

**Side**



**ea**

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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



# Culture of movement find your comfort zone





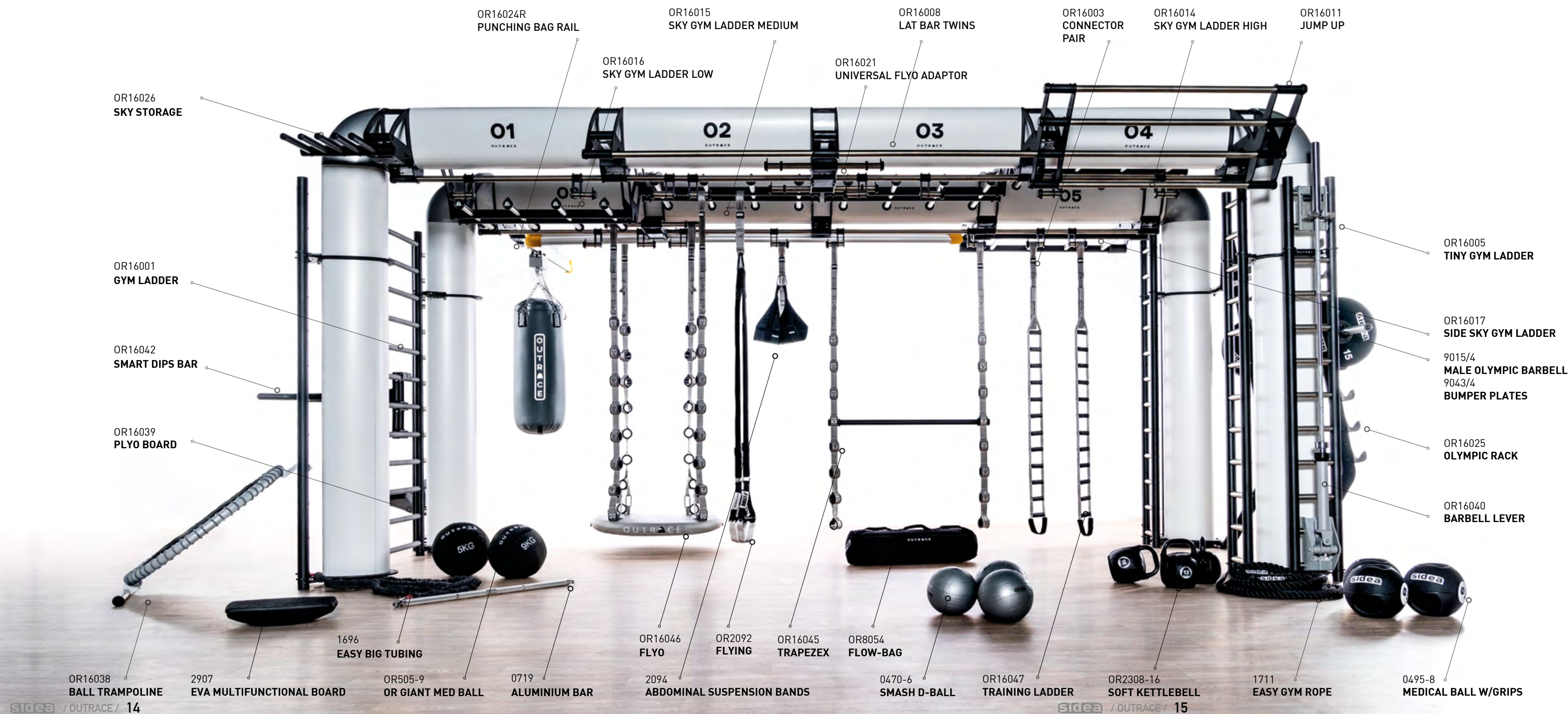


# All for One and One for All

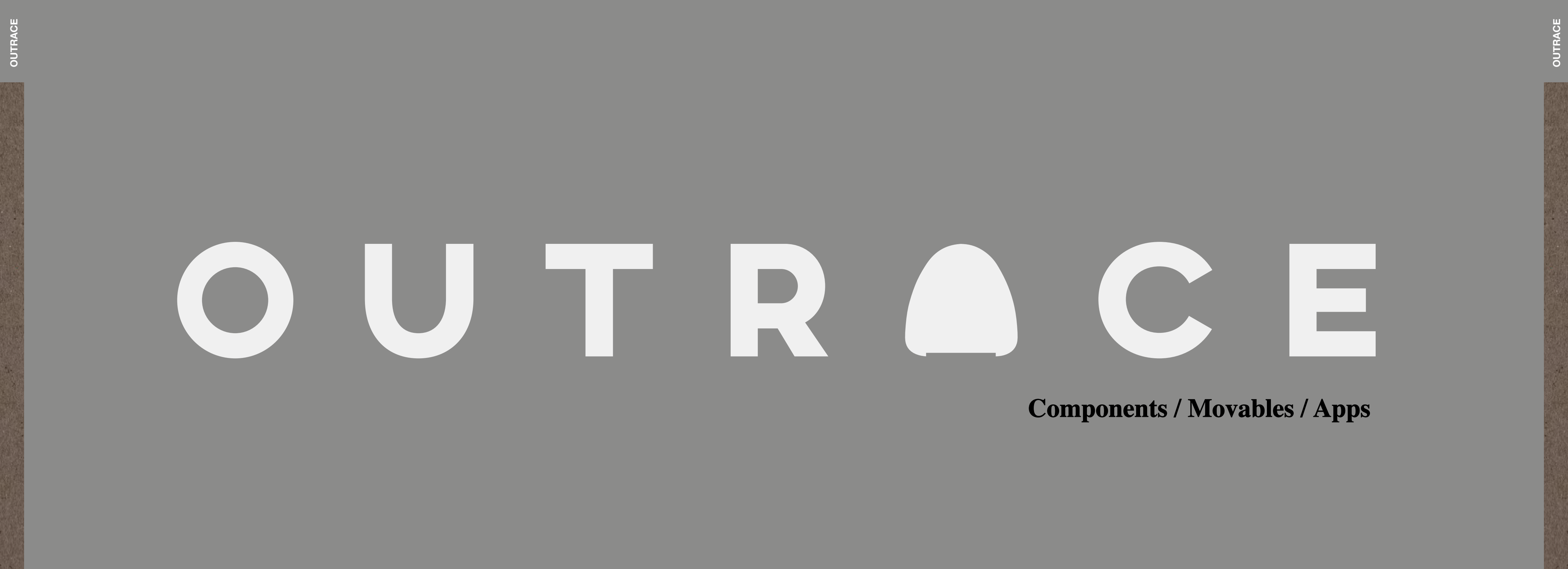
Not only an outstanding design for indoor and outdoor use, but also a multi training structure able to offer endless exercises through the most avant-garde functional and suspension training applications inspired by interest and the desire to understand body performance and expression. For this reason,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



# OUTRACE FUNCTIONAL MODE / WORLD







O U T R A C E

**Components / Movable / Apps**



# COMPONENTS

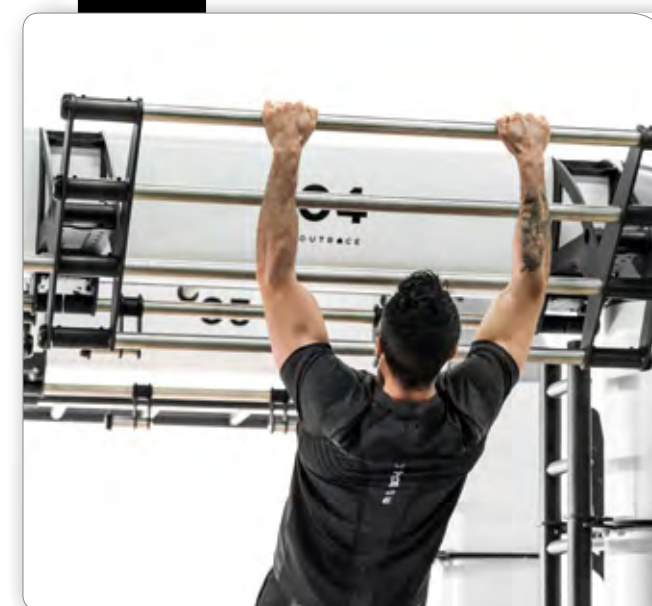
OUTRACE



LAT  
BAR

codes:  
OR16007 x1  
OR16008 x2  
OR16009 x3

OUTRACE



JUMP  
UP

codes:  
OR16011 x1  
OR16012 x2

OUTRACE



O-RACK  
· BARBELL  
· BUMPER PLATES

code:  
OR16025


OUTRACE




SKY  
STORAGE

code:  
OR16026






OUTRACE




**GYM LADDER**

code:  
OR16001



OUTRACE



**TINY GYM LADDER**

code:  
OR16005




OUTRACE




**SIDE SKY GYM LADDER**

codes:  
OR16017 x1  
OR16018 x2



OUTRACE



**SKY GYM LADDER**

codes:  
OR16016 L  
OR16015 M  
OR16014 H

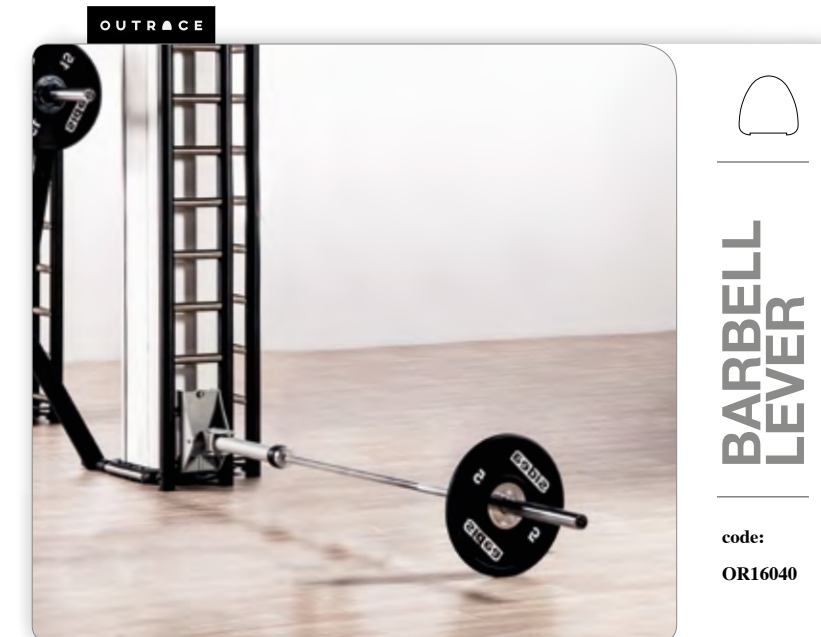


You can increase training options with different applications and complements



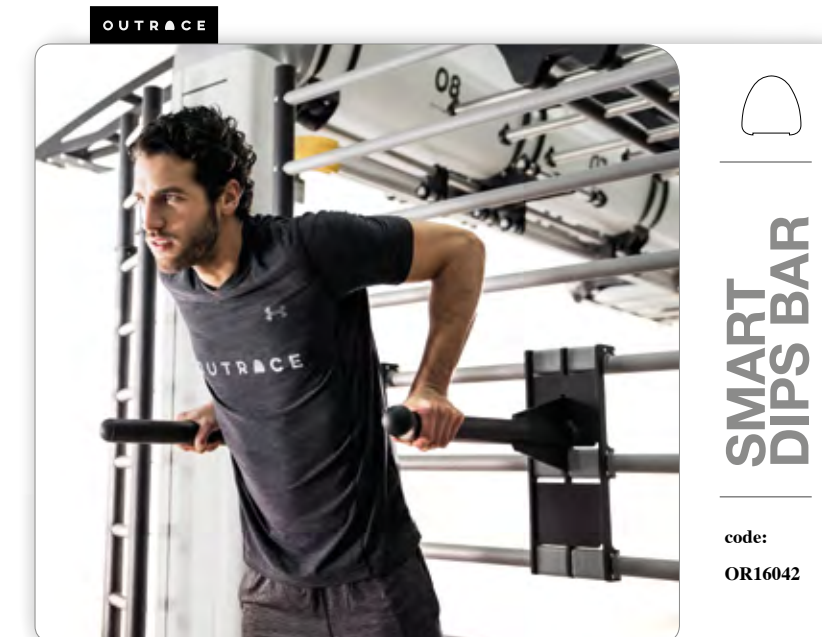
# MOVABLES

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



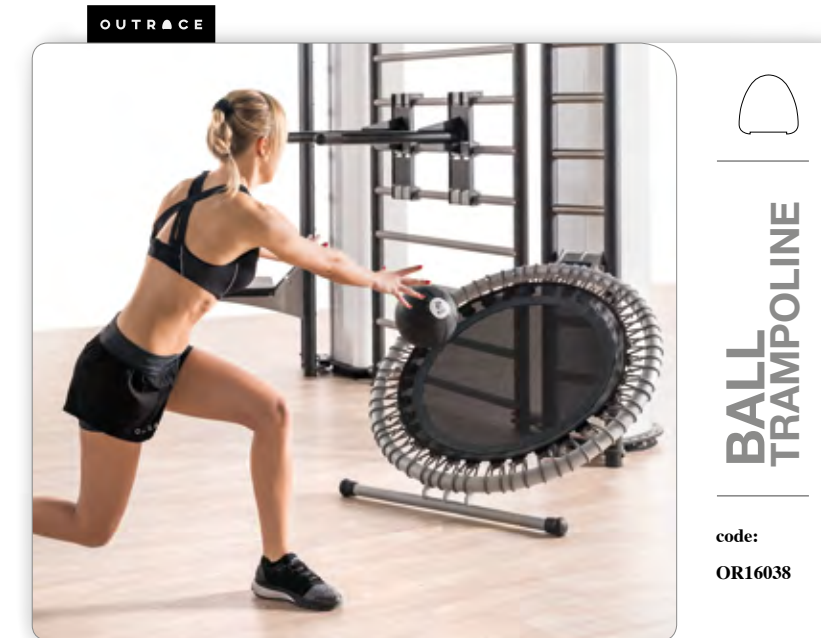
**BARBELL  
LEVER**

code:  
OR16040



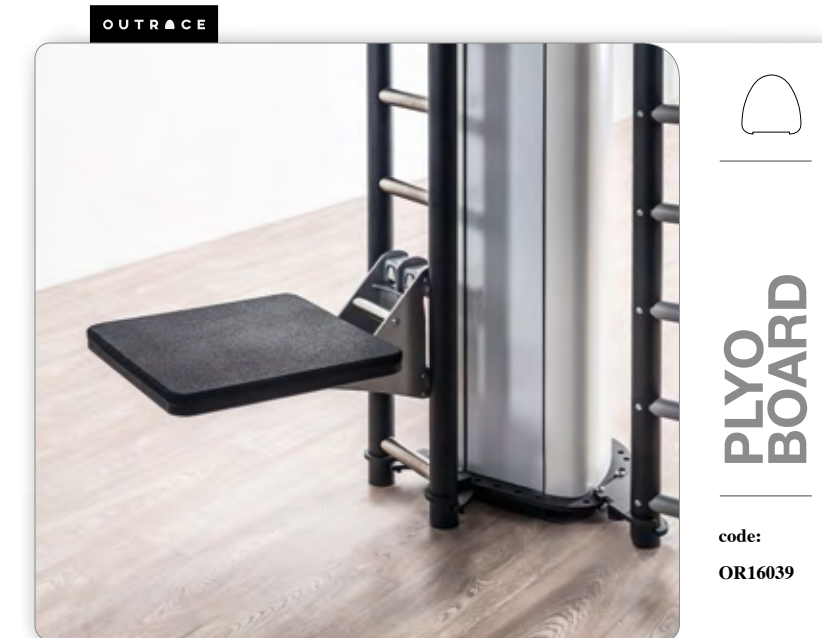
**SMART  
DIPS BAR**

code:  
OR16042



**BALL  
TRAMPOLINE**

code:  
OR16038



**PLYO  
BOARD**

code:  
OR16039





OUTRACE



## 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




**PUNCHING  
BAG**

code:  
OR16052




OUTRACE




**HAMMOCK**

code:  
OR2050




OUTRACE




**ABDOMINAL  
SUSPENSION  
BANDS**

code:  
2094



OUTRACE



**POLE**

code:  
OR15118B  
OR15118W







**GIANT  
MED BALL**

codes:  
OR505-9



**MEDICAL  
BALL**

code:  
0490-3



**SOFT  
KETTLEBELL**


codes:  
OR2308-16



**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





# 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**









16:30 / Paris



10:30 / London



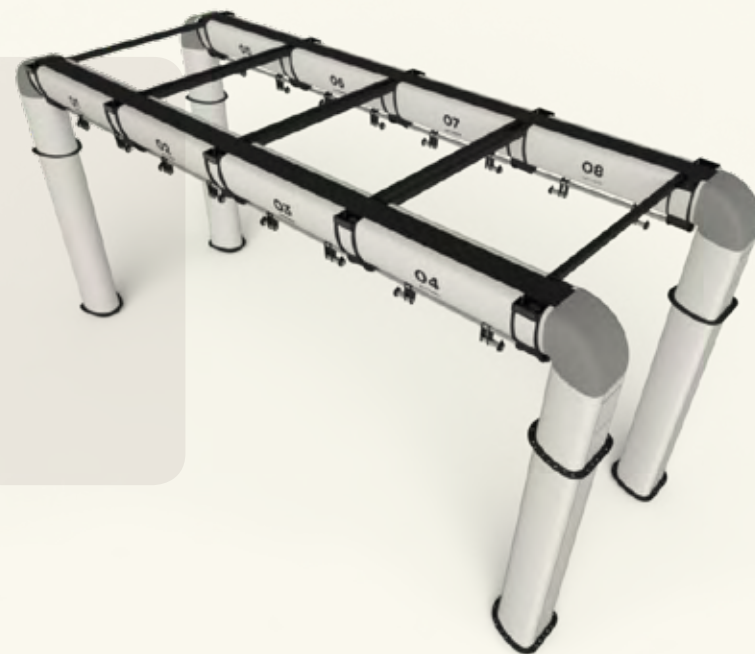


TECHNICAL AREA  
**FRAMES**

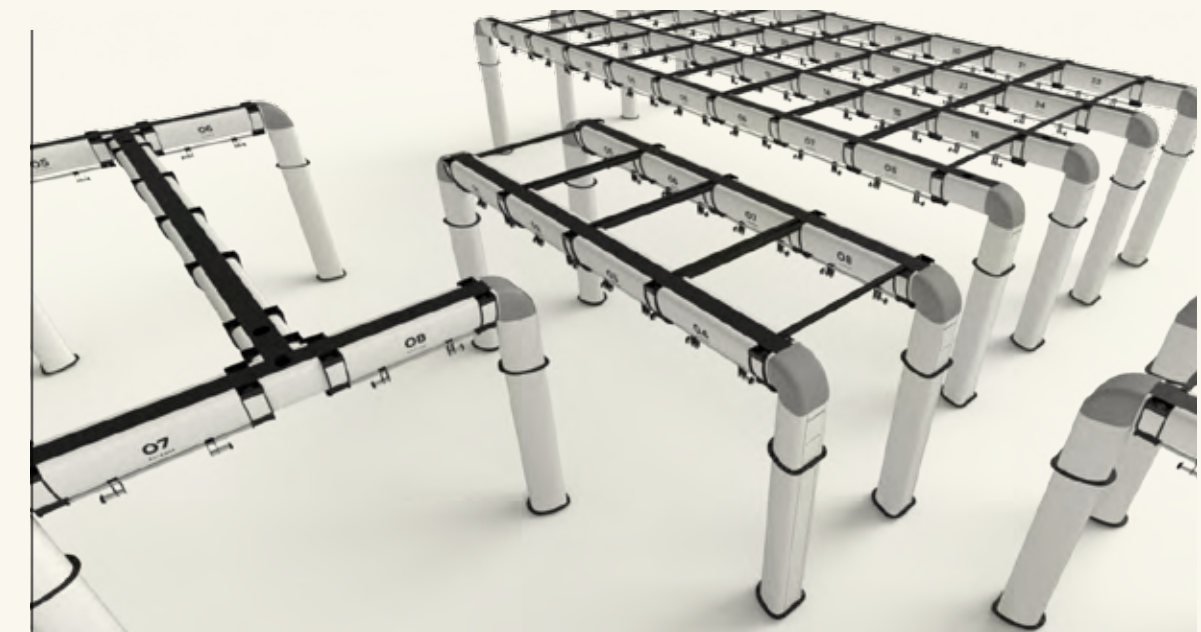


## 01

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.



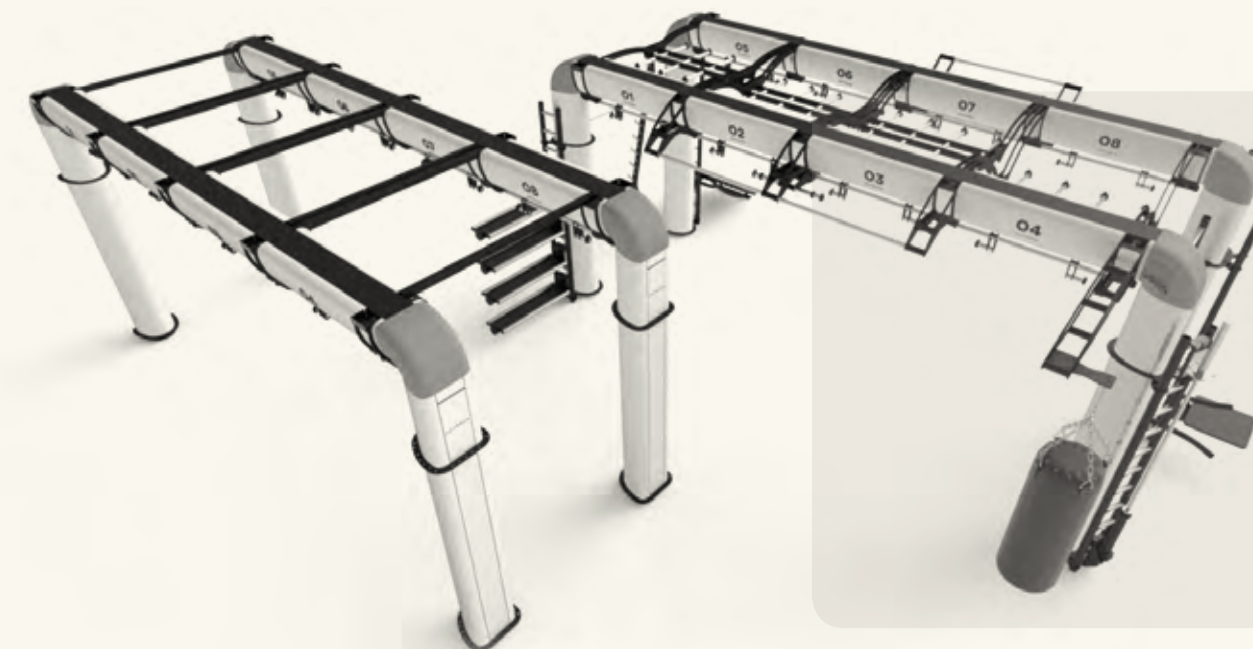
The frames on this catalogue are defined STANDARD to distinguish them from projects with modifications on the frame (like personalized height or structural adjustments to the pillars or the beams) which will be defined as CUSTOM.



## 02



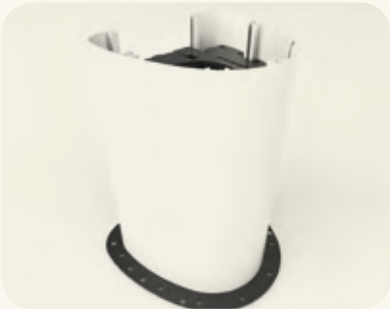
The beams are subdivided in numbered stations of 125cm. Each of these 125cm beam corresponds to a suspension working station, complete of a stainless steel bar on which there are two sliding hooks (hook bar).



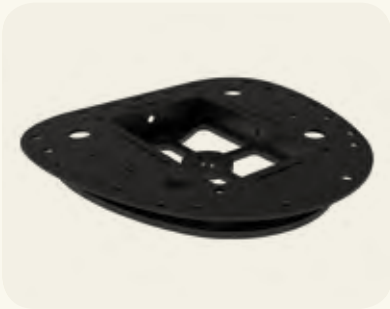
The CUSTOM FRAMES will need a longer time for planning and realization opposed to the STANDARD FRAMES, because it needs extra time for engineering and structural tests.



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.



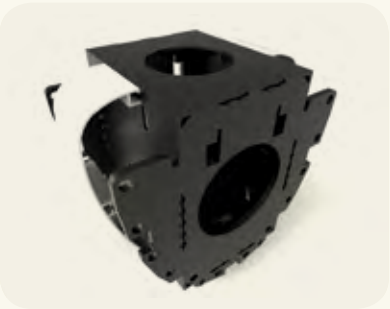
**480MM PILLAR**  
This pillar is the standard adjustment to take the frame to a 2850mm height.



**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.



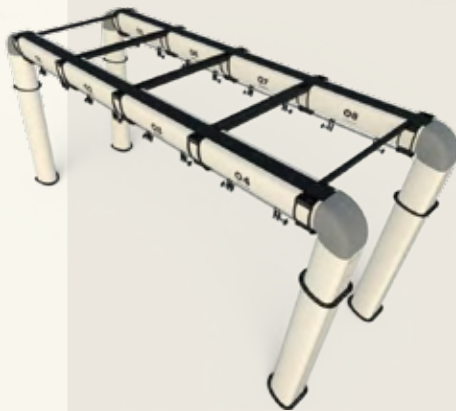
**HOOK BAR**  
This element is fixed under each 1250 beam, and is equipped with 2 sliding hooks on which it is possible to hang the suspension Apps.



