

## BALANCE TRAINERS

### Balance Boards - Thera-Band®

	Description
045167	Rocker Board
045168	Wobble Board

### Chango® R4 Balance Board

- (2) boards in one: rocker and wobble board.
- Wobble board tilt angles 14 and 20 degrees on yellow shock absorbing center ball - or remove balls and use on inflatable balance disc.

	Description
047200	Chango® R4 Balance Board

### Combo Board

- Velcro® fasteners attach each piece.

	Description
047190	Combo Board

### Rocker Boards

- 20" square with rocker base.

	Description
047178	Beginner; 20" Square Board, Tri-Level

### Wobble Board Kit with Stand

	Description
047181	Wobble Board Kit with Stand

### Wobble Boards

- Intermediate is intended for beginners and seniors.

Advanced; Tri-Level	Description
047180	16"; 15, 17 and 20 degree angles

Intermediate; Tri-Level	Description
047179	20"; 10, 12 and 15 degree angles

### Bongo Board

- The sloped ends of the barrel also encourage using toe and heel pressure.

	Description
047205	Bongo Board

### Chango® S2000 Board

- (2) boards in one: rocker and wobble board.
- Use for calf stretch, push ups, or sit on it and wobble.

	Description
047201	Advanced; 15"L x 7.5"W
047202	Beginner/Advanced; 15"L x 7.5"W



**045167**  
Wobble Board on left, Rocker Board on right



**047200**  
Improves balance, coordination and quickens reflex time.



**047190**  
(5) interchangeable fulcrums give (3) degrees of difficulty as a single plane rocker: 6", 9 and 12 degrees and (2) multi-directional fulcrums at 10 degrees.



**047178**  
Rocker Boards are suitable for balance training, improving ROM and warm-up squats.



**047181**  
Stand keeps your boards neatly stored and easily accessible.



**047179**  
047179 & 047180  
Larger size board allows for wider, more stable stance.



**047205**  
A unique barrel shaped roller made out of (2) halves that can twist independently, making the deck unstable.



**047201**  
Wobble on the large yellow center ball, or remove the yellow ball and rocker on (2) wooden balls attached to the bottom of the board.

exercise  
equipment

## BALANCE TRAINERS (CON'T)

### Chango® Balance Paws

- Use while walking to activate the muscles of gait.
- For push ups, standing or prone, attach to hand.

#### Description

047203	Chango® Balance Paws; 2" High
047204	Chango® Balance Paws; 1.5" High

### Cando® MAP

- MAPS (Multi-Axes Platform System) offers adjustable ROM and weight training to maximize lower body rehabilitation.
- Set includes reversible board (1 side for left foot, 1 side for right foot), color-coded ball set.
- Accessories available separately.

#### Description

040061	Board, 5 Balls, 2 Rods
040062	Board, 5 Balls, 2 Rods, Rack (4 2.5lb Wts.)
040063	Board, 5 Balls, 2 Rods, Tub (4) 2.5lb wts.

### BAPS®

- Lightweight, durable, biomechanically designed platform that is reversible to accommodate right or left and includes permanent indices for proper foot placement.
- Weight rods may be strategically placed in one or more of the (5) sockets for passive ROM assistance or for strengthening specific muscle groups.
- Includes wall mount and instruction manual.

#### Description

047116	Complete BAPS® System with Wall Rack ad Mount
047117	Complete BAPS® System with Storage Tray

### Cando® Vestibular Wedge

- Wedge combines dynamic seating and static positioning
- Inflate or deflate to vary degree of difficulty
- Wedge requires active participation from user to assume correct sitting.

#### Description

040333	15" x 15"; Large; Blue
040334	10" x 10"; Small; Blue

### FitBALL Balance Disc

- Two sizes for increased flexibility
- Both may have air added to or taken out to change the "feel"
- Smooth on one side, sensory points on the other
- Used to improve balance, stability and helps to strengthen and tone core muscles
- Air pump required for full inflation/adjustment.

#### Description

051296	FitBall Balance Disc; 14"
051297	FitBall Giant Balance Disc; 22"

### FitBALL Wedge

- Used as a posture correcting seat cushion or lumbar support.
- Air pump required for full inflation/adjustment.

#### Description

051285	Junior; 10"
051286	Senior; 13"

exercise equipment



047203

(2) hemispheres with neoprene and Velcro® straps, helps correct muscle imbalance.

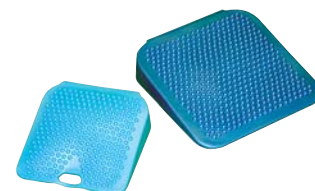


040061



047116

(5) proportionately calibrated hemispherical attachments assure precise control for range of motion stress.



040333



051296



051297



051285

Sensory bumps one side and smooth on the other



051286

## FitBALL® Balance Pad

- The FitBALL® Balance Pad is a beginner-level balance tool for the Active Aging market or any training environment when a low-level of instability is desired.
- The super-dense foam construction is more challenging than standing on a mat.
- The closed-cell structure foam material does not absorb water or dirt, making this an ideal product for multi-user commercial environments.
- The Pad has a non-skid textured surface and can be used in group exercise classes as an alternative to balance discs or boards.
- It can be used as a single unit or stacked in multiples to increase the balance challenge.

### Description

041684 15" x 18.25" x 2" (Blue)

## Airex® Balance Pad

- This closed cell, super-soft specialty foam will not absorb water and is sanitized to inhibit growth of fungus and microbes.
- Balance Pad dimensions: 16"L X 20"W X 2.5"H

### Description

042143 Airex® Balance Pad Elite; slip-resistant raised waffle surface  
047191 Airex® Balance Pad

## Airex® Balance Beam

- The extended length provides a base for an individual to walk toe-to-toe, improving lower and upper body stabilization and coordination.

### Description

047125 63" 6" 2.5"

## Aeromat™ Balance Pad

- Great for rehabilitation, coordination and balance training.
- Deluxe pad is made of durable EVA foam material.
- Easy to Clean.

### Description

	length	width	thickness	color
042335	19"	15"	2"	Marble Blue (deluxe)
042336	19"	16"	2.5"	Blue

## Aeromat™ Balance Mat

- Durable and easy to clean.
- Instruction sheet included.
- Offers a wide range of balance, stability and core function exercises for fitness and rehab.

### Description

	length	width	thickness	color
042337	72"	28"	2.5"	Blue

## Aeromat™ Folding Balance Beam

- Trapezoid shape, great for balance training and rehabilitation.
- Use wide side down for great stability, narrow side down for more challenging instability.
- Folded dimensions are 37"L X 7.5"W X 5"H.

### Description

	length	width	thickness	color
042338	74"	7.5"	2.5"	Marble Blue



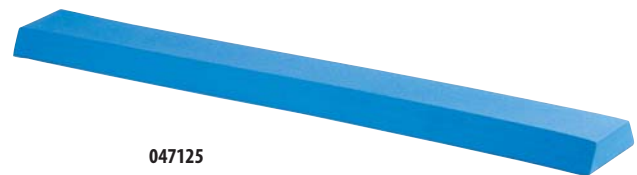
041684

Beginner-level balance tool for the Active Aging Market.



042143

Used for balance, coordination, mobility and stability training.



047125



042335

This Deluxe Balance Pad has dual surface for more stability.



042336

This Balance Block is a durable closed cell foam.



042337

Great for Stabilization Push-ups.



042338

New Eco Wise EVA closed-cell foam material.

exercise  
equipment



**040781**  
Large Deck Sets on 4 Corner Legs



**040783**  
Large Deck With Center Leg



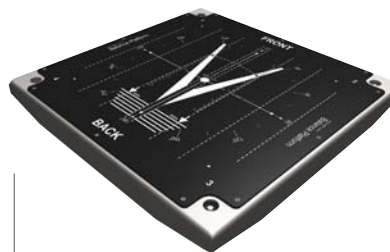
**040784**  
Large Deck on Center Roller



**047257**  
Allows for a variety of exercises to be performed that mimic actual functional activities.



**047255**



**041598**  
As patient progresses, they can be further challenged by adjusting both the speeds and patterns available in the Chase task.



**041599**



**041685**  
Wide-stance functional training with 6 slots around the edges for use with your tubing.

exercise equipment

## BALANCE TRAINERS (CON'T)

### Soft Boards

- Safely achieve better balance, coordination and overall agility
- Closed cell foam allows for a smooth multi-plane balance environment
- Non-slip, non-marking, and silent when in use.

#### Description

040781	Wobble Board-Beginner
040783	Wobble Board-Advanced
040784	Rocker Board-Intermediate

### Thera-Band® Stability Trainer

- Green: more stable and suitable for beginners and Blue: less stable and more suitable for advanced users. Black (air filled): most challenging.

#### Air-Filled Description

047257	Black; Extra Soft
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#### Foam

047255	Green; Firm; For Beginners
047256	Blue; Soft; For Advanced Users

### FitBALL® Deluxe Board

- Extra-large 19.5" x 27" surface has plenty of room for wide-stance functional training with 6 slots around the edges for use with your tubing.
- Heavy-duty plastic construction is geared for high-use fitness or rehab facilities.
- Multi-directional fulcrum provides balance challenges for beginners or pros.
- Large athletes will love the additional space on the balance board.

#### Description

041685	FitBALL® Deluxe Board - 19.5" x 27"
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### HUR® Balance Trainer

- Perform mCTSIB screening tests to objectively document the effects of compromising visual and proprioceptive on your patient's Center of Pressure Sway.
- Using Protocol Wizard, design your own custom tests with named performances and objective documentation.
- Using the Trainer Mode, you can work productively with beginning, intermediate and advanced balance patients.
- Using slow speeds and short durations, the Chase training task works simple rhythmic sway exercises that help beginning patients gain confidence in their balance.
- Hotline available for your balance questions.

#### Description

041598	Balance Trainer; 3' x 3'
041599	Balance Trainer; 2' x 1.5'
041600	Optional Rail System

### Korebalance

- Fully integrated computerized balance system.
- Interactive 3-D software games augment training.
- Patented pneumatic pressure system.

#### Description

043254	MedFit Korebalance
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## SportKAT Balance

- An inflatable bladder beneath the platform provides variable, multilevel stability, incorporating actual motion into the assessment equation based on time and distance.
- A sensor on the platform using patented thermal accelerometer technology with no moving parts allows free 360° range of motion and transfers data to a CPU with monitor using K.A.T. for Windows software.
- DATA system consists of tilt sensor with patented thermal accelerometer technology and KATWIN software.
- The system incorporates built-in training modes or allows for the design of unique, individualized training protocols.
- Positive visual feedback to the patient and the automatic calculation of a balance index provide the necessary motivational tools. Test data is stored for each patient.

### Description

045112	SportKAT1250
045135	SportKAT 1750

## Shuttle Balance Professional

- Balance board 24" x30"
- Height adjustment chains
- Elastic resistance tethers
- Rubber stability feet
- Rugged frame 50" wide by 42"
- Balance step
- Safety bar grips
- Weight capacity 500 lbs
- Handle height 41"

### Description

042502	overall footprint 43" x 50"
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## Balance Aids

- Self-standing balance aids used to assist first time users or individuals with limited balance.

### Description

047189	Balance Aids
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## WHOLE BODY VIBRATION

### Pro Vibe

- Surface area of 32" x 40".
- Frequency range of 10-60 hz and a high & low amplitude setting.
- Designed to allow Olympic style lifting and plyometrics on the platform, and just as effective for core exercises and extremity massage.

### Description

030177	Pro Vibe
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### MY3™

- Home model: 2 year parts and labor
- Most space efficient unit
- High/Low settings for vertical displacement
- Vibration: Horizontally, 32.5 times/second
- Available in Silver only
- Time: 60 seconds.

### Description

033600	MY3™
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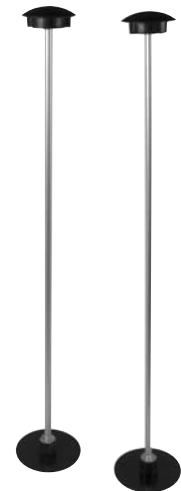
045112



045135



042502



047189  
Lightweight 51" poles.



030177

This platform is made of industrial steel and designed to withstand the abuse of professional athletes.



033600

The Power Plate® MY3™ is the trimmest, most economical way to bring Acceleration Therapy home

exercise  
equipment

## WHOLE BODY VIBRATION (CON'T)

### MYS™

- Home model: 2 year parts and labor
- 50% larger than MY3™ plate surface
- High/Low settings for vertical displacement
- Vibration: Horizontally, 30-40 times/second
- Available in Silver, Black or White
- Time: 30 or 60 seconds.

Description	
033601	MYS™

### PRO5 AIRdaptive™

- Professional model: 2 year parts and labor
- 33% larger than MY5™ plate surface
- High/Low settings for vertical displacement
- Vibration: Horizontally, 25-50 times/second; pre-settings include 30, 35, 40 and 50hz.
- Time: 30, 45, or 60 seconds.
- Additional features above the my-series: multiple settings for more variation in exercise regimes, capacity for approx, double weight load of MY5™, larger plate surface for greater exposure to vibrations.

Description	
033603	PRO5 AIRdaptive™

### PRO5 AIRdaptive™ High Performance

- Professional model: 2 year parts and labor
- 33% larger than MY5™ plate surface
- High/Low settings for vertical displacement
- Vibration: Horizontally, 25-50 times/second; pre-settings include 30, 35, 40 and 50hz.
- Time: 30, 45, or 60 seconds.
- Additional features above the my-series: multiple settings for more variation in exercise regimes, capacity for approx, double weight load of MY5™, larger plate surface for greater exposure to vibrations, remote control included, wheeled carrying case included, 20% increase in output.

Description	
033604	PRO5 AIRdaptive™ High Performance



**033601**  
The Power Plate® MY5™ fits perfectly in your home and in your workout.



**033603**  
The Pro5 AIRdaptive™ adapts to more users than any other model. From heavier individuals or high intensity therapy, to patients who are in fragile condition. The Pro5 AIRdaptive™ adjusts to the users needs.

### PRO5™

- Professional model: 2 year parts and labor
- 33% larger than MY5™ plate surface
- High/Low settings for vertical displacement
- Vibration: Horizontally, 25-50 times/second; pre-settings include 30, 35, 40 and 50hz.
- Time: 30, 45, or 60 seconds.
- Additional features above the my-series: multiple settings for more variation in exercise regimes, capacity for approx, double weight load of MY5™, larger plate surface for greater exposure to vibrations.

Description	
033602	PRO5™

### VIBE PLATE™

- Functional
- Durable
- Low Profile
- Limitless Applications
- Easy to use
- Simplified control System
- 1200 to 1800 lb weight Capacity
- Beneficial to all training and therapeutic programs.

Description	
031202	VIBE PLATE™ 2424
031203	VIBE PLATE™ 2440
031204	VIBE PLATE™ 3048
031206	VIBE PLATE™ XL

### Accessories

031207	VIBE PLATE HAND RAIL
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**033604**  
The Power Plate HP allows more room for



**033602**  
The Pro5™ model has a larger number of therapy sessions with the increase in surface area. settings for greater variation in therapy regimens.



**031202**  
Whole Body Vibration therapy is rapidly becoming a popular treatment for anyone from athletes, to patients in physical therapy to casual exercisers. Vibe Plate Hand Rail can be ordered separately.

## EXERCISE MATS

### Accordion Fold Mats

- Vinyl coated nylon cover is mildew resistant, antibacterial and wipes clean with a damp cloth.
- Velcro ends allow mats to safely connect to form a larger mat surface.

Firm; poly-ethylene foam	Width	Length	Thickness
045001	48"	48"	1 3/8"
045002	48"	72"	1 3/8"
045003	48"	96"	1 3/8"

### Soft; poly-urethane foam

Soft; poly-urethane foam	Width	Length	Thickness
045004	48"	48"	2"
045005	48"	72"	2"
045006	48"	96"	2"

### Airex® Exercise Mats

- Made of tear resistant PVC foam for long product life and are treated with a special Sanitized® process to inhibit growth of fungi and bacteria.

