

Side



eaa



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sidea

Sidea was born out of a passion for sport.

Pursuing a goal with a constant commitment and observance of an ethic, typical of sports culture, is what guides our work and our choices every day. For years, we have been fully committed to giving our all in the field of physical fitness, making professional accessories for gyms, personal training centers and holistic studios.

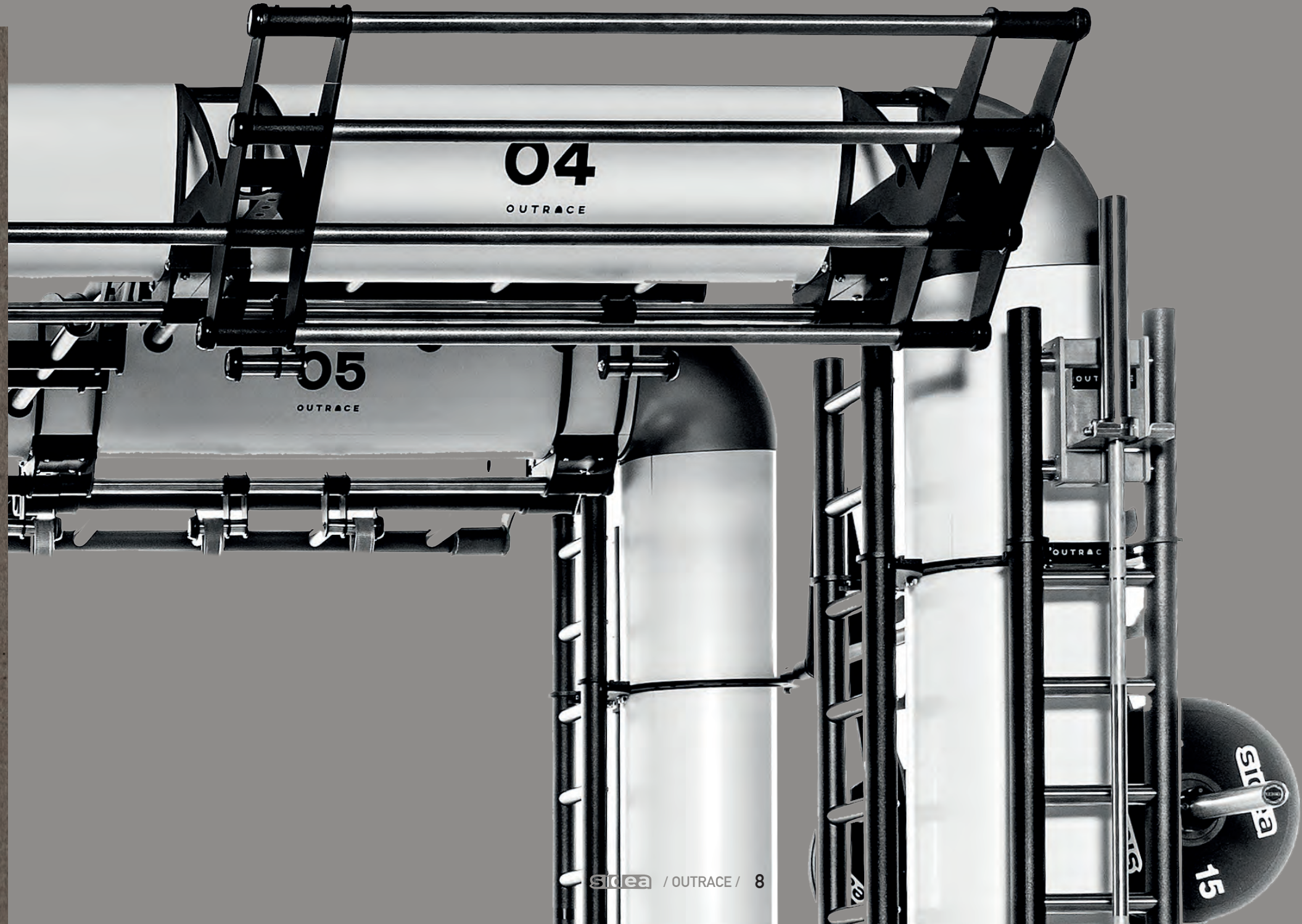
We get our inspiration from the most innovative training techniques and we work with top specialists in equipment design. We want to see a world where movement

- healthy, correct and fun - can play an important role. We want an increasing number of people to be able to feel good in their bodies.

We offer a vast range of products to meet any need, any training level, any athletic preparation, and motor activity in general. We make simple, high performance, essential, useful and authentic equipment. We build customer relationships based on high levels of efficiency, responsiveness, professionalism and sharing, whilst reinforcing our leadership through investments in education and meetings with trainers.

Awareness
Health
Performance
**through
movement**





OUTRACE

OUTRACE

Culture of
movement
find your
comfort zone

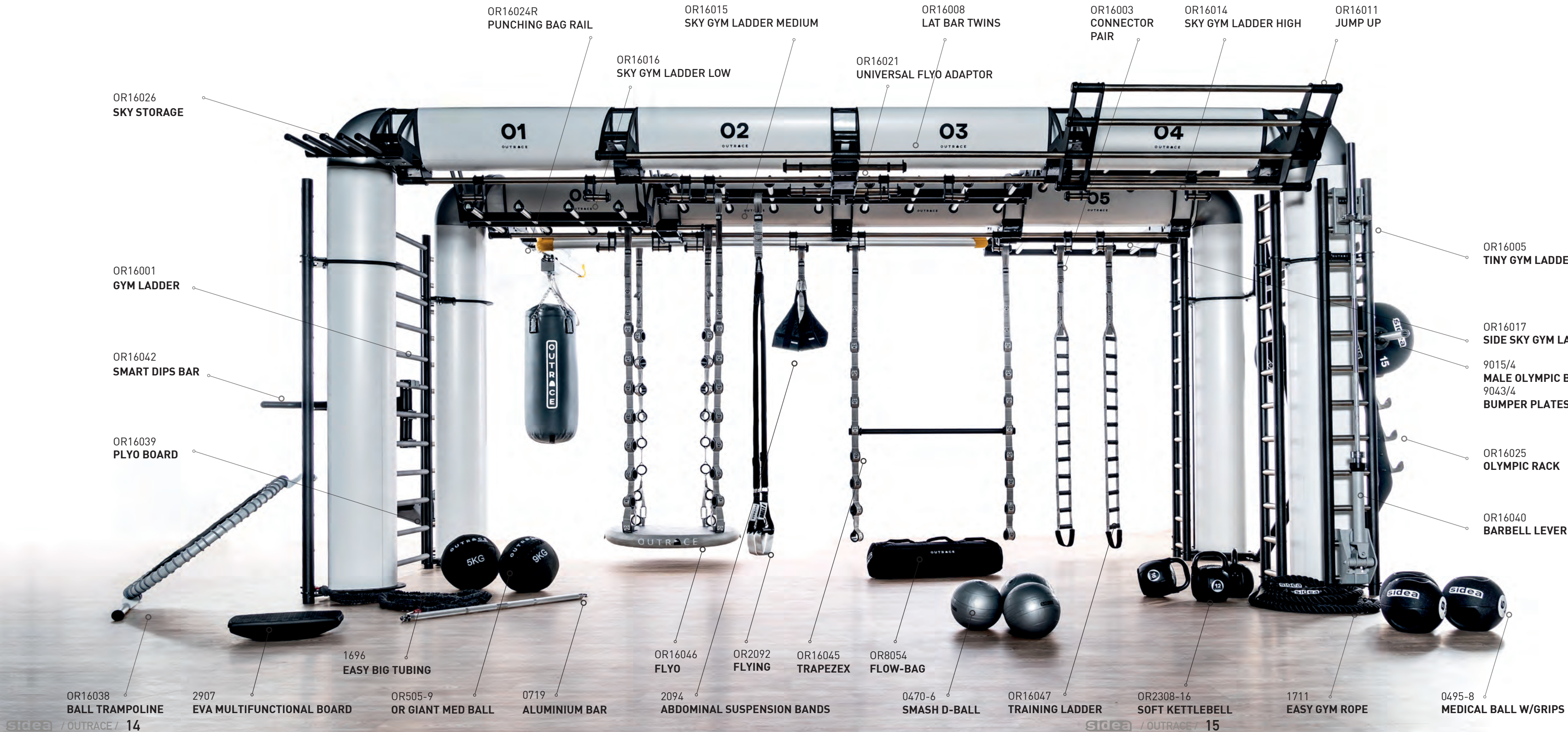


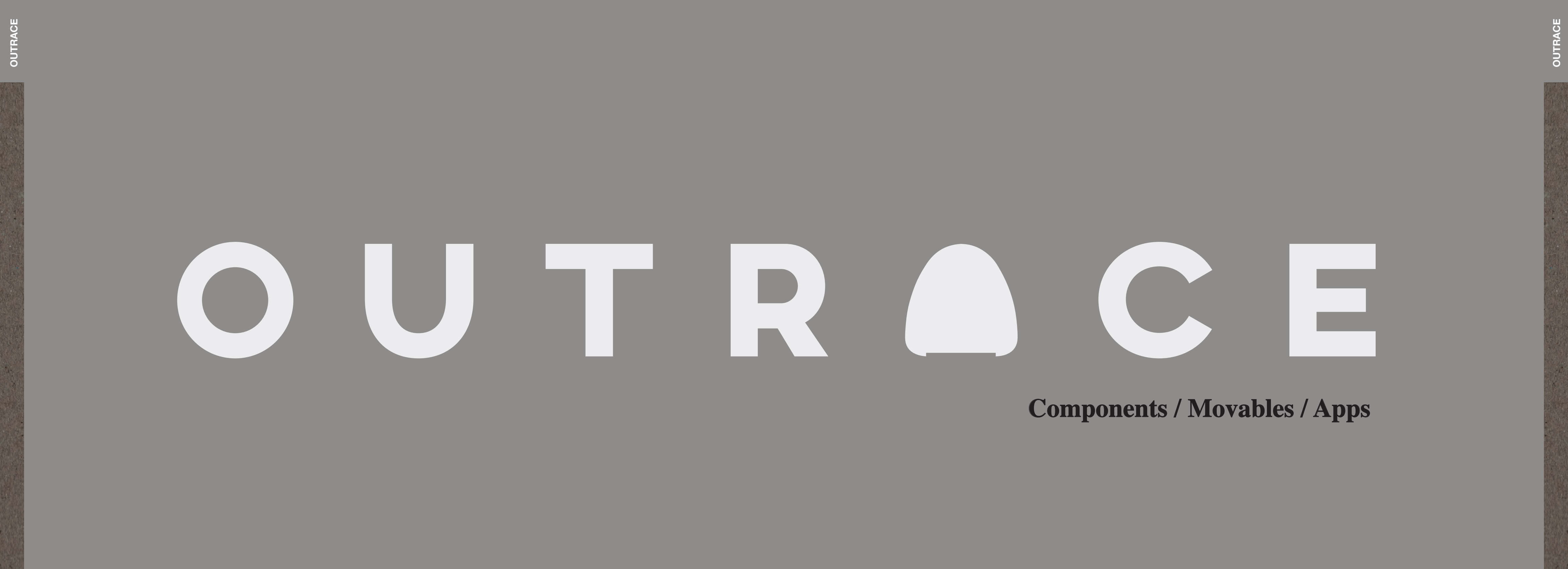


All for One and One for All

Not only an outstanding design for indoor and outdoor use, but also a multi training structure able to offer endless exercises through the most avant-garde functional and suspension training applications inspired by interest and the desire to understand body performance and expression. For this reason, our keyword is movement.

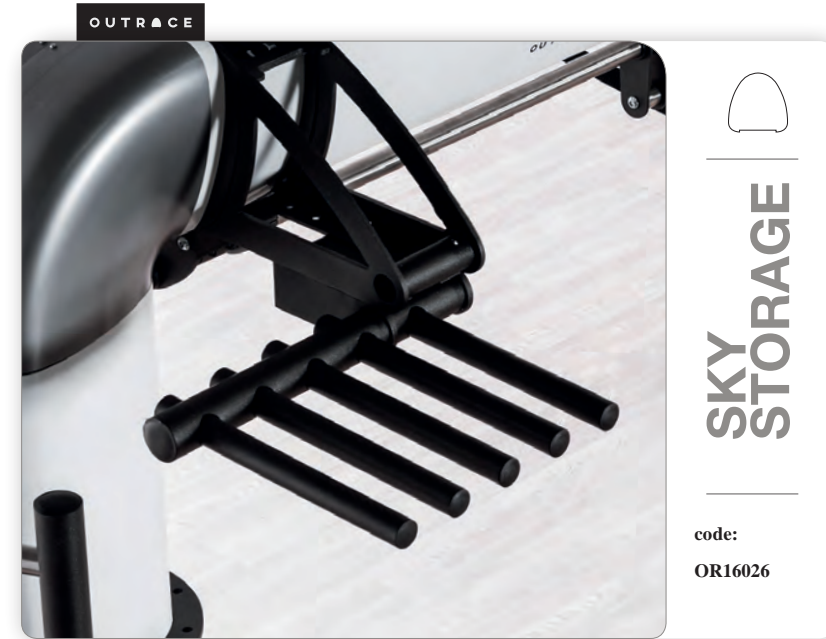
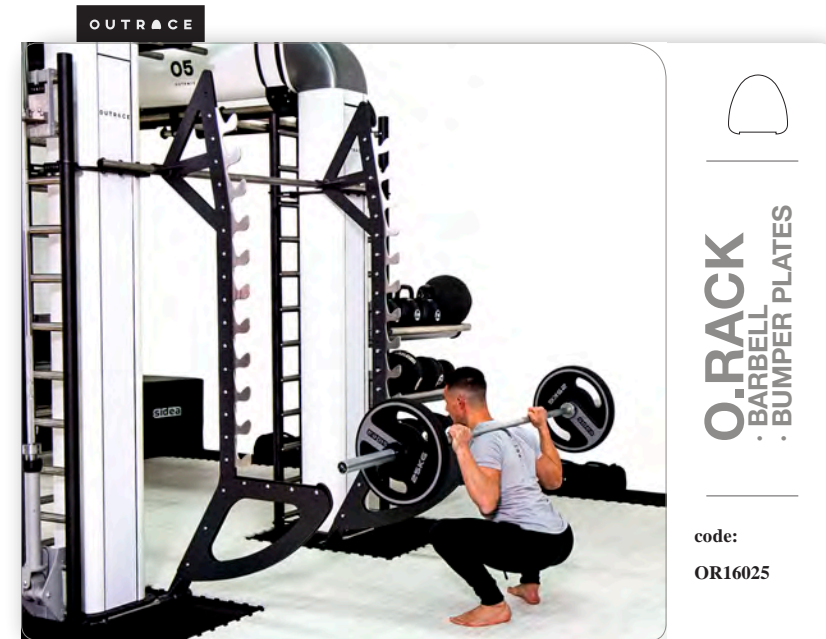
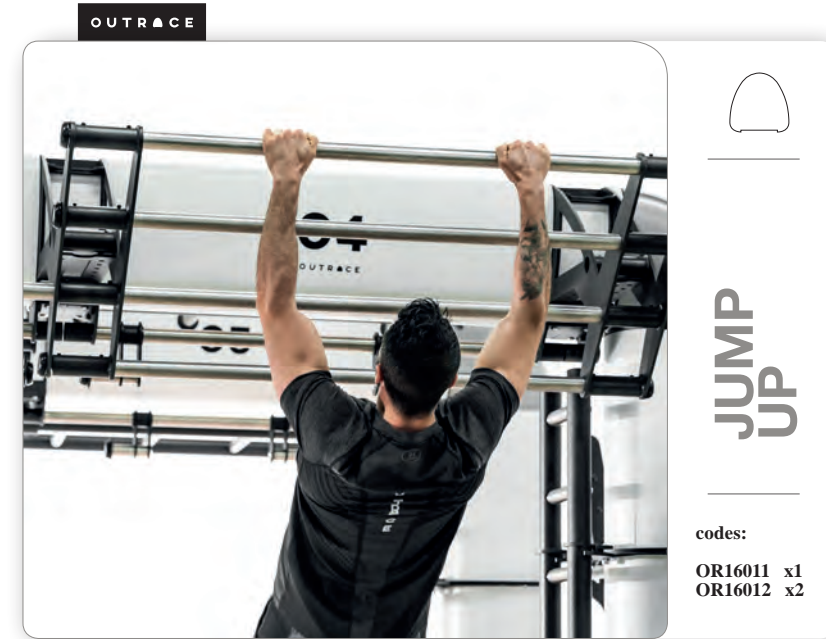
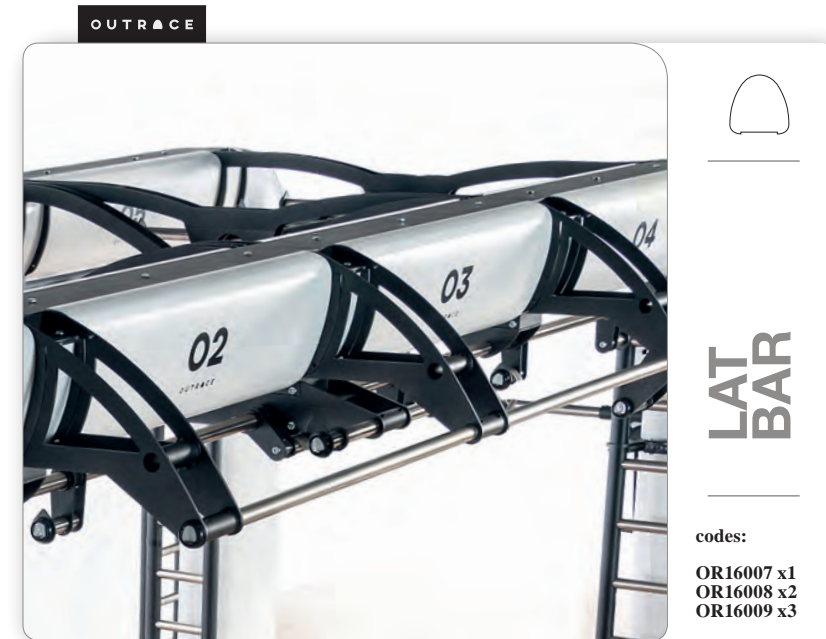
OUTRACE FUNCTIONAL MODE / WORLD








OUTRACE

Components / Movables / Apps







GYM LADDER

code:
OR16001





TINY GYM LADDER


code:
OR16005






SIDE SKY GYM LADDER

codes:
OR16017 x1
OR16018 x2





SKY GYM LADDER

codes:
OR16016 L
OR16015 M
OR16014 H




You can increase training options with different applications and complements




MOVABLES

Easily removable tools that attach to the Gym Ladder or Tiny Gym Ladder.




OUTRACE




**BARBELL
LEVER**

code:
OR16040




OUTRACE




**SMART
DIPS BAR**

code:
OR16042



OUTRACE



**BALL
TRAMPOLINE**

code:
OR16038

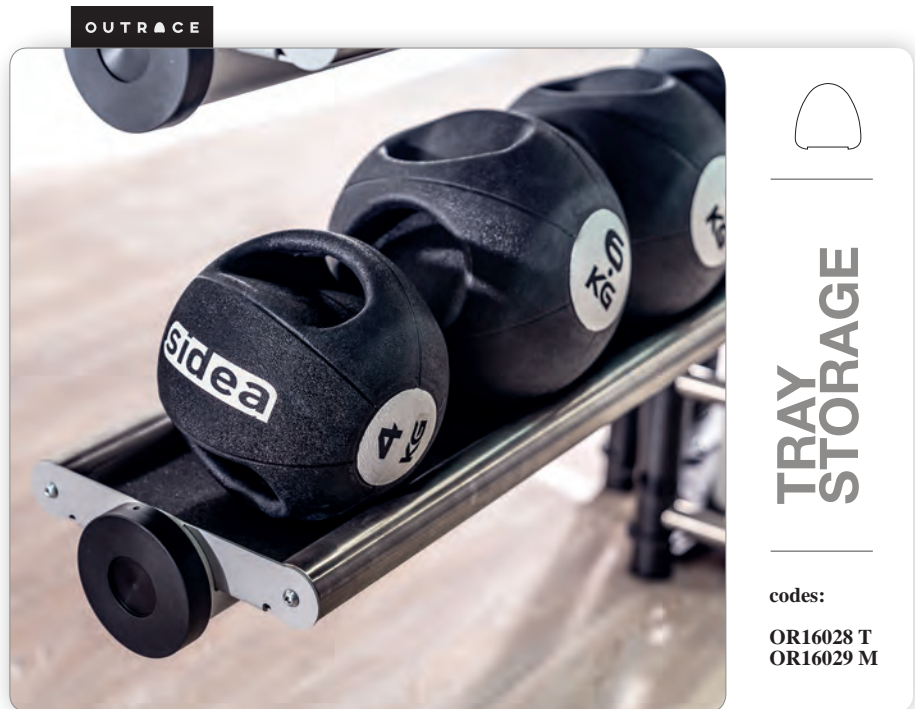


OUTRACE



**PLYO
BOARD**

code:
OR16039



TRAY STORAGE


codes:
OR16028 T
OR16029 M




APPS

Tools and apps that attach to the Hook Bars or to the Connectors Pair Apps can be quickly and easily removed or applied to the frame.









FLYO


code:
OR16046






TRAINING LADDER


code:
OR16047






FLYING

code:
OR2092





TRAPEZEX

code:
OR16045



OUTRACE



HAMMOCK

code:
OR2050



OUTRACE



PUNCHING BAG

code:
OR16052



OUTRACE



POLE

code:
OR15118B
OR15118W



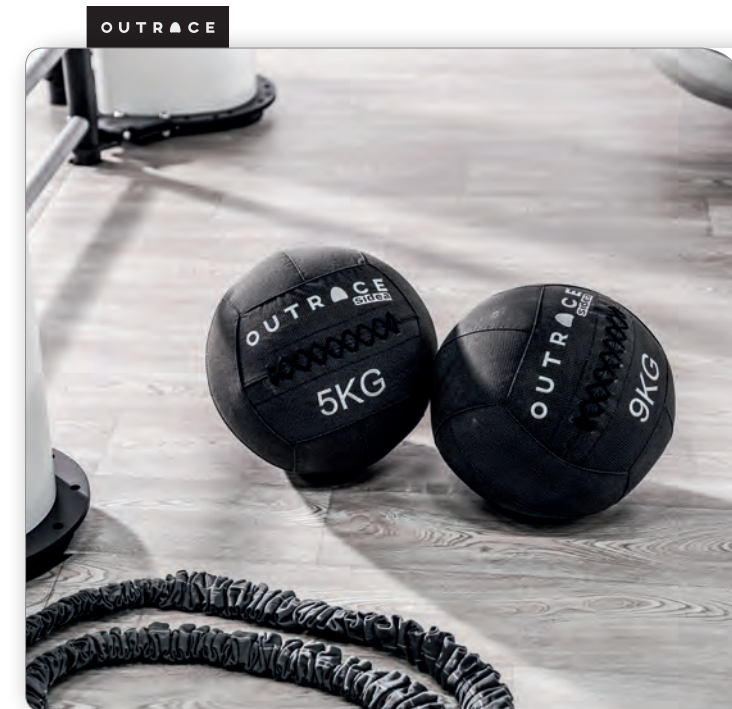
OUTRACE



ABDOMINAL SUSPENSION BANDS

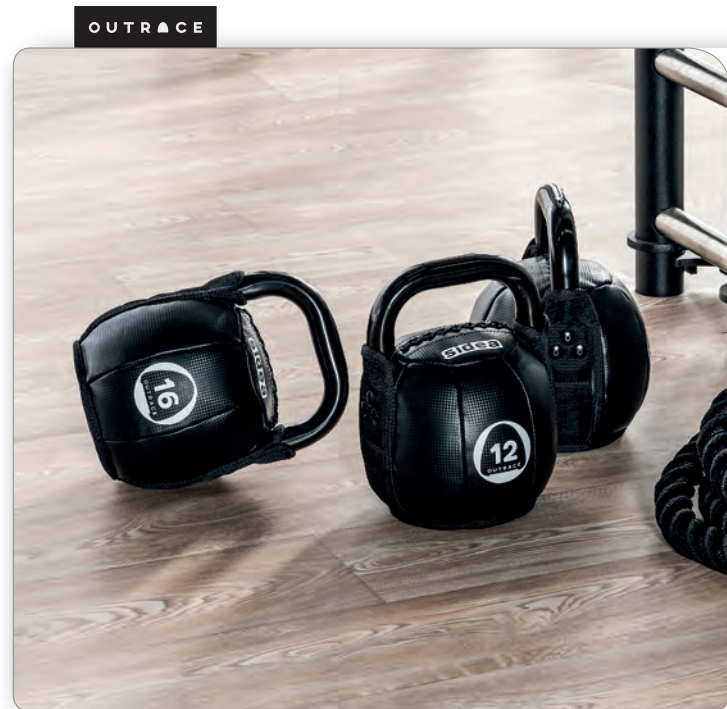
code:
2094





GIANT
MED BALL

codes:
OR505-9



SOFT
KETTLEBELL

codes:
OR2308-16




MEDICAL
BALL

code:
0490-3



MEDICAL
BALL W/
GRIPS

code:
0495-8



OUTRACE

EASY GYM ROPE


code:
1711



OUTRACE

FLOW BAG

code:
OR8054



OUTRACE

EASY BIG TUBING

code:
1696

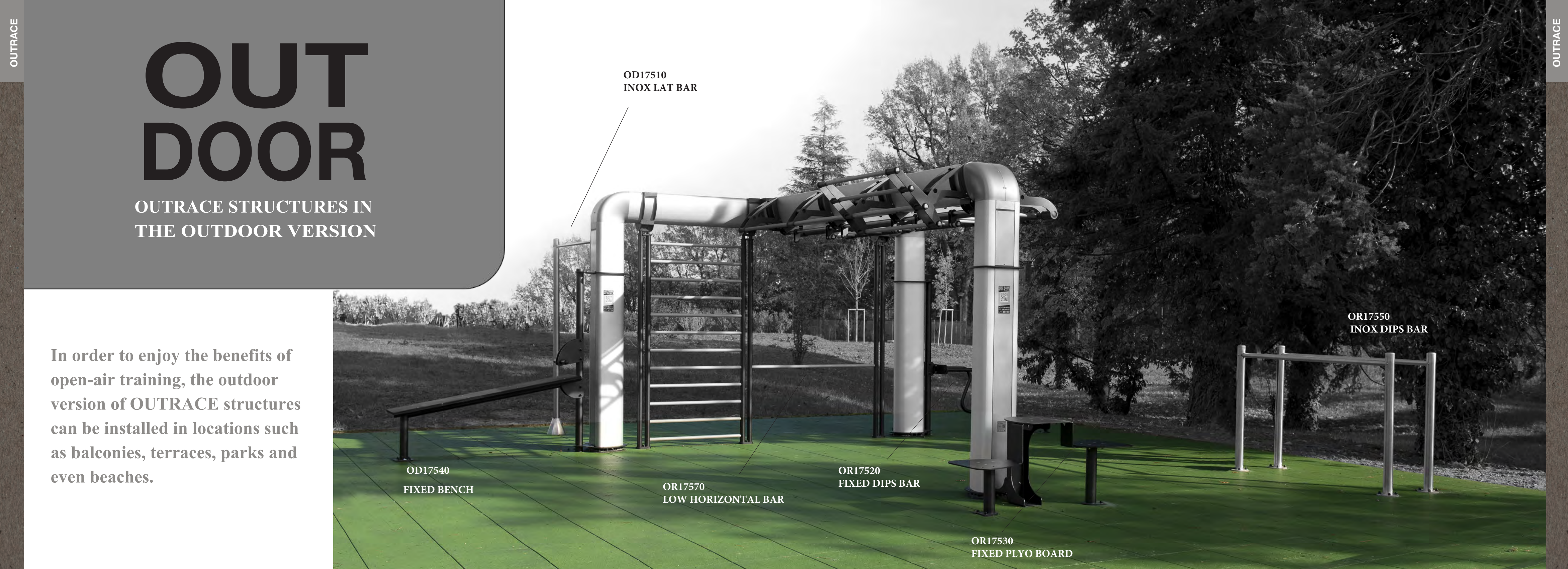


OUTRACE

EVA MULTI-FUNCTIONAL BOARD

code:
2907





OUT DOOR

OUTRACE STRUCTURES IN
THE OUTDOOR VERSION

In order to enjoy the benefits of open-air training, the outdoor version of **OUTRACE** structures can be installed in locations such as balconies, terraces, parks and even beaches.

OD17510
INOX LAT BAR

OD17540
FIXED BENCH

OR17570
LOW HORIZONTAL BAR

OR17520
FIXED DIPS BAR

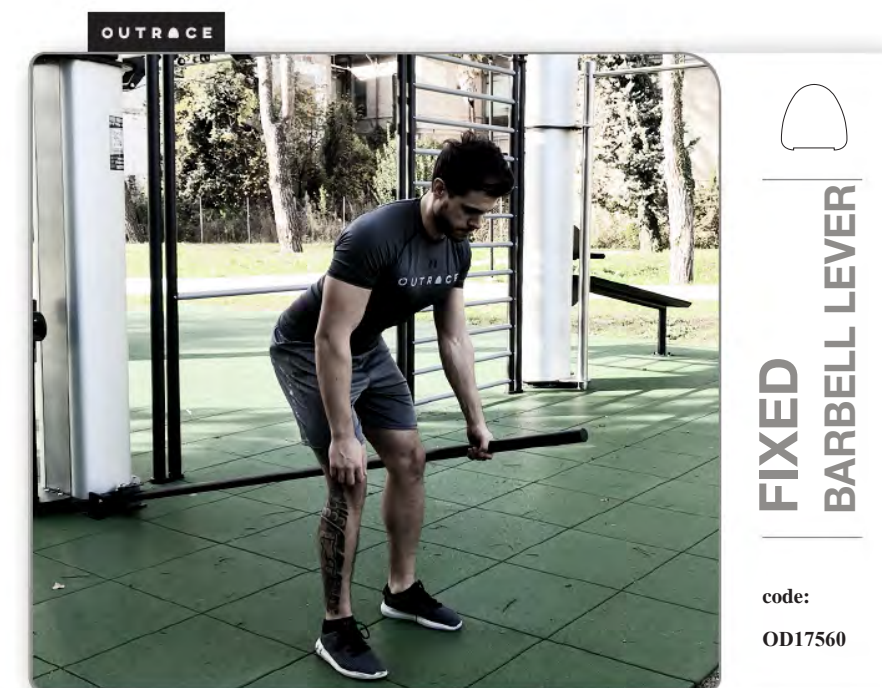
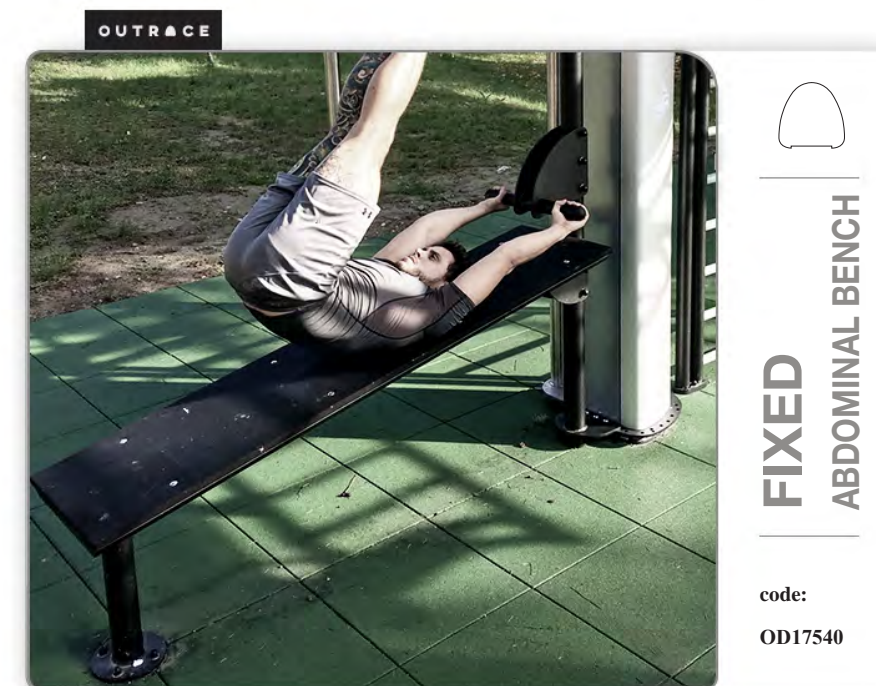
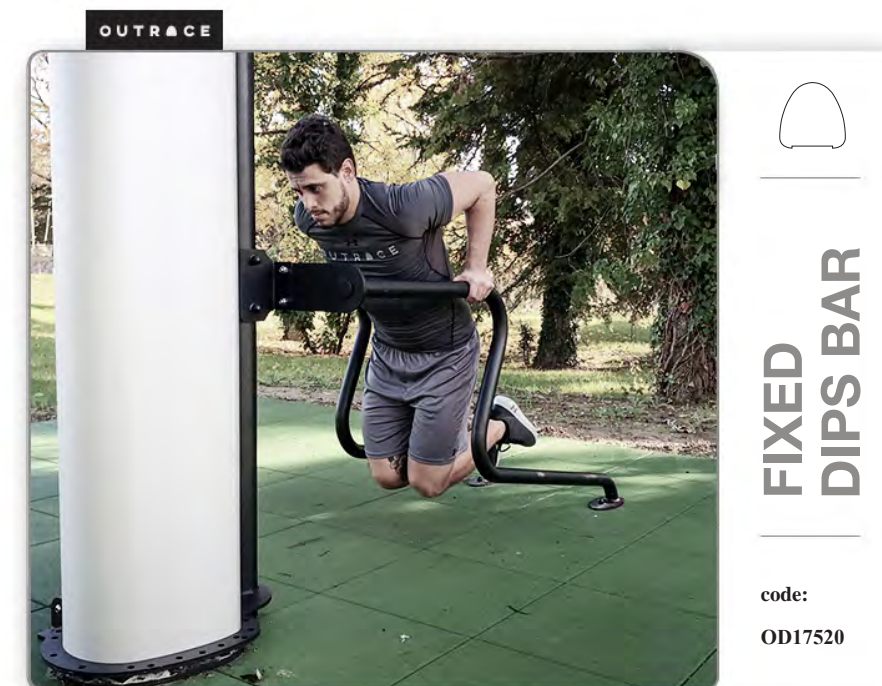
OR17530
FIXED PLYO BOARD

OR17550
INOX DIPS BAR

OUTDOOR

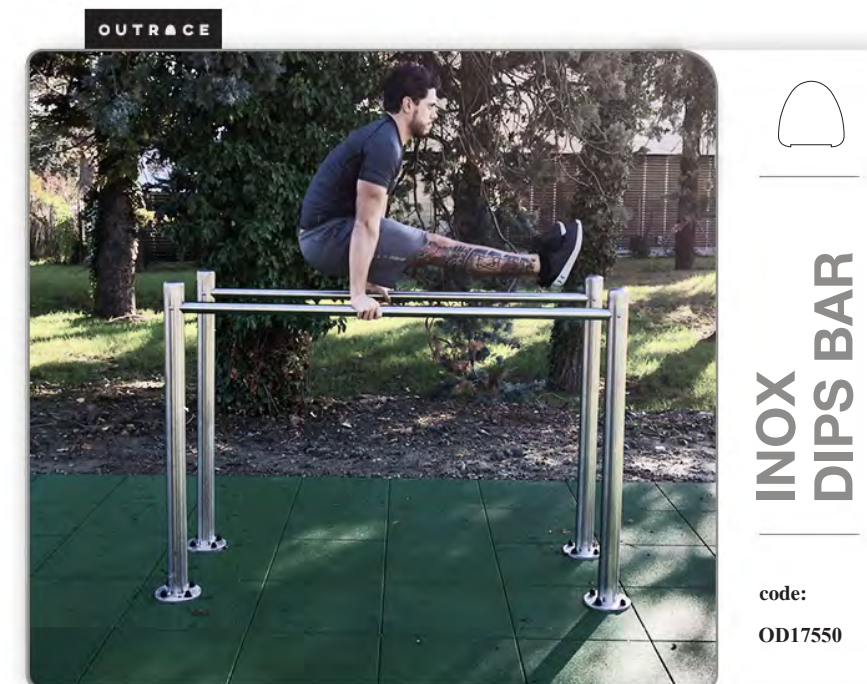
For this kind of installation, the structure is treated in order to be protected from rusting and from corrosion.

Also, every Component and Movable can be provided in an outdoor version, in order resist to the weather and environmental conditions, both through an accurate choice of the materials and a surface finishing.



OUTDOOR

In particular, we can also provide a series of **FIXED COMPONENTS** thought for outdoor training: being directly bolted to the **OUTRACE** structure, these Components enable a vast range of exercises that can be performed with no need of additional equipment, and therefore can be applied also to public contexts such as parks, beaches and free access locations.



Depending on where the structure is installed, for general security reasons, we will also provide the necessary documentation to set up a proper flooring for **OUTRACE's** ground fixing.

Training

Follows a precise pathway: joint mobility, proprioception, core training, strength and other conditional skills. Thanks to the Outrace structure it's possible to condition all physical make-up in one solution





Our solutions are ideal for Group Training (with small or big groups) and Personal Training (PT). You can have classes doing all the same exercises simultaneously or classes doing different ones.

Our structures and applications allow you to offer a wide range of activities: from functional training circuits to specific and varied exercises. Your instructors' imagination has no limits with our structure.

Our training concept follows a precise pathway: joint mobility, proprioception, coordination, core training, strength and conditional skills. Everything is focused on a philosophy in which the true and only protagonist is the knowledge of human movement biomechanics.



**Joint mobility, proprioception,
coordination, core training,
strength and conditional skills**



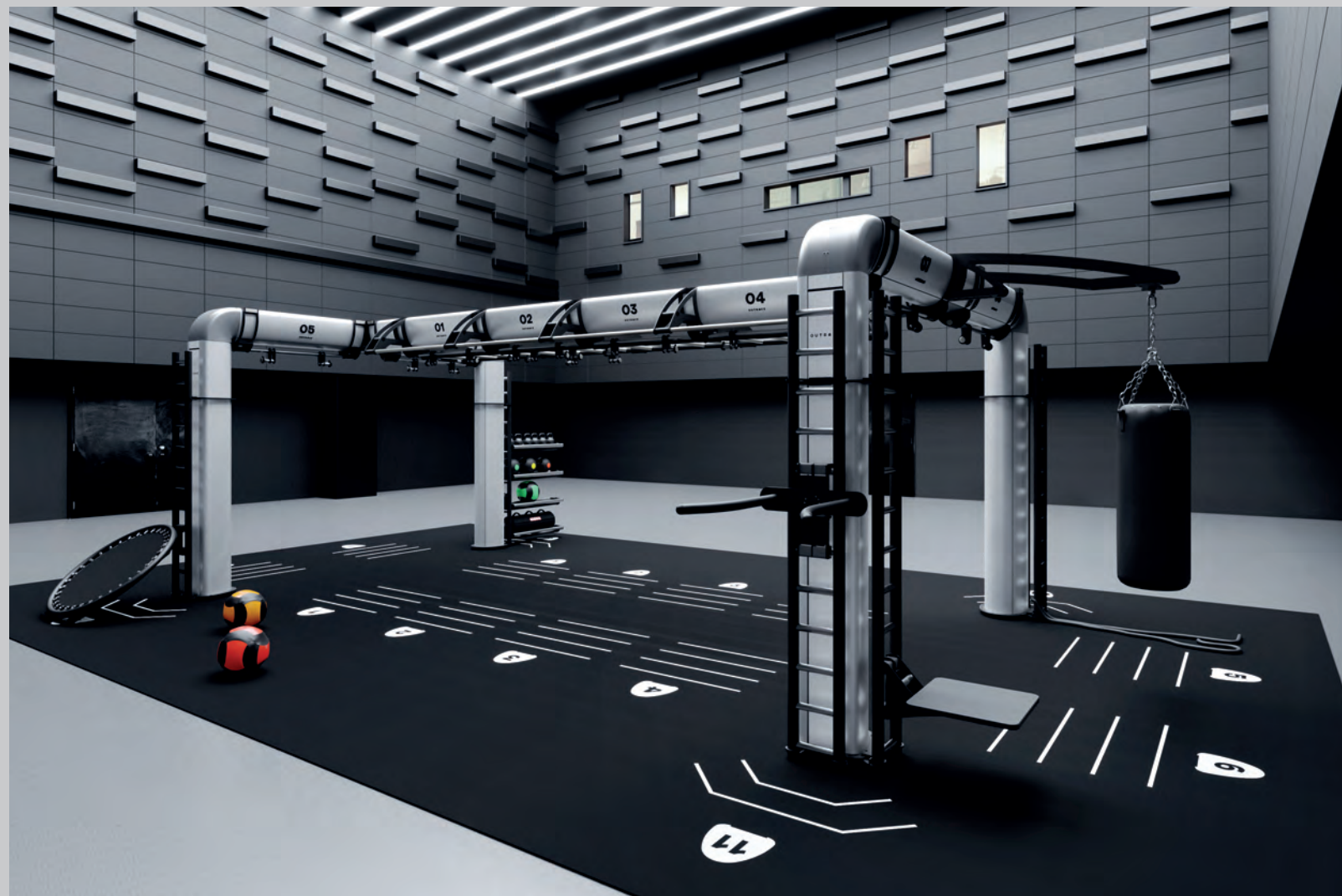


“it is not made for furniture,
but there is nothing else that
so beautifully furnishes a space”

19:00 / Brooklyn

The Concept

OUTRACE means overtaking: this is our premium approach to functional training metamorphosis and the inspirations behind our avant-garde formula. Our structures and applications are suitable for everyone: from pro athletics to beginners, from elderly people to children and people with special needs.