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



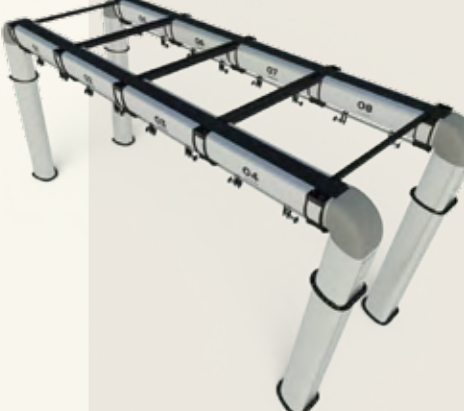
**STANDARD SPACER CONNECTION**  
In the frames, this element connects the beams and is an important piece for the stability of the structure. In case of Skyladders present in the project, it will be replaced by the Skyladders support.



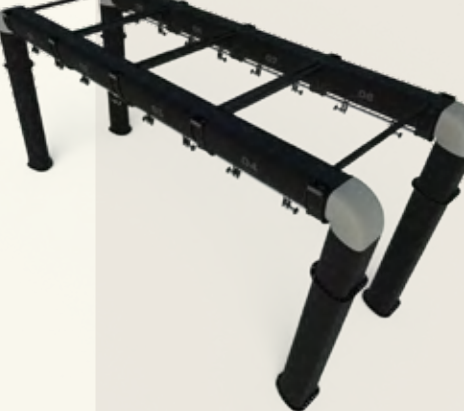
**Black-White**



**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.

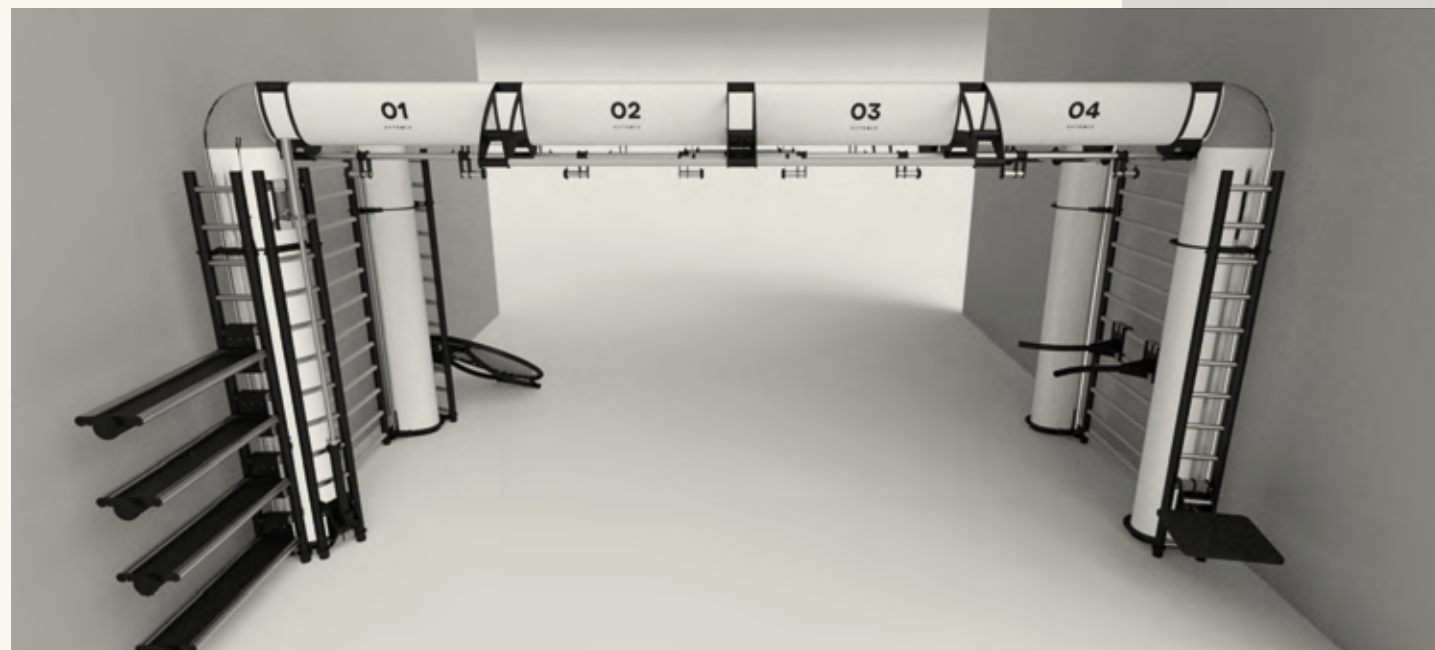
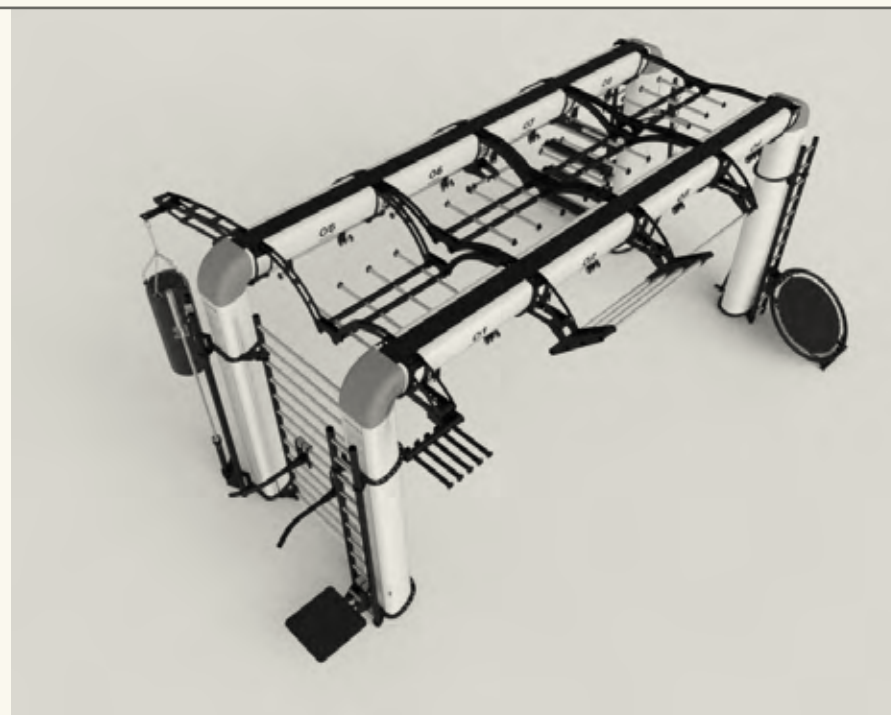
6: this number indicates the external frame length in meters, not including components, apps, or movables.

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:

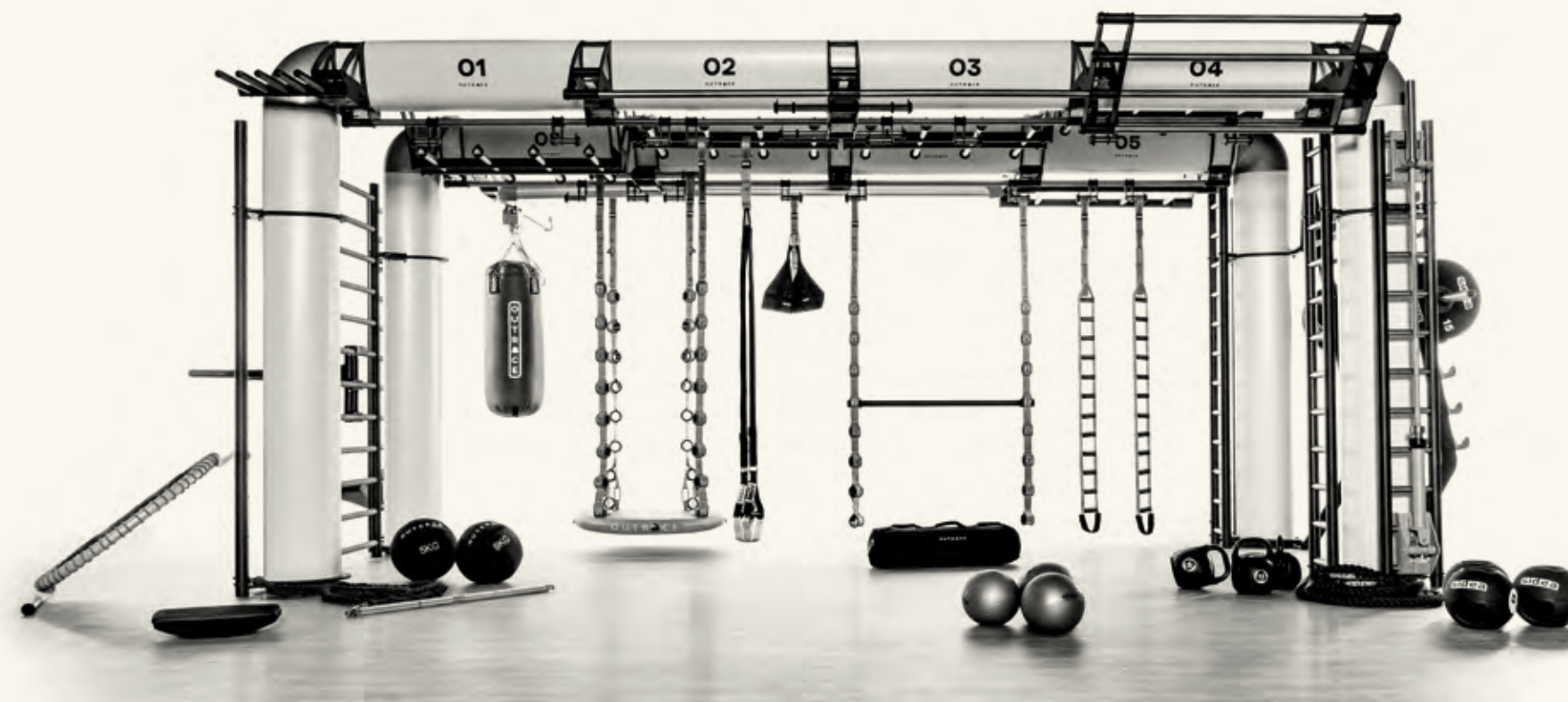
**CENTER PIECE**  
set in the center of the room, to give the opportunity to create functional circuits inside and all around the frame, exploiting to the maximum all the external spaces adjacent to the pillars.



**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  
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A3 AVANTGARDE  
OR10999BW  
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CUBE AVANTGARDE  
OR11000BW  
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R2-5 AVANTGARDE  
OR11001BW  
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R2-6 AVANTGARDE  
OR11002BW  
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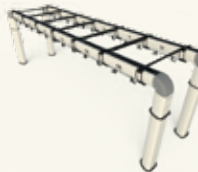
R2-7 AVANTGARDE  
OR11003BW  
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R2-8 AVANTGARDE  
OR11004BW  
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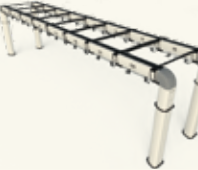
R2-9 AVANTGARDE  
OR11005BW  
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R2-10 AVANTGARDE  
OR11006BW  
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R2-11 AVANTGARDE  
OR11007BW  
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R2-12 AVANTGARDE  
OR11008BW  
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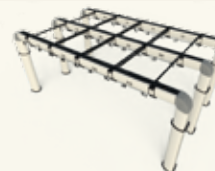
R3-5 AVANTGARDE  
OR11009BW  
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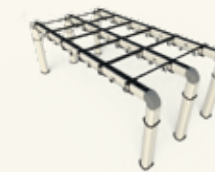
R3-6 AVANTGARDE  
OR11010BW  
pag 72



R3-7 AVANTGARDE  
OR11011BW  
pag 73



R3-8 AVANTGARDE  
OR11012BW  
pag 74



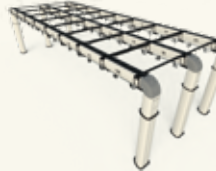
R3-9 AVANTGARDE  
OR11013BW  
pag 75



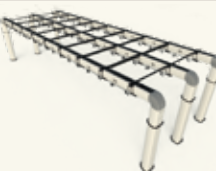
R3-10 AVANTGARDE  
OR11014BW  
pag 76



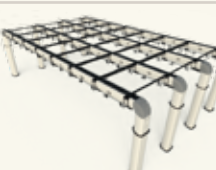
R3-11 AVANTGARDE  
OR11015BW  
pag 77



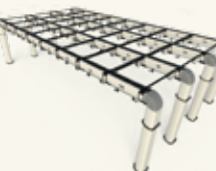
R3-12 AVANTGARDE  
OR11016BW  
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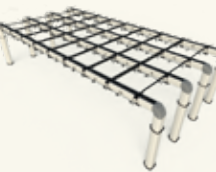
R4-10 AVANTGARDE  
OR11017BW  
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R4-11 AVANTGARDE  
OR11018BW  
pag 80



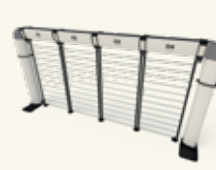
R4-12 AVANTGARDE  
OR11019BW  
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W5 AVANTGARDE  
ORAFW5BW  
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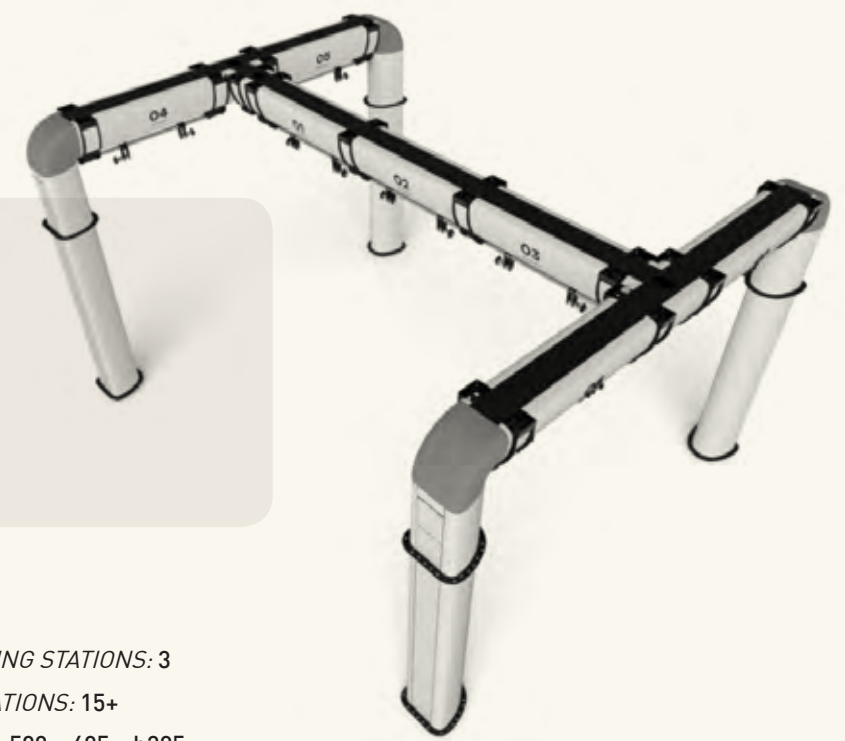
W6 AVANTGARDE  
ORAF6BW  
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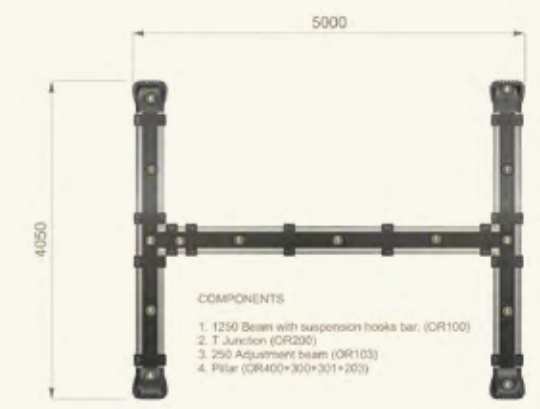
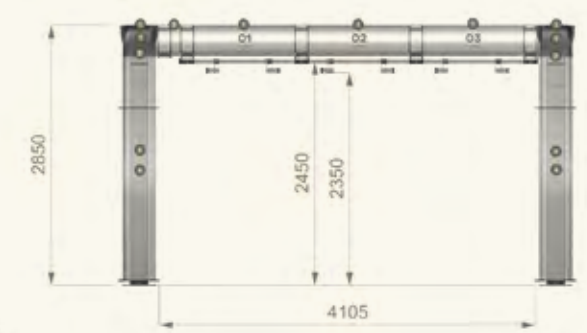
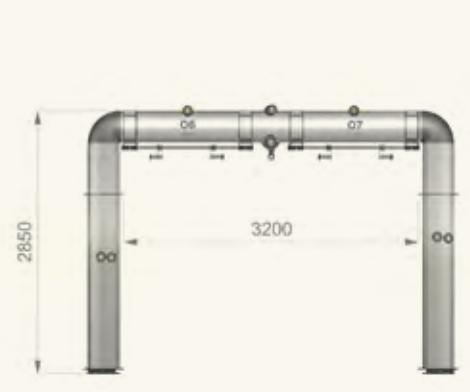
# H5 AVANTGARDE

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*



- COMPONENTS
- 1. 1250 Beam with suspension hooks bar, (CR100)
  - 2. T Junction (CR200)
  - 3. 250 Adjustment beam (CR103)
  - 4. Pilar (CR400+300+301+203)

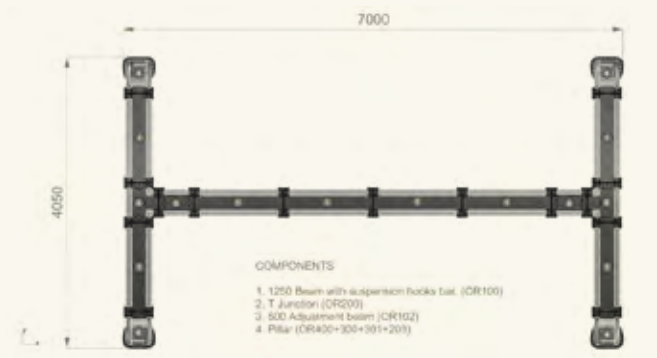
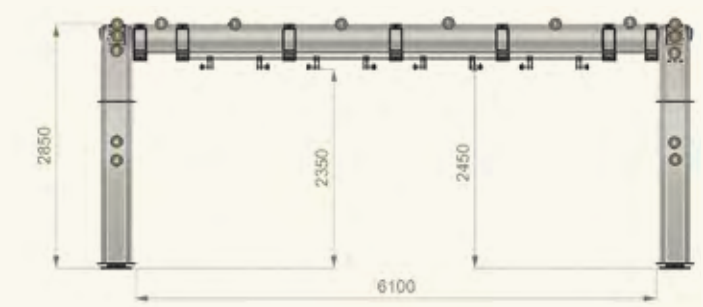
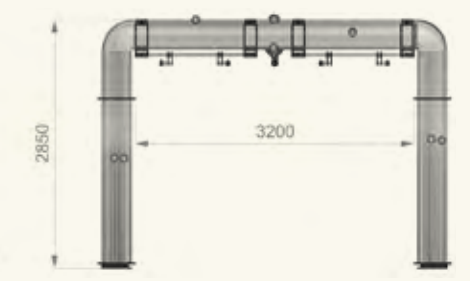
# H7 AVANTGARDE

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*



- COMPONENTS
- 1. 1250 Beam with suspension hooks bar, (CR100)
  - 2. T Junction (CR200)
  - 3. 500 Adjustment beam (CR102)
  - 4. Pilar (CR400+300+301+203)



# 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

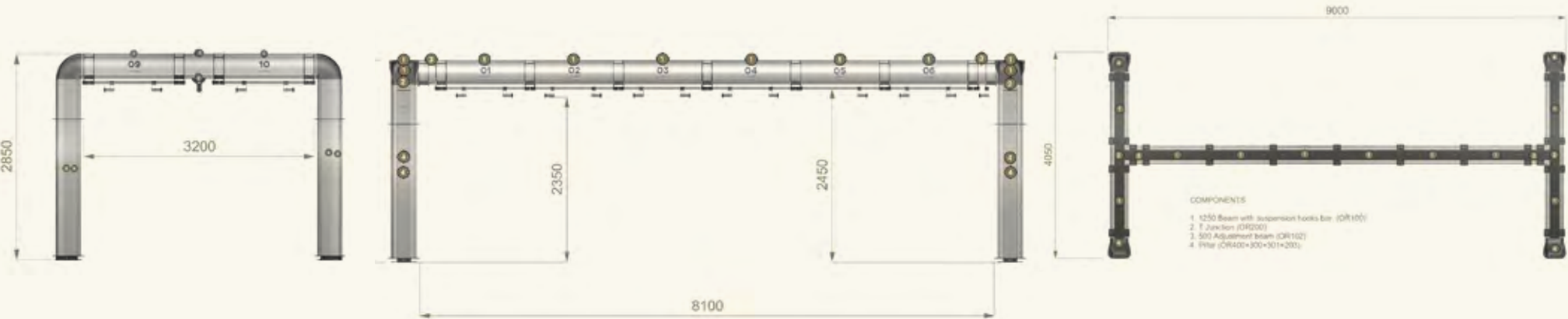
TOTAL WORKING STATIONS: 18+

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

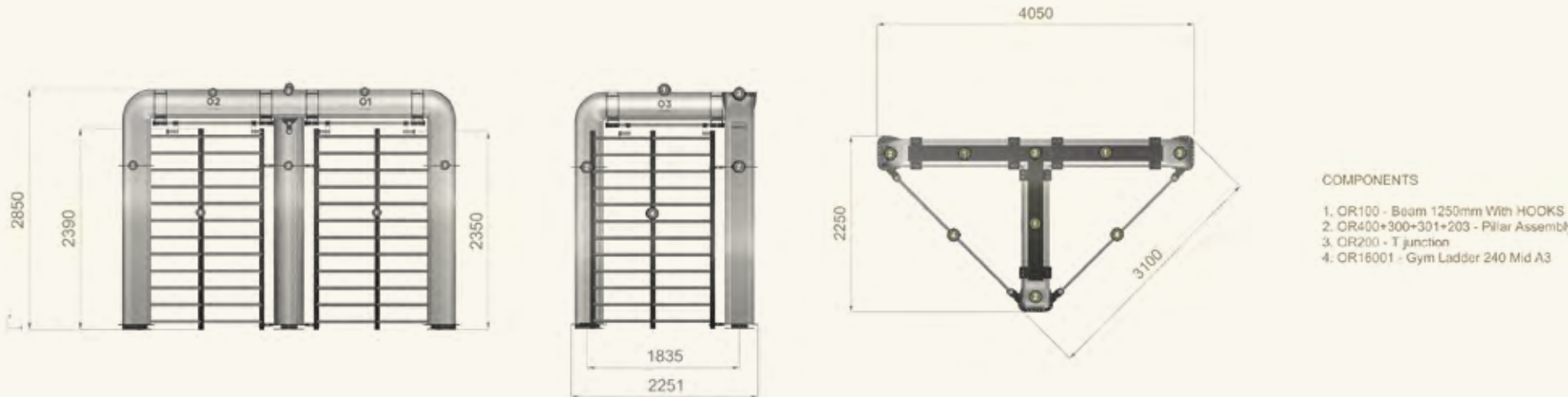
OR10999BW - A3 AVANTGARDE Black-White
- SUSPENSION WORKING STATIONS: 2

TOTAL WORKING STATIONS: 6+

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

PERFECT FIT WORKING AREA: RADIUS 5m

TOTAL WEIGHT: 900Kg





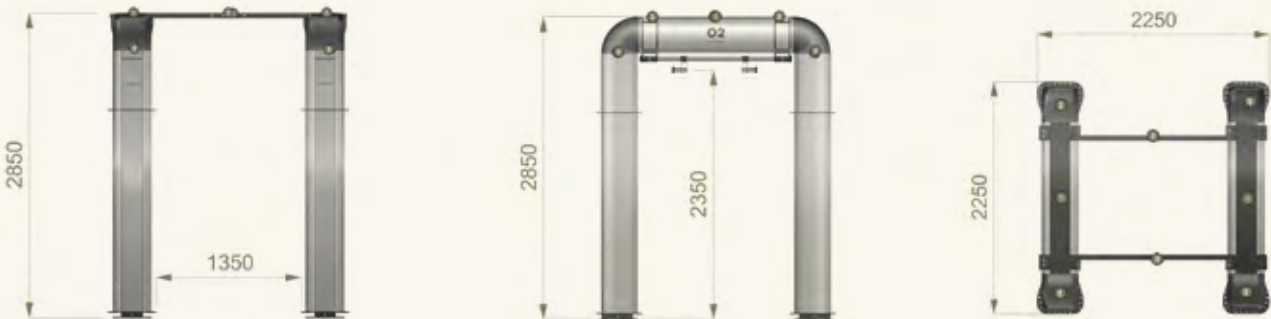
# CUBE AVANTGARDE

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)