Corona; Rounded	Width	Length	Thickness	Color
045007	39"	72"	0.6"	Blue
045008	39"	72"	0.6"	Red
045009	39"	72"	0.6"	Green

### Coronella; Rounded

045010	23"	72"	0.6"	Blue
045011	23"	72"	0.6"	Red
045012	23"	72"	0.6"	Green

### Fitline 140; Rounded

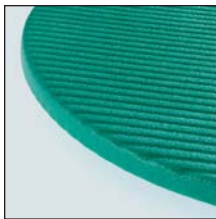
045018	23"	56"	0.4"	Aqua Blue
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### Fitline 180; Rounded

045019	23"	72"	0.4"	Aqua Blue
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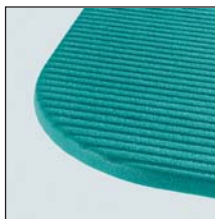
### Fitness 120; Rounded

045017	23"	48"	0.6"	Blue
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**045010**

CORONELLA - Great for Physiotherapy and Rehabilitation. Weight 5lbs. Provides maximum comfort and protection due to a non-slip surface, superb cushioning, and warm, soft skin contact.



**045018**

FITLINE 140/180 - Great for Exercise, Yoga, Aerobic and Multifunctional in Outdoor Applications. Weight 3 to 4lbs.



**045017**

FITNESS 120 - Great for Exercise, Fitness and Aerobics. Weight 4lbs.



**040674-040678**

### Aeromat™ Fitness Mat

- Two surface in one mat, one sided ribbed and one side smooth.
- Superb Cushioning.
- Body heat retentive, impervious to water.
- Easy to clean with damp cloth.
- Great for Pilates, fitness, workouts, and in rehab therapy. Premium Mats at a budget price.

	length	width	thickness	color
042330	56"	23"	3/4"	Blue
042331	72"	23"	3/8"	Blue
042332	49"	23"	3/4"	Blue
042333	72"	39"	5/8"	Blue
042334	72"	23"	5/8"	Blue

### Cando Closed Cell Exercise Mat

Foam	Width	Length	Thickness	Color
040674	26"	72"	.6"	Blue
040675	26"	72"	.6"	Black
040676	26"	72"	.6"	Green
040677	26"	72"	.6"	Red
040678	26"	72"	.6"	Yellow

#### USE



**045001**

Mat fold every 2 feet to minimize storage space when not in use.



**045007**

CORONA - Great for Physiotherapy, Rehabilitation, Antenatal Exercises and Hydrotherapy. Weight: 8lbs. Provides maximum comfort and protection due to a non-slip surface, superb cushioning, and warm, soft skin contact.



**042330-042334**

Made of Phthalates free PVC closed-cell foam.

## EXERCISE MATS (CON'T)

### FitBALL Mats

- Closed cell foam, won't bottom out or absorb perspiration.
- (2) sizes to accommodate most fitness and rehab applications.

	Width	Length	Thickness
051294	23"	72"	0.5"
051295	23"	49"	0.5"

### FitBALL® Yoga Mat

- The new FitBALL® Yoga Mat is a deluxe version of the familiar no-frills sticky mat.
- The rounded corners and extra-cushioning are features often found on more expensive mats.
- The fitBALL® Yoga Mat is value-priced for group exercise, yoga/Pilates studios, or any other professional environment where quality is a requirement.
- Mat is purple

	Length	Width	Height
050843	24"	68"	1/4"

### Thera-Band® Exercise Mats

- Mats are high density, lightweight supports used to provide comfort, safety and protection against injury.

Blue	Width	Length	Thickness
045026	24"	75"	0.6"
045028	25"	75"	1"
045030	40"	75"	.6"

#### Green

045027	24"	75"	1"
045029	24"	75"	0.6"
045031	40"	75"	0.6"

## PILATES AND YOGA

### Cotton Strap

- One-piece cinch buckle helps you lock in your yoga pose.
- Strap is easily adjusted for stretching exercises as well as reclined poses.

#### Blue Strap Description

040686	6' Strap
040687	8' Strap

#### Purple Strap

040684	6' Strap
040685	8' Strap

### FitBALL Reflex Balls and Roller

- Moderately firm roller.
- The Reflex Roller may be pumped up with a basketball pump for more firmness.

#### Relax Roller Description

051305	5" Green
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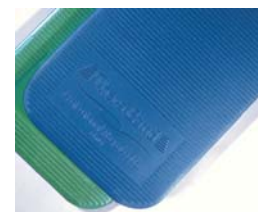
051294

Lightweight and easy to roll up and store.



050843

Deluxe version of the familiar no-frills sticky mat.

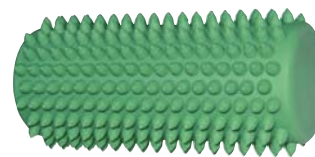


045026

Suited for all types of physical therapy applications.sticky mat.



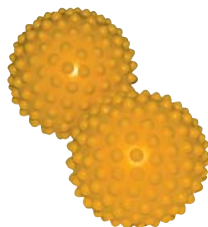
040684



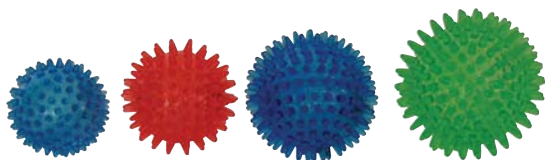
51305b

Used to massage away tension and relax muscles throughout the body.





051291



040448

Spiky sensory points to encourage stimulation.



051307



051281

Great for pilates mat workouts or replacing a pilates ring.



040683

Lightweight, durable and economical.  
Easy to transport.



040680

14" ring; fully cushioned  
and comfortable to use.

## FitBALL Sensory Balls

- Used for self-massage
- Inflates with needle pump. (not included)

Yellow	Description
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051291	10cm; Set of (2) Balls
051292	20cm

## FitBALL Spiky Balls

- Use for sensory therapy, manual massage and reflexology
- Sold in sets of two
- Color varies.

Description
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040448	6cm Ball - Set of 2
040449	8cm Ball - Set of 2
040450	9cm Ball - Set of 2
040451	10cm Ball - Set of 2

## FitBALL Body Therapy

- Self-guided program that addresses tension in the pelvic, hip, lower back, middle-back, neck, chest and shoulder areas.
- Achieve deep muscular and facial release with small balls (7" - Beginner, 6" - Intermediate, 5" - Expert.)

Balls	Description
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051307	5" Ball; Black; Advanced
051308	6" Ball; White; Intermediate
051309	7" Ball; Black; Beginner

Instructional Options
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051310	Manual; 80 Pages
051312	DVD; 45 Minutes

## Pilates Mini Ball

- Pilates videos and DVDs by International pilates educator Leslie Bender.
- (2) challenging workouts using a 9" mini ball.
- Great for pilates mat workouts or replacing a pilates ring.

Description
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051384	Mini Ball; 9
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Instructional Options
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051280	Pilates Mini-Ball 2 Advanced Workout; DVD
051281	Pilates Mini-Ball Workout; DVD

## Foam Block

- Its firmness makes it the ideal tool to ground your lower hand in standing poses, to space the hands in peacock pose or to support your sacrum in bridge.

Description
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040683	Foam Block; Robin's Egg Blue
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## Pilates Power Ring® Pro

- Add resistance to many of your pilates exercises
- Enhance Core Stability
- Improve overall flexibility

040680	Pilates Power Ring® Pro
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## PILATES AND YOGA (CON'T)

### Yoga Mats

#### Navy Yoga Mat Description

040693 24" x 68"

#### Purple Yoga Mat

040691 24" x 68"

### Cadillac/Trapeze Table

- From post rehab clients to peak performance athletes this piece provides the place to practice multi-planar strength and flexibility movements.
- Features a variety of spring lengths and tensions.
- Provides multiple spring attachment sites providing different level of resistance to support or challenge the body.
- Offers the opportunity for more three dimension movements and facilitates exercises in sitting, standing or lying positions.

	width	length	height
042123	36"	89"	83"

### Ladder Barrell

- Challenges core stability and strength for every Pilates enthusiast.
- For beginners to fully conditioned exerciser.

	width	length	height
042124	24"	44"	39"



040691

Offers the preferred formulation for friction and impact absorption.



042123

Add more than 200 exercises to your Pilates repertoire and challenge the body in different planes of motion.



042124

Designed for serious core conditioning and to increase flexibility and mobility.

### Professional Reformer™ - Bundle

- Most appropriate in a dedicated space and facilitates hundreds of effective full-body exercises.
- Very Versatile allowing for easier transition between exercises for efficient group and one-on-one training sessions.
- This sturdy reformer features an innovative retractable rope system.
- This new system with recoiling rope reels and longer ropes adds increased range of motion and fluidity to exercises.
- Reformer dimensions: 30" Wide, 97" length and 145lbs.

Carriage Dimensions	width	length	height
042105	24"	38.5"	16"

### Rehab Reformer™ - Bundle

- The ultimate setting for rehabilitation exercises because it is higher off the ground for easier mounts and dismounts.
- 6 1/2" higher than the Professional Reformer, and important considerations for mobility challenged clients for those seeking exercise for sport injury.
- New retractable rope system with recoiling rope reels adds increased range of motion and fluidity to exercises.
- Patented rolling mechanism combines fixed and floating rollers allowing the carriage to travel the length of the rail without jarring.
- Reformer Dimensions: 30" Wide, 97" Length, and 185lbs.

Carriage Dimensions	width	length	height
042107	24"	38.5"	22.5"



042105

Professional Reformer™ bundle includes Professional Reformer, Maple roll-up pole, Reformer Box, Padded Platform Extender, Essential Reformer DVD.



042107

Rehab Reformer™ Bundle includes Rehab Reformer, Maple Roll-up Pole, Reformer Box, Padded Platform Extender, Essential Reformer DVD.



**042125**

Expand Programming options. Ideal for those who need to stay in seated or upright position.

### Split-Pedal Stability Chair

- The Stability Chair helps rebalance muscles and provides full body workout.
- Provides high performance exercises for rehab clients, athletes, and fitness enthusiasts.
- Compact and easy to move.
- Focuses on the legs and torso, but can be adjusted to train almost all muscle groups.
- The smaller base of support and dual pedals allow for bilateral, unilateral, and reciprocal movements.

	width	length	height
042125	22.5"	21.5"	55.5"

### V2 Max Plus Reformer™ - Bundle

- Facilitating limitless exercise possibilities, including all new V2 Max Plus programming.
- Multi-tasks as a raised Mat platform with the inclusion of a Mat Converter, a standard reformer, and a multi-planar and biomechanics training tool.
- This unit's innovative vertical frame, pulley system and exclusive retractable rope system replicates the free, multi-dimensional movements of daily life.
- Reformer Dimensions: 30" Wide, 97" Length, and 145lbs.
- Vertical Frame Dimensions: 30.5" Wide, 71.25" Height, and 39.5lbs

Carriage Dimensions	width	length	height
042106	24"	38.5"	16"



**042106**  
Height: 16"



**042108**  
Height: 22.5"

### V2 Max Plus Rehab Reformer™ - Bundle

- Facilitating limitless exercise possibilities, including all new V2 Max Plus programming.
- 6 1/2" higher than the Professional Reformer, and important considerations for mobility challenged clients for those seeking exercise for sport injury.
- Multi-tasks as a raised Mat platform with the inclusion of a Mat Converter, a standard reformer, and a multi-planar and biomechanics training tool.
- This unit's innovative vertical frame, pulley system and exclusive retractable rope system replicates the free, multi-dimensional movements of daily life.
- Reformer Dimensions: 30" Wide, 97" Length, and 185lbs.
- Vertical Frame Dimensions: 30.5" Wide, 77.25" Height, and 41.5lbs

Carriage Dimensions	width	length	height
042108	24"	38.5"	22.5"

exercise  
equipment

## EXERCISE PRODUCTS

### Bodyblade®

- All bodyblades come with an instructional DVD and/or workout DVD, a 20" x 28" color exercise wall chart, and a 1-year warranty.
- Accessories are also available, wall charts, carrying cases and DVDs. Call for more information.

Bodyblade® Cardio (Set of 2)	Length	Weight	Color
047108	32"	1 lb	Black
Bodyblade® Classic			
047101	48"	1.5 lbs	Black
Bodyblade® CXT			
047106	40"	1.25 lbs	Black
Bodyblade® Lite			
047107	32"	1 lb	Black
Bodyblade® Pro			
047100	60"	2.5 lbs	Black

### Cones

	Description
047130	6" Cone
047131	12" Cone

### Mini Hurdles

- PVC hurdles are 5" high by 8" wide and include instruction chart.

	Description
047221	Set of (12) Hurdles
047220	Set of (6) Hurdles

### Mini Trampoline

	Diameter	Height
047120	38"	9"
With Handle		
047121	38"	41"

### Push-Up Bars

- Optimize chest and triceps strength.

	Description
047150	Push-Up Bars



**047108**

Bodyblade® Cardio is a fun and challenging 30 minutes aerobic workout using bilateral training.



**047101**

Bodyblade® Classic is great for rehab and post rehab training as well as personal training and group exercise.



**047106**

Bodyblade® CXT is great for group exercise, aerobic exercise or a lighter workout than the classic.



**047107**

Bodyblade® Lite is great for pediatrics, pre-op or a very light workout.



**047100**

Bodyblade® Pro delivers additional resistance for a more challenging workout or for a proprioceptive workout.



**047130**

Touch, durable plastic cones are perfect for speed, quickness, jumping and agility drills.



**047220**

Perfect for agility training.



**047120**

Heavy duty frame and springs. Use for jogging and balance routines.



**047121**



**047150**

Minimize hand, wrist and elbow stress while performing close grip and wide grip push ups, as well as reverse dips.

# Motion1

## The Step™

- Adjustable from 4" to 6" to 8" high.

### Description

047196	Platform with Four Risers
047198	Risers Only; One Pair

## Plyo Boxes

	Width	Depth	Height
044210	17"	17"	12"
044211	20"	20"	18"
044212	23"	23"	24"
044213	26"	26"	30"

### Description

044214	Set of 4 (12", 18", 24" and 30")
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## Lifeline® Power Walk Pro

### Description

040505	Lifeline® Power Walk Pro
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## Slide Boards

- Develops lateral strength, power, endurance, balance, agility, speed and flexibility.
- Includes speed booties and an instruction book.
- Special shipping charges apply to 047194.

### by Fitter International Description

047194	8' Slide Board
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## SRF Board

- (2) piece dynamic rotation board, one fixed and one standing board and (4) adjustable bumpers that operates with resistance from 0 to 4 cords from either end.

### Description

047184	SRF Board
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## Pro Fitter

### Description

047183	Pro Fitter
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**047196**

Non-slip, shock absorbing ribbed mat for safety and non-skid rubber floor pads for traction and stability.



**044210**

Solid, textured 1/8" rubber tread top. Nestable design for compact storage



**040505**

Comes with (2) adjustable ski lift handles, (2) R1 Fitness Cables, DVD and instructions.



**047194**

An extremely slick "fresh ice" top surface with an underlay that has non-slip reinforced rubber that holds firm on floor or carpet. End ramps adjust in 1" increments.



**047184**

Stabilization, rotational and functional training.



**047183**

A 3-D cross trainer that offers over (20) effective exercises to achieve better balance, coordination and overall agility.



**047355**  
Dedicated upper body kit with handles and combo mount.



**047412**  
Ankle Strap



**047413**  
Foot Strap



**047406**



**047401**  
Thigh Strap



**047408**



**047407**  
Waist Strap

## SAFETY BUNGIE

### Bungie Upper Body Kit

– Portable, easy to use.

#### 4 Foot Length Description

047355	Silver; 1 lb. to 7 lbs. of Pull
047356	Yellow; 3 lbs. to 9 lbs. of Pull
047357	Green; 5 lbs. to 12 lbs. of Pull
047358	Red; 7 lbs. to 14 lbs. of Pull
047359	Blue; 16 lbs. to 30 lbs. of Pull
047360	Black; 25 lbs. to 55 lbs. of Pull
047361	White; 55 lbs. to 150 lbs. of Pull

### Medicordz® Accessories

– Velcro® Closure

#### Ankle Strap Description

047412	Ankle Strap
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#### Foot Strap

047413	Foot Strap
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#### Handle

047406	Single
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#### Head Harness

047401	X-Small; 18.5" to 19.6"
047402	Small; 19.6" to 21.2"
047403	Medium; 21.2" to 22.4"
047404	Large; 22.4" to 24"
047405	X-Large; 24" to 25.1"

#### Thigh Strap

047408	Small; 14" to 16"
047409	Medium; 16" to 18"
047410	Large; 18" to 21"
047411	X-Large; 23" to 26"

#### Waist Belt

047407	Fits up to 52" Waist
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**047362**  
Versatile for both upper body and lower body rehabilitation and conditioning.