11:30 / Moscow

Solutions for every need

**Follow your vision / Choose
the right shape for yourself**



20:30 / Ibiza



18:30 / Dubai



16:30 / Paris



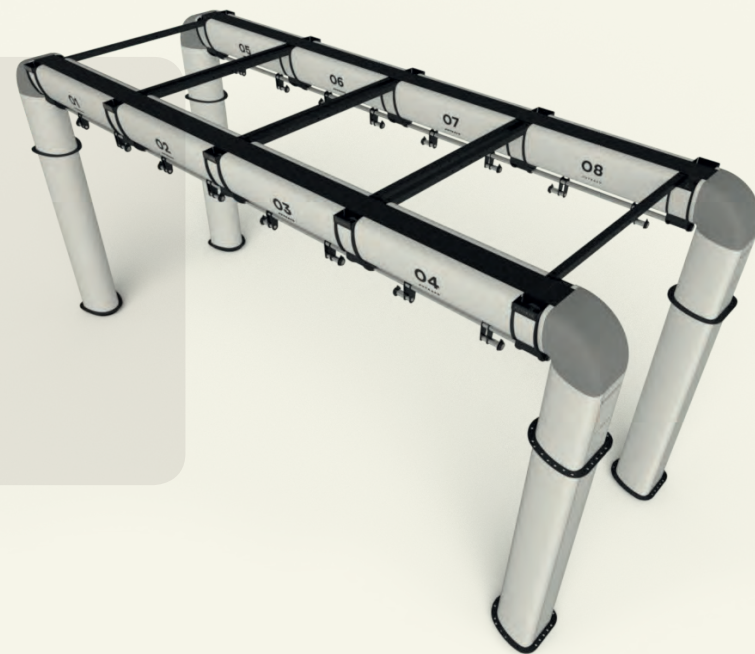
10:30 / London



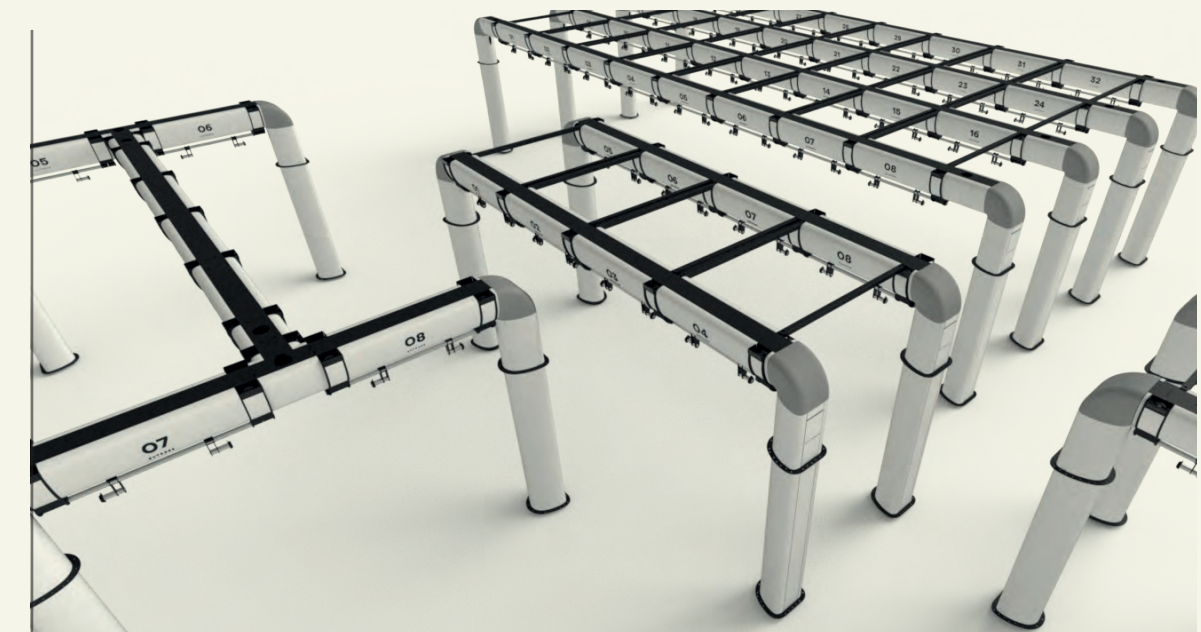
TECHNICAL AREA
FRAMES

01

FRAME: this is how we call the structures comprehensive of Hook Bars and alluminium carters, without Components, Apps and Movables, as shown in the image here on the side.



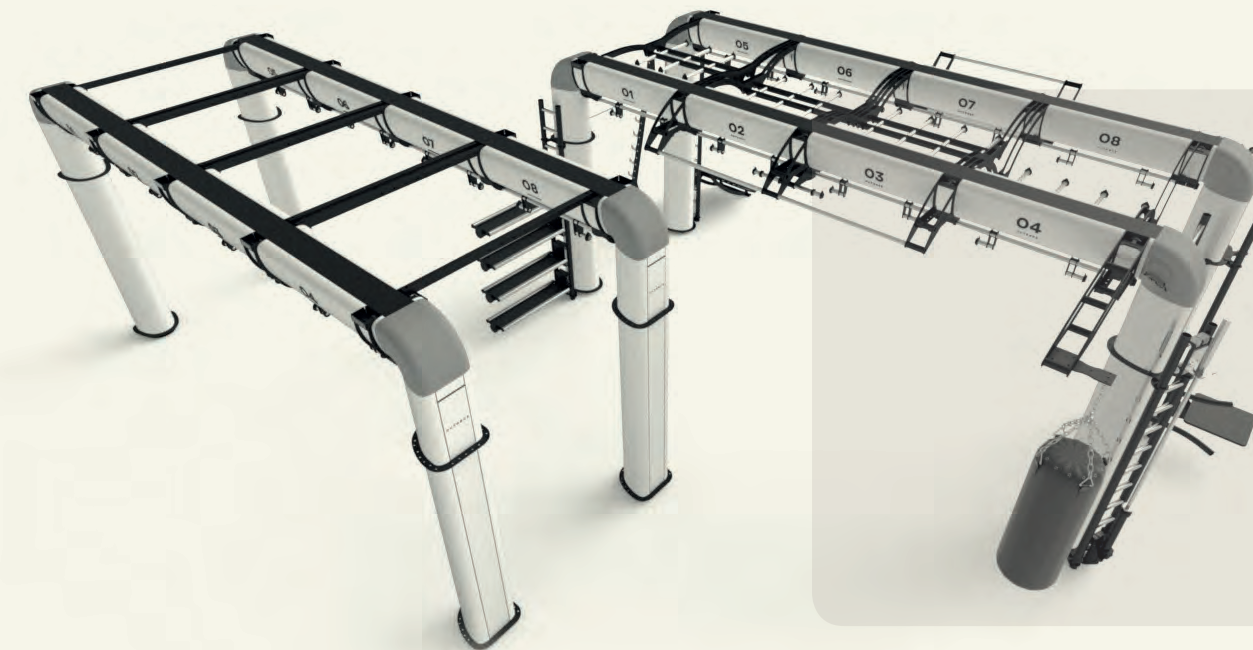
The frames on this catalogue are defined STANDARD to distinguish them from projects with modifications on the frame (like personalized height or structural adjustments to the pillars or the beams) which will be defined as CUSTOM.



02

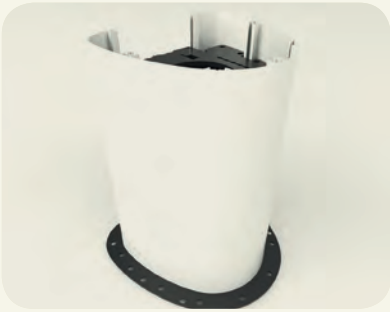


The beams are subdivided in numbered stations of 125cm. Each of these 125cm beam corresponds to a suspension working station, complete of a stainless steel bar on which there are two sliding hooks (hook bar).



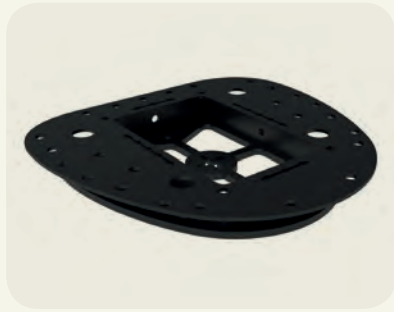
The CUSTOM FRAMES will need a longer time for planning and realization opposed to the STANDARD FRAMES, because it needs extra time for engineering and structural tests.

The standard Outrace Frames are composed of pillars, beams and connections, modular elements which makes possible the creation of many different configurations to fit the needs of the best fitness centers.



480MM PILLAR

This pillar is the standard adjustment to take the frame to a 2850mm height.



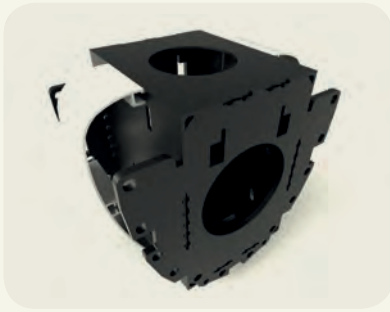
FIXING GROUND SUPPORT

To create a necessary space to fix the frame to the ground.



1250 BEAM

This is Outrace's base element. Every beam corresponds to a suspension stations.



ADJUSTMENTS

These are elements that are used to adjust the length of the frame, usually fixed to the 1250 beams. These come in 125, 250, 500mm measures.



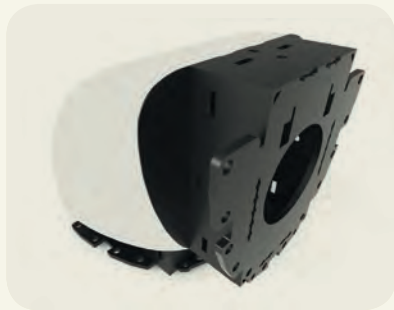
STANDARD SPACER

This element is fixed on the side of the beams, and is the support for all the side components (for example the Lat Bars and the Jump Ups).



1880MM PILLAR

This is the base element of vertical support for the frame.



CONNECTION BEAM-PILLAR

This element connects the pillars to the beams.



HOOK BAR

This element is fixed under each 1250 beam, and is equipped with 2 sliding hooks on which it is possible to hang the suspension Apps.



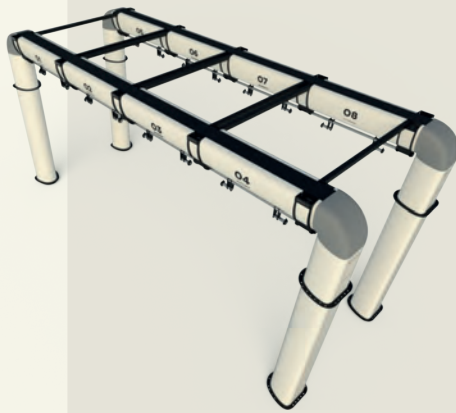
T JUNCTION

This element is needed for the creation of the frames with the DOOR. Like the ones in the H series, for example.



STANDARD SPACER CONNECTION

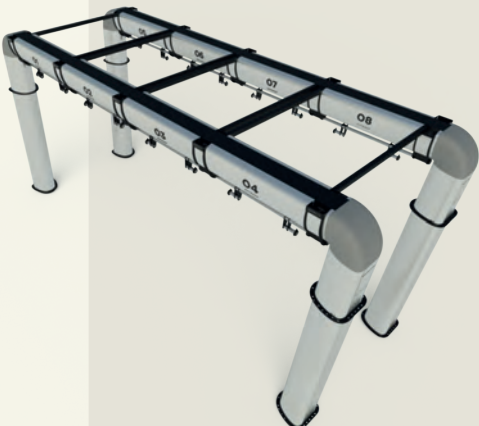
In the frames, this element connects the beams and is an important piece for the stability of the structure. In case of Skyladders present in the project, it will be replaced by the Skyladders support.



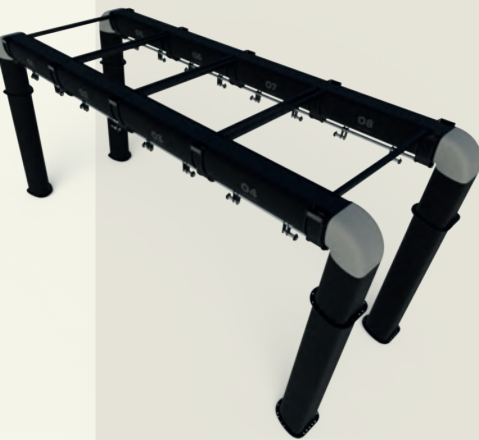
Black-White



Black-Silver



Black-Anodized



Black-Black

NAMING AND CHARACTERISTICS

The Avantgarde versions of Outrace are named with Acronyms that identify the type of frame, dimensions and colors.

This is an example to better understand the naming of the products:

R2-6 AVANTGARDE BLACK- WHITE

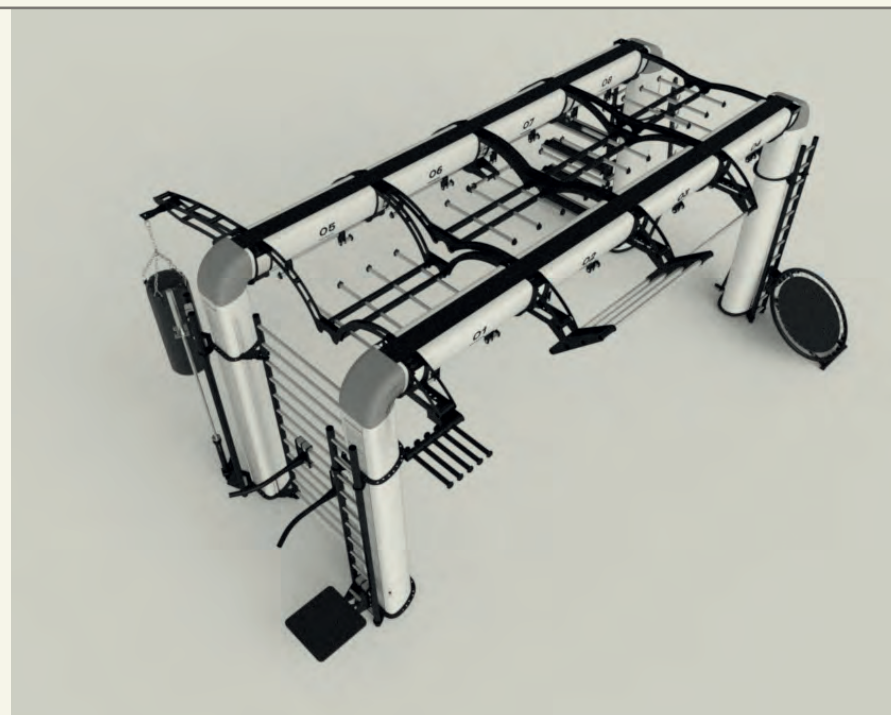
R 2: this indicates that the frame has two beams, two structural arcs connected together.

6: this number indicates the external frame length in meters, not including components, apps, or movables.

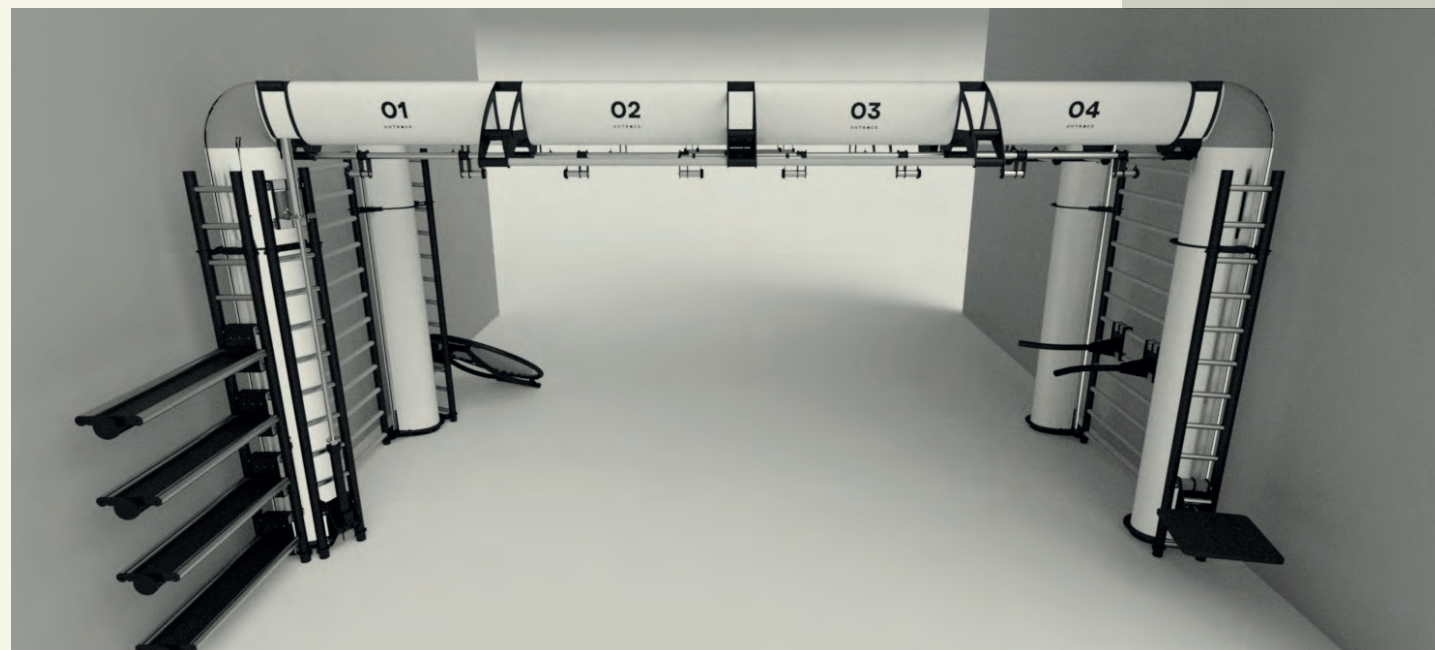
BLACK- WHITE: Black is always the frame color, White is the alluminium carter's finishing, which can be requested in the following colors: matte white, silver, anodized alluminium, and matte black, with different pricing. Matte white being the standard one.

All of Outrace's structures can be configured in the final destinations in two different ways:

CENTER PIECE
set in the center of the room, to give the opportunity to create functional circuits inside and all around the frame, exploiting to the maximum all the external spaces adjacent to the pillars.

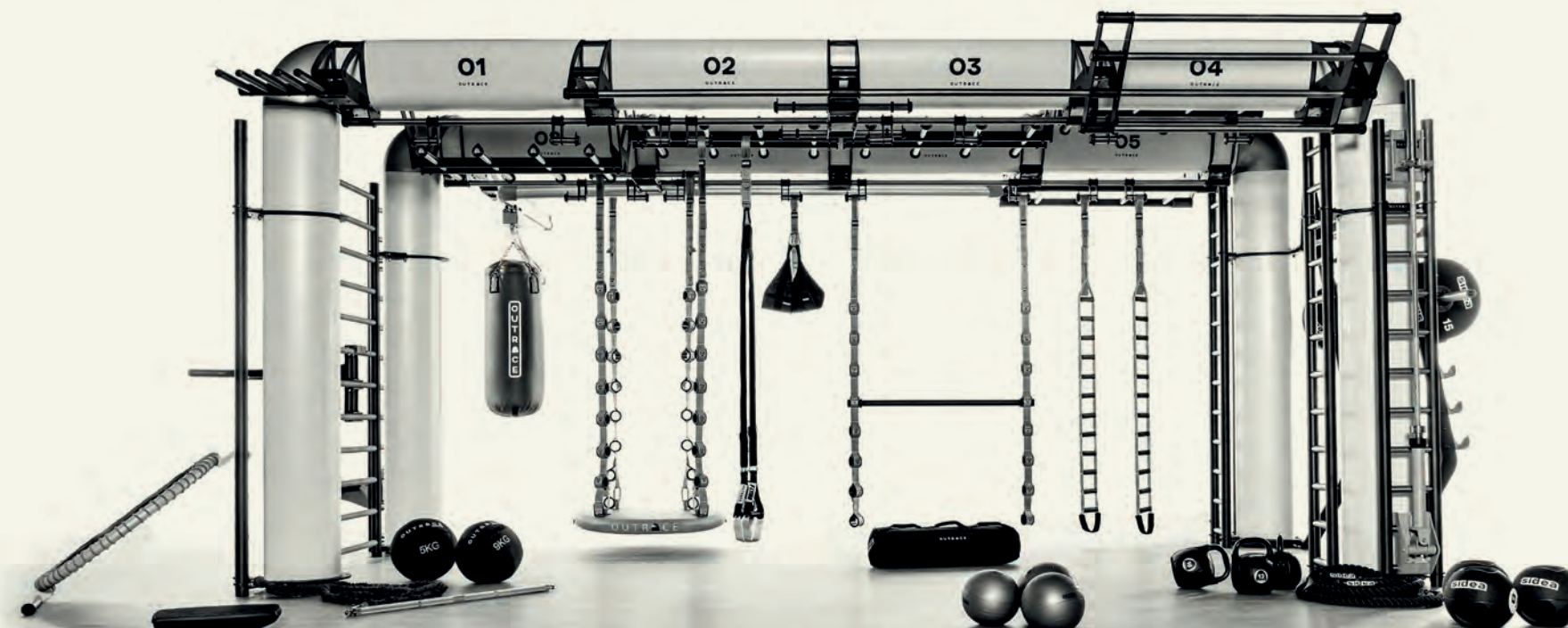


PERFECT FIT
With the pillars adjacent to the walls of the room to keep the working spaces of the room free. With this configuration it's possible to keep using the room for any activity when necessary without limits.



For every Outrace product in this catalogue here will be given the necessary space for the C.P. and P.F. version and the exact measurement between the pillars, the weight and number of suspension stations and the total number of possible users at the same time. This last number can vary depending on the different components, apps or movables in the configuration.

NO CONSTRAINT, NO LIMITATION, MAXIMUM FREEDOM...



In Outrace solutions there are always accurate searches for proportions, colors and details. Everything is centered on a philosophy in which the true and only protagonist is Movement and not a mere muscle activation, adhering to the principle that the brain focuses on motor skills, acquires information and transforms it into useful motion.

FRAMES

H5 AVANTGARDE
ORAFH5BW
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H7 AVANTGARDE
ORAFH7BW
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H9 AVANTGARDE
ORAFH9BW
pag 60



A3 AVANTGARDE
OR10999BW
pag 61



CUBE AVANTGARDE
OR11000BW
pag 62



R2-5 AVANTGARDE
OR11001BW
pag 63



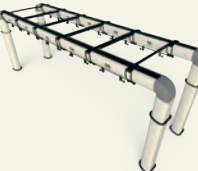
R2-6 AVANTGARDE
OR11002BW
pag 64



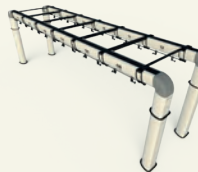
R2-7 AVANTGARDE
OR11003BW
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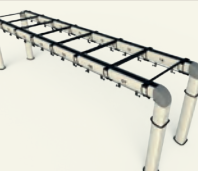
R2-8 AVANTGARDE
OR11004BW
pag 66



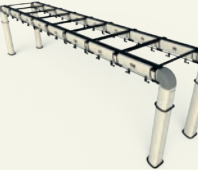
R2-9 AVANTGARDE
OR11005BW
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R2-10 AVANTGARDE
OR11006BW
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R2-11 AVANTGARDE
OR11007BW
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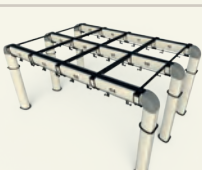
R2-12 AVANTGARDE
OR11008BW
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R3-5 AVANTGARDE
OR11009BW
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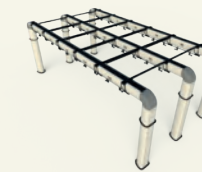
R3-6 AVANTGARDE
OR11010BW
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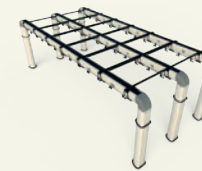
R3-7 AVANTGARDE
OR11011BW
pag 73



R3-8 AVANTGARDE
OR11012BW
pag 74



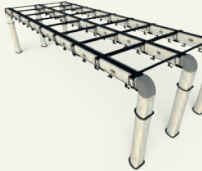
R3-9 AVANTGARDE
OR11013BW
pag 75



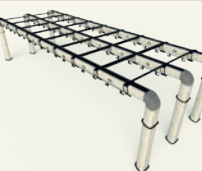
R3-10 AVANTGARDE
OR11014BW
pag 76



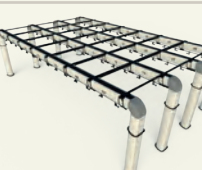
R3-11 AVANTGARDE
OR11015BW
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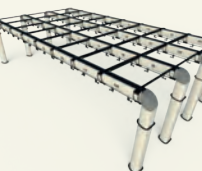
R3-12 AVANTGARDE
OR11016BW
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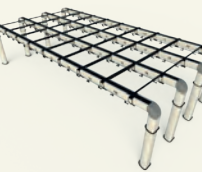
R4-10 AVANTGARDE
OR11017BW
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R4-11 AVANTGARDE
OR11018BW
pag 80



R4-12 AVANTGARDE
OR11019BW
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W5 AVANTGARDE
ORAFW5BW
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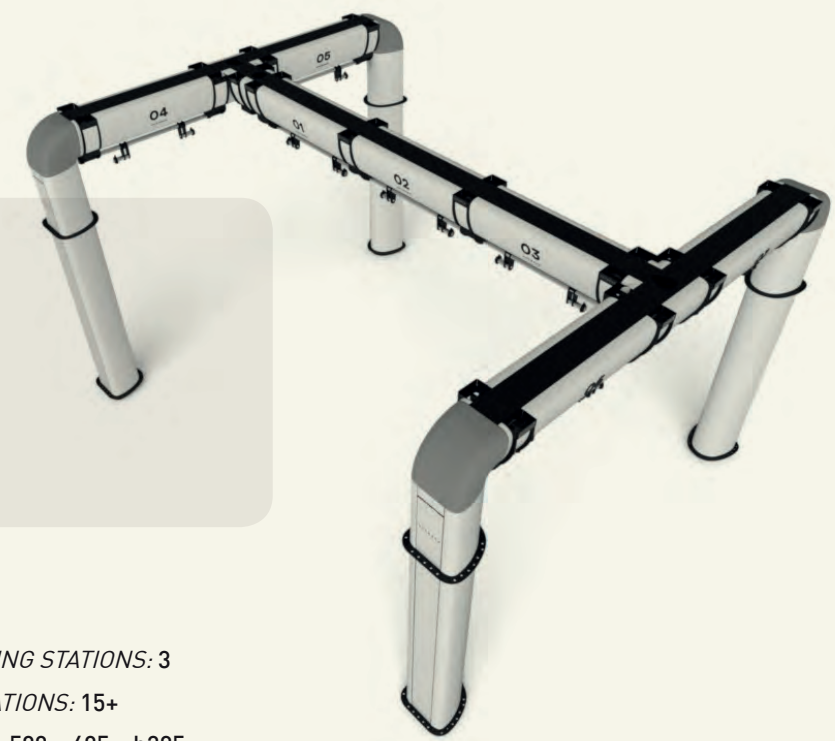


W6 AVANTGARDE
ORAF6BW
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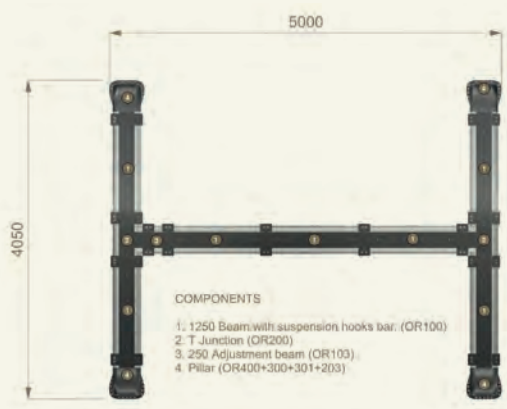
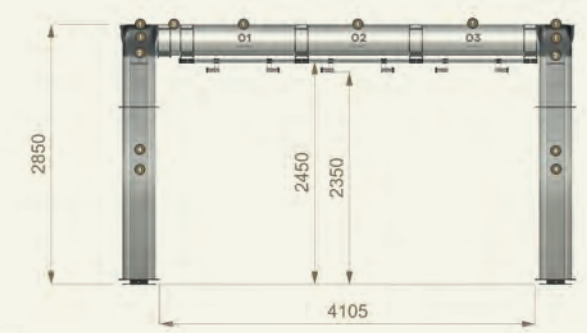
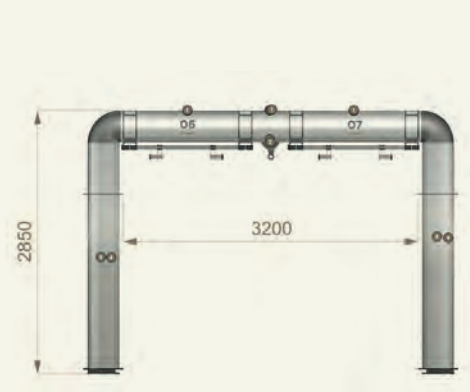
H5 AVANTGARDE

This light-weight configuration and eye-catching design is suitable for use within functional circuits.



- ORAFH5BA - H5 AVANTGARDE Black-Anodized
- ORAFH5BS - H5 AVANTGARDE Black-Silver
- ORAFH5BB - H5 AVANTGARDE Black-Black
- ORAFH5BW - H5 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 3
TOTAL WORKING STATIONS: 15+
FRAME AREA (in cm): 500 x 405 x h285
CENTER PIECE WORKING AREA: 900 x 805
TOTAL WEIGHT: 1250 Kg



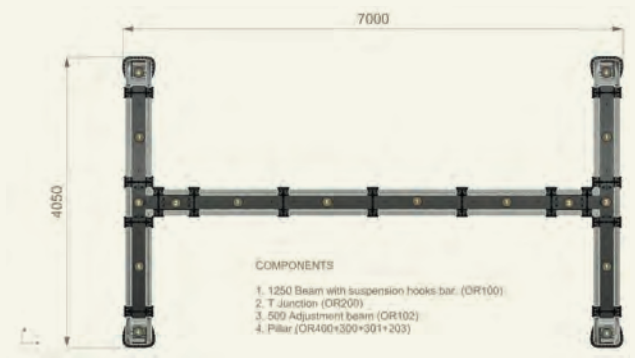
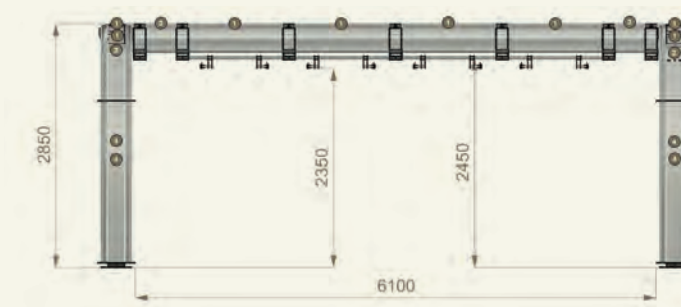
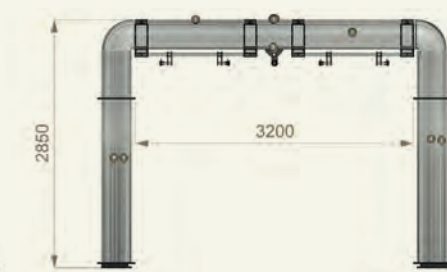
H7 AVANTGARDE

This light-weight configuration and eye-catching design is suitable for use within functional circuits



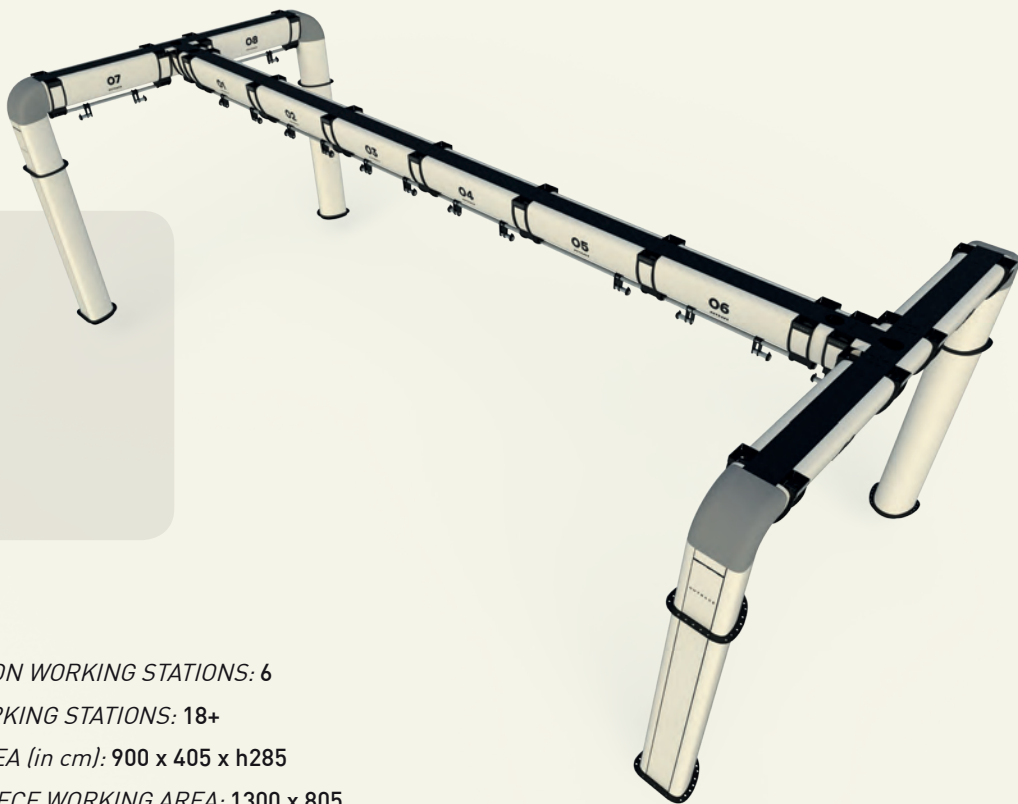
- ORAFH7BA - H7 AVANTGARDE Black-Anodized
- ORAFH7BS - H7 AVANTGARDE Black-Silver
- ORAFH7BB - H7 AVANTGARDE Black-Black
- ORAFH7BW - H7 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 4
TOTAL WORKING STATIONS: 16+
FRAME AREA (in cm): 700 x 405 x h285
CENTER PIECE WORKING AREA: 1100 x 805
PERFECT FIT WORKING AREA: 700 x 805
TOTAL WEIGHT: 1350 Kg



H9 AVANTGARDE

This light-weight configuration and eye-catching design is suitable for use within functional circuits.



- ORAFH9BA** - H9 AVANTGARDE Black-Anodized

ORAFH9BS - H9 AVANTGARDE Black-Silver

ORAFH9BB - H9 AVANTGARDE Black-Black

ORAFH9BW - H9 AVANTGARDE Black-White
- SUSPENSION WORKING STATIONS: 6*

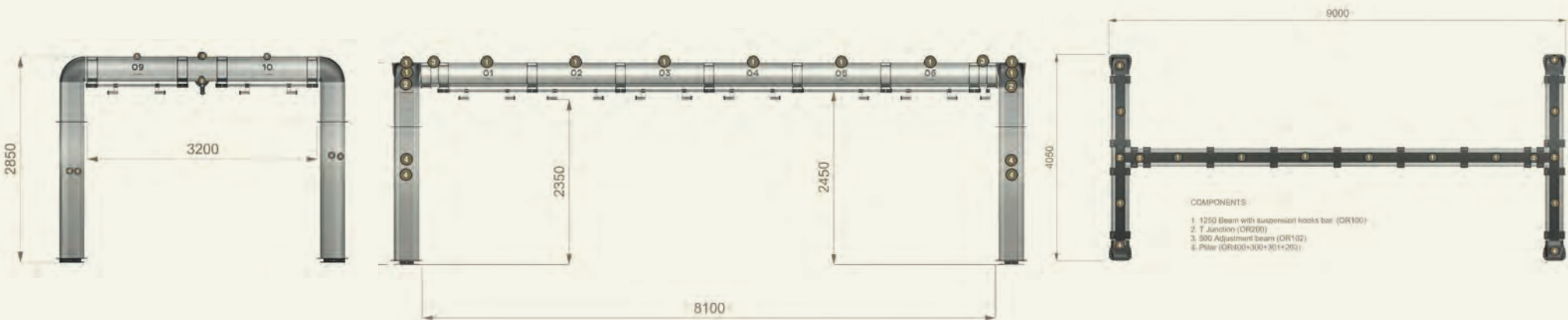
TOTAL WORKING STATIONS: 18+

FRAME AREA (in cm): 900 x 405 x h285

CENTER PIECE WORKING AREA: 1300 x 805

PERFECT FIT WORKING AREA: 900 x 805

TOTAL WEIGHT: 1550Kg



A3 AVANTGARDE

This Outrace Frame is designed for small spaces, or in general to create a functional area in a corner of your gym space without changing the already existing overall activities. The A3 Version is the best solution to occupy for corner spaces: it has 2 suspension training stations and combined with components and apps gives space to 6 or more people training simultaneously. Two Gym Ladder included.



- OR10999BA** - A3 AVANTGARDE Black-Anodized

OR10999BS - A3 AVANTGARDE Black-Silver

OR10999BB - A3 AVANTGARDE Black-Black

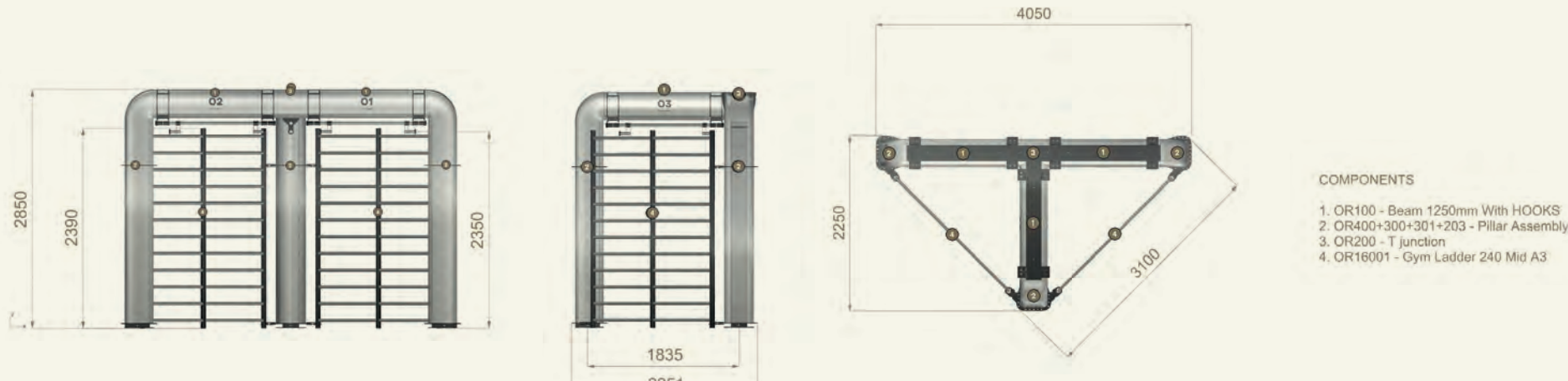
OR10999BW - A3 AVANTGARDE Black-White
- SUSPENSION WORKING STATIONS: 2*

TOTAL WORKING STATIONS: 6+

FRAME AREA (in cm): 310 x 310 x h285

PERFECT FIT WORKING AREA: RADIUS 5m

TOTAL WEIGHT: 900Kg



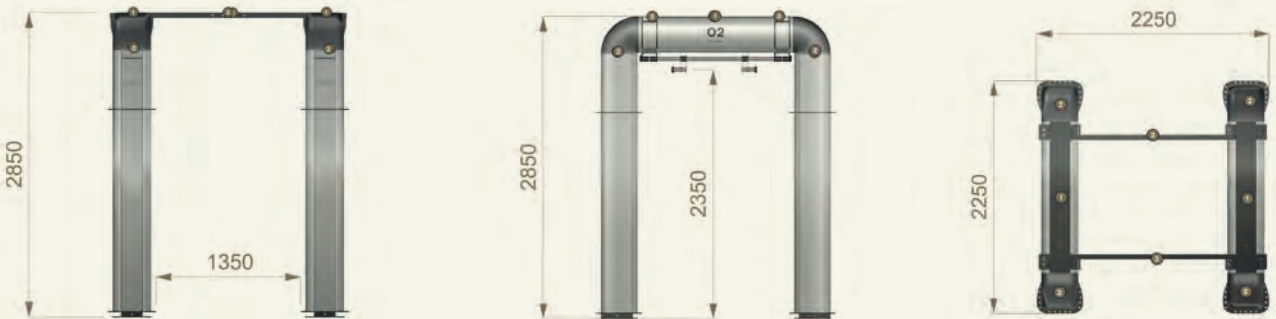
CUBE AVANTGARDE

Structure for small PT spaces, fitness boutiques, resorts or private homes. Flyo not suitable for this frame.



- OR11000BA - CUBE AVANTGARDE Black-Anodized
- OR11000BS - CUBE AVANTGARDE Black-Silver
- OR11000BB - CUBE AVANTGARDE Black-Black
- OR11000BW - CUBE AVANTGARDE Black-White

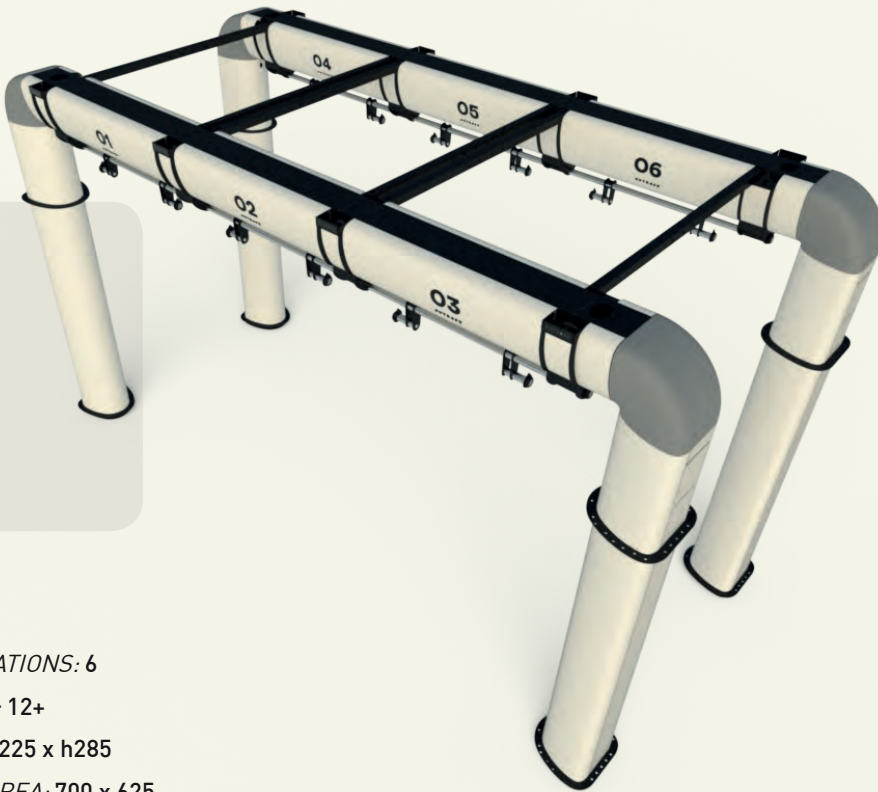
SUSPENSION WORKING STATIONS: 2
TOTAL WORKING STATIONS: 8+
FRAME AREA (in cm): 225 x 225 x h285
CENTER PIECE WORKING AREA: 625 x 625
TOTAL WEIGHT: 800Kg



- COMPONENTS
- 1. 1250 Beam with suspension hooks bar. (OR10)
 - 2. Pillar (OR400+300+301+203)
 - 3. Standard spacer connection (OR603)

R2-5 AVANTGARDE

This Outrace model combines maximum usability with the compactness of a frame suitable for most gyms.



