kg
091125624				



2 AIREX® Atlas				
Length	Width	Thickness	Colour	Weight
200cm	125cm	15mm	Red	5.5kg
091125541				



3 AIREX® Hercules				
Length	Width	Thickness	Colour	Weight
200cm	100cm	25mm	Blue	6.6kg
091125558				



4 AIREX® Wall Bracket for Mats without Eyelets

The high-quality wall bracket in stainless chrome steel, over which mats without eyelets can be simply draped. Available in a single size.

- Length: 105cm
- Width: 10cm.
- Material: Stainless Steel
- Weight: 3.5kg.

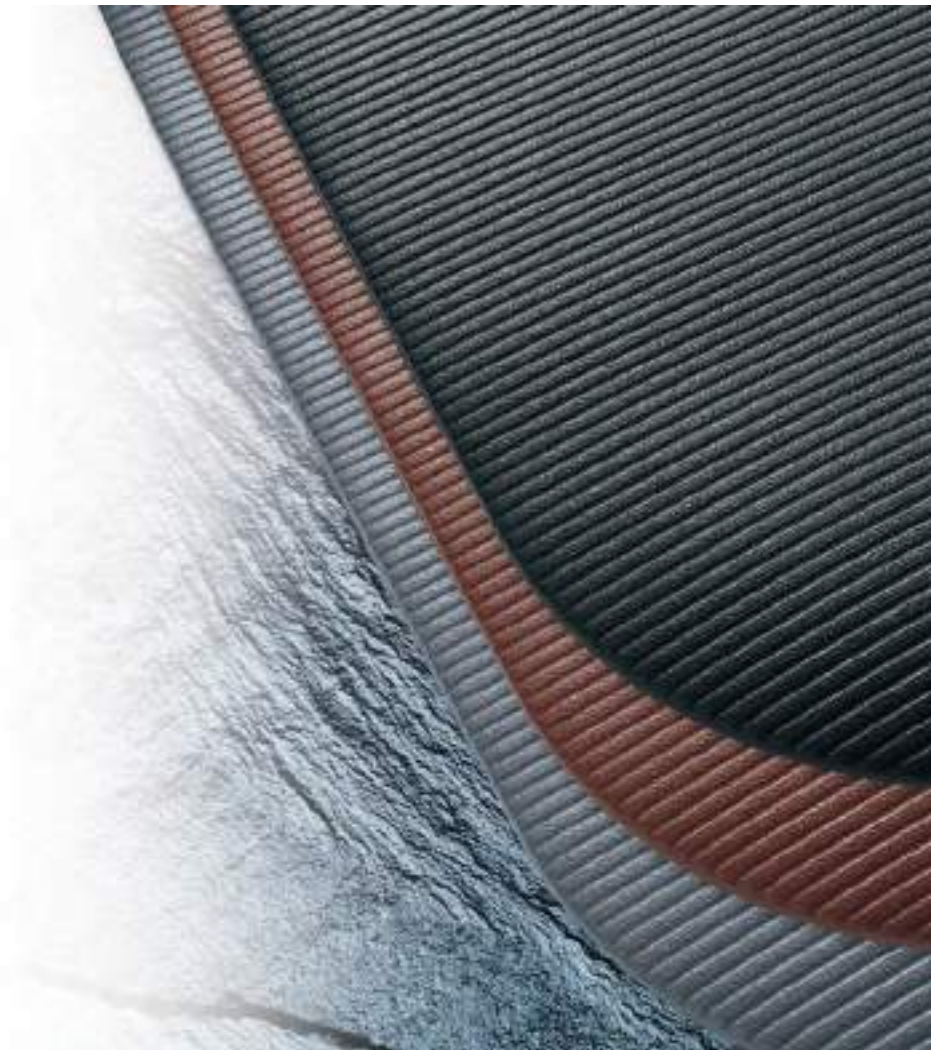
Storage of: Corona.

091204270 105cm

Coronella 200 and Corona 200

Properties:

-  **Comfortable**
Soft, smooth, excellent insulation.
-  **Cushioning**
Resilient and supportive, protection against injuries.
-  **Increased durability**
Wear-resistant material for years of top form.
-  **New formula for effective hygienic protection**
Easy to clean.
-  **Water-repellent**
Closed-cell foam material preventing water and dirt penetration.
-  **Multifunctional**
Versatile, for indoor, outdoor and water use.
-  **Non-slip**
Surface structure and special foam technology prevent slipping.
-  **Flat-lying**
Flat-lying mats prevent tripping.
-  **CE-compliant**
High-quality materials, strict quality control.



- more hygienic
- longer lasting
- longer length
- new colours

The highly complex mat formulation has been entirely redefined. In response to increased hygiene needs, a new antibacterial agent has been added to the innovative Airex material. The improved hygiene formula protects against the highly-aggressive CA-MRSA bacteria.

Airex also makes a difference when it comes to style and comfort. The sophisticated new range of colours complement the latest interior design concepts and at a larger size of 200cm they are long enough to accommodate anybody.