**047385**  
Medicordz® Wall Mount and Door Mount are a unique, adjustable patent-pending mounting system that is made of high strength, heavy duty nylon with metal attachments which hold up to the rigorous demands of clinic as well as home use.

### Medicordz® Bungie Rehab Kit

- Kit contains modular handles, waist belt with moveable D-rings, padded ankle strap and (2) bungie cords with combination mount strap.
- When ordering, be sure to choose your resistant cord color.

#### Description

047362	With 4' Bungie Cordz
047363	With 7' Bungie Cordz Kit

### Medicordz® Door Mount

#### Description

047385	Medicordz® Door Mount
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#### Door Mount Kit

047386	White; 0.3 lb to 1.5 lbs of Pull
047387	Tan; 1.0 to 2.3 lbs of Pull
047388	Burgundy; 1.5 lbs to 4.5 lbs of Pull
047389	Brown; 2.5 lbs to 5.5 lbs of Pull
047390	Silver; 3 lbs to 8 lbs of Pull
047391	Yellow; 5 lbs to 14 lbs of Pull
047392	Green; 8 lbs to 24 lbs of Pull
047393	Red; 12 lbs to 31 lbs of Pull
047394	Blue; 14 lbs to 34 lbs of Pull
047395	Black; 20 lbs to 45 lbs of Pull

## Medicordz® Headset Kit

- Strengthens neck muscles and has (4) attachment points for flexion, extension and rotation.
- Kit includes harness, 2' section of modular rubber tubing with 1.5 to 4.5 lbs. Of pull and door mount.

	Description
047396	X-Small; 18.5" to 19.6"
047397	Small; 19.6" to 21.2"
047398	Medium; 21.2" to 22.4"
047399	Large; 22.4" to 24"
047400	X-Large; 24" to 25.1"

## Medicordz® Modular Tubing

### With Metal Attachment Clips

	Description
047372	Blue; 14 lbs to 34 lbs of Pull
047373	Black; 20 lbs to 45 lbs of Pull

### With Plastic Attachment Clips

047364	White; 0.3 lb to 1.5 lbs of Pull
047365	Tan; 1.0 to 2.3 lbs of Pull
047366	Burgundy; 1.5 lbs to 4.5 lbs of Pull
047367	Brown; 2.5 lbs to 5.5 lbs of Pull
047368	Silver; 3 lbs to 8 lbs of Pull
047369	Yellow; 5 lbs to 14 lbs of Pull
047370	Green; 8 lbs to 24 lbs of Pull
047371	Red; 12 lbs to 31 lbs of Pull



047396



047364

Consists of a single section of tubing, fittings and clips on each end for attachment to modular components. (3-Foot)



047374

Medicordz® Wall Mount and Door Mount are a unique, adjustable patent-pending mounting system that is made of high strength, heavy duty nylon with metal attachments which hold up to the rigorous demands of clinic as well as home use.

## Medicordz® Wall Mount

	Description
047374	Medicordz® Wall Mount

Wall Mount Kits	
047375	White; 0.3 lb to 1.5 lbs of Pull
047376	Tan; 1.0 to 2.3 lbs of Pull
047377	Burgundy; 1.5 lbs to 4.5 lbs of Pull
047378	Brown; 2.5 lbs to 5.5 lbs of Pull
047379	Silver; 3 lbs to 8 lbs of Pull
047380	Yellow; 5 lbs to 14 lbs of Pull
047381	Green; 8 lbs to 24 lbs of Pull
047382	Red; 12 lbs to 31 lbs of Pull
047383	Blue; 14 lbs to 34 lbs of Pull
047384	Black; 20 lbs to 45 lbs of Pull

## Modular Bungee Cordz

- Consists of a single section of bungee cord with a combination mount on one end and a clip on the opposite end for attachment to modular component.

4 Foot Length	Description
047341	Silver; 1 lb. to 7 lbs. of Pull
047342	Yellow; 3 lbs. to 9 lbs. of Pull
047343	Green; 5 lbs to 12 lbs. of Pull
047344	Red; 7 lbs. to 14 lbs. of Pull
047345	Blue; 16 lbs. to 30 lbs. of Pull
047346	Black; 25 lbs to 55 lbs. of Pull
047347	White; 55 lbs. to 150 lbs. of Pull

7 Foot Length	Description
047348	Silver; 1 lb. to 7 lbs. of Pull
047349	Yellow; 3 lbs. to 9 lbs. of Pull
047350	Green; 5 lbs to 12 lbs. of Pull
047351	Red; 7 lbs. to 14 lbs. of Pull
047352	Blue; 16 lbs. to 30 lbs. of Pull
047353	Black; 25 lbs to 55 lbs. of Pull
047354	White; 55 lbs. to 150 lbs. of Pull



047341

Made from premium quality durable rubber surrounded by braided nylon strength, heavy duty nylon with metal attachments which hold up to the rigorous demands of clinic as well as home use.

## TURFCORDZ™

### TurfCordz™ Super Bungie

- Create for the extreme demands of high level athletic training.
- Super bungies are made from high strength large diameter bungie cord with industrial strength steel snaps.
- Tested and used by professional athletes worldwide.

10-Foot	Level of Pull
040586	75 lbs.
040587	150 lbs.
040588	200 lbs.

6-Foot	Level of Pull
040580	75 lbs
040581	150 lbs
040582	200 lbs.

8-Foot	Level of Pull
040583	75 lbs
040584	150 lbs.
040585	200 lbs.

Accessories	Description
040589	Waist Belt Cinch Strap
040590	Ankle Cinch Strap
040591	Thigh Cinch Strap
040592	Padded Shoulder Harness
040593	Super Bungie Handle

Kit	Description
040594	Super Bungie Kit
040595	Tug of War
040596	TurfCordz Resist-Assist

## REBOUNDERS

### MediBall™ Rebounder

- Provides superior performance to increase upper body strength and endurance and improve eye-hand coordination.
- Store all (6) balls ranging from 2 lbs. To 15 lbs. In the storage tree.
- Performance Package includes MediBall™ Rebounder with ball rack, set of (6) MediBalls™, and plyometrics book by Donald Chu.

	Description
047080	MediBall™ Rebounder: with storage rack
047088	MediBall™ Performance Package



**040582**

Bungies with carabiners at either end.

4.5" Waist belt with steel 2" D-Rings and neoprene padding for comfort. Fits up to 52" waist; cinch closure.

4.5" wide ankle strap with neoprene padding for comfort. One size, cinch closure.

4.5" wide thigh strap with neoprene padding for comfort. One size, cinch closure.

Neoprene padded shoulder harness; adjusts to fit up to 50" chest.

Large handle for two hand grip action.



**040594**

Includes Super Bungie Belt, three super bungie cordz, one each of 75, 150 and 200 lbs of pull in 8-foot length and a super bungie handle. Includes interchangeable padded shoulder harness, 10-foot (3m) heavy nylon lead with large metal clips, and heavy duty trainers handle. Two dedicated belts and heavy nylon 10-foot (3m) strap provided for two athletic drills for resistance training in multiple directions.



**047080**

Round design consistently returns passes. MediBalls™ are the original gel filled medicine ball.

The ball's perfectly balanced shape makes them "jiggle-free" and easier to handle.

MediBalls™ are the original gel filled medicine ball. Store all 6 balls on our space saving rack(047079.)



## MediBall™ Medicine Balls

- The balls perfectly balanced shape make them “jiggle free” and easier to handle.
- Come in 6 sizes and alert red color that is easy to see.
- Gel filled to prevent jammed fingers.

### Description

047078	MediBall™ Saver Package
047079	MediBall™ Storage Tree

### MediBalls™

047081	Set of (6) balls
047082	2 lb. ball
047083	4 lb. ball
047084	6 lb ball
047085	9 lb ball
047086	12 lb ball
047087	15 lb ball

## Adjustable Rebounder

- Adjustable angle welded steel frame for strengthening and coordinating exercises.
- Level position for jogging and balance routines.
- Optional “easy reach” storage rack for balls.
- “Back-At-Ya” Package includes rebounder, ball rack and set of (5) medicine balls.
- Dimensions: 40”W x 45”D x 31”H

### Economy Rebounder Description

047109	Rebounder Only - Round
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### Options

047112	Set of (5) Balls
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### Rebound Rebounder

047110	“Back-At-Ya” Package; Round
047111	Adjustable Rebounder Only; Round

### Square Rebounder

047113	“Back-At-Ya” Package; Square
047114	Adjustable Rebounder Only; Square

## PlayBack Extreme

- Medicine Ball Rebounder and more.
- Includes: Medicine Balls, PlyoPlate, Upper and Lower Extremity Cords, Weight Horn, Wheel Kit and Single Tier Ball Rack

### Description

042399	PlayBackExtreme
--------	-----------------

## PlayBack Rebounder

- Rugged durable frame made of 3/16” thick extruded aluminum.
- Spring Mechanism totally hidden for safety.
- Powder Coated finish.
- Multiple pre-set adjustment settings (10) from 0-60 degree angles.
- Includes single tier ball rack and set of 5 medicine balls 2, 4, 7, 11, and 15 lbs.

### Description

042397	PlayBack - Pro Package w/ Med. Balls & Single Tier Ball Rack
042398	PlayBack Rebounder only



**047078**  
Includes Set of 6 Balls and Tree



**047081**  
MediBalls™ are the original gel filled medicine ball. Store all 6 balls on storage tree (047079.)



**047112**  
Flexible trampoline fabric ensures smooth and consistent rebounds. Now with “speed change” for quicker adjustments.

**047110**

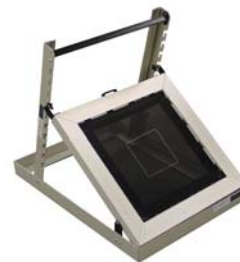
**047113**



**042399**  
More than just a rebounder, the PlayBack Extreme is a total plyometric rebounder system with a PlyoPlate, Upper and Lower Extremity Cords.



**042397**  
New generation PlayBack Rebounder provides the perfect plyometric exercise device.



**042398**

## EXERCISE WEIGHT BARS

### Cando® Wate™ Bars

- Use in supine, sitting or standing position to increase strength and ROM
- Use to improve endurance, balance and motor skills
- Use in therapy, group classes, aerobics, yoga and pilates

#### 3 Ft. Long Description

Product ID	Description
047440	1 lb.
047441	1.5 lb.
047442	2 lb.
047443	2.5 lb.
047444	3 lb.
047445	3.5 lb.
047446	4 lb.
047447	4.5 lb.
047448	5 lb.
047449	6 lb.
047450	7 lb.
047451	7.5 lb.
047452	8 lb.
047453	9 lb.
047454	10 lb.
047455	12.5 lb.
047456	15 lb.
047457	17.5 lb.
047458	20 lb.
047459	22.5 lb.
047460	25 lb.
047461	Lite™ Set; 1 ea (1,2,3,4,5 lb.)
047462	Standard Set; 1 ea. (1,2,3,4,5,6,7,8,9,10 lb.)
047463	Deluxe Set; 1 ea. Of all bars.



**047461**  
Easy-to-grip,  
easy-to-store, color coded



**040845**  
Bars are balanced, but resistance will vary with hand placement, giving therapists more creative ways to rehab their patients.



**047464**  
Perfect for aerobics, yoga and pilates

### Cando® Mini Wate™ Bars

- All are 14" long.(2 each)

#### 14" Long Description

047464	2 lb. Set (2 ea. 1 lb. bar)
047465	3 lb. Set (2 ea. 1.5 lb. bar)
047466	4 lb. Set (2 ea. 2 lb. bar)
047467	5 lb. Set (2 ea. 2.5 lb. bar)
047468	6 lb. Set (2 ea. 3 lb. bar)

### Floor Stand

- Keep your bars organized and accessible for immediate identification and use.

#### Description

040845	13"	15 7/8"	12"
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### Wall Rack

- Keep your bars organized and accessible for immediate identification and use.
- Easy to mount and holds up to (15) bars in a horizontal position and is perfect when floor space is limited.

#### width height

040844	13 1/2"	23 1/2"
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### Precision Flex™ Rods

- Rods are lightweight, durable, easy to store and transport
- provides varying levels of resistance appropriate to fitness level and needs
- increases strength and flexibility
- Gives better muscle tone and endurance

#### Description

041263	Resistance Rod PT Level 1 (1-7lbs)
041264	Resistance Rod PT Level 2 (3-12lbs)
041265	Resistance Rod PT Level 3 (10-25lbs)
041266	Resistance Rod PT Level 4 (15-40lbs)
041267	Resistance Rod Therapy set of 4
041270	Carry Bag for 4 rods
041271	Mitts Left and Right



**041263**



**041270**



**041271**

## AQUATIC PRODUCTS

### Aquafins™ Aquatic Exercise Kit

- Can be worn on wrists or ankles.
- Kit includes two cuffs, four predator fins, mesh carrying bag and a quick start workout guide.

#### Description

040047 AquaFins™ Aquatic Exercise Kit

### AquaJogger® Basic Belt

- Quick-release buckle for safety.
- 24-page workout guide with no-impact exercises included.

#### Description

040192 AquaJogger® Basic Belt

### Closed Chain Disk

- With straps -used to exercise all the major leg and hip muscles, improve balance and increase lower extremity range of motion.
- Without straps - used to strengthen the upper body and improve trunk stability.

#### Description

040011 Closed Chain Disk

### Hand Bars

- Contains (2) round foam floats connected by a padded handle that look like free weights used.
- The foam floats provide buoyancy as the hand bars are moved under the water, enhancing upper body strength and range of motion.
- Also used to increase flexibility and strengthen the lower back and abdominal muscles.

#### Description

040050 Light; One Pair  
040051 Medium; One Pair  
040052 Heavy; One Pair

### Kickroller

- Contains a cylindrical center foam piece and outer, padded hand grips.
- Provides buoyancy and resistance for upper body strengthening.

#### Description

040091 Kickroller

### Swim Bar

- Contains a cylindrical center foam piece and outer, padded hand grips.
- Used to help in trunk stabilization and strengthening, improving flexibility and balance, as well as increasing upper extremity range of motion and strength.

#### Description

040090 Swim Bar

### Swim Belts

- Square or rectangular shaped foam in one, two or three pieces connected by a latch type strap, worn around the waist.

#### Description

040140 Tadpole Swim Belt  
040141 Youth Swim Belt  
040142 Young Adult Swim Belt



040047

Leaves hands and feet free to feel the water on every stroke and kick.



040192

Supports the lower back during water exercise with a comfortably yet snug fit.



040011

Circular-shaped foam disk containing and adjustable foot attachment.



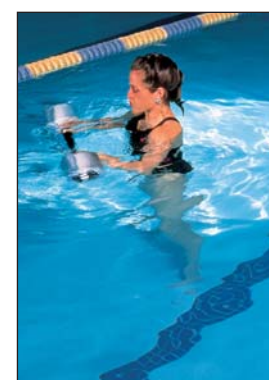
040050

Designed for use during independent aquatic exercise programs or in group programs.



040091

An excellent device for stretching and strengthening the trunk and lower back.



040090

Provides buoyancy while held during swim training.



040140

The buoyancy of the foam provides assistance during swim training and recreational use.

exercise  
equipment

## TRUESTRETCH™

### TrueStretch™

- Space efficient, solid steel construction.
- Four points of contact create a “safe-house” for your clients.
- Enhances workouts and reduces injury risk.
- Easy-to-Follow stretching regimen that effectively stretches each part of the body in all three planes of motion.
- Used by professional and collegiate sports teams as well as top professional athletes and their trainers.