- OR11001BA - R2-5 AVANTGARDE Black-Anodized
- OR11001BS - R2-5 AVANTGARDE Black-Silver
- OR11001BB - R2-5 AVANTGARDE Black-Black
- OR11001BW - R2-5 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 6
TOTAL WORKING STATIONS: 12+
FRAME AREA (in cm): 500 x 225 x h285
CENTER PIECE WORKING AREA: 700 x 625
PERFECT FIT WORKING AREA: 500x625
TOTAL WEIGHT: 1100Kg



- COMPONENTS
- 1. 1250 Beam with suspension hooks bar. (OR100)
 - 2. Pillar (OR400+300+301+203)
 - 3. Standard spacer connection (OR603)
 - 4. 125 Beam (OR104)

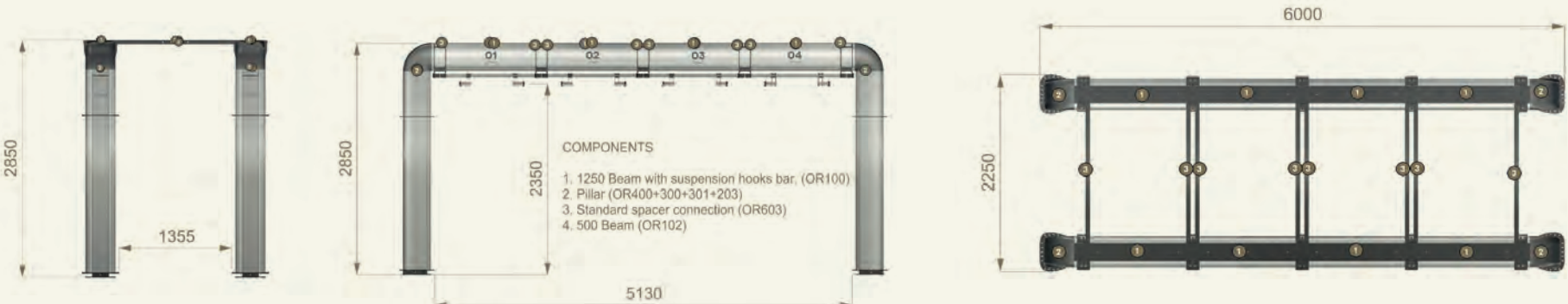
R2-6 AVANTGARDE

The Standard Model par excellence in which the size and number of busy customers reach the best space / number ratio of users.



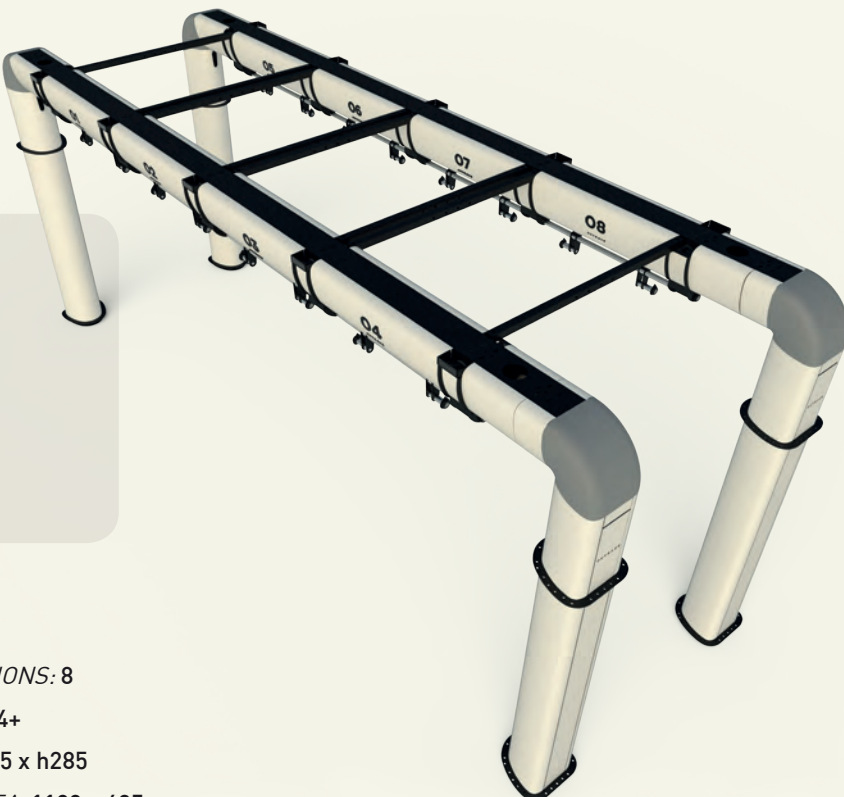
- OR11002BA - R2-6 AVANTGARDE Black-Anodized
- OR11002BS - R2-6 AVANTGARDE Black-Silver
- OR11002BB - R2-6 AVANTGARDE Black-Black
- OR11002BW - R2-6 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 8
TOTAL WORKING STATIONS: 14+
FRAME AREA (in cm): 600 x 225 x h285
CENTER PIECE WORKING AREA: 1000 x 625
PERFECT FIT WORKING AREA: 600 x 625
TOTAL WEIGHT: 1200 Kg



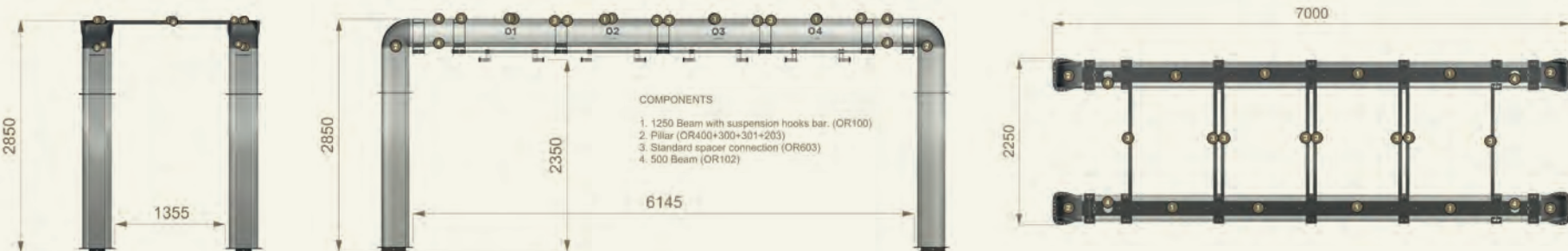
R2-7 AVANTGARDE

In this frame, the four suspended posts near the columns have a slightly larger operating space than R2-6.



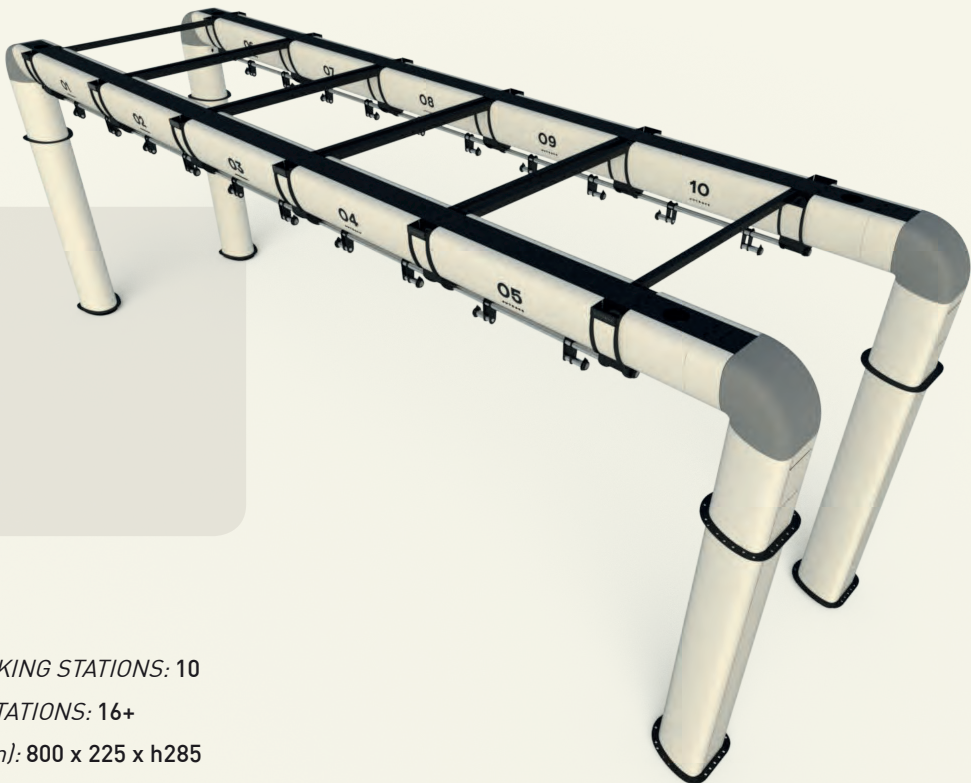
- OR11003BA - R2-7 AVANTGARDE Black-Anodized
- OR11003BS - R2-7 AVANTGARDE Black-Silver
- OR11003BB - R2-7 AVANTGARDE Black-Black
- OR11003BW - R2-7 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 8
TOTAL WORKING STATIONS: 14+
FRAME AREA (in cm): 700 x 225 x h285
CENTER PIECE WORKING AREA: 1100 x 625
PERFECT FIT WORKING AREA: 700x625
TOTAL WEIGHT: 1300Kg



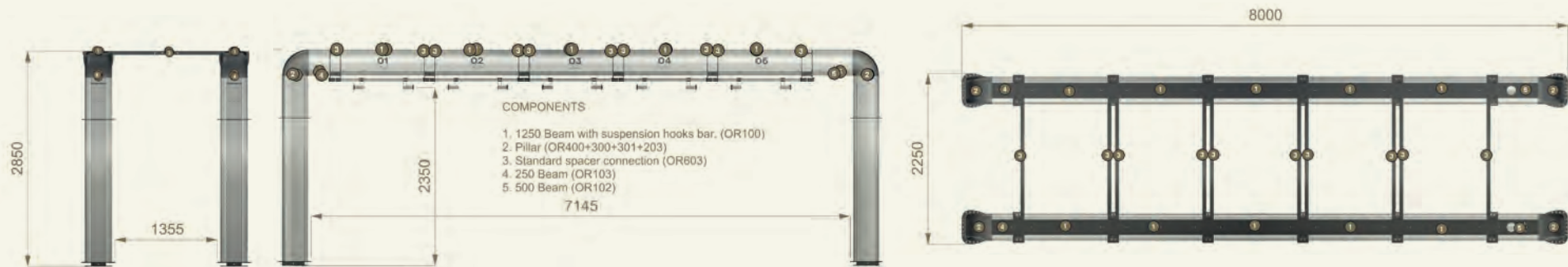
R2-8 AVANTGARDE

The standard R2 structures from 8 to 12 meters are particularly suited for Perfect Fit wall-to-wall configurations.



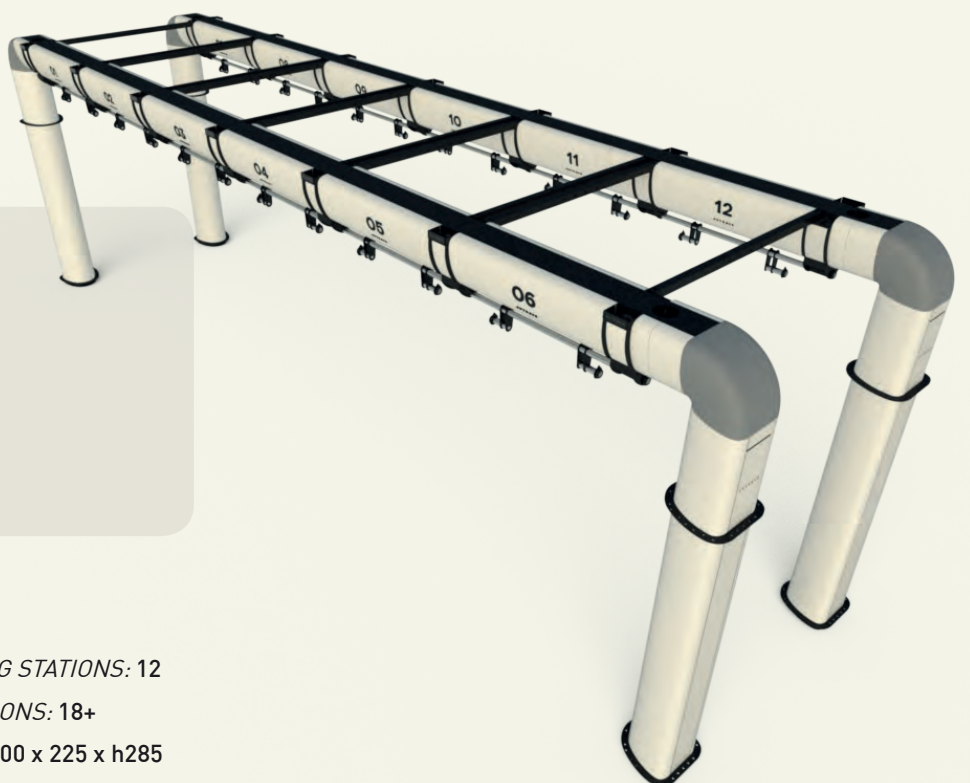
- OR11004BA - R2-8 AVANTGARDE Black-Anodized
- OR11004BS - R2-8 AVANTGARDE Black-Silver
- OR11004BB - R2-8 AVANTGARDE Black-Black
- OR11004BW - R2-8 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 10
TOTAL WORKING STATIONS: 16+
FRAME AREA (in cm): 800 x 225 x h285
CENTER PIECE WORKING AREA: 1200 x 625
PERFECT FIT WORKING AREA: 800 x 625
TOTAL WEIGHT: 1350Kg



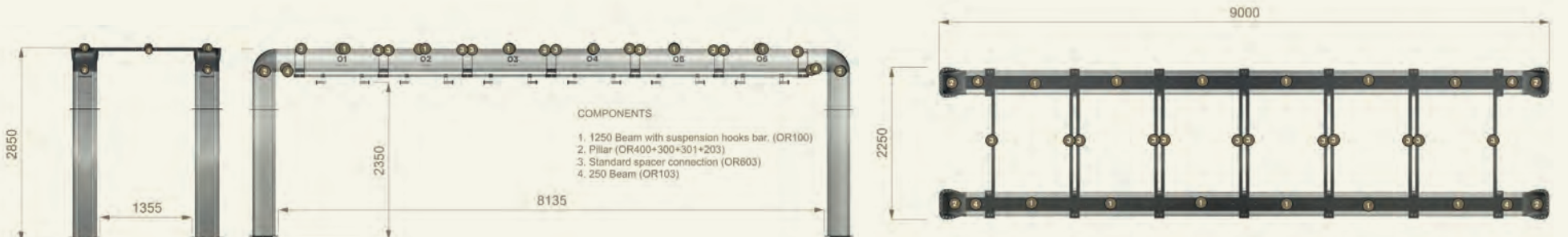
R2-9 AVANTGARDE

The standard R2 structures from 8 to 12 meters are particularly suited for Perfect Fit wall-to-wall configurations.



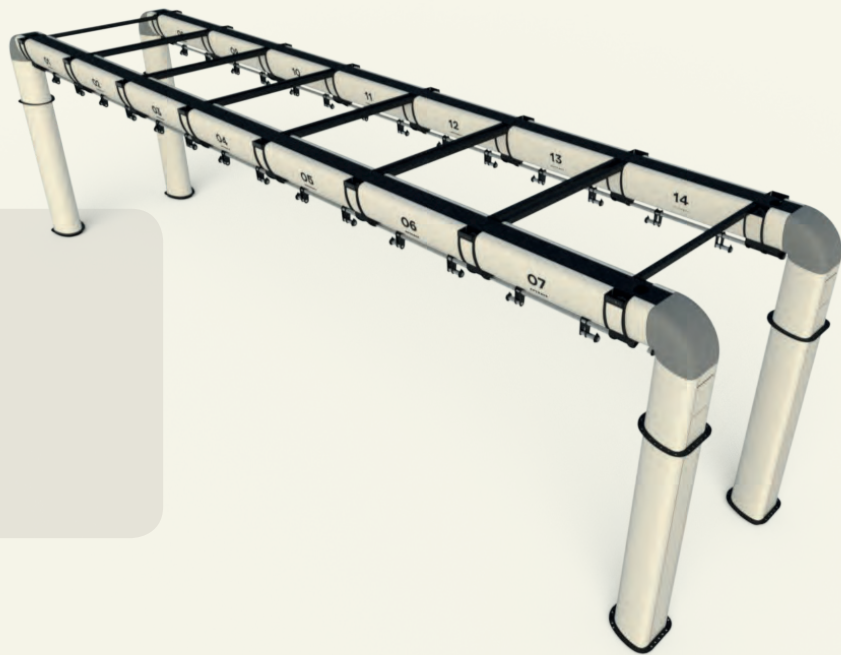
- OR11005BA - R2-9 AVANTGARDE Black-Anodized
- OR11005BS - R2-9 AVANTGARDE Black-Silver
- OR11005BB - R2-9 AVANTGARDE Black-Black
- OR11005BW - R2-9 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 12
TOTAL WORKING STATIONS: 18+
FRAME AREA (in cm): 900 x 225 x h285
CENTER PIECE WORKING AREA: 1300 x 625
PERFECT FIT WORKING AREA: 900x625
TOTAL WEIGHT: 1500Kg



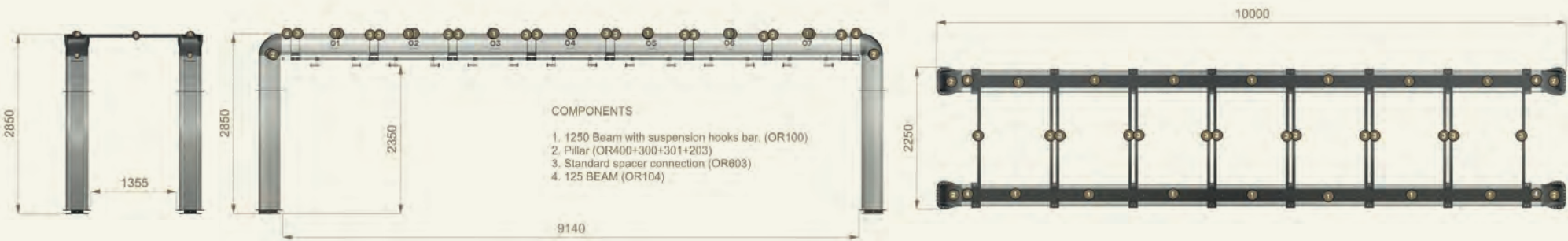
R2-10 AVANTGARDE

The standard R2 structures from 8 to 12 meters are particularly suited for Perfect Fit wall-to-wall configurations.



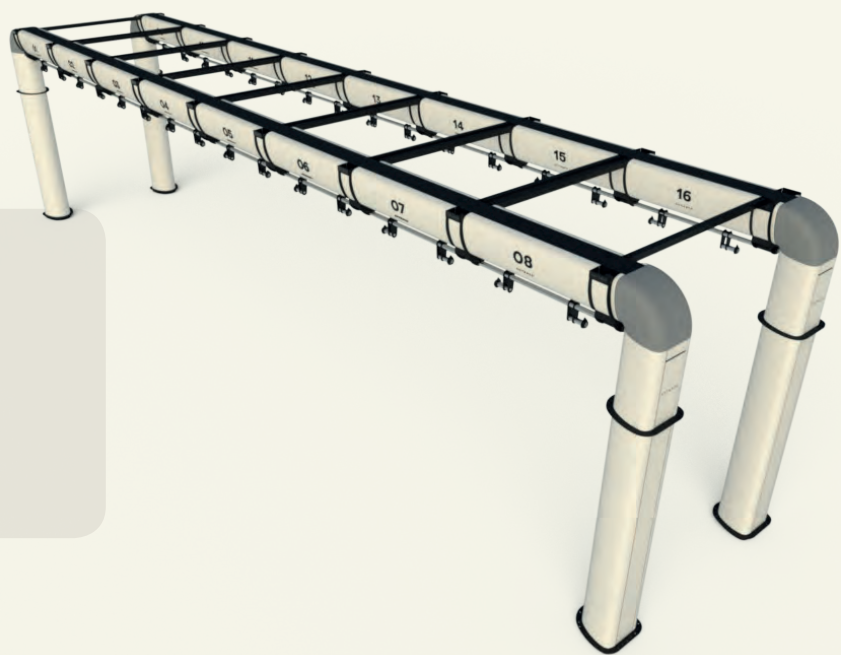
- OR11006BA - R2-10 AVANTGARDE Black-Anodized
- OR11006BS - R2-10 AVANTGARDE Black-Silver
- OR11006BB - R2-10 AVANTGARDE Black-Black
- OR11006BW - R2-10 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 14
TOTAL WORKING STATIONS: 20+
FRAME AREA (in cm): 1000 x 225 x h285
CENTER PIECE WORKING AREA: 1400 x 625
PERFECT FIT WORKING AREA: 1000 x 625
TOTAL WEIGHT: 1600Kg



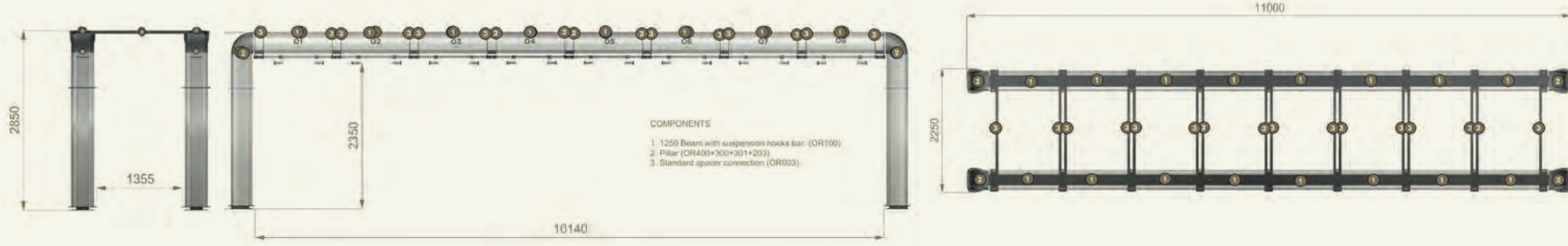
R2-11 AVANTGARDE

The standard R2 structures from 8 to 12 meters are particularly suited for Perfect Fit wall-to-wall configurations.



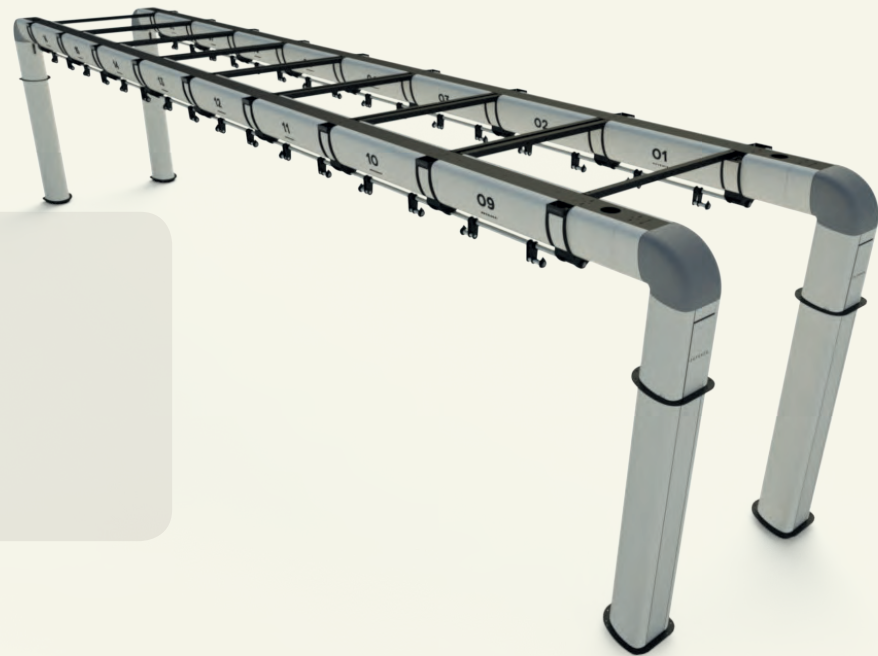
- OR11007BA - R2-11 AVANTGARDE Black-Anodized
- OR11007BS - R2-11 AVANTGARDE Black-Silver
- OR11007BB - R2-11 AVANTGARDE Black-Black
- OR11007BW - R2-11 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 16
TOTAL WORKING STATIONS: 22+
FRAME AREA (in cm): 1100 x 225 x h285
CENTER PIECE WORKING AREA: 1500 x 625
PERFECT FIT WORKING AREA: 1100x625
TOTAL WEIGHT: 1700Kg



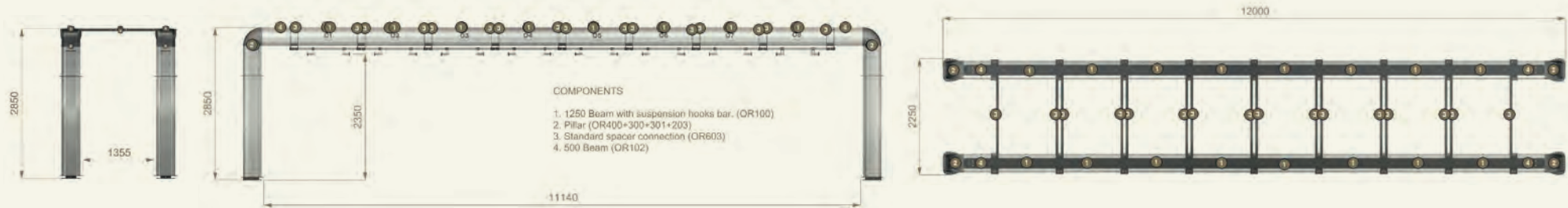
R2-12 AVANTGARDE

The standard R2 structures from 8 to 12 meters are particularly suited for Perfect Fit wall-to-wall configurations.



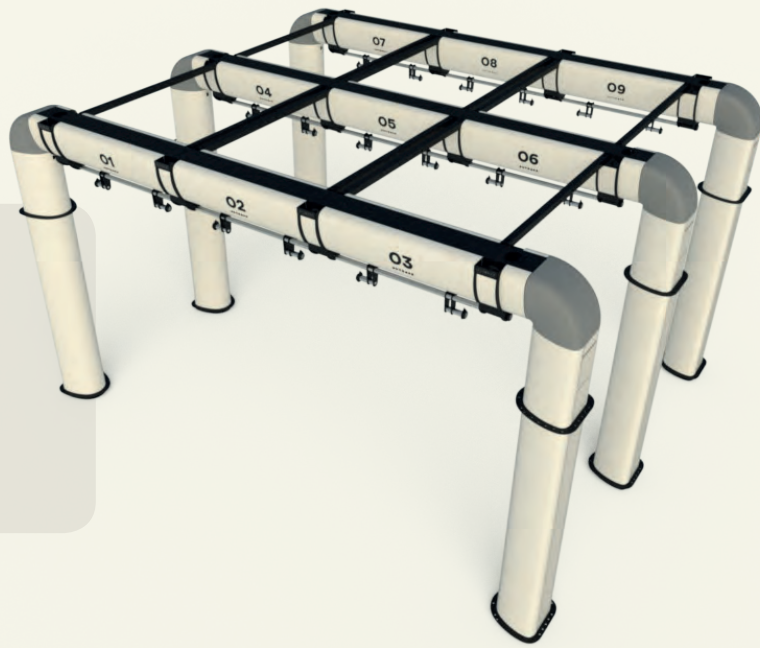
- OR11008BA - R2-12 AVANTGARDE Black-Anodized
- OR11008BS - R2-12 AVANTGARDE Black-Silver
- OR11008BB - R2-12 AVANTGARDE Black-Black
- OR11008BW - R2-12 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 16
TOTAL WORKING STATIONS: 22+
FRAME AREA (in cm): 1200 x 225 x h285
CENTER PIECE WORKING AREA: 1600 x 625
PERFECT FIT WORKING AREA: 1200 x 625
TOTAL WEIGHT: 1800Kg



R3-5 AVANTGARDE

The R3 are 3 beams structures, designed to increase the number of suspended positions, through the modular width increase.



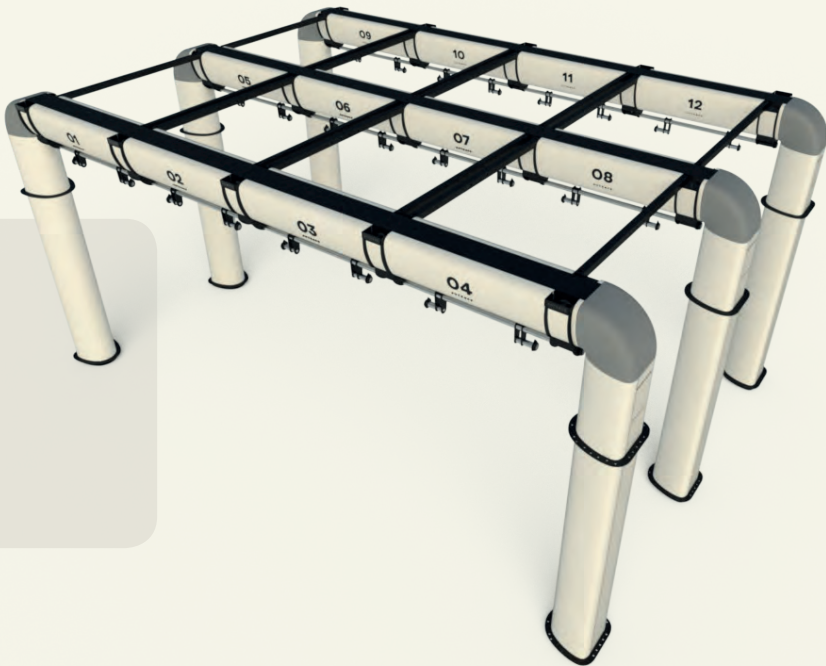
- OR11009BA - R3-5 AVANTGARDE Black-Anodized
- OR11009BS - R3-5 AVANTGARDE Black-Silver
- OR11009BB - R3-5 AVANTGARDE Black-Black
- OR11009BW - R3-5 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 9
TOTAL WORKING STATIONS: 17+
FRAME AREA (in cm): 500 x 405 x h285
CENTER PIECE WORKING AREA: 900 x 805
PERFECT FIT WORKING AREA: 500x805
TOTAL WEIGHT: 1650Kg



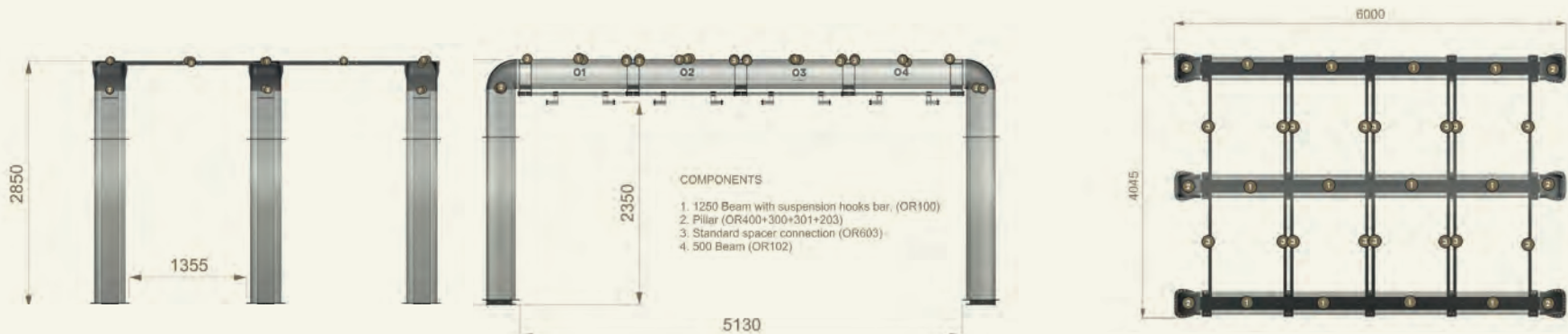
R3-6 AVANTGARDE

The R3 are 3 beams structures, designed to increase the number of suspended positions, through the modular width increase.



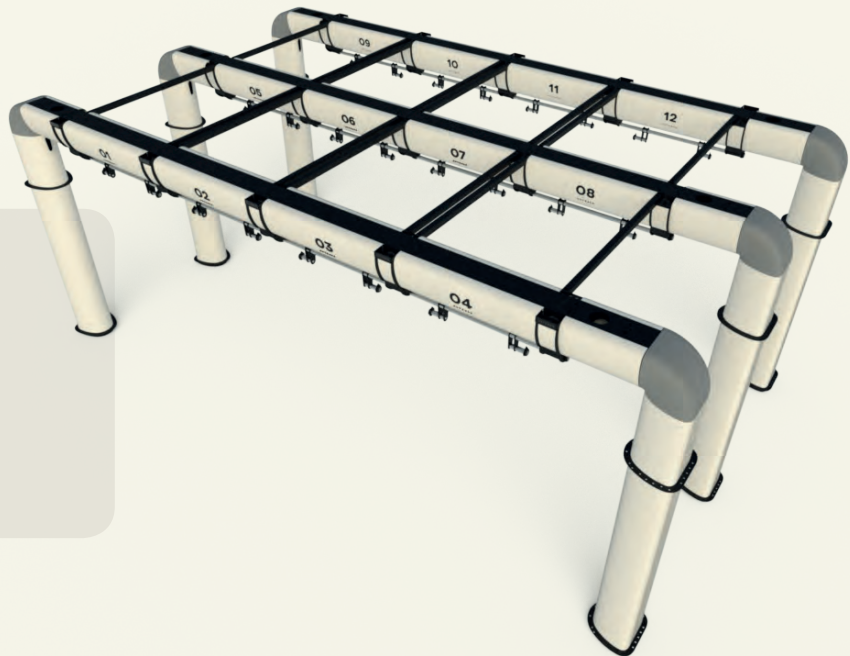
- OR11010BA - R3-6 AVANTGARDE Black-Anodized
- OR11010BS - R3-6 AVANTGARDE Black-Silver
- OR11010BB - R3-6 AVANTGARDE Black-Black
- OR11010BW - R3-6 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 12
TOTAL WORKING STATIONS: 20+
FRAME AREA (in cm): 600 x 405 x h285
CENTER PIECE WORKING AREA: 1000 x 805
PERFECT FIT WORKING AREA: 600x805
TOTAL WEIGHT: 1800Kg



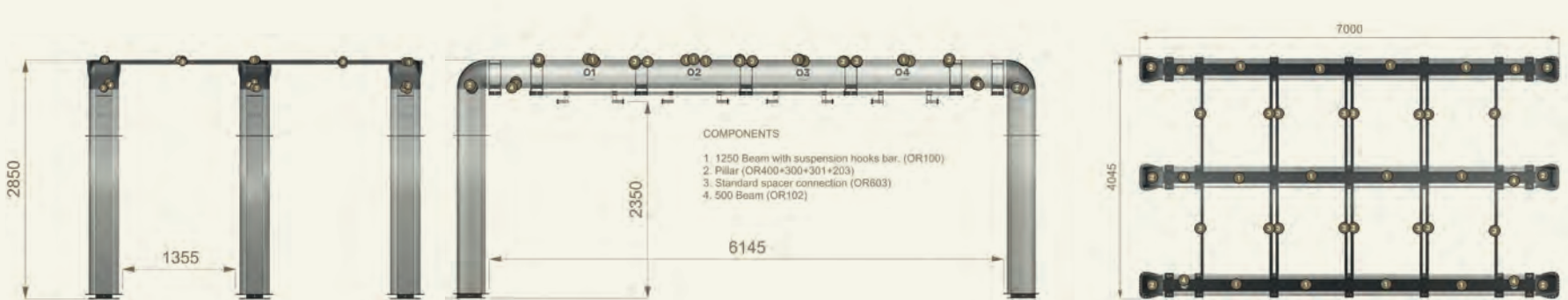
R3-7 AVANTGARDE

The R3 are 3 beams structures, designed to increase the number of suspended positions, through the modular width increase.



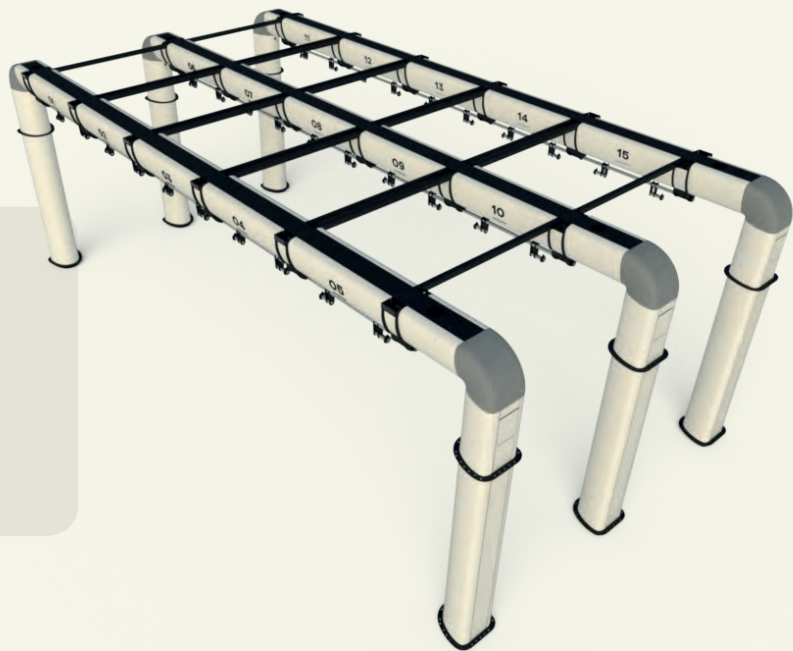
- OR11011BA - R3-7 AVANTGARDE Black-Anodized
- OR11011BS - R3-7 AVANTGARDE Black-Silver
- OR11011BB - R3-7 AVANTGARDE Black-Black
- OR11011BW - R3-7 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 12
TOTAL WORKING STATIONS: 20+
FRAME AREA (in cm): 700 x 405 x h285
CENTER PIECE WORKING AREA: 1100 x 805
PERFECT FIT WORKING AREA: 700x805
TOTAL WEIGHT: 1950Kg



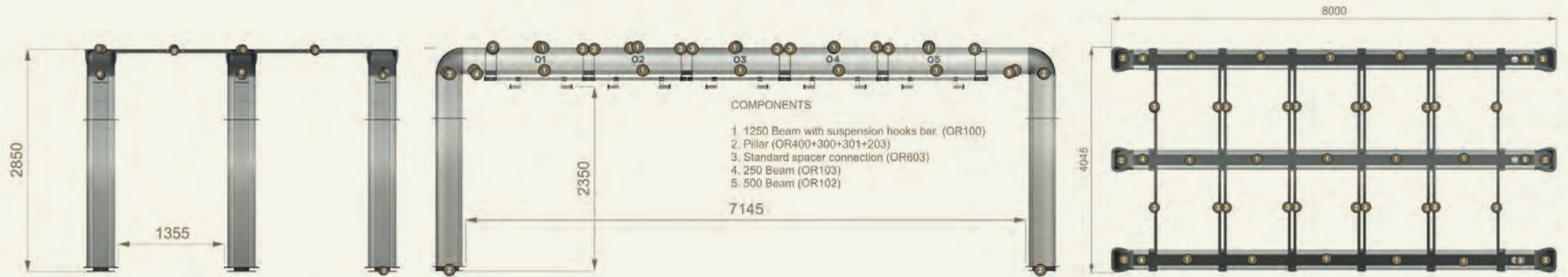
R3-8 AVANTGARDE

Over 8 meters in length, the standard R3 frames are a valid solution for having spaces equipped for the suspension, while keeping large floor areas free.



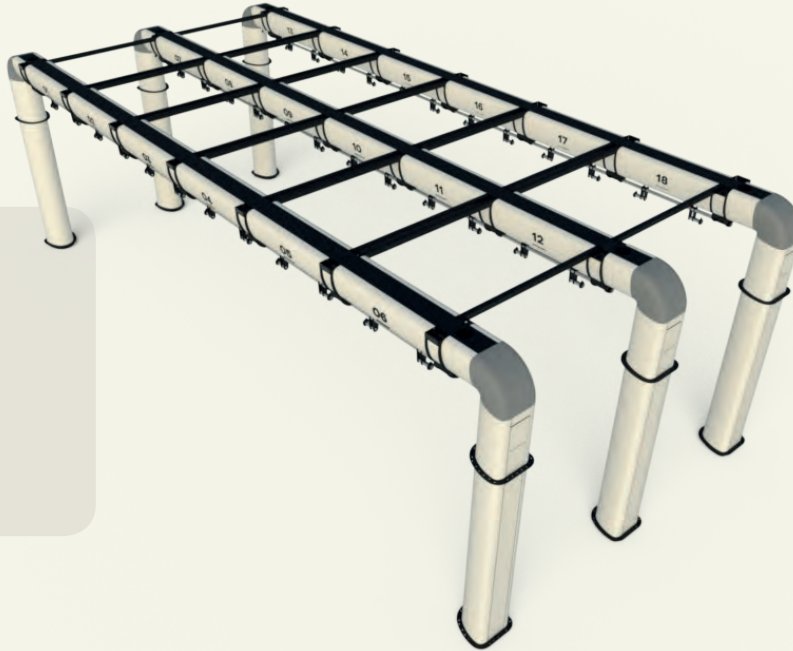
- OR11012BA - R3-8 AVANTGARDE Black-Anodized
- OR11012BS - R3-8 AVANTGARDE Black-Silver
- OR11012BB - R3-8 AVANTGARDE Black-Black
- OR11012BW - R3-8 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 15
TOTAL WORKING STATIONS: 23+
FRAME AREA (in cm): 800 x 405 x h285
CENTER PIECE WORKING AREA: 1200 x 805
PERFECT FIT WORKING AREA: 800x805
TOTAL WEIGHT: 2025Kg



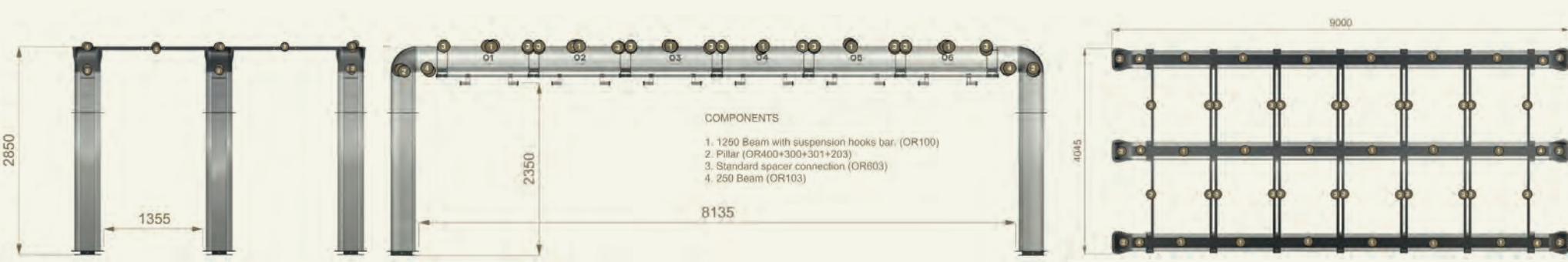
R3-9 AVANTGARDE

Over 8 meters in length, the standard R3 frames are a valid solution for having spaces equipped for the suspension, while keeping large floor areas free.