1	AIREX® Coronella 200			
Length	Width	Thickness	Colour	Weight
200cm	60cm	15mm	Charcoal	2.4kg
091537216				



2	AIREX® Corona 200			
Length	Width	Thickness	Colour	Weight
200cm	100cm	15mm	Charcoal	4.1kg
091537240				





1 Aeromat™ Mat RS34-2372

Ribbed/smooth, closed-cell mat.
 Length 183cm. Width 58cm. Depth 1.6cm.
081157346 Blue
 Length 183cm. Width 99cm. Depth 1.6cm.
081157361 Blue

2 TheraBand™ Exercise Mats

- Made of high-density polyethylene, a lightweight non-PVC material
- Easy to clean surface feels soft to the touch
- Waterproof, wear resistant, and designed for maximum support
- Supplied with pre-drilled hanging holes and two elastic straps for easy storage
- Choose from three vibrant colours – Blue, Green and Red, in 60cm (24") or 100cm (40") width, 190cm (75") length
- Individually packed in clear zipper bag

	Thickness	Colour	Length	Width
091343672	1.5cm	● Blue	190	60
091343680	1.5cm	● Green	190	60
091343698	1.5cm	● Red	190	60
091343706	2.5cm	● Blue	190	60
091343714	2.5cm	● Green	190	60
091343722	2.5cm	● Red	190	60
091343730	1.5cm	● Blue	190	100
091343748	1.5cm	● Green	190	100
091343755	1.5cm	● Red	190	100

THEIRABAND

1 Ultimate Folding Mat

This high quality mat from York Fitness is made from extra thick foam for added comfort. Features a heavy-duty vinyl cover that is easy to wipe clean. Twin handles aid transport. Length 183cm. Width 61cm. Depth 5cm.

091143262 Black

2 Universal Folding Exercise Mat

Manufactured from antibacterial materials and coated with 21oz vinyl. Ideally suited for heavy duty institutional use, such as vigorous floor exercises. Mat is filled with 5cm, 100 ILD (In-Load Deflection) solid foam, yet is lightweight. Does not bottom out under the heaviest use. Folds for easy storage. Transporting is easy using the mat's reinforced handles.

	Size	Weight
081008606	122×183cm	9kg
081008614	122×213cm	8.6kg
081008622	152×213cm	11.3kg
081008648	183×305cm	18.6kg



3 Warrior Yoga Mat

The Warrior Yoga Mat provides good grip, cushioning and durability. Machine washable at 40°.

- Length 183cm
- Width 61cm
- Depth 4mm
- Weight 1.1kg

091157676 Two Tone Sky Blue

4 Warrior Plus Yoga Mat

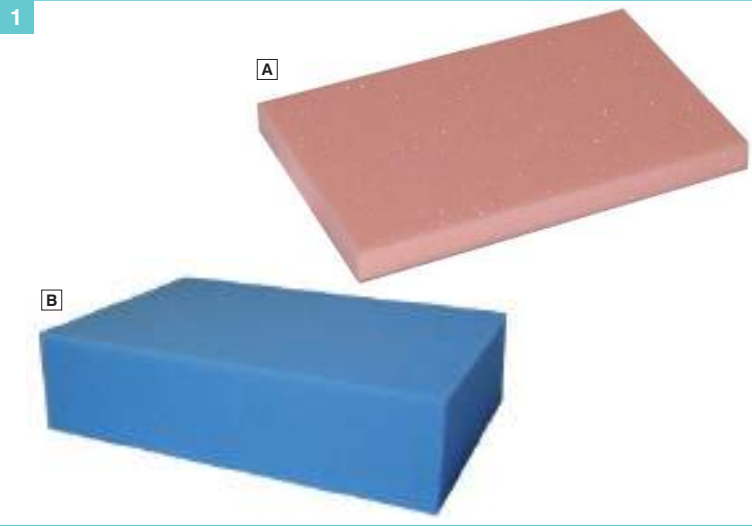
This luxury Mat has the same grip as the Warrior Yoga Mat but at 6mm it offers more cushioning for those seeking extra comfort. Machine Washable at 40°.

- Length 183cm
- Width 61cm
- Depth 6mm.

091169275



DELIVERY
Please contact Customer Services for more information.



1 Head Pads

Excellent for under hands and knees when kneeling. Insert under lower back to help release hip flexors and maintain neutral alignment. Manufactured in a soft Supasoft Foam. Flame Retardant. Washable Cover available. Made in England. 2 sizes available.

- 091537331** **A** Small head pad without cover
L 305mm × W 203mm × D 25mm (12" × 8" × 1")
- 091537349** **B** Large head pad without cover
L 305mm × W 203mm × D 75mm (12" × 8" × 3")

2 Pilates Head Pad Covers

Tailor-made to fit Head Pads - Manufactured from 100% Cotton - new pillow case design - Washable. Available in 2 colours for small and large head pads.

- 091537448** **A** Small Blue Cover
To fit Head 1" Pad (Small)
- 091537471** **B** Large Blue Cover
To fit Head 3" Pad (Large)

3 Mat Trolley

An easily manoeuvrable mat trolley for non-rigid mats. Designed for lightweight mats and can support a maximum weight of 25 kilos. Mat rail height 142cm. Length 130cm. Width 73cm. Total height 164cm.

091136670

ROCKTAPE[®]
Go stronger, longer

1 RockNRoller

Portable, hollow core roller with removable carry strap and internal storage.

This unique design was developed by a team of rehabilitation professionals and includes a large high quality colour instructional poster and a mini movement manual with instructions, images and further information sources.

The RockNRoller has a hollow core with removable end-caps to allow storage of smaller mobility products and therapy tools - or your lunch!

