



# Rehab Supplies

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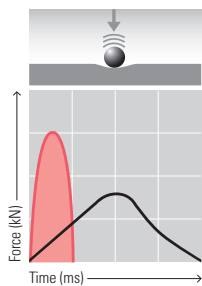




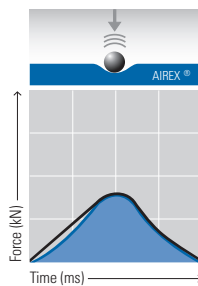
THE WORLD'S NO. 1 SELLING EXERCISE MATS!

**AIREX® products win over believers through premium quality and a long product life. Thanks to their versatility, they form an excellent base for all types of exercises. Indoor, outdoor or in water.**

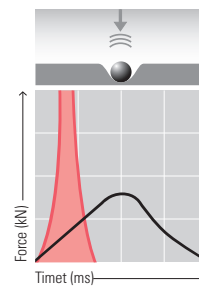
Everyone recognizes the AIREX® mats with the typical horizontal stripes – the original for 50 years and the clear number one amongst all therapeutic, sports and leisure mats. The innovative, closed-cell foam of the AIREX® mats was developed over many years of work. The extremely hard-wearing material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



**Hard mat**  
The impacting energy is dissipated very quickly. The damping action is perceived to be unpleasantly hard and can strain the joints, tendons and muscles over time.



**AIREX® mat**  
Not too hard, not too soft. The AIREX® foam is perfectly adapted to the individual applications. The energy is absorbed gently and evenly.



**Too soft/thin mat**  
The foam is too soft to absorb the impacting energy. Hard shocks are unavoidable and can lead to unpleasant strain of the spine and joints.

- Optimum cushioning gradient
- Unfavorable cushioning gradient
- AIREX® cushioning gradient






















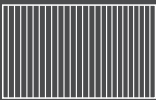


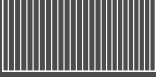











**Characteristics of AIREX® products:**

- warm and comfortable
- absorbing
- long life span
- hygienic through Sanitized® treatment
- water repellent through closed-cell structure
- multifunctional
- slip-proof
- flat placement on the floor
- conforms to CE (CE 93/42/EWG)



made in switzerland

Product Overview

Mat/Size	Shape/Colours	Order Code	   			
			Fitness Prevention	Pilates Yoga	Physiotherapy Rehabilitation	Club sport School sport
<b>1 Coronella</b> approx. 185 x 60 x 1,5 cm / 2.2 kg approx. 72 <sup>3</sup> / <sub>4</sub> x 23 <sup>1</sup> / <sub>2</sub> x 5 <sup>5</sup> / <sub>8</sub> inch / 5 lbs		Blue  AA9060B	✓	✓	✓	✓
		Green  AA9060G				
		Red  AA9060R				
<b>2 Corona</b> approx. 185 x 100 x 1.5 cm / 3.8 kg approx. 72 <sup>3</sup> / <sub>4</sub> x 39 <sup>1</sup> / <sub>4</sub> x 5 <sup>5</sup> / <sub>8</sub> inch / 9 lbs		Blue  AA9061B	✓	✓	✓	✓
		Green  AA9061G				
		Red  AA9061R				
<b>3 YogaPilates 190</b> approx. 190 x 60 x 0.8 cm / 1.4 kg approx. 75 x 23 <sup>1</sup> / <sub>2</sub> x 1 <sup>1</sup> / <sub>3</sub> inch / 4 lbs		Purple  09 116 0183	✓	✓		✓
		Charcoal  09 116 0175				
<b>4 Fitline 140</b> approx. 140 x 58 x 1 cm / 1.2 kg approx. 55 x 22 <sup>3</sup> / <sub>4</sub> x 3 <sup>3</sup> / <sub>8</sub> inch / 3 lbs		Waterblue  AA9066C	✓			✓
<b>5 Fitline 180</b> approx. 180 x 58 x 1 cm / 1.5 kg approx. 70 <sup>3</sup> / <sub>4</sub> x 22 <sup>3</sup> / <sub>4</sub> x 3 <sup>3</sup> / <sub>8</sub> inch / 4 lbs		Waterblue  AA9066D	✓	✓		✓
<b>7 Atlas</b> approx. 200 x 125 x 1.5 cm / 5.5 kg approx. 78 <sup>3</sup> / <sub>4</sub> x 49 x 5 <sup>5</sup> / <sub>8</sub> inch / 12 lbs		Green  AA9062G			✓	✓
		Red  AA9062R				
<b>8 Hercules</b> approx. 200 x 100 x 2.5 cm / 6.6 kg approx. 78 <sup>3</sup> / <sub>4</sub> x 39 <sup>1</sup> / <sub>4</sub> x 1 inch / 15 lbs		Blue  AA9063B	✓		✓	
<b>11 Balance-pad Elite</b> approx. 50 x 41 x 6 cm / 0.7 kg approx. 19 <sup>1</sup> / <sub>2</sub> x 16 x 2 <sup>1</sup> / <sub>2</sub> inch / 2 lbs		Blue  09 112 5566	✓	✓	✓	✓
<b>13 Balance-beam</b> approx. 160 x 24 x 6 cm / 0.9 kg approx. 63 x 9 <sup>1</sup> / <sub>2</sub> x 2 <sup>1</sup> / <sub>2</sub> inch / 2 lbs		Blue  AA90002	✓	✓	✓	✓
<b>14 Balance-wedge XL</b> approx. 50 x 37 x 1–6 cm / 0.3 kg approx. 19 <sup>1</sup> / <sub>2</sub> x 14 <sup>1</sup> / <sub>2</sub> x 2 <sup>1</sup> / <sub>2</sub> inch / 1 lbs		Blue  AA9828	✓	✓	✓	✓
<b>15 Hydro-buoy 45 N</b> (for 40 – 70 kg body weight) approx. 86 x 38 x 2,5 cm / 0.8 kg approx. 33 <sup>1</sup> / <sub>2</sub> x 15 x 1 inch / 2 lbs		Blue  AA9065A	✓		✓	
<b>16 Hydro-buoy 50 N</b> (for over 70 kg body weight) approx. 96 x 40 x 2,5 cm / 0.9 kg approx. 37 <sup>1</sup> / <sub>2</sub> x 16 x 1 inch / 2 lbs		Blue  AA9065B	✓		✓	

The made-to-measure product for every form of training: The versatile AIREX® product range leaves no desires unfulfilled. 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.



## 1 Wall Bracket for Mats without Eyelets



## 1 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, is available in two different sizes:

**Length: 65cm, Width: 10cm.**

Material: Stainless Steel. Weight: 2.7kg.

Storage of: Coronella, Fitline 140 and 180 and YogaPilates 190.

**Length: 105cm, Width: 10cm.**

Material: Stainless Steel. Weight: 3.5kg.

Storage of: Corona.

**09 120 4262** 65cm

**09 120 4270** 105cm

## 2 Fitline



## 2 AIREX® Fitline

**Application** Yoga, Aerobics, Pilates, Multi-function in outdoor application

Length	Width	Thickness	Colour	Weight
140cm	58cm	10mm	Aqua	1.2kg

**AA9066C**

Length	Width	Thickness	Colour	Weight
180cm	58cm	10mm	Aqua	1.5kg

**AA9066D**



Indoor Outdoor

## 3 Hercules



## 3 AIREX® Hercules

**Application** Physiotherapy, rehabilitation, inlay in Bobath tables, hydrotherapy

Length	Width	Thickness	Colour	Weight
200cm	100cm	25mm	Blue (B)	6.6kg

**AA9063B**

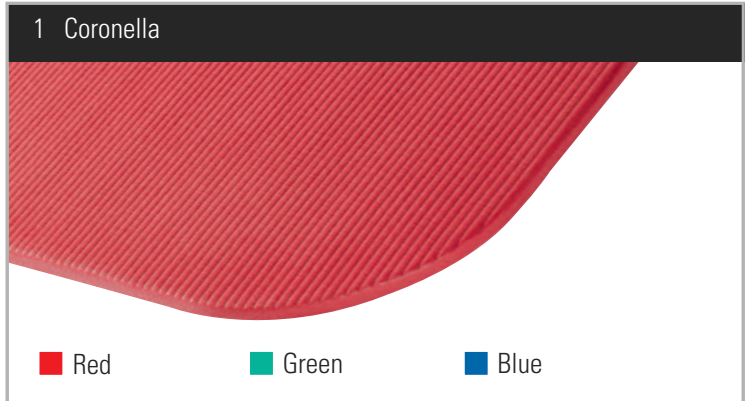


Indoor Outdoor



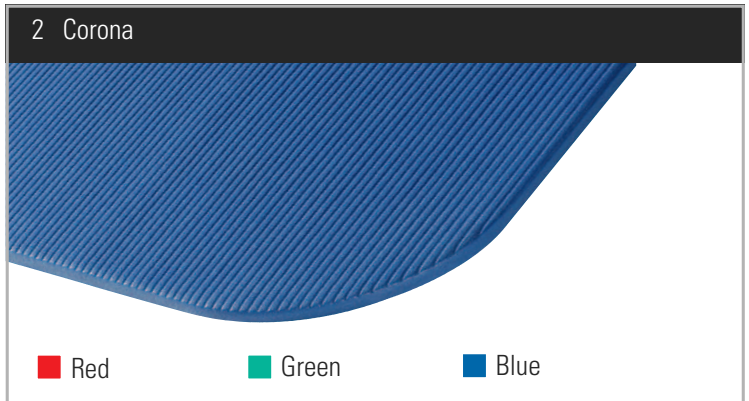
**1 AIREX® Coronella**

<b>Application</b>	Physiotherapy, rehabilitation	
<b>Thickness</b>	<b>Weight</b>	
15mm	2.2kg	
<b>AA9060R</b>	Red	
<b>AA9060G</b>	Green	
<b>AA9060B</b>	Blue	



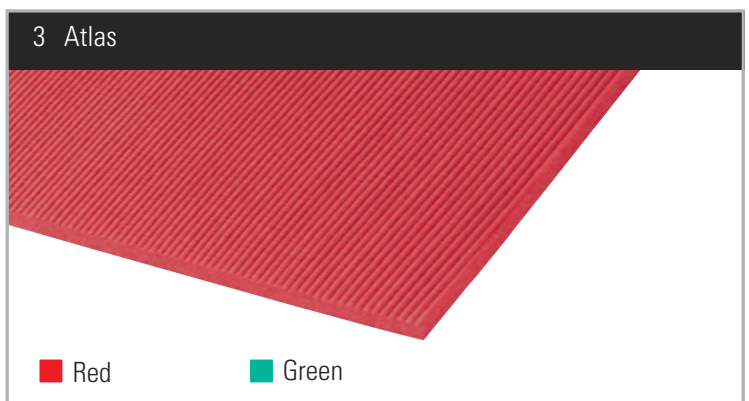
**2 AIREX® Corona**

<b>Application</b>	Physiotherapy, rehabilitation, antenatal exercises, hydrotherapy	
<b>Thickness</b>	<b>Weight</b>	
15mm	3.8kg	
<b>AA9061R</b>	Red	
<b>AA9061G</b>	Green	
<b>AA9061B</b>	Blue	



**3 AIREX® Atlas**

<b>Application</b>	Group gymnastics, playgroups, hydrotherapy	
<b>Thickness</b>	<b>Weight</b>	
15mm	5.5kg	
<b>AA9062R</b>	Red	
<b>AA9062G</b>	Green	





## 1 Thera-Band® Exercise Mats

The new exercise mats are redesigned to be 75 percent lighter\* than previous Thera-Band® mats and are easier to roll, carry and store. They are constructed from a soft closed-cell fabric-like material that is easy to clean. Mats are available in three colours, and two different widths and thicknesses. Thicker mats provide superior cushioning for rehab and club applications, while thinner provide utility for routine fitness work.

\*Based on a uniform sample comparison

	Thickness	Colour	Length	Width
<b>25053</b>	1.5cm	Blue	190	60
<b>25054</b>	1.5cm	Green	190	60
<b>25055</b>	1.5cm	Red	190	60
<b>25056</b>	2.5cm	Blue	190	60
<b>25057</b>	2.5cm	Green	190	60
<b>25058</b>	2.5cm	Red	190	60
<b>25059</b>	1.5cm	Blue	190	100
<b>25060</b>	1.5cm	Green	190	100
<b>25061</b>	1.5cm	Red	190	100

## 2 Individual Training Mats

- Anti-Slip Base with neat radiused corners & weld-sealed edges
- 100% Durable Closed-Cell Ergonomic Nitrile Rubber/ PVC Foam, double laminated
- Hard wearing in a choice of Mid Blue, Red & Green
- Anti-Bacterial, Anti-Fungicidal Treated for maximum hygiene
- Does not contain allergy inducing latex. Non-Toxic - CFC's Free
- Fully complies to RoHS (Restriction of Hazardous Substances)
- Superb resilience. Resists common chemicals & solvents
- Lightweight, easy to roll-up, clean & store
- Far outlasts cheap standard foam mats

**EXE511** 100cm x 50cm x 5mm – Blue Only

**EXE512** 100cm x 50cm x 8mm – Red or Green

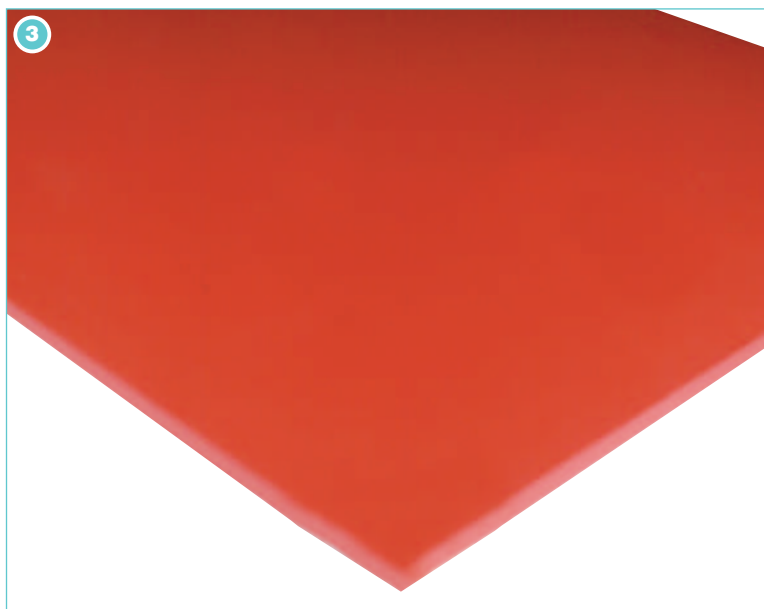


## 3 Deluxe Gym Mats

Manufactured from the highest quality materials, this deluxe gym mat offers the following features:

- Tested to European Standards
- 'Super' Shock absorbency
- Hygienic wipe clean surfaces

**EXE515** 2m x 1m x 25mm - Red only



**Armasport Mats**

A new generation of fitness and gymnastic mats featuring a unique foam structure that provides excellent shock absorption and insulation properties. The structure ensures excellent side stability, which means side-to-side movement is prevented, compensation force is reduced and joints are supported and protected. The closed cell material does not absorb moisture and the Sanitized™ treatment gives long lasting reliable protection against bacteria and fungal growth. Available in a range of sizes to suit every need. Blue only.

**1 Armasport Body 10**

Length 140cm. Width 60cm. Depth 1cm.

**AA9887A** Blue

**2 Armasport Star 10**

Length 180cm. Width 60cm. Depth 1cm.

**AA9887B** Blue

**3 Armasport Fit 15**

Length 120cm. Width 60cm. Depth 1.5cm. With hanging loops.

**AA9887C** Blue

**4 Armasport Star 15**

Length 180cm. Width 60cm. Depth 1.5cm. With hanging loops.

**AA9887D** Blue

**5 Armasport Top 15**

Length 180cm. Width 80cm. Depth 1.5cm. With hanging loops.

**AA9887E** Blue

**6 Armasport Power 25**

Length 200cm. Width 100cm. Depth 2.5cm.

**AA9887F** Blue

**7 Armasport Top 25**

Length 180cm. Width 80cm. Depth 2.5cm.

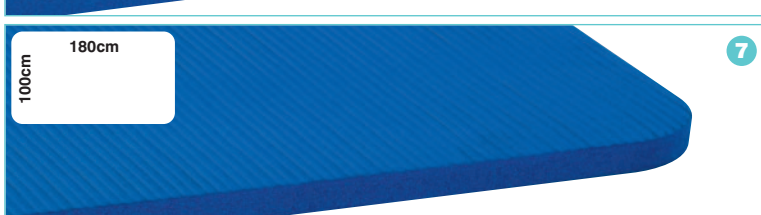
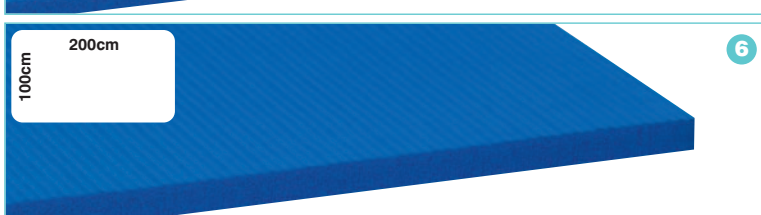
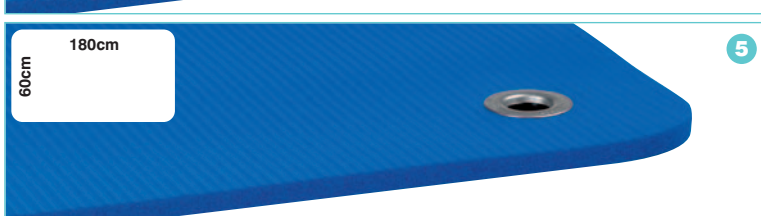
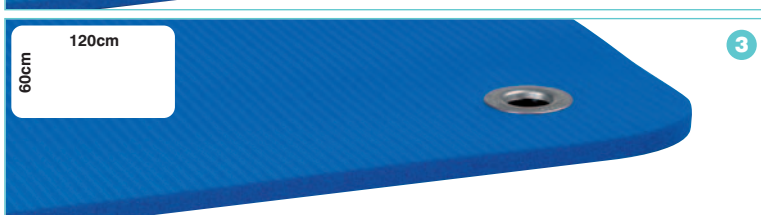
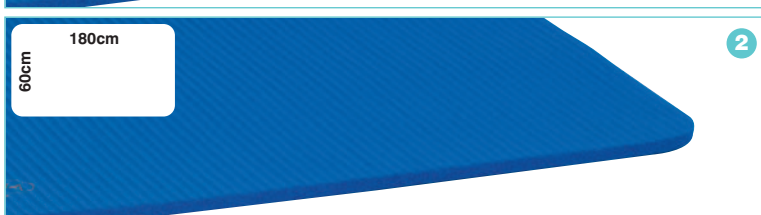
**012397** Blue

**8 Armasport Mat Holders**

The Armasport mats with hanging loops can easily be stored on the Armasport wall-mounted mat holders. This saves space and is hygienic. The metal ring on the eyelet is fully concealed inside a rubber loop to prevent injury. Available for 60cm and 80cm wide mats.

**AA9888A** 60cm

**AA9888B** 80cm



1-7

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8



**1 Aeromat™ Mat RS34-2372**

Ribbed/smooth, closed-cell mat.  
Length 183cm. Width 58cm. Depth 1.6cm.  
**A96629** Blue

**2 Aeromat™ Mat RS58-3972**

Ribbed/smooth, closed-cell mat.  
Length 183cm. Width 99cm. Depth 1.6cm.  
**561376** Blue

**3 Mat Trolley**

An easily manoeuvrable mat trolley for non-rigid mats. Mat rail height 142cm. Length 130cm. Width 73cm. Total height 164cm.  
**AA9525**



## 1 Yoga Pilates 190 Mat

This mat is soft but firm for joint stability with a long length to allow more freedom of movement for creative choreography. Length 190cm. Width 60cm. Depth 8mm. Weight 1.4kg.

**09 116 0175** Charcoal

**09 116 0183** Purple

## 2 Studio Pro-Mat

Best for Pilates, exercise and therapy. At 15mm thick it offers excellent support for the spine and knees. The mat is double sided and will not slide on the floor. 100% recycle TPE is impermeable, hygienic and PVC free. Length 180cm. Width 60cm. Depth 15cm.

**09 116 9234**

## 3 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.

**09 116 9275**

## 4 Warrior Yoga Mat

The Warrior Yoga Mat provides good grip, cushioning and durability. Machine washable. Length 183cm. Width 61cm. Depth 4mm. Weight 1.1kg.

**09 115 7668** Pastel Purple

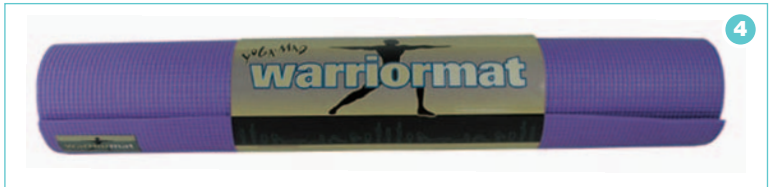
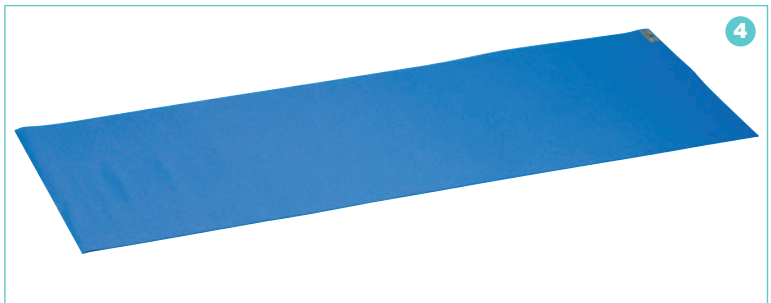
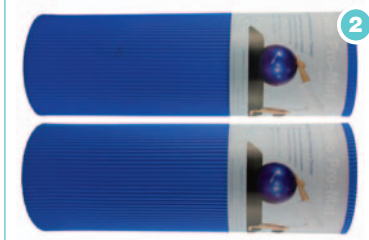
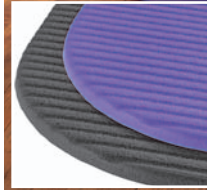
**09 115 7676** Pastel Blue

## 5 Elite Supasoft Gym & Pilates Mats

These mats are highly durable, comfortable and soft. They will support the spine and hips whilst exercising. They are designed to be non-slip with rounded corners and have an anti-tear cut out around handles for easy carrying.

**009833** 150 x 50cm x 14mm Blue

**009834** 191 x 50cm x 9mm Jade





## 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.

**AA98141** Black

## 2 Lightweight Folding Mats

The unique advantage of these lightweight therapy mats is that they can be folded for storage and transportation. Made from closed cell material, they are impervious to dust, dirt, liquid and bacteria. They are warm to the touch and insulate cold floors completely. Available in Blue or Green. Washable up to 50°C. Length 185cm. Width 60cm. Depth 1cm.