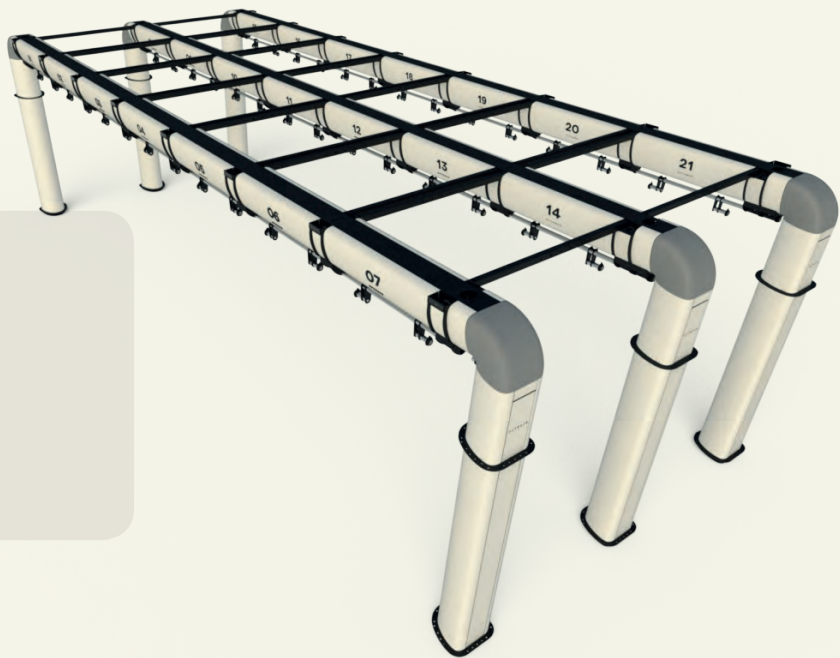
- OR11013BA - R3-9 AVANTGARDE Black-Anodized
- OR11013BS - R3-9 AVANTGARDE Black-Silver
- OR11013BB - R3-9 AVANTGARDE Black-Black
- OR11013BW - R3-9 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 18
TOTAL WORKING STATIONS: 26+
FRAME AREA (in cm): 900 x 405 x h285
CENTER PIECE WORKING AREA: 1300 x 805
PERFECT FIT WORKING AREA: 900x805
TOTAL WEIGHT: 2250Kg



R3-10 AVANTGARDE

Over 8 meters in length, the standard R3 frames are a valid solution for having spaces equipped for the suspension, while keeping large floor areas free.



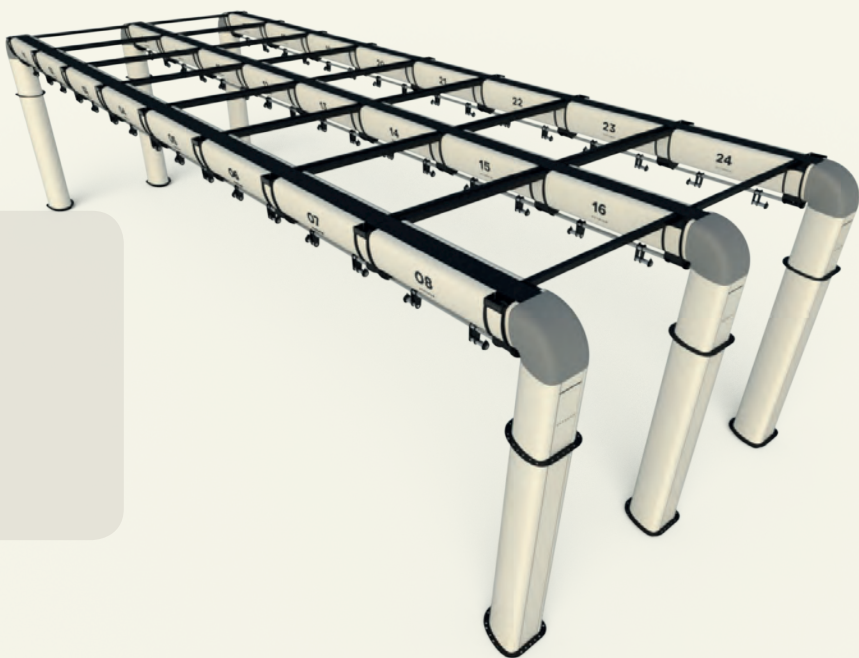
- OR11014BA - R3-10 AVANTGARDE Black-Anodized
- OR11014BS - R3-10 AVANTGARDE Black-Silver
- OR11014BB - R3-10 AVANTGARDE Black-Black
- OR11014BW - R3-10 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 21
TOTAL WORKING STATIONS: 29+
FRAME AREA (in cm): 1000 x 405 x h285
CENTER PIECE WORKING AREA: 1400 x 805
PERFECT FIT WORKING AREA: 1000x805
TOTAL WEIGHT: 2400Kg



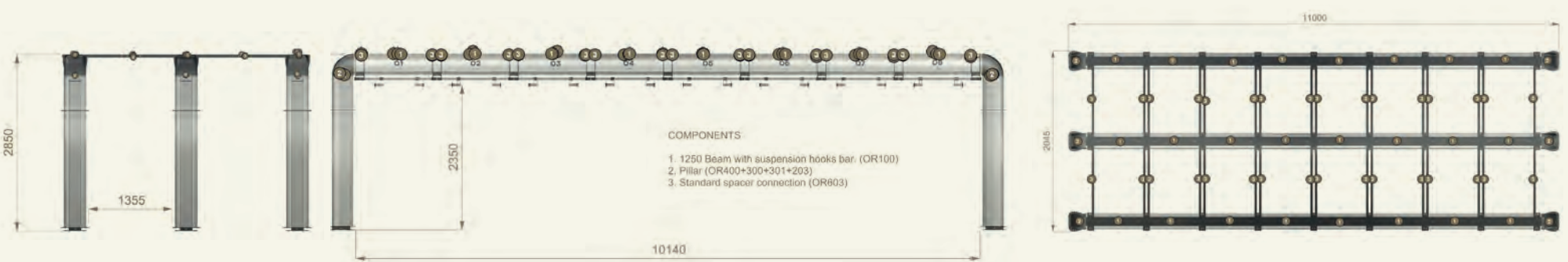
R3-11 AVANTGARDE

Over 8 meters in length, the standard R3 frames are a valid solution for having spaces equipped for the suspension, while keeping large floor areas free.



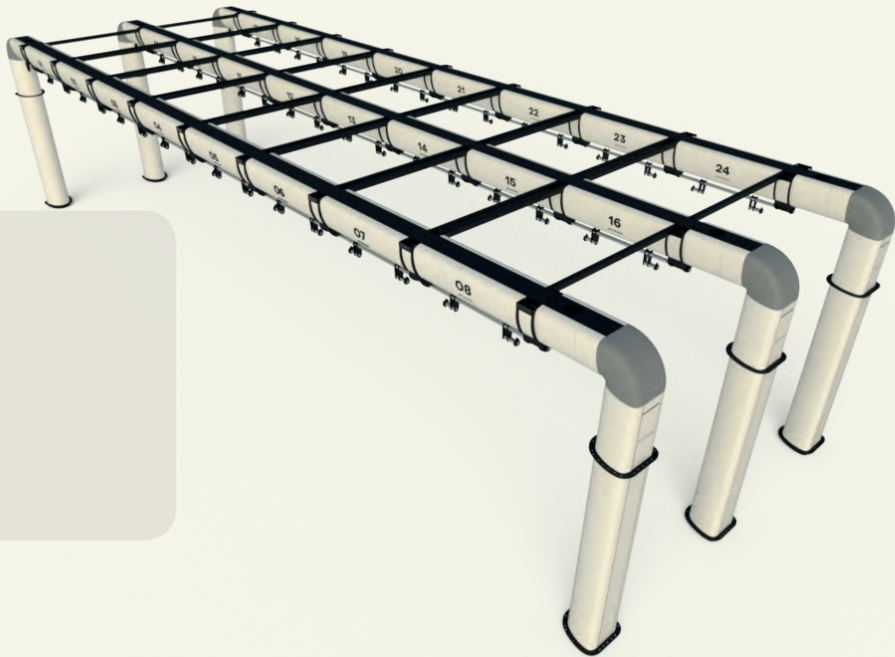
- OR11015BA - R3-11 AVANTGARDE Black-Anodized
- OR11015BS - R3-11 AVANTGARDE Black-Silver
- OR11015BB - R3-11 AVANTGARDE Black-Black
- OR11015BW - R3-11 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 24
TOTAL WORKING STATIONS: 32+
FRAME AREA (in cm): 1100 x 405 x h285
CENTER PIECE WORKING AREA: 1500 x 805
PERFECT FIT WORKING AREA: 1100x805
TOTAL WEIGHT: 2550Kg



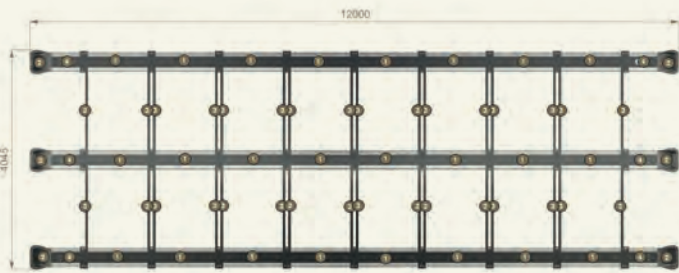
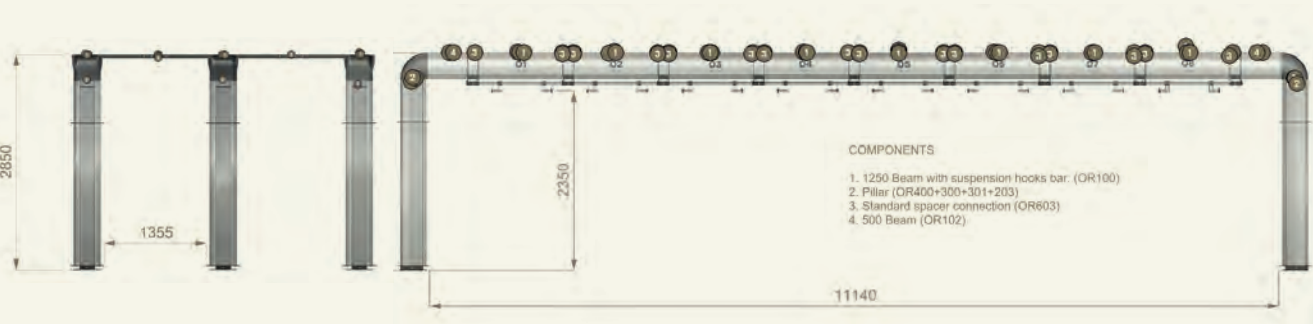
R3-12 AVANTGARDE

Over 8 meters in length, the standard R3 frames are a valid solution for having spaces equipped for the suspension, while keeping large floor areas free.



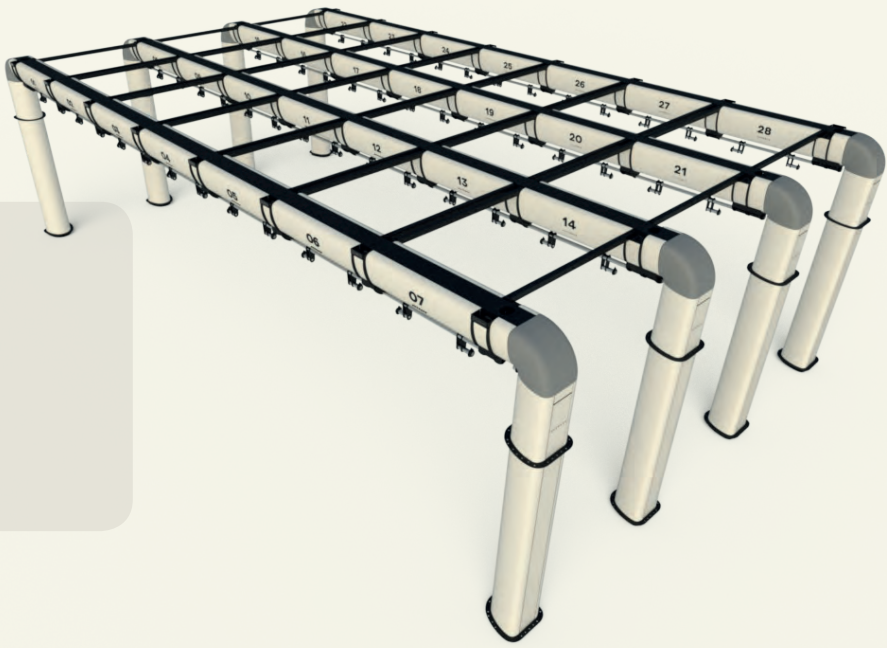
- OR11016BA - R3-12 AVANTGARDE Black-Anodized
- OR11016BS - R3-12 AVANTGARDE Black-Silver
- OR11016BB - R3-12 AVANTGARDE Black-Black
- OR11016BW - R3-12 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 24
TOTAL WORKING STATIONS: 32+
FRAME AREA (in cm): 1200 x 405 x h285
CENTER PIECE WORKING AREA: 1600 x 805
PERFECT FIT WORKING AREA: 1200x805
TOTAL WEIGHT: 2700Kg



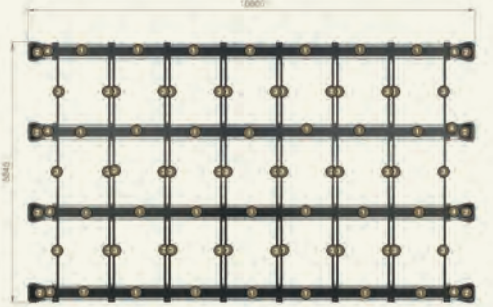
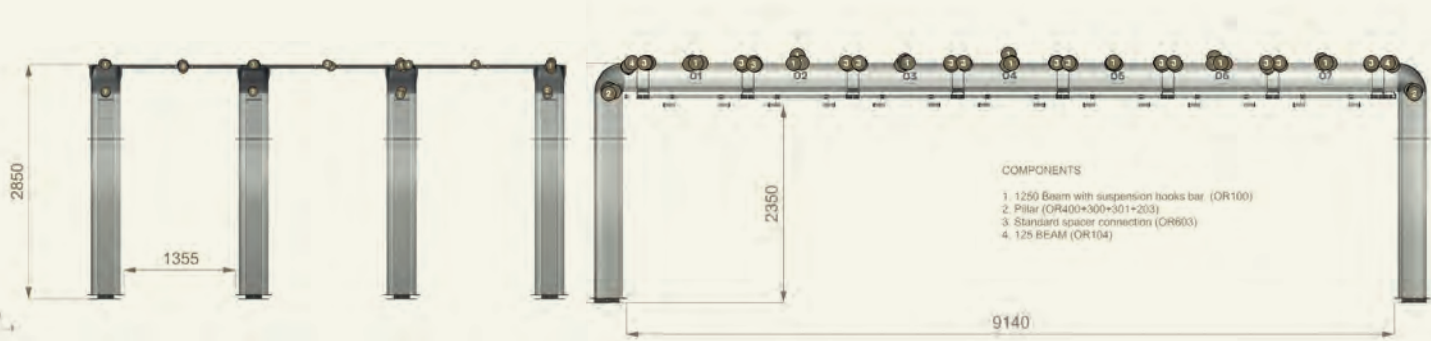
R4-10 AVANTGARDE

The R4s are large modules to form large areas within sports complexes. Suitable for group training.

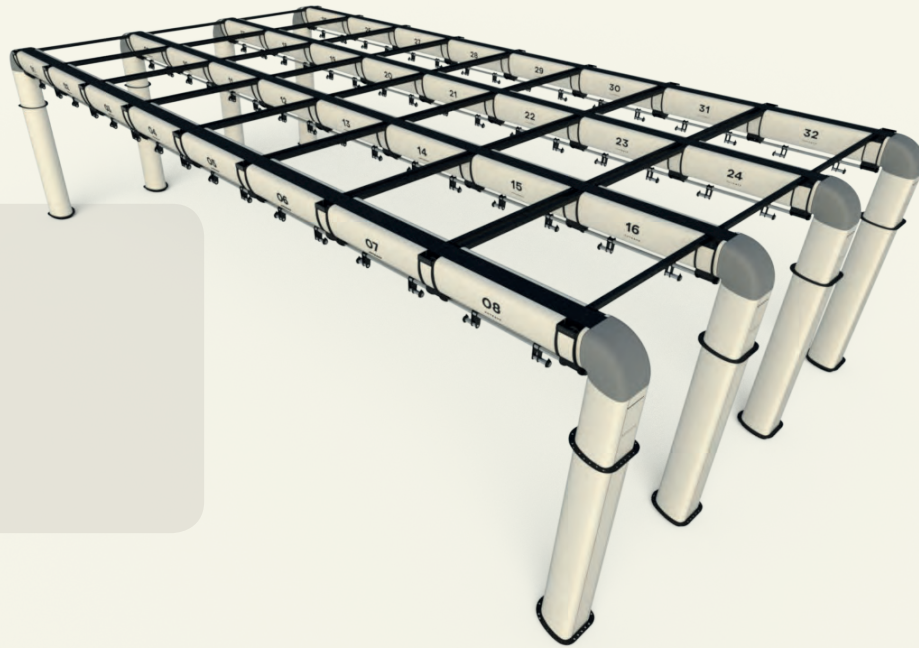


- OR11017BA - R4-10 AVANTGARDE Black-Anodized
- OR11017BS - R4-10 AVANTGARDE Black-Silver
- OR11017BB - R4-10 AVANTGARDE Black-Black
- OR11017BW - R4-10 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 28
TOTAL WORKING STATIONS: 38+
FRAME AREA (in cm): 1000 x 585 x h285
CENTER PIECE WORKING AREA: 1400 x 985
PERFECT FIT WORKING AREA: 1000x985
TOTAL WEIGHT: 3200Kg



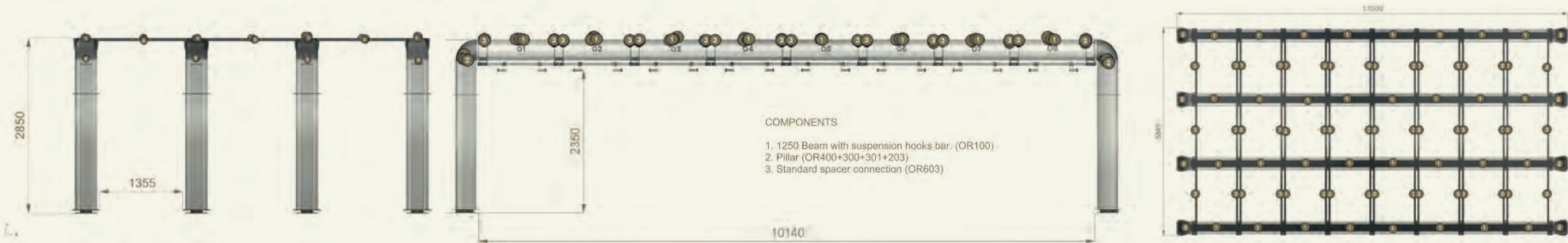
R4-11 AVANTGARDE



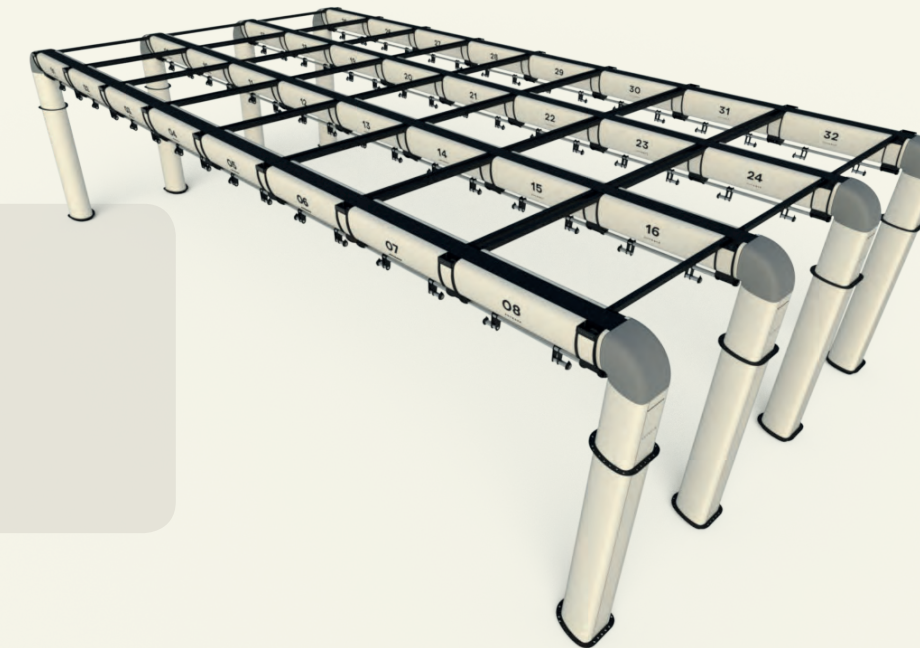
The R4s are large modules to form large areas within sports complexes. Suitable for group training.

- OR11018BA - R4-11 AVANTGARDE Black-Anodized
- OR11018BS - R4-11 AVANTGARDE Black-Silver
- OR11018BB - R4-11 AVANTGARDE Black-Black
- OR11018BW - R4-11 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 32
TOTAL WORKING STATIONS: 42+
FRAME AREA (in cm): 1100 x 585 x h285
CENTER PIECE WORKING AREA: 1500 x 985
PERFECT FIT WORKING AREA: 1100x985
TOTAL WEIGHT: 3400Kg



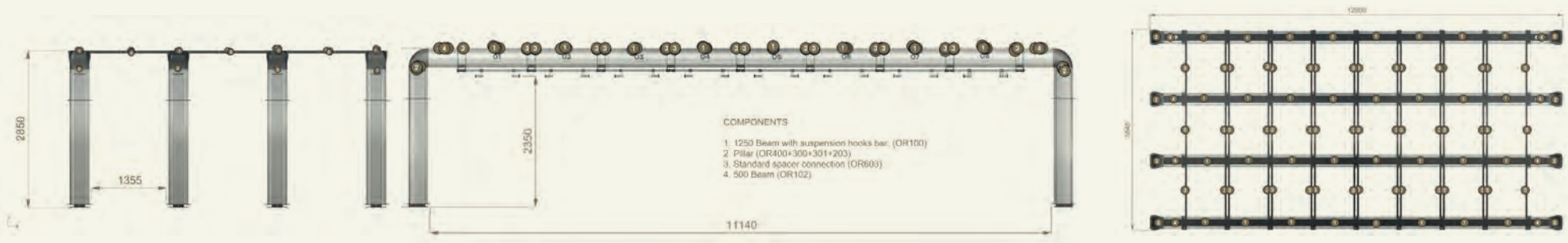
R4-12 AVANTGARDE



The R4s are large modules to form large areas within sports complexes. Suitable for group training.

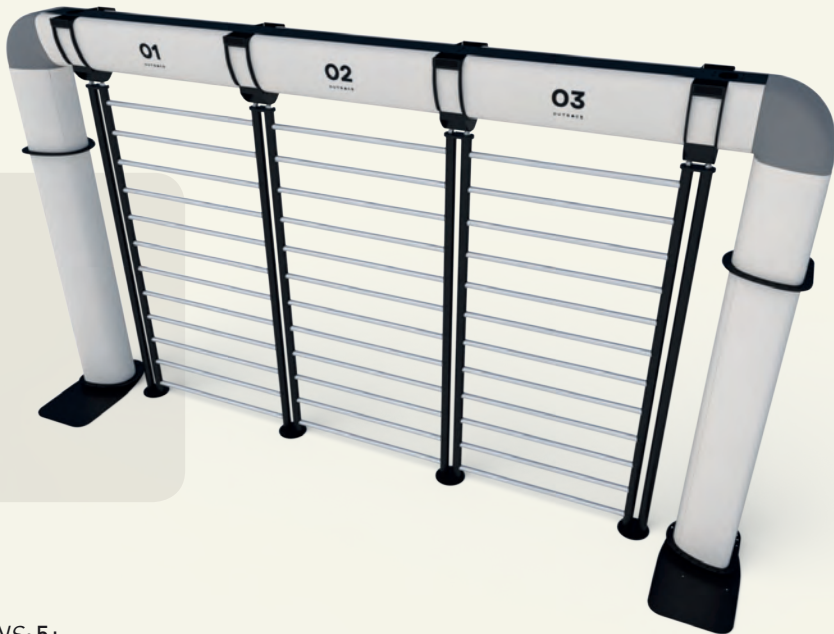
- OR11019BA - R4-12 AVANTGARDE Black-Anodized
- OR11019BS - R4-12 AVANTGARDE Black-Silver
- OR11019BB - R4-12 AVANTGARDE Black-Black
- OR11019BW - R4-12 AVANTGARDE Black-White

SUSPENSION WORKING STATIONS: 32
TOTAL WORKING STATIONS: 42+
FRAME AREA (in cm): 1200 x 585 x h285
CENTER PIECE WORKING AREA: 1600 x 985
PERFECT FIT WORKING AREA: 1200x985
TOTAL WEIGHT: 3600Kg



W5 AVANTGARDE

These are compact and self-supporting modules that allows you to upgrade a simple wall with the many components and apps designed for functional training and to store equipment while occupying only a very small space in your gym.



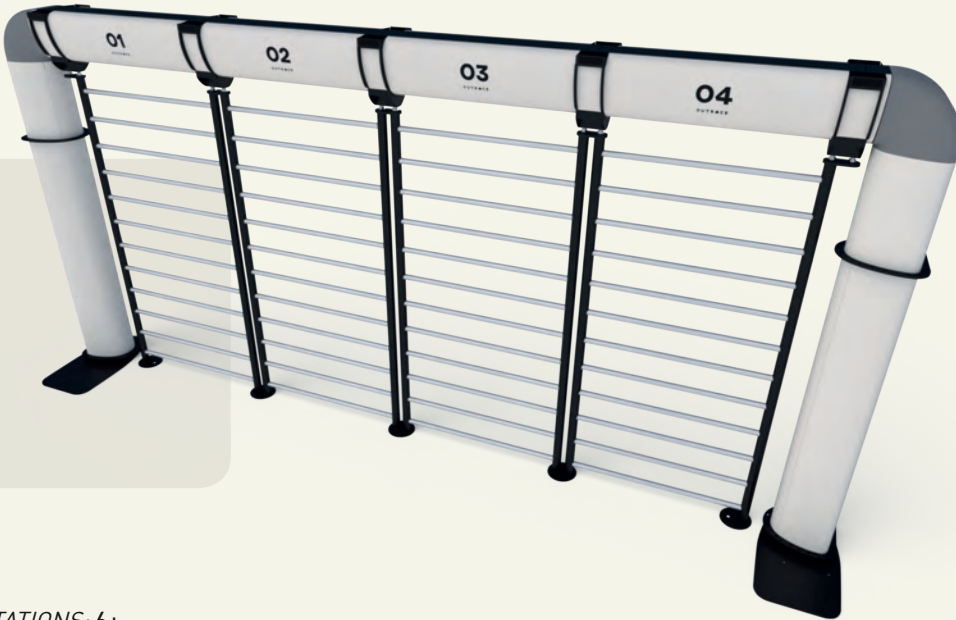
- ORAFW5BA - W5 AVANTGARDE Black-Anodized
- ORAFW5BS - W5 AVANTGARDE Black-Silver
- ORAFW5BB - W5 AVANTGARDE Black-Black
- ORAFW5BW - W5 AVANTGARDE Black-White

TOTAL WORKING STATIONS: 5+
FRAME AREA (in cm): 5070 x 910 x h285
CENTER PIECE WORKING AREA: 707 x 250
PERFECT FIT WORKING AREA: 507x250
TOTAL WEIGHT: 772Kg



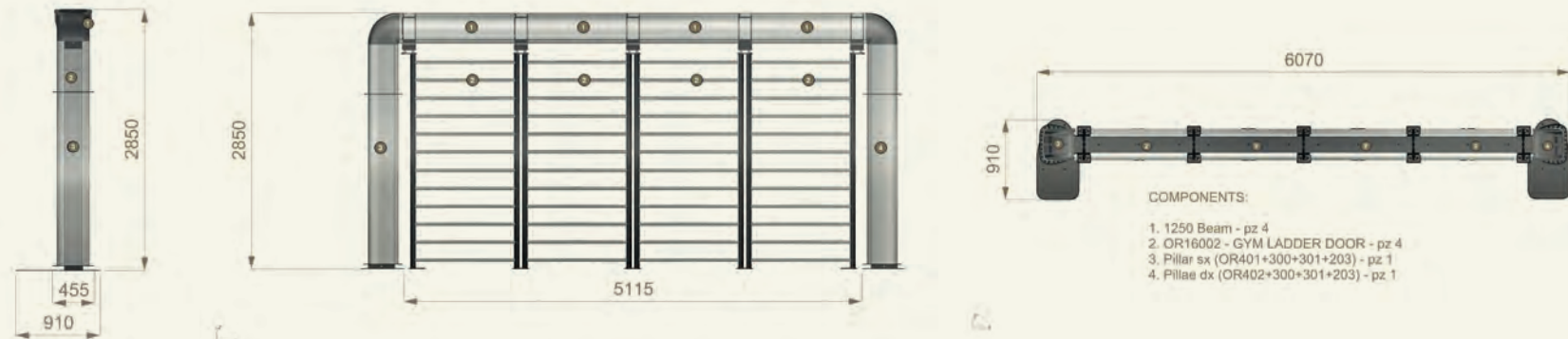
W6 AVANTGARDE

These are compact and self-supporting modules that allows you to upgrade a simple wall with the many components and apps designed for functional training and to store equipment while occupying only a very small space in your gym.



- ORAFW6BA - W6 AVANTGARDE Black-Anodized
- ORAFW6BS - W6 AVANTGARDE Black-Silver
- ORAFW6BB - W6 AVANTGARDE Black-Black
- ORAFW6BW - W6 AVANTGARDE Black-White

TOTAL WORKING STATIONS: 6+
FRAME AREA (in cm): 607 x 91 x h285
CENTER PIECE WORKING AREA: 807 x 250
PERFECT FIT WORKING AREA: 607x250
TOTAL WEIGHT: 881Kg



sidea

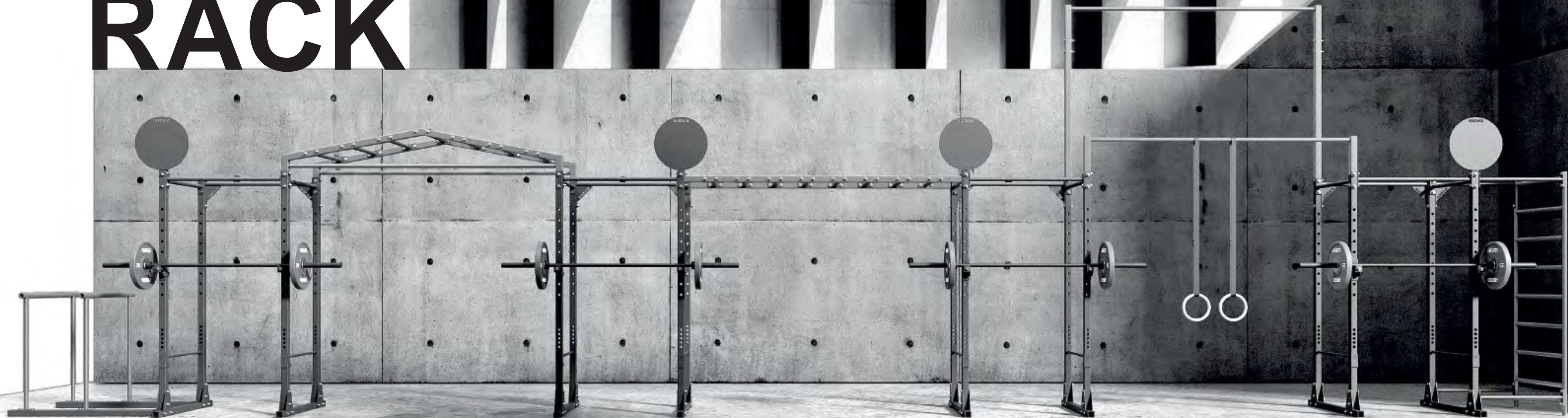
“move smarter, get
stronger, live better”

sidea





RACK





POWER CAGE RACK

Serves as a central piece of a training area or as a basic component in a large-scale training facility. 9095 is equipped as the figure (excluding barbell and plates): pull up bars, adjustable safety brackets, adjustable barbell supports that can be positioned indoors or outdoors. Built for longevity. Painted with micaceous high resistance dark-gray paint. As an optional, it can be combined with cataphoresis paint for outdoor use. This rack can be used with the adjustable bench code 9025.

Serves as a central piece of a training area or as a basic component in a large-scale training facility. 9095 is equipped as the figure (excluding barbell and plates): pull up bars, adjustable safety brackets, adjustable barbell supports that can be positioned indoors or outdoors. Built for longevity. Painted with micaceous high resistance dark-gray paint. As an optional, it can be combined with cataphoresis paint for outdoor use. This rack can be used with the adjustable bench code 9025.

Dimensions 1200x1130 h.2300 mm

Highest adjustment hole 1940 mm

Lowest adjustment hole 550 mm

Pull up bars 2250 mm

Weight≈106kg

Max load 450 kg

9095 POWER CAGE RACK is basic component of all RACK STATION configurations.

Components:

cod. 9095 Power Cage Rack

cod. 9095/1 Parallel

cod. 9095/2 Paddle

cod. 9095/3 D.Ladder

cod. 9095/4 2600 H. Ladder

cod. 9095/5 2000 H. Ladder

cod. 9095/6 4000 Bar

cod. 9095/7 Standard Bar

cod. 9095/8 2500 PU Bar

cod. 9095/9 Wall Bar

cod. 9095/10 Foot for Half Power Cage

cod. 9095/11 Upright

cod. 9095/12 Spacer

cod. 9095/13 Frontbar

cod. 9095/14 Roller J-Hooks Pair

cod. 9095/15 Half Power Cage Rack Side

cod. 9095/16 Half Power Cage Rack -Front

cod. 9095/17 Safety Spotter Pair

cod. 9095/18 Plates Holder Pair

cod. 9095/19 Dips Bar

cod. 9095/20 Barbell Lever

cod. 9095/21 Lat Bar

cod. 9095/22 Tray Storage Rack Side

cod. 9095/23 Tray Storage Rack Front

cod. 9095/24 Barbell Rack

cod. 9095/25 Multi Hangers Storage

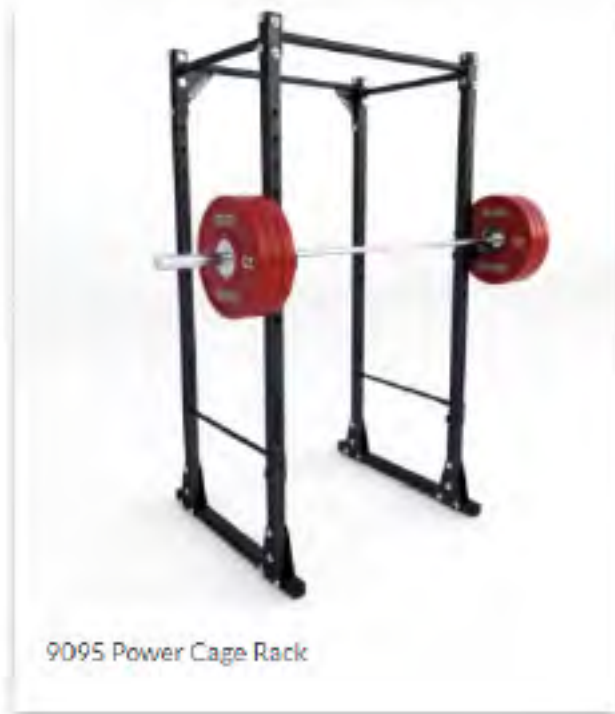
cod. 9095/26 Roller J-Hook low

cod. 9049/4 Wall Barbell Rack 1 Place

cod. 9209 Weight Lifting platform



Components for RACKSTATION configuration



Components for RACKSTATION configuration



9095/14 Roller J Hook



9095/17 Safety Spotter



9095/18 Plates Holder



9095/22 Tray Storage Rack Side



9095/23 Tray Storage Rack Front



9095/25 Multi Hangers Storage



9095/19 Dips Bar



9095/20 Barbell Lever



9095/24 Barbell Rack

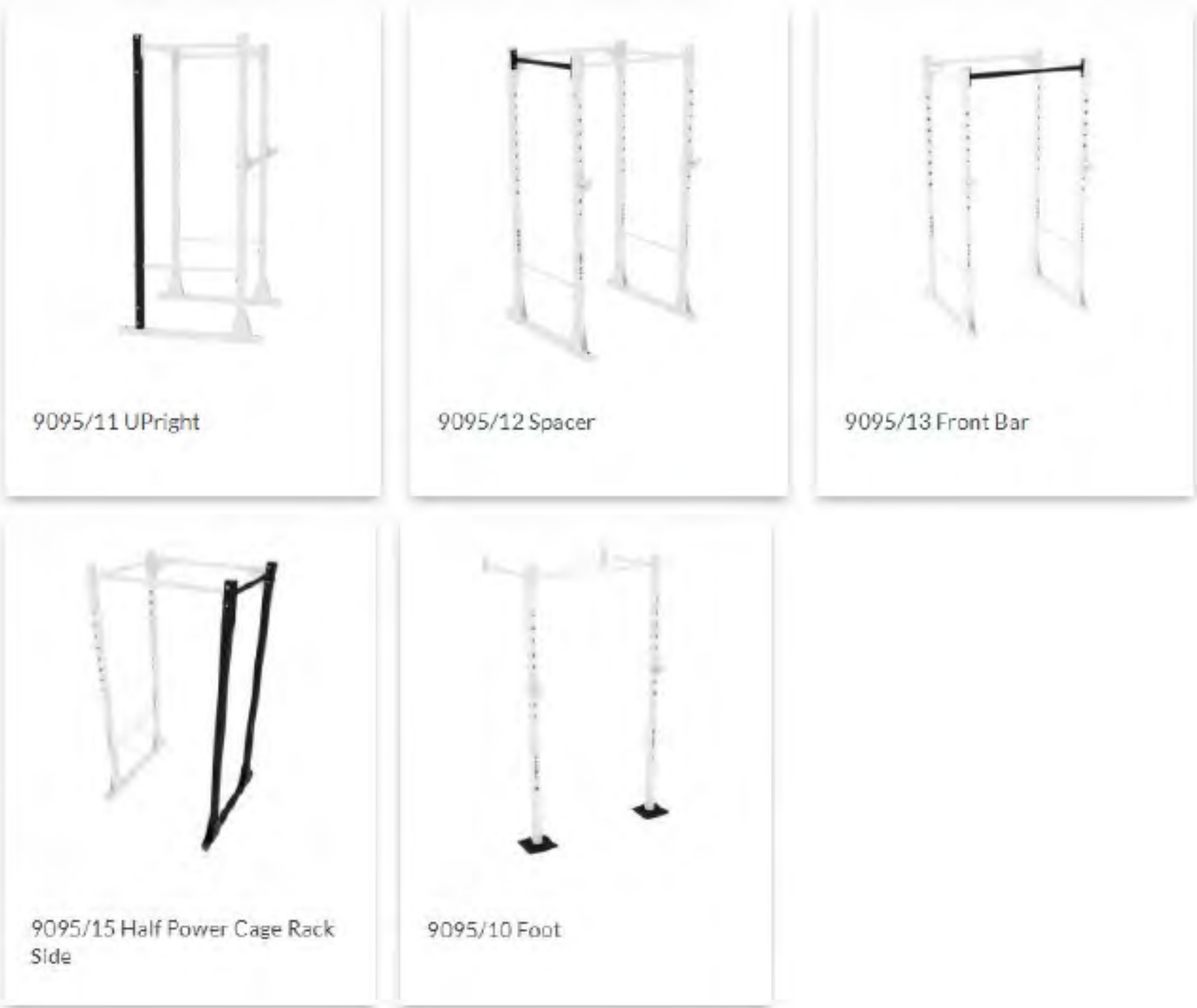


9095/26 Roller J-Hook Low



9209 Weight Lifting Platform
Power cage rack

Components for RACKSTATION configuration





9095 Power Cage Rack + 9095/8 2500 PU Bar +
9095/17 Safety Spotter + 9095/18 Plates Holder



9095 Power Cage Rack + 9095/9 Wall Bar



9095 Power Cage Rack + 9095/1 Parallel



9095/16 Half Power Cage Rack - Front



**9095 Power Cage Rack + 9095/15 Half Power
Cage Rack - Side + 9095/4 2600H Ladder**



9095 Power Cage Rack x 2 pcs
+ 9095/3 D. Ladder + 9095/2 Paddle x 2 pcs



9095 Power Cage Rack 2 pcs
+ 9095/4 2600h Ladder + 9095/2 Paddle x 2 pcs

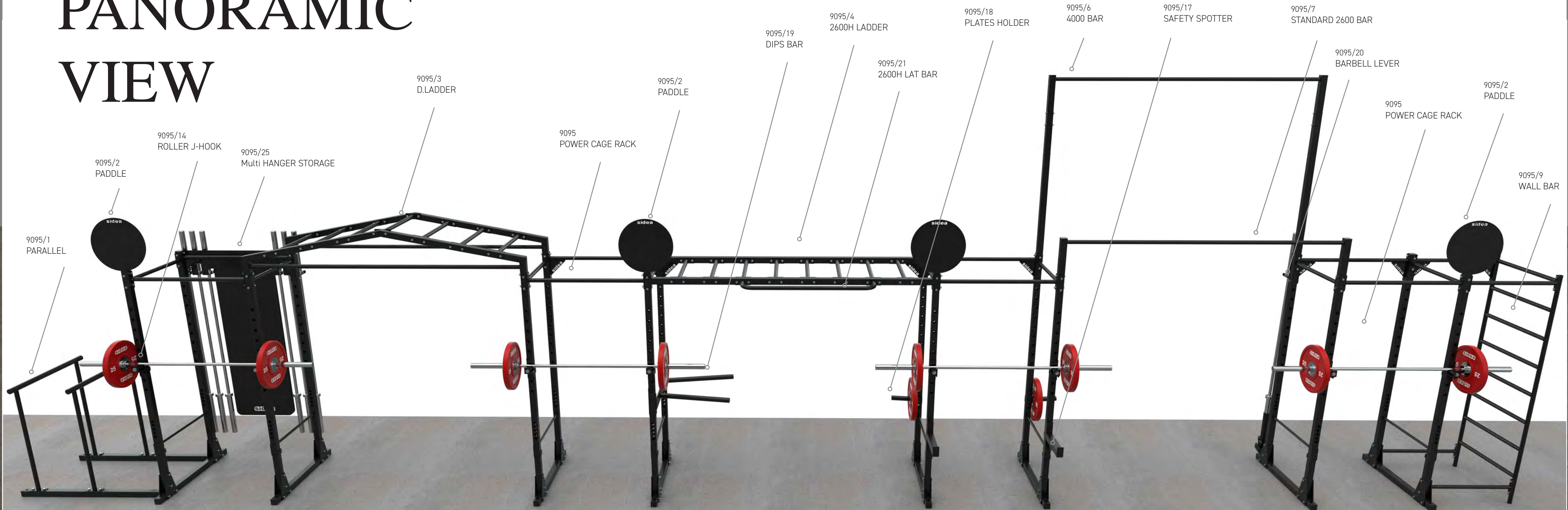


9095 Power Cage Rack 2 pcs + 9095/6 4000h
Bar + 9095/7 Standard Bar + 9095/2 Paddle x 2
pcs



9095 Power Cage Rack 2pcs + 9095/5 2000H
Ladder + 9095/2 Paddle x 2 pcs + 9095/19 Dips
Bar + 9095/20 Barbell Lever

PANORAMIC VIEW



9095/1
PARALLEL

9095/2
PADDLE

9095/14
ROLLER J-HOOK

9095/25
Multi HANGER STORAGE

9095/3
D.LADDER

9095
POWER CAGE RACK

9095/2
PADDLE

9095/19
DIPS BAR

9095/4
2600H LADDER

9095/21
2600H LAT BAR

9095/18
PLATES HOLDER

9095/6
4000 BAR

9095/17
SAFETY SPOTTER

9095/7
STANDARD 2600 BAR

9095/20
BARBELL LEVER

9095
POWER CAGE RACK

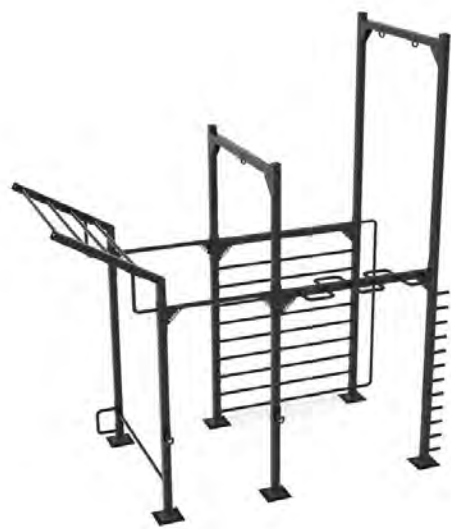
9095/2
PADDLE

9095/9
WALL BAR

CALISTHENIC RACK

This rack has been specifically designed for all calisthenic applications. Its modular design can be adapted easily to create new configurations and layouts, adding components to accommodate Olympic barbells. This feature makes it an all-in-one central piece that can become a complete rack for any training. Suitable for military or athletic conditioning. The equipment - conceived for outdoors fitness, playgrounds, or fitness trail - is built with resistant tubular steel and a durable powder finish. It provides just the right amount of grip without too much friction. We're able to design equipment to seamlessly fit with your facility and needs, taking into consideration dimensions and any existing features or space constraints and demands. The final result is a genuinely adaptable design, maximizing the space you have available.

cod. **9090** Calisthenic Rack model 1
Dimensions:
Length 8150 mm
Width 2140 mm
Height 4620 mm



cod. 9090/2 Calisthenic Rack model 2



cod. 9090/3 Calisthenic Rack model 3



cod. 9090/4 Calisthenic Rack model 4





PROFESSIONAL ADJUSTABLE BENCH WITH WHEELS

Bench for professional use equipped with adjustable backrest and seat, wheels, and handle. The bench, recently redesigned, combines functionality and safety of use with high performance during exercises.