Specifications

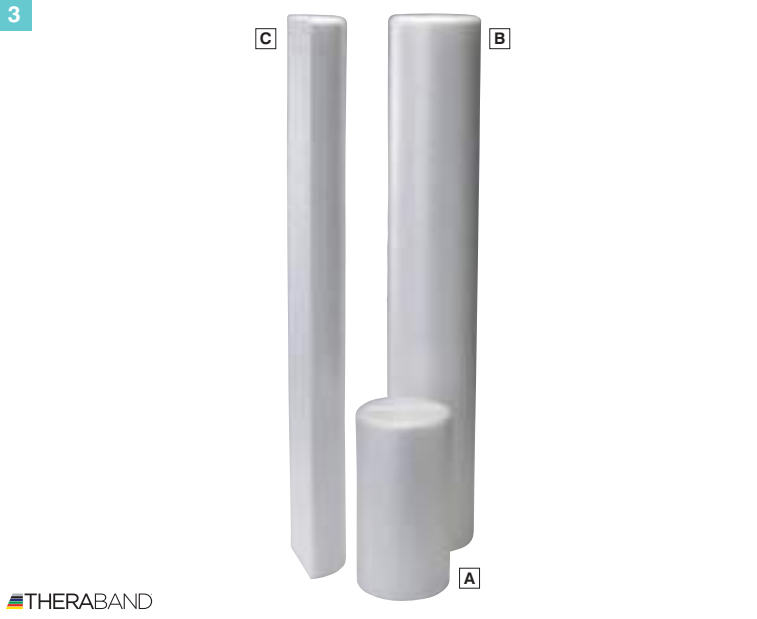
- 45cm length
- 45cm circumference
- 14cm diameter
- Lifetime Warranty

091558451





SammonsPreston



HERABAND



HERABAND



HERABAND



HERABAND

1 Foam Rollers

These excellent rollers are ideal for stretching. The foam roller has a hard inner core that can help improve stability and flexibility and is great for promoting stabilisation, core strength and balance training.

	Size	Type
091547165	15×90cm (6×36")	Round
091547181	10×90cm (4×36")	Round
091547207	10×30.5cm (4×12")	Round
091547231	15×90cm (6×36")	Half
091547249	15×30.5cm (6×12")	Round

2 EPP Rollers

This professional quality Studio Foam Roller made from EPP Expanded polypropylene (EPP) is an engineered plastic foam material that is durable, light weight, and recyclable, it has excellent energy absorption and high strength properties, which offer improved performance and longevity over EVA or PE foam rollers. Lightweight 370g, 90cm×15cm (6"), Black, Shore C. Hardness 42.

091329416

3 TheraBand™ Pro Foam Rollers

The TheraBand™ Pro Foam Rollers are made of highly durable closed-cell foam to extend product's life and maintain its form. They can be used as a standalone device or used in conjunction with the patent-pending TheraBand™ Foam Roller Wraps+ to serve as a novel tool for hands-free myofascial release, deep tissue massage and stabilisation exercises.

The Pro Foam Rollers are available in the standard 15cm diameter, in both 91cm and 30cm lengths and a 15cm half round diameter in the 91cm length. They can be used in-clinic, as part of a home exercise program or patient/client self-initiated wellness routine. All Foam Rollers are individually packaged with detailed exercise instructions featuring general techniques and advanced exercises divided by muscle region to facilitate home exercise and in-clinic use.

	Length	Type
091547850	A 30cm (12")	Round
091547868	B 91cm (36")	Round
091547876	C 91cm (36")	Half

4 TheraBand™ Foam Roller Wraps+

Patent-pending, ridged TheraBand™ Foam Roller Wraps+, used in conjunction with standard 15cm round foam rollers, serve as a novel tool for hands-free myofascial release, deep tissue massage and stabilisation exercises, and can help increase muscle flexibility and range of motion.


Designed to support varying degrees of tissue mobilisation, the TheraBand™ Foam Roller Wraps+ are available in four successive colours of progressive density – Yellow (X-Soft) providing extra cushion for more delicate patient populations through Blue (X-Firm) for advanced fascia mobilisation.


	Colour	Density
091537588	● Yellow	X-Soft
091537596	● Red	Soft
091537604	● Green	Firm
091537612	● Blue	X-Firm

5 TheraBand™ International Foot Roller

Green – 4 cm (1.5") diameter, 1cm (0.5") centre – includes multi-lingual instructional insert

7500088 ● Green

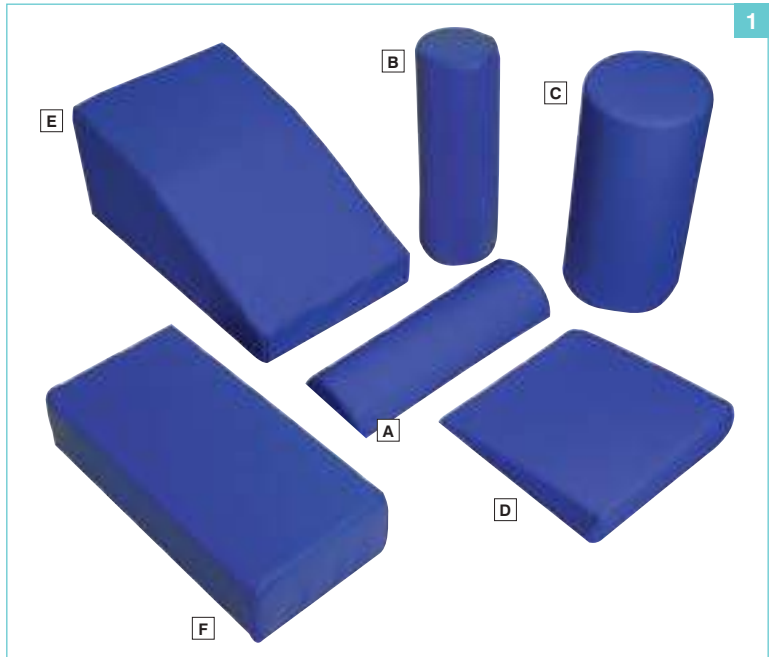
 **RETAIL PACKAGED**
These products are supplied in retail packaging.