**AA9041B** Blue

**AA9041E** Green

## 3 Urethane Exercise Mat

Smooth, untufted covering will not tear. Reinforced at the handles to eliminate tearing from sidewalls. Filler is 5cm thick urethane soft foam, appropriate for floor exercises. Sewn with superior strength nylon thread, reinforced at all stress points for extra durability and coated with 21oz vinyl. Can be rolled for storage.

	Size	Weight
<b>2227A</b>	122 x 183cm	7.7kg
<b>2227B</b>	122 x 213cm	8.6kg
<b>2227C</b>	152 x 213cm	10.5kg
<b>2227E</b>	183 x 244cm	13.4kg
<b>2227F</b>	183 x 305cm	15.6kg



## 4 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 mat's reinforced handles.

	Size	Weight
<b>2211</b>	122 x 183cm	9kg
<b>2211B</b>	122 x 213cm	8.6kg
<b>2211C</b>	152 x 213cm	11.3kg
<b>2211E</b>	183 x 244cm	14.5kg
<b>2211F</b>	183 x 305cm	18.6kg
<b>2211G</b>	183 x 366cm	20.4kg



**DELIVERY**  
Please contact Customer Services for more information.

# Therapy Balls by Physio-Med



## 1 'Anti-Burst' Balls Physio-Med

A complete range of burst resistant exercise balls, up to 500kgs. This product comes complete with 2 extra plugs all packed in a handy, compact carrier box.

- PRO1** 45cm Yellow
- PRO2** 55cm Red
- PRO6** 60cm Orange
- PRO3** 65cm Green
- PRO7** 70cm Black
- PRO4** 75cm Blue

Maximum user weight **500 kg** **78<sup>3</sup>/<sub>4</sub> st**



## FREE PUMP

WHEN YOU BUY ANY  
PHYSIO-MED THERAPY BALL







1

TESTED TO 300KG

## 1 Original Thera-Band® Exercise Balls

- XET300A** 45cm Yellow
- XET305A** 55cm Red
- XET310A** 65cm Green
- XET315A** 75cm Blue

Maximum user weight **300 kg** **47 st**



2

## 2 Anti-Burst Exercise Balls

- 23011ABS** 45cm Yellow
- 23021ABS** 55cm Red
- 23031ABS** 65cm Green
- 23041ABS** 75cm Blue
- 23051ABS** 85cm Silver



3

## 3 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 collapsing - even after punctures from the sharpest knives and scissors. There is no danger of big splits, tears, or sudden loss of pressure. Latex free.

- |                | Diameter | Colour |
|----------------|----------|--------|
| <b>AA9052A</b> | 55cm     | Red    |
| <b>AA9052B</b> | 65cm     | Blue   |
| <b>AA9052C</b> | 75cm     | Yellow |

Maximum user weight **300 kg** **47 st**



4

## 4 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. Latex free.

- |                | Diameter | Colour |
|----------------|----------|--------|
| <b>AA9080A</b> | 45cm     | Yellow |
| <b>AA9080B</b> | 55cm     | Red    |
| <b>AA9080C</b> | 65cm     | Blue   |
| <b>AA9080D</b> | 75cm     | Yellow |
| <b>AA9080E</b> | 85cm     | Red    |
| <b>AA9080F</b> | 95cm     | Blue   |
| <b>AA9080G</b> | 120cm    | Red    |

Maximum user weight **300 kg** **47 st**

### Exercise Ball Sizing Chart

Ball Size	Person's Height	Ball Size	Person's Height
45cm	5 years or 1.42m	75cm	1.83 to 2.01m
55cm	1.42m to 1.57m	85cm	2.01m and over
65cm	1.57m to 1.83m		



## 1 Powerball® ABS®

Guaranteed safety thanks to the patented Anti-Burst-System. Available in 5 sizes for varying heights. 90kg ABS guarantee.

<b>09 142 3086</b>	35cm	Red
<b>09 142 3094</b>	45cm	Green
<b>09 142 3102</b>	55cm	Blue
<b>09 142 3128</b>	65cm	Silver
<b>09 142 3136</b>	75cm	Terra

Maximum user weight **500 kg** **78 1/2 st**

## 2 Powerball® Premium ABS®

Guaranteed safety thanks to the patented Anti-Burst-System. Available in 5 sizes for varying heights. 170/120kg ABS guarantee.

<b>400460</b>	45cm	Red
<b>400560</b>	55cm	Green
<b>400660</b>	65cm	Blue
<b>400760</b>	75cm	Orange

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

## 3 Powerball® Challenge ABS®

The ball for functional training. The professionals choice. Extra safety for performance sports, strength training and sports physiotherapy. Keeps its shape but is still bouncy. Guaranteed burst proof up to 500kg even when punctured during use. Size is adjustable from 55cm 65cm.

**407750** 55-65cm

Maximum user weight **2000 kg** **314 st**

## 4 WaterPower® Ball

The new WaterPower® Ball promises a revolutionary challenge in functional training and rehabilitation, its weight can be changed to suit the individuals needs by simply adding or removing water. The water also acts as a stability training mechanism. 50cm diameter.

**09 142 3169** 50cm

Maximum user weight **200 kg** **31 st**



1



SUPPLIED WITH EXERCISE POSTER



2

SUPPLIED WITH EXERCISE POSTER



3

SUPPLIED WITH EXERCISE POSTER



4

ADD WATER FOR STABILITY TRAINING



1



2

### 1 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.

AA9055

### 2 Power Pump

Double action power pump. Suitable for most balls. Complete with adaptors.

AA9082

### 3 Low Cost Foot Pump

This affordable pump will enable you to quickly and effortlessly inflate and deflate your therapy balls. Simply swap the hose to either the blue or red end of the pump to inflate or deflate accordingly.

09 132 9135

### 4 Champion™ Air Compressor

Add air in an instant! This super high volume automatic therapy ball pump makes inflation virtually effortless. Comes with 6 adaptors to fit all kinds of inflatables. 120 volt. 9ft power cord, 12" air hose extension. 150 PSI.

09 131 9284

### 5 PVC Ball Rack

These PVC ball racks provide a space saving solution to storing and organising balls whilst still providing quick and easy access. The mobile rack can be used to transport the balls to wherever they are required. Also available as a wall mounted rack.

09 116 0506 Mobile

09 116 0522 Wall Mounted

### 6 Cando Ball Stacker

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

09 116 0530



3

NEW



4

NEW



5



5



6

## 1 Fit Chair

Features include:

- An extra-wide base with deep inserts to keep ball stationary while exercising
- Ideal for any core exercise
- Comes with chair base, burst-resistant ball, tube set and hand pump
- Special castor design locks for doing exercises and unlocks for seating
- Dimensions: 55 x 55 x 77.5cm, some assembly required.

09 131 9250

## 2 Overball

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

AA98001

## 3 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. Ball Support comes in two sizes: small and large.

AA98127 Small Base: for Balls 45-55cm

AA98128 Large Base: for Balls 65-75cm

## 4 FitBALL® Holder

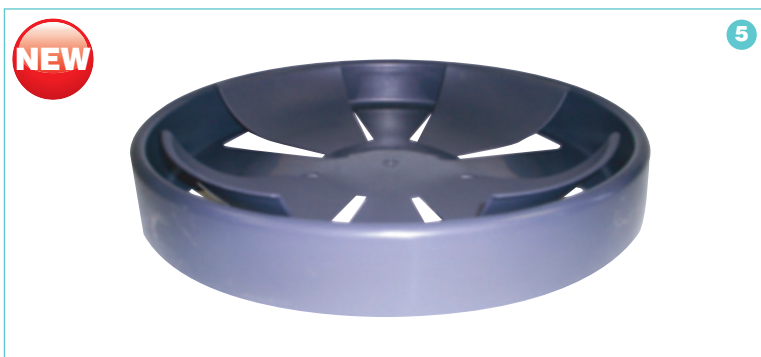
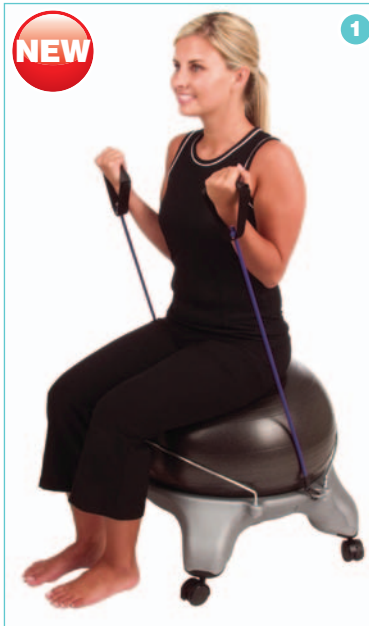
Inflatable ring sized to hold a 65-75cm exercise ball. Keeps ball from rolling away while not in use. Grey.

09 131 9268

## 5 FitBALL® Stand

Unique design holds 45-75cm exercise balls in place.

09 131 9276



1

1-5kg Weights



## 1 Medicine Balls 1-5Kg

The Medicine Ball is a great tool for a complete body workout, especially when combined with a Swissball. It can be used to strengthen shoulders, back, arms and legs as well as improving core trunk strength and joint integrity. Made from rubber, they bounce, are waterproof and easy to grip.

	Colour	Resistance	Diameter
09 118 3417	Yellow	1kg	195mm
09 118 3425	Green	2kg	195mm
09 118 3433	Blue	3kg	220mm
09 118 3441	Purple	4kg	220mm
09 118 3458	Red	5kg	240mm

2

1-10kg Weights



## 2 Max Grip Medicine Balls

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

AA98122A	1kg
AA98122B	2kg
AA98122C	3kg
AA98122D	4kg
AA98122E	5kg
AA98122F	6kg
AA98122G	7kg
AA98122H	8kg
AA98122J	9kg
AA98122K	10kg

## 3 Double Grip Medicine Balls

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

AA98123A	4kg
AA98123B	5kg
AA98123C	6kg
AA98123D	7kg
AA98123E	8kg
AA98123F	9kg
AA98123G	10kg

3

4-10kg Weights



## 4 Medicine Ball Storage Stand

This medicine ball storage stand holds at least 12 Max Grip or Double Grip medicine balls, depending on size of ball (balls not included). Assembly Required.

AA98124

4



## 5 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.

AA98125

5



## 1 Soft Weights

Soft weights are designed for strengthening, plyometrics, balance training and mobilisation exercises. The design is safer, reducing the risk of damage or injury if the weight is dropped. PVC outer shell with sand or iron sand filling. Boxed in pairs.

	Colour	Weight
09 116 9663	Blue	0.5kg
09 116 9648	Blue	1kg
09 116 9655	Blue	1.5kg

## 2 Thera-Band™ Soft Weights

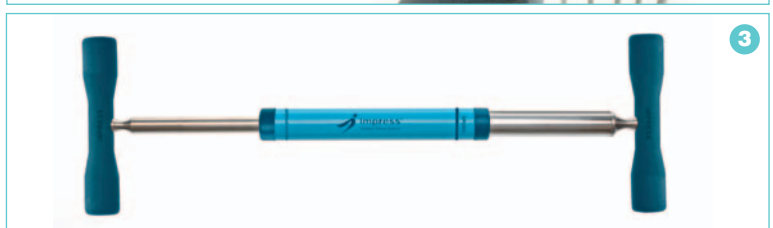
Soft weighted balls designed for strengthening, plyometrics, balance training, and mobilisation. The soft ball design provides a lower risk of damage or injury if the ball is dropped, and promotes functional grip strength development. The balls are constructed from a PVC shell with steel and polypropylene pellet filler in a progressive range of weights and colours. The 11cm diameter balls support one or two hand activities, and are comfortable to hold. They provide a portable workout anywhere.

	Colour	Weight
929250	Tan	0.5kg
929251	Yellow	1kg
929252	Red	1.5kg
929253	Green	2.0kg
929254	Blue	2.5kg
929255	Black	3.0kg
929256	Set of 6	

## 3 Impress 'Compact Fitness System'™

Developed with reputable sports physio therapists, the Impress 'Compact Fitness System' is easy to assemble, lightweight enough to carry around but sturdy and durable for serious exercise. Included is a range of 25 comprehensive exercises, specially devised for a full body workout or for isolated muscle groups. Every Impress 'Compact Fitness System' comes with one resistance module, a poster and a DVD that shows you how to easily assemble the exerciser. The DVD also includes 5 exercise programmes, a warm up and cool down, specially devised for the different fitness levels. The System comes in 3 different resistance levels.

- 09 118 0827 Active - medium/low resistance
- 09 118 0835 Sport - medium/high resistance
- 09 118 0843 Pro - high resistance



1



## 1 Wrist & Ankle Weights

Wrist and ankle weights feature a unique double fastening system to ensure a snug, friction free fit. There are no buckles to stick into you and the weight is evenly distributed for maximum comfort. The weights attach easily over wrist or ankle to increase the intensity of your workout routine. Supplied in pairs.

<b>09 118 3490</b>	0.5kg
<b>09 118 3508</b>	1kg

## 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
<b>AA9823A</b>	0.5kg
<b>AA9823B</b>	1kg
<b>AA9823C</b>	1.5kg
<b>AA9823D</b>	2kg
<b>AA9823E</b>	2.5kg

2



## 3 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
<b>AA9896A</b>	Beige	0.5kg
<b>AA9896B</b>	Yellow	1kg
<b>AA9896C</b>	Red	1.5kg
<b>AA9896D</b>	Green	2kg
<b>AA9896E</b>	Blue	2.5kg
<b>AA9896F</b>	Black	3kg
<b>AA9896G</b>	Gold	4kg
<b>AA9896H</b>	White	5kg
<b>AA9896J</b>	Orange	6kg
<b>AA9896K</b>	Olive	7kg
<b>AA9896L</b>	Tan	8kg
<b>AA9896M</b>	Turquoise	9kg
<b>AA9896N</b>	Lemon	10kg

3



4



## 4 Adjustable Cuff Weights

These contoured wrap around weights feature individual metal weights that can be inserted or removed to allow a broad range of adjustments for graded exercise programmes.

	Weight
<b>AA9897A</b>	1.5kg
<b>AA9897B</b>	2.5kg
<b>AA9897C</b>	5kg
<b>AA9897D</b>	7.5kg
<b>AA9897E</b>	10kg
<b>AA9897F</b>	12.5kg

## 5 Softgrip™ Weights

These weights are easy for people with diminished grip strength to hold securely during exercise. More comfortable than traditional dumbbells, the weights are grommeted for easy hanging and storage. Colour coded for easy visual recognition.

	Colour	Weight
<b>AA98143</b>	Tan	0.25kg
<b>AA98144</b>	Yellow	0.5kg
<b>AA98145</b>	Red	0.75kg
<b>AA98146</b>	Green	1kg
<b>AA98147</b>	Blue	1.5kg
<b>AA98148</b>	Black	2kg
<b>AA98149</b>	White	2.5kg
<b>AA98150</b>	Gold	3kg

5



## 1 Velcro 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 10 sizes.

### Weight

<b>XET200</b>	1lb
<b>XET205</b>	2lb
<b>XET210</b>	3lb
<b>XET215</b>	4lb
<b>XET220</b>	5lb
<b>XET225</b>	6lb
<b>XET230</b>	7lb
<b>XET235</b>	8lb
<b>XET240</b>	9lb
<b>XET245</b>	10lb

## 2 Variable Weight Cuffs (0.5lb - 6lb) Per Pair

A pair of variable Weight Cuffs made from a hardwearing PVC material. Each cuff has 6 x 0.5lb removable weight pouches.

**XET260** 1 x Pair Variable Weight Cuffs

## 3 Low Cost Dumbbell Set

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

**XET262** Low Cost Dumbbell Set and Stand



1



2



3



**1 Kangoo® MaxRac**  
 Interior storage area has three shelves to accommodate additional items, while the top of the unit has a raised edge to prevent items from rolling off and provides even more storage. Door to interior storage area has an optional mirror on the outside. Four 4" castors (two locking) allow for effortless mobility. Compact dimensions are 28"L x 28"D x 64"H. Exercise supplies sold separately.  
**09 131 9227**



**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

**09 120 4049** 4kg  
**09 120 4056** 8kg  
**09 120 4064** 12kg  
**09 120 4072** 16kg  
**09 120 4080** 20kg  
**09 120 4098** 24kg

**3 Spinlock Cast Iron Dumbbell Kit**  
 Includes: 4 x 0.5kg, 4 x 1.5kg, 4 x 2.5kg, cast iron discs: 2 x 14" spinlock dumbbell bars with collars and training chart.  
**015386** 20kg

**4 Spinlock Cast Iron Dumbbell Kit**  
 Includes: 6 x 0.5kg, 6 x 1.25kg, 4 x 5kg, cast iron discs: 2 x 14" spinlock dumbbell bars with collars, 1 x spinlock barbell with collars and training chart.  
**015387** 50kg

**5 Studio Body Bars**  
 The body bar is a weighted fitness bar utilised in a wide variety of workouts including strength and conditioning, sports conditioning, balance and alignment and flexibility training.

**012270** 3kg  
**012271** 4kg  
**012272** 5kg  
**012273** 6kg  
**012274** 7kg

**DELIVERY**  
 Please contact Customer Services for more information.

## 1 Neoprene Dumbbells

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

	Colour	Weight
09 116 9671	Pink	0.5kg
09 116 9689	Purple	1kg
09 116 9697	Green	1.5kg
09 116 9705	Blue	2kg
09 116 9713	Orange	3kg
09 116 9721	Red	4kg
09 116 9747	Black	5kg



## 2 Vinyl-Coated Dumbbells

These cast iron dumbbells have a thick, easy to grip coating of soft vinyl, which reduces clinic noise and prevents scratching. They provide great conditioning for anyone interested in improving arm and upper body strength. Sold in pairs.

	Colour	Weight
AA98103	Pink	0.5kg
AA98104	Purple	1kg
AA98105	Green	1.5kg
AA98106	Yellow	2kg
AA98107	Blue	3kg
AA98108	Grey	4kg
AA98109	Black	5kg



## 3 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.

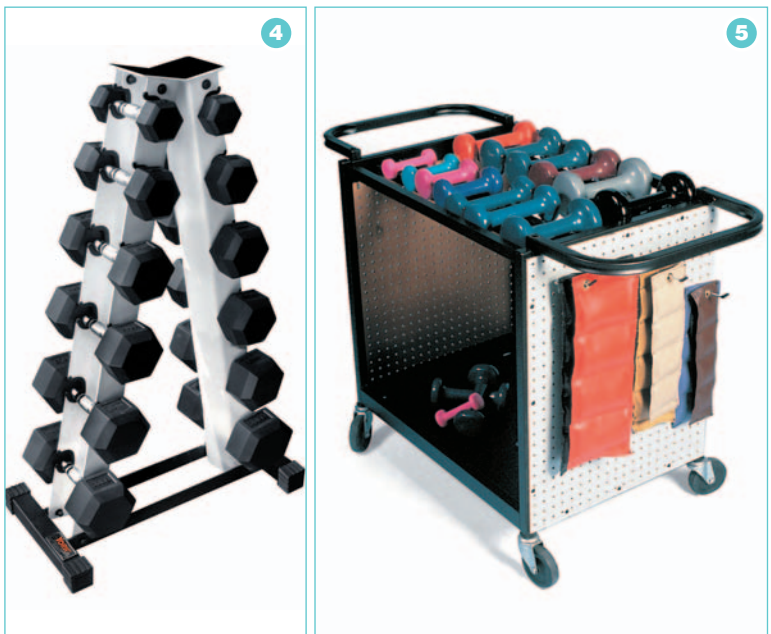
AA98117



## 4 Hex Dumbbells

These high quality rubber Hex Dumbbells are available in a huge range of weights to suit any exercise programme. Sold singly. An A-frame rack that holds up to six pairs of Hex Dumbbells is also available.

	Weight		Weight
AA9899A	2kg	AA9899J	10kg
AA9899B	3kg	AA9899K	12.5kg
AA9899C	4kg	AA9899L	15kg
AA9899D	5kg	AA9899M	17.5kg
AA9899E	6kg	AA9899N	20kg
AA9899F	7kg	AA9899P	22.5kg
AA9899G	8kg	AA9899Q	25kg
AA9899H	9kg		
AA98101	A-Frame Rack		



## 5 Economy Dumbbell Weight Cart

Handy cart holds up to 20 dumbbells, on the upper level weighing from 0.4kg to 4.54kg (1 to 10lbs). All welded steel construction with a black powder coated finish and vinyl covered pegboard on both sides with 12 hooks. Lower storage tray is convenient for other necessities. Cart holds up to 180kg (400lbs) and rolls on castors.

5147



**DELIVERY**  
Please contact Customer Services for more information.



### 1 Disc 'O' Sit Air Cushion

The Disc'O'Sit Air Cushion is an inflatable dynamic cushion. 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.

AA9054

### 2 Stability Cushion

An ideal tool for improving balance and posture, you can kneel or stand on the cushion whilst exercising to improve core strength and balance. It can also be used to sit on to tone abdominal muscles whilst sitting at your desk. Can be inflated or deflated to increase/decrease the level of stability required. Pump not included. Diameter 14cm.

09 118 3532

### 3 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 air cushions 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 7cm. Length 35cm. Width 35cm. Weight 1.5kg.

AA9822



### 4 Air Balance Cushion

Physio-Med

For posture, fitness and balance training, this amazing product with its dimpled surface to aid circulation, is fun, practical and amazingly versatile, providing great therapy and rehabilitative exercise capability. Spend a few minutes each day standing or sitting on the Air Balance cushion, whether in the garden, the park, at work or simply in front of the TV and help improve your fitness.

AB303107 35cm diameter (Blue)



### 5 Thera-Band™ 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. The system provides multiple levels of progressive destabilisation.

929244 Soft, Blue

929245 Firm, Green

92924401 Set of 2, Soft, Blue

92924501 Set of 2, Firm, Green



### 6 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 for the cushion when used for posture work.

018181



INFORMATION  
For Thera-Band PhysioTools®, please see page 448.



**1 Dynair® Ball Cushion**

Physiotherapy for back muscle training, pelvis training, as 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**

<b>EXE5001B/P</b>	36cm	Purple
<b>EXE5001G</b>	36cm	Green
<b>EXE5001R</b>	36cm	Red
<b>EXE5201BP</b>	33cm	Purple
<b>EXE5201G</b>	33cm	Green
<b>EXE5201R</b>	33cm	Red

**Dynair® Senso Ball**

<b>400370/GREEN</b>	36cm	Green
<b>400370/PURPLE</b>	36cm	Purple
<b>400370/RED</b>	36cm	Red
<b>400270/GREEN</b>	33cm	Green
<b>400270/PURPLE</b>	33cm	Purple
<b>400270/RED</b>	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

<b>400340</b>	Blue
<b>09 142 3052</b>	Red
<b>09 142 3060</b>	Orange

Maximum user weight **200 kg** **31 1/2 st**



**3 Dynair® Extreme**

The largest of the Dynair® family with an 80cm diameter. This wobble cushion automatically brings you to an upright position.