Available Model

Cod. **9025** Professional Adjustable Bench with Wheels

Dimensions:

Total length: 1300 mm

Total width: 650 mm

Maximum height: 1260 mm

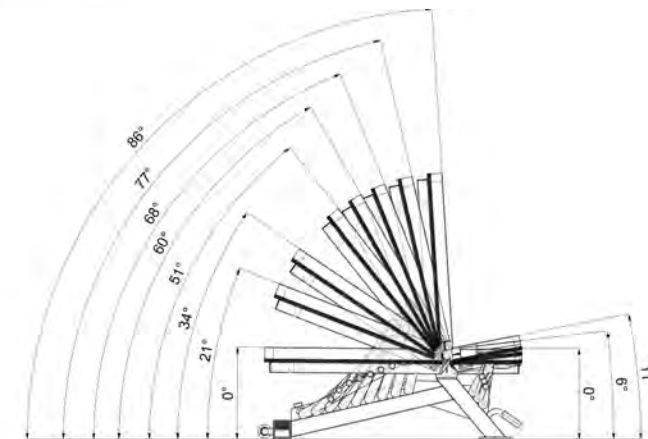
Seat height: 430 mm

Support surface: 1220 x 290 mm

Weight: 40 kg

Maximum load: user + overload 350 kg

Adjustment angle: 0°-90°



PROFESSIONAL BENCH





FLAT BENCH

Flat bench for professional use equipped with wheels and handle. The frame is exceptionally stable. The one-piece padding allows firm and secure support. The eco-friendly leather upholstery with the embossed faux leather effect is durable and grants a better grip. The sturdy frontal steel tube allows the fullest freedom of positioning of the feet; the reduced height of the cushion from the floor facilitates outstanding heel support. The bench dimensions have been taken from the Technical Rules book of the International Powerlifting Federation - IPF, to harmonize the dimensions and overall aspects of the equipment with shared and standard parameters.

Available Model

Cod. **9020** Flat Bench

Dimensions:

Total length: 1305 mm

Total width: 651 mm

Height: 430 mm

Support surface: 1220 x 290 mm

Weight: 24 kg

Maximum load: user + overloading 350 kg



FLAT BENCH



HIP THRUST PLATFORM BENCH

HIP THRUST PLATFORM BENCH

Bench with a platform for a practical execution of the Hip Thrust. The Hip Thrust is an extraordinarily useful exercise for glutes training, especially if combined with squats, deadlifts, and lunges. Besides, if performed with a barbell, it is also useful to train the hip extension, one of the most common weak points of functional training athletes. It is an exercise that can appear cumbersome. It requires a long preparation: barbell, plates, pad, and hip-bands have to be stored near to a bench, usually adapted as a support for the back for this exercise. The HIP THRUST PLATFORM BENCH represents a convenient and straightforward solution to equip a working station dedicated to the Hip Thrust. Its technical features can ease the exercise's execution. The semi-cylindrical fixed padding allows the user to stay firmly positioned at a certain height without incurring in the common mistake of performing the thrust by moving the upper part of the body backward, arching the back, and excessively raising the hips. The platform allows keeping the correct position of the feet and improving the stability, helping the user focus on the hip bone's retroversion and anteversion. The athlete can also focus on the short movement, on the "squeeze", without the distractions deriving from the supports' instability. The Hip Thrust Platform Bench is equipped with six hooks for elastics, which can be used both with or without the barbell, and it also has a handle and rubber wheels for easy moving.

Dimensions: 850 x h300 mm

Available Model

cod. **9122** Hip Thrust Platform Bench



HIP THRUST PLATFORM BENCH ACCESSORIES

BARBELL SUPPORT FOR HIP THRUST PLATFORM BENCH

The set of Barbell Support is an essential set of accessories/frames that can significantly increase the functionality of the Hip Thrust Platform Bench (Code 9122). For this reason, they are highly recommended. However, adopting them may seem unusual compared to the uncomfortable still widespread habit of starting the exercise with the barbell resting on the legs. The Barbell Supports are 85 cm long, 30 cm high, painted steel, and finished with sturdy nylon edging with four slits that prevent the barbell from sliding out unobstructedly. These features allow steady barbell support and the safe sliding of the barbell. The loading of the barbell is facilitated (the weight plates do not touch the floor). The beginning of the activity becomes more comfortable to perform (snapping off from a non-disadvantageous position), and, most importantly, the entry and exit of the user (it is enough to horizontally slide the barbell on the supports for the athlete to be free to enter or leave the Hip Thrust Platform Bench, and have the floorboard completely clear). From a technical standpoint, the Hip Thrust with Barbell Support is helpful for the correct execution of the movement. The Hip Thrust exercise should involve a very limited ROM (range of motion) to isolate the hip movement, avoiding to go down too much (that would include ankle and legs) and to go up too much (that would involve the back). The presence of the Barbell Supports prevents excessive lowering. Consequently, it leads to avoiding extreme uplift due to high inertia because of the movement's width.

Dimensions: 850 x h300 mm
Maximum load: 300 kg
Weight kg: 12 each frame

Available Model
Cod. **9122/1** Barbell Support For Hip Thrust



HIP THRUST PLATFORM BENCH ACCESSORIES

BARBELL PAD HIP THRUST

Double-layered barbell padding created for use during the Hip Thrust exercise. The standard barbell padding (like code 9023), designed to be used on the higher part of the back, is not thick enough to avoid pain when leaning the barbell on the pubic area. Performing the Hip Thrust movement requires the use of thicker and denser padding. That is why people often rely on temporary or improvised solutions, like using a rolled mat or a pillow as padding to perform the Hip Thrust. The Barbell Pad H.T. can also be used as a 'board press,' which means as a padding between the chest and the barbell for some exercises performed on the bench. In particular, when a reduction of the ROM (Range Of Motion) is needed (squats, calf raises, shrugs, and lunges). Even if the Barbell Pad was not conceived for other movements than the Hip Thrust, it allows us to minimize the use of a wooden board.

See also the standard Barbell Pad (code 9023)

Length: 400 mm
Total diameter: 180mm
Paddind Thickness: 70 mm
Weight: 1,5 kg

Available Model
Cod. **9023/1** Barbell Pad Hip Thrust



HIP BAND

Hip Band is a resistant elastic fabric band, finished with stitching and featuring a non-slip inner rubber material—ideal for squat and hip thrust. It facilitates a greater activation of the small-medium glutes. The band adds extra resistance when performing squats, lunges, sumo deadlifting, hip abduction, hip adduction, inner and outer thigh contractions.

Dimensions: length 330 mm (660 ring circumference), height 80 mm
Color: black, with white non-slip rubber inserts
Material: elastic fabric (elastic fabric) with a single strength

Available Model
Cod. **0606** Hip Band

HIP THRUST PLATFORM BENCH ACCESSORIES

TRAINING BARBELL 140

Training Barbell length 140 cm. Very popular and effective barbell, engineered by adopting the same technical building solutions as the Olympic barbells, but with significantly reduced dimensions to obtain a minimally bulky tool, very useful in free exercises inside a weight room or at home. Only 140 cm long. It features an internal gripping part of 100 cm, with a marker set at 81 cm. This barbell facilitates the most extensive uses; curl, row, deadlifting, hip thrust, and Olympic lifts. Perfect when you need to adopt a shorter barbell due to space or weight constraints.

WEIGHT: 10 kg
LENGTH: 1400 mm
LENGTH OF GRIPPING PART: 1000 mm
DIAMETER OF GRIPPING PART: 28 mm
LOAD ADAPTERS DIAMETER: 50 mm
LOAD ADAPTERS LENGTH: 165 mm
RIDGE: flattened diamond medium
DESCRIPTION OF THE CENTRAL PART OF THE BAR: no center knurl
MARKER: 810 mm (powerlifting)
STATIC LOADING CAPACITY: 300 Kg
USE: Multi-purpose

Available Model
Cod. **9014** Training Barbell 140



STANDING RACK 9098

A dark grey solid rack. It offers several j-cup adjusting positions to support the bar quickly and safely. The rack's upper crossbar facilitates the adaptation of elastics and other tools for pull-ups or suspension training. The safety supports can be easily adjusted in height or removed from the rack. The highest barbell support is positioned at 180 cm. The lowest barbell support is positioned at 30 cm. It is the perfect addition for personal training, small gyms, and fitness boutiques. Its versatility allows easy customization for a wide range of workouts. The rack can also be used with flat bench 9020 and professional bench 9025.

Dimensions
1010 x 1120 x 2520h mm
Highest storage hole: 1950 mm
Lowest storage hole: 50 mm
Pull up bars: 2450 mm or 2250 mm
Weight: 64 kg
Max load capacity: 380 kg

Available Model
Cod. **9098** Standing Rack



PULL UP BAR

Classic traction bar. It is mounted to the wall with a depth of 90 cm. Great for training facilities looking for maximum space efficiency and versatility. The pull-up bar allows users to train grips-strength and functional workouts. Its sturdy structure also works as an attachment point for suspension training equipment such as 2092 Flying or 2088, 2088/1 Rings.

Dimensions: 1200 x 900 mm, Ø 33 mm bar
Weight: 16 kg
Maximum load capacity: 300 kg

Available Model
Cod. **9048/1** Pull-Up Bar

WALL BAR

Angled shaped bar, equipped with one suspension hook. Wall-mounted design for hanging punching bags and other suspension training tools.

Dimensions 860 x 600 mm
Mounting plates 290 mm, 240 mm distance holes
Weight 10 kg
Max load 200 kg

Available model:
cod. **9060** Wall Bar





MALE / FEMALE / TECHNIQUE / SPECIALTY / FITNESS

PREMIUM MALE OLYMPIC BARBELL

20 kg Weightlifting / Cross training
IWF standards - 81 and 91 cm marks
cod. **9015/4**



PREMIUM

PREMIUM FEMALE OLYMPIC BARBELL

15 kg Weightlifting / Cross training
IWF standards - 81 and 91 cm marks
cod. **9015/5**



PREMIUM

TRAINING OLYMPIC BARBELL H-PERFORMANCE

20 kg Weightlifting / multi-purpose
IWF standards - 81 and 91 cm marks
cod. **9015/4C**



MALE OLYMPIC BARBELL

20 kg Multi-purpose
IWF standards - 81 and 91 cm marks
cod. **9015/8**



TRAINING BARBELL 185

14 kg Multi-purpose
IWF standards - 81 and 91 cm marks
cod. **9015/3**



MALE / FEMALE / TECHNIQUE / SPECIALTY / FITNESS

TRAINING
BARBELL 140

10 kg Multi-purpose
Reduced length - 81 cm marks
cod. **9014**



CROSS OLYMPIC
BARBELL

20 kg Cross training / Weightlifting
IWF standards - 81 and 91 cm marks
cod. **9015/9**



POWERLIFTING
BARBELL 32

20 kg Powerlifting
Special handle 32 mm - 81 and 91 cm marks
cod. **9015**



AXLE
BARBELL 50

20 kg Training
Special handle 50 mm
cod. **9015/7**



LIGHTWEIGHT
ALUMINIUM BARBELL

6,5 kg Technical beginner barbell
Reduced weight - 81 and 91 cm marks
cod. **9014/1**



MALE / FEMALE / TECHNIQUE / SPECIALTY / FITNESS

LIGHTWEIGHT
INTRO BARBELL

3,5 kg Beginner barbell
Reduced weight - 91 cm marks
cod. **9015/1**



PREMIUM EZ
BARBELL

8 kg Training
Angles bar low impact
cod. **9027/2**



EZ
BARBELL

8 kg Training
Angles bar low impact
cod. **9027**



SUPER PUMP
BARBELL

1 kg Pump training
Rubberised bar handle 35 mm
cod. **1660**



SUPER PUMP
IRON BARBELL

1 kg Pump training
Iron painted bar handle 28 mm
cod. **1660/1**





SERIES OF PRELOADED FIXED RUBBER BARBELLS

Professional fixed preloaded rubber barbells, made for intensive use, matches our PU Dumbbells. The bars, marked with the weight in kg, have a deep knurl and does not rotate; therefore, training is not lightened by the lack of inertia due to rotation of plates. Training is a full and high-impact workout, no time is spent changing plates to achieve a desired weight. Barbells can be stored in the HORIZONTAL BARBELL RACK code 9049

Bar Dimensions Ø 30 mm x 960 mm

Available weights:

cod. 8710 weight kg 10	cod. 8725 weight kg 25
cod. 8712 weight kg 12,5	cod. 8730 weight kg 30
cod. 8715 weight kg 15	cod. 8735 weight kg 35
cod. 8717 weight kg 17,5	cod. 8740 weight kg 40
cod. 8720 weight kg 20	cod. 8745 weight kg 45



EZ FIXED RUBBER BARBELLS

Preloaded EZ barbell. Designed for intensive professional use, chrome-plated steel bar, and rubberized weights. Combine them with PU (polyurethane) dumbbell series 8804 - 50 or preloaded barbells 8710 - 45. The barbells are marked with the weight in kg, have deep knurling, and the discs do not rotate. The series is broad, ranging from 10 to 45 kg with a weight range of 2.5 kg, allowing high practicality of use, especially in the scaling series, supersets, etc. Exercises in which the EZ bar (EZ stands for easy = facilitating) can be considered more suitable due to less stress on the tendons. The barbells can be stored in the HORIZONTAL BARBELL RACK Code 9049

Bar Dimensions Ø 30 mm x 960 mm

Available weights:

cod. 8610 weight kg 10	cod. 8620 weight kg 20	cod. 8640 weight kg 40
cod. 8612 weight kg 12,5	cod. 8625 weight kg 25	cod. 8645 weight kg 45
cod. 8615 weight kg 15	cod. 8630 weight kg 30	
cod. 8617 weight kg 17,5	cod. 8635 weight kg 35	

SUPER HEX BAR

24 kg barbell. The SUPER HEX BAR is an evolution of the traditional hexagonal barbell for weightlifting (see code 9012). Its shape facilitates the athlete in maintaining stability with considerable advantages in terms of safety. In particular, the possibility to grasp the barbell balancing the weight allows a stable distribution of the load. It is facilitating for the correct execution of exercises.

Compared to traditional hexagonal barbells, two features stand out:

- Its hexagonal frame with 4 feet of floor support and raised weight plate adapters. This makes it easier to load and unload the barbell without having to lift it off.

- The rotating sleeve with 3 grips of different diameter allows the athlete to improve the grip itself and to determine a wide variety of exercise conditions. The larger diameter is useful for the training of the hand. The thinner diameter makes an ergonomic and more relaxed grip.

Weight plate holder: Diameter 50 mm or diameter 26 mm.
The Super Hex Bar is designed in such a way that you can choose to use the 26 mm weight holder or assemble the 50 mm adapter.
WEIGHT-PLATES AND SPRING COLLARS NOT INCLUDED

Dimensions
Length 1900 mm
Sleeves 400 mm Ø50 mm
Grip Ø25 mm - Ø38 mm - Ø50 mm
Max load 600 kg
Weight 24 kg

Available model:
cod. **9012/1** Super Hex Bar



OLYMPIC HEX BAR

Olympic Hex Bar 50mm 31 kg. Chromed and black painted hexagonal barbell with knurled grip used for squat type exercises. Its shape facilitates the athlete in maintaining stability with considerable advantages in terms of safety. In particular, possibility to grasp the barbell with hands keeping weight central allowing a balanced distribution of load facilitating correct execution of exercises. This hexagonal barbell can be used without a rack or other support usually needed for squats, this can represent an economic advantage. Plates and collars are not included.

Dimensions
Length 1750 mm
Sleeves 410 mm Ø50 mm
Grip Ø28 mm
Max load 600 kg
Weight 31 kg

Available model:
cod. **9012** Olympic Hex Bar



SAFETY SQUAT BARBELL

The Safety Squat Barbell (SSB) has been patented in the 80's by the American Jesse Hoagland, who condensed in this special bar his long training experience with straight cambered bars, buffalo bars and other similar solutions. The Safety Squat Barbell has three main features:

- 1. The grip handles: tubes that are welded to the barbell and covered in rubber in the final part.
- 2. The wide padding, located also on the grip tubes to protect the shoulders
- 3. The barbell's sleeves, with a 10cm misalignment with respect to main part of the barbell

The aim is to reduce some of the difficulties concerning a complex exercise like the squat performed with a free barbell heavily loaded. In particular, it is very widespread a difficulty on correctly positioning the barbell, because of a limited mobility of the shoulders due to injuries or to other individual physical features. The presence of the grip handles makes possible to position and stabilize the barbell, avoiding that the limited joint mobility of the shoulders could generate elevated tensions on the back and incorrect postures, which may have negative effects on the performance of the exercises and may reduce its effectiveness and increase the risk of suffering injuries.

Weight: 24 kg
Length: 2270 mm
Internal length: 1300 mm
Diameter of the grip handles: 30 mm
Distance between the grip handles: 400 mm
Marker and knurling: 810 mm, medium knurling
Barbell sleeves: 50 mm, hard chrome, with rotary bearings
Bar: painted, color black
Static load capacity: 300 kg
Use: Training

Available model:
cod. **9011/1** Safety Squat Barbell





TRICEPS BAR

Multi-grip barbell. Designed for bodybuilding, presses, tricep extensions, and hammer curls. This barbell has a unique shape, a revolutionary concept that offers the possibility of creating effective alternative grips. Length: 91 cm, weight: 9 kg. Loadable sleeve diameter: 50 mm, and rubber grips. The grips facilitate to switch from a closed grip, focused on the triceps, to a wide grip, focused on the pectoral.

DOES NOT INCLUDE SPRING/LOCKING COLLARS

Dimensions 915 mm
Weight 9 kg

Available model:
cod. 9027/1 Triceps bar



FARMERS WALK BARS

Pair of barbells for farmer walk and similar exercises aimed at building total-body strength, athletic preparation, and developing a strong core brace. 1 m long, 50 mm diameter, painted, 11 kg each, they are manufactured with a central handle of 32 mm that is welded to the bar. Spring collars are necessary to secure the weight plates, lock them and avoid wavering. By turning the grip upside down, it is possible to hold the barbell directly on the 50 mm diameter stick to train the athlete's handgrip and transform the barbells into a short Axle Bar.

SPRING COLLARS AND WEIGHT PLATES NOT INCLUDED

General dimensions: 1000 x 150 mm
Barbell diameter: 50 mm
Handle diameter: 32 mm
Weight: 11 kg x 2

Available model:
cod. 9026 Farmer Walk Bars



SPRING COLLAR

cod. 9019 Pair of Spring Collar in chromed steel Ø 50 mm weight: 200g



LOCK COLLAR

cod. 9016/1 Pair of Lock Collar Ø 50 mm weight: 170g x 2



SPIN COLLAR

od. 9016 Pair of spin collar with closure-T for Olympic Barbell Ø50 mm weight: 1.700g x 2



OLYMPIC SPIN COLLAR

cod. 9016/2 Pair of collar with closure-T for Olympic Barbell Ø50 mm / weight: 2.500g x 2



TOTAL-CORE PIN

Multi-directional rotating pivot for barbells. The triangular non-slip heavy base shaped so you can place it firmly in a corner to guarantee max stability during exercise. The rotating pivot has 2 holes for barbell and bars, 28mm and 50mm, that enables the possibility to vary the workload from a 20kg Olympic barbell to lighter barbells and bars. Variation of workload can be also obtained by loading barbell with plates.

Base size 480 x 400 mm Base weight 18 kg

Available model:
cod. **9029** Total-Core Pin
cod. **9029/1** V Handle for total core pin



Available model:
cod. **9029/1** V Handle for total core pin



Available model:
cod. **9029** Total-Core Pin



NYLON BARBELL PAD

Useful in many applications for protecting the neck during squats and bench presses.

Length 410 mm
Thickness 30 mm
Weight 0,25 kg

Available model:
cod. **9023** Nylon Barbell Pad



COPPER BRUSH

Brush with copper wires for cleaning the knurling of the barbell and removing chalk.

Size 20 x 2.5 cm.

Available model:
cod. **R9014** Copper brush



BARBELL RACK

Black oval and round tubular rack suitable for barbell with sleeves of 50 mm diameter. Holds 8 barbells.

Dimension 640 x 700 mm,
Height 260 mm

Available model:
cod. **9049/1** Barbell Rack



WALL BAR RACK

Black wall attachment for storing horizontally Olympic barbell or similar tools. Holds a max of 10 barbells.

Dimension 100 x 50 mm,
Height 1500 mm
Weight 10 kg

Available model:
cod. **9049/2** Wall Bar Rack

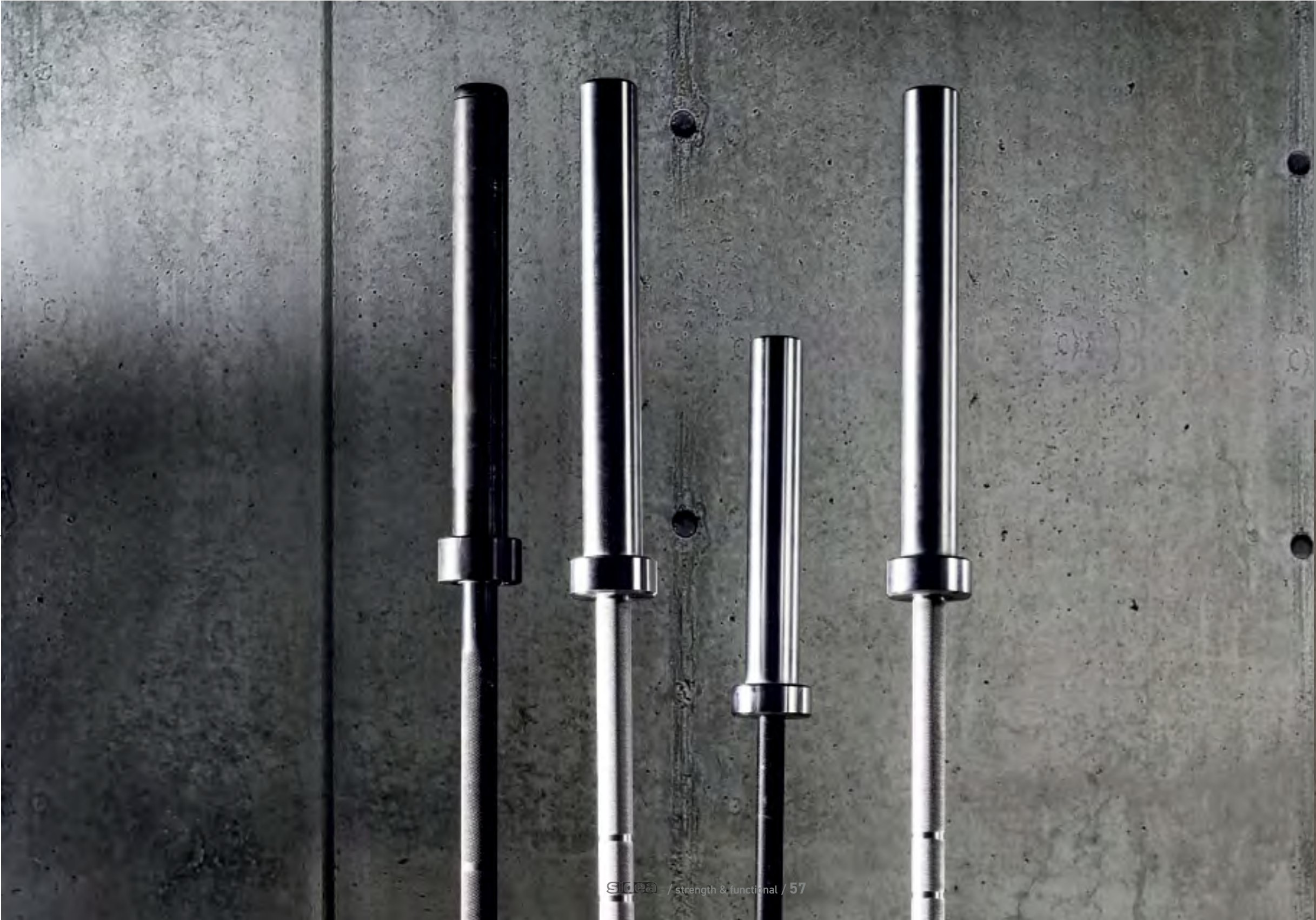


WALL BAR RACK
4 PLACES

Dimension 355 x 260 mm,
Available model:
cod. **9049/23** Wall Bar rack 4 places

WALL BAR RACK
1 PLACES

Dimension 75 x 260 mm,
Available model:
cod. **9049/4** Wall Bar rack 1 places





WOODEN JERK PLYOBLOCKS

A multi-purpose solution to enhance a whole range of training requirements. Improves weightlifting since barbells can be lifted and dropped at different heights. Each block is reinforced with durable, double-wall construction. Precise and extremely secure stacking. Set of eight. For weightlifting where the stackable wooden blocks make it possible to position the support and drop surface of the barbell at different heights. The wooden jerk plyobox set becomes a handy tool since it provides coaches with many training options aimed at the most diverse skill levels. It offers an increased degree of safety for the joints and the grip. The block connection system and the handgrips are specially designed to protect the fingers. Its stackable design allows you to customize your lift height.

Available models:

cod. **9113/10** Pair wooden blocks 50x75 h 10 cm with anti-trauma rubber, weight 36 kg

cod. **9113/15** Pair wooden blocks 50x75 h 15 cm, weight 18 kg

cod. **9113/20** Pair wooden blocks 50x75 h 20 cm, weight 33 kg

cod. **9113** Set of 12 wooden blocks, weight 141 kg

Total weight of 12 blocks: 141 kg





WOODEN STEP h10

Single step specially designed for specific weightlifting exercises, the “deficit exercises” (namely deficit deadlifting, deficit snatch, etc.), that are performed with a barbell or other weights from over a raised floor. This sturdy wooden step indeed works as a podium from which the athlete performs the exercises while standing on a higher position compared to the floor and to the support plane of the tools.

Dimensions: 500 x 750 x 100 mm
Weight: 7 kg

Available model:
cod. **9114** Wooden Step h10



DROP MAT

Pair of mattresses (dimensions 1000×600 h150 mm) with double layer internal padding and PVC covering with vent eyelets, realized to absorb the barbell drop.

Dimensions 1000×600 mm
Thickness: 150 mm
Weight: 8 kg x2

Available model:
cod. **0404** Drop mat



BARBELL JACK

The tool is practical for saving time when loading plates. This design facilitates overlifters the loading and unloading of the barbell from a stable, elevated position. Ideal for deadlifts and CrossFit training. The Barbell jack is sold as a single unit. When buying a pair, they can also be used as a starting lifting off position for the exercise.

Dimensions
Length: 635 mm
Width: 330 mm
Height: 360 mm
Barbell height from the ground: 355 mm
Weight: 5 kg

Available model:
cod. **9084** Barbell Jack



OLYMPIC BAR SUPPORT

Black support base for barbells. Also known as Olympic Squat Rack. Adjustable in height and width. This barbell rest is suitable for squats, dips, and bench-presses. Compatible with Olympic barbells exercises and alike. The tool is particularly handy because it can be easily transported. Useful for athletic training (field or gyms). It can also be used in combination with a flat or adjustable bench. The supports and the safety spotters work as bar catchers.

Adjustable height bar support from 1060 to 1620 mm
Adjustable height safety spotter from 550 to 850 mm
Base dimensions single support: 550 × 620 mm
Length safety spotter: 200 mm
Max Load: 300 kg
Weight: 14 × 2 = 28 kg

Available model:
cod. **9046** Olympic Bar Support





BARBELL GYM CHAIN

Pair of chains for weightlifting with progressive loads. Length of 1500 mm. Weight 12 kg each. The chains are made for barbells with weight-plate adapters of 50 mm but are very versatile. Each chain is composed of 20 links, about 600 g per link. It is possible to place more than one pair of chains to the bar to obtain a more challenging progressive weight increase load. The chain collar is 80 mm wide. With a 400 mm loadable sleeve, you can add up to 5 pairs of chains on the barbell. Ideal for progressive lifting - the total weight being lifted increases as the chains lift off the floor. Diameter collars with lever screw guarantee a secure hold on the bar. The welded chain links add durability. Strength training with chains creates resistance that leads to greater explosiveness and power. Perfect for weighted pull-ups and dips.

Available Model:

Cod. **9082** Barbell Gym Chain Pair





RUBBER BUMPER PLATE

Symmetric grip and metal core ring, diameter 50 mm. The comfortable grip allows individual use of one plate. Internal diameter 50 mm

- Available weights:**
cod. **9030/3** Coated Rubber plate symmetrical grip. Black. Ø15,5 cm Kg 1,25 – thk 20 mm
cod. **9031/3** Coated Rubber plate symmetrical grip. Black. Ø16,5 cm Kg 2,5 – thk 30 mm
cod. **9032/3** Coated Rubber plate symmetrical grip. Black. Ø26 cm Kg 5 – thk 33 mm
cod. **9033/3** Coated Rubber plate symmetrical grip. Black. Ø35,5 cm Kg 10 – thk 43 mm
cod. **9035/3** Coated Rubber plate symmetrical grip. Black. Ø45 cm Kg 20 – thk 40 mm



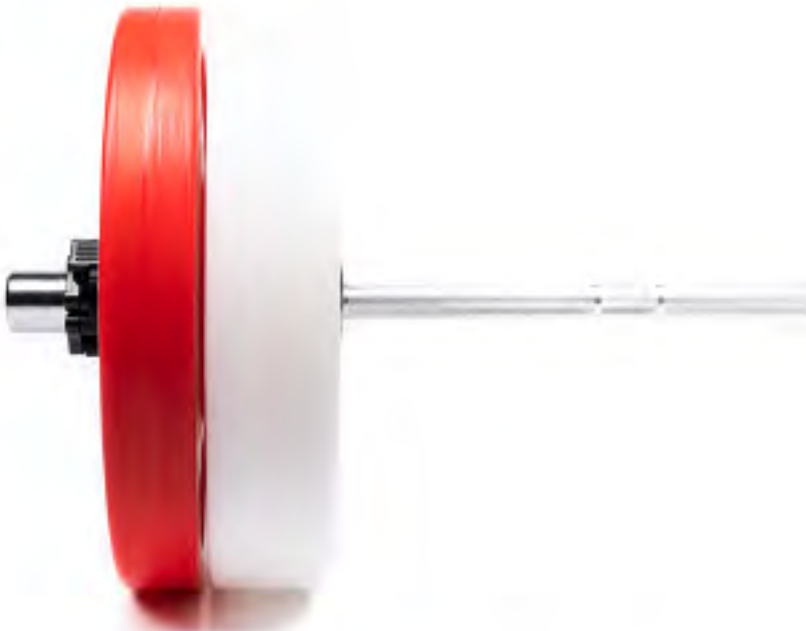
TECHNIQUE HOLLOW PLATES

Technique Hollow Plates are 2.5 kg (red) and 5 kg (white) lightweight technical discs. Manufactured with high-density polyethylene capable of not breaking. For this reason, the discs are usually combined with the 3,5 kg introductory barbell Cod. 9015/1 or the 7 kg aluminum barbell Cod. 9014/1.

Dimensions: 450 mm, hole 50 mm.

Available Models:

- Cod. **9040/25H** Technical Hollow Plates 2,5 kg, thickness 60 mm, red color
Cod. **9040/50H** Technical Hollow Plates 5,0 kg, thickness 85 mm, white color



BLACK RUBBER BUMPER PLATE

The rubber used is of the highest quality. With this line, we optimize the affordability. Costs associated with coloring and painting of logos and numbers have been cut. The high quality of the rubber, almost odorless, has a remarkable coefficient of elasticity and good mechanical strength, which secures an exceptional durability level, even considering adopting the internal ring. The steel ring, placed to protect the collar opening, represents the most common budgeted and building solution. The rubber bumper plates brilliantly passed the tests of the 20,000 drop.

Internal diameter 50 mm – External diameter 450 mm

- Available weights:**
cod. **9040/1** Bumper plate kg 5 - thk 26 mm
cod. **9042/1** Bumper plate kg 10 - thk 46 mm
cod. **9044/1** Bumper plate kg 20 - thk 80 mm
- Without ring:
cod. **9040** Bumper plate without ring kg 5 - thk 26 mm
cod. **9042** Bumper plate without ring kg 10 - thk 46 mm
cod. **9044** Bumper plate without ring kg 20 - thk 80 mm

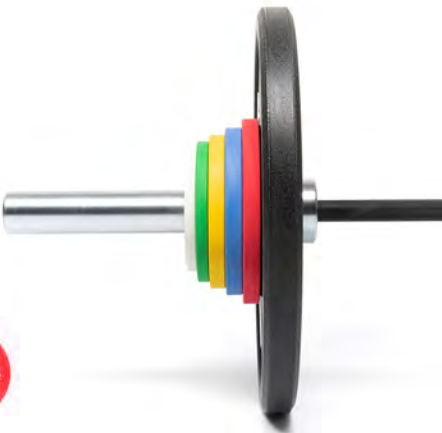


FRACTIONAL PLATES

Series consisting of 5 rubberized plates. Internal opening diameter 50 mm. Color-coding according to IWF regulations. This set allows the splitting of the loadable weight.



- Available weights:**
cod. **9038/05** Fractional plates 0,5 kg - ext Ø 150 mm - thickness 21 mm
cod. **9038/10** Fractional plates 1 kg - ext Ø 150 mm - thickness 23 mm
cod. **9038/20** Fractional plates 2 kg - ext Ø 165 mm - thickness 26 mm
cod. **9038/25** Fractional plates 2,5 kg - ext Ø 170 mm - thickness 29 mm



TECHNIQUE PLATES

Lightweight technical weight plate. Suitable to be combined with the 3,5 kg beginners barbell Cod. 9015/1 or the 7 kg aluminum barbell Cod. 9014/1. It facilitates the learning, or the improvement, of weightlifting techniques in cases where it is necessary to lift reduced loads.

Internal diameter 50 mm

- Available weights:**
cod. **9040/25** Technical plates 2,5 kg
thk 20 mm



PRO TRAINING BUMPER PLATE

Color-coding according to IWF standards. This line offers the highest quality standards. The rubber used is the same as the 9040/1 line, but the weight plates are colored and have steel plates to protect the internal opening and surrounding area. Reliability, durability, and building precision are improved.

Internal diameter 50 mm – External diameter 450 mm

- Available weights:
- cod. **9040/2** Bumper plate kg 5 - thickness 26 mm
 - cod. **9042/2** Bumper plate kg 10 - thickness 46 mm
 - cod. **9043/2** Bumper plate kg 15 - thickness 60 mm
 - cod. **9044/2** Bumper plate kg 20 - thickness 80 mm
 - cod. **9046/2** Bumper plate kg 25 - thickness 93 mm



PU BUMPER PLATE

Color-coded according to IWF standards. This bumper plates line is made with polyurethane. Polyurethane is the best material to produce plates. This material offers outstanding resistance, extraordinary compactness, reduced rebound, no smell, bright colors, scratches or imperfections, and perfect coupling with the steel plate. PU plates are the best possible solution in terms of reliability, aesthetics, and general quality. Thanks to the high density of the material, PU plates are thinner than other standard plates. This feature allows the loading of a barbell with over 350 kg, as if it were a metal plate, but with the benefit of softer support. For aesthetic reasons, PU Bumper plates are also available in black monochrome with logos and white numbers: 9040/4, 9042/4, 9043/4, 9044/4, 9046/4.

Internal diameter 50 mm – External diameter 450 mm

- Available weights:
- cod. 9040/3 PU Bumper Grey kg 5 - thickness 25 mm
 - cod. 9042/3 PU Bumper Green kg 10 - thickness 33 mm
 - cod. 9043/3 PU Bumper Yellow kg 15 - thickness 36 mm
 - cod. 9044/3 PU Bumper Blu kg 20 - thickness 42 mm
 - cod. 9046/3 PU Bumper Red kg 25 - thickness 52 mm



PU BUMPER PLATE

This bumper plates line is made with polyurethane. Polyurethane is the best material to produce plates. This material offers outstanding resistance, extraordinary compactness, reduced rebound, no smell, bright colors, scratches or imperfections, and perfect coupling with the steel plate. PU plates are the best possible solution in terms of reliability, aesthetics, and general quality. Thanks to the high density of the material, PU plates are thinner than other standard plates. This feature allows the loading of a barbell with over 350 kg, as if it were a metal plate, but with the benefit of softer support. PU Bumper plates are also available in color-coded IWF standards: 9040/3, 9042/3, 9043/3, 9044/3, 9046/3.

Internal diameter 50 mm – External diameter 450 mm

Available weights:
cod. **9040/4** PU Bumper Black kg 5 - thickness 25 mm
cod. **9042/4** PU Bumper Black kg 10 - thickness 33 mm
cod. **9043/4** PU Bumper Black kg 15 - thickness 36 mm
cod. **9044/4** PU Bumper Black kg 20 - thickness 42 mm
cod. **9046/4** PU Bumper Black kg 25 - thickness 52 mm



PU PLATES

PU Plate with symmetrical handgrip. Weight plates with handles and internal rounded metal core ring for barbells with a diameter of 50 mm. The grips are comfortable and symmetrical, allowing you to use the plate individually (without a barbell) for exercises with one or two hands.

Available weights:
cod. **9030** Symmetrical grip rubber plate. Black. Ø18 cm Kg 1,25 - thickness 25 mm
cod. **9031** Symmetrical grip rubber plate. Black. Ø21 cm Kg 2,50 - thickness 30 mm
cod. **9032** Symmetrical grip rubber plate. Black. Ø25 cm Kg 5,00 - thickness 30 mm
cod. **9033** Symmetrical grip rubber plate. Black. Ø30 cm Kg 10,0 - thickness 40 mm
cod. **9034** Symmetrical grip rubber plate. Black. Ø36 cm Kg 15,0 - thickness 45 mm
cod. **9035** Symmetrical grip rubber plate. Black. Ø40 cm Kg 20,0 - thickness 50 mm
cod. **9036** Symmetrical grip rubber plate. Black. Ø45 cm Kg 25,0 - thickness 50 mm

STANDING BUMPER RACK

Robust and sturdy vertical rack equipped with 6 disk storage positions. Each peg has a length of 25 cm diameter and a diameter of 50 mm. The distance between the disc holders, 45 cm, allows the positioning of bumper plates and large discs on each shelf, allowing the widest freedom of storage.

Dimensions: 650 x 650 x 1350h mm
Weight: 16 kg

Available Model
Cod. **9039** Standing Bumper Plate Rack



PYRAMID PLATE RACK

Pyramid-shaped compact storage rack. Designed for weight plates with a 50 mm hole. Also suitable for bumper discs.

Dimensions: 390 x 630 x 910h mm
Weight: 10 kg

Available Model
Cod. **9047** Pyramid Storage Rack





UNIVERSAL STORAGE RACK

Modular rack. Based on specific needs, it is possible to choose between 4 different types of horizontal shelves:

Available pieces:

- cod. **4140** Upright column kit - 18 kg (2 column + 3 junction bar + nuts and bolts)
- cod. **4139** Mini Upright column kit
- cod. **4141** Balls Shelf - 9 kg (medical balls shelf)
- cod. **4142** Angled Shelf - 22 kg (inclined shelf for dumbbells)
- cod. **4143** Flat Shelf - 22,5 kg (universal shelf, e.g., kettlebell holder)
- cod. **4144** Bumpers Shelf - 18 kg (bumper plate shelf)

4140 Upright Column Kit is composed of 2 columns (upright), 3 junction bars, nuts, and bolts. Two kits are necessary to support the standard single-span configuration of the Universal Storage Rack. The structure can also be customized by adding other bays and shelving units. The kit is sold individually. You can create a 2, 3, 4, 5-span storage rack. Its expansion capabilities are endless.

Dimensions: 1570 x 470 x 1805h mm
Weight 108 kg
Max load 1000 kg



4139 Mini Upright Column Kit



4140 Upright Column Kit



4141 Balls Shelf



4142 Angled Shelf



4143 Flat Shelf



4144 Bumpers Shelf





SMASH D-BALL

Very strong, with excellent grip, non-bouncing design. These medicine balls, also called no-bounce balls, were born for core training and smash/slam exercises; for the training of power and its main ingredients: strength and speed. The enormous versatility of the medicine balls, and the wide range of weights available, have widened the scope of application of this tool. Medicine balls proved to be perfect for functional training, throwing, swinging, and rotating exercises. This type of tool enhances the development of core strength

Available models:

- cod. **0470** Smash D-Ball 2 kg / Ø 230 mm
- cod. **0471** Smash D-Ball 4 kg / Ø 240 mm
- cod. **0472** Smash D-Ball 6 kg / Ø 250 mm
- cod. **0473** Smash D-Ball 8 kg / Ø 260 mm
- cod. **0474** Smash D-Ball 10 kg / Ø 270 mm
- cod. **0475** Smash D-Ball 12 kg / Ø 300 mm
- cod. **0476** Smash D-Ball 15 kg / Ø 320 mm
- cod. **0477** Smash D-Ball 20 kg / Ø 340 mm



STRONGMAN

Very strong, with excellent grip, non-bouncing design. Specially designed for core training, mainly smash, slam, and explosive power development training. The outstanding versatility of the medicine balls and the wide range of weights available have increased the use of these tools for functional training.

Available models:

- cod. 0478 Strongman Smash D-Ball 30 kg / Ø 330 mm
- cod. 0480 Strongman Smash D-Ball 50 kg / Ø 400 mm
- cod. 0482 Strongman Smash D-Ball 70 kg / Ø 420 mm
- cod. 0484 Strongman Smash D-Ball 100 kg / Ø 450 mm



MEDICINE BALL

Classic heavy rubber medicine balls, bouncy and not too hard. Ideal for toning exercises, holistic fitness, rehabilitation, functional training circuits and especially athletic training. Rapid and smooth bounce allows athlete to effectively implement exercises of explosive power, speed, agility, endurance, etc. We advise relatively low weights to avoid limiting acceleration, speed and explosiveness.