 **PRICES**
For up-to-date prices please see our Website, alternatively contact your Sales Representative or Customer Services.

1 Economy Vinyl Rolls and Wedge

Outstanding value with these superb quality vinyl coated, high density foam filled rolls and wedges. Available in various shapes and sizes to allow a variety of positioning and therapeutic activities. Covers are removable and have a zip fastening.

Blue	Type	Size
091143452	A Half Roll	50×17×8.5cm
091143577	B Roll	50×17cm
091143692	C Roll	50×25cm
091143817	D Wedge	40×40×10×1cm
091143932	E Trapeze	65×35×40cm
091144054	F Rectangle	60×30×15cm



2 Movin'Sit Air Cushion

The Movin'Sit Air Cushion is an inflatable, dynamic cushion that activates intrinsic trunk muscles to support the spine. The wedge shape encourages proper posture and alignment while sitting at a desk or table. It can also be used upright in any chair as a back support or on the floor. Can be inflated orally.

091125269

3 Comfort 'A' Back

This dynamic air-filled half roll, can be used on a chair, car seat or when lying on the floor. It provides support to the lower back and moulds to the user as they move giving superior comfort. Blue, supplied with a black cover. Length 33cm. Width 24cm. Depth 5cm.

091144443

4 Cubo Wedge

A two piece positioning wedge in the form of a cube. Designed to enable a variety of positioning aids with variable heights in one product. The pieces have extra tensile strength hook and loop, so they can be attached together or used as two single wedges. Covered in a wipe clean vinyl with a removable zip cover. Colours are one blue and one green wedge. 40×40×40cm.

091144070



1



Tumble Forms 2[®]

1 Tumble Forms 2™ Rolls

Adaptive shapes for rolling and rocking movements, for positioning and neuro-developmental training. Soft yet firm rolls have a solid core to prevent flattening at the bottom (except the 102mm diameter size).

	Length	Diameter
081012392	610mm (24")	102mm (4")
081012400	610mm (24")	152mm (6")
081012442	610mm (24")	203mm (8")
081012459	914mm (36")	203mm (8")
081012418	914mm (36")	254mm (10")
081012426	914mm (36")	305mm (12")
081012467	1219mm (48")	305mm (12")
081012434	1219mm (48")	356mm (14")
081012475	1219mm (48")	406mm (16")

2



2 Tumble Forms 2™ Slotted Wedges

These durable wedges offer a variety of positioning options for children and adults. Used in conjunction with a supine mat, or bed positioning, the wedges help alignment of the hip, preventing rotation and providing abduction of lower extremities. Available in three sizes. Latex free.

		Height	Width	Depth
081127281	Medium	305mm (12")	635mm (25")	356mm (14")
		Floor to slot 165mm (6 1/2")		
081127299	Large	330mm (13")	660mm (26")	406mm (16")
		Floor to slot 178mm (7")		
081127307	X-Large	406mm (16")	737mm (29")	483mm (19")
		Floor to slot 216mm (8 1/2")		

3



3 Tumble Forms 2™ Wedges

Wedges are one of the most versatile therapy tools available. Ideal for gross motor activities such as rolling, tumbling, and walking on inclines.

	Height	Width	Length	Incline
081012483	102mm (4")	508mm (20")	559mm (22")	8°
081012491	152mm (6")	508mm (20")	559mm (22")	12.5°
081012509	203mm (8")	508mm (20")	559mm (22")	20°
081012541	254mm (10")	508mm (20")	559mm (22")	22.5°
081012517	152mm (6")	610mm (24")	711mm (28")	8°
081012525	203mm (8")	610mm (24")	711mm (28")	12.5°
081012533	254mm (10")	610mm (24")	711mm (28")	20°
081012558	305mm (12")	610mm (24")	711mm (28")	22.5°

4



4 Tumble Forms 2™ Raised Rolls

Offers the positioning options of conventional rolls with the stability of a wedge. Raised rolls provide a stable base for bolster sitting, side leaning or prone positioning. A hook and loop strip on the bottom of each roll holds it in place for active or static therapies.

	Length	Elevation	Width
081012285	457mm (18")	51mm (2")	102mm (4")
081012293	457mm (18")	76mm (3")	102mm (4")
081012301	610mm (24")	115mm (4 1/2")	152mm (6")
081012319	762mm (30")	152mm (6")	203mm (8")



SPARES
Spares are available for this product, for details and full spares listing please contact Customer Services.

1 Low Cost Dumbbell Set

A set of plastic coated dumbbells, complete with stand. Dumbbell set pairs 1.5kg, 3.0kg, 5.0kg.

091337419 Low Cost Dumbbell Set and Stand

2 Kettle Weights

Working with kettle bells increases strength, endurance, agility and balance, challenging both muscular and cardio systems with dynamic, total-body movements. Whether you want to burn fat or develop your cardio fitness or increase your strength, it can all be done with a kettle bell. They feature an oversize powder coated handle that provides excellent grip whilst allowing for full and fluid motion. The base of each kettle bell is colour coded and covered with a heavy duty vinyl skin which helps to protect the floor.

If you are not sure which weight you need, here is a rough guide:

- Women new to strength training should start with 4kg
- Fit Women (excl. athletes) from 8 to 12kg
- Men new to strength training should start with 8 to 12kg
- Fit Males used to Strength Training 12 to 16kg
- Athletes & Weight Trainers 20 to 24kg

091204049 4kg

091204056 8kg

091204064 12kg

091204072 16kg

091204080 20kg

091204098 24kg

3 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



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1 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.