Maximum user weight **200 kg** **31 1/2 st**



**4 Dynair® Pro**

The first ever ball cushion combined with a stable base - two pieces of equipment rolled into one, providing even more training and therapy options for sensorimotor functions and co-ordination. 36cm diameter.

Maximum user weight **150 kg** **23 1/2 st**

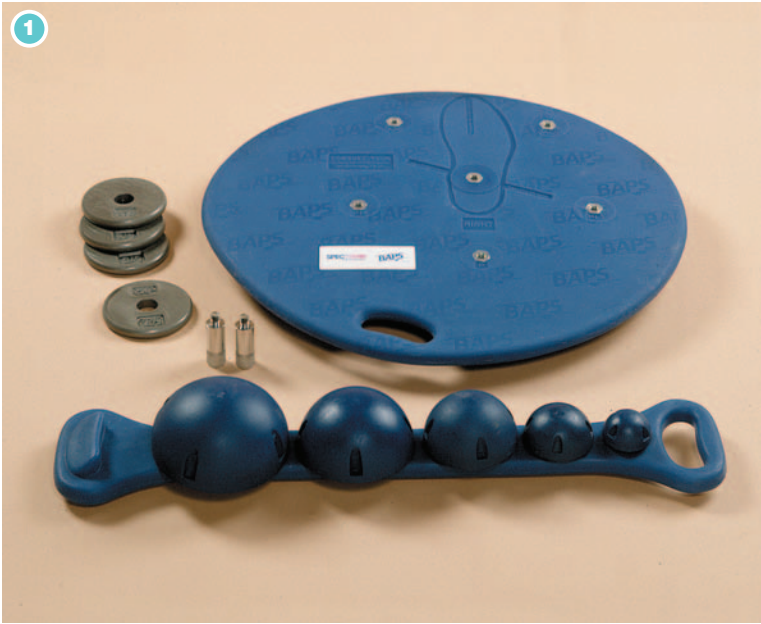


**5 Dynair® Ball cushion XXL Level III**

This ball cushion is more difficult than the Dynair® ball cushion. It challenges the user and boosts performance. 50cm diameter.

Maximum user weight **200 kg** **31 1/2 st**





**1 BAPS™ (Biomechanical Ankle Platform System) Board**

The Biomechanical Ankle Platform System (BAPS), produces controlled, calibrated, and predictable stress on the lower leg, ankle, and foot. BAPS is ideal for closed kinetic chain exercise for simultaneous strength, ROM, and neuromuscular rehabilitation at multiple joints. Levels of ROM and strengthening are adjustable. Two year limited warranty.

**Clinic Model BAPS™ Board**

Includes limiter, which blocks specific planes of motion and is especially helpful for early ACL and achilles tendon rehabilitation programmes. Also includes five ball attachments for variable ROM height control, wall rack storage system, four 1.1kg weight plates for resistive weight training, two weight rods, and manual.

- 64000** Clinic Model Baps Board
- 64110** Replacement Weight Rod
- 64115** Replacement Weight Plate

**2 Zone Balance Pro**

This three-in-one balanced board is designed to be customisable to a range of difficulty settings. It is ideal for beginners, rehabilitating athletes and fitness enthusiasts.

The increased deck surface, combined with the EVA foam foot pods allow for more comfort. Includes basic exercise DVD and exercise pictures to get you started (colour may vary from picture shown).

**016314**

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 Wobblesmart® Board**

Wobblesmart® combines all the best qualities of wobble boards in one exclusive device.

- Can be adjusted to give greater difficulty - 6 levels of difficulty
- Level indicators to measure your skill level and improvement
- Rubber contact to floor to ensure anti-slip effect
- Griptape surface with anti-slip properties
- Adjustable to challenge any skill - whether you are a beginner or a professional athlete

09 131 9235

**2 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.

09 132 9259

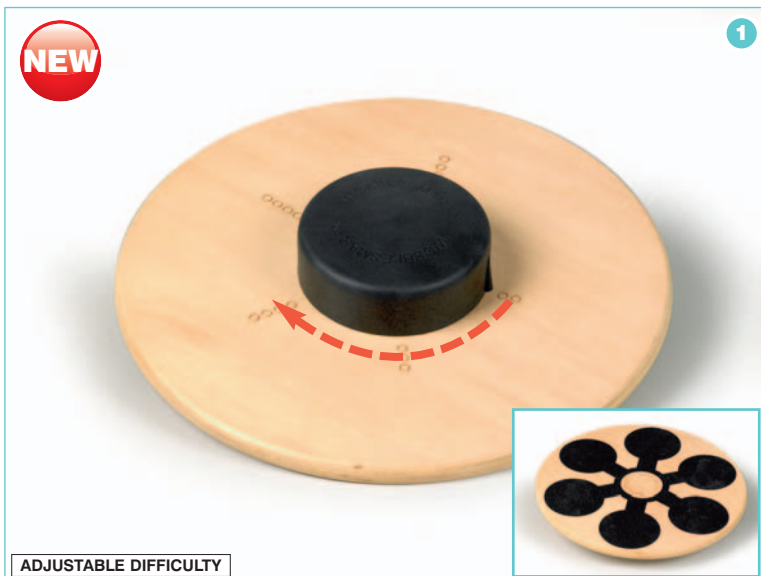
**3 Adjustable Wobble Board** Physio-Med

Regular use of wobble boards will give you:-

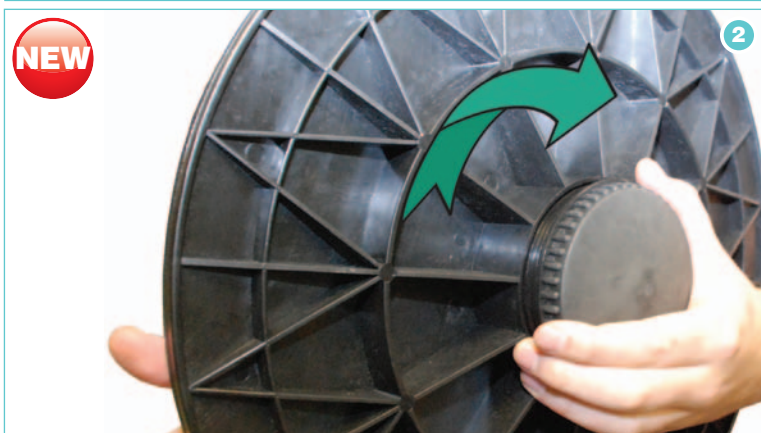
- Improved balance and coordination
- Better proprioceptive awareness for injury prevention
- Increased leg strength and ankle range of motion (R.O.M.)

Instantly adjustable height design. Adjusts in seconds with a simple pull off sphere to give different degrees of angulation. Fitted with non-slip surface, for bare feet or sports shoes.

AC0220 Adjustable Wobble Board



ADJUSTABLE DIFFICULTY



1



## 1 Concept Wobbler

The New Concept Wobbler introduces a progressive challenge as the wobble moves in multiple planes – which requires greater control and increases neuromuscular challenge. The Wobbler is supplied with three games offering three different challenges to patients providing motivation while increasing lower quarter strength, flexibility and co-ordination.

**WOB010** Concept Wobbler

## 2 Thera-Band® Rocker Board

The Thera-Band® Rocker Board offers an unstable and sensory-stimulating surface designed to facilitate balance and proprioceptive training and automatic postural reactions. Thera-Band® Rocker Board: single plane rocker that allows one plane of instability at a time. Angle of Deflection is 30°.

**23300** Thera-Band® Rocker Board

## 3 Wobble and Rocker Boards

Superb quality Physio-Med wobble and rocker boards, durable non slip easy clean surface with anti-bacterial properties.

**XET736** Wobble board

**XET737** Rocker board

**XET738** Wobble/Rocker board set (including stand)

2



## 4 Fitter Rotational Discs

These 11" disks are effective aids for developing balance and strength when standing or sitting.

**ROTD** 2 Piece Set

3



4



**1 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 somesthesia, 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.

Available in 6 colours.

- 465050GR** Green
- 465050PK** Pink
- 465050PP** Purple
- 465050R** Red
- 465050Y** Yellow
- 465050B** Blue

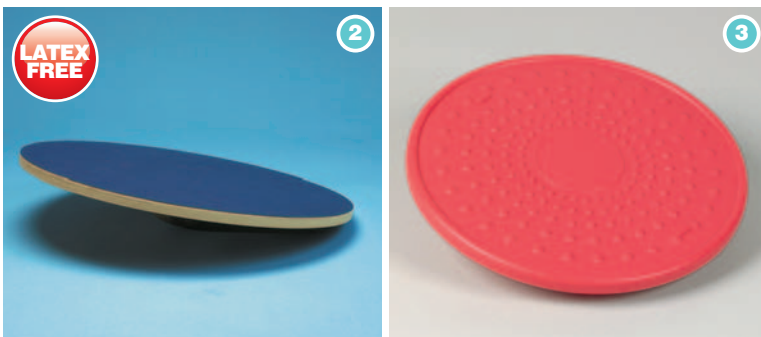


1

**2 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.

**AA9078R**



2

3

LATEX FREE

**3 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.

**012325**

Maximum user weight



**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. Board measures 41 x 64cm (16 x 25").

**A852001**

Maximum user weight



4

**5 Wobble and Rocker Board**

These traditional exercise wobble and rocker boards are of the highest quality with a non-slip cork surface. Latex free.

**AA9078A** **A** Wobble Board Diameter 50cm

**AA9079** **B** Rocker Board 50 x 50cm



5

A

LATEX FREE



5

B

LATEX FREE



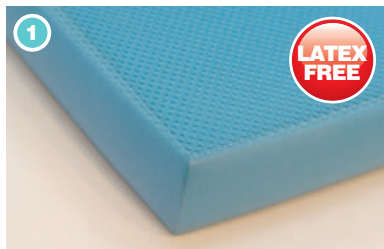
## 1 AIREX® Balance Pad Elite

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 of the receptors in the soles of the feet. It actively promotes blood circulation in the feet and 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.

09 112 5566



## 2 AIREX® Balance Wedge

The Balance Wedge is designed for a range of activities including balance training, coordination and reaction training, posture stability training and motor-skills training. Versatile, it is suitable for physiotherapy, rehabilitation, sport and fitness, pilates and yoga. Length 50cm. Width 37cm. Depth at widest end 6cm. Weight 0.3kg.

AA9828 Pair



## 3 AIREX® Balance Beam

The Balance Beam has multi functional 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. Height 6cm. Length 160cm. Width 24cm. Weight 0.9kg. Applications: Physiotherapy, rehabilitation, neurology, elderly, orthopaedics, group training, and schools.

AA90002



**INFORMATION**  
Visit [www.bebalanced.net](http://www.bebalanced.net) for exercise techniques.



**1 TOGU Jumper®**

- Choose the Jumper workout and be fit
- Approved Dynair technology (2/3 ball)
- Extremely dynamic rebound effect
- More stability for joints and ankles
- Doesn't slip away even on glossy surfaces
- Better grip material
- You can use both sides which makes it multipurpose
- Integrated Easy-Store-System
- Supplied with pump and poster

09 142 3029

Maximum user weight **200 kg** **31 1/2 st**

**2 Core Stability System**

Physio-Med

Specially designed to integrate balance, fitness, sport performance and rehabilitation, this dynamic training device will help improve the body's overall physical condition when utilised as part of a regime for core training and body workouts.

**AB8020** Physio-Med Core Stability System

**3 Fitness Mad Air Dome Pro**

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 6 anti-slip feet to keep firmly in place on the floor. Includes 8" hand pump to inflate the dome. Height: 23cm (9") when fully inflated. Base diameter 59cm.

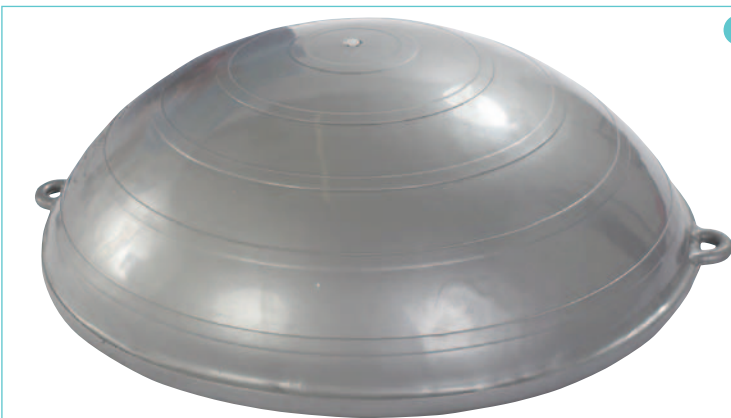
09 132 9408

Maximum user weight **140 kg** **22 st**



1

Rehab Supplies



2



3

1

**NEW**



### 1 EPP Roller

This is our 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 x 15cm, Black, Shore C. Hardness 42.

**09 132 9416**

### 2 Foam Rollers

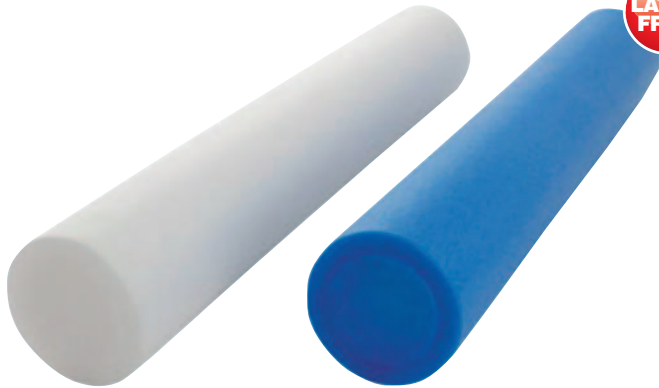
These excellent rollers are ideal for stretching. The foam roller has a hard inner core that can help improve stability and flexibility and is great for promoting stabilisation, core strength and balance training.

**018524** 15 x 90cm Blue

**018523** 10 x 90cm White

2

**LATEX FREE**



### 3 Fitball® Roller

Combines the best of exercise balls and rolls for built-in versatility. Clients simply inflate it to their personal comfort level to optimise exercises that strengthen and tone the abs, obliques and core muscle groups. Fitball Roller improves stability and balance and is ideal for prone and supine exercises. It provides comfortable leverage and positioning for more effective stretching and mobility exercises. Approximately 76cm long with a 18cm diameter when fully inflated. Durable, burst resistant vinyl will support up to 200kg. Inflates quickly with a small air pump, deflates easily for travel and cleans with soap and water.

**AA98121**

Maximum user weight



3

**LATEX FREE**



3



## Tumble Forms 2™ Rolls and Wedges

A flexible range of rolls and wedges used for gross motor activities, positioning, training and other activities.

### Features Include:

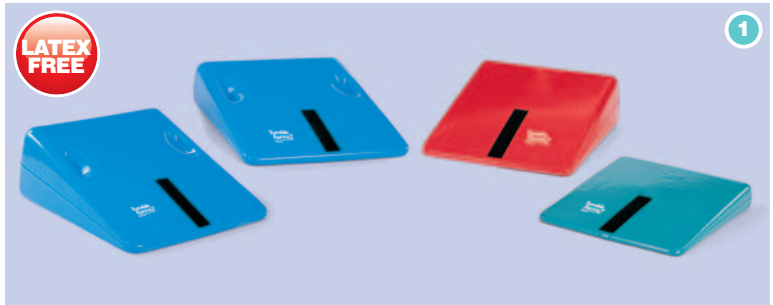
- Anti-microbial protection
- Impermeable, non-stick, non-toxic seamless coating
- Lightweight and easy to clean
- Resists cracking and peeling

### 1 Tumble Forms 2™ Wedges Sammons Preston

Versatile wedges ideal for gross motor activities and provide comfortable positioning for reading or fine motor activities.

	Height	Width	Length	Incline
<b>2795A</b>	10cm	51cm	56cm	8°
<b>2795B</b>	15cm	51cm	56cm	12.5°
<b>2795C</b>	20cm	51cm	56cm	20°
<b>2795J</b>	25.5cm	51cm	56cm	22.5°
<b>2795D</b>	15cm	61cm	71cm	8°
<b>2795E</b>	20cm	61cm	71cm	12.5°
<b>2795F</b>	25.5cm	61cm	71cm	20°
<b>2795L</b>	30.5cm	61cm	71cm	22.5°

**4768B** Add-on Leg Abductor Wedge - 12.7cm high attaches with hook and loop strip.



### 2 Tumble Forms 2™ Rolls Sammons Preston

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 10cm diameter size).

	Length	Diameter
<b>2794A</b>	61cm	10cm
<b>2794B</b>	61cm	15cm
<b>2794F</b>	61cm	20cm
<b>2794G</b>	91.5cm	20cm
<b>2794C</b>	91.5cm	25.5cm
<b>2794D</b>	91.5cm	30.5cm
<b>2794H</b>	122cm	30.5cm
<b>2794E</b>	122cm	35.5cm
<b>2794J</b>	122cm	40.5cm



### 3 Tumble Forms 2™ Raised Rolls Sammons Preston

A range of rolls with the stability of a wedge. They provide a stable base for bolster sitting, side leaning or prone positioning. Smaller rolls can be used for knee or ankle flexion and cervical elongation.

	Length	Width	Elevation
<b>2789A</b>	46cm	10cm	5cm
<b>2789B</b>	46cm	10cm	7.5cm
<b>2789C</b>	61cm	15cm	11.5cm
<b>2789D</b>	76cm	20cm	15cm

### 4 Tumble Forms 2™ Therapist Starter Kits Sammons Preston

These specially selected assortments of rolls and wedges are ideal for gross motor activities such as rolling, tumbling, and walking up or downhill. They also provide comfortable positioning for reading or fine motor activities. Rolls are adaptive shapes for rolling and rocking movements and for positioning and neuro-developmental training.

#### Therapist Starter Kit Pack 1

- 1 raised roll 610 x 115 x 152mm (24 x 4½ x 6")
- 1 roll 610 x 203mm (24 x 8")
- 1 wedge 152 x 508 x 559mm (6 x 20 x 22") 12.5° incline

**556800**

#### Therapist Starter Kit Pack 2

- 1 raised roll 762 x 152 x 203mm (30 x 6 x 8")
- 1 roll 914 x 254mm (36 x 10")
- 1 wedge 305 x 610 x 711mm (12 x 24 x 28") 22.5° incline

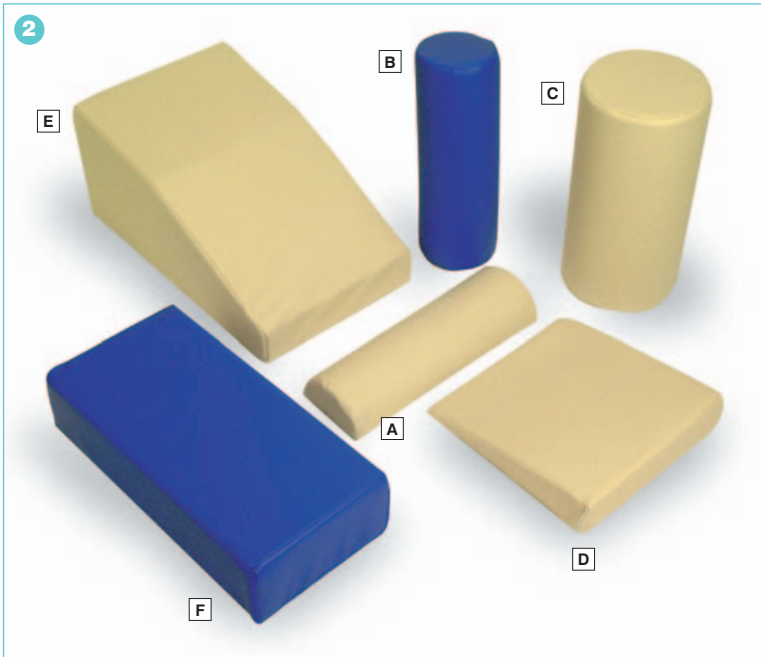
**556801**

#### Therapist Starter Kit Pack 3

- 1 raised roll 610 x 115 x 152mm (24 x 4½ x 6")
- 1 roll 1219 x 406mm (48 x 16")
- 1 wedge 152 x 508 x 559mm (6 x 20 x 22") 12.5° incline
- 1 wedge 254 x 610 x 711mm (10 x 24 x 28") 20° incline

**556802**





## 1 Valu-Form™ Rolls and Wedges Sammons Preston

A high quality line of positioning products from Tumble Forms, a trusted brand in the industry. Designed to be both durable and comfortable, with a seamless Tumble Form coating that is urine resistant and easily cleaned. Burgundy in colour.

**Valu-Form Rolls**

<b>2700D</b>	10.2 x 61cm
<b>2700A</b>	15.2 x 61cm
<b>2700C</b>	20.3 x 61cm
<b>2700E</b>	20.3 x 91.4cm
<b>2700B</b>	25.4 x 91.4cm
<b>2700F</b>	30.4 x 91.4cm
<b>2700G</b>	30.4 x 122cm
<b>2700H</b>	35.5 x 122cm
<b>2700I</b>	40.6 x 122cm

**Valu-Form Wedges**

<b>2699A</b>	10.2 x 51 x 56cm
<b>2699D</b>	15.2 x 51 x 56cm
<b>2699B</b>	20.3 x 51 x 56cm
<b>2699E</b>	25.4 x 51 x 56cm
<b>2699F</b>	15.2 x 61 x 71.1cm
<b>2699G</b>	20.3 x 61 x 71.1cm
<b>2699C</b>	25.4 x 61 x 71.1cm
<b>2699H</b>	30.4 x 61 x 71.1cm

## 2 Economy Vinyl Rolls and Wedges

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**

<b>AA9815B</b>	<b>A</b> Half Roll	50 x 17 x 8.5cm
<b>AA9816B</b>	<b>B</b> Roll	50 x 17cm
<b>AA9817B</b>	<b>C</b> Roll	50 x 25cm
<b>AA9818B</b>	<b>D</b> Wedge	40 x 40 x 10 x 1cm
<b>AA9819B</b>	<b>E</b> Trapeze	65 x 35 x 40cm
<b>AA9820B</b>	<b>F</b> Rectangle	60 x 30 x 15cm

**Beige**

<b>AA9815H</b>	<b>A</b> Half Roll	50 x 17 x 8.5cm
<b>AA9816H</b>	<b>B</b> Roll	50 x 17cm
<b>AA9817H</b>	<b>C</b> Roll	50 x 25cm
<b>AA9818H</b>	<b>D</b> Wedge	40 x 40 x 10 x 1cm
<b>AA9819H</b>	<b>E</b> Trapeze	65 x 35 x 40cm
<b>AA9820H</b>	<b>F</b> Rectangle	60 x 30 x 15cm

## 3 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.

**AA9053**

## 4 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.

**AA9824**

## 5 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 x 40 x 40cm.

**AA9821**

**1 Rolyan Stacking Cone Pattern Board**

Features 54 screw inserts that accommodate stacking cone bases. Bases screw into a 61 x 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 (A5001). Includes six stacking cone bases. Latex Free.