Available models:

- cod. **0490** Medicine ball 2 kg / Ø 190 mm
- cod. **0491** Medicine ball 4 kg / Ø 220 mm
- cod. **0492** Medicine ball 6 kg / Ø 230 mm
- cod. **0493** Medicine ball 8 kg / Ø 240 mm



MEDICINE BALL WITH GRIPS

Medicine balls with strong grip handles. The range of exercises becomes infinite. Ideal for toning up, for holistic fitness, rehabilitation and above all athletic conditioning. Thanks to their flexibility they can be used in the same way as a Kettlebell, or ballistic tools, with the advantage of being able to use them in lots of other exercises.

Available models:

- cod. **0495** Medical Ball 04 kg / Ø 240 mm
- cod. **0496** Medical Ball 06 kg / Ø 270 mm
- cod. **0497** Medical Ball 08 kg / Ø 270 mm
- cod. **0498** Medical Ball 10 kg / Ø 270 mm





GIANT M-BALL RACK

Circular rack, equipped with wheels. Stores up to 12 Giant Med Ball, diameter 36 cm, on three levels. The fourth upper level can store medicine balls of smaller diameter. Giant M-Ball rack helps you keep medicine balls organized, easily accessible, and off the floor. The casters allow easy transport from room to room without marking the floors. The rotating shelves facilitate quick access to the medicine balls from any angle. Perfect for both medicine and slam balls. Its vertical space-saving design makes it perfect for home gyms and studios

Dimension Ø760 x 1620h mm
Weight 20 kg
Max load 500 kg
Available model:
cod. **0510** Giant M-Ball Rack



MEDICINE BALL RACK

The rack can hold up to 10 medicine balls
Dimension 650 x 480 x 1355h mm
Weight 32 kg
Max load 300 kg

Available model:
cod. **0499/1** Medicinel Ball Rack



GIANT MED BALL

Giant eco-leather medicine balls. Very sturdy yet soft to the touch. They offer a moderate rebound and are specially designed for functional training. Available in a wide range of weight increments, from 4 to 20 kg. All balls are equal in diameter regardless of their weight.

Available models:
cod. **0500** Giant medical balls 4 kg / Ø 350 mm
cod. **0501** Giant medical balls 6 kg / Ø 350 mm
cod. **0502** Giant medical balls 8 kg / Ø 350 mm
cod. **0503** Giant medical balls 10 kg / Ø 350 mm
cod. **0504** Giant medical balls 15 kg / Ø 350 mm
cod. **0505** Giant medical balls 20 kg / Ø 350 mm



GIANT MED BALL STRAP

Harness with handle, for med balls diameter 36 cm, such as Giant Med Ball cod. 0500/0505 that are quite soft and specially suitable for strong ballistic exercise.

Available model:
cod. **0509** Giant Med Ball strap



TRAMPOLINE FOR BALLS

Trampoline for medicine balls of various dimensions and weight, adjustable in inclination and with the option to add some plates to increase the stability. Diameter 91 cm and base 100x100 cm. The trampoline is extremely useful for athletic, conditioning and functional training with a strong dynamic component.

Dimensions 1000 x 1000 mm, Ø 910 mm frame elastic net
Weight 22 kg

Available model:
cod. **3604** Trampoline for Balls



PRELOADED
SI-SAND BAG

New 2020 model: length has been increased to 75 cm, for a more physiologically correct posture and closer to the grip width of a barbell. We have also increased the number of handles from 5 to 8. Handles are padded, practical, and comfortable. New PVC coating and new black/gray finishing make the weight numbering particularly visible.

The bag maintains a high softness and, at the same time, an excellent structural rigidity, which is necessary to avoid excessive deformation. This feature enhances the correct execution of exercises such as clean, snatch, and others.

The line of preloaded Si-Sand Bags is incredibly convenient and practical for functional training. Particularly practical in settings of a group or circuit training, where it is necessary to use as many tools as possible that can hardly cause damage to people and things. Practicality elevated thanks to the possibility to quickly change the weight of the bag

Dimensions Ø 200 x 550 mm

- Available models:**
- cod. **8045** Si-Sand Bag 5 kg · orange
 - cod. **8046** Si-Sand Bag 10 kg · yellow
 - cod. **8047** Si-Sand Bag 15 kg · red
 - cod. **8048** Si-Sand Bag 20 kg · blue
 - cod. **8049** Si-Sand Bag 25 kg · black



FLYO PUMP

Foot pump compatible for inflating for Flyo and FlowBag. Suitable also for other accessories like gymnastics balls without a valve but equipped with a cap.

Available model:
cod. **OR4001** Flyo Pump



DUAL FUNCTION PUMP

Dual function manual mini-pump that emits air in both phases of the pumping, designed for fitness and medical balls.

Available model:
cod. **0419** Dual Function Pump





FLOW-BAG

Flowbag is an innovative tool for functional training. The instability of the water is essential for better development of proprioception, reactivity, and general strength. The tool, equipped with different grips, allows you to perform traditional movements like squats, and ballistic movements like swing or snatch.

Dimensions:
Length 82 cm
Diameter 25 cm
Weight: Variable. Can be filled up to 30 kg
Liner Bag: Optional sandbag loadable up to 40 kg
Handles: 5
Structure: sturdy fabric and reinforced stitching.
Closure: Zipper closure + Velcro closure on the long opening.
Zipper on the cap opening.

Available models:
cod. **8054 1** external bag + 1 internal bag for water
cod. **8054/1** optional: sand bag loadable up to 40 kg
cod. **8054/2** External bag



cod. 8054/1 Internal sand bag loadable up to 40 kg



cod. 8054/2 External bag



cod. **8054 1** external bag + 1 internal bag for water



CLIMBING ROPE

Ropes of various lengths for climbing or functional training. Complete with thimble and ring. Rope ends are covered for a precise finish. The thimble facilitates securing.

Available model:
cod. **1204** length mt. 4 / Ø 34 mm
cod. **1205** length mt. 5 / Ø 34 mm
cod. **1206** length mt. 6 / Ø 34 mm

GYM ROPE

The original black rope for functional training. It features a diameter of 50mm, a length 15m, and excellent finishing. It improves the athlete's ability to build core strength and train power and explosiveness. The weight of the rope improves grip strength.



Dimension diameter 50 mm
Length 15 m
Weight 15 kg

Available model:
cod. **1710** Gym Rope

EASY GYM ROPE

Rope with a 10 m length and a diameter 38 mm. This rope is the lightweight version of the Gym Rope cod. 1710. For functional training exercises like the alternating wave and rope slam. The shortest size of this rope and its lightness makes it the perfect tool for women's workout or beginners.



Dimension diameter 38 mm
Length 10 m
Weight 6,5 kg

Available model:
cod. **1711** Easy Gym Rope





SOFT HURDLE

30 cm tall hurdle, made in high-density foam and covered in PVC. A great addition to functional athletic conditioning exercises and obstacle courses. Soft Hurdle is particularly suitable for the composition of training circuits that include speed, endurance, and agility.

Available model:
cod. **1005** Soft Hurdle



Soft Plyobox



Wooden Plyobox

PLYOBOX 3 IN 1

These plyoboxes can be positioned on three different sides so that the athlete can work at three different heights. Perfect for introducing plyometric exercises into your workout. Having one single plyobox for three different heights makes the tool convenient, versatile, and useful. The overall dimensions meet the needs of functional fitness and athletic preparation. It is the perfect tool for death jumps, for improving vertical jump and lead to an overall performance gain.

Available models:
cod. **9112** Soft Plyobox
Dimension 500 x 600 x 750 mm
Weight 21 kg
Max load 135 kg

Available models:
cod. **9111** Wooden Plyobox
Dimension 400 x 500 x 620 mm
Weight 17 kg
Max load 135 kg

TRAINING SOFT PATH-STAIR

Set composed by two parts, the ramp and the stair, in order to create functional training paths and motor skill circuits also for children (basic physical and athletic preparation).

Dimension 3280 x 890 x 400 mm
Weight 23 kg

Available models:
cod. **0410** Training soft path-stair





SOFT IMPACT PLYOBOX

Plyometric stackable boxes. Finished with high-density polyurethane, wrapped in heavy-duty PVC, equipped with handles and fastening straps to secure the other plyoboxes. The perfect tool for athletic preparation and functional training. Plyometric boxes are crucial to improve explosive power, vertical velocity, agility, coordination, and lower body strength—safe and smooth landing in case of involuntary impacts. The width of the support area is another essential feature that guarantees reliability and ease of use. The boxes get progressively taller as the athletes increase their jump height, and their performance improves. Use the three boxes individually or as part of a modular set.

Max load 135 kg

Available models:

cod. **9105** Plyobox 900x750 height 300 mm weight 15 kg

cod. **9106** Plyobox 900x750 height 450 mm weight 24 kg

cod. **9107** Plyobox 900x750 height 600 mm weight 30 kg



BLACK PU RUBBER DUMBBELL

Professional fixed rubber dumbbell for frequent and intense use. Distinguished by a strong design that guarantees great value for money. The shaft is fixed through a security plate welded to cast-iron plates to limit the possibility of detachment of the plates even during cases of improper use. Every dumbbell is marked with the weight in kg. The handle has a deep knurl and does not rotate; therefore, training is not lightened by the lack of inertia due to rotation of plates. Training is a full and high-impact workout. Dumbbells can be stored and sorted in the DUMBBELL RACK code 8880.

Handle Dimensions Ø 28 mm - Ø 32 mm x 150 mm Tolerance of +/- 3%

Available models:

- cod. **8802** single dumbbell kg 02
- cod. **8804** single dumbbell kg 04
- cod. **8806** single dumbbell kg 06
- cod. **8808** single dumbbell kg 08
- cod. **8810** single dumbbell kg 10
- cod. **8812** single dumbbell kg 12
- cod. **8814** single dumbbell kg 14
- cod. **8816** single dumbbell kg 16
- cod. **8818** single dumbbell kg 18
- cod. **8820** single dumbbell kg 20
- cod. **8822** single dumbbell kg 22
- cod. **8824** single dumbbell kg 24
- cod. **8826** single dumbbell kg 26
- cod. **8828** single dumbbell kg 28
- cod. **8830** single dumbbell kg 30
- cod. **8832** single dumbbell kg 32
- cod. **8834** single dumbbell kg 34
- cod. **8836** single dumbbell kg 36
- cod. **8838** single dumbbell kg 38
- cod. **8840** single dumbbell kg 40
- cod. **8842** single dumbbell kg 42
- cod. **8844** single dumbbell kg 44
- cod. **8846** single dumbbell kg 46
- cod. **8848** single dumbbell kg 48
- cod. **8850** single dumbbell kg 50



DUMBBELL RACK

Sturdy storage rack to shelf a wide range of dumbbells. Designed with 2 levels. The structure can store up to 12 pairs of dumbbells (for dumbbells with a shaft of 125 mm or more). Shelves are finished with a rail—guarantees accessible placing of the dumbbells and optimization of the space.

Dimension: 2000 x 650 x 750 h mm
Weight 53 kg
Max load 1000 kg

Available models:

- cod. **8880** Dumbbell Rack



HORIZONTAL BARBELL RACK

Barbell rack for preloaded barbells with fixed weight-plates. Five levels and compact saving-space feet. The horizontal barbell rack provides easy access to the barbells. It facilitates the lifting of bars, especially preloaded barbells.

Dimensions 930 x 660 x 1470h mm
Weight 37 kg
Max load 250 kg

Available models:

- cod. **9049** Horizontal Barbell Rack





HEX RUBBER DUMBBELL

Professional fixed-weight dumbbell with hexagonal rubber-coated plates. Suitable for intense training. These dumbbells offer a robust design and high-quality rubber. The rubber coating of the weight plates prevents damage to floors and benches while reducing noise. The easy-grip chrome handle offers comfort. The shaft is fixed through a security plate welded to cast-iron hexagonal weights to limit the possibility of detachment of the plates even during cases of improper use. Every dumbbell is marked with the weight in kg. Dumbbells can be stored and organized in the DUMBBELL RACK code 8880.

Tolerance of +/- 3%
Handle Dimensions Ø 28 mm – Ø 34 mm x 130 mm

Available models:

- cod. **8904** single dumbbell kg 04
- cod. **8906** single dumbbell kg 06
- cod. **8908** single dumbbell kg 08
- cod. **8910** single dumbbell kg 10
- cod. **8912** single dumbbell kg 12
- cod. **8914** single dumbbell kg 14
- cod. **8916** single dumbbell kg 16
- cod. **8918** single dumbbell kg 18
- cod. **8920** single dumbbell kg 20
- cod. **8922** single dumbbell kg 22
- cod. **8924** single dumbbell kg 24
- cod. **8926** single dumbbell kg 26
- cod. **8928** single dumbbell kg 28
- cod. **8930** single dumbbell kg 30
- cod. **8932** single dumbbell kg 32
- cod. **8934** single dumbbell kg 34
- cod. **8936** single dumbbell kg 36
- cod. **8938** single dumbbell kg 38
- cod. **8940** single dumbbell kg 40
- cod. **8942** single dumbbell kg 42
- cod. **8944** single dumbbell kg 44
- cod. **8946** single dumbbell kg 46
- cod. **8948** single dumbbell kg 48
- cod. **8950** single dumbbell kg 50



CHROMED DUMBBELLS

The dumbbells are entirely chromed. The weight is indicated by engraving on both sides of the tool. The length of the shaft and diameter of the grip is the same for all weights: 120 mm x Ø 26.
Grip Dimensions Ø 26 mm x 120 mm

Available weights:
cod. **1161** Pair Dumbbells kg 1
cod. **1162** Pair Dumbbells kg 2
cod. **1163** Pair Dumbbells kg 3
cod. **1164** Pair Dumbbells kg 4
cod. **1165** Pair Dumbbells kg 5
cod. **1166** Pair Dumbbells kg 6
cod. **1167** Pair Dumbbells kg 7
cod. **1168** Pair Dumbbells kg 8
cod. **1169** Pair Dumbbells kg 9
cod. **1170** Pair Dumbbells kg 10



PYRAMID DUMBBELL RACK

Pyramid shape design: classic and practical, built to accommodate up to 10 pairs of aerobic dumbbells. The j-hook support makes the rack suitable to store also dumbbells covered in plastic or vinyl. Its construction offers maximum durability and better positioning in less space.

Dimensions: 520 x 420 x 980h mm
Weight 13,5 kg
Max load 200 kg

Available models:
cod. **1156** Pyramid Dumbbell Rack



NEOPRENE DUMBBELLS

Popular widespread dumbbells. Ideal for all types of exercises; aerobic classes etc. Particularly appreciated for their durability and excellent value for money.

- Available weights:
- cod. 2121 Dumbbells pair kg 0,5

cod. 2122 Dumbbells pair kg 1

cod. 2123 Dumbbells pair kg 1,5

cod. 2124 Dumbbells pair kg 2

cod. 2125 Dumbbells pair kg 3

cod. 2126 Dumbbells pair kg 4

cod. 2127 Dumbbells pair kg 5

cod. 2128 Dumbbells pair kg 6

cod. 2131 Dumbbells pair kg 7

cod. 2129 Dumbbells pair kg 8

cod. 2132 Dumbbells pair kg 9

cod. 2130 Dumbbells pair kg 10



NEOPRENE DUMBBELLS RACK

Dumbbells rack. Also called the radiator rack—a definitive solution for storing and arranging large quantities of dumbbells. Lockable, movable storage stand. The lockable closure allows security in case of necessity. Can store up to 60 dumbbells pair (1-2-3 kg). This dumbbell rack is suitable for neoprene dumbbells. It offers a neat storage system featuring lockable caster wheels for easy movement. Ten locking bars that allow dumbbells to be securely stored

Dimensions: 900 x 540 x 1190h mm
Weight 41 kg

- Available models:
- cod. 1155 Vinyl Dumbbells Rack

AEROBIC BAR

A practical and simple solution for building strength. The AEROBIC BAR features a soft and sturdy finish and a wide range of weights. Covered with soft rubber, it guarantees excellent grip and safety. The weight is evenly distributed across the bar. The external, color-coded end caps allow easy recognition of weight.

- Available weights:
- cod. 0723 Aerobic Bar 1250 mm, Ø 35, Weight Kg 2 BLU

cod. 0724 Aerobic Bar 1250 mm, Ø 35, Weight Kg 3 RED

cod. 0725 Aerobic Bar 1250 mm, Ø 35, Weight Kg 4 GREEN

cod. 0726 Aerobic Bar 1250 mm, Ø 35, Weight Kg 5 YELLOW

cod. 0727 Aerobic Bar 1250 mm, Ø 35, Weight Kg 6 PURPLE



BARS RACK

Double-sided open universal rack for barbells and Aerobic Bars. It can store, depending on their weight, up to 48 body bars.

Dimensions: 930 x 510 x1260h mm
Weight: 14 kg
Max. load capacity: 300 kg

- Available Models
- cod. 0732 Bar Rack





COMPETITION KETTLEBELL

Standard size Kettlebell. The dimensions of the kettlebells do not vary with weight. The kettlebells are painted in the spherical part. The handle is carefully polished and finished with transparent anti-rust protection, resulting in a smooth touch and perfectly functional tool.

Available weights:

cod. 2189 Painted in green – kg 4 Ø33	cod. 2196 Painted in orange – kg 28 Ø33
cod. 2190 Painted in pink – kg 8 Ø33	cod. 2197 Painted in red – kg 32 Ø33
cod. 2191 Painted in light blue – kg 12 Ø33	cod. 2198 Painted in grey – kg 36 Ø33
cod. 2192 Painted in yellow – kg 16 Ø33	cod. 2199 Painted in white – kg 40 Ø33
cod. 2194 Painted in purple – kg 20 Ø33	cod. 2200 Painted in silver – kg 44 Ø33
cod. 2195 Painted in green – kg 24 Ø33	cod. 2201 Painted in gold – kg 48 Ø33



VINYL KETTLEBELL

Cast iron weights, covered in vinyl, and available in different colors. This line of kettlebells is the most well-known worldwide. The vinyl cover is an optimal solution for protecting kettlebells because of its quality and reasonable price. The VINYL KETTLEBELL set is available in sizes from 4Kg to 12Kg - in 2Kg increments

Available weights:

cod. 2169 Vinyl pink kg 2	cod. 2176 Vinyl red kg 12
cod. 2174 Vinyl yellow kg 4	cod. 2177 Vinyl green kg 14
cod. 2170 Vinyl red kg 6	cod. 2178 Vinyl yellow kg 16
cod. 2175 Vinyl blue kg 8	cod. 2179 Vinyl blue kg 18
cod. 2171 Vinyl yellow kg 10	cod. 2180 Vinyl red kg 20
	cod. 2181 Vinyl green kg 24



KETTLEBELL RACK

2-tier Kettlebell Rack. Ideal for storing kettlebells, medicine balls, and other tools. The two layers help you keep your training space clear and tidy and maximize your storage space. The twin level can handle up to 500kg. The rack also features secured rubber linings on each layer to protect your kettlebells from marks or scratches. Perfect for home gyms and fitness studios.

Dimensions (overall): 1310 x 530 x 800h mm
Dimensions of the shelves: 1250 x 250 mm
Weight: 39 kg
Max load capacity: 500 kg

Available Model
cod. **2185** Kettlebell Rack



IRON BLACK KETTLEBELL

Premium line specially designed for kettlebell enthusiasts. It stands out both for the extensive range of weights available, 6-92 kg, and the quality of the technical construction solutions adopted. The tool is exceptionally robust and free of imperfections. The handle is regular and smooth. The wide base is regular, perfectly flat, provides stability and excellent safety when the tool is used as a support base.

Available weights:
cod. **2206** Iron Black Kettlebell kg 6
cod. **2208** Iron Black Kettlebell kg 8
cod. **2210** Iron Black Kettlebell kg 10
cod. **2212** Iron Black Kettlebell kg 12
cod. **2214** Iron Black Kettlebell kg 14
cod. **2216** Iron Black Kettlebell kg 16
cod. **2218** Iron Black Kettlebell kg 18
cod. **2220** Iron Black Kettlebell kg 20

Available weights:
cod. **2222** Iron Black Kettlebell kg 22
cod. **2224** Iron Black Kettlebell kg 24
cod. **2226** Iron Black Kettlebell kg 26
cod. **2228** Iron Black Kettlebell kg 28
cod. **2232** Iron Black Kettlebell kg 32
cod. **2236** Iron Black Kettlebell kg 36
cod. **2240** Iron Black Kettlebell kg 40
cod. **2244** Iron Black Kettlebell kg 44

Available weights:
cod. **2248** Iron Black Kettlebell kg 48
cod. **2252** Iron Black Kettlebell kg 52
cod. **2256** Iron Black Kettlebell kg 56
cod. **2260** Iron Black Kettlebell kg 60
cod. **2268** Iron Black Kettlebell kg 68
cod. **2280** Iron Black Kettlebell kg 80
cod. **2292** Iron Black Kettlebell kg 92



SI-CLUB RED KNOB

A simple tool that offers extraordinary training potential for all levels of athletic preparation and functional fitness. Training with mace bells/Si-Clubs is characterized by the multi-planarity of the movements and a strongly decentralized weight, resulting in a remarkably complete work. The weight increments, from 1 to 30 kg, facilitate total freedom of use of the equipment that can be very demanding even in the lighter weights.



- Available weights:
- cod. 2149 Si-Club black RED KNOB kg 1
 - cod. 2150 Si-Club black RED KNOB kg 2,5
 - cod. 2151 Si-Club black RED KNOB kg 5
 - cod. 2152 Si-Club black RED KNOB kg 7,5
 - cod. 2153 Si-Club black RED KNOB kg 10
 - cod. 2154 Si-Club black RED KNOB kg 12,5
 - cod. 2155 Si-Club black RED KNOB kg 15
 - cod. 2156 Si-Club black RED KNOB kg 17,5
 - cod. 2157 Si-Club black RED KNOB kg 20
 - cod. 2158 Si-Club black RED KNOB kg 22,5
 - cod. 2159 Si-Club black RED KNOB kg 25
 - cod. 2165 Si-Club black RED KNOB kg 27,5
 - cod. 2166 Si-Club black RED KNOB kg 30

SI-CLUB RACK

Rack designed to store the si-club and s
i-macebells in the vertical position.
Dimensions: 665 x 250 x 110h mm
Weight: 12 kg

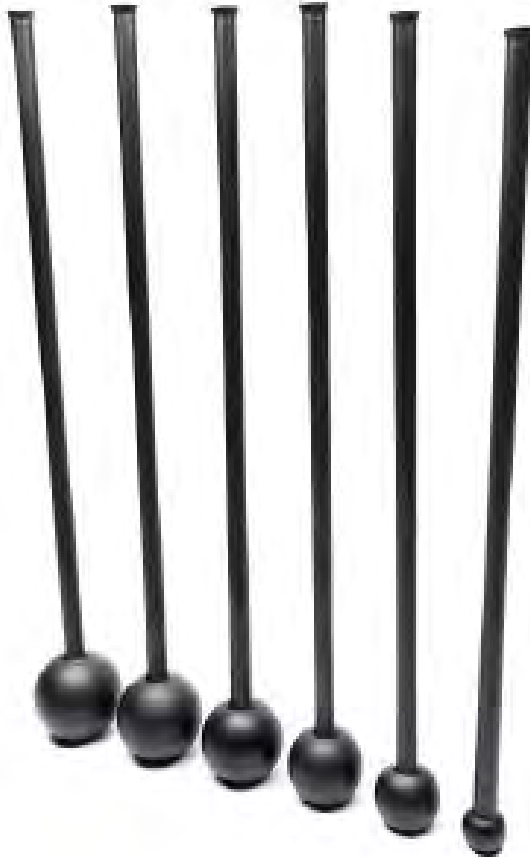
- Available Models:**
cod. **2160** Si-Club Rack 14 Holes





SI-MACEBELL

- Available weights:
- Cod. 2140 Si-MaceBell 2,5 kg
 - Cod. 2141 Si-MaceBell 5,0 kg
 - Cod. 2142 Si-MaceBell 7,5 kg
 - Cod. 2143 Si-MaceBell 10,0 kg
 - Cod. 2144 Si-MaceBell 12,5 kg
 - Cod. 2145 Si-MaceBell 15,0 kg



GYM HAMMER

- Available weights:
- Cod. **2161** Hammer 4 Kg length 76 cm grip diameter 33 mm
 - Cod. **2162** Hammer 10 Kg length 101 cm socket diameter 40 mm
 - Cod. **2164** Hammer 15 Kg length 102 cm grip diameter 40 mm
 - Cod. **2163** Hammer 20 Kg length 104 cm grip diameter 42 mm



GHD BENCH – GLUTE HAM DEVELOPER

Innovative and functional. A robust and heavy tool built for intensive professional use. The structure features voluminous padding made of high-density foam. The base is finished with protective rubber feet. The roller can be quickly adjusted to your desired setting. The bench has wheels for better portability.

Dimension: 2000 x 800 x 1150h mm

Weight: 69 kg

Max load capacity: 120 kg

Available Model

Cod. **9120** GHD



SISSY SQUAT – ROMAN CHAIR

Roman chair that is commonly called Sissy Squat. Sissy squat (Sisyphus, mythological character depicted with huge thighs) identifies the famous, still different, exercise of Vince Gironda. The Roman chair is back in the spotlight thanks to the diffusion of “old school” and functional training. The training of the quadriceps represents one of the uses of the tool, besides chain exercises dedicated to the core.

Dimensions: 630 x 1020 x 520h mm

Weight: 25 kg

Maximum load capacity: 120 kg.

Available Model:

Cod. **9121** Sissy Squat

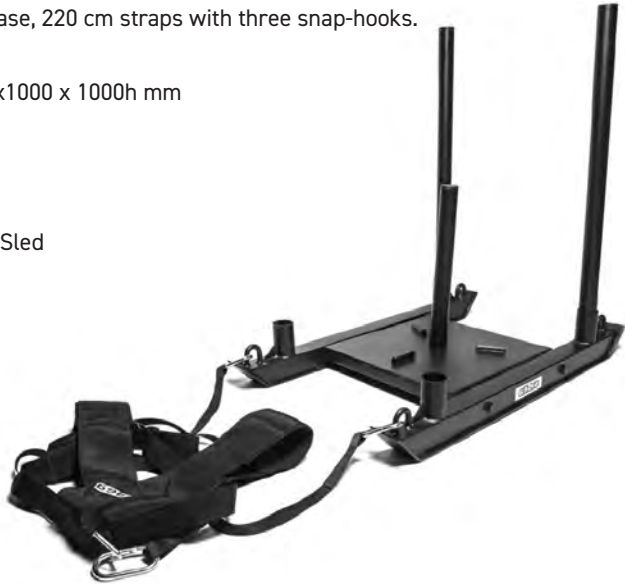


C.F. GYM SLED

Innovative, functional, and complete tool. Designed for athletes who want to improve their athletic conditioning with the broadest range of sled exercises to increase strength and explosive power. Push, drag, sprint, and row, with weight overload. This prowler is a large, heavy, and sturdy frame with a flat base that makes it versatile to use on multiple surfaces, like synthetic grass and outdoor fields. The C.F. Gym Sled is a useful piece of equipment and can train the entire body in all planes of motion. The tubular weight posts, also suitable for gripping, are 95 cm long, with a 51 mm diameter. The posts can be inserted by gravity into the frame to quickly reverse the working direction without rotating the sled. The kit includes a padded adjustable harness with a buckle for a quick release, 220 cm straps with three snap-hooks.

Sled Dimensions: 600 x1000 x 1000h mm
Weight: 35 kg

Available Model
Cod. **9097/2** C.F. Gym Sled



SLED BAG KIT

Robust rubber bag with a belt, contains sandbags for sled exercises. Perfect for outdoor use but particularly suitable for indoors, where the floor does not allow metal sleds. The bag type of system allows the athlete to change the weight very quickly. You can decide for yourself how much weight you want to pull. Besides sandbags, it can also be filled with weight plates. This tool is particularly suitable for functional training: drag, crawl exercises, side-steps, and strengthening the lower-body. Its surface makes it ideal for training on grass, sand, earth, asphalt, or indoor. Its low weight makes it perfect for easy transport. The comfortable fit of the belt offers a secure hold. This tool is a robust, reliable, and stable alternative to the C.F. Gym Sled cod. 9097/2 or to the 9097/1 Speed Sled.

Bag size: 320 x 700 x 130h mm
Belt length: 180 cm
Sandbags filler fillable with about 5 kg x 6 bags
Recommended maximum load: 30 kg
Weight: 3 kg

Available Model
Cod. **9096** Sled Bag Kit



SPEED SLED

Slide for traction exercises loadable through weight plates with a diameter of 50 mm. The Speed Sled has been designed for athletes who wish to perform traction exercises and resistance running. Speed Sled is an extremely compact, practical, and budgeted price tool. The kit includes a padded harness with a buckle for a quick release and straps with a length of 220 cm equipped with three snap hooks.

Sled dimensions: 380 x 620 x 250h mm
Weight: 6kg

Available Model:
Cod. **9097/1** Speed Sled



WEIGHTED VEST with GEL 5 KG

Vest produced in nylon and neoprene. Born considering the use during the games and sports such as soccer, basketball, and others. Wearability, maximum adherence, absence of rigid and dangerous elements are among the main features of this weight vest. Maximum weight 5 kg, its compact dimensions allow to evenly distribute the weight and increase its grip on the body. The wraparound and elastic structure guarantee that the vest remains firm on the torso and chest area and does not bounce around during all the stages of the workout activity.

Dimensions: 310 x 420 mm.
Maximum weight: 5 kg

Available Model
Cod. **1795** Weighted Vest 5 Kg.



WEIGHTED VEST 15kg

Finished with a sturdy Oxford type high-quality nylon fabric. The vest can be fastened and adjusted through Velcro and is made to perfectly adhere to the body thanks to its extremely compact size. The load can be easily increased, starting from 0 kg up to 15 kg, through the adding of 1 kg metal weights in the inner pockets. The vest includes 15 coated metal weight pads.

Dimensions: 310 x 420 mm
Maximum weight: 15 kg

Available model:
Cod. **1794** Weighted Vest 15 Kg.



WEIGHTED VEST 38 KG

Finished with a sturdy Oxford type high-quality nylon fabric, the Weighted Vest 38 kg (code1793) represents the extra-heavy version of the standard 15kg Weighted Vest code 1794. This product is the answer for all the athletes who need a vest with a heavier load when performing calisthenics exercises or during athletic preparation, favoring the overload over a comfortable fit. The wearability of this vest leads the user to increase the weight carefully. Like the vest code 1794, this model can be adjusted and fastened thanks to the velcro closure. The shoulder straps are not adjustable, given that they are larger when compared to the vest code 1794. The load can easily be increased from 0 to 38 kg by adding the coated metal weight pads in the pockets of the vest. The vest includes 28 weight pads of about 1,28 kg each.

Dimensions: 400 x 500 mm

Maximum weight: 38 kg

See also:

Code 1794 Weighted Vest 15kg

Code 1795 Weighted Vest 5kg

Available model

Cod. **1793** Weighted Vest 38 Kg





PULL UP GIANT BALL

Simple but extremely challenging training tool. 30 cm diameter metal ball equipped with a snap-hook and hanging strap. Improve your upper body strength with this "difficult grip" implement. The size of the ball makes it almost impossible to grip, forcing the athlete to continuously increase the grasp using the palms, the wrists, and forearms. The true nature of the tool is the fact that it challenges the necessary strength and enhances the grip to lift your own bodyweight. The result is an outstanding improvement in the "grip group": hand, wrist, forearm, and a tremendous neuro-muscular stimulus targeting the chest, pecs, and torso. Traction at the bar is already a complete exercise that activates the chest and the triceps; the pull-ups with Giant Ball further boost this type of workout. The Giant Ball Pull Up offers various other applications: in calisthenics, it improves the ability to hold on the bars. In weightlifting, it improves the ability to grip and control the barbell.

Weight: 10,5 kg

Available Model:
Cod. **9017/1** Pull Up Giant Ball



CHALK

Commonly called magnesite, from Mineral hence, the Magnesium carbonate it is mainly used on hands for wipe the sweat and increase grip.

Available models:
cod. **1101** Powder Chalk - 450 g
cod. **1102** Block Chalk - 450 g x 8 block
cod. **1103** Liquid Chalk - bottle

PUSH-UP

Designed to make the bending on the arms more effective. This tool is specifically conceived to ensure increased comfort. Finished in an exceptionally reliable way and equipped with non-slip feet for superior safety. Perfect for individual and group workout routines. The secure, soft-foam handles enhance your multifunctional workout and relieve the pressure on the wrists. Compact dimensions. Sold in pairs.

Dimensions: 257 x 173 x 130h mm
Weight: 1 kg
Grip: Ø 33 mm

Available Model
Cod. **2603** Push Up



Cod. **9018/1** Mini Push Up Bars

Cod. **9018** Push Up Bars

PARALLETTES

Pair of fixed parallels or mini-parallels devoted to multi-joint exercises. Parallettes can be easily underestimated, but they are incredibly useful in athletic preparation and functional fitness. They can be used in the composition of circuits. These tools guarantee the best stability. The parallel bars 9018 and 9018/1 are also useful for calisthenics gymnastics exercises. Suitable for beginners and seasoned athletes. Parallettes can be easily stored away when not in use.

Available Models
Cod. **9018** Push Up Bars 600 x 360 x 800 h mm / Ø 38 mm / weight 12 Kg.
Cod. **9018/1** Mini Push Up Bars 600 x 360 x 350 h mm / Ø 38 mm / weight 8 Kg.





FLYING

Flying, you can work with your bodyweight through numerous exercises for beginners and professional athletes. Perfect for group training and personal training. Flying is a multifunctional suspension tool that is becoming part of the functional workouts gaining popularity lately. Flying is an affordable and versatile bodyweight training tool that allows you to perform natural movements and exercises to build strength, lose weight, and tone up. One of the significant benefits of suspension training is its ability to exercise the core and the entire body. See also 9094 Suspension Training Station.

Available Models:

Cod. 2092 Flying.

Cod. 2092/2 Red Strap with Anchor Loops



ANCHOR
DOOR

Available model:

cod. 2092/1 Anchor door



ANCHOR
ROPE

Available model:

cod. 9062 Anchor rope



BLACK
LINK

Available model:

cod. 2082 Black Link



UNIVERSAL
WALL ANCHOR

Available model:

cod.9062/1 Universal Wall Anchor

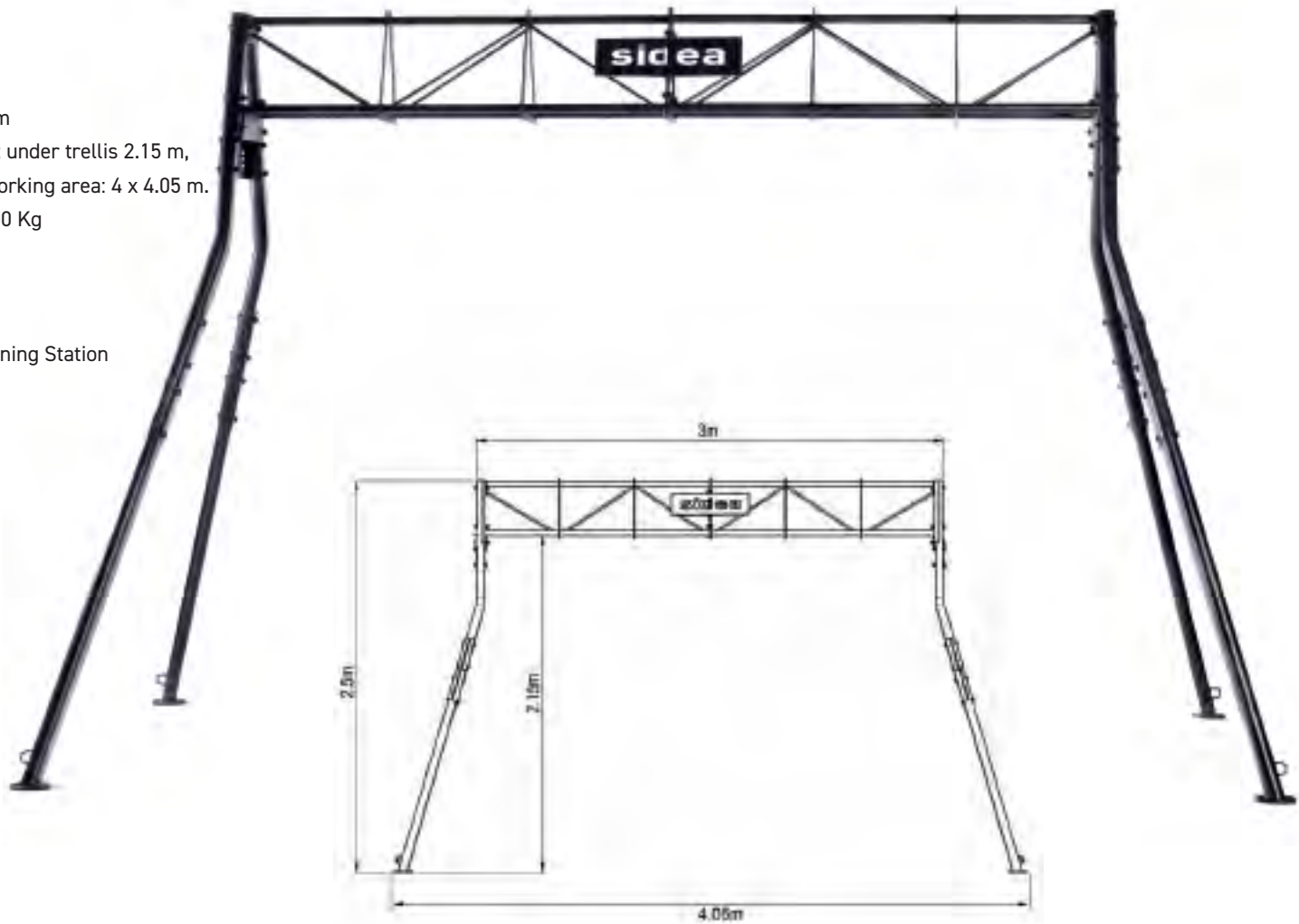




SUSPENSION TRAINING STATION

Dimensions:
Truss length: 3000 mm
Ground clearance: 4050 mm
Total height: 2.50 m, height under trellis 2.15 m,
Minimum recommended working area: 4 x 4.05 m.
Maximum load capacity: 500 Kg
Weight: approx. 135 kg.

Available model:
Cod. **9094** Suspension Training Station



Metal truss 3 m long specially made for suspension training. The structure, sturdy, durable, heavy, treated with resistant micaceous paint, was designed to offer an affordable and practical solution to the challenge of finding a place to hook the different suspension training tools and gear. This frame offers a perfect space to workout either alone or with others. It accommodates up to 6 users. This truss is an optimal addition to an indoor area dedicated to functional training, obtaining an excellent result in terms of furniture. The assembly is quick. There is no need for specialized staff to install it. It is not always necessary (it is, however, recommended) to fix the uprights to the ground. The truss is also suitable for traction exercises at the bar. This feature makes it ideal for integrating it into a traditional isotonic equipment room. The solution is also particularly suitable for mini Flying classes or completing training circuits within gyms dedicated to athletic preparation or personal training. In the lower part of each upright, there is a half welded ring, useful to attach snap hooks, ropes, and bands.



SPAN FUNCTIONAL WALL BARS

Functional backrest. The increased depth of the upper section allows better use of the Flying (Cod.2092) and more challenging performance of suspension training exercises, such as tractions. The pegs are finished with a larger diameter than the traditional Swedish wall bars (38mm round section, not oval). This feature adds strength to the structure while making the grip less ergonomic and more demanding when exercising the muscles of the hand and forearm. Wall bars have been one of the best tools for bodyweight and gymnastic workouts. The quality of the backrest is determined by the use of European white oak for the frame and dried beech for the pegs.

Dimension: 910 x 2300 mm
Weight: 25 kg.
Maximum Weight Capacity: 110 kg.

Available Models

Cod. **9099** Functional Wall Bars
Cod. **9099/1** Rawl Plug SXRL 10 x 230 F US

SWEDISH WALL BARS

Classic sturdy wall bar. Designed to facilitate the execution of training and rehab exercises. The highest pegs are finished with a standard two pegs solution that distinguishes the traditional shape. The oval pegs, 26-38mm diameter, are standard. The quality of the hardwood guarantees the sturdiness; European beech wood, oven-dried and varnished. Working out on the Swedish Wall Bars helps strengthen your core, back muscles and proves to be useful for treating back pain.

Dimensions: 900 x 2500 mm
Weight: 23 Kg
Max load capacity: 110 kg

Available Model

Cod. **9100** Swedish Wall Bars





BIG TUBING

Two resistance levels: Easy and Power. Big Tubing is manufactured by combining several tubular elastic bands inside the same protective sleeve, 3.20 m long and extendable up to about 9 m, complete with snap hooks and accessories. Big Tubing finds application in many contexts, from functional fitness to athletic preparation. Resistance running is undoubtedly the most well-known exercise, even if these elastics are suitable for many other applications. The Easy version, with medium to low resistance, allows you to use the elastic in excellent safety, even with older adults, and to perform different exercises, such as running sideways, running backward, four-legged, jumping, or climbing on raised floors. The Power Big Tubing, with twice the resistance of the Easy model, is useful in all those contexts in which you work with athletes in the context of specific exercises of resistance running or strengthening.

Available Models

- cod. **1699** Power Big Tubing Kit: Elastic 80 kg + harness + strap attachment
- cod. **1695** Easy Big Tubing Kit: Elastic 40 kg + belt + strap attachment
- cod. **1699/1** Power Big Tubing: Elastic 80 kg
- cod. **1696** Easy Big Tubing: Elastic 40 kg
- cod. **1697** Belt
- cod. **1698** Strap attachment
- cod. **9062** Wall fixing plate
- cod. **1699/2** Harness
- cod. **0719** Aluminum Ring Bar
- cod. **2087** Pairs of handle



cod. **0719** Aluminum Ring Bar

cod. **2087** Pairs of handle



cod. **1696**

cod. **1697**

cod. **1698**

cod. **1695** Easy Big Tubing Kit: Elastic 40 kg + belt + strap attachment



cod. **1699/1**

cod. **1699/2**

cod. **1698**

cod. **1699** Power Big Tubing Kit: Elastic 80 kg + harness + strap attachment

NEW ANKLE WEIGHTS MY2020

The series of ankle weights - "wristbands" 0,5 - 2,5 kg has been completely redesigned, adopting a new type of high resistance nylon and unique coloring. Securely strap-on to ankles or wrists. The ANKLE WEIGHT series is great for gradually building up your resistance over time. Ankle weights help intensify your cardio and plyometric training. They are also great for functional workouts, improving muscular endurance, strength training, and toning.

Available weights:
Cod. **0940** pair of Ankle Weights Kg. 0,5 each (0,5 kg x 2) Grey / Black
Cod. **0942** pair of Ankle Weights Kg. 1,0 each (1,0 kg x 2) Grey / Black
Cod. **0943** pair of Ankle Weights Kg. 1,5 each (1,5 kg x 2) Grey / Black
Cod. **0944** pair of Ankle Weights Kg. 2,0 each (2,0 kg x 2) Grey / Black
Cod. **0945** pair of Ankle Weights Kg. 2,5 each (2,5 kg x 2) Grey / Black



ANKLETS WITH HOOKS

Pair of ankle straps with hook-ring, produced with durable and resistant material. The internal part has padding to protect the skin of the ankle. The adjustable fastening system, velcro plus ring-hole, ensures the best practical solution to attach elastic bands.