Soft Weights offer a more functional, accommodating grip for unilateral or bilateral exercise progressions. They're ideal for balance training and stabilisation exercises or with a rebounder or mini trampoline for plyometric exercises. The unique latex-free filling allows the ball size to remain constant at 4.5" in diameter for each weight in the colour progression. As a result, users can increase weight without changing their grip or technique. Each Soft Weight is individually packaged with an exercise guide and safety instructions.

	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	

1



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

2

1-8kg Weights



3

4-10kg Weights



RETAIL PACKAGED
These products are supplied in retail packaging.

1 Neoprene Dumbbells

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

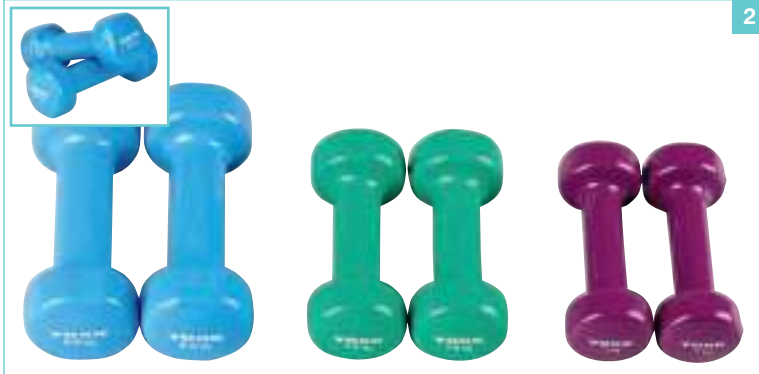
	Colour	Weight
091169671	Pink	0.5kg
091169689	Purple	1kg
091169697	Green	1.5kg
091169705	Blue	2kg
091169713	Orange	3kg
091169721	Red	4kg
091169747	Black	5kg



2 Fitbell Set

This handy carry case contains 1, 1.5 and 2.5kg pairs of hand dumbbells. Great for the community therapist or small clinic.

091142843



3 The Cuff® Weights

These colour coded cuff weights contour to the wrist or ankle. The securing system includes 36cm hook and loop strap with a double safety closure to assure easy adjustment and secure fit even during strenuous exercise programmes. Sold individually.

	Colour	Weight
091146026	Beige	0.5kg
091146034	Yellow	1kg
091146042	Red	1.5kg
091146059	Green	2kg
091146067	Blue	2.5kg
091146075	Black	3kg
091146083	Gold	4kg
091146091	White	5kg
091146109	Orange	6kg
091146117	Olive	7kg
091146125	Tan	8kg
091146133	Turquoise	9kg
091146141	Lemon	10kg



4 Hook and Loop Strap on Wrist and Ankle Weights

A versatile range of Wrist and Ankle Weights made from a hardwearing, soft touch vinyl, which fit easily and snugly around the wrist, arm and leg. Available in 8 sizes.

Weight

091342757	1lb
091342765	2lb
091342773	3lb
091342781	4lb
091342799	5lb
091342815	7lb
091342823	8lb
091342849	10lb



5 TheraBand™ Comfort Fit Ankle & Wrist Weight Sets

- Neoprene exterior with adjustable strap and soft terrycloth interior
- Retail packaged, ideal for at-home use
- Reflective trim
- Safety instructions included

091548205 ● Red Pair (0.45kg/1lb each)

091548213 ● Green Pair (0.70kg/1.5lb each)

091548221 ● Blue Pair (1.15kg/2.5lb each)



 **RETAIL PACKAGED**
These products are supplied in retail packaging.

 THERABAND



1 Adjustable Cuff Weights

These contoured wrap around weights feature individual metal weights ranging from 1.5kg to 5.0kg that can be inserted or removed to allow a broad range of adjustments for graded exercise programmes. Sold as singles.

Weight

- 091146158** 1.5kg
- 091146166** 2.5kg
- 091146174** 5kg

2 Economy Ankle/Wrist Weights

A range of economical weights used on the ankle or the wrist. Secured by extra strength hook and loop fastenings. Weights ranging from 0.5kg up to 2.5kg. Covered in a soft, durable material. Supplied as a pair.

Weight

- 091144393** 0.5kg
- 091144401** 1kg
- 091144419** 1.5kg
- 091144427** 2kg
- 091144435** 2.5kg



3 TheraBand™ Webbed Pull Buoy

A swimming training aid. Perfect for providing lower body buoyancy while swim training to improve upper body strength. Supplied in two sizes to match user preference and buoyancy level.

- 7500086** Small 10cm (4") × 15cm (6")
- 7500087** Medium 10cm (4") × 18cm (7")

4 TheraBand™ Swim Belts

TheraBand™ swim belts with high density buoyancy foam. Ideal for use as an entry level swim training aid for young swimmers. Supplied in 2 sizes corresponding to buoyancy level.

- 7500082** TheraBand™ Tadpole Swim Belt
- 7500083** TheraBand™ Youth Swim Belt



1 Sammons Preston Shoulder Pulley

This easy to use shoulder pulley rope set can be mounted in a doorway or other overhead mounting. It is a low cost, simple to use device that helps increase range of motion, assists stretching of the upper body and can be used for the prevention and rehabilitation of shoulder injuries. It is suitable for home or clinic use. Includes pulley, handles, nylon cord, door anchor and illustrated instructions.

091259555

2 TheraBand™ Shoulder Pulley

A tool for rehab professionals working with shoulder patients. The pulley's distinct black marks provide patients with immediate visual feedback on progress and offer practitioners a mechanism for directing patients with clear, accurate instructions.