**A5002****2 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.

**5153** Small Cones  
(9.5cm top, 15cm base circumference)

**515301** Large Cones  
(14cm top, 20cm base circumference)

**3 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.

**A5001****4 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.

**A4057****5 Rolyan Easel**

For cognitive-perceptual activities and range-of-motion exercises. Simplifies providing graded activities. Supports almost any activity board, such as puzzle boards and peg boards. Adjust shelf position to increase or decrease distance and angle of reach - shelf can be placed in any position on easel. Adjust angle to change difficulty of activity - angle adjusts from 15° to 75° in increments of 10°. Slip-resistant feet prevent easel from moving during activity. Measures 66cm high and 46cm wide with 4.4cm-deep shelf. Easel folds for convenient storage. Plastic. Clean with a hard-surface disinfectant.

**A405800****6 Rolyan Tilting Easel**

This high quality tilting easel transforms a standard flat table into a tilting work surface. Can be used at any angle from horizontal to vertical. A lip at the bottom of the easel supports most activity boards and is removable to give a flat surface. Height 70cm. Length 70cm.

**AA95402**



## 1 Incline Board Rolyan

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 x 14 x 22cm box to which weights can be added for increased resistance. Latex free.

**A4101**

## 2 Shoulder Exercise Ladder

Used to increase range of motion and strength of the upper extremities. The frame has protrusions on each side at regular intervals for progressive exercise and the base has an adjustable angle for progressive reaching activity. Supplied with bar. Latex free.

**AA9519**

## 3 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).

**A3591**

## 4 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.

**A35910**



## 1 E-Z Exer Board

Provides resistive 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 resistive motion. Suction-cup base provides stability during exercise. Easy to use for home exercise programmes.

**A7251**

## 2 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.

**A4055**

## 3 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. Also includes 12 rings for each plastic rod. Can be disassembled and packed into the covered base for storage. Latex free.

**A4142** Set

**A41420** 72 Extra Rings

## 4 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. 6.4cm tall. Latex free.

**5288**

## 5 Rolyan Pipe Tree

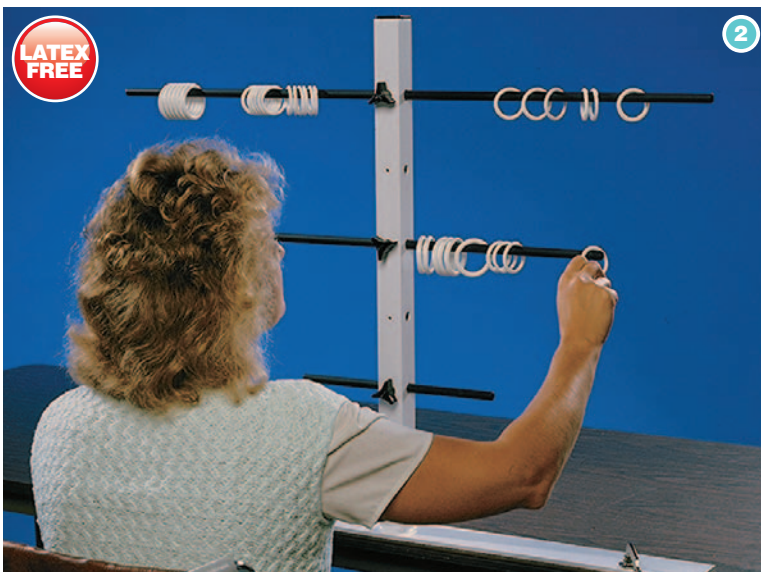
Includes 25 pieces of 1.3cm PVC pipe. The self-contained kit uses a pipe set in the cover as a construction base. Four suction cups secure the base to the work surface. Box holds all piping for convenient storage. Latex free.

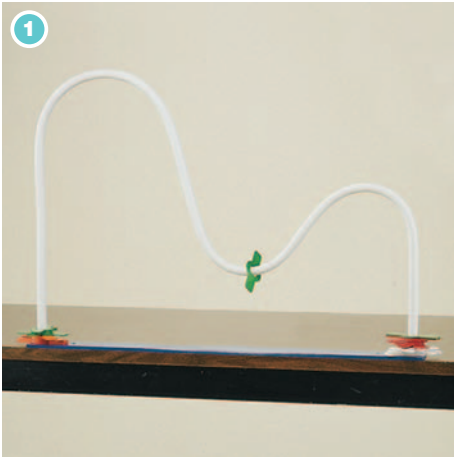
**A4143**

## 6 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.

**A4141**





## 1 Rolyan Double Curved Shoulder Arc

Allows customising programme for people with limited range of motion. Moving the coloured tabs from one side of the arc to the other achieves full upper extremity range of motion and improved motor planing and visual tracking skills. Can be used while standing to develop balance. Arc is 62cm at its highest point and 19cm at its lowest point. Includes metal base and 24 tabs.  
**A4050**

## 2 Rolyan Single Curved Shoulder Arc

This arc is 74cm at its highest point and includes 24 movable coloured tabs for ROM exercises, crossing the midline, pinch strengthening and hand/eye co-ordination. The base, made of hardened aluminium is 8 x 91cm long. It has two holes for optional tabletop attachment, or it can be secured using clamps (not included).  
**A4051**

## 3 Shoulder Rotation Exerciser

A wall mounted shoulder rotation exerciser to increase range of motion and exercise the wrist and forearm. With a 360° rotation, the handle has a lateral movement from 25 to 70cm. The resistance can be adjusted for progressive therapy. Height adjustable from 50 to 155cm. Width 145cm. Weight 15kg. Latex free.  
**AA9830**

## 4 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

**AA9044** Saeboglide™

**AA9044P** Saeboglide™ Plus

1



**1 Upper Extremity Workstations**

**Sammons Preston**

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

**2046** Upper Extremity Station complete

**2046A** Upper Extremity Station only



**DELIVERY**  
Delivery is approximately 6 weeks. Please contact Customer Services for more information.



**FRONT**



**BACK**

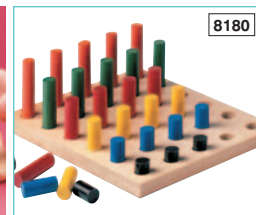
Upper Extremity Workstation includes the following products:  
(Also available individually. See code in top right hand corner).



**BILATERAL SANDER**



**STACKING CONES**



**GRADED PEGBOARD**



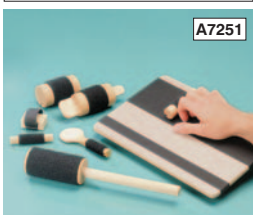
**SHOULDER EXERCISE LADDER**



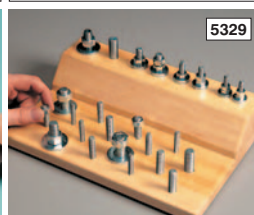
**FINGER EXTENSION REMEDIAL GAME**



**GRADED ROM ARCH**



**E-Z-EXERBOARD**



**TWO-TIERED HORIZONTAL BOLT BOARD**



**EXTEND-YOUR-REACH EXERCISER**



**MANIPULATION BOARD**



**SHOULDER ABDUCTION LADDER**



## 1 Rolyan Multi-Functional Work Station

Can be used to increase whole body range of motion, strength, co-ordination and endurance. Also for assessing and improving cognitive and organisational skills, attention span, problem solving, and perceptual motor skills by having the user assemble the work station in one of the many gradable positions. A comprehensive manual (in English) includes instructions to position the work station in more than 20 arrangements. Ideally suited for clients recovering from upper extremity injuries, back injuries or lower extremity injuries. Set includes five aluminium panels (three 41 x 61cm panels and two 41 x 41cm panels), two shelves 41 x 41cm, more than 325 nuts, bolts and washers in different styles and shapes, 9 hand tools, a tool box and a 122 x 69cm mat for table protection. 3.2mm aluminium work station weighs less than 14kg including shelves. When fully assembled with nuts and bolts, it weighs approximately 17kg. Side handles for ease of lifting and transporting. Assembly required.

**A4741**

## 2 Rolyan Resistive Prehension Bench

Offers graded resistance and prehension for both single-hand and bilateral activities. 36 springs deliver measured resistance up to 9.5kg. Four different knob styles allow grading of prehension throughout the range of resistance. Different surface textures on the four knob designs aid in decreasing hypersensitivity. Measures 41 x 41cm on 14cm legs. Heavy-duty aluminium. Assembly required.

**A19610**



## 3 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 x 38 x 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.

**A4742**



## 1 Rolyan Reability Slide Board

The Reability 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 x 71 x 0.5cm.

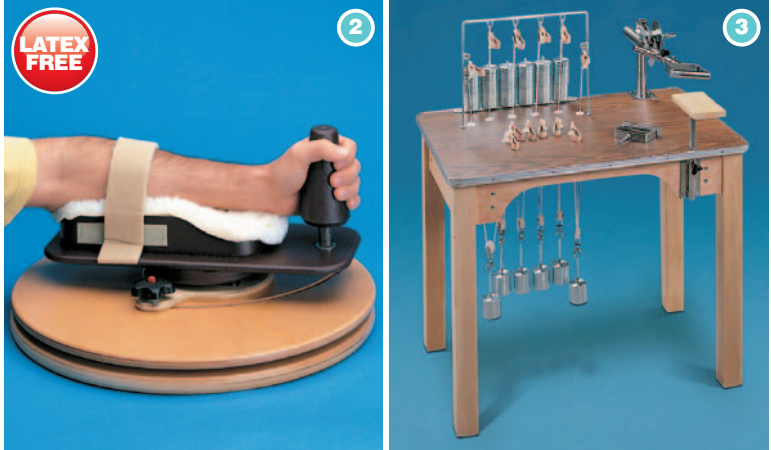
AA9051



## 2 Grahamizer II Upper Extremity Exerciser, Clinic Model

Use for upper extremity exercise in the treatment of CVAs, stiff shoulders and neurological difficulties. Increases shoulder, elbow and upper arm ROM, endurance and strength. Double pivot system is adjustable, allowing a greater arc of exercise circumference. Portable and made of lacquered birch plywood. Contoured, padded 30cm arm skate has high-quality ball-bearing pivot hardware, hook and loop fastening and a removable moulded hand cone. Features include a double revolving design on a 39 x 46cm wooden base with three non-slip feet.

5023



## 3 Kanavel Table

A device specifically designed to exercise the intrinsic hand, wrist and forearm muscles, with or without resistance. Height-adjustable axial resistance unit allows forearm pronation, supination and wrist circumduction. Complete with six 1.1kg (2½lbs) weights. Optional graduated weight set for progression from lighter to heavier weights.

2295A Kanavel Table (61 x 91 x 79cm)

2295W Graduated Weights plus Storage Bracket; 6 each 0.113, 0.227, 0.454, 0.681kg (¼, ½, 1, 1½lbs.)

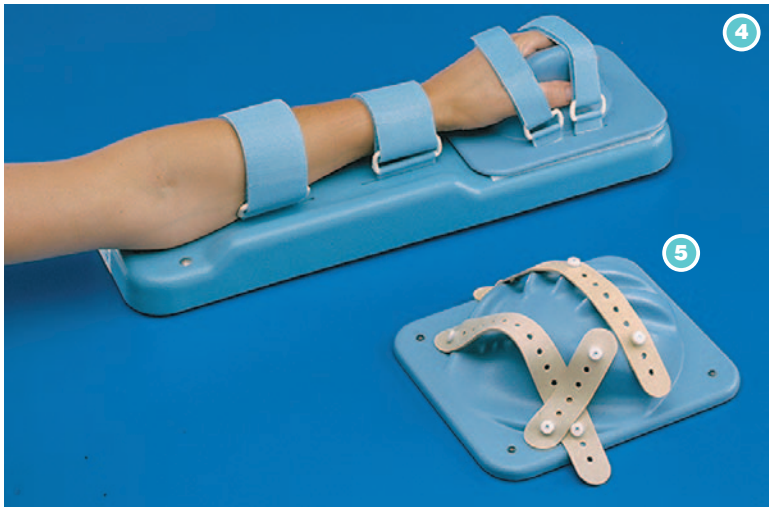
2295C Replacement Cable Set



## 4 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.

A4062



## 5 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 (A4062).

A4065 Left

A4064 Right

## 6 Figure-8 Board System

Consists of a 110 x 66cm figure-8 shoulder exercise board, a hand skate and a resistance system. A steel reinforcing rim makes the board rigid without being too heavy. The special black surface reduces the sound of the skate, which has quiet ball castors and a moulded hand piece with fastening strap. Hooks at four points permit adding the weight system. Weight system fastens to provide resistance in any direction and in the specific amount needed.

5267 Complete System

5268 Skate Only

5270 Board Only



**DELIVERY**  
Delivery is approximately 4 to 6 weeks. Please contact Customer Services for more information.



### 1 Mobilis Rolyan 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.

**S0891**

### 2 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.

**A873620**

### 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.

**A873623**

**A** With Webbing Strap

**A873624**

**B** With Metal Bracket



### 4 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 22 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.

**5026**



## 1 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").

09 120 4684

## 2 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.

AA9058



## 3 OxyCycle Powered Pedal Exerciser

Self powered for passive training but can also be used actively. This gentle exercise can benefit people during any rehabilitation programme and it can be used sitting or lying for lower extremity exercise, as well as on a tabletop to exercise upper extremity. Length 33cm. Width 40.5cm. Height 36cm. Weight 6kg.

09 115 6322

## 4 Airogym™ DVT Exerciser

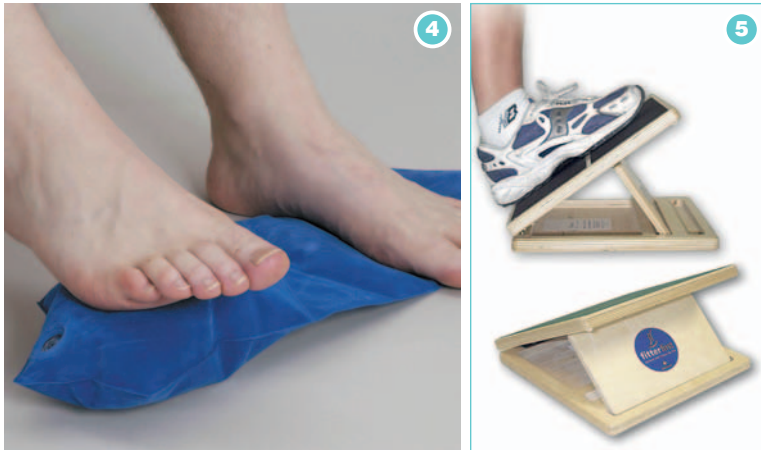
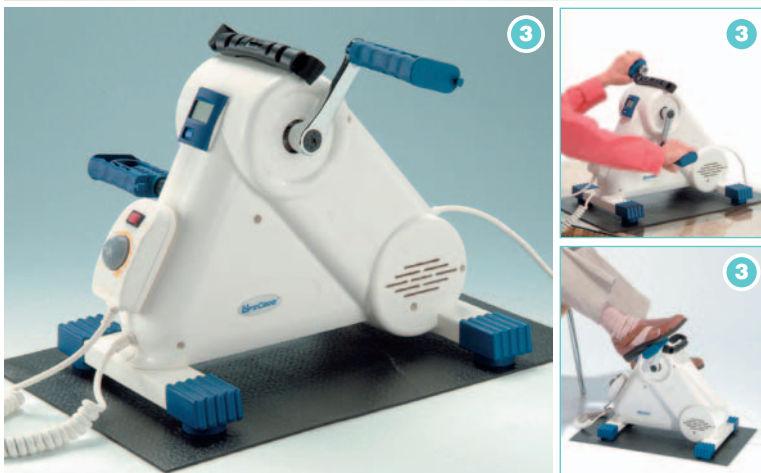
Exercise without leaving your seat with this lower extremity exerciser. Designed and developed by a senior long haul airline captain. The Airogym has been clinically proven to improve blood flow through the veins. The Airogym consists of two air compartments connected by a thin valve. The user places it beneath their feet and exercises the calf muscles by exerting pressure on one cushion then the next. This works the calf muscle pump, which in turn circulates the blood around the body back to the heart, reducing the risk of developing a potentially fatal blood clot. The Airogym can also be used by the elderly and infirm as a gentle exerciser for the lower extremity when standing and also used for exercise during dialysis. Made from a soft, blue material. Inflate orally. Folds neatly into a bag when deflated. Dimensions: 470 x 160mm. Weight 70g.

AA9806

## 5 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.

554296



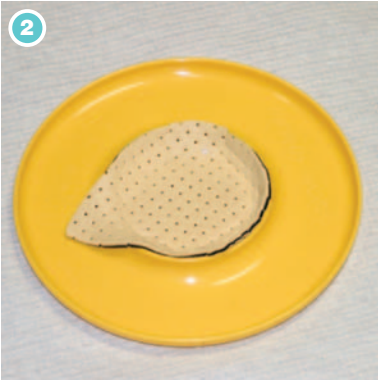
RETAIL PACKAGED  
This product is supplied in Homecraft retail packaging.



## 1 Physio-Master® Cushion

A portable self inflating device used to improve blood flow to the upper and lower leg and posterior and as an aid to rehabilitation to improve proprioception. Developed from within the NHS to aid neurological rehabilitation and improve vascular conditions in the lower limbs. It can be used in a kneeling or standing position to aid balance reactions and in a seated position to prevent DVT. With an easy to clean surface, the self inflating/deflating properties reduce the risk of infection and offer multiple uses to clinicians and lay persons alike.

**09 118 0348**

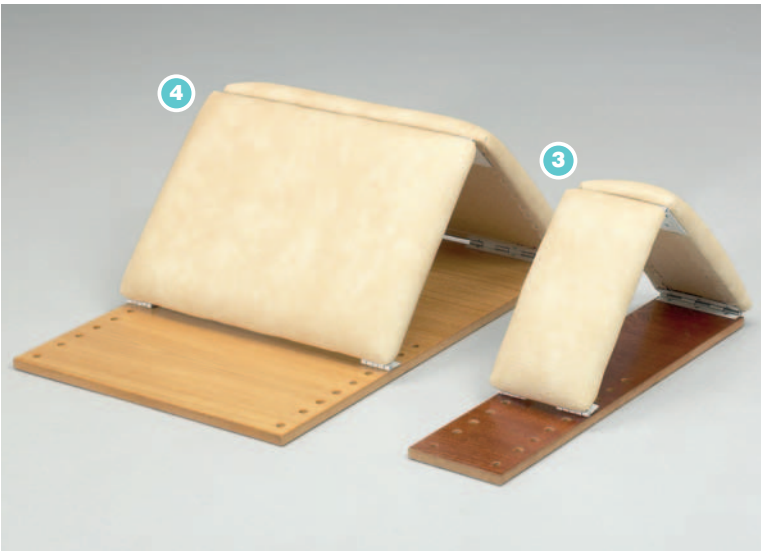


## 2 Ortho-Glide™

Ortho-Glide makes the process of lower limb exercising easier and is helpful in improving range of motion, joint flexibility, regaining muscle tone and preventing DVT. The insert pads are designed for single patient use and the base can be cleaned in sterilisation fluid, warm soapy water or in a steam autoclave to help to reduce the spread of infection. It can be used in a sitting or lying position, and is suitable for use in confined areas.

Note: users must not stand on the Ortho-Glide as it may slip and cause injury. Each Ortho-Glide includes one insert; spare inserts can be purchased separately.

- AA9894** Single
- AA9894P** Pack of 10
- AA9894S** Spare Inserts - Pack of 5



## 3 Quad Board

A multi-position board for lower extremity exercises. Wooden pegs lock the board in place at varying heights and angles. Natural hardwood padded with foam and covered with vinyl. Base is 63.5 x 15cm.

**AA9895S**

## 4 Double Quad Board

Ideal for patients with two knee injuries or surgeries, this extra-wide quad board measures 51 x 73cm. The padded top is upholstered in durable, wipe-clean vinyl and can be positioned at a variety of angles for rehabilitative exercises that are tailor-made for each user.

**AA9895D**

## 5 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 x 40 x 24cm
- Net weight: 5kg

**S3705**



## 1 Aquatic Head Float

Freely supports the head of those with limited mobility without pressure on the spinal column. The Head Float with stabiliser bar helps keep the body from tipping backwards or sideways when legs are horizontal. The Aquatic Head Float is made from foam. **Caution:** This product contains natural rubber latex which may cause allergic reactions.

09 101 1485

## 2 Aqua Float

Designed for children and adults who can support themselves in an upright position in water but require assistance with walking. Aqua Floats are constructed out of durable polyethylene foam support floats and fast-drying mesh material. Lightweight with oversized, easy-grip handrails, the Aqua Float is rustproof and latex free.

09 104 0450 Adult Forest Green

## 3 Delta Bells

To be used in conjunction with classic Aquajogger belt, the Delta Bells offer upper body strength training and floatation support. Triangular design offers adjustable resistance, made from premium EVA foam with a soft padded grip.

003119

## 4 Aquafins™ Exercise Kit

AquaFins cuffs can be used on the wrists or ankles to provide impact-free resistance for body conditioning and therapeutic applications in the water. Cuffs can be rotated to change the direction of the fins in order to provide resistance in different planes of motion. Kit includes: two cuffs, four predator fins, mesh carrying bag, and quick-start workout guide.

Maximum ankle or wrist circumference that the cuff will accommodate is 25cm. Cuff measures 33 x 30 x 10cm.