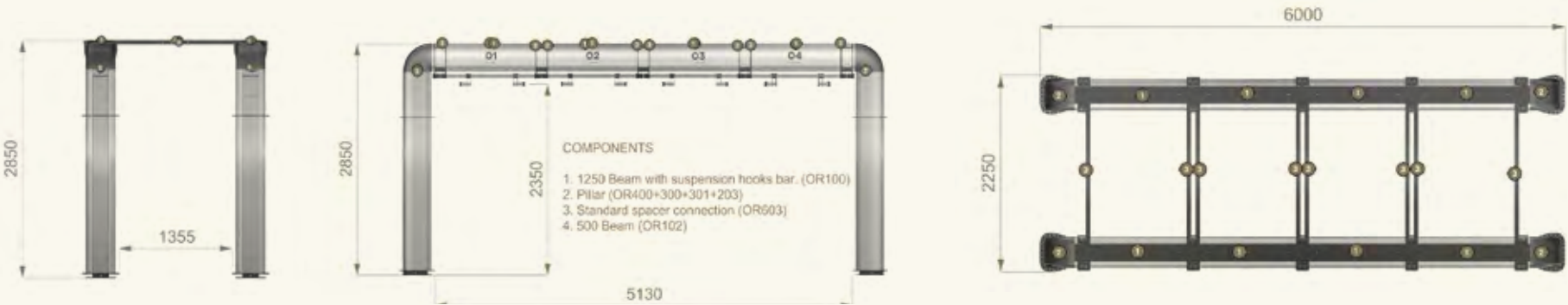
# R2-6 AVANTGARDE

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





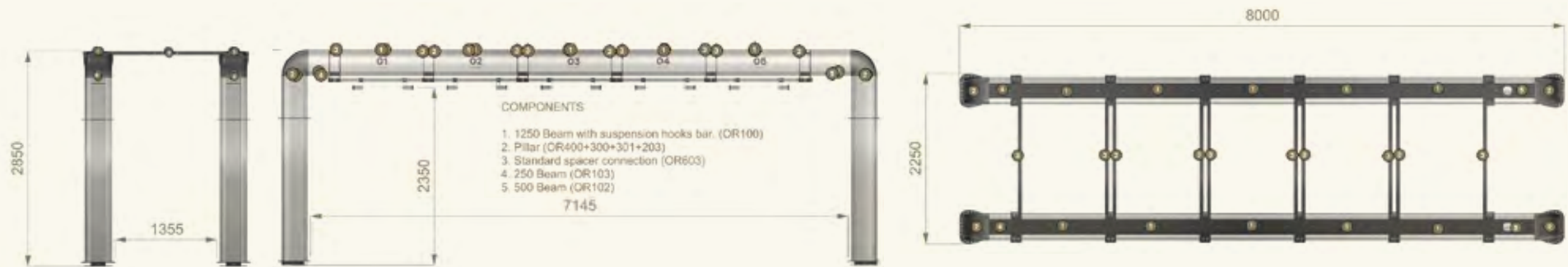
# R2-8 AVANTGARDE

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



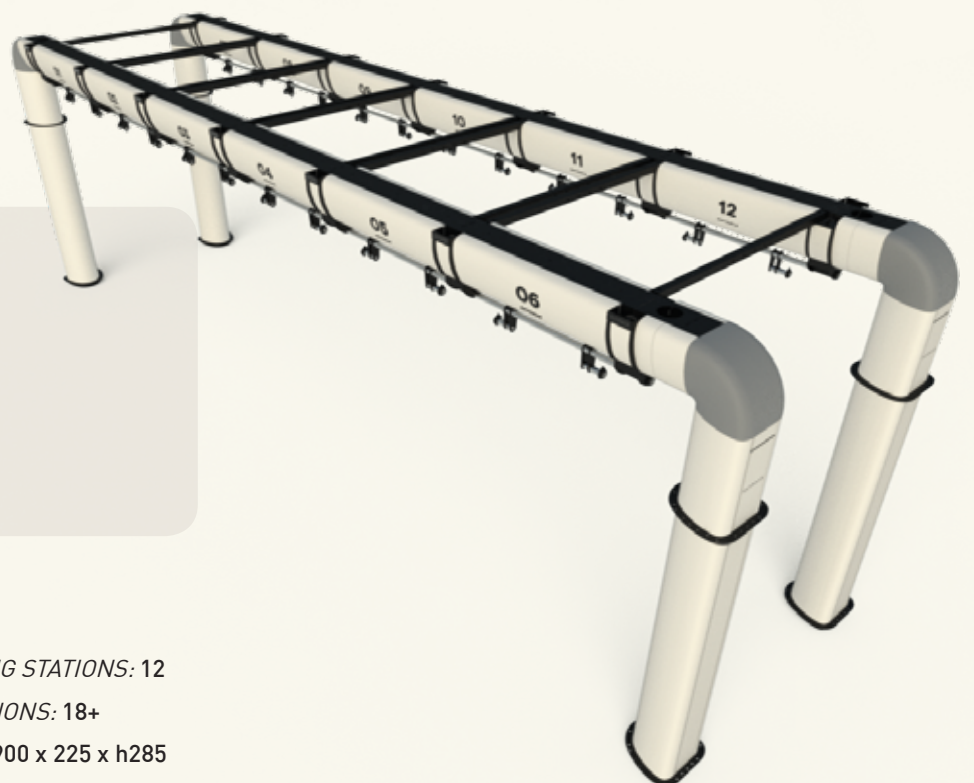
- OR11004BA - R2-8 AVANTGARDE Black-Anodized
- OR11004BS - R2-8 AVANTGARDE Black-Silver
- OR11004BB - R2-8 AVANTGARDE Black-Black
- OR11004BW - R2-8 AVANTGARDE Black-White

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



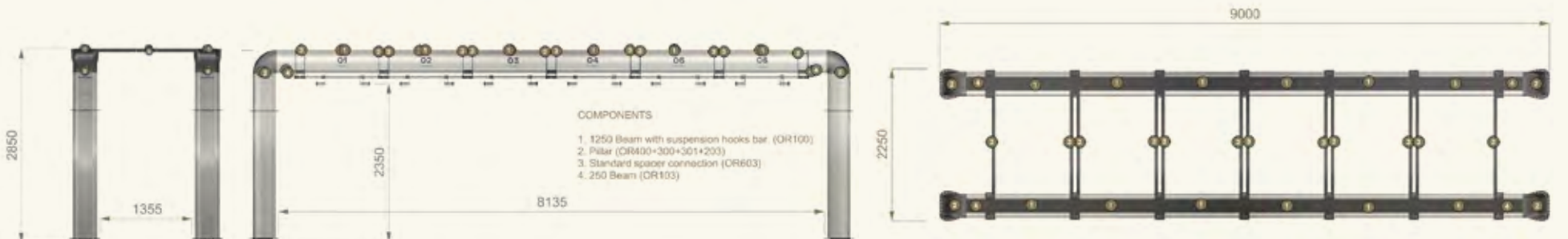
# R2-9 AVANTGARDE

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

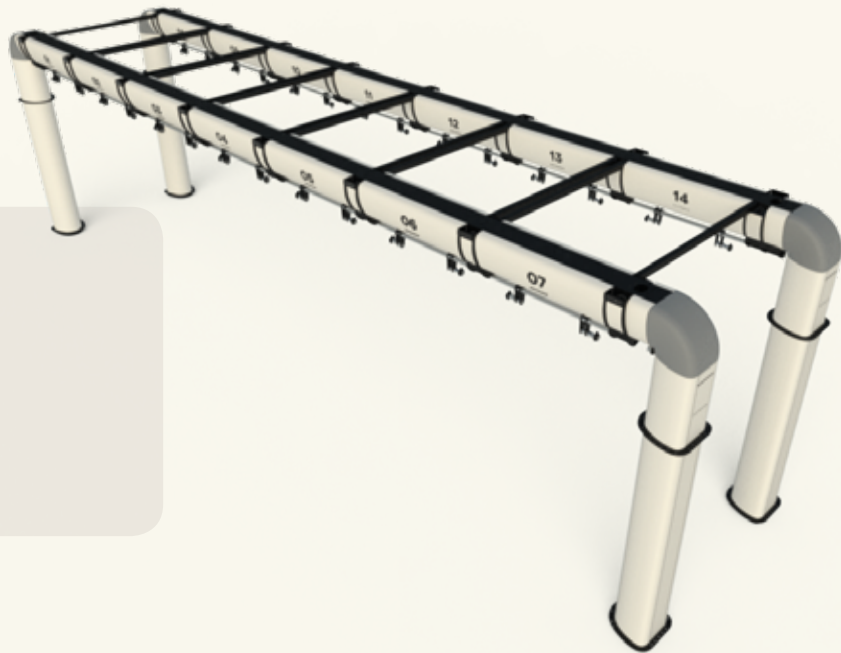
SUSPENSION WORKING STATIONS: 12  
TOTAL WORKING STATIONS: 18+  
FRAME AREA (in cm): 900 x 225 x h285  
CENTER PIECE WORKING AREA: 1300 x 625  
PERFECT FIT WORKING AREA: 900x625  
TOTAL WEIGHT: 1500Kg





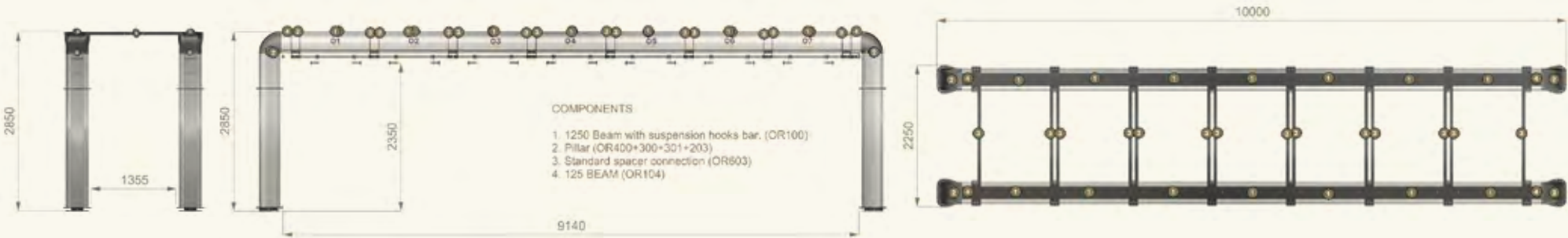
# R2-10 AVANTGARDE

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



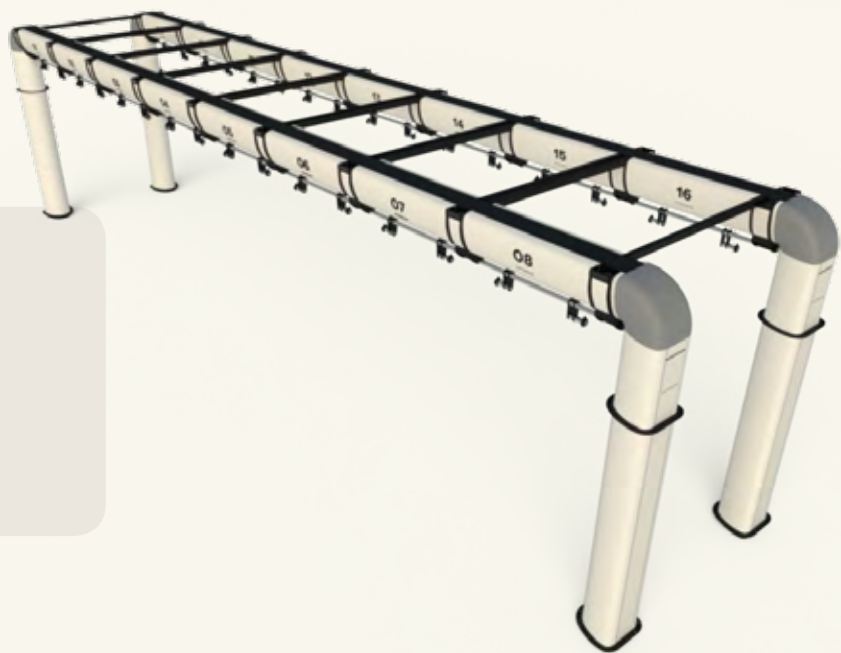
- OR11006BA - R2-10 AVANTGARDE Black-Anodized
- OR11006BS - R2-10 AVANTGARDE Black-Silver
- OR11006BB - R2-10 AVANTGARDE Black-Black
- OR11006BW - R2-10 AVANTGARDE Black-White

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



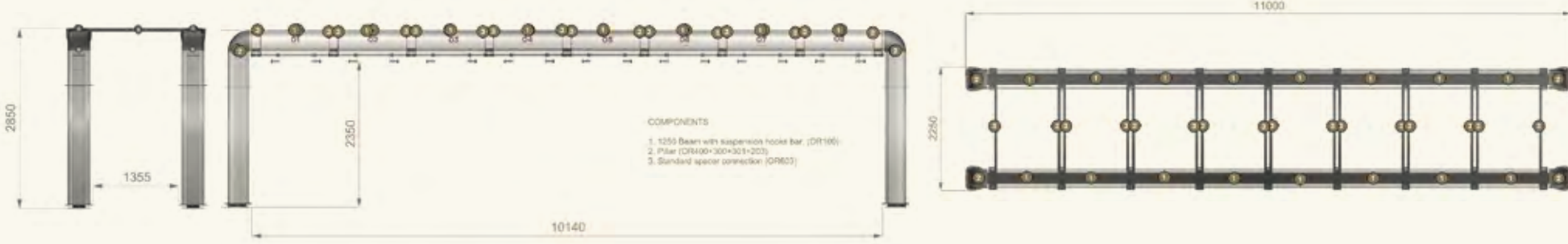
# R2-11 AVANTGARDE

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

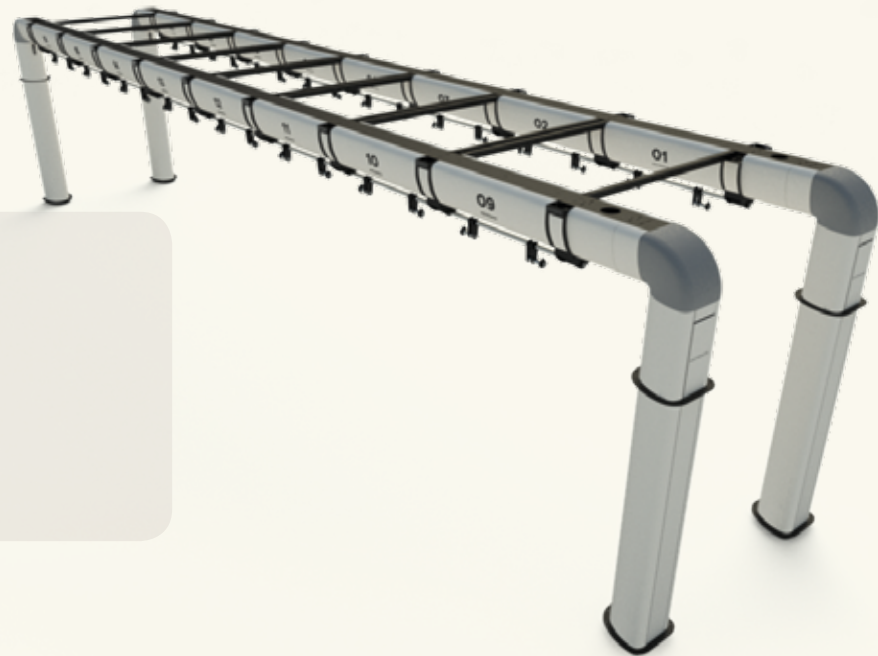
SUSPENSION WORKING STATIONS: 16  
TOTAL WORKING STATIONS: 22+  
FRAME AREA (in cm): 1100 x 225 x h285  
CENTER PIECE WORKING AREA: 1500 x 625  
PERFECT FIT WORKING AREA: 1100x625  
TOTAL WEIGHT: 1700Kg





# R2-12 AVANTGARDE

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



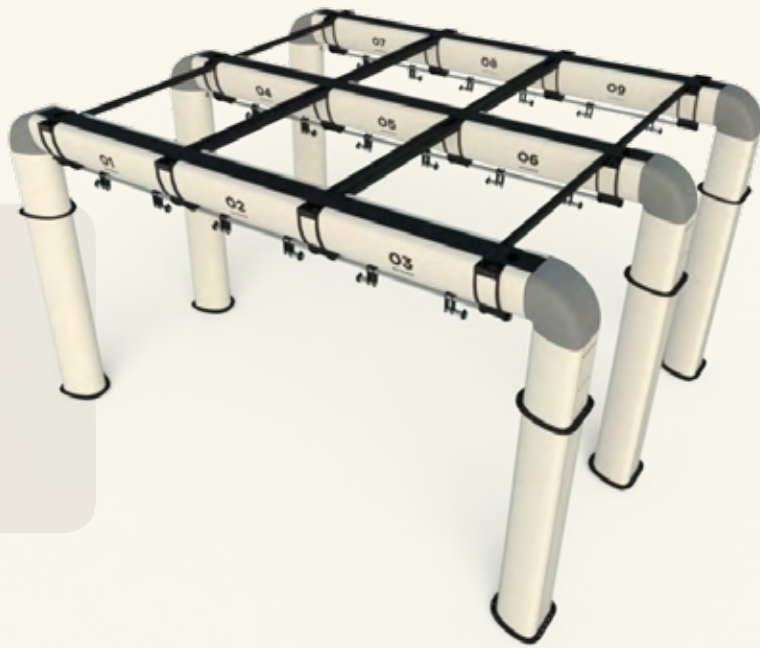
- OR11008BA - R2-12 AVANTGARDE Black-Anodized
- OR11008BS - R2-12 AVANTGARDE Black-Silver
- OR11008BB - R2-12 AVANTGARDE Black-Black
- OR11008BW - R2-12 AVANTGARDE Black-White

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



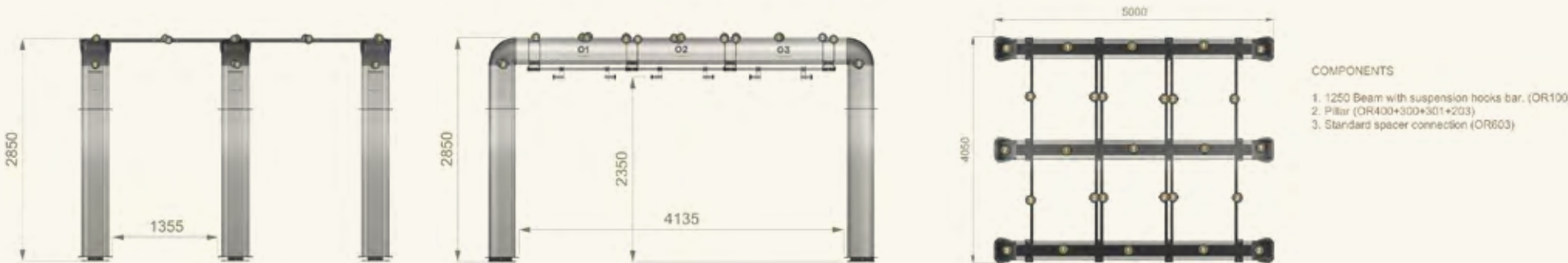
# R3-5 AVANTGARDE

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





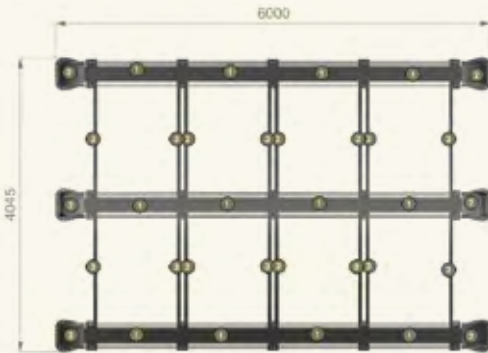
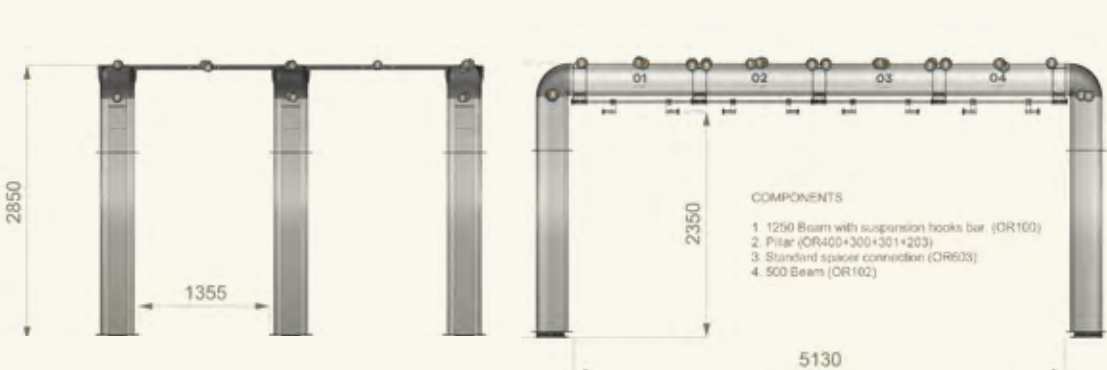
# R3-6 AVANTGARDE

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



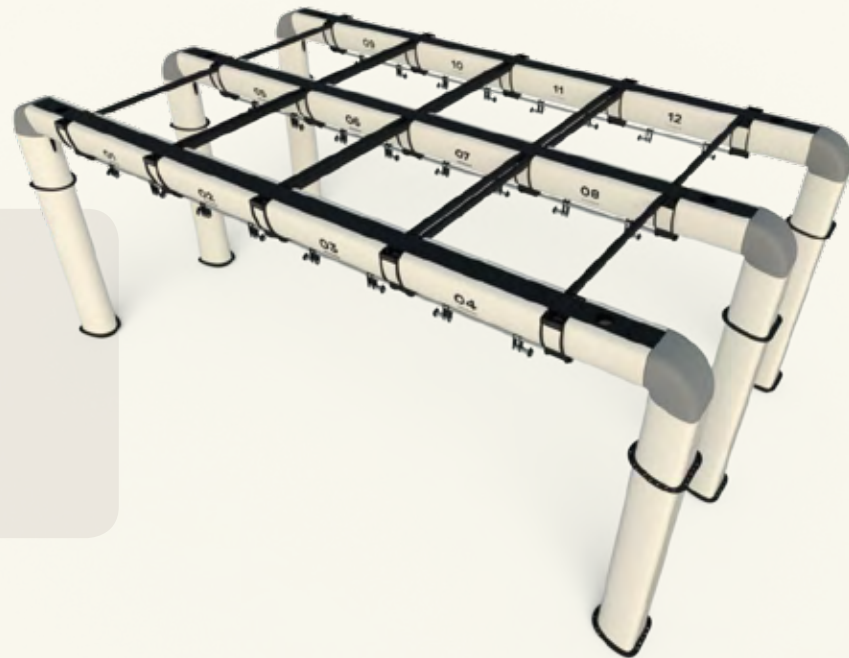
- OR11010BA - R3-6 AVANTGARDE Black-Anodized
- OR11010BS - R3-6 AVANTGARDE Black-Silver
- OR11010BB - R3-6 AVANTGARDE Black-Black
- OR11010BW - R3-6 AVANTGARDE Black-White

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



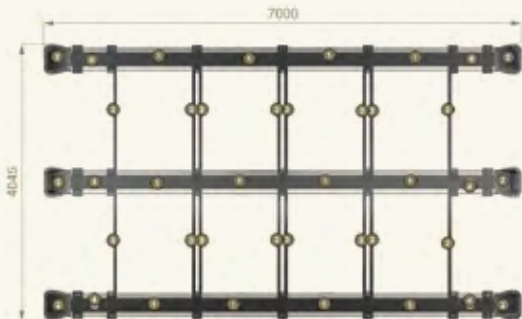
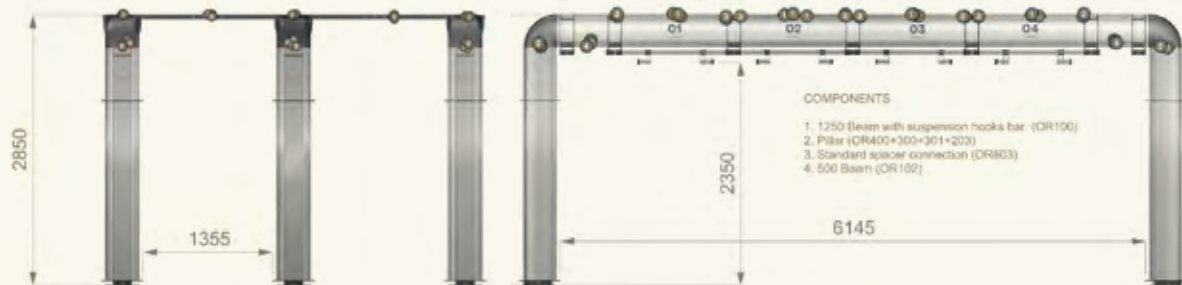
# R3-7 AVANTGARDE

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

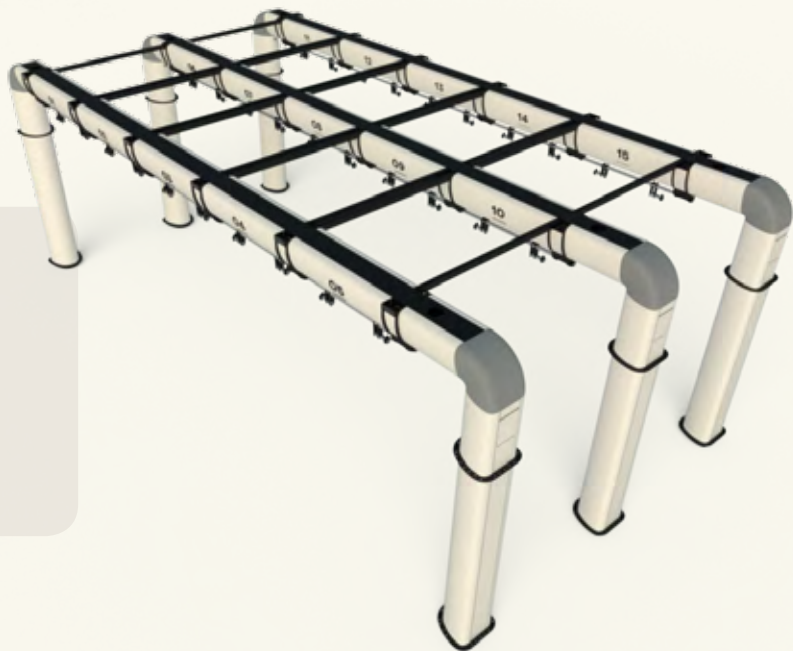
SUSPENSION WORKING STATIONS: 12  
TOTAL WORKING STATIONS: 20+  
FRAME AREA (in cm): 700 x 405 x h285  
CENTER PIECE WORKING AREA: 1100 x 805  
PERFECT FIT WORKING AREA: 700x805  
TOTAL WEIGHT: 1950Kg





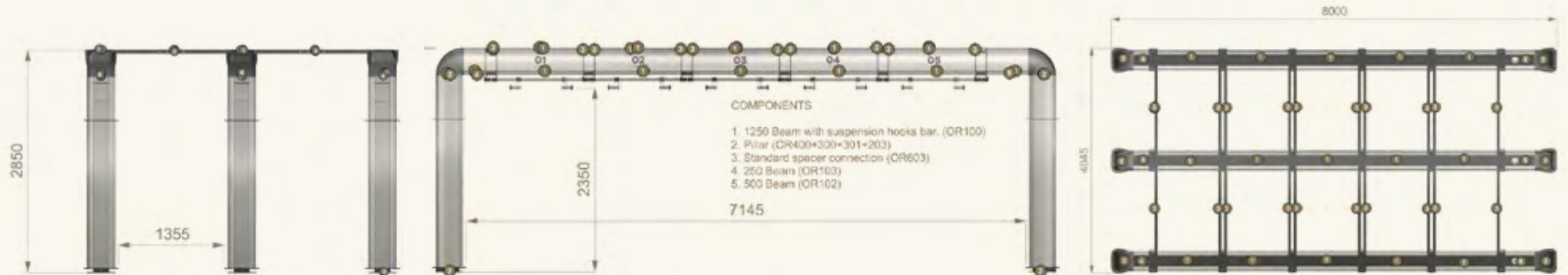
# R3-8 AVANTGARDE

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.