Other features include:

- Sturdy door anchor - compatible with any standard door jamb
- Soft foam handles - offer extra comfort during use
- Adjustable rope length - provides custom fit and versatility

091531581

3 Rolyan® Reach'N Range Pulley

Easy-to-use pulley system for strengthening weakened shoulders and increasing range of motion. Features the innovative, easily adjusted ROM stop to control range-of-motion patterns. Easy length adjustability to fit patients quickly. Lightweight and compact for travelling convenience. Fits standard and thick doors.

081297167 **A** With Webbing Strap

081297175 **B** With Metal Bracket

4 Rolyan® Reach'N Range Overhead Pulley

Simple to use for re-building muscles and increasing range of motion. Dual overhead pulley offers extra stability and can be used with weights on one handle to counterbalance the strength of the opposite extremity. Weights (not included) can be added as strength improves. Overhead system positions the patient away from the door, allowing more free range-of-motion patterns, such as PNF patterns. Appropriate for home and clinic use.

081297134

5 Rolyan® Graded ROM Arc

Rolyan® Graded ROM Arc is excellent for treatment of any upper extremity deficit that impairs range of motion. With an adjustable arc and the size of the natural wood base, this product is portable. Thus, it works for clinical or home use.

- Arc adjusts to 15", 20", 25" and 30" heights
- Base measures 36 \times 3/4 \times 6"
- Plastic tube is 3/4"
- Includes 12 rings
- Latex free

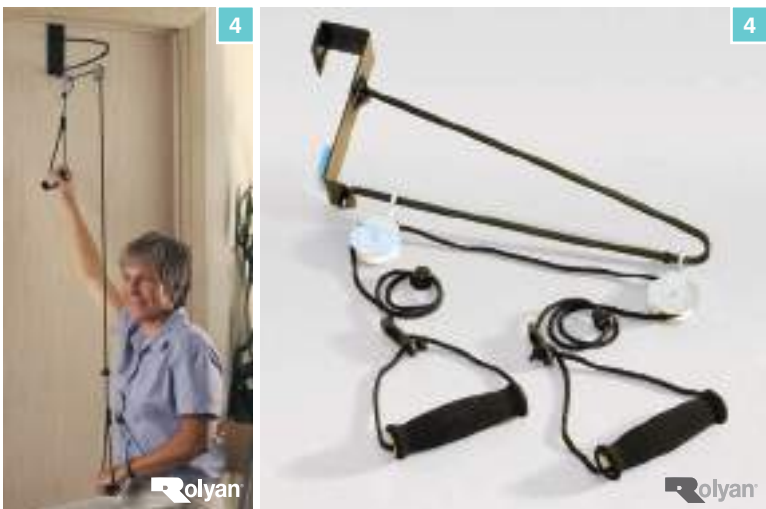
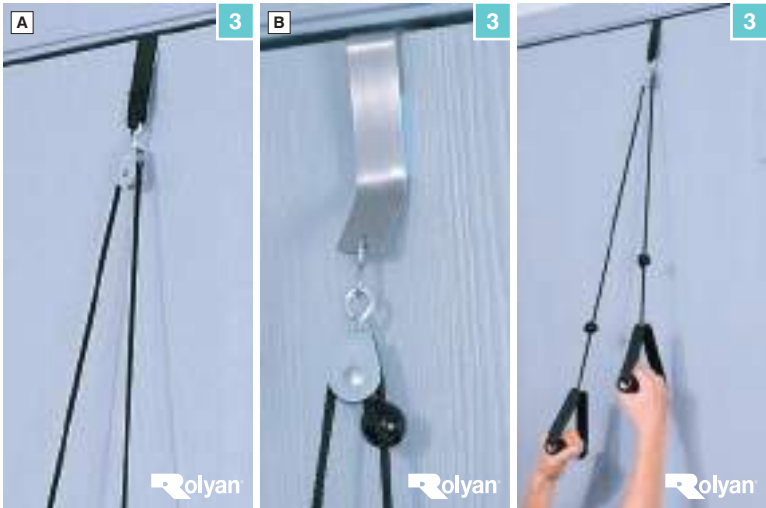
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SammonsPreston



TheraBAND



NEW



LATEX FREE

1 Grahamizer I Multi-Use Exerciser

Ideal for post-mastectomy, clinic and home exercise programmes. Exerciser combines many standard rehabilitation exercises into one portable device. Features an over-the-door wedge hanger that attaches to 3cm thick doors. Has a 20 step fluted finger ladder. Includes two 15cm dowels, nylon rope with 73cm travel on a swivel pulley, 9cm hand grips spaced 25cm out from base and a peg for storing rope up and out of the way. Also includes a "wind-up" shoulder wheel with a 91cm nylon rope that features 6.5cm of vertical height adjustment to increase ROM, reach, etc. Height easily adjusts with one revolution of the adjustment knob. Rubber ball at the end of the rope for squeezing, grasping and preventing slippage. Length 1.07m. Width 29cm. Depth 35cm. Weight 8.5kg. Latex free.

081028893

2 Saeboglide™

The Saeboglide™ is a new product specifically designed to exercise the affected arm following stroke or head injury. It is able to challenge the person at all stages of recovery and allows an independent home programme to be established.

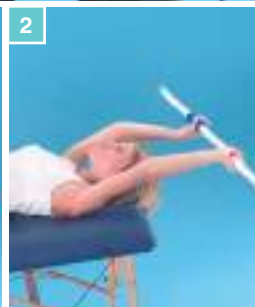
The Saeboglide™ offers a way to exercise the affected arm by using the gliding sleeve. Following placement of the hand onto the gliding sleeve, the distal support allows the client to perform various controlled arm exercises at his or her appropriate strength level.