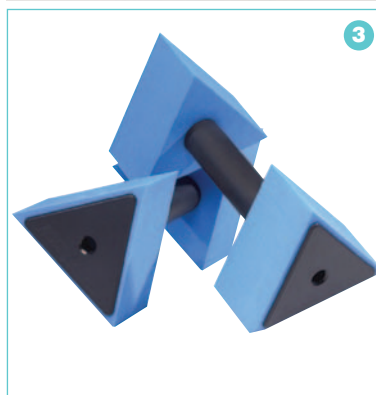
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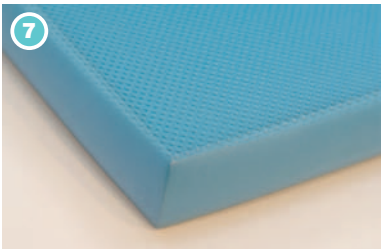
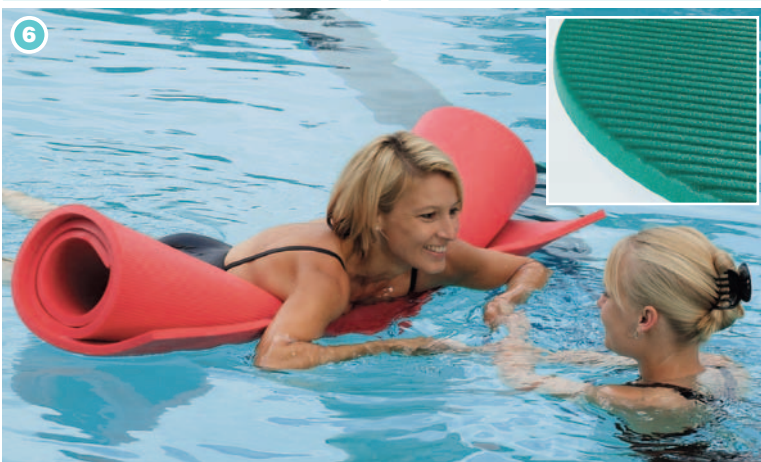
## 5 Aqua Power™ Swim Ankle and Wrist Weights

Get the most out of water workouts with these one-size-fits-all weights. Exclusive design keeps weights away from the ankles and wrists for full freedom of movement, yet conforms to natural contours. Great for progressive-resistive exercise; weights can be added or removed as required. Made of neoprene for minimal water retention. Removable steel weights are covered in waterproof yellow vinyl. Cushioned flap protects wrists and ankles and keeps weight secure; slip-proof buckle and touch fastener closure makes them secure, yet easy to remove. Sold in pairs. Latex free.

501001 2.3kg Pair of Ankle Weights  
(16 individual 140g weights)

501002 1.8kg Pair of Wrist Weights  
(16 individual 140g weights)





## 1 AIREX® Hydro-Buoy

Hydrotherapy during rehabilitation is ideal for intensive exercise while avoiding undue stress on the joints, sinews and tendons. The Hydro-Buoy provides stability and fun for both adults and children.

	Length	Width	Thickness	Colour	Weight
45N	86cm	38cm	25mm	Blue	0.8kg
50N	96cm	40cm	25mm	Blue	0.9kg

**Application** Hydrotherapy, aqua-fitness

**AA9065A** 45N for 40-70kg body-weight

**AA9065B** 50N for over 70kg body-weight



## 2 Classic Aquajogger

The Aquajogger buoyancy belt comfortably suspends the body at shoulder level in deep water. While breathing naturally above water, a person can move freely underwater and perform a multitude of workouts. The Aquajogger's contoured design promotes correct posture, supports the lower back and tones abdominal muscles.

**003027**

## 3 Extra Bouyancy Aquajogger

For advanced fitness levels.

**001543**

## 4 Aqua Runners

To be used in conjunction with the Aquajogger, Aqua Runners are resistance footwear which add extra buoyancy and increase drag helping to tone muscles.

**002651W**

## 5 Aquajogger Aquahitch

A sturdy five foot, elastic nylon cord with clip fasteners. Attach to side of pool for a stationary workout or link with partner for team pool workout.

**011515**

## 6 AIREX® Corona

**Application** Physiotherapy, rehabilitation, antenatal exercises, hydrotherapy

Length	Width	Thickness	Colour	Weight
185cm	100cm	15mm	Red (R) Green (G) Blue (B)	3.8kg

**AA9061R**

**AA9061G**

**AA9061B**



## 7 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 of the receptors in the soles of the feet. It actively promotes blood circulation in the feet and 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.

**09 112 5566**



# Exercise Equipment

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Scientific Solutions for Fitness.



The Scifit range provides wellness solutions that meet the needs of a wide range of individuals served by the fitness and healthcare industry.

#### Medical CE Class IIa Certification

SCIFIT machines have Medical CE IIa certification and BS EN ISO13485:2008. This internationally recognised quality system complies with stringent hospital/clinical requirements and demonstrates the SCIFIT commitment to developing products suitable for use as medical devices. The machines are calibrated to allow exact training protocols utilising RPM and constant work (watts) and enable healthcare professionals to follow a programme of injury rehabilitation with their patients with the confidence of accurate results as their improvement progress is monitored.

#### Active Ageing

As the population ages and people live longer, keeping fit and active in your 60s, 70s and 80s plays a vital role in maintaining health and wellness and minimises the risk of injuries and other age-related illnesses. SCIFIT machines are designed for users with limited mobility and have easy-entry step through access, large user-friendly console displays and non-intimidating training programmes.

SCIFIT machines offer a unique range of features:

#### Iso-strength

The programme provides accommodating resistance to a concentric movement at a constant speed (fixed RPM) throughout the entire range of motion. As the user begins to fatigue, the resistance automatically decreases, accommodating each individual's specific strength needs.

#### Bi-directional Resistance

This allows the user to exercise in both forward and reverse, changing directions at any time and as often as desired. It aids in the recruitment of reciprocal muscle groups and reduces the risk of injury from muscle imbalance. Exercising reciprocal muscle groups also decreases localised fatigue, resulting in the ability to prolong the workout.

#### 200 Levels of Resistance

The workload can be changed in 0.1 increments - providing 200 levels of resistance and the most comprehensive, progressive system for gradual improvement. This allows individuals to see even the smallest improvements.

#### Green Power

SCIFIT products (except treadmills) are self-generating, requiring no electricity and maintain function at extremely low levels of movement.

#### Ease of Use

SCIFIT equipment features the industry's lowest starting resistance (5 watts) with minimal RPM. This allows individuals to start the exercise and maintain programme function at extremely low speeds and resistance.

#### Ease of Access

Expandable step through seating, comfortable swivel seats, sturdy steps and handrails assist in easy-entry and accessibility. Colour coded adjustments and easy to read, tactile console buttons also provide ease of use for individuals with visual impairment.

#### Wheelchair Accessible

SCIFIT is a world leader in wheelchair accessibility. On many models the seats remove easily for wheelchair access. The optional wheelchair platform or wheelchair ramps provide increased stabilisation and is a sturdy foundation for wheelchair use.

## SCIFIT Console

The SCIFIT LCD 7" screen, found on all SCIFIT machines, has an intuitive interface with tactile keypad, colour coding and audible beep. The one-button quick start makes it user-friendly and perfect for inclusive facilities and within medical applications.

**Six New Console Programmes - the SCIFIT Intelli-Fit™ System** Heart-Fit™ and Power-Fit™ testing and training protocols are designed by world-renowned exercise specialist Paul Robbins, Metabolic Performance Director of Athletes' Performance. These programmes measure and help improve heart rate recovery, power and endurance.

**Heart-Fit™ Test** This is a measurement tool for cardiovascular fitness that measures heart rate recovery. Used in conjunction to the Heart-Fit training (see below).

**Heart-Fit™ Training** This follows the Heart-Fit test and is a programme designed to improve heart rate recovery. It uses interval training and the Constant Work setting to progressively train for improved cardiovascular fitness.

**Power-Fit™ Test** This test is used to set a benchmark for power, strength and endurance and is used in conjunction to the Power-Fit training (see below).

**Power-Fit™ Training** This follows the Power-Fit test and is a programme designed to improve power, strength and endurance. It uses interval training and the Iso-strength and Constant work settings.

**Power Burst** This is short intervals of anaerobic and power/strength using isokinetic resistance.

**Fit-Quik®** Exclusive to SCIFIT can be performed on a single machine, or a combination of machines as a circuit. The user controls intensity levels, so anyone can get a great workout with Fit-Quik.

**Intelli-Fit System** This has enhanced SCIFIT's current features and programmes by encouraging movement, setting goals and showing improvement.

**Additional Programmes** Manual, Heart Rate, Iso-strength, Constant Work, Random and 7 Hill Profiles

**Console Feedback** Heart rate, Time, RPM, Calories, Distance, Level, METs and Watts

**Integrated Console Features**

- Personal twin fans
- Accessory tray for keys, Mobile phone, iPod® or other electronics
- Water bottle holder
- Reading rack
- Dual USB ports for Fit-Key™ applications and charging accessories (iPods, phones, MP3s)
- CSAFE port and 8-volt DC power port for TV or other controllers



## Fitbug® Movement Motivation in partnership with SCIFIT

Fitbug and SCIFIT work together to provide a gym and non-gym activity tracking solution.

Fitbug Pro provides a range of services to help individuals increase their activity levels, whilst enabling clinicians to monitor their patients online and identify 'at risk' individuals.

It's a proven, trackable intervention used to prescribe physical activity as an integral part of treatment for



conditions including diabetes, weight management and cardiac rehabilitation amongst others

Fitbug Pro combines an interactive accelerometer (which accurately counts steps and more) and downloads achievements in real-time via USB to secure pages on fitbug.com. Patients are able to log nutrition and monitor 'energy balance'. Predetermined goals are set up for the individual to follow with ongoing online support.

Crucially clinicians can monitor patient's progress and set up alerts to ensure they are aware when a patient is not adhering to the predetermined daily activity goals allowing them to intervene to ensure optimal outcomes.

Combining Fitbug with SCIFIT fitness equipment forms an unparalleled solution to gain 24:7 visibility of client exercise both in and out of an exercise or rehabilitation facility. Bringing these two leading technologies together provides complete oversight of patient progress.



**INFORMATION**  
For full details on Fitbug, please see page 593.

1



**1 SCIFIT Recumbent Bikes**

SCIFIT recumbent bikes are designed to improve cardio fitness and for interval, strength & power training. Both models are available with Medical CE Class IIa Certification.

**Key Features & Benefits**

- Comfortable, oversized seat featuring exceptional lumbar support and integrated side handles to assist safe and easy transfer
- Oversized, self-righting pedals with easily adjustable straps
- Easy step-through access to allow entry without having to lifting the leg up
- Only 5 watts of resistance needed to start and maintain programme function, ideal in rehab applications or for the 'not yet fit' user
- Available with either forward-only resistance (1000R) or bi-directional resistance (7000R), which aids in the recruitment of reciprocal muscle groups and reduces the risk of injury from muscle imbalance

**Technical Specifications**

Machine Weight: 1000R 89kg. 7000R 95kg.  
 Machine Size: Length 150cm. Width 66cm. Height 132cm.  
 Power: Self-generating with auto recharge battery back up  
 Warranty: 3 years parts and 1 year labour

- 09 131 8534** 1000R forward only resistance
- 09 121 5995** 7000R bi-directional resistance

Maximum user weight **204 kg** **32 st**



2



**2 SCIFIT Upright Bikes**

SCIFIT upright bikes are designed to improve cardio fitness and for interval, strength & power training. Both models are available with Medical CE IIa Certification.

**Key Features & Benefits**

- Large user seat with forward/backwards and vertical adjustments for all user heights
- Oversized, self-righting pedals with easily adjustable straps
- Easy step-through access to allow entry without having to lifting the leg up
- Only 5 watts of resistance needed to start and maintain programme function, ideal in rehab applications or for the 'not yet fit' user
- Available with either forward-only resistance (1000) or bi-directional model (7000), which aids in the recruitment of reciprocal muscle groups and reduces the risk of injury from muscle imbalance

**Technical Specifications**

Machine Weight: 1000 57kg. 7000 74kg  
 Machine Size: Length 147cm. Width 61cm. Height 134cm.  
 Power: Self-generating with auto recharge battery back up  
 Warranty: 3 years parts and 1 year labour

- 09 131 8542** 1000 forward only resistance bike
- 09 131 8559** 7000 bi-directional resistance

Maximum user weight **154 kg** **25 st**



**DELIVERY**  
 Delivery is approximately 4 to 6 weeks. Please contact Customer Services for more information.

**1 SCIFIT PRO1 Upper Body Exerciser**

The PRO1 is designed to provide the ultimate in upper body exercise, offering both cardio and strength training. It is ideal for strengthening arms and shoulders while recruiting the core stabilising abdominal and back muscles. The fully adjustable head and console accommodates users of all heights, ensuring perfect bio-mechanical body position for each exercise whether standing or seated. Medical CE IIa Certification.

**Key Features & Benefits**

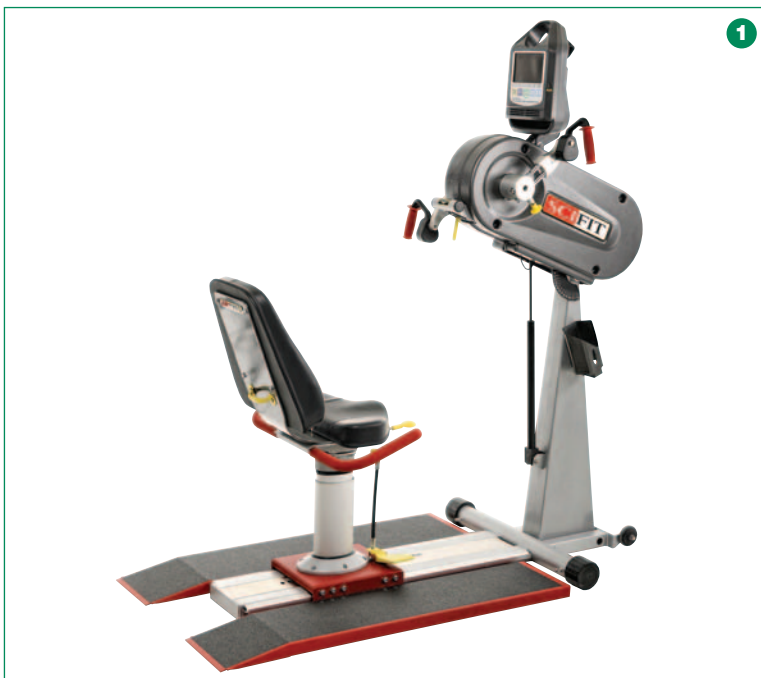
- Infinitely adjustable control head accommodating users of all heights to allow exercise while seated, standing or for overhead exercise
- Adjustable and reversible arm cranks for a greater range of movement and exercise variety
- Vertical seat adjustment with gas assisted lift and swivel
- Seat is removable for standing exercise or for use with a wheelchair, stability ball or other balance-related accessory
- Comes with wheelchair platform as standard for wheelchair access or standing exercises
- Only 5 watts of resistance needed to start and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

**Technical Specifications**

Machine Weight: 110kg  
 Machine Size: Length 152cm. Width 76cm. Height 196cm.  
 Power: Self-generating with auto recharge battery back up  
 Warranty: 3 years parts and 1 year labour

09 118 9695

Maximum user weight **204 kg** **32 st**



1

**2 SCIFIT PRO2® Total Body Exerciser**

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

**Key Features & Benefits**

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

**Technical Specifications**

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

09 118 3409

Maximum user weight **204 kg** **32 st**



2



**DELIVERY**  
 Delivery is approximately 4 to 6 weeks. Please contact Customer Services for more information.

1



**1 SCIFIT REX™ Recumbent Elliptical**

The SCIFIT REX offers a smooth, natural movement for safe and effective exercise. This smooth motion provides natural, consistent flexion and extension for an exceptional total body workout. Medical CE IIa Certification.

**Key Features & Benefits**

- Super smooth movement – legs move in a natural orbital motion and the arms in a smooth arc
- The dependent, all body action allows individuals to use passive assistance – using strong limbs to drive weaker limbs through the range of motion
- Bi-directional resistance helps create balance between reciprocal muscle groups
- Low profile seat for optimised torso rotation and core recruitment
- Dual-position hand grips for extra comfort and fit
- Starting wattage of 7 with low minimum RPM to begin and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

**Technical Specifications**

Machine Weight: 128kg  
 Machine Size: Length 185cm. Width 71cm. Height 140cm.  
 Power: Self-generating with auto recharge battery back up  
 Warranty: 3 years parts and 1 year labour

**09 121 6043**

Maximum user weight **204 kg** **32 st**



2



**2 SCIFIT Easy-Entry Elliptical**

This elliptical is a total body cross trainer that provides non-impact exercise for individuals of all fitness levels. The lower leg elliptical motion can increase cardiovascular endurance, core strength and stability for walking, climbing, pushing and pulling. Medical CE IIa Certification.

**Key Features & Benefits**

- Easy-entry package includes sturdy rear step to reduce 'step-up' height by half, allowing access to more users and the full side handrails provide safe and easy entry
- Comfortable stride length ensures natural total body movement, proper posture, optimised torso rotation and core recruitment
- Orthopaedic footbeds with front/side safety edges and patented Bio-Flex™ technology provide better circulation and eliminate hot spots and numbness common with other ellipticals
- Bi-directional resistance helps create balance between reciprocal muscle groups
- The pedal movement simulates walking on an uneven surface to help recruit stabilising muscles
- Multi-position hand grips for extra comfort and elliptical has low centre of gravity for increased user safety and stability
- Starting wattage of 5 with low minimum RPM to begin and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

**Technical Specifications**

Machine Weight: 138kg  
 Machine Size: Length 190cm. Width 76cm. Height 160cm.  
 Power: Self-generating with auto recharge battery back up  
 Warranty: 3 years parts and 1 year labour

**09 131 8567**

Maximum user weight **193 kg** **30 st**



**DELIVERY**  
 Delivery is approximately 4 to 6 weeks. Please contact Customer Services for more information.

**1 SCIFIT AC5000M Treadmill**

This SCIFIT treadmill features a low starting speed, large user capacity and a comfortable walking surface. Side handrail switches make it easy to adjust elevation and speed while exercising. It can be used on the decline with -3% elevation, has a reverse speed function and full-length side handrails.

**Key Features & Benefits**

- Very slow starting speed from 0.2kph up to 16kph in 0.1 increments for extra safety and for those with mobility limitations and the belt can also travel in the reverse direction up to speeds of 6kph for use in rehab applications
- Electronic elevation from -3% to 12% in 0.5 increments of adjustment - walking on the decline is often required in rehab applications
- Oversized belt with large user capacity and a comfortable walking/running surface
- Reversible, eucalyptus deck is very low maintenance - no lubrication required
- Full length side handrail for extra stability and rails include switches for quick and easy speed and elevation changes
- Commercial grade 3" crowned rollers and powerful 3 HP AC motor with inverter
- Dual emergency stop button for added safety and integrated ready rack and water bottle holder

**Technical Specifications**

Machine Weight: 220kg  
 Machine Size: Length 207cm. Width 80cm. Height 160cm.  
 Power: Self-generating with auto recharge battery back up  
 Warranty: 3 years parts and 1 year labour

09 121 6076

Maximum user weight **226 kg** **35 st**



1

**2 SCIFIT Recumbent Stepper**

This recumbent stepper provides a smooth linear movement and can be used for lower body only, upper body only or total body exercise. The user can select any stride length within the stride range and the arm to leg movement ration is 1:1 to maximise range of motion. The adjustable seat can also be removed for use with a wheelchair.

**Key Features & Benefits**

- Dependent step motion with 36cm step range and self-leveling footplates
- Super smooth natural linear movement for lower body only, upper body only or total body exercise
- Removable seat with side assist lever to allow for wheelchair access
- Oversized, rubber footplates with safety edges
- Dual-position hand grips and easy step-through access top help those with limited mobility
- Starting wattage of 7 with low minimum RPM to begin and maintain programme function, ideal in rehab applications or for the 'not yet fit' user

**Technical Specifications**

Machine Weight: 139kg  
 Machine Size: Length 188cm. Width 76cm. Height 147cm.  
 Power: Self-generating with auto recharge battery back up  
 Warranty: 3 years parts and 1 year labour

09 131 8575

Maximum user weight **204 kg** **32 st** Adjustable seat



2

**DELIVERY**  
 Delivery is approximately 4 to 6 weeks. Please contact Customer Services for more information.



## 1 Heart Rate Transmitter

This is the market-leading Polar® "Wear Link" chest strap transmitter but SCIFIT machines are also compatible with most brands of wireless heart monitoring technology. Suitable for use with all SCIFIT models.  
**09 131 8583**

## 2 High Support Boots

These calf-high boots provide extra foot and lower leg support. They are open at the front and have self-fastening straps to keep the legs in place. Suitable for use with the PRO2.  
**09 131 8591**

## 3 Low Support Boots

Low boots are ideal for individuals who have difficulty keeping their feet on standard pedals. The oversized footplate keeps the foot on the pedal with sturdy straps at the back, over the top and around the front of the foot. Suitable for use with the PRO2.  
**09 127 9595**

## 4 Assist Gloves

These flexible, comfortable gloves help individuals who need assistance in gripping the hand cranks. Made of heavy-duty closed cell foam, they resist moisture and are easy to clean. Suitable for use with the PRO Series models.  
**09 127 9587** Small  
**09 131 8609** Medium  
**09 131 8617** Large

## 5 Rotation Device

This internal/external rotation device is ideal for use with the iso-strength programme and bi-directional resistance to strengthen internal and external rotators in one exercise. Suitable for use with the PRO1 model.  
**09 131 8625**

## 6 Bariatric Seat

Reinforced seat with forwards and backwards adjustment. Max. weight capacity 272kg. Suitable for use with the PRO and recumbent stepper.  
**09 142 9950**

Maximum user weight **272 kg** **42 st**





## 1 Fitbug Pro

Fitbug Pro provides a range of services to help individuals increase their activity levels, whilst providing clinicians with online access and reports to monitor and identify 'at risk' individuals. Used by the NHS across a range of programmes, the service provides a proven intervention for scenarios in which physical activity is crucial, such as cardiac rehabilitation, weight management, diabetes programmes and more. Whenever you are looking to promote physical activity and want to be able to track and demonstrate progress, Fitbug Pro will prove invaluable.

### What is Fitbug Pro?

Fitbug Pro combines an interactive accelerometer (which counts steps and more) and downloads achievements in seconds via USB to secure pages on fitbug.com.

Whilst tracking progress, Fitbug provides ongoing support and motivation via text message and email to encourage patient adherence. These key components work together to help individuals achieve their prescribed goals and effectively manage conditions.

All performance KPIs are available online in real-time for both the patient and the clinician, allowing adherence and progress to be simply monitored and when necessary, intervene to ensure optimal outcomes. Furthermore, alerts may be set to ensure that you are aware when a patient is not adhering to predetermined daily activity goals.

In addition, Fitbug's online food diary allows visibility of individuals' energy balance, for scenarios where food intake is also an important element of behavior modification.

### How Does Fitbug Work

- Each user keeps their accelerometer based tracking device ('The Bug') with them throughout the day.
- The device counts the number of steps taken, minutes of continuous activity, calories expended, distance traveled and the number of active hours in any 24-hour period.
- The device stores up to 14 days of data and downloads via USB to fitbug.com.
- Daily step/distance targets may be set by the clinician (or by Fitbug)
- All data can be accessed by both clients and clinicians via secure web pages.
- The impact of various health metrics (such as weight, blood pressure, circumferences, cholesterol etc) can also be logged and tracked for reporting and motoring purposes and can be set in conjunction with the clinician at the outset of the program.

### Who is Fitbug for?

Fitbug is the ideal solution for any health practitioner who is looking for an effective solution to help clients lead a healthier and more active lifestyle. Fitbug will provide an essential tool to get patients on track and then keep them there.