	Description		
041262	Manual Upgrade kit		
80SS	Length	Width	Height
041260	48"	44"	87"
80SS Pro			
041261	60"	48"	97"



**041260**  
Durable Powder coat paint.

## STRENGTH TRAINING

### Plyosled™

- Progress from light resistance movement to aggressive high resistance plyometrics.
- (8) selectable elastic bands provide resistive forces ranging up to 400 lbs.
- Most cost effective plyometric sled on the market.
- Includes attachment for upper body exercises

	Description
041485	Plyosled™



**041485**  
Prepare patients for full weight bearing activities. Progress from light resistance movement to aggressive high resistance plyometrics.

### PowerPress

- Designed with the therapist in mind.
- 0- 234 lbs of gradual increments of resistance.
- Low profile for easy access of even hip replacement patients.
- The overall footprint economizes space in the clinic.
- Simple to make adjustments.

	Description
042403	PowerPress - Leg Press

**042403**  
A leg press machine to rehabilitate the hip, butt, thigh, knee calf and ankle.



### Shuttle 2000-1 Adjustable Backrest

- Includes kickplate assembly, 25" stand, lateral handles, progress monitor strip, adjustable backrest and light resistance attachment
- 5 year structural warranty
- 350 lb capacity
- Resistance 12-200 lbs

	Length	Width	Height
042496	104"	30"	48"



**042496**

### Shuttle 2000-1 Clinical Package

- Includes kickplate assembly, 25" stand, lateral handles, progress monitor strip, adjustable backrest and light resistance attachment
- 5 year structural warranty
- 350 lb capacity
- Resistance 12-200 lbs

	Length	Width	Height
042497	109"	30"	36"



**042497, 042498 and 042499**  
Includes elliptical Wobble Board



042500 and 042501

### Shuttle 2000-1 Clinical Plus Package

- Includes kickplate assembly, 25" stand, lateral handles, progress monitor strip, adjustable backrest and light resistance attachment
- 5 year structural warranty
- 350 lb capacity
- Resistance 12-200 lbs
- Includes Elliptical Wobble Board
- Rom Control
- Expansion Towers with PNF Pulley System

	Length	Width	Height
042498	104"	30"	60"

### Shuttle 2000-1 Deluxe Package

- Includes kickplate assembly, 25" stand, lateral handles, progress monitor strip, adjustable backrest and light resistance attachment
- 5 year structural warranty
- 350 lb capacity
- Resistance 12-200 lbs
- Includes Elliptical Wobble Board
- Rom Control
- Expansion Towers with PNF Pulley System
- Foot Supports

	Length	Width	Height
042499	104"	30"	60"

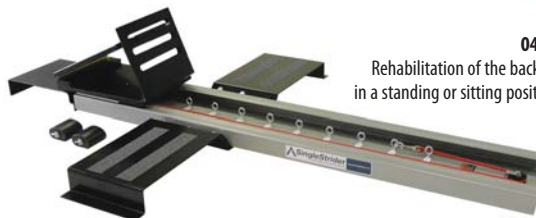
### Shuttle MVP Elite

- Power glide backrest
- 24" x 20" Adjustable padded kickplate
- Pelvic stabilization handles
- Adjustable dual-density headrest
- Multi use lateral handles
- Backrest extension oad
- Range of motion control
- 5 Year structural warranty
- Carriage capacity 500 lbs.
- Resistance 12- 700 lbs at full extension
- Lower Extremity isolation belt
- PNF pulley system

	Width	Length
042500	34"	109"



042503



042402

Rehabilitation of the back, hips, groin, knee and ankle in a standing or sitting position with a closed chain system.

### Shuttle MVP Pro

- Power glide backrest
- 24" x 20" Adjustable padded kickplate
- Pelvic stabilization handles
- Adjustable dual-density headrest
- Multi use lateral handles
- Backrest extension oad
- Range of motion control
- 5 Year structural warranty
- Carriage capacity 500 lbs.
- Resistance 12- 700 lbs at full extension

	Width	Length
042501	34"	109"

### Shuttle Recovery Senior

- 24" widebody carriage
- 500 lb capacity
- Universal Headrest
- Plyometric cross bar
- Proprioceptive Disk and Holder
- Lower Extremity Isolation Belt
- Elliptical Wobble Board
- 12 1/2 to 300 lbs resistance at full extension
- 2 year structural warranty
- 1 year parts and upholstery

	Description
042503	overall footprint 31" x 98"

### Single Strider Pro Package

- Foot Platform.
- Crossunder platform for side standing exercise positions.
- Foot Press adjustable in 3 positions.
- Foot/Hand rests.

	Description
042402	Single Strider Pro Pkg

exercise equipment

## STRENGTH TRAINING (CON'T)

### Total Gym® - GTS

- Eight resistance levels from 5% to 59% of body weight
- 5" to 28" incline
- Free rolling glideboard
- Dynamic unilater/bilateral arm pulley system
- Lat bars
- Folding foot holder
- Telescoping Squat stand assembly
- Folds and stores

GTS-Packages	Description
041487	Total Gym -GTS Essential Package
041488	Total Gym- GTS Clinical Package
041491	Total Gym -PowerTower/GTS Pilates Accessory Pkg.

### Total Gym GTS

041486	Total Gym®-GTS
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041486

providing clubs with the ability to offer 30 minutes strength training classes, pilates, small group personal training sessions and post-rehab programming.



041489

Power Tower was designed for wellness centers, clinical physical rehabilitation, athletic training and high performance functional sports training.

### Total Gym® PowerTower™

- resistance levels from 3% to 72% of body weight with 12 levels calibrated
- 3" to 35" incline
- Free rolling glideboard
- Dynamic Unilateral/Bilateral arm pulley system
- Remote control handles
- Folding foot holder
- Motor and rocker switch
- LAT Bars
- Telescoping squat stand assembly
- Folds and stores

Power Tower®-Packages	Description
041492	PowerTower™-Clinical Package
041493	PowerTower™ Essential Package

### PowerTower

041489	Total Gym®-PowerTower
--------	-----------------------

### Sit to Stand Exerciser

- Designed to effortlessly duplicate a patient's sit and stand motion.
- Strengthens muscles, increases range of motion, provides greater stability for sitting, standing and transfers.
- Unit is adjustable to provide assistance based on body weight and allowing the therapist to maintain control of patient's stability level.

	Length	Width	Height
041002	28"	46"	42"



041002

Wheels are provided for easy mobility

## ACCESSIBLE FITNESS EQUIPMENT

### 881E Rehab Trainer

- An arm and leg ergometer that allows the user to perform exercise without the clinician's supervision.
- A control knob adjusts resistance and a graduated scale provides a readout in watts at a speed at 50 revolutions per minute.
- The clinician can document the user's effort by noting the power or work generated during the therapy session.
- Electronic meter shows pedal rpm, total pedal revolutions and time.
- Each pedal crank can be individually adjusted both horizontally and vertically to a measurable level, ensuring reproducible positioning.

Description			
040030	Monark 881E Rehab Trainer		
Adjustable Height Table	Length	Width	Height
040045	32"	30"	27" to 37"

### APT-1

- Active and passive training for upper and lower limbs.
- 5 levels of resistance for active exercise.
- 5 speeds (20-60 rpm) and load levels for passive exercise.
- Adjustable height and variable length for increased exercise options.
- Includes straight hand grips, foot plates, protection disks and stop switch.
- Available Accessories: High Leg Supports, Angled Hand Grips, Supportive Hand Grips, Hemi Glove, Pediatric Hemi Glove, Pediatric Foot Plates & Remote Control.

Portable Unit	Description
040007	APT-1
w/ Hi-Lo Stand	
040008	APT-1

### APT-5

- Complete upper and lower body training for all ages.
- Increases blood circulation, stamina, strength, range of motion, bladder control & muscle tone.
- Decreases atrophy, spasms and swelling.
- Active-only, passive-only or combined active-passive options.
- 10 levels of resistance for active exercise; 10 speeds and load levels for passive exercise.
- Includes straight hand grips, foot plates, protection disks and stop switch.
- Available accessories: High Leg Supports, Angled Hand Grips, Supportive Hand Grip, Hemi Glove, Pediatric Hemi Glove, Pediatric Foot Plates, Heart Rate Monitor Kit & Remote Control.

Portable Unit	Description
040017	APT-5
w/ Hi-Lo Stand	
040018	APT-5

### Colorado Cycle Upper Body Exercise

- Includes full-range resistance at the touch of a lever and digital display of pedal revolutions per minute, total pedal revolutions, distance, elapsed time and estimated calories.
- Comes with standard handgrips.
- Bi-Directional
- Other handgrip options available.

	Length	Width	Height
040040	28.25"	17"	17"

exercise  
equipment



**040030**  
Retractable casters and long handle make the unit easy to move.



**040045**  
Allows the Rehab Trainer to be used as an arm cycle by both able-bodied and wheelchair users.



**040007**  
Complete upper and lower body training for ALL ages.



**040017**  
Weighing only 22lbs, the APT-5 Portable can be used on the floor or on tabletops.



**040018**



**040040**  
Space-saving, cost-efficient cycle provides an excellent workout in the clinic or at home.



040790



040071

Free-wheeling cranking means user can stop at any time, with crank arms instantly following suit.



040041



041300

The industries most versatile upper ergometer can be used both seated and standing.

041307

## ACCESSIBLE FITNESS EQUIPMENT (CON'T)

### PhysioTrainer UBE

- Bi-Directional Resistance for rehabilitation and fitness applications
- Large Easy to Adjust Resistance Knob with 8 Loading Levels
- Whisper Quiet Electromagnetic Resistance - No Maintenance Required
- Commercial Grade High Impact Shroud Cover
- Industrial Poly V Belt Drive for Smooth and Dependable Pedaling
- Comfortable Multi-Purpose Handles with Adjustable Velcro Straps
- Compact Design, Easy to Handle and Store When Not Being Used

#### Description

040790 Bi-Directional Upper Body Ergometer

### Saratoga Cycle Upper Body Exerciser

- Improves aerobic fitness and exercise upper and lower extremities.
- Can be reverse-cranked without resistance.
- Includes easy-to reach resistance control with full-range resistance at the touch of a lever.
- Digital display of elapsed time, pedal rpm, total pedal revolutions, beeping pedal rate, calories and distance.
- Also includes a padded , adjustable forehead rest, hand-adjustable table clamp and thick, non-slip rubber pads.
- Comes with standard handgrips.
- Please select from one of the handgrip options below for specific needs.

#### Saratoga Description

040044 Upper Body Exerciser

#### adjustable height table

040041 Adjustable Height table for Saratoga & Colorado

#### Foot Pedals

040079 With Toe Loops

040080 With Adjustable Straps

#### Handgrips

040071 Quick Exchange, Standard

040072 Quick Exchange; Limited Grasp

040073 Quick Exchange; Adjustable Loop

040074 Quick Exchange; 2-Way Angled

040077 Quick Exchange; 3-Way Angled

040078 Grip Cuffs; One Pair



041689

Comes with Bariatric Seat



041308

Standing upper body ergometer is ideal for sports training and athletic conditioning. Encourages core recruitment and functional training movements.

## UPPER BODY EXERCISE EQUIPMENT

### SciFit PRO1-INT

- Step-through seating for ease of entry.
- Iso-Strength-safe, accommodating resistance training program.
- Wheelchair platform included, also used as standing platform.
- Adjustable arm cranks and bi-directional resistance for added versatility.
- Internal/external rotation device available (optional).
- Comes with Intelli-Fit Console.

#### Description

041300 Adjustable Cranks and Swivel Seat

041307 Adjustable Cranks and Fixed Seat

041689 with Adjustable Tilt Head Cranks and Bariatric/Fixed Height Seat

#### Sport

041308 Standing Upper Body - Adjustable Cranks



## SciFit IFI Pro1 Upper Body Exerciser

- Inclusive Fitness
- Contrasting colors and tactile keypad aids individuals with visual challenges.
- Removable seat for wheelchair access.
- Low start speed
- Minimal increments of increase in resistance levels.
- Comes with Intelli-Fit Console.

### Description

041302 SciFit IFI Pro1 Upper Body Exerciser-Inclusive Fitness

## SciFit PRO1000-INT

- Adjustable cranks for added versatility.
- Step-through seating for ease of entry.
- Oversized, swivel seat with height adjustment.
- Iso-Strength accommodating resistance program.
- Bi-directional resistance
- Comes with Intelli-Fit Console

### Description

040096 Adjustable Cranks and Adjustable/Swivel Seat  
 041690 with Bariatric/Fixed Height Seat  
 047475 Adjustable Cranks and Low Back/Fixed Height Seat

## SciFit PRO1000-INT Sport

- Iso-Strength-safe, non-intimidating resistance training program.
- Bi-directional resistance enables exercise of reciprocal muscles groups.
- Very Low Starting Resistance
- Comes with Intelli-fit Console
- 400 lbs weight capacity.

### Description

042070 Fixed Cranks and Low Back/Fixed Height Seat

## UBE 174

- ADA Compliant
- Accessible walk thru design
- Bi-directional moving arms for greater versatility
- Adjustable crank arms for user comfort and precise fit
- Human powered thus requiring no external power source
- heavy duty commercial use
- designed, fabricated and assembled entirely in USA
- 2 year mechanical warranty, lifetime frame warranty
- 500 lb user capacity

	Length	Width	Height
041597	67"	29"	59"-66"



**041302**  
Inclusive fitness



**040096**  
The industry's most versatile upper ergometer can be used both seated and standing. Swivel seat with therapist assist pedal for ease of adjustment.



**041690**  
With Bariatric fixed height seat



**047475**  
Features adjustable crank arms and height adjustable swivel seat. Step-through access for easy, safe entry. Crank arms reverse for rotary rowing motion.



**042070**  
Seated upper body ergometer is ideal for sports training, athletic conditioning and range of motion work.



**041597**  
Adjustments allow the Hoggan Sprint UBE to be used in seated, standing or overhead position.

exercise equipment

## UPPER BODY EXERCISE EQUIPMENT (CON'T)

### Fluid Seated UBE - E620

- Easy access "soft touch" comfortable bench-style seat.
- Easily adjust the power-assisted arm to your preferred workout height.
- Our 20 levels of patented adjustable Resistance assure you will start easily and never plateau.
- The monitor offers feedback to keep you informed and motivated, including time, speed, distance, calories, watts, RPM and HR.
- Operates in both forward and reverse directions.
- Built in transportation wheels for easy movement.
- Features a fixed crank arm configuration for exercise comfort and dependability.
- Compact and convenient footprint is 56"H x 24.5"W x 60.5"L

#### Description

040849 E-620 Fluid Seated UBE

### UBE521 Upper Body Ergometer by SportsArt

- Includes low starting resistance.
- Smooth belt-drive operation.
- Bi-directional rotation and resistance.
- Seat can be removed for wheelchair or standing users.
- Adjustments of head position, display angle, crank radius, and seat height make this UBE work well for every user.

#### Description

043262 UBE521M Upper Body Ergometer

### Fluid UBE E-920

- Offers 20 levels of variable resistance.
- New adjustable crank arms 5" to 10"
- Fully adjustable self-leveling handgrips optimum muscle utilization.
- Removable seat for wheelchair access.
- New adjustable seat height.
- New foot rest for added stability.
- New interactive performance monitor.
- ROHS manufacturing compliant.

#### Description

040036 Fluid Medical UBE

### Seated/Standing UBE

- Quiet belt drive with self-tensioning system for no maintenance.
- Cushioned highback seat is standard, Adjustable seat height is optional. (shown)
- No external power is required.
- Wheelchair platform standard.
- Adjustable crank arm standard. (not shown)
- 400 lb weight capacity.

#### Description

042421 Seated/Standing UBE with Adjustable Handles

exercise  
equipment



**040849**

Step-through design allows for easy in and out access. Great for rehab patients.



**043262**

Designed Specifically for Physical Therapy and Rehab.

**040084**  
Can be used in seated or standing position and operates in both forward and reverse directions.



**042421**

Easily removable seat for wheelchair accessibility.

## TOTAL BODY EXERCISE EQUIPMENT

### SciFit PRO2®-INT

- Total Body
- Bi-directional movement and resistance and iso-strength program.
- Step-through access for easy, safe entry.
- 400 lbs weight capacity.
- Comes with Intelli-Fit Console.