The Saeboglide™ Plus comes with a hand strap that stabilises the hand to the gliding sleeve while exercising. It is most appropriate for individuals that have decreased hand strength/unable to grip through full shoulder and elbow range of movement.

- Exercise your affected arm in all planes of movement
- For use in lying, sitting, and standing
- Comes with an extensive instruction manual with over 40 pictures, demonstrating start and end positions for the exercise regime. It also contains a stretching and a two handed exercise programme
- The manual has a schedule page to photocopy to allow documentation of an exercise programme

081236710 Saeboglide™

081236728 Saeboglide™ Plus





1 Rolyan® Incline Board

Moulded-plastic board can be permanently mounted to a table top or clamped down temporarily. Board can be positioned at different angles to provide varying degrees of shoulder extension. Measures 79cm high, 22cm wide, with a 61cm base. Use bilateral handles or a single handle for one-handed exercise. Handled piece is a 7×14×22cm box to which weights can be added for increased resistance. Latex free.

081274232

2 Rolyan® Climbing Board and Bar

Frame features 7 rubber-tipped extensions on each side that are 10cm apart. Made of hardened aluminium. Climbing board bar (96.5cm) has handle grips that protect the hands when weights are attached to the bar and provide better grasp and comfort. Climbing board measures 91cm high x 62cm long. Base has two holes drilled for permanent attachment to an exercise table, or the device can be temporarily attached by C-clamps or vice grips (not included).

081268911

3 Rolyan® Climbing Board Accessory Kit

Expand use of the Rolyan® Climbing Board above by combining activities to improve perceptual motor skills with activities that increase upper extremity range of motion, strength and coordination. Two double-faced pattern cards attach to the back of the Rolyan® Climbing Board with hook and loop. Nylon cord (30m) is supplied in plastic container. For added variety, there are two matching sets of coloured plastic tabs numbered 1 to 7 that provide additional activities.

081268929



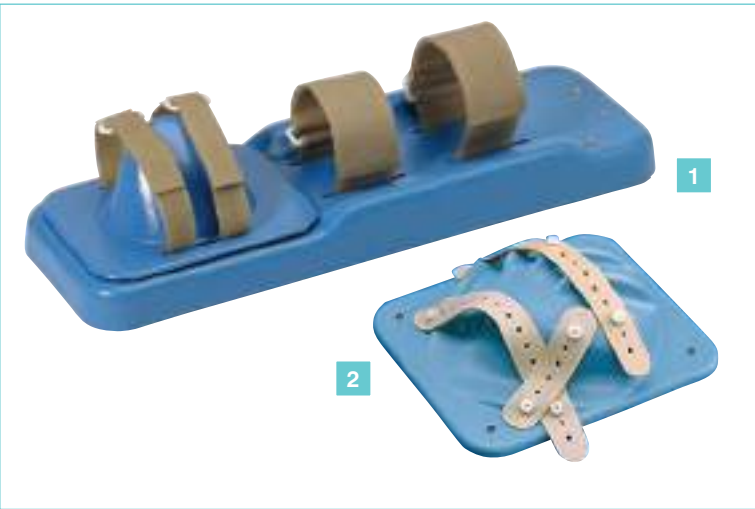
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1 Rolyan® Forearm-Based Skateboard

Features a stable base of support to eliminate tipping. The repositionable hand piece features a neutral position hand design to comfortably support the right or left hand. The straps maintain secure hand and forearm position.

081274190

2 Rolyan® Ball Hand Piece Accessory

Abducts the fingers and thumb and maintains the palmar arch in a reflex-inhibiting position. Can be used with the Rolyan® Forearm Skateboard (081274190).

081274216 Left

081274208 Right

3 Rolyan® Rehability Slide Board

The Rehability Slide Board is used as an exercise aid for upper and lower limb rehabilitation. Simple to use for patient compliance. Brightly coloured for easy visibility and light weight with a carrying handle for easy transportation. With anti-slip strips on the underside. Designed and manufactured to physiotherapists specifications. For use in hospitals and the community. Made from polypropylene. Measures 39×71×0.5cm.

091125228

4 Rolyan® Textured Stacking Cones

Plastic cones provide a non-slip grip and tactile stimulation. Great for hand/eye co-ordination and depth perception. Washable. Set of 30 cones includes six colours. Cones are 18cm tall. Latex free.

081031061 Small Cones

(9.5cm top, 15cm base circumference)

081031079 Large Cones

(14cm top, 20cm base circumference)

5 Rolyan® Stacking Cones

Colourful, washable, non-toxic acrylic cones. 30 translucent cones 11cm high with a circumference of 20cm at the base - five each of blue, green, red, amber, smoke and clear with a moulded base of white ABS plastic. Ideal for UE activities, hand/eye co-ordination, grasp/release, colour identification and sequencing. Latex free.

081276658

6 Rolyan® Stacking Cone Pattern Board

Features 54 screw inserts that accommodate stacking cone bases. Bases screw into a 61×91cm durable plastic board. Includes 42 decals in 7 colours for creating a variety of stacking patterns. Ideal for upper extremity range-of-motion exercises, working in PNF patterns or compensating for unilateral neglect or hemianopia. The versatility of this stacking cone pattern board allows incorporating sequencing tasks or following simple directions in stacking activities. The stacking cone bases are designed to accommodate the Rolyan® Stacking Cones (081276658). Includes six stacking cone bases. Latex Free.