### Fitbug and SCIFIT

All SCIFIT equipment usage can be monitored to give a complete picture of an individual's exercise whilst in a training facility. Combining Fitbug with SCIFIT fitness equipment forms an unparalleled solution to gain 24:7 visibility of client exercise both in and out of an exercise or rehabilitation facility.

Bringing these two leading technologies together provides complete visibility of patient progress. Fitbug's technology enables SCIFIT equipment users to benefit from and track non-gym based exercise such as walking, helping to support healthy lifestyle choices.

09 142 9943 Black

09 142 2640 Purple



## KINETEC

### ProprioSphere

The static and dynamic balance of the human body is an essential component for the physical wellbeing.

- Enhancing patient stability and control
- Stimulation of the proprioceptive system by progressive and secure imbalance situations
- The ProprioSphere acts as a preventive or curative device

A harmonious operation between the transmitting central nervous system, the automatic muscular contraction lock and the thousands of tension or pressure sensors located in the periarticular surface from the foot up to the rachis, results in a sensitive proprioceptive system.

**Various factors can disturb this system:**

- Fatigue
- Periarticular traumatism
- Fractures
- Age
- Some neurological pathologies

To improve balance the system needs to be challenged by creating imbalance situations in a secure and progressive environment. Proprioceptive rehabilitation leads to a functional muscular system and should be fully integrated in one's fitness programme.

Improved balance increases range of movement, ensures the perfect coordination of muscle groups and enhances sports performances.



Simple and easy to use control panel enables instant operation



## 1 ProprioSphere

The ProprioSphere allows balance as well as muscular recovery. Designed for intensive use and minimum maintenance.

**The ProprioSphere is adapted to everyone's condition:**

- Lower limbs and trunk traumas in walking or balance recovery period
- Patient with a prolonged non-activity period and limited standing capability
- Athlete in joint rehabilitation process
- Athlete aiming to improve performances
- Senior patient with osteoporosis or balance loss

**The ProprioSphere is designed to:**

- Increase range of movement
- Improve dynamic muscle stability
- Build strength and power
- Enhance spatial awareness
- Reduce the risk of injury
- Challenge balance in controlled stages

**ProprioSphere features:**

- A stable base including a plate fixed to a universal joint and run by a motor
- A control panel available for the patient and the therapist to regulate:
  - The speed
  - Countdown info before motion reverse
  - Session time
  - Random movement (speed and direction)
  - Two large side bars for safety
  - A mechanical adjustment system for range of motion

**Technical Data:**

- Weight: 84kg
- Height: 1.52m (60")
- Length: 1m (39")
- Width: 0.74m (29")
- Mains supply: 230V/50Hz, 400VA
- Motor: 370 Watts
- Warranty: 2 years

**09 112 4759** 220v

**09 117 2881** 110v



**DELIVERY**  
Delivery is approximately 4 to 6 weeks. Please contact Customer Services for more information.



## VitaGlide™

### The core of Wheelchair Fitness

- No Shoulder Pain
- Pumped Upper Body
- Intense Cardio Burn

### The VitaGlide Advantage

VitaGlide™ is a revolutionary exercise system designed to improve the quality of seated fitness programmes. Using its patented linear, push-pull technology, VitaGlide™ increases range of motion and involves more muscle groups, resulting in a more complete workout when compared to traditional seated systems.

VitaGlide™ is the result of extensive research into the causes of shoulder injuries and pain, especially among wheelchair users. Research has indicated that shoulder injuries occurring in wheelchair users are similar to rotator cuff injuries suffered by baseball pitchers. These injuries are caused by imbalanced muscle stress placed on the shoulder joint that produces overuse syndrome. It is important to not only condition the muscle groups directly used in specific movements, such as pushing a wheelchair, but also the opposite muscle groups. Traditional seated exercise systems typically develop only the front of the shoulder, creating that same muscular imbalance that exposes the shoulder to potential injury. VitaGlide™ was developed to provide balanced muscular development to the shoulder area, and to protect the joint from injuries.

The converging direction of the movement of the handles also provides some trunk rotation, providing exercise to muscles that are ignored by traditional systems.

### Technical Specifications:

	VitaGlide II	VitaGlide Pro
Length:	115cm (45.5")	157cm (62")
Width:	89cm (35")	99cm (39")
Total Height:		
Raised:	101cm (40")	114cm (45")
Lowered:	81cm (32")	84cm (33")
Height at Entry Point:		
Raised:	79cm (31")	81cm (32")
Lowered:	58cm (23")	51cm (20")
Weight:	29kg	129kg

## 1 VitaGlide™

The simplified version of the VitaGlide allows you to experience the countless fitness and therapeutic benefits of the VitaGlide Pro! Compact in design, the VitaGlide is not much larger than a wheelchair, allowing it to conveniently fit in any home environment.

- 7 levels of resistance to provide a challenging workout for users of any ability
- Height can adjust 8 inches to fit virtually any manual wheelchair, and most power chairs with foldaway or removable arms
- Base is fortified with platforms for the wheels to rest upon to ensure stability

2 year warranty

**AA95031**

## 2 VitaGlide™ Pro

The VitaGlide™ Pro will give you the best upper body toning, shoulder strengthening, and cardiovascular workout that you will receive from any upper body conditioner in the market! The linear "push-pull" motion of the VitaGlide™ Pro targets virtually every muscle in the upper body, from the "love handles" all the way up to the trapezius area.

- 7 levels of resistance to provide a challenging workout for users of any ability
- Height can adjust 11 inches to accommodate virtually any wheelchair and/or user height
- Robust steel frame enhances durability to ensure consistent, reliable performance in the multi-user commercial setting
- The perfect fit for any Gym, Physical Therapy or Rehabilitation Clinic

2 year warranty

**AA95051**





**1 Thera-Vital**

The professional, top-of-the range equipment ideal for use both in hospital and home environments. Equipped with a colour monitor and versatile bio-feedback display, it can be adapted to meet individual needs. Although the system offers a comprehensive range of therapy options it is extremely simple to use.

Thera-Vital is used daily in many hospitals and rehabilitation centres. With the Thera-Vital the patient is able to improve their natural body functions.

With the Thera-Vital, you can see your achievement, training time, pulse, speed covered distance, application of load and state of spasm occurrence. The Thera-Vital has its own pulse control, which can be set to suit individual needs if this limit is exceeded then the pressure automatically adjusts. Includes footrests, safety handle and radius adjustment 2 step.

**The Thera-Vital recommended for use with the following individuals:**

- Paraplegia
- Tetraplegia
- Parkinsons
- Multiple Sclerosis
- Stroke
- Orthopaedic
- Rheumatic diseases
- Heart/Circulation disorders
- Post-operative therapy
- Muscle diseases

**Features:**

- Large, bright colour monitor
- Versatile bio-feedback display to monitor progress
- Start/stop traffic light display
- Speech activated safety stop feature
- Adjustable safety handles
- Anti-spasm mechanism
- Powerful, almost silent motor
- 2 year warranty

- 09 118 9273** Thera-Vital Lower Limb Trainer
- 09 120 1722** Thera-Vital Upper Limb Trainer
- 09 120 1748** Thera-Vital Calf Rest

**TheraVital®**

1



<p><b>HANDLE INCLINATION ADJUSTABLE</b></p>	<p><b>HEIGHT-ADJUSTABLE HANDLE</b></p>	<p><b>EXTENDABLE TRANSPORT STAND</b></p>
<p><b>TORSO TRAINER WITH 'SOFTGLIDE' ADJUSTMENT FUNCTION</b></p>	<p><b>MONITOR WITH INCLINATION ADJUSTMENT</b></p>	<p><b>EASY ATTACHMENT OF THE THERAPY HANDLES BY QUICK RELEASE</b></p>



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

**DELIVERY**  
Delivery is approximately 6 weeks. Please contact Customer Services for more information.

1



## 1 SRF Board

Designed by a Physical Therapist, this versatile trainer offers endless options for hip, groin and core development.

The SRF Board offers:

- Unlimited configurations with 2 piece system
- One fixed and one sliding disc
- Lock out pins eliminate disc rotation for increased stability
- 4 adjustable bumpers to limit R.O.M
- Operates with resistance from 0 to 4 cords

Rotational Discs allow dynamic movement patterns and provide a friction-free environment that encourages muscle development while decreasing torque at the knee. Functional training for all levels of clients from professional athletes to recent hip replacement patients. This versatile product allows you to do rehabilitation, general fitness cross-training and dance specific exercises. Resistance cords may be added from either end to assist or resist the forces of gravity on the user.

Net weight: 10kg

**S5006**

## 2 Pro Fitter Cross Trainer

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

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

**Package comes with:**

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

**221704** Pro fitter 3-D Cross Trainer

**221707** Pro Fitter Hard Ankle board

2



2



2



**HARD ANKLE BOARD**

## 1 Pro Fitter Physio Kit

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

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

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

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

### For Rehabilitation

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

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

### Package Comes With:

Pro fitter, Soft Ankle Board, Hard Ankle Board, Balance Aids, DVD, User guide, Manual.

Net weight: 15.1kg.

**221705**



1

## 2 Fitter Rotational Discs

These 11" disks are effective aids for developing balance and strength when standing or sitting.

### ROTD



2

## 3 BodyBow Spinal Exerciser

Made in Finland with legendary Scandinavian workmanship. The BodyBow will help keep your back strong and supple.

This high quality, versatile product is used to increase spinal and extremity mobility, strength and spinal & trunk stability and the accompanying user guide/poster illustrates clearly, over 26 exercises which can be used to strengthen back muscles, get a great abdominal workout and even stretch your leg muscles.

### A Hamstring Stretching

Starting position: Assume the position shown, at the short end of the BodyBow.

Movement: Gently lean your trunk toward your thigh, as you press your knee downward toward the BodyBow. Keep your back flat; avoid excessive rounding.

### B Shoulder Flexion

Starting position: Kneel over the BodyBow with your knees at the short end.

Movement: Keep your forehead down, and raise your straight arm toward the ceiling as shown. Use weights as needed. Raise one arm or both arms as desired.

### C Abdominal Training

Starting position: Lie on the BodyBow with your feet toward the short end. Keep your feet on the floor and fingertips lightly at the back of your head. Movement: Lift your chest toward the ceiling, without pulling on your head with your arms.

**BB001**



3



1



## 1 Tunturi C45 Cross Trainer

### Monitor

Display	6.5", 5 colour LCD backlit display
Time / Distance / Speed	YES
RPM / Energy consumption	YES
Training power (W)	YES
Heart rate	YES
Training modes	Quick start Manual Constant Watt Constant HRC T-Ride™ T-Trainer™ Preset programmes User programmes Race / Fitness test

### Technical Details

Stride length	50cm / 19"
Length	183cm / 72"
Width	70cm / 28"
Height	176cm / 69"
Total product weight	76kg / 168lbs
Ergometer	YES
T-Music MP3 Player	YES
User register	5

### Ergonomics

Contact heart rate	YES
Transport wheels	YES

09 143 1451

Maximum user weight **135 kg** **21 1/4 st**



2



## 2 Tunturi C60 16" Cross Trainer

- Uniquely smooth movement with a silent operating system.
- 2 stride options: 16" and 19" according to preference and comfort.
- Accurate heart rate measurement and the heart rate belt included.
- User friendly console with 4 inch colour display and wide program selection; in total 121 programs.
- Monitor offers 8 language versions for feedback and instructions.
- T-Trainer™ your personal coach who guides you in the training.
- Easy to use console with only 4 push buttons and a selection wheel.
- Very sturdy and strong frame suitable for intensive training.
- Electromagnetic brake ensures a smooth pedalling motion.

Length (storage) 144cm (57"). Width 61cm (24").  
Height (storage) 165cm (65"). Weight 61kg.

09 131 1679

Maximum user weight **135 kg** **21 1/4 st**



### DELIVERY

Delivery is approximately 2 weeks. Please contact Customer Services for more information.

## 1 Bremshey Orbit Pacer Elliptical

### Features

- LCD monochrome monitor
- Display showing; Time, Speed, Distance, Calories, Pulse, RPM, Watts
- 12 Workout programmes: including 6 pre-set, 1 user, 1 constant heart rate control, quick start, constant watt
- Stride length 40cm (16")
- Transport wheels, mains powered

Length 135cm (53"). Width 62cm (24"). Height 158cm (62").  
Weight 55kg (8½st).

09 117 2808

Maximum user weight **135 kg** **21¼ st**



## 2 Bremshey Orbit Explorer 19" Front Driven

### Features

- LCD monitor with colour back light
- Display showing; Time, Speed, Distance, Calories, Pulse, RPM, Watts
- 22 Workout programmes: including 12 pre-set, 4 user, 1 constant heart rate control, quick start, constant watt, body fat
- Stride length 50cm (19")
- Transport wheels, mains powered
- Front driven

Length 182cm (72"). Width 71cm (2"). Height 162cm (66").  
Weight 66kg (10½st).

09 117 2824

Maximum user weight **135 kg** **21¼ st**



**DELIVERY**  
Delivery is approximately 2 weeks. Please contact Customer Services for more information.

1



## 1 Matrix S1X Stepper

### Features

Multi position support handrails.

Oversized pedals with non-slip footpads.

Display Screen 17.8cm blue backlit graphic LCD Display  
 Display Time, Floor Climbed, Calories, Speed, Level, Watts, METS, Heart Rate, Profile.  
 Programmes Manual, Interval+ (Hill Interval, Random Interval), Goal+ (Time Goal, Distance Goal, Calories Goal), Multi FX+ (Constant Watts, Random), Heart Rate (Target HR, Weight Loss), Fit Test, Warm Up, Cool Down

Telemetric Receiver Yes  
 Contact HR Sensors Yes  
 Program Quick Keys Yes  
 Quick Start Yes  
 Pause Time 30 seconds  
 Multilingual Display Yes

### Technical Details

Resistance Levels 20  
 Drive System Chain / Multi-Groove Ploy-V belt  
 Step System Independent Step  
 Step Length 290mm  
 Dimensions 118 x 93 x 161cm  
 Product Weight 93kg  
 Power Requirement Plug-In

09 143 4067

Maximum user weight **180 kg** **28 st**



2



## 2 Physio-Med Stepper

A sturdy stairclimber, which incorporates an independent footpedal action for extremely effective exercise, LCD readout of time, rate of steps, total steps and calorie consumption.

XET6415

**DELIVERY**  
 Delivery is approximately 2 weeks. Please contact Customer Services for more information.



## 1 Tunturi T80 Endurance

Features a powerful motor and an angle of elevation up to 12%. The console provides challenging programmes and functions, including variable intensity motivation programmes and heart rate training programmes. Measures heart rate via handgrips. Ergonomic components: Orthopaedic belt, T-Flex. Speed / elevation touch keys Transport wheels. Up to 4 user profiles. Convenient and easy to fold.

### Features

- Foldable
- Graphic colour LED profile display and scrolling LCD info bar
- Display: Time, Distance, Speed, Energy consumption, Elevation, Heart rate
- Programme adjustment T-Scale
- PSC Function: Automatically adjusts speed with the user's pace
- Soft-drop system is unique for a running belt of this size
- Very robust, quiet and reliable motor
- T-Flex™ for unique shock absorption

### Technical details

Programmes 35 Including: Quick start, manual, Constant HRC (3), Race, Cooper fitness test, 2km walking test

Preset Programmes 8

User Programmes 20

Motor 3.5HP continuous duty

Power supply Mains current

Speed 0.5 - 22km/h (0.1km/h steps) / 0.3 - 14mph

Elevation 0 - 12% (0.5% steps)

Length 212cm / 83 inches

Length Folded 14cm / 45 inches

Width 95cm / 37 inches

Height 193cm / 76cm

Height Folded 140cm / 55 inches

Weight 150kg / 330lbs

Belt Size 53 x 152cm / 21 x 60 inches

Contact heart rate 5kHz analogue

EN-957 Class HA

AA90009

09 132 3054 Rehab Rails

Maximum user weight **150 kg** **23½ st**



## 2 Matrix T1X Treadmill

### Features

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

### Technical Details

Running Area 152 x 51cm (60" x 20")

Deck Step Height 19cm (7.5")

Incline Range 0-15%

Speed Range 0.5-12mph

Telemetric HR Receiver Yes

Transport Wheels Yes

Display Type Alphanumeric LED

Display Speed, incline, elapsed time, distance, pace, heart rate, time remaining, calories

Workouts Manual, rolling hills, fat burn, 5k, target HR, Gerkin Protocol

Quick Start Yes

Dimensions 213 x 85 x 132cm

Warranty 5 years parts, 2 years labour

09 143 4059

Maximum user weight **158 kg** **25 st**



**DELIVERY**  
Delivery is approximately 2 weeks. Please contact Customer Services for more information.



SHOWN WITH REHAB RAILS



CONSOLE



1



## 1 Bremshy Treadline Pacer Treadmill

Suitable for the most intensive training.

### Features

- LED graphic display
- Top speed of 20 km/h
- Incline 0-12% powered
- 3.0HP
- Running area 150cm (59") x 52cm (20")
- Display includes; Time, Speed, Distance, Calories, Pulse, Incline, Lap Counter
- 13 workout programmes including, 7 pre-set, 3 user, 1 constant heart rate controlled, manual, quick start
- Direct speed keys, direct incline keys, folds, transport wheels, mains powered

In use: Length 195cm (77") Width 87cm (34"). Height 137cm (54").  
 Folded: Length 81cm (32"). Width 87cm (34"). Height 186cm (73").  
 Weight 115kg.

09 117 2832

Maximum user weight



2



## 2 Bremshy Treadline® Control

- This top model is equipped with a special orthopaedic running belt. This belt is extremely comfortable to run on and shock absorbent. Muscles and joints are spared as much as possible
- Numerous functional programmes for safe and motivating training
- 3HP motor, maximum speed of 20km/h (12.4 mph)
- Wireless heart rate chest belt included as an accessory
- Quick keys for instant adjustment of elevation and speed. Maximum angle of elevation 12%

Monitor shows time, distance, speed, RPM and heart rate.  
 Length 195cm (77"). Width 87cm (34"). Height 137cm (54")

EX262

Maximum user weight



3



## 3 Vision T9700 HRT (Heavy Duty Flatbed)

Console & Programmes: Advanced Smart-Matrix HRT (unique user log-in programmes)

Console Feedback: One touch programmes keys: Speed intervals (400m, 800m, 1 mile, heart rate)

Belt Area: 60" x 20"

Elevation: 0 - 15% (700lbs thrust motor)

Speed: 0.5 - 12MPH

Motor: internal fan cooled 3.0HP  
 Continuous Duty Drive

Deck: 1" Commercial grade low maintenance pre-waxed phenolic reversible

Cushioning: 8 variable-durometer elastomer cushions

Belt: 2-ply urethane high conductivity

Rollers: 2.5" crowned large OD

Frame: Extra-heavy duty steel welded frame

Floor Space: 80" x 29"

Product Weight: 310lbs

Maximum user weight: 400lbs

T9700HRT

Maximum user weight



### DELIVERY

Delivery is approximately 2 weeks. Please contact Customer Services for more information.



## Rehab Mill Premier

Manufactured to the most exacting standards of any treadmill available in the UK medical market. The Rehab Mill Premier is highly suitable for a wide range of rehab and training purposes such as active rehabilitation, general training and fitness.

### Low Step

Offers patients with knee and hip problems the opportunity to enter the treadmill and start with the rehabilitation course at an early stage.

### Sprung Walking Surface

Shock absorption, so no extra load on the ankle, knee, hip and lower back to ensure safe training.

### Variable Rails

Provide security and safety to patients, in the early stages of their rehabilitation, patients need a lot of support.

### Powerful Quiet Motor

Thanks to this motor, the treadmill can maintain its speed at both maximum and lower velocities, and will run smoothly irrespective of the patient's weight.

### Negative Height Adjustment (Optional)\*

Very well suited to train patients with an anterior cruciate ligaments indication.

### Ramp (Optional)\*

Very easy access for users of wheelchairs. Without unnecessary lifting or handling by the therapist.

### MDD-Certification

This treadmill complies with all specifications required by EC-organisations, it is CE marked to MDD standards.

**XET510** Rehab Mill Premier (Excluding adjustable side bars)

**XET506** Adjustable Side Rails Both Height and Width

**XET516/B** Polar Belt

**XET516/C** Negative Angle Unit - Electric

**XET516/D** Sloping Entrance Plate



**DELIVERY**

Delivery is approximately 2 weeks. Please contact Customer Services for more information.

1



## 1 Bremshy Cardio Pacer

### Features

- User friendly and functional
- Comfortable low frame entry
- Display showing; Time, speed, distance, calories, pulse, RPM
- 12 Workout programmes: including 6 pre-set, 1 user, 1 constant Heart Rate control, quick start, constant watt
- Hand pulse sensors
- Horizontal and height adjustable seat, adjustable handle bar, transport wheels, mains powered

Length 99cm (39"). Width 55cm (21"). Height 134cm (53"). Weight 35kg.

09 117 2600

Maximum user weight



2



## 2 Bremshy Cardio Explorer

Made for high demanding workouts, suitable for multiple users.

### Features

- Comfortable low frame entry
- 16 resistance levels
- Display showing; Time, Speed, Distance, Calories, Pulse, RPM, Body Fat/BMI Index
- 22 Workout programmes: including 12 pre-set, 4 user, 1 constant heart rate control, quick start, constant watt
- Hand pulse sensors
- Horizontal and height adjustable seat, adjustable handle bar, transport wheels, mains powered

Length 99cm (39"). Width 55cm (21"). Height 134cm (53"). Weight 38kg.

09 117 2634

Maximum user weight



3



## 3 Vision E3200 HRT

Console & Programmes: Quick-set LED w/heart rate training, HRT Cardio - HRT Weight Loss - HRT Interval - HRT Hill - 4 Custom Options, Manual, intervals, weight loss, constant watts, NEW Sprint 8 & integrated reading rack

Console Feedback: Watts, speed, RPM, distance, time, calories, MET's, heart rate - % Heart rate - target Heart Rate, programme, level and profile display

Tension Control: Programmable - 16 levels

Resistance System: ECB-Plus motor operated permanent magnet

Drive Train: Quiet-Glide, Super Silent Poly-V Belt

Flywheel: 24lbs, balanced

Seat / Seat Post: Comfort Arc / Steel w/armrests

Handlebars: Multi-Position

Pedals: Self-levelling w/straps

Power: 7.5V 1 amp plug-in

Floor Space: 41"L x 26"W

Product Weight: 104lbs

### E3200HRT

Maximum user weight



### DELIVERY

Delivery is approximately 2 weeks. Please contact Customer Services for more information.

## 1 Tunturi F20 Exercise Bike

This simple to operate exercise cycle is battery powered giving complete freedom in location.

- Console features easily legible oversized digits in display with all values visible simultaneously for easy progress follow-up
- Heart Rate measurement with integrated contact monitor in handlebar for quick feedback
- Adjustable handlebars, seat and pedals for optimum ergonomics
- Light-weight yet sturdy construction
- Displays time, distance, speed, energy consumption, heart rate, room temperature

Length (storage) 86cm (34"). Width 64cm (25"). Height (storage) 141cm (56"). Weight 34kg.