Available Model:
Cod. **9021/1** Anklets with Hook



PAIR OF ANKLE STRAPS WITH FOOT HARNESS

These ankle straps are made in nylon, with a Velcro fastening that can be hooked to isotonic machines, cables, or elastic bands.

Available Model
Cod. **9022** Pair of Ankle Straps with Foot Harness



ADJUSTABLE ANKLE WEIGHTS 5Kg (max)

Set of two weight anklets, 5 + 5 kg, for free-body exercises with progressive weight overload.

Available Model
Code **0949** Adjustable Ankle Weight





BOXING BAG 30 - 50 KG

Punching bags, padded and filled to 30 or 50 kg. Suitable for boxing training and combat sports with particular reference to leg techniques, kicks, blowing techniques, knee punching, and correct posture. Manufactured in PVC, excellently finished. Bags are delivered as shown in the photo. Ready to use, complete with chains, snap hooks, and swivel pin for hanging.

Dimensions 50 kg 1700-1800 mm, Ø 400 mm
Dimensions 30 kg 1000-1100 mm, Ø 400 mm

Available models:
cod. **2109** Boxing Bag 50 kg
cod. **2110** Boxing Bag 30 kg

PUNCHING BALL 30KG

Punching bag featuring a spherical-like shape. This punching bag helps you perfect your training techniques for combat sports like boxing, kickboxing, Muay Thai combat, or MMA. Its design boosts speed, agility, dynamicity, and, most of all, high-intensity. It is also known as the "wrecking bag."

Dimension: 500-700 mm Diameter: 500 mm
Weight: 30 kg

Available models:
cod. **OR16053** Punching Ball 30Kg



BELT WITH CHAIN

Sturdy belt with chain for training with weight overloads. The chain, equipped with a snap hook, is useful to hang weights (almost always rubberized plates) to the belt to add a load bodyweight exercises, such as pull-ups, chin-ups, and dips

ONE SIZE

Available model:
cod. **1709** Belt with Chain



WEIGHTLIFTING BELT

Neoprene belt particularly strong and internally lined for training with weight overloads. Height: 14 cm. It has a velcro strap closure and a buckle to allow a precise and safe adjustment on the waist. One size fits all. Waist circumference 70 - 100 cm. An excellent option for athletes of any skill level. This neoprene belt provides a firm and stable base of the abdomen and lower back. It helps the athlete get the most out of their squats and deadlifts.

Available model:
cod. **1708** Weight Lifting Belt



BOXING GLOVES 120Z

All-round Gloves for combat sports, martial arts, and athletic preparation based on combat training. The boxing gloves are upholstered in soft polyurethane, with a Velcro fastening strap and padding on the wrist. The palm area is finished with technical perforated material that ensures good aeration of the hand and keeps the hands dry. The comfort and protection of the hand are also guaranteed by the internal lining and by the softness of the seams. The thumb is separated and padded like the target surface. It has a security fastening strap to reduce the risks of sprains.

Available sizes: one-size-fits-all

Available model:
cod. **2108** Boxing glove 120Z



CURVED BODY SHIELD

Curved Kick shield finished with sturdy PVC. Absorbs blows without getting deformed. This material, along with the shock-absorbent padding, dispenses the impact evenly across the surface area and offers protection to the hand.

Dimensions: 450 x 720 mm.
Thickness: 120 mm.

Available Model
Cod. **2115** Curved Body Shield



TRAINING PAD

This training pad is finished with sturdy PVC. Tough and ergonomically-designed with a comfortable handle and two grips.

Dimensions: 200 x 400 mm.
Thickness: 110 mm

Available Model
Code **2116** Training Pad



MASTER GLOVES PAD (PAO)

Punching mitts (designed in PAO - polyalphaolefin) for advanced training. Reinforced seams. Great durability.

Dimensions: 270 x 200 mm
Material: PVC

Available Model
Cod. **2106** Master Gloves Pad



PREMIUM SPEED JUMP

Thanks to the conical shape, aluminum handles, and rubberized steel wire, this rope allows you to intensify your rotation speed. It is possible to achieve three revolutions per jump. Thanks to this feature, it is also called Triple Jump Rope. A higher rotation speed means a broader range of leg exercises. Footwork is essential in skipping rope workouts. This aerobic training improves coordination, proprioception, speed, and agility. The steel wire, with a length over 3 meters, can be easily shortened to meet the most suitable length. Usually, a 1.75 m tall athlete sets the rope at 2.30m, excluding the handles. The knurled aluminum handles offer a secure hold and non-slip grip.

Dimensions: 450 x 720 mm.
Thickness: 120 mm.

Available Model
cod. **2708** Premium Speed Jump



SPEED JUMP

PVC version of the rope in aluminum (Code 2708). This rope is the most affordable and convenient way to provide your gym with a larger number of jump ropes. The rubberized steel wire increases the rotation speed. The steel wire can be easily resized to reach the most suitable length. Excellent value quality/price.

Available Model
Cod. **2704** Speed Jump



AEROBIC JUMP

Rubber jump rope, with a firm and anatomic grip. Length 2.80 m. The rope can be easily resized according to your wingspan. The bearing handle can be opened to allow an easier cutting of the rope.

Available model:
cod. **2703** Aerobic Jump



ADJUSTABLE AGILITY LADDER

Agility scale with 11 squares, ≈ 45 cm wide x 50 cm long, adjustable by spacing the position of the slats on the strap. Made with nylon straps that and flat PVC slats, it adheres perfectly to the ground. Easy to stretch and collect, thanks to the metal binder gatherer, that avoids the overlapping of the twelve adjustable slats and the intertwining of the straps. The product kit consists of a ladder, binder, and a convenient zippered carrying bag. Used in many dynamic exercises, footwork training drills, athletic preparation, and functional fitness. Suitable for indoor and outdoor use.

Available Model
Cod. **4112** Adjustable Agility Ladder



RUBBER AGILITY LADDER

Agility scale with 10 squares, ≈ 40 cm wide x 45 cm long. Crafted with recycled rubber, 3 mm thick, it perfectly adheres to the ground. Easy to set up. It stretches and rolls up quickly. Thanks to the weight of 5.8 kg, it stays firmly in place. Particularly suitable in all contexts characterized floors in which the traditional agility ladders are unsuitable for use, like wooden floors (that can be scratched) or excessively uneven floors.

10 squares ≈ 400 mm x 450 mm
Dimension: Length 4,6 mt
Thickness: 3 mm
Weight: 5,8 Kg

Available Model
Cod. **4111** Rubber Agility Ladder



CONE

Plastic training cone markers. 46 cm high, very stable. Its bright, distinctive orange color provides clear visibility. Perfect for defining training areas devoted to the execution of numerous dynamic and functional exercises. Sold individually. Stackable. Perfect for cone drills.

Dimensions: 46 cm height
Base: 215 mm x 215 mm
Weight: 0,25 Kg.

Available Model
Cod. **0250** Cone



AGILITY CONE SET

Set of agility training cones - complete with a collector. Like CONE cod. 0250 and AGILITY RING cod. 2035, this tool works as visual cues on the ground to execute numerous dynamic and functional exercises. Perfect for footwork and agility drills. The set consists of ten cones in each color (orange, red, yellow, green, and blue. 50 total) and a convenient holder: easy to handle, store, and transport.

Dimension: Ø 190 mm. Height 50 mm
Set of: 50 pieces, assorted colors, and holder.
Weight: 1,5 Kg.

Available Model
Code **0251** Agility Cone Set



AGILITY RING

Agility Rings serve as a target for many conditioning exercises. Manufactured with thin shiny colored soft rubber, they stick to the floor providing the athlete with a visual cue when performing footwork exercises and change of direction (COD) workouts. The set consists of five rings in bright colors to offer greater visibility. Rings are manufactured with antislip rubber that makes it safer to be stepped on.

Dimension: Ø 320 mm
Set of: 5 pcs assorted colors

Available Model
Cod. **2035** Agility Ring



FLAT HULA HOOP

Colored plastic ring, aesthetically similar to the classic Hula Hoop. It is a great companion to the Agility Ring cod. 2035. Its flat shape allows footwork without hazards. Like cones and agility rings, Flat Hula Hoop works as a target for a complete range of conditioning exercises, as a pattern for acceleration, and as a reference in the change of direction movements.

Diameter of 60 cm.
One size only, Ø 600 mm

Available Model
Cod. **2034** Flat Hula Hoop

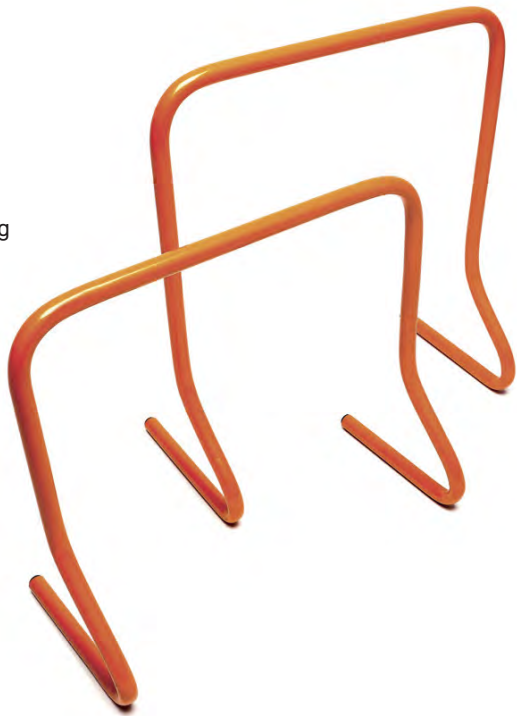




SPEED HURDLES

Resistant plastic hurdles, 30 and 50 cm, for conditioning exercises, agility, and running regardless of the skill level of the athlete. Ideal for the composition of training circuits. It allows multiple training solutions based on movement, speed, and endurance. The shape of the tubular guarantees safety. Lightweight for easy carrying and storage.

Available Model
cod. **0255** height 300 mm
cod. **0257** height 500 mm



TIMER

- 1- Time Function 24 h
- 2- Interval timer function, count down function, count up function
- 3- Default function (programmable) 100 min count up
- 4- Default function (programmable) 20 min countdown
- 5- Fight Function: 5 min rounds + 1 min pause
- 6- Tabata Function: 8 rounds from 20" + 10"pause
- 7- Function stopwatch timer
- 8- Function 10" preparation; countdown 10"

Dimensions: 640 x 160 mm
Thickness: 50 mm
Weight: 2.2kg

Available Model
Cod. **0005** Timer



MULTI HURDLE SET

The multi hurdle set consists of two cones with holes that allow the support of a hurdle bar base. The hurdle bar is adjustable at 10 different heights, from 40 to 85 cm. Devoted to different types of conditioning exercises., coordination, agility drills, and leg speed workouts. The cones, made with crush-resistant plastic, serve as a target for many training circuits. Both for indoors and outdoors use.

Dimensions: 280 x 280 mm cones, height 520 mm
1 m hurdle bar adjustable from 400 to 850 mm

Available Model
Code **0253** Multi Hurdle Set



WOODEN RING

Premium wooden rings for suspension training with adjustable numbered straps. Easy set-up. The wooden texture has a medium polishing to guarantee a perfect grip with or without chalk. Wooden rings offer a traditional look and a superior gripping surface. Their heavy-duty straps with quick-lock/release buckles have a marked numbering system to ensure the correct length.

Dimensions: 280 x 280 mm cones, height 520 mm
1 m hurdle bar adjustable from 400 to 850 mm

Available Model
Cod. **2088/1** Wooden Ring standard diameter handle 28 mm; internal Ø 180 mm—straps length: 2,8 m.
Cod. **2089** Wooden Ring standard diameter handle 32 mm; internal Ø 172 mm—straps length: 2,8 m.



PVC RING

Set of PVC rings for suspension training with adjustable straps. PVC is an affordable alternative to wood. PVC rings have a standard 28 mm diameter. The texture is perfectly molded to reproduce the wood grain. PVC rings boast a good grip with a natural and pleasant touch.
Dimensions: standard diameter 28 mm; internal Ø 180 mm
Straps length: 2 m

Available Models:
Code **2088** PVC Ring
Code **2088/2** Belt for PVC Ring (pair)
Code **2088/3** PVC Rings diameter 28 mm (pair)



Code **2088**



Code **2088/2**



Code **2088/3**



SI-WHEEL

Wheel equipped with two handles and two footrests—ideal for core training exercises. Abdominal wheels are particularly useful to target hip flexors, thighs, athletic preparation, and functional fitness—a simple yet challenging addition to your home gym. The Si-Wheel is compact, lightweight, and portable.

Overall Length: 550 mm
Wheel Diameter: 350 mm
Weight: 2 kg

Available Model
Cod. **9013** Si-Wheel



CORE WHEELS

Pair of handles with wheels for sliding exercises. Starting from a kneeling position, these simple handles with wheels allow a comfortable stretching. Suitable to perform planks, push-ups, and pillar exercises. These wheels are particularly useful for athletic preparation, functional fitness, strengthening the core, and improving flexibility. Appropriate for all fitness levels.

Dimensions
Handle length: 120 mm
Wheel diameter: 125 mm

Available Model
Code **9028** Core Wheels



ABDOMINAL SUSPENSION BAND

Abdominal Suspension Bands are a pair of padded straps especially made for ab training, suspension, traction exercises, and weightlifting.
Dimensions: 330 x 200 x 300 mm
Max. Load: 120 Kg.

Available Model
Cod. **2094** Abdominal Suspension Bands



RINGS BAR

Sturdy straight wooden or aluminum lever bars. Thanks to the eyelets on the two extremities, these bars are useful to hook elastic bands (like code 1696) or stretchable ropes, allowing the athlete to perform specific core training exercises.

Available Models:
cod. **0718** Wooden Rings Bar
cod. **0719** Alluminium Rings Bar



WOODEN STICK

Wooden bar 120 cm long, diameter 2.5 cm, useful for performing multiple exercises; pilates, mobilization, heating. One of the most popular and traditional tools for gymnastics, joint mobility, stretching, pilates, or warming-up. The stick is straight, well polished, and finished with a clear coating.

Available Models:
Cod. **0714** Wooden Stick: length 1200 mm, Ø 25 mm
Cod. **0715** Wooden Stick: length 1400 mm, Ø 25 mm



TEXTILE BAND

Textile Band is a stretchy, highly durable elastic band with maximum versatility in any field of use. These bands are ideal for warmups, core lifts, stretching, bodyweight exercises, and generally all toning activities. The new Textile Band is 145 cm long and has with 8 slots of 15 cm, plus a central slot of 25 cm, which facilitates any exercise, partial grip, and insertion of feet or legs.

Dimensions: Length 1450 mm. Width 40 mm
Color: Red
Material: Elastic fabric
Available in Medium Resistance
Cod **0600** Textile Band color RED. Average resistance 15 kg.

Dimensions: Length 1450 mm. Width 40 mm
Color: Gray
Material: Elastic fabric
Available in Light Resistance
Cod **0601** Textile Band Light color GRAY. Average resistance 10 kg.



POP ELASTICS

It is a fabric elastic band—ideal for strengthening and toning exercises both for group lessons and personal training. Produced with jacquard fabric, this band withstands tearing, is resistant to the cutting of shoes, and is non-deformable, even if used in water. The name POP derives from the group interval training created by fitness instructor Nicolas Rosan.

Dimensions: length 350 mm, width 40 mm
Color: Grey with red details
Material: Elastic fabric
Resistance: 15 kg (approx.)

Available Model
Cod. **0605** POP





POWER LOOP

Power Loop High-strength elastic bands 1000 mm long. These bands can be used for multiple applications: pull-up assistance, training with barbells, resistance running, free-body exercises with increased resistance, general conditioning—six resistance levels.

Available Models:

- Cod. **0513** red color SLIM 05 kg. Resistance stretched at 100 cm: 06 kg
- Cod. **0514** black color MINI 10 kg. Resistance stretched at 100 cm: 10 kg
- Cod. **0515** purple color XLIGHT 15 kg. Resistance stretched at 100 cm: 20 kg
- Cod. **0516** green color LIGHT 20 kg. Resistance stretched at 100 cm: 30 kg
- Cod. **0517** blue color MEDIUM 25 kg. Resistance stretched at 100 cm: 50 kg
- Cod. **0518** orange color STRONG 30 kg. Resistance stretched at 100 cm: 60 kg



ELASTIC WITH STRAPS

Resistance exercise bands with handles. These are versatile bands with soft handles at both ends. These exercise bands are perfect for muscle toning, stretching, rehabilitation, and general conditioning.

Available models:

- Cod. **0756** MEDIUM resistance. GREEN
- Cod. **0757** STRONG resistance. RED



LATEX BAND

Resistant elastic bands. Color-coded to help the athlete distinguish the different levels of resistance. The 25 m rolls make it easier to cut the elastic band to the desired size. Latex bands are versatile for strength, mobility, flexibility.

Dimensions: length 25 m, width 150 mm
Thickness: 0,25 mm
Color: Green
Resistance Level: Light
Cod. **0560** Latex Band

Dimensions: length 25 m, width 150 mm
Thickness: 0,40 mm
Color: Yellow
Resistance Level: Medium
Cod. **0561** Latex Band

Dimensions: length 25 m, width 150 mm
Thickness: 0,55 mm
Color: Silver
Resistance Level: Strong
Cod. **0562** Latex Band



LATEX LOOPS

Latex loops are comfortable and resistant elastic bands. The color-coding helps the athlete distinguish the two levels of resistance—the perfect tool for toning and metabolic gymnastics courses with moderate muscle intensity.
Dimensions: Length 250 mm.
Thickness: 1,60 mm

Available Models
Cod. **0511** Latex loop Green. MEDIUM resistance. Width: 24 mm.
Cod. **0512** Latex loop Blue. STRONG resistance. Width: 30 mm.

FIT-TUBE

Resistance bands useful for exercising your shoulder, back, chest, and the entire body. Three color-coded resistance levels. Each band is finished with handles at both ends. Fit Tube is indicated for toning-up and strengthening the arms, shoulders, and dorsal area. Ideal for group lessons. Useful for physiotherapy and rehabilitation.

Length of the elastic band: 1.20 m
Overall length including handles: 1.43 m

Available models:
Cod. **0570** Blue Colour. Light Resistance.
Cod. **0572** Green Colour. Medium Resistance.
Cod. **0574** Red Colour. Strong Resistance.





BALANCE PAD

This small EVA board is part of the so-called unstable bases devoted to exercises of proprioception, coordination, and strength. The peculiarity of the product derives from the softness and non-deformability of the EVA material, with a tremendous regular elastic coefficient.

Dimensions 400 x 500 mm, height 60 mm, weight 0,9 kg

Available Model
Cod. **2909** Balance Pad



EVA MULTIFUNCTIONAL BOARD

Proprioceptive board also known as wobble board. The Eva Multifunctional Board has an unstable rectangular base: 30 x 48 x 9.5 cm. The rigid rectangular base is finished with a medium soft EVA (Ethylene-vinyl acetate) printed cushion. The combination of its materials ensures that the board provides a challenging instability and an exceptional versatility of use. The EVA Multifunctional Board can be used both through the support of the feet, especially when training single-foot balance, and with the hands.

Dimensions
300 x 480 x 95 mm. Weight: 1,3 Kg.

Available Model
Cod. **2907** Eva Multifunctional Board



ROUND BALANCE WOODEN BOARD

It is the classic proprioceptive wooden board, resistant and well finished. It is part of the so-called unstable bases devoted to exercises of proprioception, coordination, strength, and in particular, ankle rehabilitation.

Dimensions: Ø 400 mm, height 60 mm

Weight: 1,9 kg

Available Model

Cod. **1011** Round Balance Wooden Board



BUMP STIMULATING DISC

It is an inflatable rubber disc featuring a surface with many bumps, hence the name, and a smooth surface. It is part of the so-called unstable bases and wobble boards devoted to exercises of proprioception, coordination, and strength. The massage nodules on the surface stimulate blood circulation, release muscle tension, improve balance, coordination, and posture. The spiked surface helps to increase perception while performing an exceptional relieving action at the bottom of the feet. The disc is equipped with a needle valve to control its rigidity and regulate the pressure to meet the individual needs.

Dimensions: Ø 350 mm. Height 90 mm

Weight: 1 kg

Available Model

Cod. **3001** Bump Stimulating Disc



SQUARE BALANCE WOODEN BOARD

It is a large, durable, and well finished proprioceptive board. It is part of the so-called unstable bases and wobble boards devoted to exercises of proprioception, coordination, strength, and in particular, ankle rehabilitation. Compared to the ROUND BALANCE WOODEN BOARDS, Cod. 1011, the large size of the SQUARE BALANCE WOODEN BOARD makes the product particularly useful for athletic preparation and leg training without excessive loads.

Dimensions: 500 x 500 mm, height 50 mm

Weight: 3 kg

Model Available

Cod. **1012** Square Balance Wooden Board

BIG BUMP STIMULATING DISC – Ø 60 CM

It is the giant version of the Bump Stimulating Disc Cod. 3001. Thanks to its wider diameter of 60 cm, it allows a more extensive use even with two feet. The Big Bump Stimulating Disc is an inflatable rubber disc featuring a surface with many bumps and a smooth surface. It is part of the so-called unstable bases and wobble boards devoted to exercises of proprioception, coordination, and strength. The massage nodules on the surface stimulate blood circulation, release muscle tension, improve balance, coordination, and posture. The spiked surface helps to increase perception while performing an exceptional relieving action at the bottom of the feet. The disc is equipped with a needle valve to control its rigidity and regulate the pressure to meet the individual needs.

Dimensions: Ø 350 mm. Height 90 mm

Weight: 1 kg

Available Model

Cod. **3000** Big Bump Stimulating Disc





DUNE BALL BOARD

Dune Ball Board is an inflatable half-round ball with a sturdy circular base and a safe round edge with two handles. This tool is part of the so-called unstable bases and wobble boards devoted to proprioception, coordination, strength, and rehabilitation exercises. The peculiarity of the Dune Ball Board derives from the possibility of using the tool in the same ways in which you would use the aerobics steps for group courses with or without music. The use of the Dune Ball Board is now widespread in group classes with dynamic high-intensity interval training. Elastic bands can also be strapped to the handles placed on either side of the tool. The exercises performed with the Dune Ball Board help to eliminate stress, muscle tension, imbalance, back pain, and joint pain.

Dimensions: Ø 650 mm. Height: 20 cm.
Weight: 7,0 kg

Available Model:
Cod. **8031** Dune Ball Board



DUNE BALL BOARD NEW

Dimensions: Ø 640 mm. Height: 20 cm.
Weight: 6,2 Kg

Available Model:
Cod. **8030** Dune Ball Board New



DUNE BALL BOARD STORAGE RACK

Vertical storage rack with wheels. Stores up to 20 Dune Balls (Cod. 8030 and 8031). Useful shelving structure for storage and to facilitate transport. It is very stable, thanks to its construction and heavy-duty tubular structure. The stand is finished with four caster wheels with a brake so that the rack can be securely locked in place.

Dimensions: 1450 x 250 mm. Height: 2000 mm
Weight: 32 kg

Available Model
Cod. **8034** Dune Ball Board Storage Rack

GYM BALL

Grey plastic gymnastics balls. Six different sizes available, from 45 to 85 cm. The different sizes meet the most varied user's demands. Gym balls are useful cardio tools that boost core strength, stability, balance, and coordination. Gym balls are suitable for both gyms and home fitness.

Available models:

- cod. **0428** Ø 45 cm
- cod. **0429** Ø 55 cm
- cod. **0431** Ø 65 cm
- cod. **0445** Ø 75 cm
- cod. **0446** Ø 85 cm



GYM BALL DISPLAY

Gym Ball stacker. This plexiglass ring is an innovative system for storing your Gym Balls. With its practical and convenient design, this system allows you to stack the gym balls and hold them in place. For safety reasons, the ring can not be used as a chair.



Available Model:

- cod. **0459** Gym Ball Display Ø300 x 100h mm

GYM BALL STORAGE RACK

Rack Gym Ball Storage Rack is a structure for storing Gym Balls. The frame holds up to 12 - 13 Gym Balls 65 cm but is compatible for all diameters: 45 to 85 cm.

Dimensions: 3000 x 640 mm. Height: 1800 mm
Weight: 40 Kg.



Available Model:

- cod. **0449** Gym Ball Storage Rack

FIT CHAIR

The Fit Chair, consisting of a mobile base and a Gym Ball, is an effective solution to sit actively and dynamically. The Gym Ball forces continuous adaptations while stimulating the activation of all postural muscles allowing, also, the discharge of vertebral compressions and the restoration of the physiological curves of the spine. The base, equipped with wheels, allows moving quickly, near a desk, for example, making the Fit Chair very practical also in terms of a work environment.

Dimensions: 550 x 550 mm. Height: 650 mm.
Weight: 3.5kg

Available Model

- Cod. **0448** Fit Chair



**FIT CHAIR ACTIVE
AND
DYNAMIC SITTING**



O-WHEEL

Practical support in all holistic disciplines devoted to improving well-being and psychophysical performance through stretching exercises, breathing, and posture. O-Wheel is a hollow, circular-shaped tool that helps build your core strength and flexibility. Regular use of O-Wheel can improve posture. It can also be used as a restorative massage tool.

Available Model

Cod. **2083** O-Wheel. Ø 330 mm – Weight: 1,6 kg



PILATES RING

Pilates Ring is amongst the tools used by Joseph Pilates for the execution of exercises with variable intensity. Originally named magic circle, Pilates Ring is a handy prop for performing exercises to find stability, maintain tension, perfecting your form. It can develop core muscles, inner and outer thighs, abs, pelvic muscles, and back strength. The uniqueness and effectiveness of this tool, combined with its affordability, have determined its great success. Its double-sided, sweat-resistant foam pad handles with inner and outer grips enhance a more comprehensive workout range.

Available Model:

cod. **0092** Pilates Ring



JUNGLE BOARD

It is a wooden board (wooden pegboard) of 160 × 100 cm, with perforations, equipped with rungs to be inserted in them and create support, traction, or thrust. Thanks to the crossbar that can be added to the top of the rungs, the opportunities for exercise are numerous. The Jungle Board is easily transportable thanks to two wheels assembled at one end so that it can be placed on the wall reducing the bulk.

Dimensions:
Length: 1600 mm
Total width: 1000 mm
Height with rungs: 950 mm
Weight: 35kg
Maximum load: 120 kg

Available Model
Cod. 9110 Jungle Board





CORK PEANUT BALL

Hard Massage Peanut Ball code 0280, version in cork. This tool, with its peanut shape, is suitable for self-massaging exercises, which can be useful to relax the muscles, with particular reference to the back and neck areas.

Available Model
Cod. **0282** Cork Peanut Ball



CORK BALL

Hard massage ball made in cork (diameter 6,5 cm). The Cork Ball is specially designed for self-massage exercises and muscle relaxation.

Available Model
Cod. **1274** Cork Ball



CORK ROLLER

Cork massage roller, with a comfortable surface, firm, and never slippery. It is particularly useful for self-massaging and muscle relaxation exercises.

Available Model
Cod. **2499** Cork Roller



CORK MAT

Anti-slip roll-up mat created combining a layer of cork with a layer of TPE rubber. The Cork Mat code 3014 is extraordinarily slip-resistant: actually, the wetter it gets, the more it increases its grip on the surface. Optimal for any holistic discipline, with particular reference to Hot Yoga.

Available Model
Cod. **3014** Cork Mat



CORK BLOCK

Cork version of the standard Yoga Block, which is useful in many different applications as a support or hand grip for free-body gymnastic exercises on the ground. Thanks to its manufacturing in cork, it proves to be more rigid than the EVA version code 4200. Stable, non-deformable, and never slippery.

Available Model
Cod. **4202** Cork Block

SLIDISK

Is an oval-shaped disk made of durable nylon cloth and a light padding inside. Slidisk allows you to slide smoothly on the floor to perform multiple toning, coordination, and stretching exercises. With Slidisk, every instructor can outline different workout routines for personal or group classes, using an affordable, lightweight, space-saving, and easily portable tool.

Dimensions 310 mm x 210 mm. Thickness 5 mm.

Available Model
Code **2090** Slidisk



MASSAGE ROLLER

It is a plastic roller covered with Eva molded grid. The gridded surface, of medium hardness, proves to be stimulating in the compression and massaging. The Massage Roller is useful in self-massaging, easing trigger points, relieving muscle pain, restoring flexibility, and stretching exercises. The Massage Roller allows you to roll through tight muscles and knots to reduce soreness, improve mobility, strengthen your core, and relieve back pain and discomfort. Massage Roller is compact, lightweight, durable, and can be easily wiped clean. Combine it with HARD MASSAGE BALL Cod.1275.

Dimensions Ø 140 mm. Length 330 mm.

Available Model
Cod. **2500** Massage Roller



BUMP STIMULATING BALANCE POT

Foot massage spiky pad. Diam. 17 cm. Suitable for the execution of rehabilitation or postural education exercises, they are useful both as small unstable bases both as stimulation elements and markers. The surface, deformable and rich in bumps, facilitates a destabilizing action and intense underfoot stimulation. Sold separately (cod. 7510), or in sets of 6 pcs. (cod. 7511). Assorted colors: Red, Green, Yellow, Orange, Blue, and Purple.

Dimensions Ø 170 mm. Height 100 mm

- Available Models**
Code **7510** Balance Pot (each).
Code **7511** Balance Pot (set of six units)



SOFT BALL

Diameter of approx 26 cm. Soft Ball is the most famous and well-known Ball widely used in Pilates. Soft, easily inflatable, and pleasant to the touch. This versatile Ball is used in multiple exercises: holistic, postural, rehabilitation, aqua gym. For safety reasons, we recommend to inflate it with care if using a compressor.

Dimensions: Ø26 cm. Weight: 0,14 Kg.

- Available Model**
Cod. **0414** Color Red
Cod. **0415** Color Green
Cod. **0416** Color Blue
Cod. **0417** Color Yellow



YOGA BELT

Sturdy and non-slip Yoga strap with D-ring buckles. Yoga Belt was created for holistic fitness and to facilitate reaching and maintaining positions. This belt helps mobility exercises, stretching, and rehabilitation. Yoga Belt is also used in physical therapy and recovery.

Dimensions: 35 x 1800 mm. Color: Black

- Available Model**
Cod. **2086** Yoga Belt



YOGA BLOCK

Yoga Block is a traditional tool used for aiding the various yoga poses and holistic workouts. It can be placed under hands, feet, or spine to ensure correct alignment. Made from non-toxic EVA, it is light, soft, and robust. Yoga Block is finished with rounded edges to provide additional comfort and a more comfortable handgrip.

Dimensions: 150 x 230 mm. Height: 80 mm
Weight: 0,15 Kg.

- Available Model**
Cod. **4200** Yoga Block



SOFT BALL BAG

Designed in synthetic material with a drawstring closure, created to store Soft Balls or other tools like the Foam Roller. It offers an adequate capacity: it holds up to 50 Soft Balls or 15 Foam Rollers. Easy to carry.

Dimensions: 550 x 550 mm. Height: 1480 mm.

- Available Model**
Cod. **2091** Storage Soft Ball Bag



BUMP MASSAGE BALL

Ball with a diameter of 95 mm. Inflated by air. Bump Massage Ball features a knobby surface with soft and small rubber nodules. The small nodules facilitate a stimulating and more profound tissue massaging action. It releases tightness, soothes discomfort, and stimulates circulation. Designed for exercises with hands and feet. Thanks to its size, the massaging action is pleasant and never painful.

Available Models

cod. **1110** Bump Massage Ball. Ø 95 mm green
cod. **1111** Bump Massage Ball Ø 75 mm red

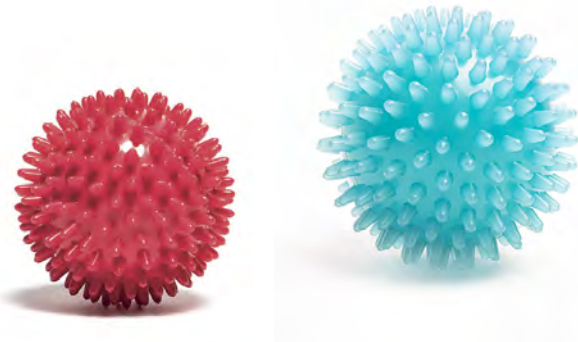


SPIKE MASSAGE BALL

Ball with a diameter of 75 mm. Inflated by air. Spike Massage Ball features a surface with firm rubber spikes. The spikes facilitate a stimulating and profound tissue massaging action. Thanks to its size and robust surface, the massaging action is more intense.

Available Models

Cod. **1276** Spike Massage Ball Ø 75 mm. Color: Red
Cod. **1277** Spike Massage Ball Ø 90 mm. Color: Light Blue



HARD MASSAGE BALL

Small Massage Ball made with hard rubber. The ball, with a diameter of 6 cm, has been specially designed for self-massage exercises and muscle relaxation. For the Cork Ball, the same principles apply as for the Massage Roller 2500. It is advisable to combine these two tools for a more comprehensive workout.

Available Model

Cod. **1275** Hard Massage Ball Ø 60 mm



REACTION BALL

The irregular shape with six sides provides a unique bounce all the time. The uneven shape of the Reaction Ball helps improve your speed and agility. It helps develop and improve your hand-eye coordination. Reaction ball is a compact, odd-shaped ball made of durable rubber.

Available Model

Cod. **0465** Reaction Ball Ø 70 mm



PILATES BALL

Pilates Ball is a small and soft ball. Made of durable rubber. It is a simple yet excellent tool for group training. Thanks to its moderate weight, 0.5 or 1 kg, it is easy to grip. It lends itself to different uses: Pilates, holistic disciplines, HIIT, joint mobility, and rehabilitation. Although the name suggests a specific tool for Pilates, these balls are versatile. They can be included in many types of training, often in combination with other tools, like step and gym bar. The Pilates ball is a heavy ball excellent for rehabilitation and training of arms, shoulders, and torso. These rubber balls are partially filled with sand. Feature a moderate weight (from half to one kg), and allow you to create variations in a Pilates lesson, ensuring a small load that benefits a process of muscle recovery.

Available Weights

Cod. **0450** Ø 100 mm. Color: Red. Weight: 0,5 Kg.
Cod. **0451** Ø 110 mm. Color: Green. Weight: 1 Kg.



CORK PEANUT BALL

Hard Massage Peanut Ball code 0280, version in cork. This tool, with its peanut shape, is suitable for self-massaging exercises, which can be useful to relax the muscles, with particular reference to the back and neck areas.

Available Model

Cod. **0282** Cork Peanut Ball



FOAM ROLLERS POLYETHYLENE or EVA

Foam Rollers for a full-body muscle massage. Their length provides added versatility and facilitates a wide variety of stretching exercises. Foam Rollers are available in two types of material: Polyethylene and EVA.

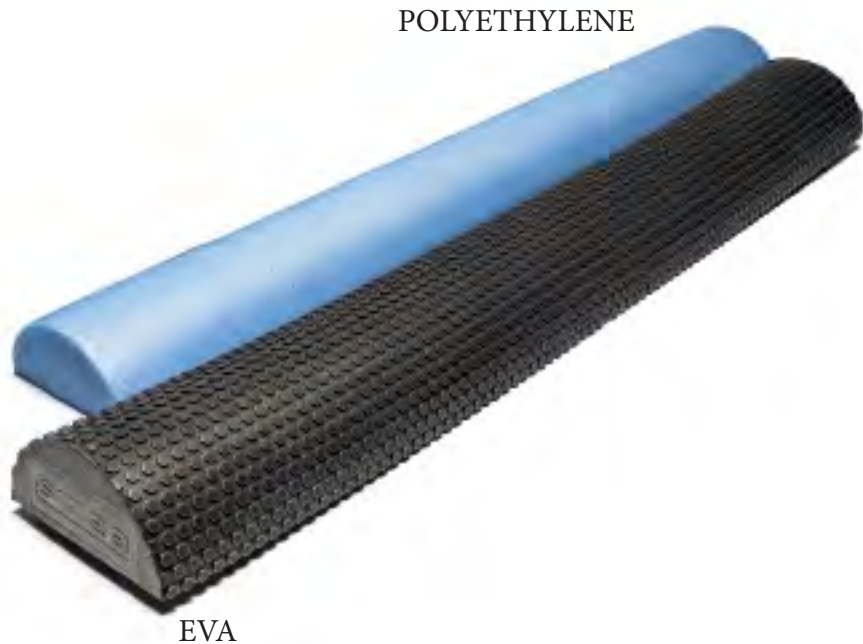
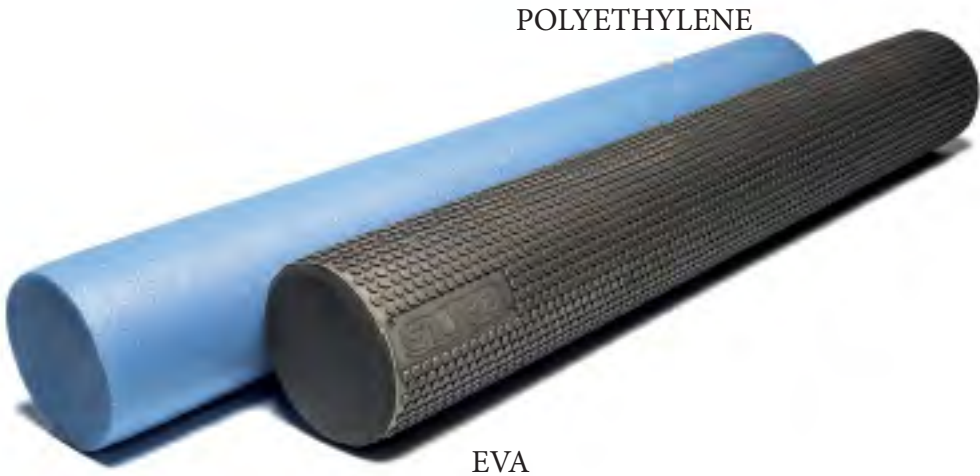
Polyethylene: affordable and soft. Polyethylene is susceptible to deformation. Foam rollers help relieve tension and improve blood circulation. They are used in Pilates, Yoga, and muscle rehabilitation. This type of tool is designed for balance workouts, muscular flexibility, and dynamic strength.

EVA: firmer and slightly more expensive. EVA is non-deformable and more longlasting. EVA Foam Rollers are a premium quality product, especially suitable for professional use. This type of foam roller offers a high coefficient elasticity, perfectly finished, with rounded edges and stimulating texture. EVA roller is harder than Polyethylene, so the massaging impact is more intense. High-density EVA foam rollers resist moisture, improve stability, flexibility, promotes stabilization and core strength.

Available models:

Cod. **2504** Foam Roller in Polyethylene, blue, Ø 150 mm, length 1000 mm

Cod. **2503/1** EVA Foam Roller, grey, Ø 150 mm, length 990 mm



HALF FOAM ROLLERS
POLYETHYLENE or EVA

The solution of the half rollers allows greater stability when compared to the round foam roller. The half-round support becomes necessary for some exercises where the round foam roller would be challenging to use. Its shape makes it ideal for placing under legs, back, and shoulders. Their length provides added versatility and facilitates a wide variety of stretching exercises. Half Foam Rollers are available in two types of material: Polyethylene and EVA.

Available models:

cod. **2505** Half Polyethylene material, blue, height 75 mm, length 1000 mm

cod. **2501** Half Foam Roller in EVA, grey, height 70 mm, length 970 mm

SUPPORT CUSHION

The Support Cushion is made of polyurethane foam, covered with PVC. This crunch mat is useful in all applications where it is necessary to count with comfortable support that doesn't easily deform.

Thanks to the high density of polyurethane, the cushion does not deform even when subject to heavy loads. The abdominal support cushion can be used as lumbar, cervical, or legs/arms support during exercises or treatments. The contoured arch shape allows placing the cushion with maximum adaptability. Support Cushion is also widely used to target upper abs and lower abs. Placed under the lumbar area, it facilitates the lengthening of the rectus abdominis during the AB crunches, sit-ups, and leg lifts. Its compact design and lightweight presentation make it great to travel.

Dimensions: 380 x 310 cm. Height: 90 mm

Weight: 1 kg

Available Model

Cod. **1000** Support Cushion



MAT STORAGE RACK

Vertical storage cart for pilates and yoga mats with eyelets. Its dual-sided design makes it the perfect storage solution to hold up to 40 mats of different lengths.

Dimensions 700 x 610 mm, height 1920 mm
Weight 10 kg
Prongs: 340 mm

Available Model:
Cod. **0398** Mat Storage Cart with wheels



WALL MAT RACK

Wall-mounted rack used for hanging mats with eyelets. The frame must be fixed to the wall. The prongs of this rack have a diameter of 12 mm, length of 26 cm. The positioning of the pegs is adjustable to facilitate the insertion of different models of mats. It can hold-up several types of mats (amongst others, also mat codes 0401, 0403, and 0403/1).
WALL FIXING SCREWS NOT INCLUDED.

Dimensions 660 x 50 mm
Weight 2 kg

Available model:
cod. **0397** Wall Mat Rack



MAT HORSE STORAGE RACK

This storage rack facilitates the storing of mats of different sizes and types, with or without eyelets. With this rack, the mats can be collected and picked up very quickly. Its caster wheels make it very easy to move..

Dimensions 880 x 620 mm, height 1060 mm Weight 9 kg

Available model:
cod. **0399** Mat Horse Storage Rack with wheels



MONOBLOC EVA MATS

The EVA monobloc mats are available in two lengths: 100 cm (Cod. 0403 Red, Cod. 0403/1 Grey) and 160 cm (Cod. 0401 Blue). The 100 cm long models are practical, handy, and remarkably durable. EVA mats feature smoothness and slip-resistance. The Monobloc EVA Mat is lightweight and easy to store thanks to its eyelets (490 mm – Ø18). The model Cod. 0401, length 160 cm, guarantees maximum comfort and is useful in contexts where a more expansive and covering mat is necessary.

Available Models
cod. **0401** Dimensions 1600 x 600 mm. Thickness 14 mm. Color Blue
cod. **0403** Dimensions 1000 x 600 mm. Thickness 14 mm. Color Red
cod. **0403/1** Dimensions 1000 x 600 mm. Thickness 14 mm. Color Grey



PILATES MAT

PVC soft roll-up mat, long and resistant for wear and tear exercises when using hands and feet, and shoes, upon the mat. This mat has been designed to provide extra comfort and grip. The mat retains its form when unfolded. Pilates Mat provides a cushioned, non-slip workout area to stretch and exercise.
It is ideal for all types of Pilates routines, stretching, and several other exercises. The mat is finished with eyelets (480 mm) for easy storage.

Dimensions 1730 x 610 mm. Thickness 6 mm

Available Model:
cod. **3024** Pilates Mat



YOGA MAT

Extra soft PVC Yoga mat. Ideal for yoga and a vast range of other stretching exercises. Low wear and tear when used without shoes. Yoga mat has been designed specifically to provide extra comfort and good feeling to the touch. The mat is finished with eyelets (Ø 20 mm - 480 mm), for easy storage. Compatible with Mat Storage Rack Cod. 0398.