081276682



£ PRICES
For up-to-date prices please see our Website, alternatively contact your Sales Representative or Customer Services.



1 Rolyan® Work Bench

Ideal for improving strength and endurance of the shoulders, elbows, wrists and hands and ideal for improving fine motor co-ordination. Cut-out front allows bilateral work that duplicates a hidden, confined work area. Compact design allows positioning at various heights to be used by a person whilst sitting, standing or lying. Heavy-duty plastic, 48×38×15cm bench has 11 rows of 7 different styles of nuts, bolts, washers and screws. Built-in side handles for easy transporting. An attached rack keeps tools organised. Includes 15cm and 20cm adjustable wrenches, two screwdrivers and four hex keys. A tool box for the hardware is included. Light assembly required.

081275981

2 Rolyan® E-Z Exer Board

Provides resistance finger flexion, extension and lateral prehension, forearm supination and pronation, and wrist flexion and extension. Use 2.5cm hook strip and small object for increased resistance motion. Suction-cup base provides stability during exercise. Easy to use for home exercise programmes.

081288703

3 Rolyan® Semi-Circular Peg Board

For people with hand injuries, neurological impairment or orthopaedic injuries. Used to increase upper extremity range of motion, strength, co-ordination and endurance, and to improve cognitive and visual skills. Measures 66cm long x 36cm wide x 5cm high. Features three tiers that hold 43 pegs. Covered storage compartment for pegs in centre. Pegs are 6.4mm, 1.3cm and 1.6cm in diameter - each diameter comes in two lengths from 2.5 to 9.5cm. All parts are of durable, washable plastic.

081274174

4 Rolyan® Jux-A-Cisor Arm Exerciser

A wire tree with 25 bends in 152cm of wire. Position the wrist, elbow and shoulder properly to get the plastic disc to slide from one end to the other. Exercise can be timed and forearm weights in other variations added for maximum benefit. 12.5" tall. Latex free.

081033091

5 Rolyan® Pronation/Supination Wheel

A simple piece of equipment to effectively promote pronation and supination. The comfortable hand bar can accommodate any size hand as well as a flexion glove if necessary. Outside rubber surface provides non-slip motion during exercise. Weighs approximately 0.9kg.

081274257

6 Rolyan® Horizontal Ring Tree

For people with neurological disorders, burns and orthopaedic problems. Users can sit or stand while increasing range of motion, strength, balance and perceptual motor skills. Three horizontal metal rods are 30cm, 61cm and 91cm long. Can be placed in any one of six holes on the 72cm upright post. Base is 91cm long and can be permanently or temporarily attached to a table. Kit includes 36 plastic rings, 12 each of 3cm, 4cm, and 5cm diameters. Latex free.

081274166

7 Rolyan® Vertical Ring Tree

Can be used for increasing range of motion, hand/eye co-ordination, manipulation, endurance and sequencing. Base is 55cm long, 37cm wide and 4cm deep. Includes six plastic rods - three 46cm high and three 33cm high. Diameters of rods vary between 6.4mm and 25mm. Includes 12 rings for each plastic rod. Can be disassembled and packed into the covered base for storage. Latex free.

081274364 Set

081274372 72 Extra Rings



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4

LATEX FREE



5



6

LATEX FREE



7

LATEX FREE

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SammonsPreston

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FRONT

1



BACK

5 Sammons Preston Upper Extremity Workstation

This multi-functional unit allows simultaneous treatment of multiple clients to make better use of clinic space and more efficient use of time. Four-sided design makes optimal use of limited therapy space, encourages social interaction among clients and permits many activities to be performed sitting or standing.

Workstation Features

- Two wheelchair accessible, height and angle adjustable side shelves
- Slide-out rear shelf suitable for a seated client
- Lockable double doors for security
- Two pairs of height adjustable interior shelves.
- Sturdy construction with durable Formica work surfaces
- Smooth-rolling, locking castors for easy mobility
- Height 99cm. Length 96cm. Depth 61cm

091002666 Upper Extremity Station complete



Upper Extremity Workstation includes the following products:



BILATERAL SANDER



SHOULDER EXERCISE LADDER



STACKING CONES



FINGER EXTENSION REMEDIAL GAME



GRADED ROM ARCH



E-Z-EXERBOARD



TWO-TIERED HORIZONTAL BOLT BOARD



EXTEND-YOUR-REACH EXERCISER

DELIVERY

Delivery is approximately 6 weeks. These items are shipped direct. Oversize items will be subject to additional carriage charges. See pages 790 to 792 for details.



MANIPULATION BOARD



SHOULDER ABDUCTION LADDER

1 Aerobic Fitness Step with Extension

- Aerobic Fitness Steps with two height levels for increased exercise intensity
- Supports up to 100kg
- Extension can be removed to save space while storing
- Hardwearing polypropylene
- Black with red extension
- Height with extension 17.5cm, height without extension 13cm
- Dimensions: 75×40×24cm
- Net weight: 5kg

091213578

2 Fitterfirst Slant Board

A simple and effective device for performance enhancements, injury prevention and rehabilitation. Well suited for use in a clinic, club or at home, it targets arch, calf, hamstring and hip. Features three levels (26°, 38°, 42°) and non-slip top and bottom surfaces. Easily folds flat for storage or transport. Max user weight 25st.

081091107

Maximum user weight



1

2



2





ACTIVE/PASSIVE EXERCISER



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. Made from chrome-plated steel. With adjustable resistance knob. Weight 2kg.

091125335



PASSIVE EXERCISER



ACTIVE EXERCISER



ACTIVE EXERCISER