09 131 1851

Maximum user weight **135 kg** **21 1/4 st**



## 2 Tunturi E40 Upright Cycle

- Easy to use console with only 4 push buttons and a selection wheel.
- Wide range of programs for challenging training options including fitness test and race function.
- Simple and motivating heart rate programmes for safe training.
- T-Ride™ programs provide a realistic simulation of outdoor biking.
- Product monitor offers 8 language versions for feedback and instructions.
- Stable frame and long support feet.
- Transport wheels for safe and easy transportation.
- Adjustable seat height and handlebars for optimum user ergonomics.
- Ergonomic seat. Smooth pedalling motion.
- Silent operating system.

Length (storage) 97cm (38"). Width 70cm (28"). Height (storage) 129cm (51"). Weight 43kg.

09 131 1653

Maximum user weight **135 kg** **21 1/4 st**



## 3 Vision E3600 HRT

Console & Programmes: Easy-8 LED Continual Feedback - Manual, Interval, Constant Watts, Weight Loss, Sprint 8, HRT Cardio, HRT Weight Loss, HRT Interval, HRT hill, % Custom Programmes and integrated reading rack

Console Feedback: Speed, distance, calories, RPM, level, METS, % Heart Rate, Target Heart Rate, Profile Display

Tension Control: Programmable - 20 levels

Resistance System: Cambridge Motor Works Generator

Drive Train: Quiet-Glide, Super Silent Poly-V Belt

Flywheel: Integrated with Flywheel

Seat: Comfort Arc

Seat Post: Chrome Plated steel

Handlebars: Multi-position w/ Armrests

Pedals: Self-levelling w/straps

Power: Self-generating

Floor Space: 41"L x 26"W

Product Weight: 122lbs

E3600HRT

Maximum user weight **182 kg** **28 1/2 st**



**DELIVERY**  
Delivery is approximately 2 weeks. Please contact Customer Services for more information.

1



## 1 Tunturi E80 Ergometer

Top of the range Ultra Low Step through rehab ergometer which is highly versatile and extremely robust. With many functions and programmes this Tunturi ergometer offers everything to keep the patient motivated.

Cycle through Tuscany with T-Road™ for that genuine outdoor cycling experience. Optimum ergonomics: adjustable saddle, handlebar and monitor. Reliable and accurate resistance system with a high energy output. Unique to Tunturi. Ergonomic 'soft' pedals. Even permits exercise without shoes. Built-in MP3 player and speakers.

### Monitor

Display	7", Graphic full colour TFT display
Time / Distance / Speed	YES
RPM	YES
Energy consumption	YES
Training power (W)	YES
Heart rate	YES
Programmes total	126
Training modes	Quick start / Manual / Constant Watt / Constant HRC. T-Road / T-Music / T-Ride Preset programmes / User programmes / Race / Fitness test
T-Music	MP3 player / 3 T-Music programmes

### Technical Details

Brake	Electromagnet
Transmission ratio	1:9
Rotating mass	14kg
Length	99cm
Width	70cm
Height	116cm
Total product weight	45kg
Ergometer	YES

### E80L

Maximum user weight **150 kg** **23 1/2 st**



### DELIVERY

Delivery is approximately 2 weeks. Please contact Customer Services for more information.

## 1 Tunturi E60<sup>PRO</sup> Ergometer

### Monitor

Display	5.7" full colour
Time / Distance / Speed	YES
RPM	YES
Energy consumption	YES
Training power (W)	YES
Heart rate	YES
Training modes	Quick start / Manual / Constant Watt Constant HRC / Preset programmes User programmes

### Technical Details

Length	99cm
Width	70cm
Height	116cm
Total product weight	45kg

### E60

Maximum user weight



1

## 2 Tunturi E60R Recumbent Cycle

- Complete step-through frame design and adjustable 2 piece soft seat gives great support.
- Variety of easy to use programmes for motivating training with the maximum comfort.
- Motivating console with large 4 inch colour graphic display and only 4 push buttons and a selection wheel.
- Console offers 8 language versions for feedback and instructions.
- T-Ride™ programmes provide a realistic simulation of outdoor biking.
- Comprehensive program selection; 120 programmes in total.
- Accurate heart rate measurement, the heart rate belt is included.
- Immensely sturdy and strong frame suitable for intensive training.

Length (storage) 171cm (67"). Width 70cm (28").  
Height (storage) 117cm (46"). Weight 61kg.

09 131 1661

Maximum user weight



2

## 3 Vision R2200 HRT

Console & Programmes: Easy-8 LED Continual Feedback - Manual, Interval, Constant Watts, Weight Loss, Sprint 8, HRT Cardio, HRT Weight Loss, HRT Interval, HRT hill, % Custom Programmes and integrated reading rack

Console Feedback: Speed, distance, calories, RPM, level, METS, Heart Rate, % Heart Rate, Target Heart Rate, Profile Display

Tension Control: Programmable - 20 levels

Resistance System: Cambridge Motor Works Generator

Drive Train: Quiet-Glide, Super Silent Poly-V Belt

Flywheel: Integrated with Flywheel

Seat: Comfort Arc w/ adjustable lumbar support

Seat Rail: Chrome Plated steel

Handlebars: Extended console & seat

Pedals: Self-levelling w/straps

Power: Self-generating

Floor Space: 60"L x 26"W

Product Weight: 161lbs

### R2200HRT

Maximum user weight



3



### DELIVERY

Delivery is approximately 2 weeks. These items are shipped direct. Oversize items will be subject to additional carriage charges. See pages 1366 to 1367 for details.



Recumbent bikes offer one of the few cardio workouts that put no pressure on your knees and other joints. Recumbent bikes let your body exercise at an angle where your body weight is not stressing your joints.

### 1 Bremshey Cardio Pacer Recumbent Cycle

#### Features

- User friendly and functional
- Comfortable ultra low frame entry
- Display showing; Time, Speed, Distance, Calories, Pulse, RPM, Heart Rate
- 12 Workout programmes, including 6 pre-set, 1 user, 1 constant heart rate control, quick start, constant watt
- Horizontal and height adjustable seat, backrest tilt, adjustable handle bar, transport wheels, mains powered

Length 162cm (64"). Width 69cm (26"). Height 119cm (47").  
Weight 50kg.

**09 117 2683**

Maximum user weight



### 2 Bremshey Cardio Control Recumbent Cycle

#### Features

- Comfortable ultra low frame entry
- Display showing; Time, Speed, Distance, Calories, Pulse, RPM, Heart Rate
- 18 Work out programmes, including 12 pre-set, 1 user, 1 constant heart rate control, quick start, constant watt
- Horizontal and height adjustable seat, backrest tilt, adjustable handle bar, transport wheels, mains powered

Length 162cm (64"). Width 69cm (26"). Height 119cm (47").  
Weight 52kg.

**09 117 2790**

Maximum user weight



### 3 Oxford II CS Rower

Console & Programmes: N/A

Console: 1 Window LCD

Feedback: Time, Heart Rate, Distance, Calories, Strokes, Counter (per minute)

Heart Rate Feedback: Polar Chip Receiver

User Weight Limit: 350lbs / 25 stone / 165kg

Resistance: Air

Seat: Multi-positional, Ergonomically molded for superior comfort and support with additional lumbar support

Frame: Heavy Gauge Steel Frame

Dimensions: 250"L x 50"W x 102"H

Folding: Yes: L112 x W50 x H165 cms

Weight: 29kg

Warranty: 1 Year

Power: 2 AA Batteries

Cord: Nylon / Cotton mix pull cord

#### OXRiICS

Maximum user weight



#### DELIVERY

Delivery is approximately 2 weeks. Please contact Customer Services for more information.



## 1 Bremshey Arrow Ambition Rower

### Features

- User friendly and functional
- LCD monochrome monitor
- Foldable and easy to transport for storage
- Display Showing; Time /500m, Distance, Calories, Pulse, Strokes Per Minute
- 3 Programmes including quick start, manual, HR mins/max limit, fitness test
- Flexible footrests, Ergonomic soft seat, transport wheels

In use: Length 209cm (82"). Width 54cm (21"). Height 80cm (31").  
 When Folded: Length 155cm (61"). Width 54cm (21").  
 Height 80cm (31"). Rail Length 88cm (35"). Weight 37kg.

### EX240

Maximum user weight **135 kg** **21 1/4 st**



**DELIVERY**  
 Delivery is approximately 2 weeks. Please contact Customer Services for more information.

## 2 Tunturi R60 Rowing Machine

### Monitor

Display	5.5", LCD monochrome
Time / Distance / Time / 500m	YES
Strokes / min	YES
Energy consumption	YES
Heart rate	YES
Programmes total	12
Training modes	Quick start / Manual / Constant HRC
	Preset programmes / HR min /

### max limits

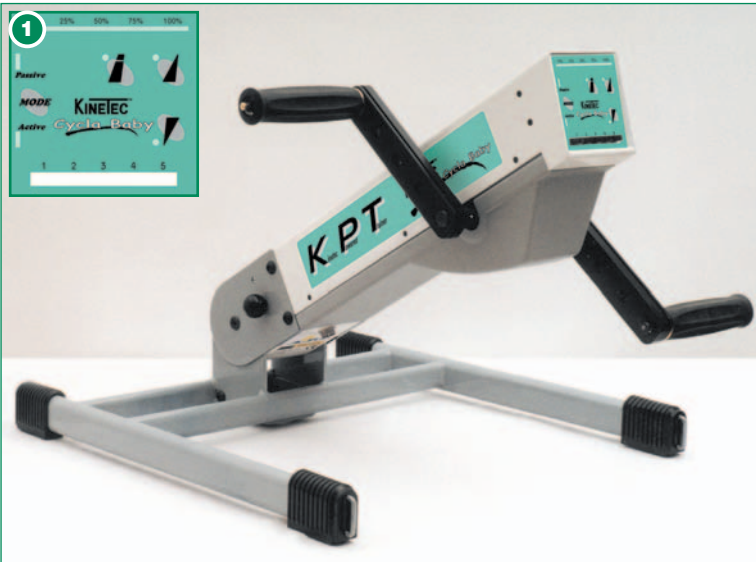
### Technical Details

Brake Adjustment	Permanent magnet / Servo
Rotating mass	8kg
Length	197cm
Width	50cm
Total product weight	43kg
Foldable	YES

### R60

Maximum user weight **135 kg** **21 1/4 st**





## 1 KPT Cyclo Baby

Used for upper and lower extremity exercise for both active and passive motion. With an easy to use control panel, more suitable for home and elderly use.

The KPT Cyclo Baby has the following features:

- Active and passive training for upper and lower limbs
- Workload dependent or isokinetic exercise
- 5 levels of resistance for active exercise
- 5 speeds 20-60RPM for passive exercise
- Adjustable crank height and length for increased exercise options
- Auto reverse function
- Exercising positions: 15° / 30° / 40° / 60°
- Emergency stop button
- Finger protection discs as standard

### Specifications

- Weight: 10kg
- Folded dimensions: 45 x 50 x 15cm
- Working height: from ground level up to 125cm

**4665005207** KPT Cyclo Baby 220V - complete (includes: unit, tie down (x2), finger protection discs (x2), footrests (x2), straight handgrips (x2))



## 2 KPT Cyclo Baby Hi-Lo

Not Illustrated

Similar to the KPT Cyclo Baby unit opposite but featuring the KPT Cyclo Baby. It is the ideal solution where the KPT Cyclo Baby is used for both upper and lower body training.

**4665005407** KPT Cyclo Baby Hi-Lo 220V - complete (includes: unit, tie down (x2), finger protection discs (x2), footrests (x2), straight handgrips (x2)).



## 3 Accessories for KPT Cyclo Units

**4665003461** **A** Straight Handgrips (x2)

**4665003247** **B** Angled Handgrips (x2)

**4665003453** **C** Footrests (x2)

**4665003255** **D** High Support for Footrests (x2)

**4665003213** **E** Heart Rate Kit (for KPT Cyclo only)

**4665003221** **F** Remote Control (for KPT Cyclo only)

**4665003487** **G** Tie Down (x2) (not illustrated)

**4665003495** **H** Finger Protection Discs (not illustrated)



**DELIVERY**  
Delivery is approximately 2 to 3 weeks. Please contact Customer Services for more information.

## 1 KPT Cycla

KPT Cycla, the most advanced active passive trainer, increases muscle tone, strength and flexibility while effectively monitoring exercise duration, workout power and heart rate.

### Features

- Active and passive training for upper and lower limbs
- 10 levels of resistance
- 10 speed levels: 20 to 60 rpm for passive exercise
- Exercising positions: 15°, 30°, 45° and 60°
- Timer - online display of exercise duration
- Revolution counter
- Adjustable height and length for increased exercise options
- Optional accessories
- Heart rate monitor (optional). Heart rate monitor and receiver measures heart rate during exercise

KPT Cycla is an electrically powered exercise trainer designed to improve physical abilities. Providing the user with a broad range of exercise options and modes, it solves a broad range of physical needs. KPT Cycla serves individuals with limited or no muscle power i.e. spinal cord injuries, MS, Polio, CVA, ALS, Dialysis etc. The KPT Cycla can be operated in either active mode in varying degrees or in passive mode at adjustable speed and torque levels. While the machine is in passive mode, it is possible to combine both passive and active training by using physical effort in conjunction with the electrical operation of the motor. The KPT Cycla has an easy to use and read display, making the unit very user friendly.

Suitable for all ages, for use in the home or in healthcare institutions. Includes finger protection discs.

Folded dimensions: 46 x 72 x 15cm. Weight: 10kg.

**4665005007** KPT Cycla 220V - complete (includes: unit, tie down (x2), finger protection discs (x2), footrests (x2), straight handgrips (x2).)



1



## 2 KPT Cycla Hi-Lo

The KPT Cycla Hi-Lo model is a multi-purpose exercising machine for a wide range of applications including active and passive training of the upper and lower limbs and ideal for professional establishments. Consisting of all the features of the stand alone KPT Cycla unit, the KPT Cycla Hi-Lo is an ideal solution when used frequently for both upper and lower limbs. The exercising height of the KPT Cycla can be individually set to meet specific user's needs. Fully accessible for wheelchair users and is equally comfortable from a standard chair.

### Specifications

- Weight: 39kg
- Base: 100 x 76cm
- Height: 100cm
- Working height: from ground level up to 125cm

**4665005107** KPT Cycla Hi-Lo 220V - complete (includes: unit, tie down (x2), finger protection discs (x2), footrests (x2), straight handgrips (x2))



2

**SPARES**  
Spares are available for these products, making them suitable for refurbishment. For full spares listing, please see pages 1353 to 1360.

**DELIVERY**  
Delivery is approximately 2 to 3 weeks. Please contact Customer Services for more information.



### 1 Restorator™ III Clinic Model

Provides the aerobic benefit of cycle exercise for those who can't sit on bicycles. Knob handle lets you vary the resistance from approximately 0 to 6kg (0 to 13lbs). A second knob lets you move the unit forward or backward to accommodate different leg lengths and it has length adjustable pedals.

922142

### 2 Restorator™ III Home Model

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

922141

### 3 OxyCycle Powered Pedal Exerciser

Self powered for passive training but can also be used actively. This gentle exercise can benefit people during any rehabilitation programme and it can be used sitting or lying for lower extremity exercise, as well as on a tabletop to exercise upper extremity. Length 33cm. Width 40.5cm. Height 36cm. Weight 6kg.

09 115 6322



**1 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").

**09 120 4684**

**2 Pedal Exerciser**

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

**AA9058**

**3 Knock Down Pedal Exerciser**

Similar to AA9058 above but in a knock down version for self-assembly. Easy assembly takes approximately 5 minutes. Ideal when storage is required. Weight 2.2kg.

**AA9057**



1



## 1 Physio-Med Pedal Exerciser

Ideal for the home, this lightweight yet robust machine can be used from the comfort of an armchair or the side of the bed. A fully automatic multi function monitor with LED display allows 5 different modes of operation. (Function, Scan, Time, Counter, Calories)

### Technical Specification

- Computer: ST7364-1 (Scan/Time/Counter/Total Counter/Calories)
- Assembled Size: L380 x W385 x H300mm
- Flywheel: dia. 180 x W 30mm
- 5.4kgs

AS-26666

## 2 Physio-Med Deluxe II Pedal Exerciser PLUS

The Deluxe Pedal Exerciser II is a great tool for personalised, low-stress workouts that can be used anywhere. The adjustable speed makes it a great product to progressively strengthen your arms and legs. Recommended for passive training.

The Deluxe Pedal Exerciser II has a light-weight compact design, adjustable speed, a 15-minute timer switch and a multi-function LCD display readout scan, time, count, total count and calories burned.

There is a non-skid mat included.

EX224

2



## 3 Physio-Med Deluxe III Active Passive Exerciser

The Deluxe Pedal Exerciser III is a great tool for personalised, low-stress workouts that can be used anywhere. The adjustable speed and resistance makes it a great product to progressively strengthen your arms and legs. Recommended for active or passive training.

This pedal exerciser provides low impact exercise to increase strength and flexibility and is versatile for both upper and lower body. It promotes the blood circulation and can be used for rehab as well as for fitness.

The Deluxe Pedal Exerciser III has a lightweight compact design, adjustable speed, a 15-minute timer switch and a multi-function LCD display readout scan, time, count, total count and calories burned. There is a Non-skid mat included.

EX226

3



## Lojer Pulley

The lojer pulley with its accessories has been considered the most versatile piece of rehabilitation equipment for the past three decades. The purpose of its versatility is to assist the therapist in giving the patient an accurate training dosage in order to restore functional qualities like vascularisation, co-ordination, endurance and strength to the musculoskeletal system.

**XET900** Lojer Pulley

### Accessories

- XET900A** Handle (included in Lojer pulley) **A**
- XET900B** Padded ankle/wrist band 25 x 8cm **B**
- XET900C** Padded thigh/shoulder 55 x 8cm **C**
- XET900D** Padded waist band 100 x 8cm **D**
- XET900E** Rotation band **E**
- XET900F** Support bar **F**
- 09 142 8788** Accessory rack **G**
- 09 142 8770** Gantry/crossbar for Lojer pulley **H**
- XET910I** Handle for vertical pull (included in Lojer vertical)
- XET910J** Triceps Handle
- XET910K** Rowing Handle
- 09 142 8762** Foot support for Lojer vertical pull
- XET910M** Negative weight bar, curved
- XET910N** Negative weight bar, straight





## 1 Suspension Frames

A high quality range of suspension frames for walls and ceilings. Manufactured from steel with a white epoxy coating.

- AA9570**  **A** Wall Bar Mounted Frame (69 x 69cm)
- AA9571**  **B** Wall Mounted Frame (69 x 69cm - Hangers 15cm)
- AA9572**  **C** Standard Ceiling Frames with Cantilevers (198 x 69cm)
- AA9573**  **D** Standard Ceiling Frames with 4 Ceiling Hangers (198 x 69cm - Hangers 76cm)



## 2 Balance Benches

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

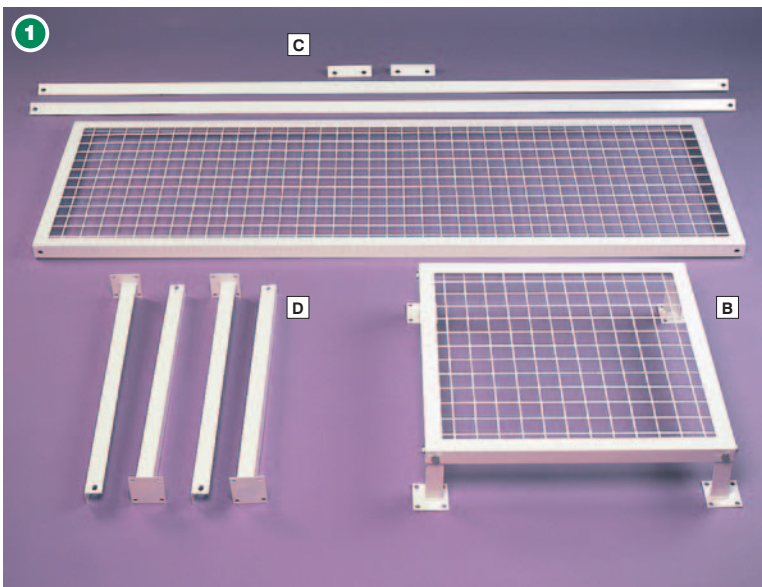
Available in three sizes.

- MEF200** 6ft
- MEF210** 8ft
- MEF220** 10ft

## 3 Wall Bars

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

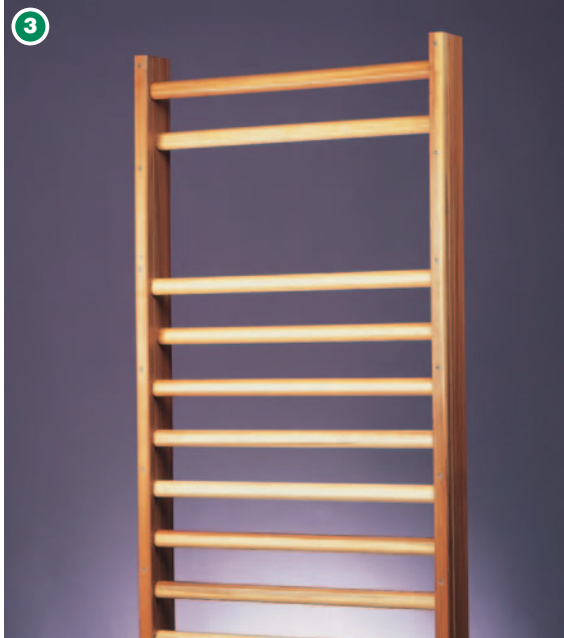
- AA9560A** Single Section 270 x 86cm **SDD**
- AA9560B** Double Section 270 x 167cm
- AA9560C** Triple Section 270 x 249cm



**UK SAME DAY DESPATCH**  
Available from stock. Please contact Customer Services for more information.

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

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



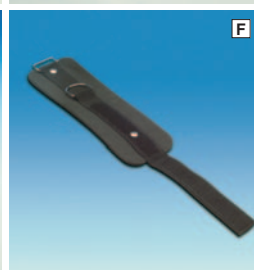
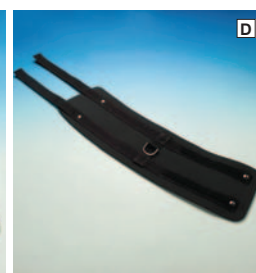
## 1 Suspension Table

Treatment table for pulleys. Painted steel frame with three removable parts with grids for hook fastening. Table board with tilt-adjustable head and two separate sectors. High-density foam padding with washable leatherette covering.