#### Description

040068	Adjustable Upper and Lower Cranks and Fixed Seat
041688	with Adjustable Head and Bariatric/Fixed Height Seat
047474	Adjustable Cranks and Adjustable/Swivel Seat

#### Sport

040069	Fixed Cranks and Seat
--------	-----------------------

### SciFit IFI Pro2 Total Body Exerciser

- Inclusive Fitness
- Contrasting colors and tactile keypad aids individuals with visual challenges.
- Removable seat for wheelchair access.
- Low start speed
- Minimal increments of increase in resistance levels.

#### Description

040067	SciFit IFI Pro2 Total Body Exerciser-Inclusive Fitness
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### Function C3™ by SciFit

- Function C3 provides compound movements such as Terminal Knee Extension, Compound Core Flexion, and Compound Trunk Extension.
- The compound movements along with Prehabilitation movements are performed on the solid steel base with patented Bio-Flex™ foot pads.
- Slow controlled movements provide a better quality of work at a lower resistance for safer exercise and better results.
- Reliable, durable resistance tubes are easily adjustable to provide 7 levels of resistance perfect for rehab and sports training environment.
- 47.4"L X 27.3"W X 86.2"H

#### Description

042109	Function C3™
--------	--------------

### Total Body Cycle

- Unique swinging pedal design assures perfect positioning.
- Quiet belt drive with self-tensioning system for no maintenance.
- No external power is required.
- Cushioned Highback seat is standard, Adjustable height seat optional. (shown)
- Adjustable Crank arm is standard. (not shown)
- 400 lb weight capacity.

#### Description

042419	Total Body Cycle with Adjustable Handles
042420	Total Body Cycle with Adjustable Handles & Adjustable Height Seat



**040068**

Compact and versatile, the upper and lower cranks are adjustable and removable.



**041688**

Comes with Bariatric seat



**047474**

Large, comfortable seat is easy to adjust, easy to swivel and easy to remove for wheelchair access.



**040069**

Versatile total body ergometer is ideal for sports training and athletic conditioning.



**042109**

The Function C3 provides 3 compound movements commonly used in rehabilitation, exercises and sports training.



**040067**

Inclusive fitness



**042419**

Easily removable seat for wheel chair accessibility.

exercise  
equipment

## UPRIGHT BIKES

### SciFit ISO1000-INT Bikes

- Bi-directional resistance.
- Lowest starting resistance in the industry.
- Comfortable seat with fore-aft adjustment.
- ISO-Strength accommodating resistance program.
- Comes with Intelli-Fit Console.

Step Through	Description
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040009	Forward Only
--------	--------------

### SciFit ISO7000-INT Bikes

- Comfortable seat has indexed height adjustment.
- Iso-strength program for safe and effective, isokinetic resistance training.
- 350 lbs weight capacity.
- Comes with Intelli-Fit Console.

Step Through	Description
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040010	Bi-Directional
--------	----------------

### SportsArt C521U Upright Bike

- Low stepover height for easy access.
- One touch ratcheting seatpost.
- Adjusts to three seat positions.
- Self generating power source.
- 400 lbs weight capacity.

	Length	Width	Height
040369	46"	22"	57"



040009

Step through access makes getting on and off safe and easy. Small increments of resistance provide safe and rapid progress.



040010

Quiet and compact, self-generating bike features starting wattage of 5 and no minimum pedal speed to begin, ideal for rehabilitation or deconditioned users.



040002

Fulfills all requirements for accurate cardiovascular and other physiological testing in clinics, hospitals and training institutions when using ECG recording system.



040001

Designed for heavy use, low maintenance, smooth pedaling and comfortable riding.



040369



040373

Seat adjustment for proper knee alignment while riding. Multi-position handrails provide a variety of grip options for all users.



040471

### SportsArt C532U Upright Bike

- Dot matrix display with Cardio Advisor for accurate heart rate feedback.
- Easy on/off access.
- Easy seat height adjustment.
- Seat adjustment for proper knee alignment while riding.

Description	
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040373	SportsArt C532U Upright Bike
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### LC 900 Upright Bike by True®

- Self-generating power for easy placement.
- User friendly console with True Heart Rate Control
- Fully adjustable seat with Durable Construction Form and Function

Description	
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040471	Light Commercial Upright Bike
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### Monark Ergonomic 828 E

- Features electronic display shows time, speed, distance and pedal rpm, large flywheel and pendulum scale.
- Includes meter showing resistance in Kilopounds or Newtons and power in watts at 50 and 60 rpm.
- Conversion table provided to calculate power in watts at various RPMs and resistance.
- Separate meter shows adjustable resistance and brake power for the user's comfort.

	Length	Width	Height
040002	44"	21"	35"-44.5"

### Cardio Care 827 E Cycle by Monark

- Rugged, torsion-free steel construction, easy-to-view control panel displays electronic readouts of time, speed, pedal rpm and distance and fully enclosed flywheel.

	Length	Width	Height
040001	44"	21"	31.5"-44"

## AIR RESISTANCE EXERCISE EQUIPMENT

### Airdyne® Bike

- Fanwheel cools user during exercise.
- Computer provides feedback on time, distance, workload level, calories, calories/hour and rpms.
- Foot pegs allow for upper body only exercise.

	Length	Width	Height
040200	50"	22.5"	48"

## RECUMBENT BIKES

### SciFit ISO1000-INT Bikes

- Bi-directional Resistance (ISO7000R.)
- Lowest starting resistance in the industry.
- Oversized, swivel seat with height adjustment.
- Ideal for joint replacement rehabilitation.
- Comes with Intelli-Fit Console

Step Through	Description
040020	Forward Only-Tall Back/Fixed Height Seat
040022	Forward Only-Tall Back/Adjustable Height Swivel Seat

### SciFit ISO7000-INT Bikes

- Bi-directional resistance.
- 200 Levels of computer controlled resistance.
- Lowest starting resistance in the industry.
- Isokinetic and constant work programs.
- Comes with Intelli-Fit Console.

	Description
040023	Bi-Directional-Tall Back/Adjustable Swivel Seat

Step Through	Description
040021	Bi-Directional-Tall Back/Fixed Height Seat

### SciFit IFI Recumbent Bike

- Inclusive Fitness
- Bi-Directional Resistance
- Contrasting colors and tactile keypad aids individuals with visual challenges.
- Adjustable step thru seat.

	Description
040024	SciFit IFI Recumbent Bike-Inclusive Fitness

### C521M Recumbent Bike by SportsArt

- Includes the combination of bi-directional pedal rotation and resistance, plus bi-directional free spin function.
- Includes Adjustable Pedal Crank and tilt up side-arms for easy access.
- Low start up resistance makes it easy for deconditioned users to exercise safely.
- Adjustable crank offers range of motion limits of five, six or seven inches, making it ideal fit for knee and hip rehab patients.
- Step-through design provides comfortable, easy access for all users.
- Quick and easy pedal straps keep the foot securely in place.

	Description
043261	C521M Recumbent Bike



**040200**  
Unique self-generating air resistance - the harder you pedal, the greater the resistance.



**040020**  
Step through access makes getting on and off the bike safe and easy. Comfortable tall back seat features side handgrips to provide increased user stability. Small increments of resistance insures safe and rapid progress.



**040023**  
Step through entry with tall back seat swivel seat. The seat swivels for ease of entry and is height adjustable. Ideal for joint replacement rehabilitation. Step through access makes getting on and off the bike safe and easy and has tall back fixed height seat.



**040024**  
Inclusive fitness



**043261**  
Designed Specifically for Physical Therapy and Rehab.

## RECUMBENT BIKES (CON'T)

### C521R Recumbent Bike by SportsArt

- Unique Step through design allows easy access.
- Adjustable seat pad for customizable comfort.
- Easy one touch adjustable mesh seatback.
- Lumbar pouch allows for hot or cold packs and supports lower back.

#### Description

040370 C521R Recumbent Bike

### C532R Recumbent Bike by SportsArt

- Infra-red remote control
- Dot matrix display with CardioAdvisor for accurate heart rate feedback.
- Easy one-touch adjustable mesh seatback
- Adjustable seat pad
- Unique step through design allows easy access
- Lumbar pouch allows for hot or cold pack

#### Description

040372 C532R Recumbent Bike

### SportsArt XT20 Cross Trainer

- Step through frame design.
- Dual action motion.
- Independent upper arms, not dependent on pedal action.
- Cordless power supply.
- Reclining seat back.
- 500 lbs weight capacity.

	Length	Width	Height
040720	72"	32"	47"

### LC900 Recumbent Bike by True®

- Walk-through design
- True heart rate design that includes one touch HRC Cruise Control™
- Adjustable reclining seat.
- 15" touch screen with advanced iPod®

#### Description

042298 Light commercial recumbent bike

### Fluid Cycle E-720 X-Trainer

- Combines a recumbent bike and a seated and standing upper-body ergometer to isolate and work virtually every muscle and joint in both forward and reverse direction.
- Offers 20 levels of variable resistance.
- New Swivel Seat for easy access.
- Dual Pedal/Hand Grip (patient applied)
- New Interactive Performance Monitor
- Heart Rate Reception Built-in
- ROHS Manufacturing Compliant

#### Description

040085 Fluid Cycle XT



**040370**

Dot matrix display with Cardio Advisor for accurate heart rate feedback



**040372**

Step through design allows easy access



**040720**

Provides (5) programs (automatic heart rate training, aerobic power measurement, iso-power training, hill profiles and manual training) and (6) different readouts (pulse rate, pedal cadence, time, calories, wattage and resistance level.)



**042298**

LC900 walk-through recumbent bike is built on a custom designed, racetrack-inspired steel frame.



**040085**

Changes function from recumbent cycling to UBE in seconds with a simple 360 degree rotation of the counterbalanced crank arm.

# Motion1



041322

Smoothest seated stepper movement in the industry features an extremely low rate of perceived exertion.



041721

SXT7000e sturdy step and handrails make getting on the elliptical safe and effortless. #041321 The only Elliptical in the world designed for medical use. #41721



042393



040445



040446



040447

MyFlex pedal cushioning system adjusts automatically based on user weight and never loses resiliency. Transport wheel makes moving easy.

## ELLIPTICAL TRAINERS

### SciFit REX™

- Optimized blend of upper and lower body exercise.
- Bi-directional movement for reciprocal muscle recruitment.
- Oversized, rubber footbeds for added safety and comfort.
- Dual position handles allow users to change muscle groups.
- 450 lbs weight capacity.

#### Description

041322 Total Body Recumbent Elliptical-Fixed Seat

#### Option

041323 Total Body Recumbent Elliptical with swivel seat

### SciFit SXT7000-INT Elliptical

- The bio-Flex™ articulating footbeds closely matches the user's natural gait pattern.
- Features an upper body component allowing for a total body workout.
- "Easy Entry Package," ideal for individuals with flexibility or balance issues.
- Programs: manual, heart rate control and constant work, iso-strength, random and six hill profiles.
- Bi-directional movement for reciprocal muscle recruitment.
- Oversized, rubber footbeds for added safety and comfort.
- Bio-mechanics ensure ideal posture.

#### Description

041321 Total Body with Easy Entry Package

041721 Total Body with Tele-Rail® and Bio-Flex™

### CS800- Elliptical by True®

- CS elliptical offers variable Mix3 programming
- Core Drive™ makes use easier and more comfortable by centering the user over the crank for a smoother and more stable ride
- Provides side steps and handrails for safe and simple entry and exit
- Commercial Elliptical

#### Description

042393 CS800 Elliptical

### E822 Elliptical by SportsArt

- Electronically adjustable stride length from 17"-26"
- Breakthrough programming such as Glute Trainer, Vari-Stride, Heart Rate Zone Trainer and Personal CardioAdvisor™
- 4 hours/day

#### Description

040445 E822 Elliptical Trainer

### E825 Elliptical by SportsArt

- Electronically adjustable stride length from 17"-26"
- Breakthrough programming such as Glute Trainer, Vari-Stride, Heart Rate Zone Trainer and Personal CardioAdvisor™
- 4 hours/day
- Fingertip controls for stride & resistance.

#### Description

040446 E825 Elliptical Trainer

### E830 Elliptical by SportsArt

- Industry leading electronically adjustable stride range between 17"-29"
- Breakthrough programming such as Glute Trainer, Vari-Stride, Heart Rate Zone Trainer and Personal CardioAdvisor™
- 6 hours/day
- 450 lb user rating.

#### Description

040447 E830 Elliptical Trainer

exercise  
equipment

## ELLIPTICAL TRAINERS (CON'T)

### LC 900-E2W Elliptical by True®

- Compact design to maximize space
- Core Drive™ and front drive machine
- Provides an effective, low-impact workout
- Light commercial use

#### Description

042394 LC900 Elliptical

### PS 100 Elliptical Trainer by True®

- User friendly interaction with True Heart Rate Control and HRC Cruise Control.

	Length	Width	Height
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040476	79"	31.5"	71"
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### Nautilus E916

- Cordless operation lets you easily place the machine exactly where you want it.
- The industrial grade poly-V belt drive provides nearly silent operation and maintenance-free performance.
- Remote Operation Control (ROC)™ technology is built into the arm handles so users can start and change their intensity levels without moving their hands.

#### Description

042392 Nautilus E916

### PhysioStep MDX

- Gives you an easy and effective low-impact total body cardio workout and combines a stable and stress free recumbent sitting position, with the smooth and natural feeling of an elliptical.
- Features a large, oversized comfortable swivel seat that adjusts easily and rotates 90 degrees making this unit the most accessible for people with low mobility.
- Other features include a low profile walk-through design and ergo-grip handles to work your arm and core muscles.
- The fully adjustable arms, seat, and seat back accommodate a wide range of users.
- uses AC Power to assist de-conditioned users and will automatically shut off after 15 minutes of inactivity.
- The oversized large LCD display provides all your workout information in a clear and easy to read format.

#### Description

040789 Recumbent Elliptical Cross Trainer with Oversized Swivel Seat

### PhysioStep RXT

- Provides a stress-free, effective and low-impact total body workout while allowing you to be in a comfortable recumbent sitting position.
- Has an innovative elliptical stride that is incredibly smooth and easy on your joints.
- The ergo-grip handles and legs are dependent so you can power yourself while working your arms, legs and core muscle groups.
- Features fully adjustable arms, seat, and seat back with a low clearance walk-through design to accommodate a wide range of users.
- Self-powered so it does not need to be plugged in.
- The oversized large LCD display provides all your workout information in a clear and easy to read format.

#### Description

040788 Recumbent Elliptical Cross Trainer



042394

Smaller footprint allows you to place in tight spaces. Comes with patented Core Drive™ system.



040476

True Fitness PS100 Elliptical is self generating and is safely entered from the back so only a rear aisle is needed to access machine



042392



040788 & 040789



## CLUB SERIES ELLIPTICAL

### Landice Elliptimill-E950

- Adjustable stride length 17" - 23"
- Orthopedic "gel" foot pedal inserts
- Rear step reduces step up height to 6"
- 2" pedal spacing
- 11" diameter flywheel
- 11 gauge heavy duty construction.
- 500 lb. User weight capacity
- Center mounted contact heart rate bars
- 5 built-in programs with variable time and 20 effort levels

#### Description

040012	E950 Executive Training Elliptical
040014	E950 Pro Trainer Elliptical
040013	E950 Cardio Trainer Elliptical

## STEPPERS

### SciFit RST7002-INT

- Use lower body, upper body or total body.
- Step-through seating for ease of entry.
- User defined stride length for added versatility.
- Range limiters and footstraps available (Optional)
- Oversized Bariatric Fixed Seat
- comes with intelli-fit console.
- 450 lbs weight capacity.

#### Description

042073	Total Body Exerciser with Bariatric Fixed Seat
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040013



042073

Step through access makes getting on and off safe and easy. User defined stride length is ideal for joint replacement rehabilitation.

### SciFit Total Body Recumbent Stepper

- Use lower body, upper body or total body.
- Step-through seating for ease of entry.
- User defined stride length for added versatility.
- Range limiters and footstraps available (optional.)
- comes with Intelli-Fit Console

#### Description

041342	Total Body Exerciser with Tall Back/Fixed Height Seat
041343	Total Body Exerciser with Swivel Seat

### NuStep TRS 4000

- Ergonomically designed to accommodate nearly every body type and size.
- Does not put stress on the joints including hips, knees and shoulders.