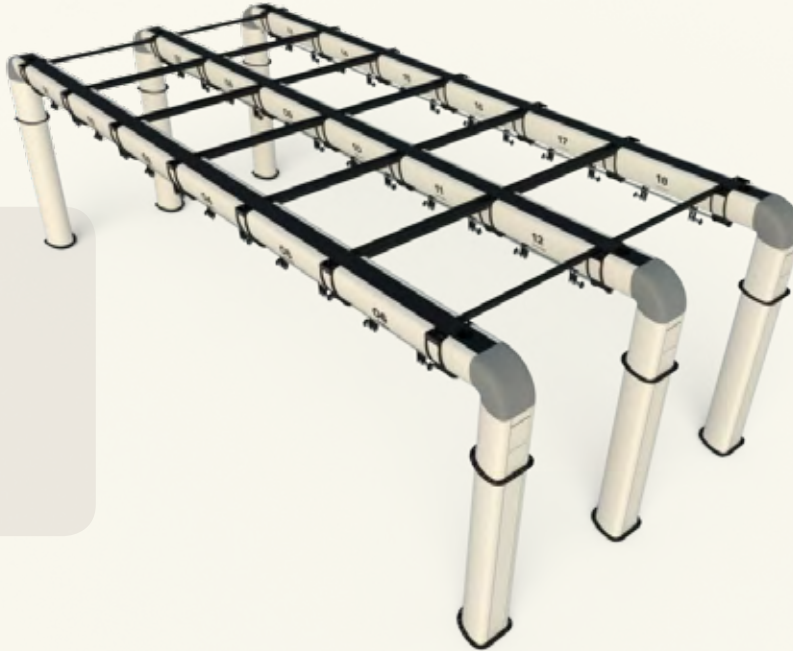
- OR11012BA - R3-8 AVANTGARDE Black-Anodized
- OR11012BS - R3-8 AVANTGARDE Black-Silver
- OR11012BB - R3-8 AVANTGARDE Black-Black
- OR11012BW - R3-8 AVANTGARDE Black-White

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



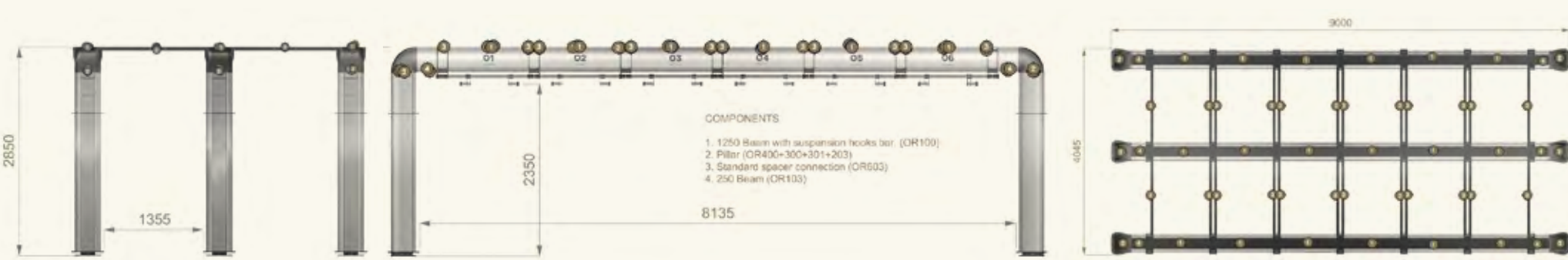
# R3-9 AVANTGARDE

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

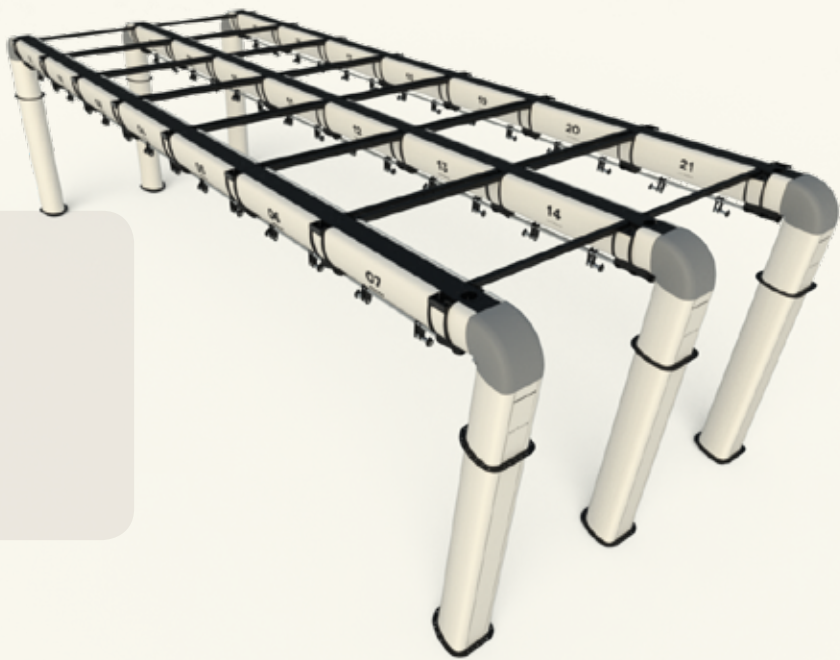
SUSPENSION WORKING STATIONS: 18  
TOTAL WORKING STATIONS: 26+  
FRAME AREA (in cm): 900 x 405 x h285  
CENTER PIECE WORKING AREA: 1300 x 805  
PERFECT FIT WORKING AREA: 900x805  
TOTAL WEIGHT: 2250Kg





# 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.



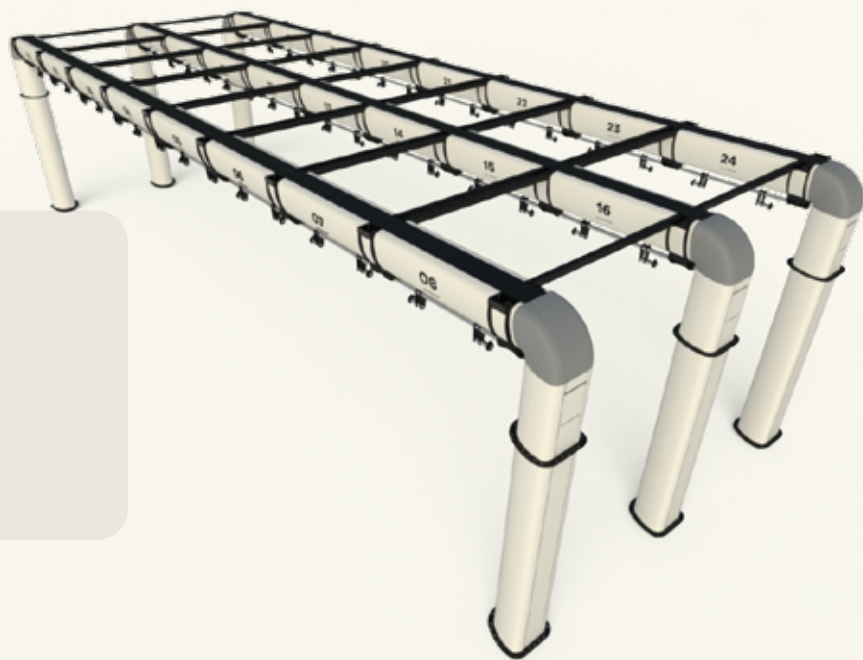
- OR11014BA - R3-10 AVANTGARDE Black-Anodized
- OR11014BS - R3-10 AVANTGARDE Black-Silver
- OR11014BB - R3-10 AVANTGARDE Black-Black
- OR11014BW - R3-10 AVANTGARDE Black-White

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



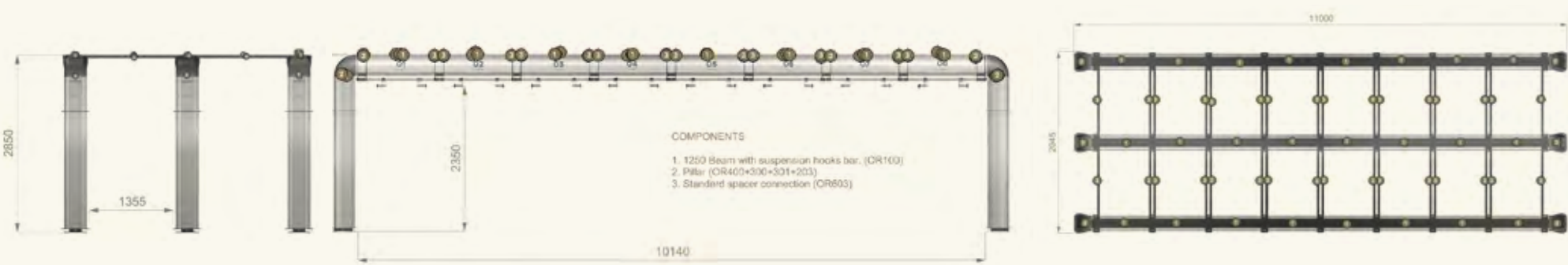
# R3-11 AVANTGARDE

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

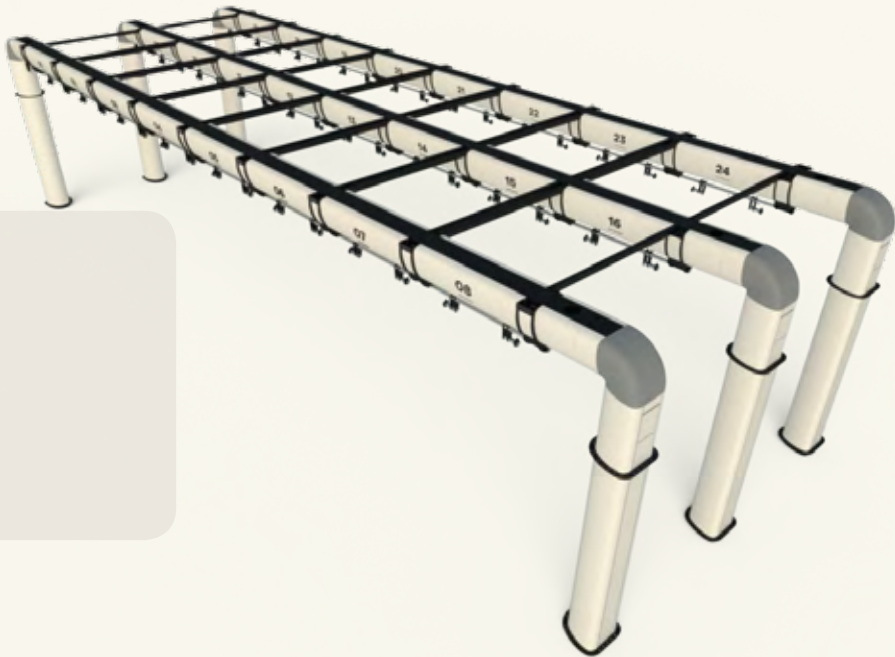
SUSPENSION WORKING STATIONS: 24  
TOTAL WORKING STATIONS: 32+  
FRAME AREA (in cm): 1100 x 405 x h285  
CENTER PIECE WORKING AREA: 1500 x 805  
PERFECT FIT WORKING AREA: 1100x805  
TOTAL WEIGHT: 2550Kg





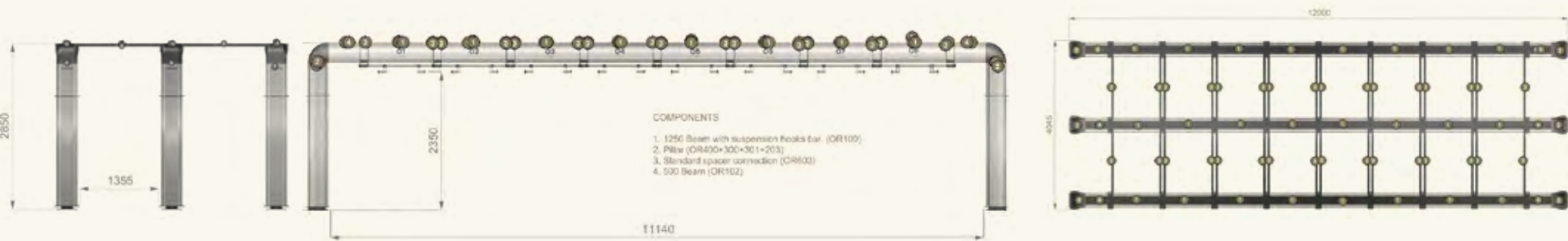
# R3-12 AVANTGARDE

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.



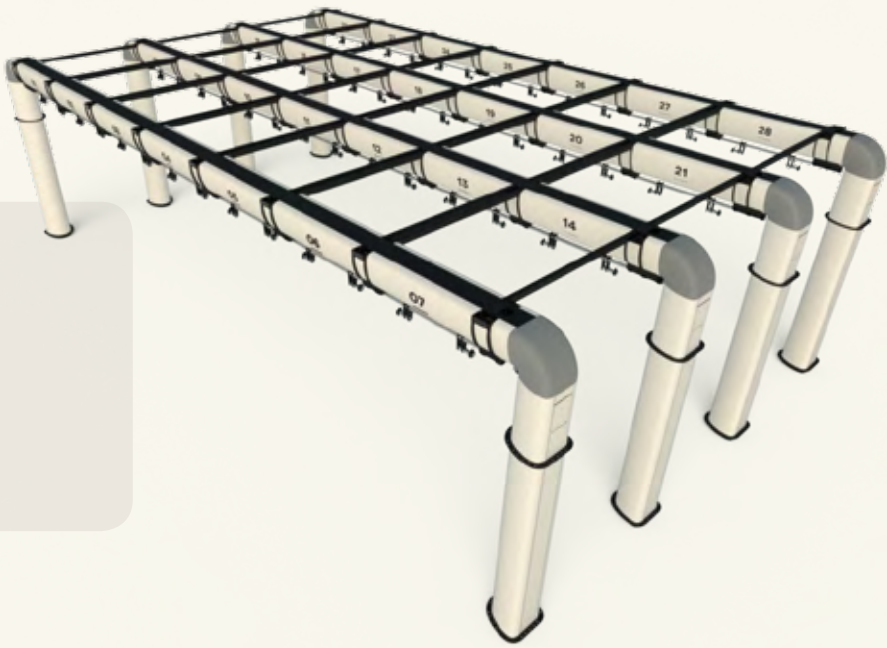
- OR11016BA - R3-12 AVANTGARDE Black-Anodized
- OR11016BS - R3-12 AVANTGARDE Black-Silver
- OR11016BB - R3-12 AVANTGARDE Black-Black
- OR11016BW - R3-12 AVANTGARDE Black-White

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



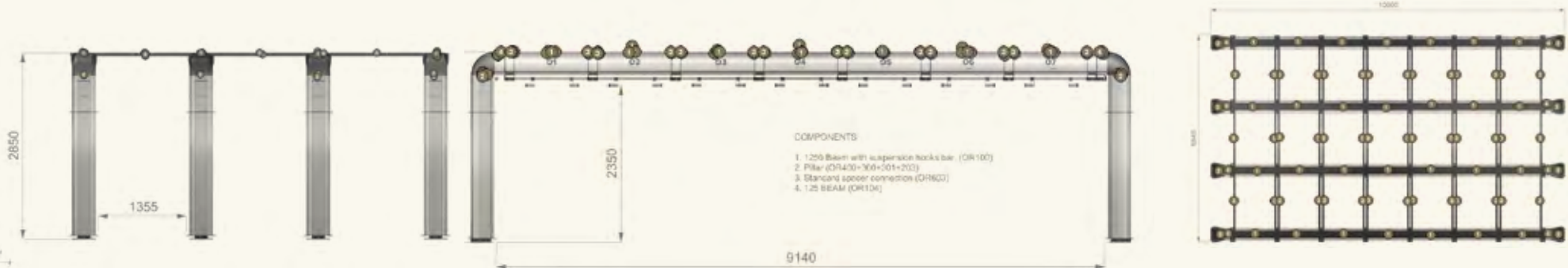
# R4-10 AVANTGARDE

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

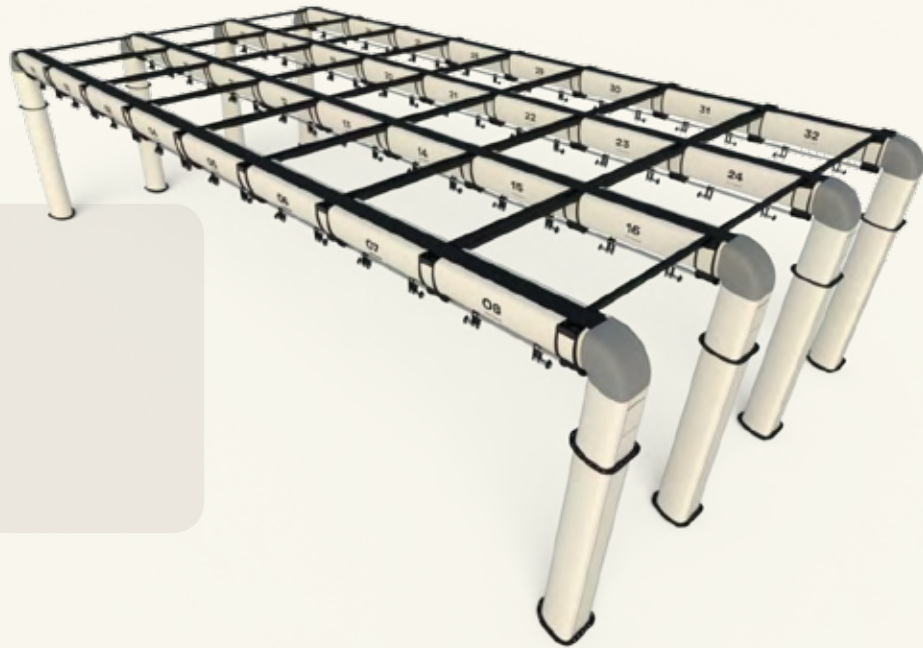
SUSPENSION WORKING STATIONS: 28  
TOTAL WORKING STATIONS: 38+  
FRAME AREA (in cm): 1000 x 585 x h285  
CENTER PIECE WORKING AREA: 1400 x 985  
PERFECT FIT WORKING AREA: 1000x985  
TOTAL WEIGHT: 3200Kg





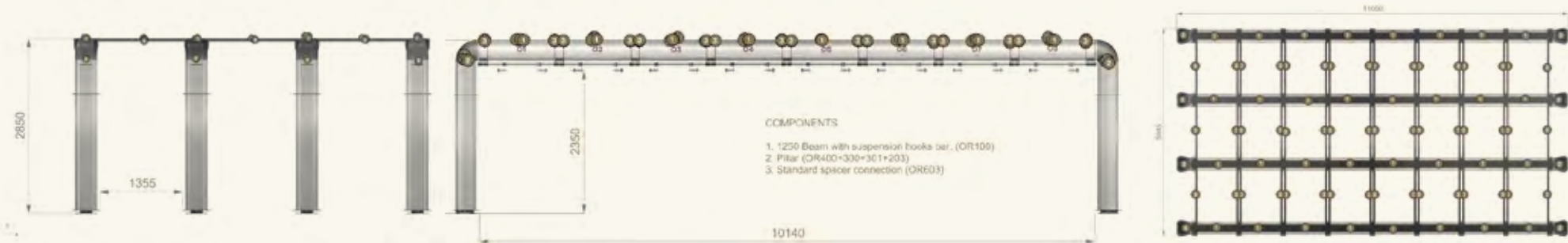
# R4-11 AVANTGARDE

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



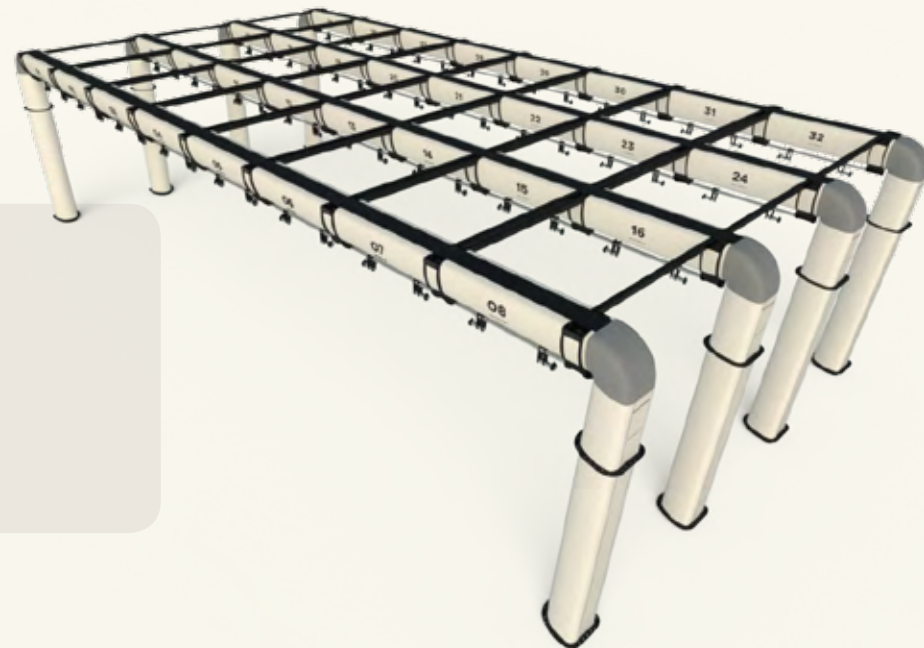
- OR11018BA - R4-11 AVANTGARDE Black-Anodized
- OR11018BS - R4-11 AVANTGARDE Black-Silver
- OR11018BB - R4-11 AVANTGARDE Black-Black
- OR11018BW - R4-11 AVANTGARDE Black-White