**09 143 0545** Treatment Table with Suspension Frame

### Suspension Accessories

- 09 143 0552** **A** 0.5kg Bag
- 09 143 0560** 1kg Bag
- 09 143 0578** 2kg Bag
- 09 143 0586** 3kg Bag
- 09 143 0594** 4kg Bag
- 09 143 0602** 5kg Bag
- 09 143 0610** **B** Arm Strap
- 09 143 0628** **C** Leg Strap
- 09 143 0636** **D** Thigh Support
- 09 143 0644** **E** Heel Support
- 09 143 0651** **F** Ankle Support
- 09 143 0669** **G** Handle
- 09 143 0677** **H** Handle with rings
- 09 139 9633** **I** Nylon Cord
- 09 143 0685** **J** S-shaped hooks
- 09 143 0701** **K** Snap Hook
- 09 143 0719** **L** Tie Rod
- 09 143 0727** **M** Pulley



1



## 1 Physio-Med Rehab Chair

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

**XET930** Rehab Chair

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## 1 X-Bag

The X-Bag is a cleverly designed multi-functional padded exercise bag offering great versatility for the coach, athlete, trainer and exercise enthusiast. The innovative inner design houses three zipped compartments in which to place the disc weights, providing a wide load variation. The maximum weight load of the X-Bag should not exceed 30kg. Ergonomically designed handles provide a great base for rotational and functional training, allowing the bag to be lifted, pulled, pushed, rotated and thrown.

Length: 660mm Diameter: 230mm Weight Range: 2.5kg - 30kg.

018173

018174 2.5kg Discs

## 2 Studio Body Bars

The Body Bar is a weighted fitness bar utilised in a wide variety of workouts including strength and conditioning, sports conditioning, balance and alignment and flexibility training.

012270 3kg

012271 4kg

012272 5kg

012273 6kg

012274 7kg

## 3 Impress 'Compact Fitness System'™

Developed with reputable sports physio therapists, the Impress 'Compact Fitness System' is easy to assemble, lightweight enough to carry around but sturdy and durable for serious exercise. Included is a range of 25 comprehensive exercises, specially devised for a full body workout or for isolated muscle groups. Every Impress 'Compact Fitness System' comes with one resistance module, a poster and a DVD that shows you how to easily assemble the exerciser. The DVD also includes 5 exercise programmes, a warm up and cool down, specially devised for the different fitness levels. The System comes in 3 different resistance levels.

09 118 0827 Active - medium/low resistance

09 118 0835 Sport - medium/high resistance

09 118 0843 Pro - high resistance



1



## 1 Neoprene Dumbbells

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

	Colour	Weight
09 116 9671	Pink	0.5kg
09 116 9689	Purple	1kg
09 116 9697	Green	1.5kg
09 116 9705	Blue	2kg
09 116 9713	Orange	3kg
09 116 9721	Red	4kg
09 116 9747	Black	5kg

## 2 Vinyl-Coated Dumbbells

These cast iron dumbbells have a thick, easy to grip coating of soft vinyl, which reduces clinic noise and prevents scratching. They provide great conditioning for anyone interested in improving arm and upper body strength. Sold in pairs

	Colour	Weight
AA98103	Pink	0.5kg
AA98104	Purple	1kg
AA98105	Green	1.5kg
AA98106	Yellow	2kg
AA98107	Blue	3kg
AA98108	Grey	4kg
AA98109	Black	5kg

2



## 3 Thera-Band™ Soft Weights

Soft weighted balls designed for strengthening, plyometrics, balance training, and mobilisation. The soft ball design provides a lower risk of damage or injury if the ball is dropped, and promotes functional grip strength development. 11cm diameter.

	Colour	Weight
929250	Tan	0.5kg
929251	Yellow	1kg
929252	Red	1.5kg
929253	Green	2.0kg
929254	Blue	2.5kg
929255	Black	3.0kg
929256	Set of 6	

3



## 4 Soft Weights

Soft weights are designed for strengthening, plyometrics, balance training and mobilisation exercises. In addition to offering a more fluid range of motion to using standard dumbbells, the soft weight design is safer, reducing the risk of damage or injury if the weight is dropped. PVC outer shell with sand or iron sand filling. Boxed in pairs.

	Colour	Weight
09 116 9663	Blue	0.5kg
09 116 9648	Blue	1kg
09 116 9655	Blue	1.5kg

4



## 5 Spinlock Cast Iron Dumbbell Kit 20kg

Includes: 4 x 0.5kg, 4 x 1.5kg, 4 x 2.5kg, cast iron discs; 2 x 14" Spinlock dumbbell bars with collars and training chart.

015386 20kg

## 6 Spinlock Cast Iron Dumbbell Kit 50kg

Includes: 6 x 0.5kg, 6 x 1.25kg, 4 x 2.5kg, 4 x 5kg, cast iron discs; 2 x 14" Spinlock dumbbell bars with collars, 1 x Spinlock barbell with collars and training chart.

015387 50kg

5 6



## 1 'Anti-Burst' Balls Physio-Med

A complete range of burst resistant exercise balls, up to 500kgs. This product comes complete with 2 extra plugs all packed in a handy, compact carrier box.

<b>PRO1</b>	45cm	Yellow
<b>PRO2</b>	55cm	Red
<b>PRO6</b>	60cm	Orange
<b>PRO3</b>	65cm	Green
<b>PRO7</b>	70cm	Black
<b>PRO4</b>	75cm	Blue

Maximum user weight



## 2 Max Grip Medicine Balls

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

<b>AA98122A</b>	1kg
<b>AA98122B</b>	2kg
<b>AA98122C</b>	3kg
<b>AA98122D</b>	4kg
<b>AA98122E</b>	5kg
<b>AA98122F</b>	6kg
<b>AA98122G</b>	7kg
<b>AA98122H</b>	8kg
<b>AA98122J</b>	9kg
<b>AA98122K</b>	10kg

## 3 Double Grip Medicine Balls

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

<b>AA98123A</b>	4kg
<b>AA98123B</b>	5kg
<b>AA98123C</b>	6kg
<b>AA98123D</b>	7kg
<b>AA98123E</b>	8kg
<b>AA98123F</b>	9kg
<b>AA98123G</b>	10kg





09 142 3680  
LIGHT RESISTANCE

09 142 3730  
MEDIUM RESISTANCE

09 142 3656  
HEAVY RESISTANCE

**INCLUDES FREE INSTRUCTIONAL DVD WITH ITEMS 1 - 4**



POWERbreathe Kinetic is the 3rd generation of POWERbreathe Inspiratory Muscle Training series (breathing training) and the world's first portable precision electronic inspiratory muscle training and monitoring system that delivers a superior performance. POWERbreathe Kinetic is rechargeable and supplied with a recharging and display stand.

The POWERbreathe Kinetic uses the basic principles of resistance training. Just as you might use weights to strengthen your arm muscles, breathing in through POWERbreathe against the electronically controlled, rapid-response valve creates a resistance to inhalation – thereby increasing inspiratory muscle strength and endurance.

The POWERbreathe Kinetic training resistance is specifically designed to match the dynamic changes in breathing muscle strength throughout your breath and can automatically adapt to increases in your inspiratory muscle strength at the beginning of each training session. Training measurement results are displayed on screen, allowing you to monitor training progress and to optimise your training technique.

**1 POWERbreathe K1 (Entry Level Model)**

For people who require the minimum of breathing training options (Breathing Modes) and the minimum of training results to be displayed.

09 132 4458

**2 POWERbreathe K2 (Mid-Range Model)**

For people who require Breathing Training as well as Testing and Monitoring.

09 132 4441

**3 POWERbreathe K3 (High-Range Model)**

For people who require a comprehensive breathing training program, complete with all three Breathing Modes (training options) as well as Testing and Monitoring, and who wish to visually chart their improvement over all training sessions, both current and previous.

09 132 4433



**4 POWERbreathe PLUS**

Features and benefits:

- Optimised air flow performance
- Ergonomic design for increased exercise comfort and ease of use
- Optimised mouthpiece design, offering increased comfort to a broader range of users
- Anti-bacterial mouthpiece for improved hygiene
- Ergonomic, soft touch nose-clip for improved comfort, grip and style (suitable for swimming)
- Easy to read resistance level indicator
- Scratch resistant materials and simple disassembly for cleaning

Available in 3 resistances

09 142 3680 Wellness - Light Resistance

09 142 3730 Fitness - Medium Resistance

09 142 3656 Sports Performance - Heavy Resistance



Compex®, the world leader in electrostimulation  
The Swiss-made technology used in Compex devices, means Compex is able to offer unparalleled precision and excellence. This is why Compex remains the uncontested leader in electrostimulation.

## Improve Your Performance

### 1 Mi Sport

With this essential electrostimulation equipment, athletes benefit from made-to-measure personalised training. Each session provides optimal effectiveness and targeted work thanks to Muscle Intelligence™ technology. A proven success with sports enthusiasts, the COMPLEX mi-SPORT covers an athlete's full range of needs in terms of preparation and recovery, not forgetting pain management.

- mi-Technology: personalised stimulation
- On-line training planner: <http://planner.bycompex.com>
- Workout statistics
- 8 categories of programmes
- Backlit screen: improved readability
- Motor Point Pen: precise stimulation

09 127 4315

## Optimise Your Training

### 2 Mi Performance

It meets all your sports requirements, from preparation, to competing and recovery, not forgetting resting phases or phases of forced inactivity. Because it's an upgradable product, pre-set to work with the mi-SENSOR, you can use the mi-SCAN, mi-TENS and mi-RANGE functions to achieve more precise, personalised and targeted work during your sessions. COMPLEX PERFORMANCE mi-READY is there to help sports enthusiasts who enjoy intensive, regular physical exertion.

- mi-READY: personalised stimulation (optional with the mi-SENSOR)
- Workout Statistics
- 8 categories of programmes
- Backlit screen: improved readability

09 127 3606

## Go For Results

### 3 Mi Fitness

Strong, toned muscles can only be achieved with perseverance and precise work. Now electrostimulation can help you achieve your objectives: by using the COMPLEX mi-FITNESS you'll benefit from the best hi-tech electronics on the market. An absolute "must-have" which, thanks to Muscle Intelligence™ technology, offers made-to-measure, personalised training for accurately targeted work sessions and optimum effectiveness. Very fitness orientated, but also with pain relief and vascular programmes, COMPLEX mi-FITNESS is your very own trainer, always there to help you achieve your most ambitious targets.

- mi-Technology: personalised stimulation
- Workout statistics
- 7 categories of programmes
- Backlit screen: improved readability
- Motor Point Pen: precise stimulation

09 142 3490



1



NEW

## TIMEX

### 1 Timex Global Trainer

The Timex Global Trainer is THE ULTIMATE TRAINING TOOL, with integrated SiRFstarIII™ GPS and ANT+™ wireless technology measures pace, speed, distance and more in real-time, allowing athletes to measure, review and advance their performance. Customisable displays show up to four windows of information, and advanced online training log software analyzes uploaded data across several dimensions. The water-resistant case and long-lasting rechargeable battery prove this is the only GPS-enabled watch worthy of the Timex® Ironman® name.

- Featuring SiRFstarIII™ GPS technology
- Records up to 100 GPS waypoints
- Watch measures your location and tracks altitude ascent and descent distances and rates
- Included heart rate chest strap takes continuous readings of your heart rate and sends them to the watch so you can monitor how your body is performing
- Custom heart rate target zones help maximise performance, whether your goal is to burn fat or train for a race; visual and audible alarms alert you when you fall out of a zone
- Adjustable and flexible elastic strap makes the sensor comfortable to wear; ANT™ technology eliminates cross talk with other heart rate monitors
- Watch counts and displays calories burned during a training session
- Customise the display to show up to 4 windows of information so you can monitor pace, distance, split time and heart rate all at the same time
- Chronograph with interval and countdown timers lets you develop personal workouts that will help you improve your performance
- Download your workout and route data and analyze it using online training software
- Compatible with Timex bike sensors (sold separately) that use ANT+™ wireless technology; also compatible with third-party bike power sensors using ANT+
- Watch is water resistant to 50m (165ft.)
- Customise and manage watch settings using the included desktop software
- Recharge the internal lithium-ion battery by connecting the watch to your computer with the included USB cable or plug it into the wall with the included AC adapter

09 142 3383 Timex Global Trainer - standard pack

09 142 3391 Timex Global Trainer with fabric strap heart rate transmitter

1



NEW

### 2 Timex Ironman Race Trainer

Timex Ironman Race Trainer is Timex's newest and most innovative series of digital heart rate monitors, a collection of technologically advanced training aids designed for modern endurance athletes and fitness enthusiasts worldwide.

The signature function of the Race Trainer is its ability to wirelessly deliver precise training data to a user's computer, and help committed athletes realise long-term training goals. The Race Trainer combines an advanced sports watch, chest sensor and USB device, and utilises ANT+ Sport wireless technology to synchronise with an online training program.

#### Race Trainer Digital Heart Rate Monitor Features

- 10-workout memory chronograph or interval based
- Target heart rate zones with time in zone and alerts
- 50-lap memory chronograph with average heart rate per lap
- 5 interval timers with individual training zones
- Recovery heart rate timer with selectable durations
- Workout average and peak heart rate summary
- Tracking of calories burned
- Digital transmission eliminates cross-talk and interference
- INDIGLO night-light with NIGHT-MODE feature
- 100 metre water resistant watch

09 142 3409 Digital Heart Rate Monitor Standalone

09 142 3417 Digital Heart Rate Monitor Kit with Data Xchanger USB

2



NEW

2



NEW

# TIMEX

## 1 Timex Personal Trainer™ Heart Rate Monitor

### Key Features

- Analogue transmission
- BPM or % of Max Heart Rate display
- Automatic activity timer
- One target Heart Rate Zone with Time in Zone recall
- One button Recovery Rate Timer (1 minute)
- Review/Recall Average and Peak Heart Rate, and Calories Burned
- INDIGLO night-light
- Strap works with heart rate enabled treadmills and fitness equipment
- Time of day and month, day and date
- Water resistant 30 metres

09 127 3986

## 2 Timex Easy Trainer™ Heart Rate Monitor

### Key Features

- Analogue transmission
- Automatic activity timer
- Recall Average and Peak Heart Rate
- INDIGLO night-light
- Strap works with heart rate enabled treadmills and fitness equipment
- Time of day and month, day and date
- Water resistant 30 metres
- HRM strap water resistant 30 metres (strap will not provide accurate heart rates when under water)

09 142 3425

## 3 Timex Easy Trainer™ Strap

### Key Features

- Comfortable light weight strap
- Owner replaceable battery
- Water resistant 30 metres (strap will not provide accurate heart rates when under water)
- Strap works with heart rate enabled treadmills and fitness equipment

09 127 4190

NEW



1

Exercise Equipment



2



3

1



## 1 Reaction Ball

Improve your reactions and concentration skills with these six sided moulded rubber balls. The bounce is very unpredictable. Great for hand eye co-ordination and also excellent as a rehabilitation aid.

**012275** 10cm each

## 2 Reactaball

An excellent training device for improving reactions in ball sports. The shape of the ball will ensure an uneven bounce making this ideal for sharpening reactions, particularly goalkeepers.

**012254** 20cm

## 3 Marker Cones

High quality 8" diameter plastic markers which pop back into shape if stood on. Supplied on a handle in a set with equal numbers of each colour.

**012253**

## 4 Agility Ladder

Agility ladder popular for balance, foot speed drills, endurance and controlled plyometrics.

**015343** 4m Indoor Flat Rung

2



3



4



## 1 Power Speed Chute

Improve acceleration, endurance and direction changing with the Power speed chute. One size fits all.

012261

## 2 Speed Resistance Trainer

Adjustable belts connected by either one or two 6 metre flexicords, for sprint training or lateral drills.

016316 6m (2 belts)

## 3 Evasion Belt

Great for multi directional quickness drills and in particular for sports that require one on one marking and mirroring.

011404

## 4 Lateral Speed Resistor

Designed to develop lateral speed, balance and first step quickness. Supplied with instruction manual.

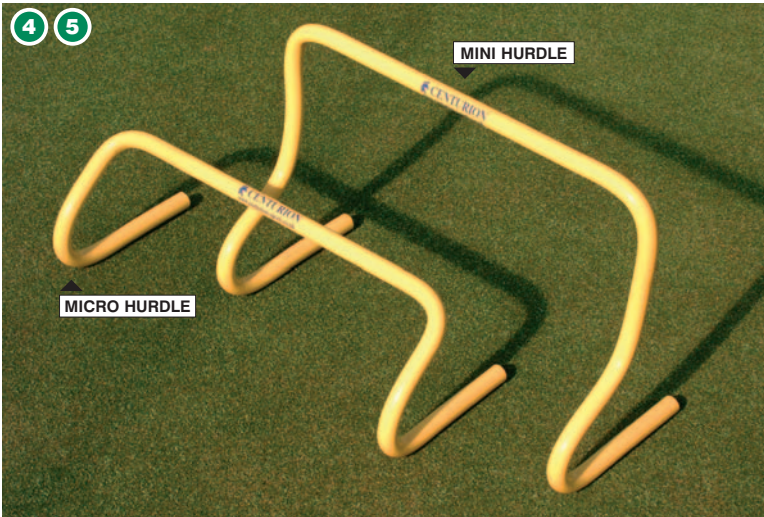
012264

## 5 Portable Jumper

The portable power jumper will help improve jumping strength by resisting the upward thrust of the leg muscles. The flexicord is fitted with adjustable padded cuffs at each end and one size fits all. Supplied with instruction manual.

012265





## 1 Slalom Pole Training Kit

An excellent training aid for evasion, movement and agility. Can be used with or without crossbars to make various workstations offering different challenges.

**Contains:**  
12 x 160cm poles with spikes, 6 x 160cm crossbars, 12 x post / crossbar adjustable clips, 1 x holdall  
**018526**

## 2 Reaction Hoop

These 60cm diameter hoops have been fitted with three sorbo balls which hold the hoop off the ground and stop them sliding on indoor surfaces. The hoops can be laid out in differing patterns to coach a variety of fast feet drills which helps to keep the athletes' interest.

**018527**

## 3 Tag Rugby Development Kit

A fun, interactive, fast-moving, non-contact, evasion game suitable for boys and girls to play together. This kit is the perfect introduction into the game of rugby. Tag Rugby is an ideal team sport for children and adults alike. It is a non-contact game of rugby where players each wear a Velcro belt to which is attached two PVC tags, which have to be pulled off by the opposition to denote a tackle. Tag Rugby is an ideal introduction to the game of Rugby.

**Contains:**  
14 x belts, 52 x markers, 1 x inflator, 1 x stopwatch, 1 x whistle and lanyard, 1 x easy-grip rugby ball, 1 x foam rugby ball, 1 x synthetic rugby ball, 1 x set of instruction game cards, 1 x mesh holdall bag

**018525**

## 4 Mini Hurdles

**012287** 30cm (12")

## 5 Micro Hurdles

**012288** 15cm (6")

## 6 Plyometric Hurdles

**012289** 50cm

## 1 Kettler™ Trampoline

A sturdy, steel framed trampoline with 6 non-slip feet. The polypropylene fabric mat has 32 springs to ensure even tension. Also with thickly padded edges for added safety. Diameter 102cm.

AA9076

Maximum user weight



## 2 Med Plus Therapy Bouncer

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

015561

Maximum user weight



## 3 Pro Plus Therapy Bouncer

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

015564

Maximum user weight



## 4 Rebounder Support Bar

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

015605

## 5 Bouncer Carry Bag

Not Illustrated

Fits all 102cm rebounders.

015356

**SPARES**  
Spares are available for these products, making them suitable for refurbishment. For full spares listing, please see pages 1353 to 1360.





### 1 Shotz Electrolyte Tablets

Shotz Electrolyte Tablets deliver a massive 430mg of sodium along with potassium, magnesium and calcium, replacing all-important electrolytes quickly and effectively. Supplied in a portable tough tube, Shotz Electrolyte Tablets dissolve quickly in water to produce a refreshing, hypotonic drink that helps transport fluid around the body, prevent cramping and keep you hydrated. Shotz Electrolyte Tablets do not contain any sugar or artificial colours. Tubes contain 20 Tablets.

- 09 142 3433 Lemon
- 09 142 3441 Orange/Vanilla

### 2 Shotz Energy Gels

Containing a combination of complex and simple carbohydrates, Shotz Energy Gels do not contain any fructose and are gluten free, providing a fast-acting hit of sustained energy to help you maintain optimum performance for longer.

As well as satisfying your refuelling needs, Shotz Energy Gels also contain electrolytes to aid in muscle function. Available in six fantastic flavours, Shotz Energy Gels dissolve quickly into your system and gives your mind and muscles a perfectly measured dose of natural complex carbohydrates. 1 box contains 25 sachets.

- 09 142 3458 Cola
- 09 142 3466 Lemon & Lime
- 09 142 3474 Wildberry
- 09 142 3482 Wildbean

### 3 PAS Pro Grade Protein

Slow release protein blends have been shown to give superior results in terms of lean muscle gain and fat loss. Pro Grade Protein contains 20 servings each providing 40g of protein. Formulated to be the first multi-function protein.

- Ideal high protein, low carb shake to be used between meals for superior nitrogen retention.
- Can be whisked into a high protein night-time dessert, great snack before bed.
- By combining with Pro Carbs athletes can get the perfect mass gain shake, which suits their individual nutrient requirements.

- 017626STRAW Strawberry flavour
- 017626CHOC Chocolate flavour

### 4 PAS Phase 1 Energiser

The ultimate pre-training or pre-game energy drink. Formulated to increase performance by a two-stage approach. Firstly on a neurological level by a combination of functional dosages of caffeine (300mg) and L-Tyrosine (3000mg) to provide increased alertness and response, reduced perception of fatigue and improvement in cognitive functioning.

Secondly at cellular level by a unique formulation of L-Citrulline (3000mg), Beta Alanine (1500mg), Histidine (500mg) and BCAA (1000mg) to provide increased ATP production and lactic acid buffering. In addition Phase 1 will facilitate the use of free fatty acids as an energy source resulting in glycogen sparing, thereby delaying fatigue and resulting in an overall improvement in performance.

Not suitable for individuals under 18 or with a pre-existing medical condition. Not suitable for athletes sensitive to caffeine. Not recommended for use past 6pm as may cause difficulty sleeping.

- 017624 15 sachets

### 5 Lucozade Sport Powder Orange

Lucozade Sport Body Fuel is an isotonic sports drink proven to enhance endurance and the ability to maintain a high work rate. It is formulated to tackle the reduction of carbohydrate stores and maintain hydration to improve performance in prolonged exercise or sport. Carbohydrate intake improves performance by providing the muscles with the energy they need to maintain a high work rate or exercise intensity for the duration of your sport or exercise.

- 0104790 390g tub

**PAS**  
PRO ATHLETE SUPPLEMENTATION LTD.

Set your standards high  
control the mind  
let PAS  
FUEL THE BODY

Darren Campbell MBE