#### Description

040064	NuStep TRS 4000
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### 7100 Stair Climber by SportsArt

- Dot-Matrix display with multiple program options
- Self-leveling non-skid foot pedals
- Cordless, self-powered design
- 500 lb Weight Capacity
- 14" Step Range

#### Description

040152	7100 Stair Climber
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041342

The RST7000 features a comfortable, adjustable seat and dual position handrails. Step through access provides safe, easy entry for all users.



041343

Step through access makes getting on and off safe and easy. User defined stride length is ideal for joint replacement rehabilitation.



040064

Smooth full range of motion, the TRS 4000 provides simultaneous upper and lower body conditioning for muscles and cardiovascular system.



040152

Commercial quality, cordless fully featured stair climber.



042427

042428

The PneuWeight™ Unweighting System allows patients to perform therapeutic activities in an upright, functional position without altering gait patterns in a safe and secure environment for both client and practitioner.



040119



042075

Full featured commercial treadmill with slow starting speed is ideal for rehabilitation and cardiac rehab applications.



042076

Shown with medical handrails.



042429

Our patented medical PneuVest™ is designed to comfortably support the patient during unweighting. Each vest also includes a buttock strap, leg straps, and cuffs designed to alter and improve hip and gait problems.

## UNWEIGHTING SYSTEM

### Pneuweight™

- Unique cantilevered design for unobstructed access.
- The largest range of unweighting in the industry: 0 to 300 lbs.
- 30" vertical oscillation - offering Balance and Exercise modes, as well as a drop-stop.
- 360 degree rotation allows multi-planar exercise.
- Patented vest with adjustability for posture and gait.

#### Description

042427	Single; 7'11"-8'8" H, 4'2" W
042428	Double; 7'11"-8'8" H, 6'4" W

### Pneuvest™

- Unweighting Harness
- Support for full range of unweighted activities.
- Easy to get in and out of, comfortable to wear.
- Unisex design adjusts to fit all body types.
- Design allows for normal diaphragm and rib interaction.
- Strapping options allow for gait correction.
- Sport and abilities 3-in-1 vest also available.

#### Description

042429	Small; 28" to 34" (Waist Size)
042430	Medium; 34" to 44" (Waist Size)
042431	Large; 44" to 55" (Waist Size)

## TREADMILLS

### Landice Clinical Rehabilitation Treadmill

- Perfect for rehab— 0.1 mph starting speed, 0.1 to 7 mph, and 0° to 15° incline.
- 3 HP continuous-drive duty motor.
- Four-Ply Belt Construction
- VFX Shock Absorption System
- High Strength Aluminum Alloy Construction
- Foot Plant Monitoring System
- Heavy Duty Elevation Motor

#### Description

040119	L880 RTM Treadmill; 22" x 63" Deck
040126	L780 RTM Treadmill; 20" x 58" Deck

#### options

040143	220 VAC, 60Hz, 15A Power for Clinical Rehab
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#### Options

040401	AccuTrack Heart Rate Monitoring System
040402	Orthopedic Shock Absorption System
040412	Landice Vision System and TV Tuner
040418	Hospital Isolation Leakage Transformer
040419	Remote Stop-Start Switch
040427	Reversing Belt

### SciFit AC5000-INT

- .3-12 MPH speed range.
- Side handrail switches for speed and elevation.
- Generous 22" x 62" walking surface.
- Comes with Intelli-Fit Console
- 450 lbs weight capacity.

#### Description

042075	Treadmill handrail switches.
--------	------------------------------

### SciFit AC5000M-INT

- Super slow .1 MPH starting speed.
- -3% decline to 12% elevation
- Reverse belt speed to 4MPH
- Side Handrail switches for speed and elevation.
- Generous 22" x 62" walking surface.
- Optional medical handrails available.
- Comes with Intelli-Fit Console.
- 450 lbs weight capacity.

#### Description

042076	Treadmill reverse and decline
--------	-------------------------------

## SciFit Treadmill Accessories

- Full medical handrails are bio-mechanically angled for increased safety and ease of entry.

### Description

042072 Medical Handrails

## T611 Treadmill by SportsArt

- Easy to use tilt & go transport wheels
- Heart rate telemetry with CardioAdvisor™ and ZoneTrainer™
- 4hrs./day
- Touch-N-Go™ programs
- Medical handrails optional.

### Description

041628 Spacious 20" x 58" running surface

## T621 Treadmill by SportsArt

- 1/10 mph starting speed.
- FlowTech™ cooling filtering.
- Program menus include numerous preset choices, fitness tests, HR interactive options.
- Light commercial duty.
- Multiple user amenities.
- Medical handrails optional.
- 450 lbs weight capacity.

	Length	Width	Height
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041629	83"	34"	56"
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## T631 Treadmill by SportsArt

- 1/10 mph starting speed.
- FlowTech™ cooling filtering.
- Program menus include numerous preset choices, fitness tests, HR interactive options.
- Moderate duty rating.
- Available with or without full medical rails.
- 450 lbs weight capacity.

	Length	Width	Height
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041630	86"	33"	56"
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## T652M Treadmill by SportsArt

- Reverse speed up to 3mph

### Description

041631 T650M Treadmill 86"L x 39"W x 56" H

## T670E Treadmill by SportsArt

- 1/10 mph starting speed.
- FlowTech™ cooling filtering.
- Program menus include numerous preset choices, fitness tests, HR interactive options.
- Heavy duty commercial grade treadmill.
- Driven by energy efficient AC brushless motor and IntelliDrive™ speed control.
- 500 lbs weight capacity.

	Length	Width	Height
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041632	83"	39"	55"
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041628

ActivZone™ Icon illustrates which muscle groups are being activated throughout the workout



041629



041630



041631

State-of-the-art ECO-POWR™ motor uses 32% less power than traditional motors without compromising power. Incline range of 3% to 15%; speed range of 3 mph reverse to 12 mph in 1/10 mph increments



041632



042297

This performance-driven machine is powered by heavy-duty Endura-Drive AC™ motor.



040480

## LC1100 Treadmill by True®

- True heart rate design that includes one touch HRC Cruise Control™
- True's patented Soft System™
- Built on a welded steel frame that carries a lifetime warranty
- 15" touch screen with advanced iPod®

### Description

042297 Light commercial treadmill

## PS 100 Treadmill by True®

- Cushioned impact; simplicity and durability.
- User friendly interaction with hear Rate Control.

	Length	Width	Height
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040480	82"	31.5'	56"
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## LTD SERIES TREADMILLS

### Landice L780 LTD Series Treadmill

- Light Commercial less than five hours per day
- Feature the high-tech entertainment console
- Modern look with great new features that include a fan and powerful 100-db stereo speaker system
- Designed to connect to both iPods and MP3 players
- 20" x 58" four-ply treadmill
- 4-HP continuous duty motor
- 0.5 to 11.0 mph speed range
- 400lb user capacity
- 15% grade electric elevation 1" thick reversible deck
- Darker richer Titanium frame
- 5 built in programs with variable time, speed and elevation
- Light commercial treadmill
- 120 VAC, 60 Hz, 15A.
- 5 year/5,000 hour parts and 1 year labor

#### Description

040107	With Pro Sports Trainer Control Panel
040122	With Cardio Trainer Control Panel
040442	With Pro Trainer Control Panel
049055	With Executive Control Panel

### Landice L880 LTD Series Treadmill

- Light commercial less than five hours per day
- Features the high-tech entertainment console
- Includes a fan and powerful 100-db stereo speaker system
- Designed to connect to both iPods and MP3 players
- Features 22" x 63" four-ply treadmill, 3.5" diameter, 22-pound steel rollers and reading/accessory rack.
- 5 built in programs with variable time, speed and elevation
- 120 VAC, 60 Hz, 15A
- 5 year/5,000 hour parts and 1 year labor
- 500lb capacity
- 4HP drive motor

#### Description

040115	With Pro Sports Trainer Control Panel
040123	With Cardio Trainer Control Panel
040441	With Pro Trainer Control Panel
049054	With Executive Control Panel



040442



040122



040123



040443



040444

## CLUB SERIES TREADMILLS

### Landice L780 Club Series Treadmill

- Usage is greater than 5 hours per day
- Features the high-tech entertainment console
- Modern look including a fan and a powerful 100-db stereo speaker system
- Designed to connect to both iPods and MP3 players
- 20" x 58" four-ply treadmill, 2.5" diameter, 14-pound steel rollers, 15% grade electric elevation and reading/accessory rack.
- 220 VAC, 60Hz, 15A./110V optional
- 4 HP drive motor
- 400 lb capacity
- Titanium finish
- 5 year parts/1 year labor

#### Description

040109	With Pro Sports Trainer Control Panel
040124	With Cardio Trainer Control Panel
040443	With Pro Trainer Control Panel
049057	With Executive Control Panel

### Landice L980 Club Series Treadmill

- Usage is greater than 5 hours per day
- Features the high-tech entertainment console
- Modern look including a fan and a powerful 100-db stereo speaker system.
- Designed to connect to both the iPods and MP3 players
- Features 22" x 63" four-ply treadmill, 3.5" diameter, 22-pound steel rollers, 15% grade electric elevation and reading/accessory rack. 220 VAC, 60 Hz, 15A./110V optional.
- 4 HP drive motor
- 500 lb weight capacity
- Titanium finish
- 5 year parts/1 year labor

#### Description

040117	With Pro Sports Trainer Control Panel
040125	With Cardio Trainer Control Panel
040444	With Pro Trainer Control Panel
049058	With Executive Control Panel

### Landice Treadmill Accessories

#### Description

040102	Parallel Medical Rails
040104	AccuTrack Heart Rate Monitoring System
040105	Isolation Leakage Kit (>300 micro-amp)
040428	Cardio Theater/Broadcast Vision Power Jack

## ROWERS

### Fluid Rower - E316

- Size 75"x22.
- 16 levels of patented variable fluid resistance.
- Direct Drive System.
- Dyneema® Cable - no chains, no lubrication.
- Instant one-touch foot size adjustment.
- Concealed Roller Design.
- Office chair seat height for ease of entry and exit.

#### Description

040848 E-316 Fluid Rower



**040848**

The compact E-316 Fluid Rower delivers the closest thing to real, on-water rowing.

## SPORTSART FITNESS EQUIPMENT

### Abdominal Crunch

- Unique design effectively isolates abdominal muscles for maximum training benefits.

	Length	Width	Height
040736	44"	53"	70"

### Back Extension

- Upper pad adjusts to fit any torso size.

	Length	Width	Height
040735	59"	49"	70"

### Cable Tower

- Dual pulley system for smooth operation.
- 2:1 pulley ratio.

	Length	Width	Height
040746	42"	34"	83"

### Horizontal Leg Press

- Adjustments for pre-stretch, back angle and shoulder pad height.
- Fully reclining; acts as hipsled.

	Length	Width	Height
040745	87"	59"	77"

### Independent Lat Pull Down

- Gas assisted seat adjustment.

	Length	Width	Height
040725	51"	44"	84"

### Independent Mid Row

- Gas assisted seat adjustment.
- Independent resistance arms for equal muscle training.

	Length	Width	Height
040797	57"	39"	72"



**040736**

Comfortable padded seat supports back.



**040735**

Leans torso forward, thus attaining increased contraction in the triceps.



**040746**

Easily adjustable for multiple exercise options.



**040745**

Multiple adjustments for maximum comfort and versatility.



**040725**

Thickly padded foam thigh pads for added security.



**040797**

Adjustable chest pad to fit users of different shapes and sizes.

exercise  
equipment

## SPORTSART FITNESS EQUIPMENT (CON'T)

### Leg Extension

- Gas assisted seat back allows proper alignment of pivot point.

	Length	Width	Height
040732	63"	51"	70"

### Prone Leg Curl

- Angled pads minimize low back stress.

	Length	Width	Height
040742	79"	51"	70"

### Rotary Torso

- Gas assisted seat adjustment.

	Length	Width	Height
040737	60"	53"	77"

### Total Hip

- Multiple adjustments for maximum comfort and versatility.

	Length	Width	Height
040743	64"	48"	77"



**040732**

ROM, range limiter and tibia pad adjustments can all be reached from seated position.



**040742**

Pad adjusts to fit all users.



**040737**

Convenient and comfortable handle placement.



**040743**



**040158**

Ajustable Positions to accommodate all users to ensure correct biomechanical function. Adjustments made with heavy duty spring loaded pull pin knobs.



**042465**

Weight Stack - 224 lbs.



**042462**

Weight Stack - 350 lbs.

## SINGLE FUNCTION WEIGHT UNITS

### Horizontal Leg Press

- Weight stacks are adjusted with tethered, magnetic selector pins that extend through the entire weight stack
- weight stack plates are solid steel machines precisely to correct weight
- Cams are computer designed and laser cut to exact shape to allow proper variable resistance throughout the exercises complete range of motion

#### Description

040158 Rehab Training 80"H X 40"W X 82"L

### Medical Leg Extension

- Range of motion adjustable starting point
- Leg roller pad is adjustable in length
- 2 Four pound drop down plates to increase resistance in small increments
- Optional: Range of motion adjustable stop
- 42"W x 47"D x 70"H

#### Description

042465 6001M Leg Extension

### Medical Leg Press

- Large double angled foot platform
- Handle provided for ease of transfer
- Oversized seat pad - pad is 20" of the ground
- Backrest adjusts into eight positions - two supine, six seated
- Shoulder pads stabilize user in prone position
- Resistance can be increased in 5 pound increments
- 46"W x 70"D x 69"H

#### Description

042462 2003M - Medical Leg Press

## Multi Hip

- Multi-Hip with Range of Motion
- Stability bars with rubber comfort handgrips
- 300 lb weight stack

### Description

040157 Rehab Training 66"H X 48"W X 62"L

## PPS-237 Multi-Hip Flexor by TuffStuff

- Gas assist platform elevation adjustment
- Multiple start positions and counter-balanced pivot arm with fully adjustable roller pad to accommodate user heights.
- Dual handrails provide balance and support.
- 220 lbs. steel weight with add-on weight system
- Proformance Plus Series

	Length	Width	Height
042515	59"	52"	58"

## DUAL FUNCTION WEIGHT UNITS

### Apollo Single Station Leg Ext/Curl by TuffStuff

- 6-position adjustable leg hold-down accommodates various size users.
- Multi position back pad and biomechanical seat angle provide maximum ergonomic support.
- Custom cam design ensures proper strength curve through entire range of motion.
- Features high density commercial padding and naugahyde two-tone double-stitched upholstery.
- 200 lbs. Steel Weight Stack

	Length	Width	Height
042521	63"	59"	76"

### Apollo Single Station Leg Press by TuffStuff

- Custom convex footplate provides neutral ankle and knee alignment during exercise.
- Adjustable 6-position ergonomic seat and back pad for easy access and egress from exercise station.
- Heavy weight commercial seat carriage utilizes 2" polyurethane rollers for smooth and precise motion.
- Dual 2" diameter hard chrome seat rails ensure solid reliable performance.
- 200 lbs. steel weight stack with custom 2:1 ratio provides 400 lbs. of weight resistance.

	Length	Width	Height
042522	73"	58"	76"

### Apollo Single Station Multi Press by TuffStuff

- Unit can accommodate a variety of exercises from the combined multi-press/row station, lat pulldown station, mid-pulley and low pulley positions.
- 8-position adjustable press bar.
- Adjustable back pad for custom range of motion settings and ratchet-style adjustable seat pad.
- 360-degree swivel, multi directional low pulley station.
- 200 lbs. Steel Weight Stack

	Length	Width	Height
042524	56"	49"	84"



040157

Multi-Hip with counter balanced range of motion for versatility on each exercise. Enlarged Stainless Steel non skid platform to accommodate all users during every exercise.



040742

Pad adjusts to fit all users.



042521



042522



042524

Shown with AP-70RP Rear Post to make a Free Standing unit.



042523

### Apollo Single Station High Low Pulley by TuffStuff

- Multi-purpose High/Low pulley station offers virtually unlimited cable exercise potential.
- Counter-balanced roller style pulley carriage offers single hand adjustability.
- Dual handle pulley carriage allows bilateral and unilateral exercises.
- 200 lbs. Steel Weight Stack.