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



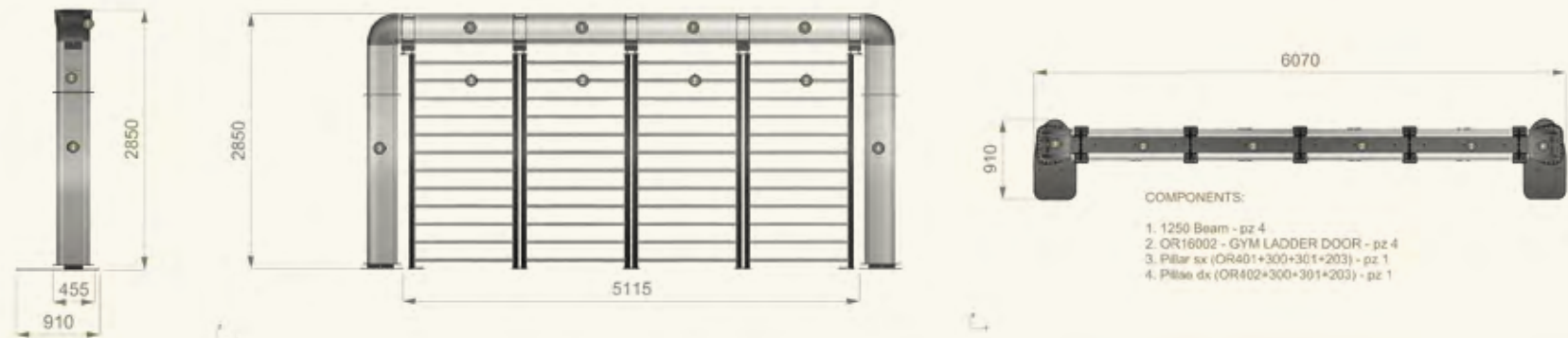
# W6 AVANTGARDE

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



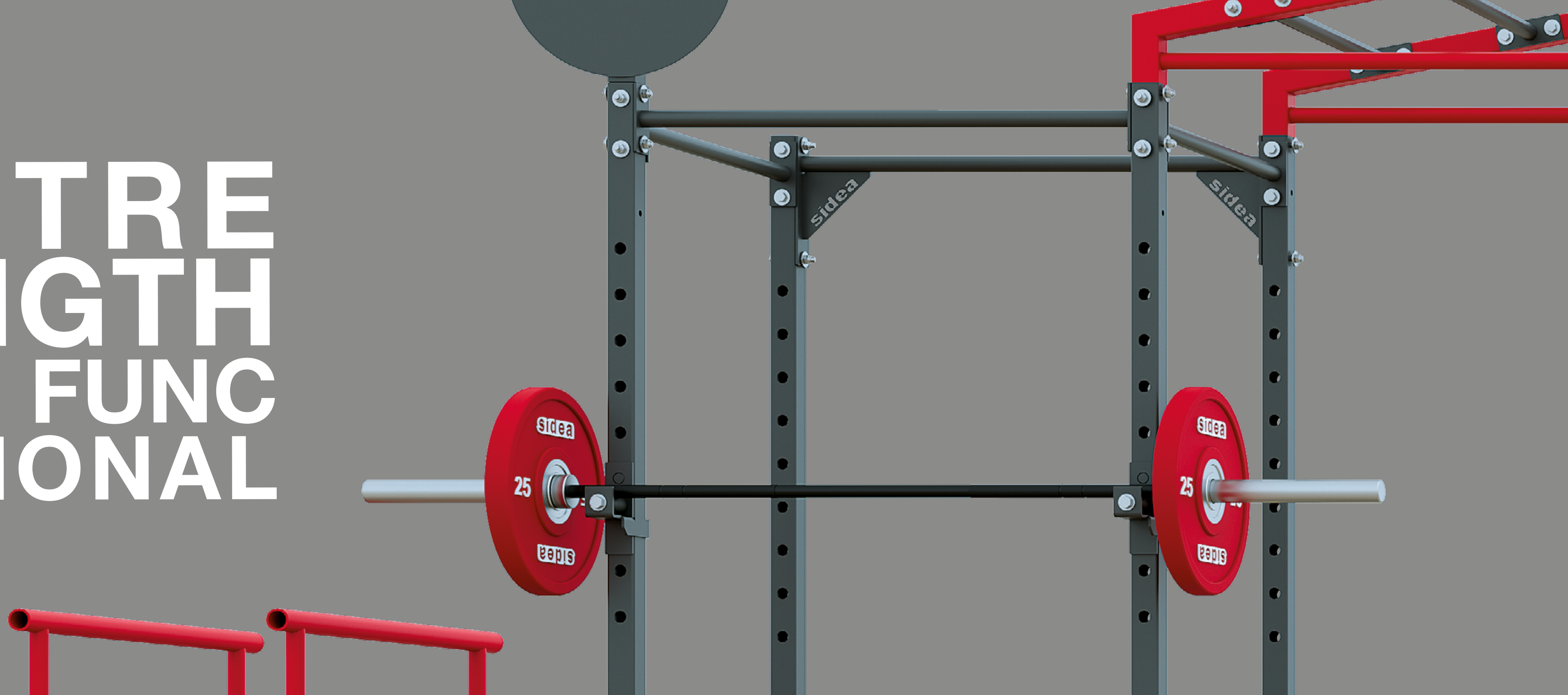
“move smarter, get  
stronger, live better”

**sidea**





# STRENGTH & FUNCTIONAL

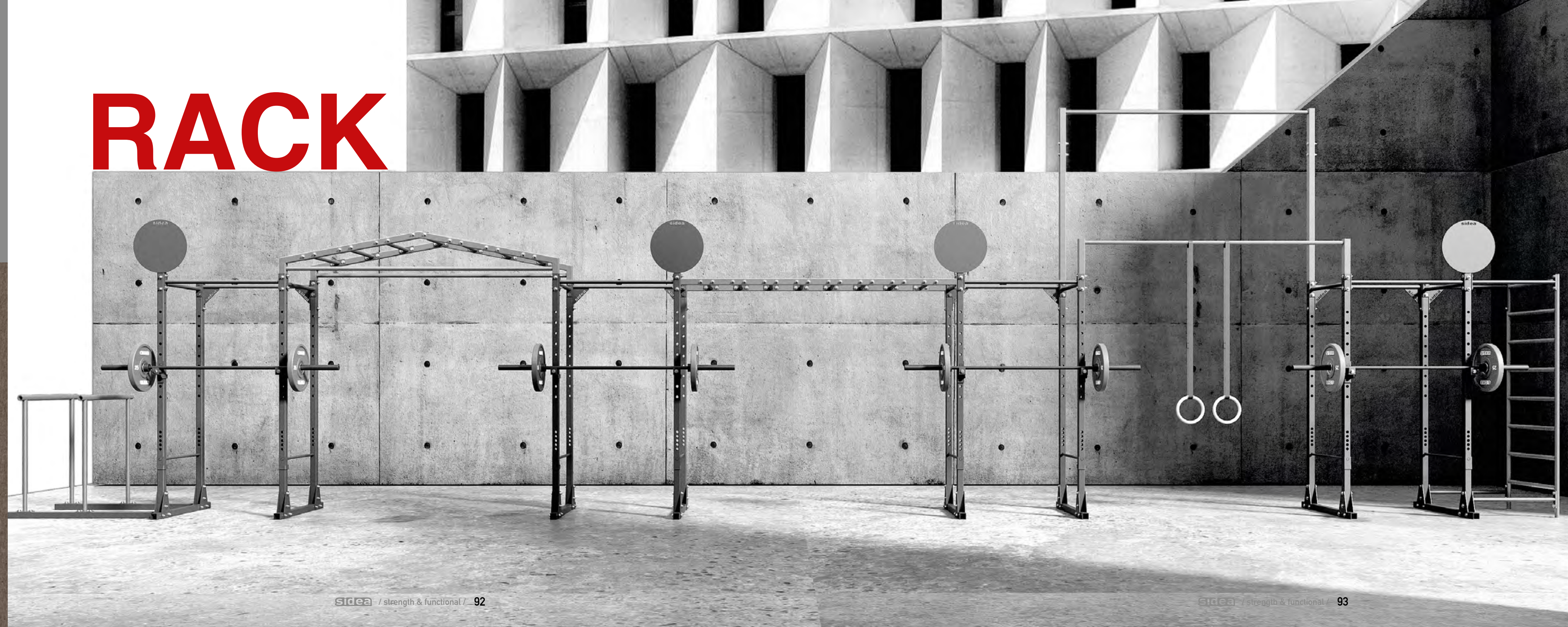








# RACK







## POWER CAGE RACK

Serves as a centerpiece of a training area or as a basic component in a large-scale training facility. 9095 is equipped as the fig. (excluding barbell and plates): pull up bars, adjustable safety brackets, adjustable barbell supports that can be positioned internally or externally. Built for longevity therefore painted with micaceous high resistance dark-gray paint, that as an optional can be combined with cataphoresis paint for outdoor use. This rack can be used with the adjustable bench code 9024.

**Dimensions** 1200x1130 h.2300 mm

**Highest adjustment hole** 1940 mm

**Lowest adjustment hole** 550 mm

**Pull up bars** 2250 mm

**Weight** ≈ 106 kg

**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 Rack
- 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







**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**



05



**9095/16 Half Power Cage Rack - Front**

06



**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



09



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

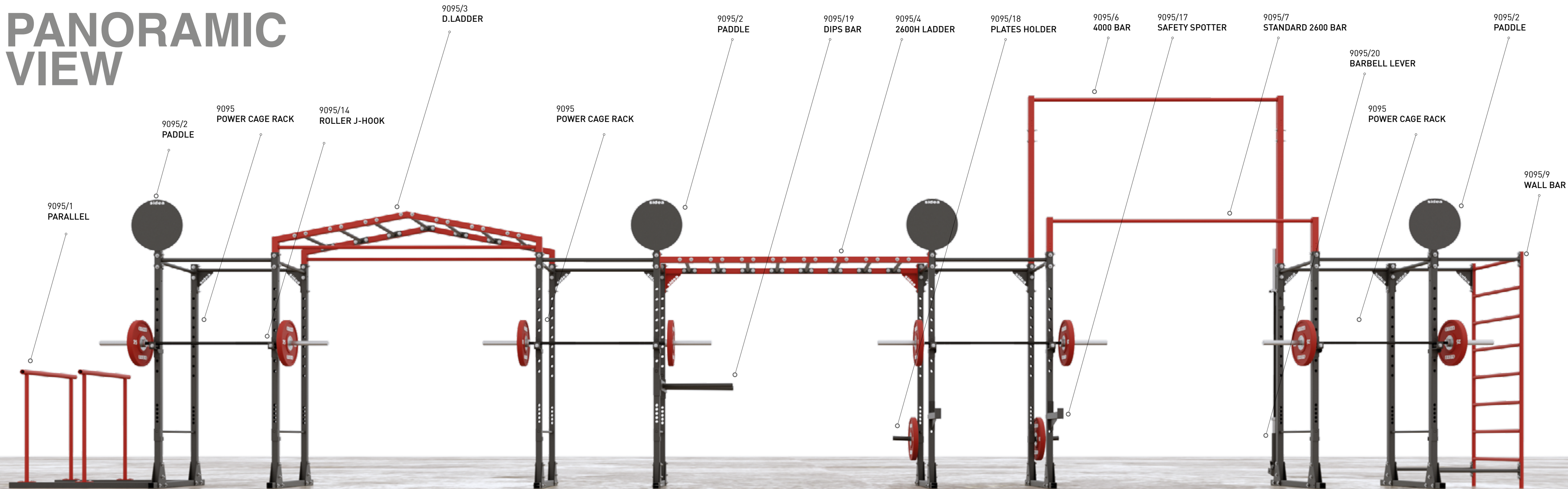
10



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



# PANORAMIC VIEW





## CALISTHENIC RACK

Specifically designed for all calisthenic applications. Modular designed it can be adapted easily to create new configurations and layouts, also with additional components for Olympic barbells. This makes it an all-in-one centerpiece that, from a street workout path, can become a complete rack for any training; military or athletic conditioning.

The equipment, thought for outdoors fitness, playgrounds, spaced along a fitness trail, is built with resistant tubular steel and durable powder finish, that 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 dimension and any existing features. The end result is a design that is truly adaptable, maximizing the space you have available.



**Available model:**

cod. **9090** Calisthenic Rack

**Dimensions:**

**Length** 8150 mm

**Width** 2140 mm

**Height** 4620 mm







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## ADJUSTABLE BENCH

2 types of Adjustable Bench: semiprofessional and professional with wheels. Frame and padded seat stable and sturdy are designed for a intense use that's also affordable. Suitable for a whole range of strength training exercises are perfect for personal training, small gyms and fitness boutiques, also in conjunction with rack or barbell support.

cod. **9024**

Adjustable Bench

**Dimension:**

**Length** 1200 mm

**Width** 630 mm

**Height** 1250 mm

**Seat height** 520 mm

**Weight** 21 kg

**Max load** 200 kg

**Adjustment angle** 0°-90°

cod. **9025**

Professional Bench with wheels

**Dimension:**

**Length** 1300 mm

**Width** 610 mm

**Height** 1280 mm

**Seat height** 520 mm

**Weight** 29 kg

**Max load** 250 kg

**Adjustment angle** 0°-90°



## OPEN RACK

A dark grey rack equipped with several barbell starting points, adjustable safety brackets. The highest barbell support is positioned at 155 cm. The lowest barbell support is positioned at 58 cm. The safety barbell support can be easily be adjusted in height. The holder plates are 50 mm. Particularly suitable for personal training, small gyms and fitness boutiques. The rack can also be used with adjustable bench 9024 and 9025

**Dimension:**

**Height** 1620 mm

**Width** 1600 mm

**Width of barbell storage** 1100 mm

**Length** 1440 mm

**Weight** 51 kg

**Max load** 450 kg

**Available models:**

cod. **9045** Open rack



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STANDING RACK

**Dimensions**  
1110x1120x2520h mm  
**Highest setting hole**  
1950 mm  
**Lowest setting hole**  
450 mm  
**Pull up bars**  
2450 mm or 2250 mm  
**Weight** 64 kg  
**Max load** 380 kg



A dark grey rack equipped with adjustable safety brackets, adjustable barbell supports, hooks for adjustable elastics and bar for pull-ups. 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. Particularly suitable for personal training, small gyms and fitness boutiques. The rack can also be used with adjustable bench 9024 and 9025.

**Available model:**  
cod. **9098** Standing Rack

PULL UP BAR

Attaches to the wall, very robust and equipped with multy hand grips. Also useful as an attachment point for suspension training equipment like the 2092 Flying.

**Dimensions** 1100 x 600 mm, Ø 28 mm bar  
**Weight** 17,5 kg  
**Max load** 300 kg  
**Available model:**  
cod. **9048** Pull up Bar



PULL UP BAR

Classic pull up bar attaches to the wall at a distance of 90 cm used for muscle up and functional training exercises. Sturdy also useful as an attachment point for suspension training equipment like the 2092 Flying or 2088, 2088/1 Rings.

**Dimensions** 1200 x 900 mm, Ø 33 mm bar  
**Weight** 16 kg  
**Max load** 300 kg  
**Available model:**  
cod. **9048/1** Pull up Bar



WALL BAR

Angled shaped bar, equipped with one hook. Attaches to the wall for hanging punching bags and 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





# SIDEA BARBELL



		DESCRIPTION	WEIGHT	BAR LENGTH	SLEEVES LENGTH AND DIAMETER	SHAFT LENGTH GRIP Ø	MARKER	USE	CODE
PREMIUM	PREMIUM MALE OLYMPIC BARBELL	High performance and durability, IWF standards 200.000 PSI tensile strength, 8 needles bearings + 2 bushings, Sleeves in hard chrome, Bar in black hard chrome	20 kg	2200 mm	415 mm Ø 50 mm	1310 mm Ø 28 mm	810 mm 910 mm	Weightlifting / Cross training	9015/4
	PREMIUM FEMALE OLYMPIC BARBELL	High performance and durability, IWF standards 200.000 PSI tensile strength, 8 needles bearings + 2 bushings, Sleeves in hard chrome, Bar in black hard chrome	15 kg	2010 mm	320 mm Ø 50 mm	1310 mm Ø 25 mm	810 mm 910 mm	Weightlifting / Cross training	9015/5
	MALE OLYMPIC BARBELL	Price performance, IWF standards, 180.000 PSI tensile strength, 4 needles bearings + 2 bushings Sleeves in hard chrome, Bar in hard chrome	20 kg	2200 mm	415 mm Ø 50 mm	1310 mm Ø 28 mm	810 mm 910 mm	Multi-purpose	9015/8
	POWERLIFTING BARBELL 32	Performance and durability, 180.000 PSI tensile strength, 4 needles bearings + 2 bushings, Sleeves in hard chrome, Bar in chrome	20 kg	2208 mm	400 mm Ø 50 mm	1328 mm Ø 32 mm	810 mm 910 mm	Powerlifting	9015
	AXLE BARBELL 50	Fat bar No bearings, no bushings Sleeves and bar painted without knurling	20 kg	2130 mm	390 mm Ø 50 mm	1310 mm Ø 51 mm		Training	9015/7
	TRAINING BARBELL 185	Reduced dimensions and weight 180.000 PSI tensile strength 4 needles bearings + 2 bushings Sleeves in hard chrome Bar in hard chrome	14 kg	1850 mm	250 mm Ø 50 mm	1280 mm 28 mm	810 mm 910 mm	Multi-purpose	9015/3
	LIGHTWEIGHT ALUMINIUM BARBELL	Technical berbell 4 needles bearings + 2 bushings Sleeves in hard chrome Bar in alluminium	6,5 kg	1850 mm	250 mm Ø 50 mm	1280 mm Ø 28 mm	810 mm 910 mm	Technical beginner barbell	9014/1
	LIGHTWEIGHT INTRO BARBELL	Mini berbell No bearings, no bushings Sleeves and bar painted without knurling	3,5 kg	1680 mm	200 mm Ø 50 mm	1280 mm Ø 28 mm	910 mm	Beginner barbell	9015/1
FITNESS	SUPER PUMP BARBELL	Barbell rubberised and chromed for pump training	1 kg	1300 mm	130 mm Ø 28 mm	1040 mm Ø 35 mm		Pump training	1660
	SUPER PUMP IRON BARBELL	Iron barbell for pump training No bearings, no bushings Painted without knurling	1 kg	1300 mm	200 mm Ø 28 mm	880 mm Ø 28 mm		Pump training	1660/1
	EZ BARBELL	Angled barbell No bearings, no bushings Sleeves and bar chromed	8 kg	1200 mm	165 mm Ø 50 mm	820 mm Ø 25 mm		Training	9027



MENS / WOMENS / 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

MALE OLYMPIC BARBELL

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



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



TRAINING BARBELL 185

13 kg Multi-purpose  
Reduced length - 81 and 91 cm marks  
cod. 9015/3



LIGHTWEIGHT ALUMINIUM BARBELL

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



LIGHTWEIGHT INTRO BARBELL

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



SUPER PUMP BARBELL

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



FITNESS

SUPER PUMP IRON BARBELL

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



FITNESS

EZ BARBELL

8 kg Training  
Angles bar low impact  
cod. 9027



FITNESS





## TRICEPS BAR

Multi grip barbell designed for bodybuilding such as presses and extensions for triceps training. This barbell has a unique shape, a revolutionary concept that offers the possibility of creating particularly effective alternative grips. 91cm long, 9 kg, adapters diameter 50 mm and rubber grips.

**Dimensions** 915 mm

**Weight** 9 kg

**Available model:**

cod. **9027/1** Triceps bar



## 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

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



## OLYMPIC SPIN COLLAR

After tightening, the spin system assures a better locking of the plates.

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. Provided with a V handle (hole diameter 50mm) which offers alternative workouts: its wide grip emphasizes core training. 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

**Handle size** 550 x 500 mm

**Handle weight** 2 kg

**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





## BARBELL RACK

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

**Dimension** 620 x 600 mm,

**Height** 260 mm

**Available model:**

cod. **9049/1** Barbell Rack



## WALL BAR RACK

Black wall attachment for storing horizontally Olympic barbells 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







## WOODEN JERK PLYOBLOCKS

A multi-purpose solution that meets a whole range of training requirements. Designed for weightlifting where the stackable wooden blocks make it possible to position the support and drop surface of the barbell at different heights. Power training with the use of weightlifting exercises is widespread in the current conditioning world, for this reason the plyobox set becomes a very useful tool, capable of providing the coach with many training options aimed

at various levels, with a high degree of security. The wooden blocks are also used for plyometric exercises. The blocks are made of solid Swedish pine, well finished and polished. The cod. 9113/10 is notable for recycled rubber positioned on the surface of the block. The block connection system and the handgrips are specially designed to protect the fingers.

Total weight of 12 blocks: 141 kg

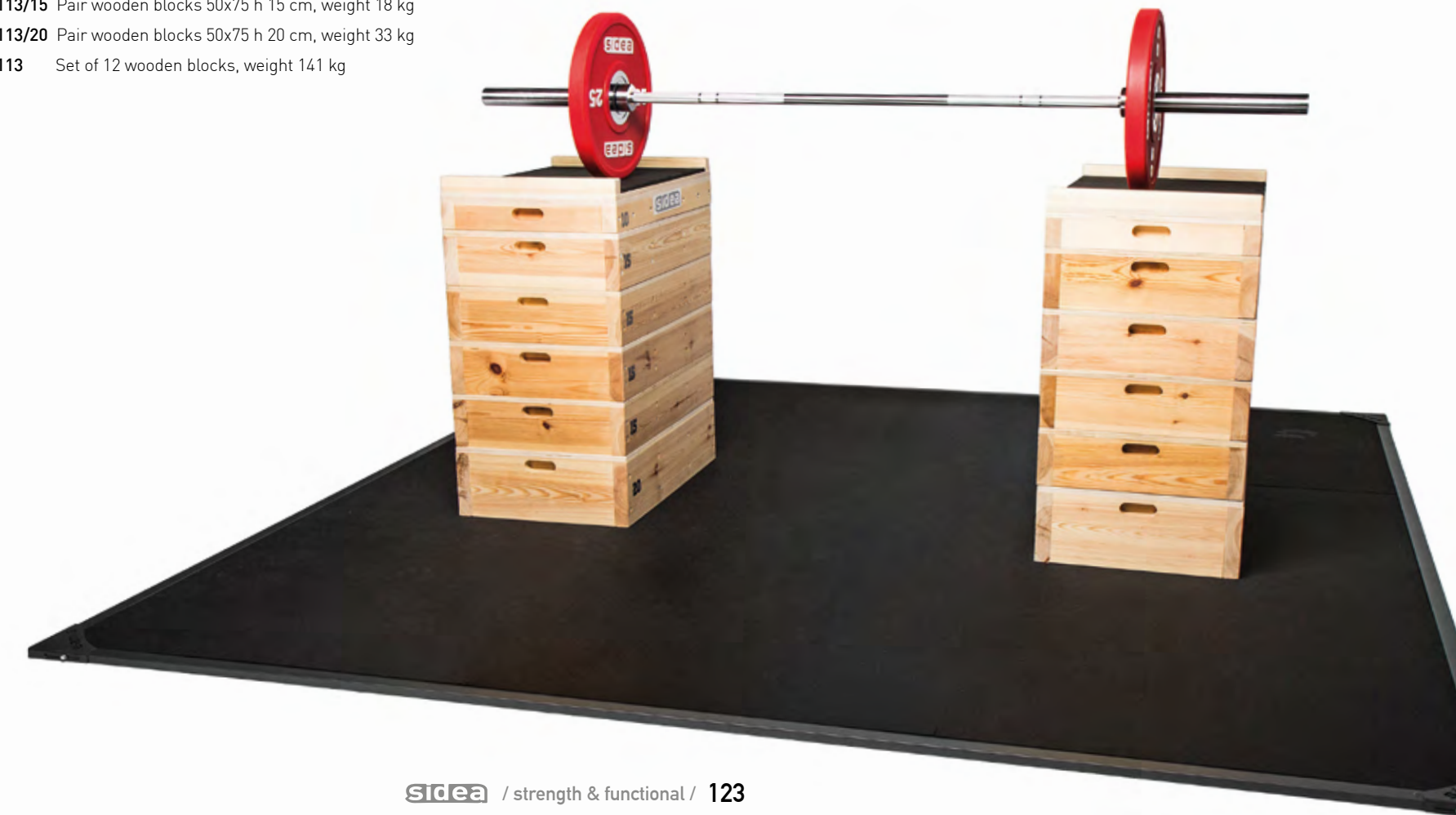
### Available models:

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





## BARBELL JACK

Lever - jack useful for lifting and lowering barbell from and to the ground for easy loading-unloading of the plates. The tool is practical and useful for saving energy when loading plates. The Barbell jack is sold one by one (single) but by buying the pair it can be used also as the starting point of the exercises.

Dimension	Available model:
Length 635 mm	cod. 9084 Barbell Jack
Width 330 mm	
Height 360 mm	
Barbell height from ground 355 mm	
Weight 5 kg	



## OLYMPIC BAR SUPPORT

Black support base for barbells adjustable in height and width. This barbell structure was invented as a point of departure and arrival for Olympic barbell exercises and alike. The tool is particularly handy because it can be easily moved and transported. Useful for athletic training (field or gyms).

Adjustable height from 970 to 1600 mm
Adjustable width from 670 to 1110 mm
Width supports barbell 1100 mm
Length 620 mm
Max Load 300 kg
Weight 28 kg

Available model:  
cod. 9046 Olympic Bar Support







## BARBELL GYM CHAIN

Pair of chains for weightlifting with progressive loads, 1500 mm, weight 12 kg each one. The chains are made for barbells with plate adapters of 50 mm but can be used in various other ways. Each chain is composed of 20 links, about 600 g par link. To increase the progressive load weight it's possible to place more pairs of chains onto the barbells. The chain collar is 80 mm wide, so on barbell with 400mm sleeve you can install up to 5 pairs of chains.

### Available models:

cod. **9082** Barbell Gym Chain Pair





SUPER HEX BAR

24 kg barbell is an evolution of the traditional hexagonal barbell for weightlifting (see code 9012). This barbell helps athletes in maintaining stability for the exclusive benefit of security.

The possibility to lift the barbell with hands keeping central weight permits a balanced distribution of load. Compared to traditional hexagonal barbells two features stand out:

- The hexagonal frame with 4 feet resting on the floor with uplifted adapters allow the athlete to load and unload the barbell without lifting it.
- The rotating sleeve with 3 grips of different diameter allows the athlete to improve grip itself and to determine various exercising conditions. Larger diameter is useful for training of the hand. Thinner diameter makes ergonomic and easier grip.

Plates and collars are not included.



**Dimensions**  
**Length** 1900 mm  
**Sleeves** 400 mm Ø50 mm  
**Grip** Ø25 mm - Ø38 mm - Ø50 mm  
**Max load** 600 kg  
**Weight** 28 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







## BLACK RUBBER BUMPER PLATE

5, 10, or 20 kg. This line is designed with the aim of getting the best value for money. The rubber used is of the highest quality, important cost factors such as coloring and painting of logos and numbers have been eliminated. The high quality of the rubber, almost odorless, has a great coefficient of elasticity and good mechanical strength, which secures an exceptional level of durability despite the adoption of the ring. The steel ring, placed to protect the hole, represents the most common economic and constructive solution. It has a limit of wear out mainly in the middle. A relative limit because the rubber bumper plates brilliantly passed the tests of the 20,000 drops.