Dimensions 1730 x 600 mm. Thickness 4 mm. Color Sky Blue

Available Model:
cod. **3016** Yoga Mat





FOLDABLE EVA MAT

Eva is the best material for Yoga and Pilates mats. It features a very resistant to wear material and has a high coefficient of elasticity that guarantees stability, comfort, and pleasant touch. The closed cells of EVA foam also guarantee maximum hygiene. The folds are obtained from molding. This foldable mat meets the demands of all users levels, beginners and seasoned athletes. EVA Mat is a high-quality product, with superb usability and extra comfort. The mat folds into six small panels.

Dimensions 1840 x 610 mm. Thickness 15 mm.

Available models:

cod. **0400** EVA Mat blue

cod. **0400/1** EVA Mat grey



FOLDABLE PE + FABRIC MAT

Folding mat made of polyethylene foam, high cushioning capacity and thermal insulation, finished on one side by thermo-compressed microfiber. Easily washable, light, resistant, finished with handles useful for carrying and hanging to racks. Its finish and pleasantness to the touch distinguish the mat 0408.

Dimensions 1660 x 680 mm
Thickness 13 mm
Color Red

Available Model
Cod. **0408** Foldable PE + Fabric Mat



FOLDABLE PE MAT

Polyethylene foam folding mat. This very affordable mat provides a high cushioning capacity and thermal insulation. Lightweight, easy to store, and wipe clean, it does not absorb sweat. The PE Mat folds into six small panels.

Dimensions: 1800 x 500 mm
Thickness: 7 mm
Color: Black

Available Model:
cod. **0407** Foldable PE Mat



BIG MAT

Mat 200 × 100 H10 cm. Made with semi-cylindrical recycled polyurethane foam covered with sturdy and durable PVC. It can be used as a landing mat to cushion falls or as a work surface to execute exercises in rehabilitation and sports, with particular reference to functional training on an unstable base.

Dimensions: 2000 x 1000 mm
Thickness: 100 mm
Weight: 7 kg

Available Model:
cod. **0405** Big Mat



LANDING MAT

Sports landing mattress for gyms and areas dedicated to athletic preparation. Made of high-density polyurethane foam, 25 kg/m³, 240 x 150 x h. 15 cm (closed 120 x 150 x h. 30 cm), covered with resistant PVC, foldable, and equipped with handles. It features large dimensions combined with considerable transportability and practicality of use. It is recommended for those who use climbing ropes and equipment for training in suspension, flying, trx, rings, hammock. Recommended also in the setting of structures that foresee and require skill exercises at altitude, callisthenic exercises, jumps, dives, and somersaults. It is also possible to fold the carpet in half, using double the thickness, for space reasons, to properly place it in the area of the rack, or to obtain a stronger absorption of falls.

Dimensions: 2400 x 1500 mm (closed 1200 × 1500. h. 300 mm)
Thickness: 150 mm (closed 300 mm)
Weight: 22.7kg

Available Model
Cod. **0406** Landing Mat



WEIGHT LIFTING PLATFORMS

They can be produced on-demand to meet any specific requirement.

- with a different central platform or with all tiles in rubber
- 3×3 m or custom size
- rubber thickness 10, 20 mm
- neutral central platform, with our logo or with custom artwork and graphics

Standard solutions

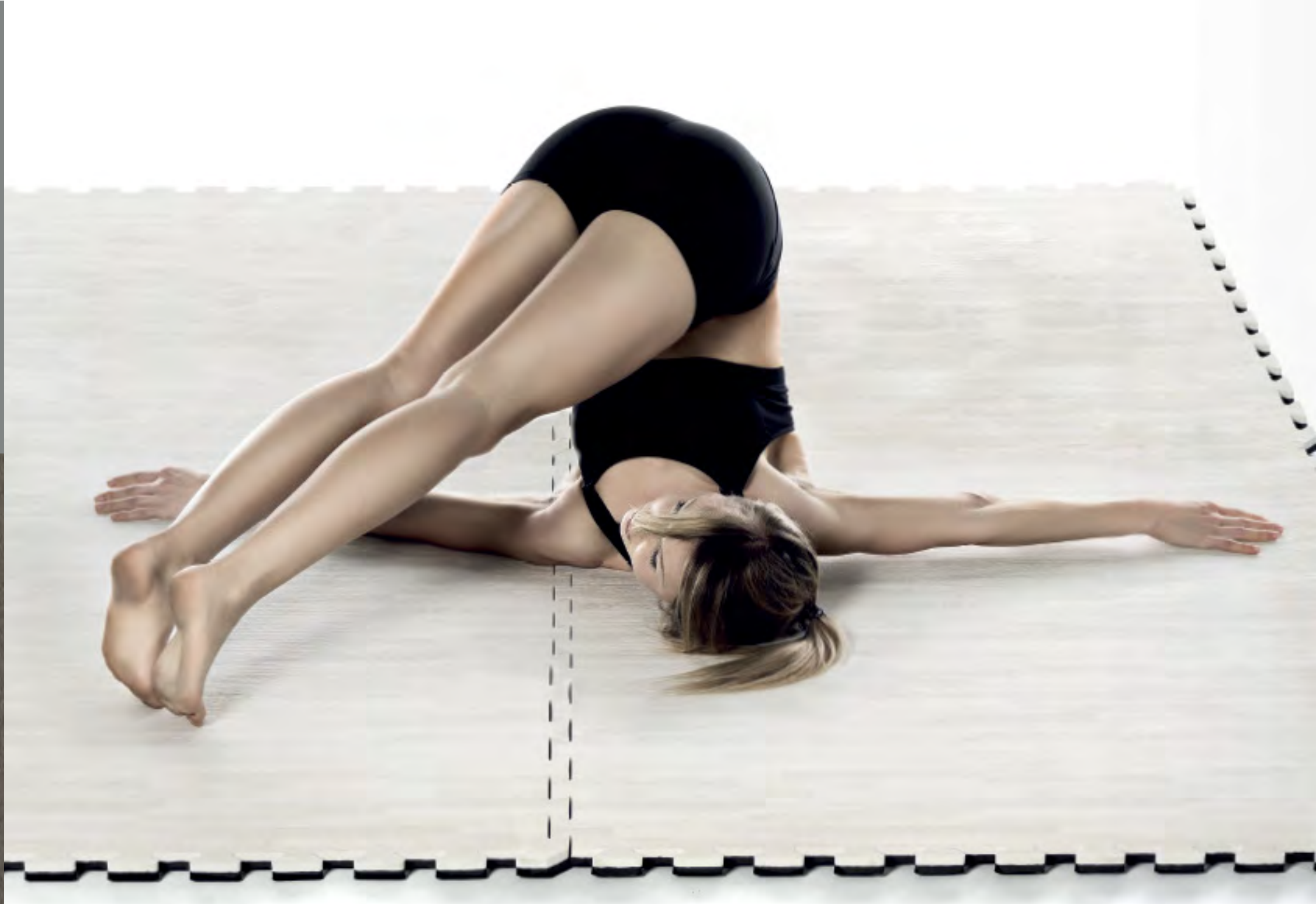
Cod. **9210**
Platform WL/PL (Weightlifting/Powerlifting) 3×3 (2.94*2.94 m internal perimeter; 3.02*3.02 m external perimeter). 6 rubber tiles, 20 mm thick, double layer with highly cushioning base. Central footboard composed of 3 forex tire tiles 2,94*0,98 m, black color, white Sidea Weight-lifting graphic. Steel frame rectangular section 40 mm. Anti-scratch paint color black anthracite corner tiles with Sidea logo.



Cod. **9211**
All rubber training platform (2.94*2.94 m internal perimeter; 3.02*3.02 m external perimeter). 9 rubber tiles, 20 mm thick, double layer with highly cushioning base, steel frame rectangular section 40 mm, anti-scratch black anthracite paint. Sidea logo corners, anti-scratch black anthracite paint

Cod. **9209**
The Weight Lifting Platform Cod. 9209 is optional for the Power Cage Rack and RackStation. It is a WL/PL 2×3+1 platform (2020*3020 mm external perimeter of the rack) inserted in the rack. Consisting of 4 tiles in agglomerate of recycled rubber granules, thickness of 20 mm, double-layer with a highly cushioning base and central platform composed of 3 rigid tiles, black color, Sidea Weight-lifting white graphic. The graphic on the platform is customizable.





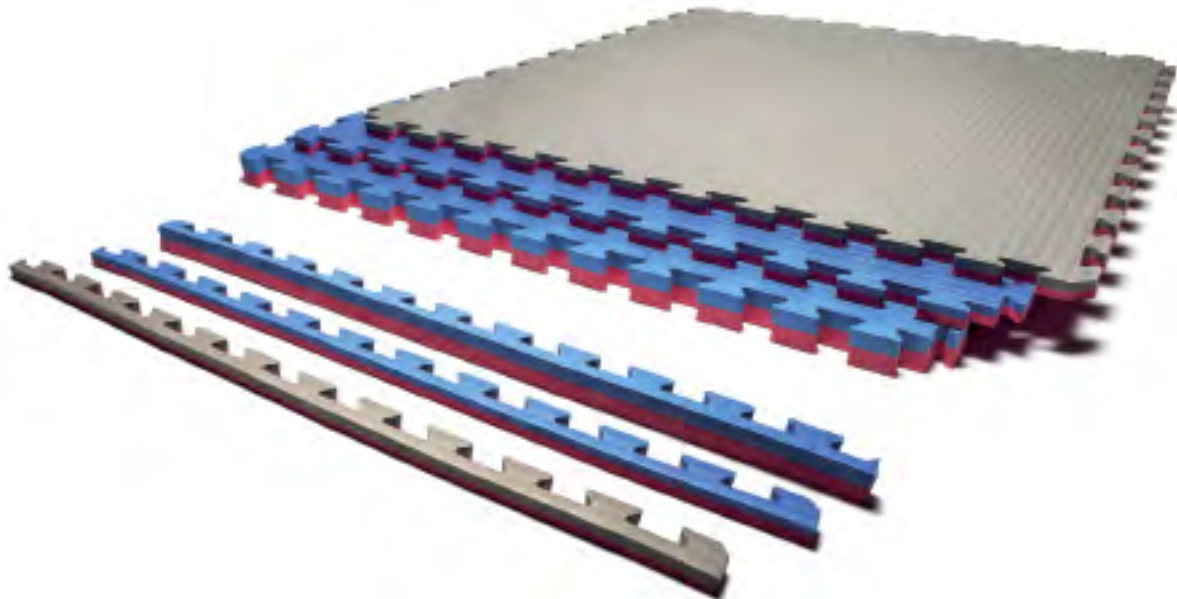
TATAMI INTERLOCKING FLOORING IN EVA

EVA flooring. Interlocking tatami for martial arts and sports activities in general where it is necessary to have a surface with high absorption capacity and an improved degree of support, stability, and adherence. The optimal proportion between absorption and stability is determined by the extraordinary mechanical characteristics of EVA: more “rubbery” and resistant than other polymers. The adherence is guaranteed by a non-abrasive rice straw embossed surface, suitable for ground training such as Primitive Functional Movements. Produced in EVA, it is very resistant, not deformable, and hygienic. EVA is a closed-cell polymer. It does not need any glue, adhesive or toxic substances such as formaldehyde. The interlocking joints are designed to facilitate the installation making it fast and practical, which is very useful in cases where the multifunctionality of the rooms forces frequent movement of the tiles. The weight of 2.1 kg further facilitates the movements. The two-color double red/grey tile reversibility allows users to define certain work areas or choose between a vibrant color or very sober color.

Density 110 kg/m3

Available Models:

- cod. **9207** Tatami Tile 1020 × 1020 thickness 20 mm. Color: Red-Gray
- cod. **9207/1** Red-Gray interlocking edging. Thickness 20 mm
- cod. **9205** Tatami Tile 1020 × 1020 thickness 20 mm. Color: Red-Blue
- cod. **9205/1** Red-Blue interlocking edging. Thickness 20 mm
- cod. **9204** Tatami Tile 1020 × 1020 thickness 40 mm. Color: Red-Blue
- cod. **9204/1** Red-Blue interlocking edging. Thickness 40 mm



cod. **9207**
cod. **9207/1**



cod. **9205**
cod. **9205/1**



cod. **9204**
cod. **9204/1**



WOODEN PRINT TATAMI

Printed wooden version of the EVA tatami. This innovative printing solution renders the tatami zone a more elegant and exclusive qualities design zone.

Density 110 kg/m3

Available models:

- cod. **9208** Tile 1000 x 1000 x 20 mm, light wood / black
- cod. **9208/1** Finishing Edge, light wood / black

ECOGYM

Double layer technical flooring suitable for areas devoted to functional training. Also ideal in contexts where it may be necessary to cushion the possible fall of free weights, kettlebell, dumbbells, barbells. The coupling of a layer formed by agglomerates of coarse granules with a layer formed by finer granules makes it possible to reconcile the need to have the maximum shock absorption capacity to train on a smooth, compact surface, less prone to gritting and collecting dirt.

Dimensions 980 x 980 mm
Height 10 mm
Weight 7.5 kg
Color black - puzzle
Available Model:
cod. **9201** Ecogym 1 cm

Dimensions 980 x 980 mm
Height 20 mm
Weight 15 kg
Color black - puzzle
Available Model:
cod. **9202** Ecogym 2 cm



OUTRACE RUBBER FLOOR

Made in new rubber, this technical floor consists in resistant, stable and solid tiles, which are excellently finished and can be easily washed. The Outrace Rubber Floor is suitable for training areas where to perform bodyweight exercises but also for fitness rooms equipped with cardio and isotonic gym machines. It is available in a vast range of colors and, thanks to its features, it is also suitable for the addition of graphic elements.

TECHNICAL SPECIFICATIONS
MATERIAL: Virgin Rubber
INSTALLATION: Interlocking no glue
FINISH: 4 side puzzle tiles
SIZE SHEET: 100×100 cm
AVAILABLE THICKNESSES: 5mm 7mm 10mm
AVAILABLE COLOURS: 1-Black, 2-Grey, 3-Red, 4-Carbon , 5-Marble Grey, 6-Marble Pearl, 7-Wengue, 8-Brown, 9-Natural Wood.

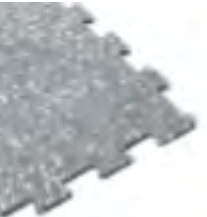
Available Model:
Cod. **OR9190/5** thicknesses 5mm
Cod. **OR9190/7** thicknesses 7mm
Cod. **OR9190/10** thicknesses 10mm



ECOFIT RUBBER FLOOR

Made in new rubber, this technical floor consists in resistant, stable and solid tiles, which are excellently finished and can be easily washed. Being waterproof, the surface does not absorb water or sweat. The Ecofit Rubber Floor is suitable for training areas where to perform bodyweight exercises but also for fitness rooms equipped with cardio and isotonic gym machines.

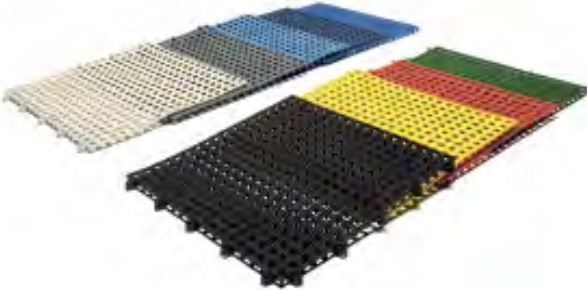
Available Model:
Cod. **OR9191/5** thicknesses 5mm
Cod. **OR9191/7** thicknesses 7mm
Cod. **OR9191/10** thicknesses 10mm



EASYWET

Modular draining PVC flooring for showers, changing rooms, and wet environments in general. They are slip-resistant on bare feet, non-abrasive, and hygienic. The interlocking EasyWet tiles offer a non-slip surface and snap together for easy installation.

Available Model
Cod. **9206** EasyWet Tile 333 × 333 x H12 mm. Various Colors. Interlocking. Pack of 9 pcs = 1 sq. m.





SYNTHETIC GRASS FLOORING

EcoGarden is characterized first by its high resistance to deterioration caused by sports activities, atmospheric agents, UV rays, and excessive heat or low temperatures. Due to this feature, it can also be installed outdoors. In many cases, outdoor applications are equivalent to indoor applications.

EcoGarden is easy to install. The rolls are produced with a standard width of 2 meters. The rolls can be easily positioned. Each tile can be fitted together to the others and easily fixed to the existing floor using glue or more simply double-sided adhesive. The latter is the most frequent and recommended solution. The quality of the polyethylene of the strands can also be appreciated in the coloring process, which always stays bright. In the case of green, it looks incredibly natural.

The widespread application of green synthetic grass inside gyms is undoubtedly due to the fresh and natural look that the artificial grass adds to the environment. Moreover, there is also the comfort and satisfaction in functionality, shock absorption, noise reduction, and touch, offered by training on the artificial grass. From a tactile comfort viewpoint, you can choose between 2 EcoGarden models:

Cod. **9192/12** EcoGarden: 12 mm, 70,000 stitches/m2. Colors: green, blue, red, pink, black. Max 2 m x 20 m.

Cod. **9192** EcoGarden Premium: 16 mm, 84,000 stitches/m2. Colors: green, black. Max 2 m x 25 m.

EcoGarden Premium has a cost of 20% higher than EcoGarden. It is recommended in contexts where training needs to be carried out without shoes or where training on the ground are frequent.

The higher quantity of synthetic grass strands allows the adoption of thinner and longer strands (knitted monofilament), which, by curling slightly, create a thick and soft bottom, with high comfort and greater shock absorption capacity. Both models can be customized with logos, markers, or creative designs made by inserting colored threads, usually white.

The costs have to be calculated according to the size and type of customization. **PLEASE REQUEST A QUOTE.**



ECOGARDEN PREMIUM 16mm

Rolls max 25mt
available color: Green, Black
80.000 stiches/m2 Monofilament.
Thick and Soft Bottom Hight
Comfort Increased Absorption
Cod.**9192** Ecogarden Premium 16mm



Cod.**9192** Ecogarden Premium



Cod. 9192/RM Ecogarden Premium



Cod. 9192/R Ecogarden Premium

ECOGARDEN 12mm

Rolls max 20mt
available color: Green, Black, Blue, Pink, Red
70.000 stiches/m2 Monofilament
Cod.**9192/12** Ecogarden



Cod.**9192/12** Ecogarden



Cod. 9192/12RM Ecogarden

ECOGYM GARDEN 15mm

Tile size 98x98 cm
available color: Green
62.000 stiches/m2 Monofilament.
Super soft expanded foam rubber
Ultra-Soft Bottom Hight Comfort Maximum Absorption
Cod.**9203** Ecogym garden



Cod.**9203** Ecogym garden

TRICEPS ROPE 600 MM

Rope for Triceps cm 60 diameter 28 mm. Triceps Rope has a standard length. Suitable for cable exercises, “Ercolina” type rehabilitation, optimizing tricep contractions, and an alternative to a lat bar. The diameter of 28 mm allows an optimal grip, especially useful for a full-range workout of triceps with high weight overloads. Build upper-body strength and add variety to your tricep, bicep, shoulder, and ab workout routines. The rope is hard-wearing and is finished with rubber grip ends for added comfort. The article includes the swivel attachment. Triceps Rope 100 cm is the more extended model compared to the standard cod. 9000. The longer length of the rope allows greater freedom of movement. Max load: 180 kg

Available Models:
cod. **9000** Triceps Rope 600 mm
cod. **9000/1** Triceps Rope 1000 mm



REVOLVING CURL BAR

Lat Machine Bar Handgrip 72 cm. The Revolving Curl Bar is finished with durable rubber handgrips for a more comfortable grip and a revolving hanger for a broader range of motion.

Available Model:
Cod. **9007** Revolving Curl Bar



REVOLVING STRAIGHT BAR

Revolving Straight Bar / Short Tricep Bar Handgrips 53 cm. The swivel attachment eyelet and the rubber grips provide steady motion throughout your workout routine. Revolving Straight Lat Bar is ideal for bicep and tricep training, including push-downs, over-head extensions, and curls.

Available Model
Cod. **9001** Revolving Straight Bar



BAR COMBO

Bar Combo / Triangle for Pulley Handgrips 12 cm. Revolving pulley V-shaped press down handle, with revolving hinge and rubber grips.

Available Model:
Cod. **9004** Bar Combo



AB CRUNCH CABLE

The trapezoidal strap (38 cm each part) allows easy wrapping around the neck. The neoprene protects your shoulders and your neck during your training. It features heavy-duty stitching for added strength and handles.

Available Model:
Cod. **9003** AB Crunch Cable



PRO-STYLE LAT BAR 60 CM

Bar with Parallel Handgrips 60 cm. Work your back with Pro-Style Lat Bar. The bar has grip surfaces both in the handles and in the center, for neutral and straight grip exercises. Bar weight: 4 kg (approx.)

Available Model
Cod. **9006** Pro-Style Lat Bar



PRO-STYLE LAT BAR

Bar with Parallel Handgrips 86 cm. Work your back with Pro-Style Lat Bar. The bar has grip surfaces both in the handles and in the center, for neutral and straight grip exercises. Bar weight: 5 kg (approx.)

Available Model
Cod. **9008** Pro-Style Lat Bar



MULTI GRIP LAT BAR

Multi-Grip Lat Bar makes your pull-up workout more challenging. The varied grip points add progressive difficulty. Wide Lat Machine Bar Handgrips 122 cm

Available Model
Cod. **9009** Multi-Grip Lat Bar



STIRRUP CABLE HANDLE

Stirrup Cable Handle / Pair of Cables Handles 11 cm grip. This tool holds hands firmly in place during your workout—comfortable textured rubber hand grip.

Available Model:
Cod. **9002** Stirrup Cable Handle



STIRRUP CABLE HANDLE

Stirrup Cable Handle / Pair of Open Cables Handles 14 cm grip. Suitable for one-arm lateral raise shoulder exercises. Rubber grip handle for increased comfort.

Available Model:
Cod. **9002/1** Stirrup Cable Handle



V-BAR

Angled Bar for Triceps. Handgrips 30 cm. Angled Bar for Triceps Handgrips 30 cm.V-Bar allows a deeper stretch and better lat development.

Available Model:
Cod. **9005** V-Bar



GROUP

The best way to add an extra
workout motivaton





TRAMPOLINE

Trampoline for group exercises, athletic conditioning, and rehabilitation training. Equipped with high resistance mat, reinforced stitches, 6 legs, 36 springs, PVC edge cover, this tool is made for intensive and professional use. The legs' number and position allow stability even in case of a breakage of one of them. It facilitates balance exercises and high-intensity training. Athletes use the trampoline for cardio and core training. The rubber-tipped legs protect your floor space.

Dimensions Ø 1020 mm
Height 230 mm
Max Load 110 Kg
Weight 6,5 kg

Available Model
Cod. **3603** Trampoline



PREMIUM STEP

Premium step - Adjustable step. High-quality professional step featuring a large platform, high stability, robustness, no edges. The rubber top is 37 x 97 cm, and the raiser blocks allow to adjust the step to 3 heights: 15, 20, and 25 cm. The bottom part has 12 rubber grommets that firmly secure the grip onto the floor. Premium Step is easy to store and transport.

Dimensions: 370 x 970 mm, deck 350 x 890 mm.

Height: 150, 200, 250 mm

Weight: 8kg

Max. Weight Capacity: 150 Kg.

Available Model

Cod. **0235** Premium Step



SISTEP

Well finished professional step, available with risers in two colors: red or white. Large size, high stability, sturdy, absence of sharp edges are the essential features of this popular model. The top, anti-slip texture, 35 x 90 cm, and adjustable risers allow adjusting the step in 3 different heights: 15, 18, and 21 cm. The bottom part has 8/12 rubber grommets that firmly secure the grip onto the floor. SiStep is easy to store and transport.

Dimensions: 390 x 980 mm, deck 360 x 910 mm.

Height: 150, 180, 210 mm

Weight: 6,5 kg

Max. Weight Capacity: 110 Kg.

Available Model

Cod. **0212** SISTEP Red

Cod. **0212W** SISTEP White

ECOFIT STEP

Product of great success and diffusion thanks to its simplicity and remarkable affordability. Made with recycled plastic, it is our entry-level price aerobic step. Light, sturdy, with 8 rubber feet, without risers, stackable, and easy to store. Ecofit step is a space-saving solution. One pallet contains 75 Steps. For this reason, the Ecofit step is also popular in fitness events where many aerobic steps are necessary.

Dimensions: 800 x 400 mm. Height: 140 mm.
Weight: 2,5 kg
Max. Weight Capacity: 100 Kg.

Available Model
Cod. **0239** Ecofit Step



EASY AEREOSTEP

Fans of the choreographic step particularly love Easy Aereostep. Large dimensions, high stability, and height of only 11 cm are the main reasons for its success. The addition of plastic risers, to increase the height of the step, has also opened the way for further diffusion of the product; in contexts where the adjustable height solution is necessary. Easy Aerostep, in its simple version without risers, was born from requests of the trainers interested in a low impact step for choreographed exercise and step courses suitable for everyone. The product is excellently produced and finished, without dangerous edges, with an anti-slip texture on the surface, that guarantees safety and looks good. The board has 4 points of grip, allowing the users to pick up the step from the ground quickly. Despite its dimensions, AEREOSTEP is light and features an excellent balance between robustness and flexibility.

Dimensions: 1100 x 400 mm. Height: 110 mm.
Weight: 4,5 kg
Max. Weight Capacity: 110 Kg.

Available Model
Cod. **0231** Easy AereoStep



RISERS FOR AREOSTEP

Pair of Riser Blocks for Areostep cod. 0230, 0231. The pair of risers increase the step board height by 5 cm. This is the same set of riser blocks included with steps code 0230 and code 0230/1. This pair of risers add a more challenging height to your workouts while strengthening the core and legs and building endurance. With a higher step, you improve coordination and agility. Important: the Aerostep risers don't interlock between them. The riser blocks stay firmly and securely under the step.

Dimensions: 400 x 400 mm. Height: 50 mm.
Weight: 1,5 kg (each)

Available Model
Cod. **0231/1** Risers for AereoStep (Pair)



AEREOSTEP

Easy Aereostep, including 2 pairs of riser blocks. Three different heights: 11, 16, and 21 cm. This step board is excellently produced and finished, without dangerous edges, with an anti-slip texture on the surface, that guarantees safety and looks good. The board has 4 points of grip, allowing the users to pick up the step from the ground quickly. Important: the Aerostep risers don't interlock between them. The riser blocks stay firmly and securely under the step.

Dimensions: 1100 x 400 mm. Height: 110 mm, 160 mm, 210 mm
Deck: 980 x 360 mm
Weight: 8 kg
Max. Weight Capacity: 110 Kg.

Available Model
Cod. **0230** AereoStep



AEREOSTEP 16 STEPS

Similar to AereoSteps Cod. 0230, Cod. 0231, but with a higher number of risers, 16 instead of the standard 4 included in the AereoStep Cod. 0230. The 16 risers (8+8) allow the step to increase from 11 to 50 cm in height progressively. This solution makes the tool particularly useful for all those coaches and personal trainers who want to have a worktop capable of a wide variety of heights. The AEREOSTEP 16 Steps is affordable and versatile. Suitable for beginners, seniors, and all athletes who benefit from a more challenging workout thanks to height increases.

Dimensions: 1100 x 400 mm. Height: 110 mm to 500 mm
Deck: 980 x 360 mm
Weight: 17 kg
Max. Weight Capacity: 110 Kg.

Available Model
Cod. **0230/1** AereoStep 16 Steps





cod. **1132** Super Pump



cod. **1660** Rubberised barbell



cod. **1660/1** Iron barbell



cod. **0028** Single vinyl plate kg 1,25



cod. **0029** Single vinyl plate kg 2,50



cod. **0030** Single vinyl plate kg 5,00



cod. **1657** Pair of plastic collar locks



cod. **1656** Pair of spring collars

SUPER PUMP KIT 18.5 KG

Consists of:

- 1 rubberized barbell handle 35 mm, length 1,30 m, 1 kg, Ø28 mm
- 1 pair of spring collars, Ø28 mm
- Color-coded weight-plate series, pairs: 1,25kg – 2.50 kg – 5,00 kg, Ø28 mm

The weight-plates are finished with handgrips. This feature adds versatility to the tool since it can also be used without the barbell.

ALL ITEMS CAN BE PURCHASED SEPARATELY

Available Items and Components

cod. **1132** Super Pump

cod. **1660** Rubberised barbell, handle Ø 35 mm, length 1,30 m, 1 kg (includes pair of spring collars)

cod. **1660/1** Iron barbell, handle Ø 28 mm, length 1,30 m, 1 kg (includes pair of spring collars)

cod. **1657** Pair of plastic collar locks

cod. **1656** Pair of spring collars

cod. **0028** Single vinyl plate kg 1,25

cod. **0029** Single vinyl plate kg 2,50

cod. **0030** Single vinyl plate kg 5,00

KIT PUMP RACK

Rack Super PUMP equipped with caster wheels with breaks, with a shelf to store clamps and spring collars. The rack holds up to 20 complete kits, and it's finished with coated metal.

This structure is necessary to facilitate the storage and safety of the Pump Kits. The rack cover on the top part is rubberized; the robust metal structure is sturdy and finished with black anti-scratch paint. Caster wheels allow easy positioning of the rack inside your home gym or fitness studio. The 20 pegs in the bottom part of the structure allow easy shelving of weight plates cod. 0028,. 0029 and 0030.

Holds up to 20 Super Pump kits

Dimensions: 1000 x 800 mm, height 1350 mm

Weight: 40 kg

Available Model

Cod. **1134** Kit Pump Rack



SMALL KIT PUMP RACK

Compact Rack for the Super Pump Kit. The rack holds up to 10 complete kits, and it's finished with coated metal. This structure is necessary to facilitate the storage and safety of the Pump Kits. The robust metal structure is sturdy and finished with black anti-scratch paint. The 8 pegs welded to the structure allow easy shelving of weight plates cod. 0028,. 0029 and 0030. The tray in the bottom part of the structure allows easy shelving of the clamps and spring collars.

Holds up to 10 Super Pump kits

Dimensions: 650 x 700 mm. Height 1600 mm

Weight: 32 kg

Available Models

Cod. **1135** Small Kit Pump Rack





BASE + BAG FOR FITNESS BOXING

Professional high-quality Punchbag ideal for group courses, boxing classes, gyms, fitness centers, and home workouts. The activity is focused on three factors of sure success: fun, effectiveness, motivation, in an energetic atmosphere organized in high-intensity interval training (HIIT) where all customers are welcome. The sturdy plastic BASE, anti-slip, which must be filled with sand, assure reliability and durability. The base facilitates a stable workout and rebound when punching and kicking. The BAG, 35 cm x 100 cm, filled with polyurethane, is resistant because of the high PVC thickness and strong stitching. The hooking system allows the base to be placed at 3 different heights, 155, 168, 181 cm. No nuts, bolts, or drilling are necessary for this punchbag. It can be easily stored when you've finished training.

Height BASE + BAG. Adjustable to: 1550, 1680, 1810 mm

Base Diameter: 550 mm.

Bag Diameter: 350 mm.

Empty Base Weight: 7 Kg.

Bag Weight: 5 Kg.

Base color: Gray

Bag color: Red or Black.

Available Models

Cod. **2095** Red

Cod. **2095/1** Black



LINING BAG SPARE PARTS

Branded PVC lining bag, 35 x 100 cm + nylon sack for assembly. This spare part covers the boxing bag maintaining the existing padding you have from a previous bag and covering the previous connection inner plastic tube. Once assembled, it is necessary to close the PVC bag with a staple gun.

Bag Height: 1000 mm.

Bag Diameter: 350 mm.

Available Models

Cod. **2111** Red

Cod. **2112** Black



FITNESS BOX BAG SPARE PARTS

Pre-filled spare bag. Dimensions: 35 x 100 cm. Filled with high-density polyurethane foam padding, sold separately, as a spare part, ready to use. This is a heavy-duty box bag that features a perfect weight distribution.

Bag Height: 1000 mm.

Bag Diameter: 350 mm.

Bag Weight: 5 Kg.

Available Models

Cod. **2096** Red

Cod. **2097** Black



sidea

EDUCATIONAL

Scientific, efficient, and adaptable training thanks to the use of singular or multiple tools that allow growing in any physical ability and any required target.





4 Educational Pathways created by our scientific team for: Gym Owner or Fitness Manager.

Our training programs are designed to provide the ability to maximize the investment in Sidea range of products through the knowledge of the fitness tools and innovative training methods studied for every needs and levels.

Instructor Training Certification

1) FUNCTIONAL TRAINING SPECIALIST

- Outrace Training System® Level 1 / 1 day course (8 hours)

Starting from the principles of the Outrace Training System, you will learn and experience the use of the Outrace movables items and suspension tools as Trapezex/ Flyo/Training Ladder/Flying Basic Exercises/Barbell Lever/Plyo Board/Dips Bar/Pull Up Bar/Ball Trampoline. This training course gives the opportunity to apply the same principles to the basic bodyweight training (Joint mobility, Calisthenics training) and how to set the workouts based on different levels single or group training.

- Outrace Training System® Level 2 / 1 day course (8 hours)

Following the key principles of the Outrace Training System level 1, the goal of this course is to learn the techniques and experience the use of the Outrace exercising tools (apps) and equipment as Kettlebell/Medicine Balls/Flowbag/Flying Advanced Exercises/Gym Rope/Big Tubing/Barbell. This training course gives the opportunity to apply the same principles to the basic bodyweight training (Joint mobility, Calisthenics training) and how to set the workouts based on different levels single or group training.

- Woman Functional Training® / 2 days course (16 hours)

This course focuses on a specific Female training system, suitable for women of all ages and all fitness levels. It improves the posture, helps to get fit or to find the lost shape, solves main female aesthetic problems giving meanwhile beauty and well-being.



2) HIGH PERFORMANCE SPECIALIST

- Athletic Functional Training® / 3 days course (24 hours)

This is a specific athletic training course where, through a selected number of functional training tools, you will learn and experience how to program the workouts for athletic conditioning, strength, power and speed sports or endurance sports.

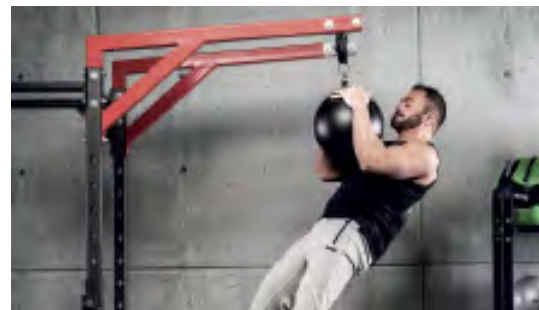
- Strength Specialist (Barbell & Bodyweight Training) / 2 days course (16 hours) The goal of the course is to learn the 5 best barbell strength exercises (deadlift, back squat, bench press, overhead press, row), the 5 best bodyweight strength exercises (pull up, parallel dip, pistol, handstand, push up) and how to set up a training program or workouts specific for the Strength through these exercises.

- Ballistic Specialist (Kettlebells & Clubs Training) / 2 days course (16 hours)

This training course is set up on Kettlebells and Clubs to increase the speed and the power in the multiplanar movements. These tools have a decentralized mass that makes possible to train fitness ballistic movements safely and to improve also the gripping strength, neuromuscular coordination, joint stabilization, and cardiorespiratory capacity.

- Tactical Functional Training® / 3 days course (24 hours)

This training course allows to increase all physical qualities at the same time, aiming at a medium-high level of the physical conditioning throughout the year. Tactical Functional Training is addressed to military/police operator who can't apply a standard training periodization typical of the various sports.





3) HEALTH TRAINING SPECIALIST

- RCE, Functional Rehab and Posture® / 3 days course (24 hours)
This is a specific functional rehab course. Starting from a correct postural and physical evaluation of the person, the course will allow to set up a functional training program to recover the functionality of the body after injuries and postural imbalances, working on joint mobility exercises, balance and stabilization exercises, core control exercises and basic strength exercises.
- Primitive Functional Movement® (Joint Mobility and Bodyweight Training System on the ground) / 2 days course (16 hours)
This course of bodyweight movement ground focuses on joint mobility exercises and core control exercises mixed together to allow a fluid sequences of movements.
The goal of the course is to allow trainers through a correct postural and physical evaluation of the person, to develop a specific training program to improve the posture, achieve strong basis of strength, speed, power and endurance.

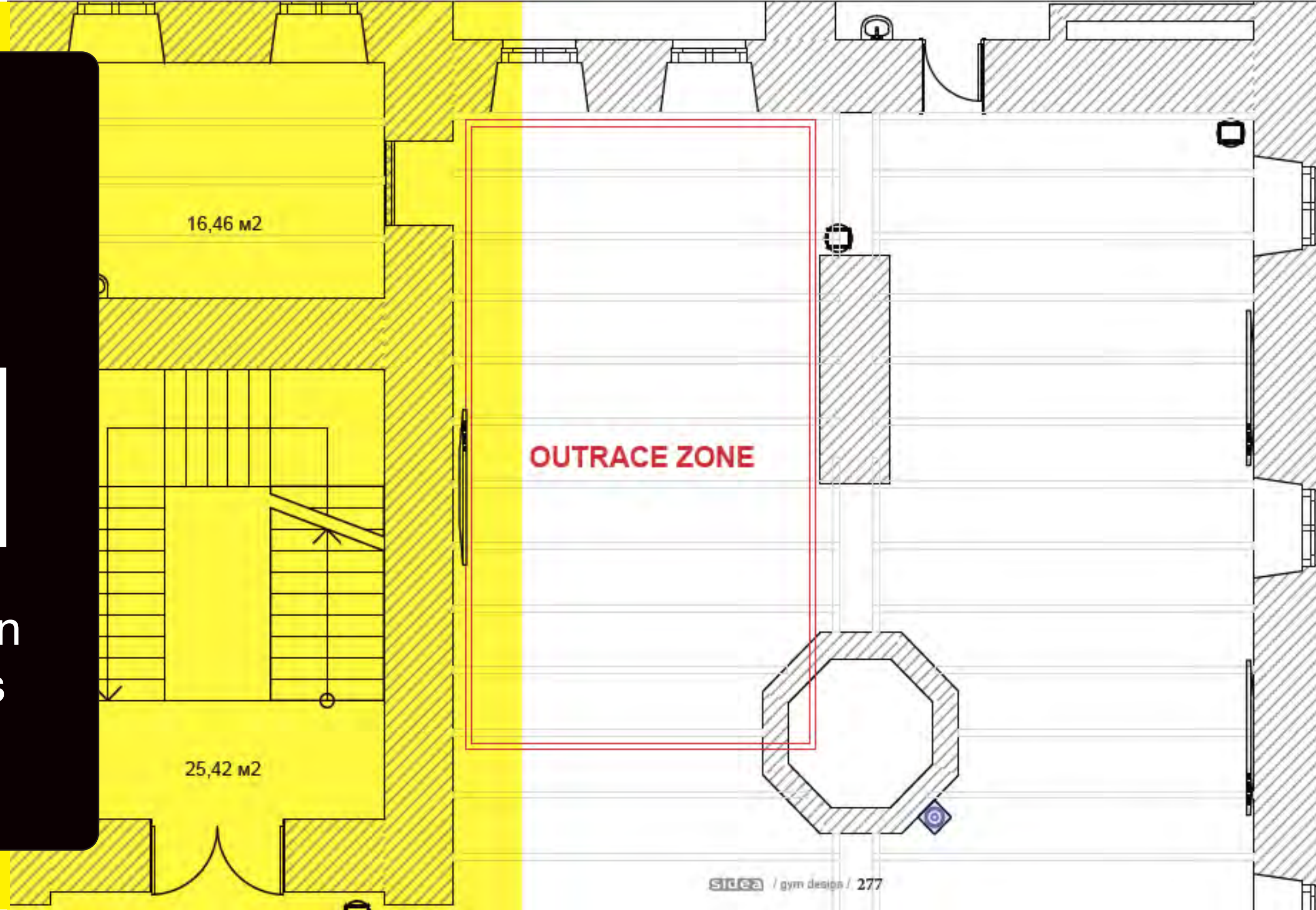
4) MUSICAL GROUP TRAINING SPECIALIST

- Hammock Training / 1 day course (8 hours)
This specific course provides the knowledge and the technical skills of the Hammock. The goal of this antigravity training is to increase the articular flexibility and to strengthen postural muscles. Hammock Training guides through a full aerial practice to acrobatic sequences ideal for group training.
- Super Pump Training / 1 day course (8 hours)
Super Pump is a fitness discipline, whose purposes are the toning and the muscular rebalance by using the Sidea Pump Kit (rubberised barbell, plates with handle and step).
This musical training program integrates isotonic, isometric and plyometric contractions, functional exercises and high and low impact cardio.



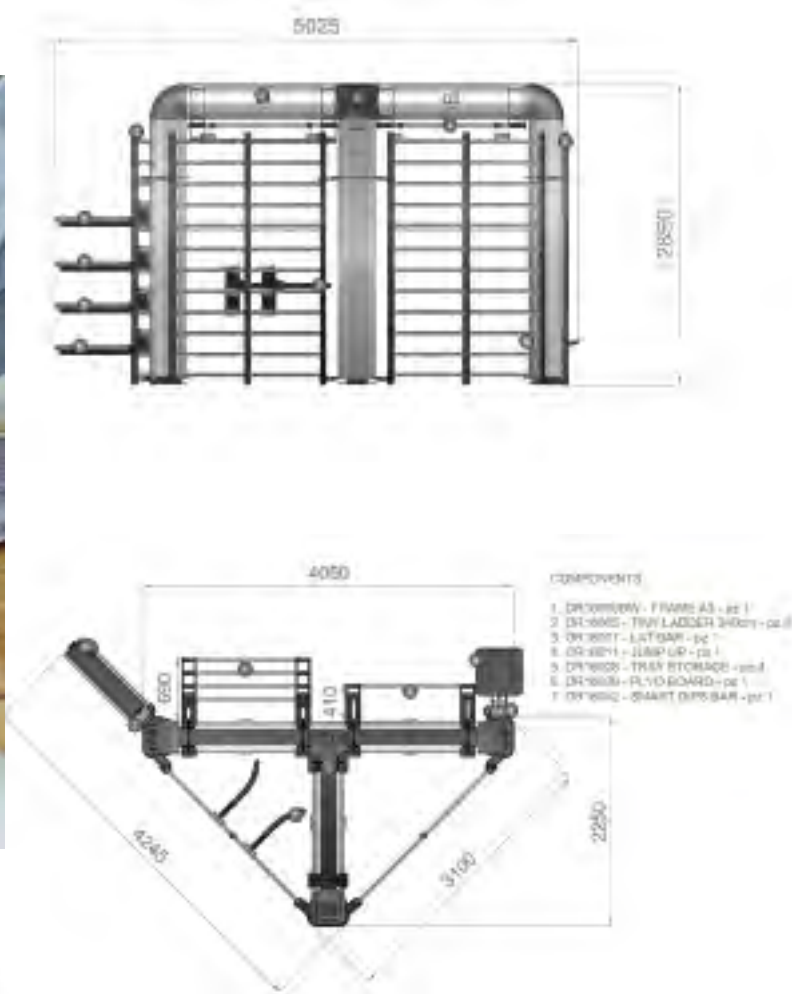
GYM DESIGN

Layout, 3D rendering, custom-made solution for a specific gym, tailored to specific needs and fulfillment to precise vision.





For our designers to start a project properly, we need to know the functional area the structure will be placed. Based on the types of training offered and the number of people who will train with the structure, we plan a tailored proposal according to our training idea and avant-garde formula. We create 3D visual designs to allow you to envision exactly what your gym will look like.



Together we develop the best solution for you working space





GENERAL CATALOG

Functional & Suspension
Training Applications

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