	Length	Width	Height
042523	40"	37"	84"

exercise equipment



042520



042512



042513



042466  
Weight Stack - 265 lbs.



042463  
Weight Stack - 212 lbs.



040196  
Lifetime warranty on the frame; 1 year on the upholstery; 5 years on the parts.

## DUAL FUNCTION WEIGHT UNITS (CON'T)

### PPD-801 Multi-Press by TuffStuff

- Multi-purpose bench and press bar easily adjusts for flat, incline and shoulder presses.
- Multiple grip handles on the press arm allow for variation of exercises and muscle isolation.
- Roller-glide carriage allows easy bench adjustment
- 220 lbs. steel weight stack add-on weight system
- Performance Plus Series

	Length	Width	Height
042520	77"	55"	57"

### PPD-806 Leg Extension/Curl by TuffStuff

- Biomechanically correct seat angle provides proper support and isolation of muscle group
- Gas assist back support easily adjusts for proper positioning and knee alignment
- Quick release to engage and disengage thigh hold-down support
- 220 lbs. steel weight stack with add-on weight system
- Performance Plus Series

	Length	Width	Height
042512	55"	43"	57"

### PPD-830 Leg Press/Hack Squat by TuffStuff

- Large aluminum foot plates for exercise variation.
- Dual self-aligning 1-1 1/2" linear bearing system
- Back support adjusts to upright or flat for either seated or horizontal positioning.
- Control lever for multiple start positions.
- 400 lbs. steel weight stack (optional 500 lbs.)
- Performance Plus Series

	Length	Width	Height
042513	84"	50"	76"

### Leg Extension/Seated Leg Curl

- Unique patented adjustable seat places user in perfect biomechanical position for both exercises
- Back pad adjusts from seated position
- Adjustable range of motion for both exercises
- Supplemental weight stack fine tunes resistance in 5 pound increments
- 39"W x 55"D x 62"H

	Description
042466	2040 Leg Extension/Seated Leg Curl

### Medical Leg Extension/Seated Leg Curl

- Range of motion adjustable starting point
- Leg roller pad is adjustable in length
- 2 Four pound drop down plates to increase resistance in small increments
- Optional: Range of motion adjustable stop
- 47"W x 58"D x 70"H

	Description
042463	6240M Medical Leg Extension/Seated Leg Curl

### Seated Leg Extension/Leg Curl

- Lower limb adjustment w/numerical indexing, 1-5
- Start range limitation with num verical indexing, 1-6
- Six position seat back adjustment
- Custom mad rubber hand grips and feet
- Form fitted weight stack shields
- 5 lb add on weight stack system
- 250 lb weight stack

	Height	Width	Length
040196	69"	45"	62"L



## HUR® REHAB LINE COMPRESSED AIR TECHNOLOGY

### Abdomen/Back Rehab 5310

- Designed to implement rehabilitation and physical therapy programs
- Based on the extremely smooth pneumatic strength air-resistance technology
- Patients allowed to start rehab earlier by reducing stress on joints and connective tissue

	Length	Width	Height
041575	33"	35"	47"

### Adduction/Abduction Rehab 5520

- designed to implement rehabilitation and physical therapy programs
- based on the extremely smooth pneumatic strength air-resistance technology
- patients allowed to start rehab earlier by reducing stress on joints and connective tissue

	Length	Width	Height
041573	35"	47"	51"

### Leg Extension/Curl Rehab 5530

	Length	Width	Height
041572	33"	45"	55"

### Leg Press Incline Rehab 5545

Options	Description
045661	Leg Press Incline

### Leg Press Rehab 5540

- designed to implement rehabilitation and physical therapy programs
- based on the extremely smooth pneumatic strength air-resistance technology
- patients allowed to start rehab earlier by reducing stress on joints and connective tissue

	Length	Width	Height
041571	33"	57"	53"

### Push-Up/Pull Down Down Rehab 5120

	Length	Width	Height
041576	43"	47"	55"

### Rotary Torso Rehab 5330

	Length	Width	Height
041574	31"	37"	47"



**041575**  
Includes range limiters, adjustable seat, adjustable seat position, adjustable lever arms, and isometric testing.



**041573**  
Includes Dual Function, range limiters, easy access handgrips and isometric testing.



**041572**  
Includes Dual Function, range limiters, adjustable lever arms, easy access handgrips, adjustable back support and isometric testing.



**045661**  
Includes Lock mechanism, adjustable foot plate, electrically adjustable back support and shoulder rollers, isometric testing attachment.



**041571**  
Includes lock mechanism, easy access handgrips, adjustable back support and isometric testing.



**041576**  
Includes Dual Function, range limiters, adjustable seat, belt, isometric testing.



**041574**  
Includes range limiters, adjustable start position, adjustable back support, easy access handgrips and isometric testing.

exercise  
equipment

## HUR™ EASY ACCESS LINE COMPRESSED AIR TECHNOLOGY

- Inclusive fitness & wheelchair exercise equipment
- Wide Design allows easy access to be used by obese
- Designed with removable seats that enables the integration of disabled people into mainstream wellness centers.

### Biceps/Triceps

#### Computerized SmartCard Line

	Length	Width	Height
042481	47"	46"	39"

### Biceps/Triceps Easy Access 9110

	Length	Width	Height
040621	47"	46"	39"

### Chest Press

#### Computerized SmartCard Line

	Length	Width	Height
042482	49"	43"	41"

### Chest Press 9140

	Length	Width	Height
040623	49"	43"	41"

### Dip/Shrug

#### Computerized SmartCard Line

	Length	Width	Height
042483	43"	39"	41"

### Dip/Shrug 9125

	Length	Width	Height
040625	43"	39"	41"

### Easy Access Chair 9050

	Length	Width	Height
040629	20"	17"	30"

### Lat Pull

#### Computerized SmartCard Line

	Length	Width	Height
042484	43"	41"	39"

### Lat Pull 9150

	Length	Width	Height
040624	43"	41"	39"



**040621**

Includes Dual Function joystick, large mushroom buttons.



**040623**

Includes large mushroom buttons, duplicate hand grips, lock mechanisms.



**040625**

Includes Dual Function joystick, range limiters, large mushroom buttons, horizontally adjustable lever arms, safety belt and base plate.



**040629**

Adjustable chair for use with HUR Easy Access Line of Equipment



**040624**

Includes large mushroom buttons, duplicate hand grips, and lock mechanism.

## Optimal Rhomboid

### Computerized SmartCard Line

	Length	Width	Height
042485	38"	40"	46"

## Optimal Rhomb 3175

	Length	Width	Height
040628	38"	40"	46"

## Functional Trainer/Pulley

### Computerized SmartCard Line

	Length	Width	Height
042480	62"	54"	88"

## Pulley System 3100

	Length	Width	Height
040630	62"	54"	88"

## Push-Up/Pull Down Down

### Computerized SmartCard Line

	Length	Width	Height
042486	46"	51"	53"

## Push-Up/Pull Down 9120

	Length	Width	Height
040622	46"	51"	53"



**040628**

Includes large mushroom buttons, release function, multi-grip handles, adjustable chest support.



**040630**

For wide variety of upper, mid and lower body exercises. Adjustable height cable column, dual handles, adjustable support handles.

**040622**

Includes Dual Function joystick, range limiters, large mushroom buttons, safety belt, and baseplate.

## HUR® MAIN LINE & COMPUTERIZED COMPRESSED AIR TECHNOLOGY

- Air-Resistance Strength Exercise Equipment
- Dual Function, Stylish, ergonomic Scandinavian design
- Easy to use and practically maintenance free
- Smart Card offers users a personalized workout and encourages independent exercise by providing motivational help and feedback

## Abdomen/Back

### Computerized SmartCard Line

	Length	Width	Height
042468	35"	31"	45"

## Abdomen/Back 3310

	Length	Width	Height
045653	35"	31"	45"

### Options Description

045660	Adjustable Lever Arm
--------	----------------------

## Adduction/Abduction

### Computerized SmartCard Line

	Length	Width	Height
042469	33"	46"	50"

## Adduction/Abduction 3520

	Length	Width	Height
045656	33"	46"	50"

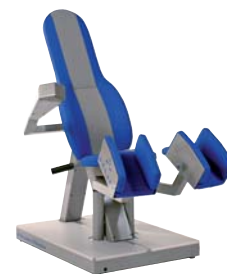
### Options Description

045667	Easy Access Handgrips
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**045653**

Includes Dual Function, resistance adjustment, adjustable seat and adjustable seat position.



**045656**

Includes Dual Function, Resistance adjustment.

exercise equipment

## HUR® MAIN LINE & COMPUTERIZED COMPRESSED AIR TECHNOLOGY (CON'T)

### Biceps/Triceps

Computerized SmartCard Line			
	Length	Width	Height
042470	42"	34"	43"

### Biceps/Triceps 3110

	Length	Width	Height
045650	42"	34"	43"

### Body Extension

Computerized SmartCard Line			
	Length	Width	Height
042471	43"	50"	42"

### Body Extension 3510

	Length	Width	Height
045655	43"	50"	42"

### Chest Press

Computerized SmartCard Line			
	Length	Width	Height
042472	43"	46"	53"

### Chest Press 3140

	Length	Width	Height
041591	43"	46"	53"

### Dip/Shrug

Computerized SmartCard Line			
	Length	Width	Height
042493	33"	37"	53"

### Dip/Shrug 3125

	Length	Width	Height
042492	33"	37"	53"

### Lat Pull

Computerized SmartCard Line			
	Length	Width	Height
042474	37"	49"	40"

### Lat Pull 3150

	Length	Width	Height
041589	37"	49"	40"

### Leg Extension/Curl

Computerized SmartCard Line			
	Length	Width	Height
042475	38"	58"	54"

### Leg Extension/Curl 3530

	Length	Width	Height
045657	38"	58"	54"

Options	Description
045668	Easy Access Handgrips
045670	Adjustable Lever Arms



**045650**  
Includes Dual Function, resistance adjustment, and adjustable seat.



**045655**  
Includes resistance adjustment, release button, belt and easy access handgrips.



**041591**  
Includes resistance adjustment, adjustable seat and duplicate handgrips.



**042492**  
Targeted training of biceps and triceps muscle groups



**041589**  
Includes resistance adjustment and adjustable seat



**045657**  
Includes Dual Function, resistance adjustment, leg straps and belt, steplessly adjustable back support.

# Motion1



041579

Includes resistance adjustment, adjustable back support and easy access handgrips.



042477



045654

Includes resistance adjustment.



045651

Includes Dual Function, resistance adjustment, and adjustable seat.



042488

84-114 PSI Op-Pressure, voltage: 110volt/60Hz



042489

84-114 PSI Op-Pressure, voltage: 110volt/60Hz  
84-114 PSI Op-Pressure, voltage: 220volt/60Hz

## Leg Press

### Computerized SmartCard Line

	Length	Width	Height
042476	33"	56"	52"

### Leg Press 3540

	Length	Width	Height
041579	33"	56"	52"

## Optimal Rhomboid

### Computerized SmartCard Line

	Length	Width	Height
042477	32"	33"	43"

### Optimal Rhomboid 3175

	Length	Width	Height
042473	32"	33"	43"

## Rotary Torso

### Computerized SmartCard Line

	Length	Width	Height
042479	33"	37"	49"

### Rotary Torso 3330

	Length	Width	Height
045654	33"	37"	49"

## Shoulder Press/Lat Pull

### Computerized SmartCard Line

	Length	Width	Height
042478	34"	43"	70"

### Shoulder Press/Lat Pull 3120

	Length	Width	Height
045651	34"	43"	70"

## Sil-Air Compressors

	Description
042488	Sil-Air 50/24 1/2 HP, 6 gallon tank, 2.15 CFM Free Air
042489	Sil-Air 100/24 1/2 HP, 6 gallon tank, 4.3 CFM Free Air
042490	Sil-Air 150/50, 3x 1/2 HP, 13 gallon tank, 6.45 CFM Free Air

exercise  
equipment

## THERAPY SYSTEMS PULLEYS

### Free Standing Double Pulley

- Two 100 lb. stacks in 2.5 and 5 lb. increments (2.5 lb. top plate).
- Comes with two 2.5 lbs add on plates, two D-ring handles and a stabilizer bar.
- Adjustable every 2".
- Stabilizer handle, D-ring and weight stack guard.
- Portable.
- Wheelchair accessible.
- Product dimensions: 93"H x 36"W x 43"L

#### Description

041106	Free Standing Double Pulley
041107	Free Standing Double Pulley with Lat Boom
041109	Free Standing Double Pulley w/ Upper/Lower Boom & Handrail

### Free Standing Single Pulley

- 150 lb. stack in 2.5, 5 and 10 lb. increments (2.5 lb. add-on plate).
- Adjustable every 2".
- Stabilizer handle, D-ring and weight stack guard.
- Portable.
- Wheelchair accessible.
- Product dimensions: 86"H x 28"W x 43"L

#### Description

041104	Free Standing Single Pulley
041105	Free Standing Single Pulley with lat boom
041108	Free Standing Single Pulley w. Lat Boom & Handrail

### Wall Mounted Double Pulley

- Two 100 lb. stacks in 2.5 and 5 lb. increments (2.5 lb. top plate).
- Adjustable every 2".
- Stabilizer handle and D-ring.
- Wheelchair accessible.
- Comes with two 2.5 lb add on plates, two D-Ring Handles and a stabilizing bar.
- Product dimensions: 86

#### Description

041102	Wall Mounted Double Pulley
041103	Wall Mounted Double Pulley with Upper/Lower Boom

### Wall Mounted Single Pulley

- 100 lb. stack in 2.5 and 5 lb. increments (2.5 lb. add-on plate).
- Adjustable every 2".
- Wheelchair accessible.
- 2.5 lb add on plate, D-Ring and stabilizer bar.
- Product dimensions 86"H x 18"W x 22"L

#### Description

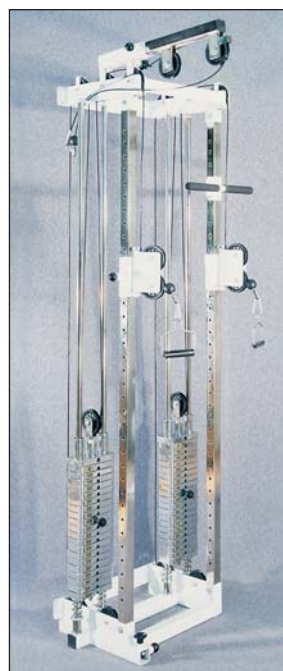
041100	Wall Mounted Single Pulley
041101	Wall Mounted Single Pulley with Boom



**041106**  
Free Standing Double Pulley



**041104**  
Free Standing Single Pulley



**041102**  
Wall Mounted Double Pulley



**041100**  
Wall Mounted Single Pulley

## WALL PULLEYS

### 306 Double Wall Pulley by Endorphin

- Total body workout from seated or standing position.
- High & low pulley position
- Weight stacks in 5 lb increments.
- Factory assembled.

Wall Mounted	Description
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040458	Wall Pulley - Double
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## PULLEY SYSTEMS

### 390 Standard Pulley by Endorphin

- 37.5 lb weight stack in 2.5 lb increments.
- Choose single free standing or single wall mount/mobile double wall mount or double free standing.
- Total body workout seated or standing.
- Includes single grip handle connected at an adjustable pivot point for wider range of motion.

	Description
--	-------------

040311	Standard Single Wall Mount
040312	Standard Double Wall Mount
040313	Single Free Standing/Mobile Frame
040314	Double Free Standing Frame

### Bilateral by Endorphin

- Total body workout from seated or standing position.
- Adjustable column pulley with bilateral double handles.
- Weight is in 2.5 lb increments.
- Height adjustable support bar + lat pull bar included.
- Choose from single wall mount, free standing mobile or double wall mount or double free standing.

	Description
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040454	Bilateral Single Wall Mount
040455	Bilateral Double Wall Mount
040456	Single Free Standing/Mobile Frame
040457	Double Free Standing Frame

### Functional Pulley by Endorphin

- A functional pulley where a multitude of exercises can be performed (lat pulls, bicep curls, chest flies and everything in between.)
- 75lb weight stack in 5lb increments.
- Rotary arms adjust from ground level to 7'; 90° horizontal and 180° vertical.
- Two single grip handles included.
- Dimensions: 44" x 32" x 80"

	Description
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040004	Wall Mount/Free Standing
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**040458**

Two single grip handles are included; two 75 lb weight stacks.