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

This series consists of 5 rubber plates, hole diameter 50 mm. Colours are according to IWF rules, in order to distinguish weight.

Internal diameter 50 mm

### Available weights:

cod. **9038/05** Fractional plates 0,5 kg - ext Ø 150 mm - thk 21 mm

cod. **9038/10** Fractional plates 1 kg - ext Ø 150 mm - thk 23 mm

cod. **9038/15** Fractional plates 1,5 kg - ext Ø 160 mm - thk 25 mm

cod. **9038/20** Fractional plates 2 kg - ext Ø 165 mm - thk 26 mm

cod. **9038/25** Fractional plates 2,5 kg - ext Ø 170 mm - thk 29 mm



## TECHNIQUE PLATES 2,5 KG · Ø 45 CM

Technical plates, to use with 3kg barbell mod. 9015/1, or aluminum barbell kg. 7 mod. 9014/1, are ideal for facilitating weightlifting training skills when necessary to perform with reduced loads.

Internal diameter 50 mm

### Available weights:

cod. **9040/25** Technical plates 2,5 kg  
thk 20 mm





## PRO-TRAINING BUMPER PLATE

5,10,15, 20, 25 kg, IWF standard colors, designed with the goal of obtaining high quality standards. The rubber used is the same as the 9040/1 line but the plates are colored and have steel plates to protect the hole and surrounding area. For this reason, reliability, durability and constructive precision are improved.

Internal diameter 50 mm - External diameter 450 mm

**Available weights:**

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



## PU BUMPER PLATE

5,10,15, 20, 25 kg, IWF standard colors, this bumper line is made of polyurethane. Polyurethane is the best material to produce plates. Highest resistance, extraordinary compactness, reduced rebound, no smell, bright colors, no scratches or imperfections, perfect coupling with the steel plate. PU plates are the best possible solution in terms of reliability, aesthetics and general quality. Furthermore, thanks to the high density of the material, PU plates are thinner than other standard plates. This allows loading of a 350 kg barbell, as if it were a metal plate, but with the advantage of having a 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 - thk 25 mm
- cod. **9042/3** PU Bumper Green kg 10 - thk 33 mm
- cod. **9043/3** PU Bumper Yellow kg 15 - thk 36 mm
- cod. **9044/3** PU Bumper Blu kg 20 - thk 42 mm
- cod. **9046/3** PU Bumper Red kg 25 - thk 52 mm





## PU BUMPER PLATE

5,10,15, 20, 25 kg, this bumper line is made of polyurethane. Polyurethane is the best material to produce plates. Highest resistance, extraordinary compactness, reduced rebound, no smell, no scratches or imperfections, perfect coupling with the steel plate. PU plates are the best possible solution in terms of reliability, aesthetics and general quality. Furthermore, thanks to the high density of the material, PU plates are thinner than other standard plates. This allows loading of a 350 kg barbell, as if it were a metal plate, but with the advantage of having a softer support. PU Bumper plates are also available in IWF standard colours: 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 - thk 25 mm
- cod. **9042/4** PU Bumper Black kg 10 - thk 33 mm
- cod. **9043/4** PU Bumper Black kg 15 - thk 36 mm
- cod. **9044/4** PU Bumper Black kg 20 - thk 42 mm
- cod. **9046/4** PU Bumper Black kg 25 - thk 52 mm



## RUBBER 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

## STANDING BUMPER RACK

Sturdy, stable vertical rack, equipped with 6 holder plates length 25 cm, diameter 50 mm. The distance of the plates holders, 500 mm, allows the storage of bumper plates and large plates, on each floor, allowing greater freedom of positioning.

**Dimensions:** 650 x 650 x 1350h mm

**Weight** 16 kg

**Available model:**

cod. **9039** Standing Bumper Rack



## PYRAMID PLATE RACK

Rack Plates 50mm hole made in oval tubular shape Colour Silver. The distance between the plates holders is 400 mm

**Dimensions:** 390 x 630 x 910h mm

**Weight** 10 kg

**Available model:**

cod. **9047** Pyramid Plate Rack







## UNIVERSAL STORAGE RACK

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

### Available pieces:

- cod. **4140** Upright coloumn kit - 18 kg  
(2 coloumn + 3 junction bar + nuts and bolts)
- 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, eg kettlebell holder)
- cod. **4144** Bumbers Shelf - 18 kg (bumper plate shelf)

4140 Upright Column Kit is a set composed of 2 columns (uprights), 3 junction bars, nuts and bolts. Two kits are necessary to compose the basic shelving, that can be lengthened adding other kits. The kits are sold individually in order to compose, as desired, shelving with 2, 3, 4, 5 uprights.

**Dimensions:** 1570 x 470 x 1805h mm

**Weight** 90 kg

**Max load** 1000 kg







## SMASH D-BALL

Tough, strong grip, no-bounce, specially designed for core training, particularly smash, slam and explosive power development training. The extreme versatility of the medicine ball, the wide range of weights available and the above mentioned characteristic has increased the use of this items in functional training.

### 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

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





MEDICAL 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 Medical ball 2 kg / Ø 190 mm
- cod. 0491 Medical ball 4 kg / Ø 220 mm
- cod. 0492 Medical ball 6 kg / Ø 230 mm
- cod. 0493 Medical ball 8 kg / Ø 240 mm



MEDICAL BALL WITH GRIPS

Medical 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, made for 12 Giant Med Ball, diameter 36 cm, on three floors. The fourth floor can be used when you have mixed medicine balls with some balls of smaller diameter. By using the fourth floor, for example, you can store 8 Giant Med Ball diameter 36 cm on the two lower floors, plus 8/10 normal medicine balls, 20-28 cm diameter, on the two upper floors.

**Dimension** Ø760 x 1620h mm

**Weight** 20 kg

**Max load** 500 kg

**Available model:**

cod. **0510** Giant M-Ball Rack



## MEDICAL BALL RACK

Storage 10 Medical Balls.

**Dimension** 650 x 480 x 1355h mm

**Weight** 32 kg

**Max load** 300 kg

**Available model:**

cod. **0499/1** Medical Ball Rack





## GIANT MED BALL

Giant medical balls in eco-leather, very robust but not hard, moderate bounce, made for functional training, especially for wall ball exercises. Available in vast range of weights, from 4 to 20kg, the diameter doesn't vary according to 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

Equipped with 5 handles, are ideal for functional training and in circuit training. The bags, with different colours for different weights, are soft and can be used without any danger for people and things. At the same time the cylinder is supported by a good structural rigidity that allows the bag not to deform and makes it easier for proper execution of exercises such as clean, snatch, etc.

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



## FLOW-BALL

As the Flow-bag designed to be filled with water and air. The inner ball is a standard gym ball diameter 45 cm equipped with a filling hole, not a water valve as the Flow-Bag. The flow-ball is an ideal solution particularly suitable for functional training. Flow-Ball can be used either as a destabilizing training tool and as an unstable base. The flowing of water makes the ball highly destabilizing and forces the user to an intense work of balance and control that involves the whole body. We advise filling the WaterBall with a few liters of water (3 lt. for beginners, 5 lt. for intermediates, 8 lt. for advanced) for the performance of multi-planar and multidirectional exercises. FlowBall has 6 handles for hands and feet: 4 padded hand grips and 2 foot grips adjustable with Velcro placed on the same side.

### Available model:

- cod. **0427** Flow Ball

## NEEDLE H2O FOR FLOW-BALL

Can be used for flow-balls and for gym balls.

### Available model:

- cod. **0421** Needle H2O For Flow-Ball



## PUMP FOR FLOW-BAG

### Available model:

- cod. **0422** PUMP for Flow-Bag, cod. 8054







## FLOW-BAG

FLOW-BAG is an innovative tool that represents more than any other element functional training. A training bag equipped with handles, made of tough fabric and PVC, ready to be filled with water, depending on the weight to be obtained and then also to inflate with air. Flowing of water causes destabilizing and forces the user to an intense work of balance and control that involves all the body.

**Dimension** length 82 cm - diameter 25 cm

**Weight** variable depending on the water filled inside, from 0 to 30 kg

**Liner Bag** optional for sand or other ballast from 0 to 40 kg

**Handle** 5 available

**Structure** sturdy canvas and reinforced stitching.

**Closure** zip + Velcro opening long

### Available models:

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

cod. **8054/1** optional: sand bag loadable up to 40 kg







## ROPE

Ropes of various length used for climbing or functional training, complete with thimble and ring. The ends are covered for a precise finishing.

Available models:  
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, diameter 50mm, length 15m, excellent finishing. This distinguishes particularly for the intensity of the exercise that the dimension and weight of the rope forces the user to use.

**Dimension** diameter 50 mm  
**Length** 15 m  
**Weight** 15 kg

Available model:  
cod. 1710 Gym Rope



## EASY GYM ROPE

10 m length, diameter 38 mm, lightweight version of the Gym Rope cod.1710. For functional training exercises like the wave, the small size of this rope makes the tool particularly suitable for ladies or beginners.

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

Available model:  
cod. 1711 Easy Gym Rope







## SET METAL PLYOBOX

Rubber coated metal platforms for plyometric exercises, functional training, athletic training.

### Height and dimension Bases:

Small Plyobox	33 x 33	height 31 cm
Medium Plyobox	36 x 36	height 46 cm
Large Plyobox	40 x 40	height 61 cm

**Max load** 135 kg

**Weight** 32 kg

### Available model:

cod. **9109** Set Metal Plyobox



## PLYOBOX 3 IN 1

Plyoboxes enable work at three different heights in order to create alternative solutions for any training necessity. The main quality these products are stability and sturdiness. The soft impact model, cod.9112, guarantees greater safety.

### Available models:

cod. **9112** Soft Plyobox

**Dimension** 500 x 600 x 750 mm

**Weight** 21 kg

**Max load** 135 kg

cod. **9111** Wooden Plyobox

**Dimension** 400 x 500 x 620 mm

**Weight** 17 kg

**Max load** 135 kg







## SOFT IMPACT PLYOBOX

Cuboid Boxes for plyometric exercises, made of high-density polyurethane, PVC coated, with handles and velcro flaps to keep locked boxes in place. High Stability, soft surface, cushioned landing areas, minimizes the risk of injury. Ideal for functional training and conditioning.

### 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

**Max load** 135 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

Available weights:

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



## HORIZONTAL BARBELL RACK

Five places, small feet for saving space, the horizontal barbell rack is an effective way to facilitate picking up bars, especially preloaded fixed barbells that have in the speed of use their main quality.

Dimensions 930 x 660 x 1470h mm

Weight 37 kg

Max load 250 kg

Available models:

cod. **9049** Horizontal Barbell Rack

## DUMBBELL RACK

Sturdy storage for a wide range of dumbbells. Designed on 2 levels to store 12 pairs of dumbbells; e.g. series from 4kg to 26kg, the shelves are made with a rail. This allows easy accommodation of the dumbbells that optimizes the space.

Dimension: 2000 x 600 x 770h mm

Weight 70 kg

Max load 1000 kg

Available models:

cod. **8880** Dumbbell Rack



## 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 920 mm

Available weights:

cod. **8710** weight kg 10  
cod. **8712** weight kg 12,5  
cod. **8715** weight kg 15  
cod. **8717** weight kg 17,5

cod. **8720** weight kg 20  
cod. **8725** weight kg 25  
cod. **8730** weight kg 30  
cod. **8735** weight kg 35

cod. **8740** weight kg 40  
cod. **8745** weight kg 45





## HEX RUBBER DUMBBELL

Professional fixed rubber dumbbell with hexagonal head for intense use. Distinguished by a strong design and high quality rubber 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 34 mm x 130 mm

### Available weights:

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

Handle 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 for dumbbells also covered in plastic or vinyl

Dimensions: 520 x 420 x 980h mm

Weight 13,5 kg

Max load 200 kg

Available models:

cod. 1156 Pyramid Dumbbell Rack





## VINYL DUMBBELLS

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

### Available weights:

cod. <b>2121</b> Dumbbells pair kg 0,5	cod. <b>2126</b> Dumbbells pair kg 4
cod. <b>2122</b> Dumbbells pair kg 1	cod. <b>2127</b> Dumbbells pair kg 5
cod. <b>2123</b> Dumbbells pair kg 1,5	cod. <b>2128</b> Dumbbells pair kg 6
cod. <b>2124</b> Dumbbells pair kg 2	cod. <b>2129</b> Dumbbells pair kg 8
cod. <b>2125</b> Dumbbells pair kg 3	cod. <b>2130</b> Dumbbells pair kg 10



## VINYL DUMBBELLS RACK

Dumbbell weights rack, commonly called radiator rack, classic solution for storing and arranging large quantities of dumbbells. The lockable closure allows security in case of necessity. Can store around 60 dumbbells pair (1-2-3 kg)

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

### Available models:

cod. **1155** Vinyl Dumbbells Rack



## AEROBIC BAR

Practical and useful in exercises, the AEROBIC BAR is distinguished for its optimal soft and sturdy finish and for the wide range of weights available. Covered with soft rubber, it guarantees great grip and safety. The external, protective stoppers, colored differently allow easy recognition of weight.

### Available weights:

cod. <b>0723</b> Aerobic Bar 1250 mm, Ø 35, Weight Kg 2 BLU
cod. <b>0724</b> Aerobic Bar 1250 mm, Ø 35, Weight Kg 3 RED
cod. <b>0725</b> Aerobic Bar 1250 mm, Ø 35, Weight Kg 4 GREEN
cod. <b>0726</b> Aerobic Bar 1250 mm, Ø 35, Weight Kg 5 YELLOW
cod. <b>0727</b> Aerobic Bar 1250 mm, Ø 35, Weight Kg 6 PURPLE



## BAR RACK

Universal rack with wheels, for aerobic bars, barbells, and wooden bars.

**Dimensions** 930 x 510 x 1260h mm  
**Weight** 14 kg  
**Max load** 300 kg

### Available models:

cod. **0732** Bar Rack







## VINYL KETTLEBELL

Cast iron weights, covered in vinyl and painted in different colours, this line of kettlebells is the most well known world wide. The vinyl cover is an optimal solution for protecting kettlebells because of good protective covering and value for money.

### Available weights:

cod. 2169 Vinyl pink kg 2  
cod. 2174 Vinyl yellow kg 4  
cod. 2170 Vinyl red kg 6  
cod. 2175 Vinyl blue kg 8  
cod. 2171 Vinyl yellow kg 10

cod. 2176 Vinyl red kg 12  
cod. 2177 Vinyl green kg 14  
cod. 2178 Vinyl yellow kg 16  
cod. 2179 Vinyl blue kg 18  
cod. 2180 Vinyl red kg 20  
cod. 2181 Vinyl green kg 24



## COMPETITION KETTLEBELL

Standard size Kettlebell, which does not vary with weight. These kettlebells are painted with bright colours to distinguish the weight. A rubber base covers the bottom of the kettlebells to ensure protection of floors, users, etc.

### Available weights:

cod. 2190 Painted in blue kg 8 Ø33  
cod. 2191 Painted in red kg 12 Ø33  
cod. 2192 Painted in yellow kg 16 Ø33

cod. 2194 Painted in orange kg 20 Ø33  
cod. 2195 Painted in green kg 24 Ø33  
cod. 2196 Painted in grey kg 28 Ø33  
cod. 2197 Painted in black kg 32 Ø33



KETTLEBELL RACK

Versatile single sturdy storage station, with rubber covered shelves, which keeps equipment in peak condition innovative and functional. Designed for kettlebells but suitable for storing all tools; eg. medicine balls, bags etc..

**Dimensions** 1310 x 530 x 800h mm  
**Dimension shelf** 1250 x 250 mm  
**Weight** 39 kg  
**Max load** 500 kg

**Available model:**  
cod. **2185** Kettlebell Rack



IRON BLACK KETTLEBELL

Premium Line for the kettlebell enthusiasts. It stands out with a lavish range of weights available: 6-92 kg. The melting process for the cast is a specific gravity of metallic alloy which ensures the realization of a tool maximally strong and devoid of imperfections. These kettlebells, especially the handles, appears exceptionally regular and smooth. Even the broad base appears regular and perfectly flat, can provide great stability and safety when the tool is used as a support base. The finish is completed by the adoption of a thick scratch-resistant powdered coating; extremely durable and elastic, which is important to reduce flaking and loss of paint that you have, especially during intense and professional use.

**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
- 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
- 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

SAND KETTLEBELL

Kettlebell created to expand the range of exercises in functional training and athletic conditioning. The Sand Kettlebells are filled with sandbags, 1 kg, which, with the help of the zip, can be progressively removed so as to lighten the load in according to specific needs. The possibility of decreasing weight is particularly useful for personal trainers.

**Available models:**  
cod. **8057** Sand Kettlebell weight 10 kg







## SI-CLUB RED KNOB

Simple tool with extraordinary training potential indicated for all levels of athletic training, rehabilitation and functional fitness. It is the multi-planarity of the movements performed with a heavily decentralized tool which distinguishes training with these clubs and establishes an extremely complete workout. The range of weights; from 1 to 30 kg, allows the widest freedom that can be very challenging even when using 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 14 HOLES

**Dimensions** 665 x 250 x 110h mm  
**Weight** 12 kg

### Available models:

cod. **2160** Si-Club Rack 14 Holes



## GYM HAMMER

### Available weights:

cod. **2161** Hammer 4 Kg length 76 cm - grip diameter 33 mm  
 cod. **2162** Hammer 10 Kg length 102 cm - grip diameter 40 mm  
 cod. **2164** Hammer 15 Kg length 104 cm - grip diameter 40 mm  
 cod. **2163** Hammer 20 Kg length 104 cm - grip diameter 42 mm



## GHD

Innovative and functional, robust and heavy tool, built for intensive professional use. The padding, made of high density foam, are voluminous, the base is provided with rubber pads, the outlets protected by knobs. Scrolling is provided with an adjusting knob and a second anti vibration knob. Has wheels for positioning.

**Dimension** 2000 x 800 x 1150h mm

**Weight** 69 kg

**Max load** 120 kg

**Available model:**

cod. **9120** GHD



## SISSY SQUAT

Roman chair. Commonly called sissy squat this tool is actually a Roman bench, or Roman chair, born for the roman chair squat. Sissy squat (Sisifo, mythological figure depicted with huge thighs) identifies instead the famous, but different, exercise of Vince Gironda. The Roman chair is back on top thanks to the diffusion of "old school" and functional training. Not only quadriceps training but also core training is very effective with this tool.

**Dimension** 630 x 1020 x 520h mm

**Weight** 25 kg

**Max load** 120 kg

**Available model:**

cod. **9121** Sissy Squat





C.F. GYM SLED

Innovative functional complete tool, designed for those who want to improve their athletic conditioning with the widest range of sled exercises; push, drag, row, with overload. Large heavy and sturdy frame with the flat base in contact with the ground, which enables the use also on synthetic grass as well as fields. The tubular for gripping, 95 cm, diameter 51 mm, grafted by gravity in the frame in order to be able to rapidly reverse the working direction without rotating the sled. The kit includes padded harness Buckle with quick release 220cm straps with three karabiners.

**Sled Dimension** 600 x1000 x 1000h mm  
**Weight** 35 kg

**Available model:**  
cod. **9097/2** C.F. Gym Sled



SLED BAG KIT

Robust rubber bag with belt, contains sand bags for sled exercises. Outdoor use but particularly suitable for indoors, where the floor does not allow the use of metal sleds. The system allows you to change the weight very easily and in addition to sandbags, ballast weights and plates can be used as well. This tool is particularly suitable for functional training: drag, crawl exercises.

**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

Affordable sled designed for those who only want to perform drag exercises. Having removed all the elements for the manual push, we have obtained an extremely compact, practical and economical tool. The kit includes padded harness, buckle with quick release, 220cm, straps with three karabiners.

**Sled dimension** 380 x 620 x 250h mm  
**Weight** 6 kg

**Available model:**  
cod. **9097/1** Speed Sled

WEIGHTED JACKET 5 KG

Nylon and neoprene jacked weighted with gel. Born thinking of use during games; soccer, basketball etc. Weight 5 kg, compact size, but not too small, to distribute weight and increase grip, on the body. Wrappy and elastic structure, because of this the jacket stays blocked on the torso, even during the contact phases between athletes. Adjustment only by Velcro, to prevent damage (metal buckles) during the game. The load can be easily changed from 0 to 5 kg by inserting weights, 190 g. The ballast are made with soft sachets, filled with weighted gel; again to prevent dangerous object inside the vest. See also Code 1794 Weighted Jacket KG 15.

**Dimensions** 280 x 450 mm.  
**Weight** 0 to 5 kg

**Available model:**  
cod. **1795** Weighted Jacket 5 Kg



WEIGHTED JACKET 15 KG

Very robust nylon jacked, distinguished for its excellent finishing. The jacket is lockable and adjustable with Velcro and buckle designed to fit the body well. Thanks to the dimension it reduces the feeling of suffocation. The load can be easily changed from 0 to 15 kg by the insertion into the pockets of the appropriate small ballast weights of 1 kg.

**Dimensions** 280 x 450 mm.  
**Weight** 0 to 15 kg

**Available model:**  
cod. **1794** Weighted Jacket 15 Kg





## PULL UP GIANT BALL

Simple but extremely challenging and training tool. 30 cm diameter metal ball equipped with a carabiner and hanging strap, to be used as a "difficult grip" in the execution of pull ups. In fact, the size of the ball makes it almost impossible to grip, forcing the user to increase the surface of grip using palms, wrists and forearms, in addition to high strength. The force necessary to tighten the ball, in order to exercise sufficient grip to lift the weight of the body, represents the true essence of this exercise. The result is a work of strengthening the "grip group", hand, wrist, forearm, exceptionally, but above all a great neuro-muscular stimulus able to involve the whole trunk. If traction at the bar is distinguished by being a complete exercise, able to activate also the muscles of the chest and the triceps, the pull ups with Giant Ball further accentuates this completeness. The Pull Up Giant Ball then presents numerous specific applications; calisthenics and weightlifting.

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





PARALLETTES

Underestimated tool, incredibly effective in athletic conditioning and functional training. In order to ensure the best stability the frames are made in solid steel. The tubulars 38 mm assure grip and a good level of comfort for palms. For this reason, parallettes 9018 and 9018/1 are also useful for calisthenics exercises, in particular the 9018/1, 35 cm high, is suitable for introducing vertical exercises, eg. handstand push ups.

Available models:  
cod. **9018** Push up bars 600 x 360 x 800h mm / Ø 38 mm / weight 12 kg  
cod. **9018/1** Mini Push up bars 600 x 360 x 350h mm / Ø 38 mm / weight 8 kg



PUSH UP

Sturdy, non-slip and comfortable for palms, this tool is specifically designed for push-up exercise. Ideal for individual training it's also useful for group workouts for the composition of training circuits.

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



Available model:  
cod. **2603** Push Up

ROTARY PUSH UP

With regards to traditional mini push up bars, this tool is distinguished by the rotation of the handle on the base. This allows grip rotation during push ups. The primary purpose of the rotation is to maintain the wrist - arm - shoulder alignment even in the bending phase. Moreover, the movement, implicates also a proprioceptive effort and shoulder stabilization.

Dimensions Ø200 x 110h mm  
Weight 2 kg  
Grip Ø 38mm



Available model:  
cod. **2602** Rotary Push Up







## FLYING

Recently redesigned in many specifics to obtain a more reliable tool with a greater value for money. Born from the gymnastic rings, Flying is a multi-functional tool that can be considered representative of functional training. Enables training, from beginners to advanced athletes, in group or in personalized training. Flying may be used as the rings, with the arms separated, or in the most famous set up, a triangle. The workout, named also suspension training, has become a fundamental element of equipment in all gyms, overall in athletic conditioning. For this reason, see also cod. 9094 Suspension Training Station.

### Available models:

cod. 2092 Flying

cod. 2092/2 Strap Red



## ANCHOR DOOR

### Available model:

cod. 2092/1 Anchor door



## ANCHOR ROPE

Dimensions 230 x 80h mm

### Available model:

cod. 9062 Anchor Rope







## SUSPENSION TRAINING STATION

Three-meter metal truss, specially designed to offer an economical and practical solution for suspension training. Created for the functional training zone, it can be installed in every gym in order to obtain excellent results in terms of equipment and furnishing. The Suspension training truss is suitable for group classes, circuit training, athletic conditioning and personal training. The truss is sturdy, heavy, stable and treated with micaceous resistant anti-scratch paint. Installation is fast, does not need specialized technician and does not need (but is recommended) to be fixed to the ground. At the bottom of each pillar are welded rings, useful to hook carabiners, ropes and elastics. A true centerpiece of a training area with best value for money and in total safety.

### Dimensions

**Upper width** 3000 mm

**Lower width** 4050 mm

**Length** 25,6 mm

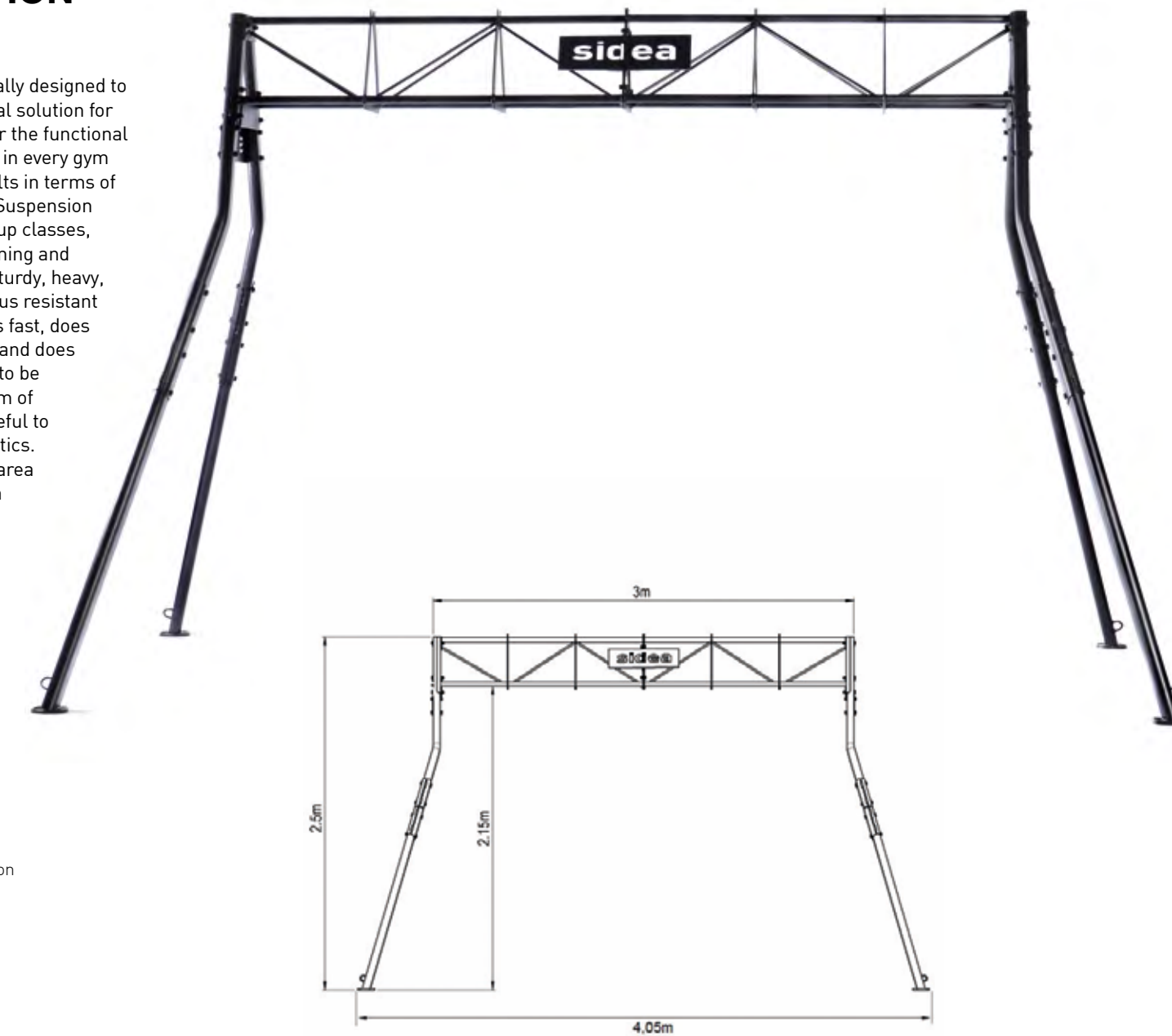
**Height** 2500 mm

**Max load** 500 kg

**Weight** 135 kg

### Available model:

cod. **9094** Suspension Training Station







## FUNCTIONAL WALL BARS

Sturdy wall bar designed to facilitate the execution of functional training exercises. The highest peg protrudes in order to enable better execution of suspension exercises and elastics. The pegs, 38 mm diameter, are larger than traditional wall bars and are round and not oval. Not so much for reasons of strength but to make the grip less ergonomic and therefore more performance in exercises for the muscles of the hand, forced to maintain a more open grip, and for the forearm. The sturdiness is guaranteed with the addition of metal reinforcements. The quality of the wood, European beech wood, valuable raw materials which render this useful tool almost a piece of furniture.

**Dimension** 910 x 2300 mm

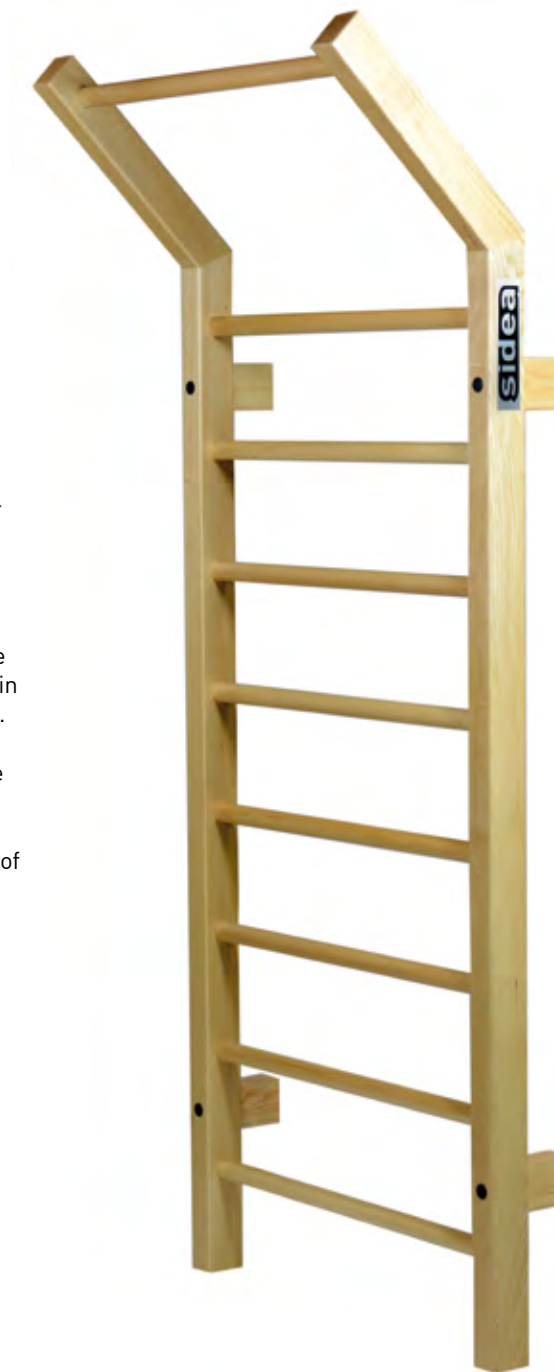
**Weight** 25 Kg

**Max load** 110 kg

### Available models:

cod. **9099** Functional Wall Bars

cod. **9099/1** Rawplug SXRL 10x230 F US



## SWEDISH WALL BARS

Traditional sturdy wall bar designed to facilitate the execution of training and rehab exercises. The highest pegs are made with typical two pegs solution that distinguishes the traditional shape. The oval pegs, 26-38mm diameter, are standard. The sturdiness is guaranteed by the quality of the hardwood; european beech wood, oven-dried and varnished.

**Dimension** 900 x 2500 mm

**Weight** 23 Kg

**Max load** 110 kg

### Available model:

cod. **9100** Swedish Wall Bars





## ANKLE WEIGHTS

Pair of ankle weights produced with durable soft materials easily placed around the ankles and wrists. The Velcro closing allows easy adjustment and grip, minimizing the risk of chaffing the skin. Interior nylon bags, avoid sweat absorption and, in the case of damage, the immediate loss of metal powder.

**Available weights:**

cod. **0940** ankle weights pair Kg. 0,5 each Pink

cod. **0942** ankle weights pair Kg. 1,0 each Blue

cod. **0943** ankle weights pair Kg. 1,5 each Black

cod. **0944** ankle weights pair Kg. 2,0 each Yellow

cod. **0945** ankle weights pair Kg. 2,5 each Red



## GRAVITY INVERSION BOOTS

Strong, robust and well padded, equipped with metal hooks to secure the grip on the bar while user hangs upside down.

**Dimension** Ø180 x 220h mm

**Weight** 2,6 Kg

**Available model:**

cod. **9010** Gravity Inversion Boots



## ANKLETS WITH HOOK

Pair of anklets with hook-ring, produced with durable material resistant at high traction load. The internal part is padded to protect the ankle. The closure system; velcro plus ring-hole, ensures the best practical and resistant solution to attack elastic and cable of isotonic-machines.

**Available model:**

cod. **9021/1** Anklets With Hook



## BIG TUBING

Two resistance levels: Easy and Power. Elastics with sleeves, 3,20 m. extendable to 9 m., equipped with karabiners and accessories. These elastics are useful in many workout: athletic conditioning, functional training, fitness, where it is necessary to train speed, explosive power, or increase metabolic work, with added resistance. The Easy, low resistance tubing, gives great safety when using the elatic allowing all types of exercises, i.e. complicated biomechanical for all genders young to old, novice to professional. With this level of resistance, it's easy to add more elastics together. The Power tubing, double strength compared to the Easy model, is useful for athletes for running exercises.

**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** Alluminium Ring Bar

cod. **2087** Pairs of handle







## BOXING BAG 30 - 50 KG

Traditional pvc (nice touch) black punch bag, filled with recycled rags and fabric for boxing and kickboxing. Excellent finishing complete with a chain to hook it up, and fixed with a ring at the bottom of the bag, in order to attach it to the ground. The bag is delivered as shown in the photo, ready for use, padded and filled to 30 or 50 kg.

**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





## BELT WITH CHAIN

Sturdy belt with chain for weight training. Chain, equipped with a carabiner, useful for hanging weights (rubber plates) in order to overload training exercises such as pull-ups or presses on the parallel bars. The success of calisthenics exercises lead to a renewed interest in this belt, useful for training explosive power and conditioning.

ONE SIZE

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



## WEIGHT LIFTING BELT

Designed for weight training. 14 cm height with Velcro and buckle to enable accurate and safe adjustment of circumference. One size: circumference 65 -100 cm. It's a common belief that belts for training, acting as a "back support", are useful to protect the lower back and spine during weight lifting exercises. Training belts cannot have this protective and supportive function, but help stabilizing muscles to obtain the intraabdominal pressure and posture required to perform exercises. A qualified instructor can advise the use of this accessory correctly.

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



## GLOVES IN NEOPRENE AND GEL

Pair of gloves specifically made for light boxe and fitness boxe training. The glove, equipped with cuffs in Velcro, which have a double closure, is made from neoprene and elastic material in such a way to fit precisely around the hand. The padding in gel further enhances the comfort when wearing the gloves.

Available sizes: S / M / L

Available models:  
cod. **2102** Black  
cod. **2103** Red



## STRONG BOXING GLOVES

Pair of gloves made for light boxe and fitness boxe training. The glove, in pvc, equipped with cuffs in Velcro, is classically padded with rubber foam.

Available sizes: ONE SIZE

Available model:  
cod. **2101** Strong Boxing Gloves



## PROTECTIVE BANDAGE

Protective Bandage in cotton which are used under the gloves, or alone, as a type of protection for the hand when boxing, in martial arts and in all combact activities. Clousure in Velcro and thumb hole.

Dimensions 2700 x 50 mm

Available model:  
cod. **2105/1** Color red



## POWER UP BB GLOVES

Pair of gloves, sturdy padded pvc gloves, ideal for body building and fitness. Adjustable wristband and innovative bending, guarantee a better and more natural fit. Sturdy protection of palm and fingers, made with material that improves resistance, protection and perfect grip on bars, barbells and fitness equipment. Smalls straps on fingers guarantee an easy removal.

Available sizes: S / M / L

Available model:  
cod. **2100** Power Up BB Gloves



## HAND PROTECTOR

Pair of neoprene protective gloves for the palm of the hand. Thanks to their elasticity, they are useful especially for athletes for reducing the effect of rubbing and abrasions on the palm of the hand from weight and kettlebell use.

Approximate measures 100 x 100 mm

Available model:  
cod. **2184** Hand Protector



## GEL SHOCK BB GLOVES

Pair of technical protective gloves for bodybuilding and fitness. Made of spandex nylon, amara and gel. Gel as a protective element guarantees extraordinary flexibility and maximum protection from the onset of corns. Amara (synthetic leather: 60% polyamide, 40% polyurethane used for technical ski, motocross, scuba diving gloves) resistant to sweat, soft, comfortable and non-slip.

Available sizes: S / M / L

Available model:  
cod. **2104** Gel Shock BB Gloves





# CURVED BODY SHIELD

Curved Body Shield made of sturdy PVC with 4 filled grips.

**Dimensions** 450 x 720 mm, thk 120 mm

**Available model:**  
cod. **2115** Curved Body Shield



# TRAINING PAD

Training Pad made of sturdy PVC with a handle and two grips.

**Dimensions** 200 x 400 mm, thk 110 mm

**Available model:**  
cod. **2116** Training Pad



# MASTER GLOVES PAD (PAO)

Pair of pvc compact training boxing gloves for masters.

**Dimensions** 270 x 200 mm

**Available model:**  
cod. **2106** Master Gloves Pad (Pao)

# PREMIUM SPEED JUMP

Thanks to the conical shape, aluminum handles and rubberized steel wire, this rope lets you reach a very high rotation speed. It is possible to achieve three revolutions per jump, for this reason it's also called Triple Jump Rope. The high rotation speed allows the athlete to intensify his training rhythm, and widen the range of leg exercises. Footwork, in fact, is the essential side of this kind of training. Jumping rope is not only an aerobic training; it improves coordination and proprioception. The steel wire, over 3 meters, can be easily shortened and cut in order to reach the most suitable length. A 1.75 m tall man commonly sets the rope to 2.30m, handles excluded.

**Available model:**  
cod. **2708** Premium Speed Jump



# SPEED JUMP

Plastic version of the ones in aluminum this rope is the most affordable and convenient way to provide the gym with a high number of jump ropes. The rubberized steel wire allow a high rotation speed. The steel wire can be easily shortened in order to reach the most suitable length. Great value for money.

**Available model:**  
cod. **2704** Speed Jump



# AEROBIC JUMP

Rubber jump rope, with anatomic grip. Lenght 2.80 m can be easily shortened due to the possibility of opening the handles and cutting the rope.

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





ADJUSTABLE  
AGILITY LADDER

Ladder floor 11 ring, 45 x 50 cm, adjustable by changing the position of the “peg”. Made with anti-tangle nylon straps and pvc flat pegs that adheres perfectly to the ground. This tool is fundamental for conditioning exercises. Thanks to the metal binder the ladder is easy and fast to use, without overlapping and tangling.

Available model:  
cod. 4112 Adjustable Agility Ladder



RUBBER AGILITY LADDER

Made with recycled rubber, perfectly flat, as a result it's remains attached to the ground, avoids tangles. Compared to the standard agility ladder, it's recommended in the case of remaining permanently extended on the floor, because the athletes can walk over this without tripping.

10 squares ≈ 400 mm x 450 mm  
Dimension 3 mt  
Thickness 3 mm

Available model:  
cod. 4111 Rubber Agility Ladder



CONE

Cored with visible orange, made with crush-resistant soft plastic, 25 cm high, very stable thanks to a wide base the cones serve as a target for many conditioning exercises. See also Agility Ring cod. 2035.

Dimensions 200 x 200 mm, height 450 mm

Available model:  
cod. 0250 Cone



AGILITY CONE SET

Made with soft shiny colored plastic, they stick to the ground showing the point where an athlete must perform a particular exercise. The softness of the plastic avoids breaks and reduces the possibility of the cone sliding if accidentally knocked. Suitable for grass or irregular terrain, a classic tool for all conditioning exercises. The set is composed of 50 cones and binder.

Dimension Ø 190 mm, height 50 mm  
Set of 50 pieces assorted colours and collector

Available model:  
cod. 0251 Agility Cone Set



AGILITY RING

As the cones, the Agility Ring serves as target for many conditioning exercises. Made with thin shiny colored soft rubber, they stick to the floor marking the point where an athlete must put his foot or perform a certain exercise. Unlike the cones, these rings are made to be trampled and for this reason are produced with antislip rubber and not in plastic. The set is composed of 5 rings.

Dimension Ø 320 mm  
Set of 5 pieces assorted colours

Available model:  
cod. 2035 Agility Ring



FLAT HULA HOOP

Colored plastic circles, aesthetically similar to the classic Hula Hoop, the difference being their flat shape in order to be trampled without damage. As cones and agility rings, Flat Hula Hoop serves as targets for many conditioning exercises, with the specific characteristic of 60 cm.

One size only, Ø 600 mm

Available model:  
cod. 2034 Flat Hula Hoop





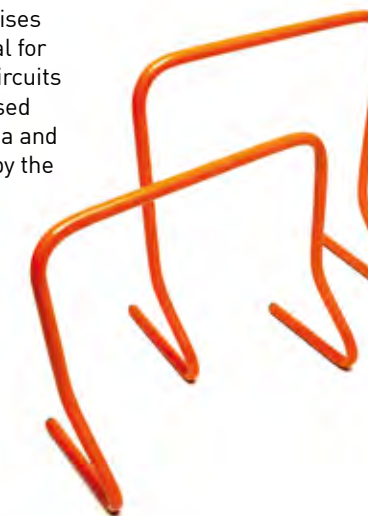
## SPEED HURDLES

Resistant plastic hurdles, 30 and 50 cm, for conditioning exercises at different ability levels. Ideal for the composition of training circuits offers a multiple workout based on movement; speed, stamina and agility. Safety is guaranteed by the shape of the tubular, which, in one direction, is easy to overturn.

### Available models:

cod. **0255** height 300 mm

cod. **0257** height 500 mm



## TIMER

Timer 6 -digit LED, 12V, aluminum casing and remote control.

- Time Function 24 h
- Interval timer function, count down function, count up function
- Default function (changed) 100 min count up
- Default function (editable) 20 min countdown
- Fight Function: 5 min rounds + 1 min pause
- Tabata Function: 8 rounds from 20'' + 10'' pause
- Function stopwatch timer
- Function 10'' preparation; countdown 10''

**Dimensions** 640 x 160 mm

**Thickness** 50 mm

**Weight** 2,2 kg

### Available model:

cod. **0005** Timer



## MULTI HURDLE SET

Composed of two cones with holes, for the attachment of a hurdle support. Two for one; Hurdle, adjustable at 10 different heights, 40 to 85 cm, useful for all of conditioning exercises, while the cones, made with crush-resistant plastic, serve as a target for many training circuits.

**Dimensions** 280 x 280 mm cones, height 520 mm

1 m rod adjustable from 400 to 850 mm

### Available model:

cod. **0253** Multi Hurdle Set





## WOODEN RING

Premium Rings for suspension training with adjustable numbered straps for an easy set up. The wooden texture is medium polished to guarantee a perfect grip with or without chalk. The touch is natural and pleasant, hence the motivation for many athletes to prefer these rings.

**Available models:**

cod. **2088/1** Wooden Ring standard diameter handle 28 mm;  
internal Ø 180 mm, straps length 2,8 m

cod. **2089** Wooden Ring diameter handle 32 mm;  
internal Ø 172 mm, straps length 2,8 m



## PVC RING

Rings for suspension training with adjustable straps. PVC is an affordable solution alternative to wood. The texture is perfectly molded to reproduce the wood grain and therefore boasts a good grip with a natural and pleasant touch.

**Dimensions** standard diameter 28 mm; internal Ø 180 mm

**Straps length** 2 m

**Available model:**

cod. **2088** PVC Ring



## SI WHEEL

Wheel with two handles and two footrests, designed for “Core training” exercises, especially for advanced athletes. The exercises with hands can be performed even by beginners, while the exercises practiced with feet, necessitates a high level of training, with large capacity of core stability. A great work of arms and shoulders, completes the training with the Si Wheel; a real total body workout too!

**Dimensions** 350 mm diameter wheel.

**Shaft grip** 550 mm

**Weight** 2 kg

**Available model:**

cod. **9013** Si Wheel



## CORE WHEELS

Pair of handles with wheels for sliding exercises. Starting from the kneeling position these simple handles with wheels allow a forward elongation. The exercises, including many variations, allow great workout of the abdominal muscles and the back (the core). For this reason, the tool is particularly useful for athletic preparation and functional fitness, also for beginners.

**Dimensions** Handle 120 mm, 125 mm wheel

**Available model:**

cod. **9028** Core Wheels



## ABDOMINAL SUSPENSION BAND

Pair of padded band specifically designed for suspension traction and weight lifting exercises.

**Dimensions** 330 x 200 x 300 mm

**Max load** 120 kg

**Available model:**

cod. **2094** Abdominal Suspension Band





## GYM BAR

Simple, effective, multi-functional tool, born from the union of a training bar with two elastics with straps. With the Gym Bar it is possible to perform several exercises and training: strengthening, cardiovascular, joint mobility. Furthermore, it's possible to quickly modify the workloads, even during exercises, simply by turning the elastics around the bar. This means that the Gym Bar may be useful for any type of user; beginners or advanced and in all context; group or personal training. Gym Bar is also very practical for transport and can be used by professional trainers who need to move their equipment with them. 10 Gym Bars can be carried in a bag with a total weight of around 6 kg.

**Dimensions** Length 1370 mm - Ø 30 mm

**Elastic length** 900 mm

**Weight** 900 g

**Available models:**

cod. **0751** Gym Bar

cod. **0752** Elastic standard Spare parts RED

cod. **0753** Elastic strong Spare parts BLACK



## WOODEN STICK

One of the most common and traditional tools for gymnastics, joint mobility, pilates or simple warm up. The stick is straight, well polished, with rounded tips, and finished with transparent paint.

**Available models:**

cod. **0714** Wooden Stick 1200 mm long, Ø 25 mm

cod. **0715** Wooden Stick 1400 mm long, Ø 25 mm



## RINGS BAR

2 types of Rings Bars: wooden and alluminium. These bars are made for use in connection with big tubing elastic, e.g. code 1696, for core training and total body exercises.

**Dimensions** Length 1000 mm - Ø 38 mm

**Available models:**

cod. **0718** Wooden Rings Bar

cod. **0719** Alluminium Rings Bar



## TEXTILE BAND

The long experience in the elastic jacquard fabric has led to the production of this new model; longer and equipped with more slots in respect to the elastic previously produced. The goal was to achieve maximum versatility in any use; rehabilitation, stretching and generally in all fitness activities. For this reason the new Textile Bands is 145 cm long and endowed with 8 slots of 15 cm, with a central slot 25 cm. Composed of several elastic in jacquard fabric the Textile Bands are resistant even when using shoes or in water.

**Dimensions** length 1450 mm, height 40 mm

**Color** red

**Material** elastic fabric

**Available in** medium strength 15 kg

cod. **0600** Textile band

**Dimensions** length 1450 mm, height 40 mm

**Color** gray

**Material** elastic fabric

**Available in** light resistance 10 kg

cod. **0601** Textile band



## POP

Loop elastic ideal for toning exercise; group classes or personal training. Produced with new elastic Jacquard, already used for the 0600 Textile Band, resistant with shoes and in water. The name comes from the POP system of musical group training invented by Nicolas Rosan.

**Dimensions** length 350 mm, height 40 mm

**Colour** gray finish red

**Material** elastic fabric,

**Resistance** average kg 15

**Available model:**

cod. **0605** POP







## POWER LOOP

High resistance elastics 100 cm useful for many exercises. Especially designed to help in bar pushups traction and used during conditioning activities.

### Available models:

- cod. **0513** Power Loop Red SLIM resistance stretched at 100 cm: 5 kg
- cod. **0514** Power Loop Back MINI resistance stretched at 100 cm: 10 kg
- cod. **0515** Power Loop Violet XLIGHT resistance stretched at 100 cm: 15 kg
- cod. **0516** Power Loop Green LIGHT resistance stretched at 100 cm: 20 kg
- cod. **0517** Power Loop Blu MEDIUM resistance stretched at 100 cm: 25 kg
- cod. **0518** Power Loop Orange STRONG resistance stretched at 100 cm: 30 kg



## NEOPRENE HANDLES

Pair of handles made in neoprene with nylon strap, for rubber elastics. The plastic buckle and nylon strap allows locking and adjusting length of elastics.

### Available model:

- cod. **2002** Pair of neoprene handles



## ELASTIC WITH STRAPS

Elastic spare parts for the old model of the Gym Bar (cod 0755) but frequently used in rehabilitation and fitness as single elastics with strap grips.

### Available models:

- cod. **0756** MEDIUM resistance colour GREEN
- cod. **0757** STRONG resistance colour RED





LATEX BAND

Resistant elastic bands, colored to distinguish the different levels of resistance, are recognized worldwide as the best solution for exercises with elastic resistance. The bands, cut from rolls of 25 m to the desired length, are versatile: strength, mobility, flexibility. This versatility is due to the easy rolling of the elastic on the hands, enabling different length and elastic tensions.

<b>Dimensions</b> length 25 m, 150h mm	<b>Dimensions</b> length 25 m, 150h mm
<b>Thickness</b> 0,25 mm	<b>Thickness</b> 0,40 mm
<b>Color</b> green	<b>Color</b> yellow
<b>Resistance</b> light	<b>Resistance</b> medium
cod. <b>0560</b> Latex Band	cod. <b>0561</b> Latex Band

<b>Dimensions</b> length 25 m, 150h mm
<b>Thickness</b> 0,55 mm
<b>Color</b> silver
<b>Resistance</b> strong
cod. <b>0562</b> Latex Band



LATEX LOOP

Resistant elastic loop bands, colored to distinguish the two different levels of resistance; medium and strong. Top seller in athletic conditioning and functional fitness, including the group training dedicated at toning and metabolic exercises.