**040311**

Choose from 4 configurations to fit your needs!



**040454**

The 393 offers a total body workout from either a standing or seated position.



**040004**

Adjustable, rotating arms and swivel handles for wide range of motion.

## PULLEY SYSTEMS (CON'T)

### Speed Pulley by Endorphin

- Lighter weight stack available in 1.25 lb increments.
- Bilateral double handles included.
- Inertia reduction cable system allows for rapid movement in therapy and training.
- Modular design allows for conversion from wall mount to free standing/mobile and/or expansion to double free standing.

	Description
040460	Lightweight/Speed Single Wall Mount
040461	Lightweight/Speed Double Wall Mount
040462	Single Free Standing/Mobile Frame
040463	Double Free Standing Frame

### Apollo 7 Series Modular Gym System by TuffStuff

- Modular versatility allows customization of station positioning.
- 11-gauge 2"x4" oval 2" tubular steel frame.
- Durable electro-static powder coat finish in modern Platinum Sparkle and Cathedral Gray.
- Full length steel weight shrouds and cover plates enhance aesthetics and user safety.
- Integrated exercise placards on weight shrouds provide station description and exercise instruction.
- Elevated frame and integrated rubber stabilizer feet enhance strength and stability.
- Four independent 200 lbs. steel weight stacks allow multiple simultaneous exercise participation.
- Also available in 1,2,3 weight stacks
- Lifetime warranty on frames, welds, cams, and weight plates.
- See Apollo Dual Function units to purchase as free standing units.

	Length	Width	Height
042519	112"	95"	84"



040460

An inertia reduction pulley/cable system allows for the functional loading of soft tissues without changing the total number of weight increments used for a particular exercise.



042519



042518



042517

### Multi Functional Trainer by TuffStuff

- Compact and space efficient design
- Extension arm offers "high-to-low" vertical adjustments and 165° (5 positions) of "side-to-side" horizontal adjustments.
- Hydraulically supported arms for easy and safe vertical adjustments.
- Wide-base frame area easily accessible for wheelchair, rehab equipment, workout benches and stability balls.
- Swivel double-pulley bracket design offers a wide variety of functional and sport specific exercises.
- 200 lbs. weight stack

	Length	Width	Height
042518	60"	108"	86"

### PS-245 Functional Trainer by TuffStuff

- Maximum cable travel 108" (9 feet) added versatility
- Independent weight stacks for bilateral and unilateral training
- Suitable for rehab training
- Space saving, compact foot print design
- Completely free standing with stable base for functional, speed and ballistic training
- High visibility, "Quick Spot" adjustment levers simplifies range of motion set up
- Can be utilized for training one or two users simultaneously
- "Dual Plane" independent vertical and horizontal rotating arms
- Wide base frame also gives greater stability, easy access for all wheel chairs, rehab equipment, workout benches, and stability balls
- Lifetime warranty on frame, welds, and weight stacks

	Length	Width	Height
042517	61"	117"	86"





**042464**  
Weight Stack - 228 lbs. each



**042533**



**041537**  
Highly versatile adjustable pulley system with double pulleys which allows choices of unilateral or bilateral exercise protocols.



**041538**  
Ultimate in adjustable cable systems with dual stacks, dual pulleys, handle storage and chin/pull-up bar.

**042532**  
Frames 2"x3"x11" gauge base and up rights, 2"x2"x11" gauge steel tubing welded into place. Component parts are constructed of high tensile strength, 1/4" steel. Lifetime warranty against weld failure, bending and cracking of material.



exercise  
equipment

## 4/1 Ratio Functional Trainer

- Ratio allows for high speed low inertia exercise patterns
- 12 pound plates that comprise weight stack are reduced to 3 pounds of resistance
- Unique rope drive is smoother, quieter and more durable than cable drive systems
- Pulleys adjust into 17 positions
- Dual grip chin bar
- 71"W x 42"D x 82"H

### Description

042464 6047 Functional Trainer

## Dual Hi Low Pulley System

- Two 150 lb Weight Stacks

### Description

042533 dual pulley system

## Nautilus Pulley Systems - F3ATFS

- Wheelchair accessible with 21 indexed vertical adjustments.
- 250 lb weight stack in 5 lb increments. 2:1 lifting ratio so the effective incremental increase in resistance at one handle is only 2.5 lbs.
- Long 20" vertical stabilization handles for added safety and stability.

### Description

041537 Free standing adjustable pulley w/ double pulleys

## Nautilus Pulley Systems - F3DTT

- Wheelchair accessible, capability of two individuals exercising at the same time, unilateral or bilateral exercise choices.
- 250 lb weight stack in 5 lb increments. 2:1 lifting ratio so the effective incremental increase in resistance at one handle is only 2.5 lbs.
- 21 indexed vertical height adjustments and 20" long stabilization handles add to the versatility and clinical applications.

### Description

041538 Medical dual stack adjustable pulley w/ double pulleys and storage

## Single Cable Column with Hi Lat Pull

- Rubber bumpers included for quiet impact.
- Weight stacks solid steel plates with self-aligning graphite bushings, rubber bumpers for ultra smooth, quiet movement and comes with lifetime warranty.
- Weight stack is 225 lbs.
- Selector pins are self locking with weight stack tether.
- Lat bar and rotary cuff attachments are both included.

### Description

042532 single cable column 91"h x 49"w x 50"w

## MULTI STATION GYMS

### Nautilus Multi Station System - NS4000

- Four separate, fully enclosed 200 lb weight stacks allowing four users to exercise simultaneously.
- Each movement designed using Optimal Strength Curve Technology ensuring proper muscle loading through the entire movement.
- Every adjustment is color coded, and exercise stations feature easy to follow instructional placards.
- Stations: Incline press, chest press, shoulder press, leg extension, prone leg curl, pec fly/rear delt/low row, leg press/abdominal/calf raise.

	Length	Width	Height
041536	124"	86"	84"

### Total Body Multi Gym

- 4- stack multi-gym
- Stations include: leg press, bench press, incline press, shoulder press, hi-lat pulldown, seated leg extension, prone leg curl.

	Description
042534	Total Body Multi Gym 95"H X 96"W X 120"L

### PowerVertex Basic Unit

- 8 cords allow 8 patients to Rehab Simultaneously.
- Perform virtually hundreds of exercises.
- Integrates whole body strength.
- Accessible with a wheel chair.
- Optional belts, straps, bars and attachments sold separately.
- Pro Pkg (PV103) comes with attachments and wheel kit.

	Description
042400	PowerVertex Basic Unit



**041536**  
4 Station Multi-Gym

**042534**  
Frames 2"x3"x11" gauge base and up rights, 2"x2"x11" gauge steel tubing welded into place. Component parts are constructed of high tensile strength, 1/4" steel. Lifetime warranty against weld failure, bending and cracking of material.



### PowerVertex Basic Wall Unit

- Column with Base and Legs (basic unit).
- Performs Virtually hundreds of exercises.
- Integrates whole body strength.
- Accessible with a wheel chair.
- Optional belts, straps, bars and attachments sold separately.
- Pro Package (PV107) comes with attachments and straps.

	Description
042401	PowerVertex Basic Wall Unit

### Tri-Core™

- Includes Sit-to-Stand exerciser, functional pulley, and upper body cycle with stand
- Fits a 5' x 7' area - space saving!
- Excellent cardio, upper body, and core exercise

	Description
042405	3 in 1 Tri-Core Multi-Station



**042400**  
Stand, Sit, Lay, Push, Pull, Jump, Step, Lift or Swing to rehab any movement for any walk of life for all ages.



**042401**  
Stand, Sit, Lay, Push, Pull, Jump, Step, Lift or Swing to rehab any movement for any walk of life for all ages.



**042405**  
Space saving multi-station fits in 5' x 7' area for balance and stabilization.

# Motion1



Commercial Strength Benches

## BENCHES

### Free Weight Bench Series by SportsArt

- Welded Steel Frame
- Heavy-Duty Vinyl Cushions

	Description
049060	Flat Bench
049061	Free Standing FID Bench
049062	Back/Hyperextension
049063	Olympic Flat Bench
049064	Olympic Decline Bench
049065	Olympic Incline Bench

### Weight Benches by TuffStuff

	Description
049066	Flat Bench
049067	Flat/Incline Bench

### Weight Benches

- Seven back support angles - from flat to full upright position.
- Independent seat pad adjustment
- Built-in handle and wheels for easy roll-away.
- Economy priced
- 51" x 27" x 49"

	Description
049071	Flat/Incline Ladder Bench
049072	Flat Bench

### Saunders Total Back™

- Unique pelvic stabilization allows isolation of lumbar extension in any range of motion.
- Promotes stretch, flexibility and coordination through controlled functional exercises.
- Product weight: 100 lbs.
- Comes in black, imperial blue, gray, burgundy, taupe and forest green.

	Description
040246	Saunders Total Back™



049071

049072

**040246**  
Allows optimum exercise intensity, regardless of the patients level of conditioning or severity.



040256

Hex Dumbbells 2 Tiered Rack



040329

## WEIGHTS, RACK AND FLOORING

### Hex Dumbbells and Rack

#### Dumbbells Description

040256	3 lb. Dumbbells; Pair
040257	5 lb. Dumbbells; Pair
040258	8 lb. Dumbbells; Pair
040259	10 lb. Dumbbells; Pair
040340	12 lb. Dumbbells; Pair
040341	15 lb. Dumbbells; Pair
040342	20 lb. Dumbbells; Pair
040343	25 lb. Dumbbells; Pair
040344	30 lb. Dumbbells; Pair
040345	35 lb. Dumbbells; Pair
040346	40 lb. Dumbbells; Pair
040347	45 lb. Dumbbells; Pair
040348	50 lb. Dumbbells; Pair

#### Rack

040328	3-Tier Hex Dumbbell Rack
040329	2-Tier Hex Dumbbell Rack

exercise equipment

## NAUTILUS NITRO EVO EQUIPMENT

### Lat Pulldown

- Patent pending 240 lb weight stack in 5 lb increments with belt drive for a smoother feel.
- Rotating “Ergo Grip”™ handles allow a variety of hand-grip positions.
- Designed for easy entry/exit, proper stabilization, and uses the highly recommended front pull for no shoulder impingement.

#### Description

042327 S9LAT - Lat Pulldown

### Leg Extension

- Patent pending 240 lb weight stack in 5 lb increments with belt drive for a smoother feel.
- Full seat back with reclined angle prevents hamstrings from interfering with full quadriceps contraction while providing maximum support and stabilization.
- Roller arm is heavily padded for user comfort, and movement arm is counterbalanced to reduce starting resistance.

#### Description

042324 S9LE - Leg Extension

### Leg Press

- The four-bar linkage foot platform articulates as you go through desired range of motion to reduce shear forces at the knee.
- Oversized, non-slip foot platform allows a wide choice of foot placement and a handle to assist entry/exit.
- Thick, extended back pad is contoured for lumbar support and comfort.
- 400 lb weight stack in 10 lb increments with belt drive.

#### Description

042325 S9LP - Leg Press

### Overhead Press

- Patent pending 240 lb weight stack in 5 lb increments with belt drive for a smoother feel.
- Standard dual handgrips (neutral and pronated) for a greater choice of exercise protocols.
- Four-linkage provides the proper resistance throughout the active range of motion.

#### Description

042326 S90P - Overhead Press

### Seated Leg Curl

- Patent pending 200 lb weight stack in 5 lb increments with belt drive for a smoother feel.
- Unique coupled movement arm technology reduces knee strain and maintains axis of alignment.
- Seat back adjusts for proper alignment of axis, and contoured seat and back pads with side handles provide complete stabilization and comfort during exercise.

#### Description

042323 S9LC - Seated Leg Curl



042327

Features “Smart Arm”™ linkage allowing multiple movement paths providing for a wide choice of exercise options.



042324

Provides proper muscle involvement with minimum knee and back stress.



042325

With 5 seat back angles and 15 starting points, a combination of 75 hip/knee angle choices are available to accommodate to user size, a particular pathology or exercise protocol.



042326

Converging movement arms create a proper path of movement, and natural feel.



042323

Designed to build stronger hamstrings from a seated position with minimal knee strain.

## Vertical Chest Press

- Patent pending 240 lb weight stack in 5 lb increments with belt drive for a smoother feel.
- Neutral and pronated hand grips for greater variety of exercise protocols.
- Back pad adjusts to a variety of starting positions, and is contoured for greater stability and comfort.

### Description

042322 S9CP - Vertical Chest Press

## NAUTILUS NOVA EQUIPMENT

### Combination Abdominal/Low Back

- Optimal Strength Curve Technology™ uniquely provides individual resistance profiles for each movement pattern for proper muscle loading.
- Adjustable and indexed starting points for each movement.
- A combination of the elbow and back pads with hand grips provides the necessary upper body stabilization, while the adjustable foot-bar positions the knees above the hips to prevent pelvic thrust.
- Incorporates a 200 lb weight stack in 15 lb increments, with integrated 5 lb “slide down” add on weight system. Belt drive for smoother feel.

### Description

042183 S8AB-LB - Combination Abdominal/Low Back

### Combination Hip Abduction/Adduction

- Multiple range starting points are adjusted from the exercise position, and are indexed for repeatability.
- Weight stack location provides user privacy and resistance selection from the exercise position.
- Incorporates a 200 lb weight stack in 15 lb increments, with integrated 5 lb “slide down” add on weight system. Belt drive for smoother feel.

### Description

042184 S8AA - Combination Hip Abduction/Adduction

### Combination Leg Extension/Leg Curl

- Uniquely provides individual strength curve profiles for each movement for optimal muscle loading.
- Reclined seat back angle prevents quadriceps from interfering with full range hamstring contraction.
- Adjustable and indexed starting points for each exercise motion.
- Incorporates a 200 lb weight stack in 15 lb increments, with integrated 5 lb “slide down” add on weight system. Belt drive for smoother feel.

### Description

042182 S8LE-LC - Combination Leg Extension/Leg Curl

### Combination Leg Press/Calf Flex

- Patented four-bar linkage technology controls position and angle of the articulating foot platform to reduce knee stress while allowing additional hip rotation. Oversized, non-slip foot platform allows a wide choice of foot placement, and a handle to assist entry/exit.
- Incorporates a 200 lb weight stack in 15 lb increments, with integrated 5 lb “slide down” add on weight system. Belt drive for smoother feel.

### Description

042185 S8LP-CF - Combination Leg Press/Calf Flex



042322

Converging press arms create a natural path of movement for maximum pec contraction and natural feel.



042183

Combines two of the most important “core” strengthening exercises in one compact unit.



042184

Unique design where each movement pattern has its own strength cam profile for proper muscle loading.



042182

Combines two of the most important leg exercises in one compact machine.



042185

Simple and non-threatening functional total leg strengthening system.

## WEIGHTS

### Studio Premium Kettlebell Rack

- Attractive compact design is perfect for the personal training studio or small places.
- Holds any size kettlebells on 3 shelves.
- Steel construction.
- Black/Gray
- Assembly required

	Length	Width	Height
041221	31"	23"	33"

### Ultra Kettlebells

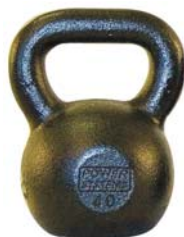
- Cast iron bell with rubber plate on bottom to prevent damage to floors and racks.
- Smooth, solid steel handle for comfortable grip.
- Handle size varies from 1" to 13/8" depending on the size and weight of the kettlebell.
- Weight is cast in each for ease of identification.
- Black

	Description
042112	5 lbs.
042113	8 lbs.
042114	10 lbs.
042115	12 lbs.
042116	15 lbs.
042117	20 lbs.
042118	25 lbs.
042119	35 lbs.
042120	45 lbs.

exercise  
equipment



041221



041221



041275

## JUMP ROPES

### PowerRope Jump Rope

- Weighted jump rope.
- Weight is evenly distributed throughout solid rubber rope. Padded PVC handles with ball-and-socket swivel.
- Black handles.
- Rope color coded by weight; colors may vary.

	Description
041275	1 lb, 8 ft (Red)
041276	2 lb, 9 ft (Blue)
041277	3 lb, 10 ft (Green)