<b>Dimensions</b> length 275 mm, height 24 mm
<b>Thickness</b> 1,60 mm

<b>Available models:</b>
cod. <b>0511</b> Latex loop Green MEDIUM resistance
cod. <b>0512</b> Latex loop Blue STRONG resistance

FIT-TUBE

Resistant elastic tube brightly coloured to distinguish the different levels of resistance. Each elastic has a pair of handles made in stiff plastic covered by neoprene. Fit Tube is specific to tone up and strengthen arms, shoulders, dorsal. Often suggested for group lessons. Useful for physiotherapy and rehabilitation.

<b>Length Elastic</b> 1.20 m,
<b>Total length with handles</b> 1.43 m

<b>Available models:</b>
cod. <b>0570</b> Blue Colour, light resistance
cod. <b>0572</b> Green Colour, medium resistance
cod. <b>0574</b> Red Colour, strong resistance





BALANCE BOARD

Plastic board well finished and resistant, a part of the so-called unstable bases, for exercises of coordination and strength, specially for the rehabilitation of the ankle. It differs from traditional boards by the possibility of increasing the destabilizing work with a second interlocking hemisphere. On the Balance Board it's also possible to attach elastics thanks to the presence of specific holes.

**Dimensions** Ø 355 mm, height 60 mm  
**Weight** 1,5 kg  
**Recommended maximum weight** 110 kg

**Available model:**  
cod. **3002** Balance Board



EVA MULTIFUNCTIONAL BOARD

Proprioceptive and unstable board, combined with a medium-soft EVA cushion molded in D shape. The combination of these elements allows an orderly and controllable instability with an exceptional versatility of use. Multifunctional Board is used in an mono-podalic way, or with hands, on both sides. In the inverted position (board facing downwards), the EVA cushion generates a high gelatinous effect, useful for proprioception exercises, especially plantar sensitivity.

**Dimension** 300 x 480 x 95 mm, weight 1,3 kg  
**Available model:**  
cod. **2907** Eva Multifunctional Board

BALANCE PAD

This EVA Balance Pad is part of the tools group called unstable bases, for proprioceptive exercises, coordination, strength, etc. (see also Bump Disc cod. 3001 or Dune Ball cod. 8031) Its uniqueness derives from the softness and deformable properties of the EVA material, with an extremely regular coefficient of elasticity.

**Dimensions** 400 x 500 mm, height 60 mm, weight 0,9 kg  
**Available model:**  
cod. **2909** Balance Pad





## ROUND BALANCE WOODEN BOARD

Resistant and well-finished classic proprioceptive wooden board or Freeman board. This classic proprioceptive tool is useful for coordination, strength and specially for rehabilitation ankles exercises.

**Dimensions** Ø 400 mm, height 60 mm

**Weight** 1,9 kg

**Available model:**

cod. **1011** Round Balance Wooden Board



## BUMP STIMULATING DISC

Rubber inflatable disk with many bumps on one side, hence the name. This product is part of the so-called unstable bases with the feature of the bumps stimulation. The disc is equipped with a needle valve to adjust the pressure depending on the individual needs.

**Dimensions** Ø 350 mm, height 90 mm

**Weight** 1 kg

**Available model:**

cod. **3001** Bump Stimulating Disc



UNIDIRECTIONAL

## SQUARE BALANCE WOODEN BOARD

Unidirectional rectangular resistant and well-finished, wooden board. This proprioceptive tool is useful for rehabilitation exercises and specially for athletic conditioning. Unidirectional movement, large dimension and moderate instability, allows strength exercises, including use of weights, barbells or dumbbells.

**Dimensions** 500 x 500 mm, height 50 mm

**Weight** 3 kg

**Available model:**

cod. **1012** Square Balance Wooden Board

## BIG BUMP STIMULATING DISC - Ø 60 CM

Big version of the Bump Disc, code 3001. Thanks to its large diameter, 60 cm, it allows a wider use even for two feet. Like the smallest Bump Disc it's a rubber inflatable disk with many bumps on one side, hence the name. This product is part of the so-called unstable bases with the feature of the bumps stimulation. The disc is equipped with a needle valve to adjust the pressure depending on the individual needs.

**Dimensions** Ø 600 mm, height 130 mm

**Weight** 3 kg

**Available model:**

cod. **3000** Big Bump Stimulating Disc







## DUNE BALL BOARD

Inflatable half-sphere with a circular sturdy base, one of the most appreciated tools for trainers. Great multifunctionality it can be used on both sides and in combination with many other tools, like elastics, for which it is equipped with 4 attachment holes. The unstable base is the main use for proprioceptive, strength and rehabilitation exercises, especially in athletic conditioning and pt contexts. In addition to this, Dune Ball is now diffused in group classes with varied exercises of dynamic high interval training.

**Dimensions** Ø 700 mm, height 200 mm

**Weight** 6,5 Kg

**Available model:**

cod. **8031** Dune Ball Board



## DUNE BALL BOARD STORAGE RACK

Vertical storage rack with wheels, which contain 20 Dune Balls. The tool is essential for storage and to facilitate transport.

**Dimensions** 1450 x 250 mm, height 2000 mm

**Weight** 32 kg

**Available model:**

cod. **8034** Dune Ball Board Storage Cart



## GYM BALL

Gray plastic balls in 6 different dimensions, 45 to 85 cm. in order to satisfy all needs. One of the most famous and used tools in gyms and homes. Used essentially for core stability, balance and joint mobility exercises.

### 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

Plexiglas ring to stack the Gym Balls. Practical and affordable, stacks Gym Balls easily.

NB: the ring cannot be used as a seat.



### Available model:

cod. **0459** Gym ball display Ø300 x 100h mm



## GYM BALL STORAGE RACK

Horizontal self-standing storage rack for Gym Balls. The storage holds up to 12 / 13 balls 65 cm but is adapt for all diameter; 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

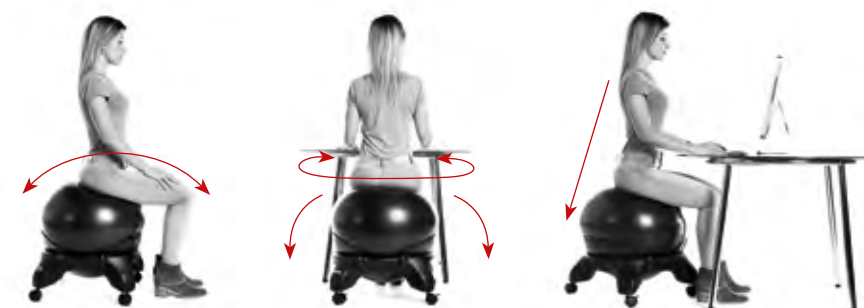
Designed to accommodate a Gym Ball as a comfortable chair with wheels. Ideal for the office the Fit Chair helps in reducing the negative effects of a sedentary lifestyle resulting from a continuous sitting position. Without excessive instability the Fit Chair obliges the user to use a moderate but steady workout of the "muscles of the trunk" (core training). The lack of backrest, requires more attention towards general posture, with possible benefits even from a cervical point of view.

**Dimensions** 550 x 550 mm, height 650 mm

**Weight** 3,5 kg

### Available model:

cod. **0448** Fit Chair



**FIT CHAIR ACTIVE  
AND  
DYNAMIC SITTING**





## O-WHEEL

Useful support in all holistic disciplines that aims to improve the well-being physical and mental performance through stretching exercises, breathing and posture.

### Available model:

cod. **2083** O-Wheel Ø 330 mm - weight 1,6 kg



## PILATES RING

One of the tools used by Joseph Pilates for execution of variable intensity exercises. Originally named magic circle, it's a secondary prop in many exercises able to help the users find stability and their "body center". Originality and effectiveness of this tool, combined with an excellent value for money, have determined the great success known to everybody.

**Dimensions** Ø 380 mm, well finished is useful also for toning exercises

### Available model:

cod. **0092** Pilates Ring





## SLIDISK

Oval shaped disc lightly padded made of resistant nylon. Allows one to slide easily on the floor in order to perform multiple exercises of strengthening, mobility and athletic conditioning. It is extremely versatile and works on important dynamic movements for a complete workout with an intensity that can be adapted to all type of users. With the use of Slidisk every one may prepare numerous training; group or pt. Simple and affordable.

**Dimensions** 310 mm x 210 mm, thk 5 mm

**Available model:**  
cod. 2090 Slidisk



## MASSAGE ROLLER

Plastic gridded roller, covered with Eva, to obtain high massage stimulation. This tool is specially effective in exercises of "self massage" and stretching, to release muscle tension. The pressure of the bodyweight on the roller, determines the compression of the so-called trigger points, irritable and painful muscle knots, which results in muscle hypertension. According to the theories of mechanical treatment through massage, compression of these knots relieves pain. The tool is used in activities aimed at improving muscle function, joint mobility and wellness but has found growing popularity even within athletic conditioning.

See cod.1275 Hard ball massage and cod. 2488 Massage Bar, which we recommend to combine the roll.

**Dimensions** Ø 140 mm, length 330 mm

**Available model:**  
cod. 2500 Massage Roller





# BUMP STIMULATING BALANCE POT

Small bump hemisphere for several exercises: proprioceptive, postural, rehabilitation.  
Thanks to its form and bumpy surface, the Balance pot is useful as a small unstable base, marker and an element of stimulation for hands and feet.  
An important feature is the stimulation of the nervous system linked to the dynamics of balance and movement. A number of Balance Pots can be useful for the realization of proprioceptive paths.

**Dimensions** Ø 170 mm, height 100 mm

**Available model:**  
cod. **7510** Balance Pot available individually



# YOGA BELT

Yoga Belt with clasp, born for holistic fitness to facilitate reaching and maintaining of positions.  
This belt helps mobility exercises, stretching and rehabilitation.  
Yoga belt is made of soft synthetic fiber, extremely similar to cotton; resistant, easy to clean and hygienic.

**Dimensions** 35 x 1800 mm, color black

**Available model:**  
cod. **2086** Yoga Belt



# YOGA BLOCK

Traditional tool specifically used for aiding the various yoga poses and holistic workouts. Can be placed under hands, feet or spine to ensure correct alignment. Made of Eva, it is light, soft, robust and resilient, with a regular coefficient of elasticity. Rounded edges and corners provide additional comfort and easier hand grip.

**Dimensions** 150 x 230 mm, height 80 mm

**Available model:**  
cod. **4200** Yoga Block



# SOFT BALL

Diameter approx 26 cm, this is the most famous and wellknown ball used a lot in Pilates. Soft, easily inflatable and nice to touch, can be used in multiple exercises; holistic, postural, rehabilitation, acquagym. The measurement of 26 cm is approximative; the extreme softness of the material used can determine differences in the diameter between the balls, especially if it is inflated by compressed air.

**Available models:**  
cod. **0414** color red  
cod. **0415** color green  
cod. **0416** color blue  
cod. **0417** color yellow



# SOFT BALL BAG

Designed in synthetic material with a coulisse closure to store Soft Balls or others tools, e.g. Foam Roller.  
Available in different colors contains 50 Soft Balls or 15 rollers.

**Dimensions**  
550 x 550 mm, height 1480 mm

**Available model:**  
cod. **2091** Storage Soft Ball Bag





## BUMP MASSAGE BALL

Air inflating bump ball 9,5 and 7,5 cm, for massages and manipulation exercises. Personalized by soft bumps on the surface used for stimulation and massage. Thanks to the soft consistency of the rubber, massage will be pleasant, never painful.

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



## PILATES BALL

Small soft ball, made of resistant rubber, partially filled with sand, apparently banal but a great tool, even in group training. Thanks to its moderate weight 0.5 or 1 kg, easily grasped used in numerous exercise; Pilates, holistic, high intensity interval, joints movement, and rehabilitation. Even if the name suggests a specific tool for Pilates, in reality, these balls are inserted in to many types of training, often in combination with other tools, eg. step, gym bar, etc.

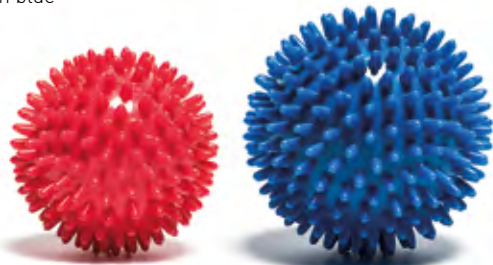
**Available weights:**  
cod. **0450** color red, Ø 100 mm, weight 0,5 kg  
cod. **0451** color green, Ø 110 mm, weight 1 kg



## SPIKE MASSAGE BALL

Spike Ball 9 and 7,5 cm. for massages and manipulation exercises. Personalized by the medium consistency spike bumps on the surface used for stimulation and massage. Thanks to medium consistency of the rubber, massage will be an intense stimulation of the skin.

**Available models:**  
cod. **1276** Spike Massage Ball Ø 75 mm red  
cod. **1277** Spike Massage Ball Ø 90 mm blue



## HARD MASSAGE BALL

Small hard rubber massage Ball, 6 cm, specially designed for self-massage exercises. As a result of the firmness the ball simulates fingers. Usefull used together with Massage Roller cod. 2500.

**Available model:**  
cod. **1275** Hard Massage Ball Ø 60 mm



## REACTION BALL

Ball used for exercises of agility, typical of athletic training, functional fitness and physical education for children. The shape creates unexpected bounce and direction that the athlete has to try to follow.

**Available model:**  
cod. **0465** Reaction Ball Ø 70 mm



## HARD MASSAGE PEANUT BALL

Little peanut-shaped ball, 12x22 cm, indicated in selfmassage exercises, especially back and neck area. The peanut shape allows effective bilateral pressure without excessively compressing the spine.

**Available model:**  
cod. **0280** Hard Massage Peanut Ball



## PUMP BALL

**Available model:**  
cod. **0419** Pump Ball





## FOAM ROLLERS POLYETHYLENE OR EVA

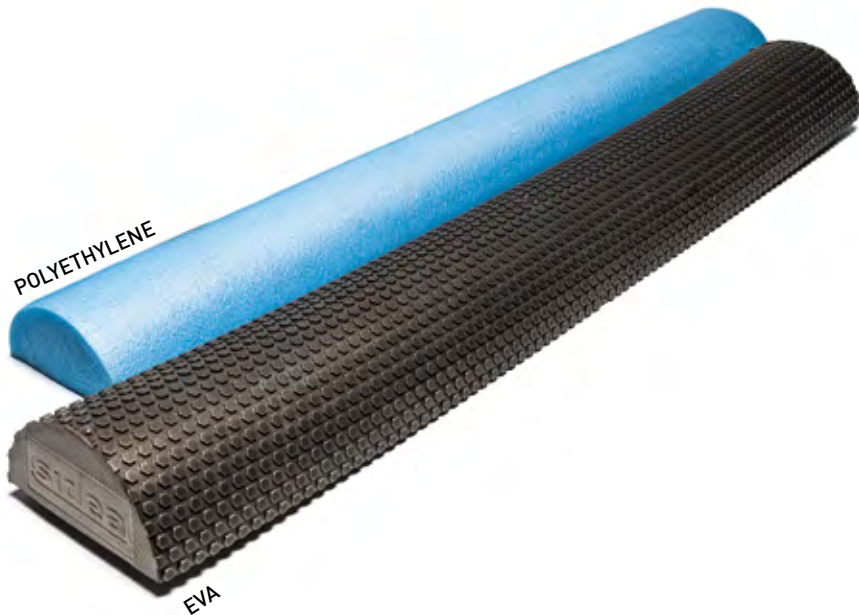
Foam Rollers for self-massage, stretching and flexibility exercises made from two types of material:

Polyethylene, cheap and soft, but susceptible to deformation. Owe its success to these two qualities: affordable and soft, especially the second, because some users prefer soft rollers.

EVA, more expensive and hard, but non-deformable and more longlasting. A premium quality product, specially suitable for professional use, non-deformable material, high coefficient elasticity, perfectly finished, with rounded edges and stimulating texture. The roller is harder, so the massaging impact is more intense.

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 more stability in respect to the round foam roller. Necessary for some exercises where the round foam roller would be difficult to use.

Made as the round foam roller from 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

Made of polyurethane foam, covered with PVC, useful in all applications where necessary comfortable support that doesn't easily deform. Thanks to the high density of polyurethane the cushion does not deform even when subjected to heavy loads. Perfect used as lumbar, cervical, or legs/arms support during exercises or treatments. Rounded wedge shape allows placing the cushion with maximum adaptability. Support Cushion is also widely used for the execution of abdominal exercises. Placed under the lumbar it facilitates the lengthening of the rectus abdominis during the AB crunches.



**Dimensions** 360 x 330 cm height 90 mm  
**Weight** 1 kg

Available model:

- cod. **1000** Support Cushion



## MAT STORAGE RACK

Vertical storage rack for eyelet mats, able to store up to 40 mats of different lengths in a small space without having to attach to the wall and also very easy to move.

**Dimensions** 700 x 610 mm, height 1920 mm  
**Weight** 10 kg

**Available model:**  
cod. **0398** Mat Storage Cart with wheels



## WALL MAT RACK

Used for eyelet mats has to be fixed to the wall. The tubes of this rack are diameter 12 mm, length 26 cm, and are adjustable, which enables the storage of different models of mats.

**Dimensions** 660 x 50 mm  
**Weight** 2 kg

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



## MAT HORSE STORAGE RACK

Enables storage of mats with different size and type, even without eyelets. With this rack the mats can be collected and taken very quickly and easily.

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

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



## MONOBLOCK EVA MAT

EVA mats available in two lengths: 100 cm (two colors; red or gray) and 160 cm (blue). Eva is the best material for mats; very resistant with a high coefficient elasticity guarantees stability, comfort and a pleasant touch. The closed cells of EVA foam also guarantee maximum hygiene. The monobloc solution offers durability, perfect shape and great usability. The short model, 100 cm, is lighter and more durable, because it obliges users to leave their feet out of the mat. The long model, 160 cm, offers maximum comfort and the widest freedom of use. All mats are with eyelets (490 mm), for easy storage.

**Available models:**  
cod. **0401** Dimensions 1600 x 600 mm, thk 14 mm, color Blue  
cod. **0403** Dimensions 1000 x 600 mm, thk 14 mm, color Red  
cod. **0403/1** Dimensions 1000 x 600 mm, thk 14 mm, color Grey



## PILATES MAT

PVC soft roll-up mat, long and resistant for wear and tear exercises when using hands and feet, also with shoes, upon the mat. Formed from a single piece, has been designed specifically to provide extra comfort and grip, the mat retains its form when stretched, making it ideal for all types of Pilates routines, stretching and various other exercises. The mat is equipped with eyelets (480 mm), for easy storage.

**Dimensions** 1730 x 610 mm, thk 6 mm

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



## YOGA MAT

PVC extra soft mat, ideal for yoga and exercises low wear and tear without shoes. Formed from a single piece, designed specifically to provide extra comfort and good touch feeling, without high wear resistancy. The mat is equipped with eyelets (480 mm), for easy storage and good value for money.

**Dimensions** 1730 x 600 mm thk 4 mm, colour sky blue

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







## FOLDABLE EVA MAT

Eva is the best material for mats; very resistant to wear and has a high coefficient elasticity that guarantees stability, comfort and a pleasant touch. The closed cells of EVA foam also guarantee maximum hygiene. The folds are obtained from molding, make this foldable mat an all user product, of high quality, great usability and extra comfort, easy recognizable from the first contact.



**Dimensions** 1840 x 610 mm, thk 15 mm, color grey

**Available models:**

cod. **0400** EVA Mat blue

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





## FOLDABLE PE + FABRIC MAT

Heat-formed polyethylene foam, light, resistant and comfortable with polyester thermo-compressed fabric, pleasant to the touch, this foldable mat is a good affordable quality solution for general workout.

**Dimensions** 1660 x 680 mm

**Thickness** 13 mm

**Colour** red

**Available model:**

cod. **0408** Foldable PE + Fabric Mat



## FOLDABLE PE MAT

Heat-formed polyethylene foam, light, resistant and comfortable, this foldable mat for general workout is the low-cost version, without fabric, of the mat code. 0408 and represents the most affordable mat in our product range.

**Dimensions** 1800 x 500 mm

**Thickness** 7 mm

**Colour** black

**Available model:**

cod. **0407** Foldable PE Mat



## BIG MAT

Made by half-cylinders of recycled polyurethane foam, 21 kg/m<sup>3</sup>, covered with sturdy and durable PVC. This big mat can be used as landing cushion, or as an instable work floor for functional training exercises and specially rehabilitation work where necessary a wide unstable base.

**Dimensions** 2000 x 1000 mm

**Thickness** 100 mm

**Weight** 7 kg

**Available model:**

cod. **0405** Big Mat



## LANDING MAT

Made with high density polyurethane foam, 25 kg/m<sup>3</sup>, covered with sturdy and durable PVC, foldable and equipped with handles for an outstanding portability. This large dimension landing mat is recommended for those who use climbing ropes and equipment for suspension training in the gym. For reasons of space, or greater fall absorption, it is also possible to bend the mat in half, therefore using the double thickness.

**Dimensions** 2400 x 1500 mm

**Thickness** 150 mm

**Weight** 22,7 kg

**Available model:**

cod. **0406** Landing Mat





## WEIGHT LIFTING PLATFORMS

Can be produced in according to each specific need:

- with central platform or all in rubber
- rubber thickness 20 mm
- with our graphics or customized graphics

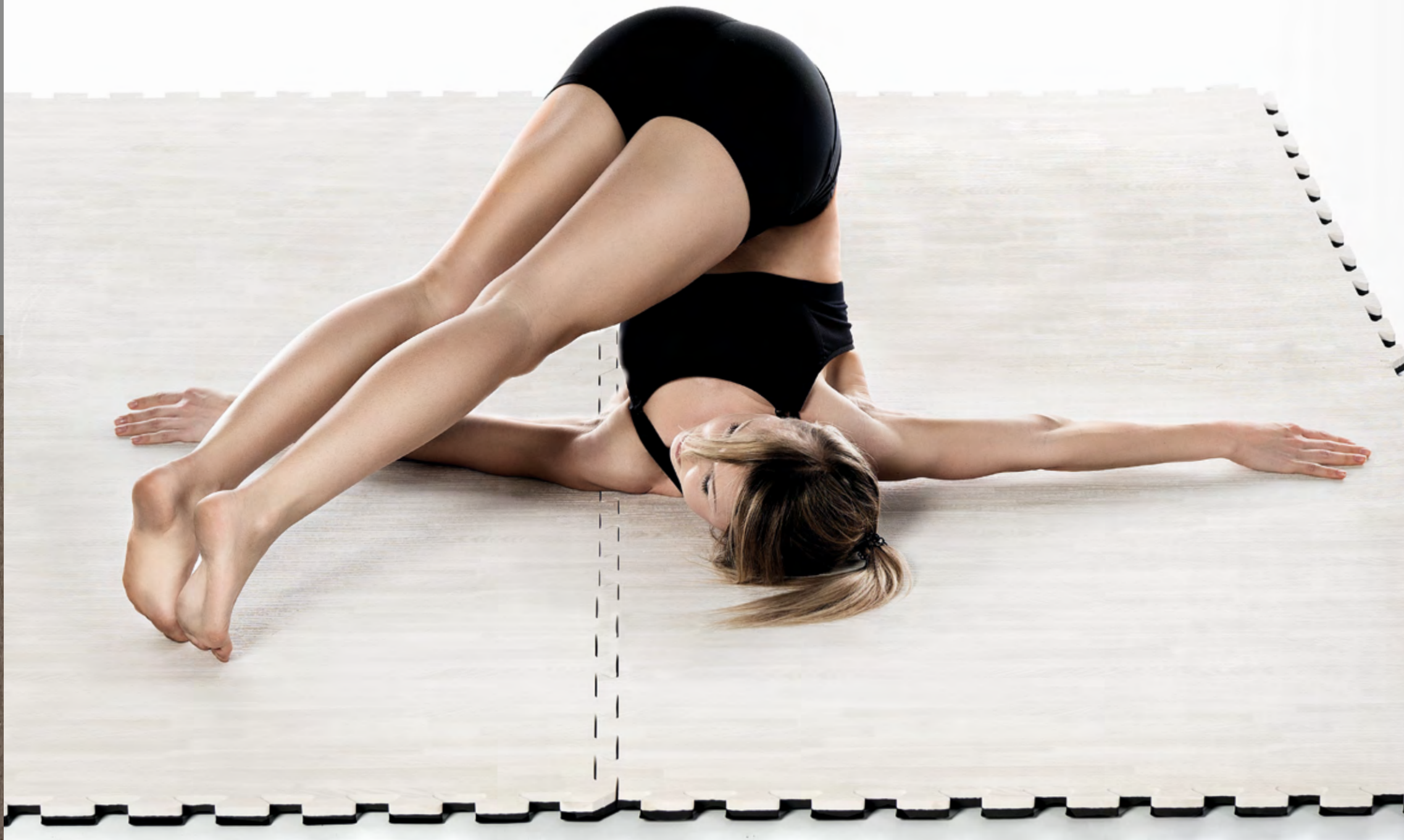
### STANDARD SOLUTIONS

cod. **9210** Platform WL / PL 3x3 (2.94 \* 2.94 m inner perimeter; 3.02 \* 3.02 m outer perimeter) 6 rubber tiles 20 mm thick, double thickness coated and highly shock-absorbing. Central platform 2.94 \* 0.98 m, black, graphics (Sidea Weight-lifting) white. Rectangular steel frame 40 mm, scratch-resistant black paint. Corners (Sidea logo), scratch-resistant black paint.

cod. **9211** All rubber training platform (2,94 \* 2,94 m inner perimeter; 3.02 \* 3.02 m outer perimeter) 9 rubber tiles 20 mm thick, double thickness and highly shock-absorbing. Rectangular steel frame 40 mm, scratch-resistant black paint. Corners (Sidea logo), scratch-resistant black paint.





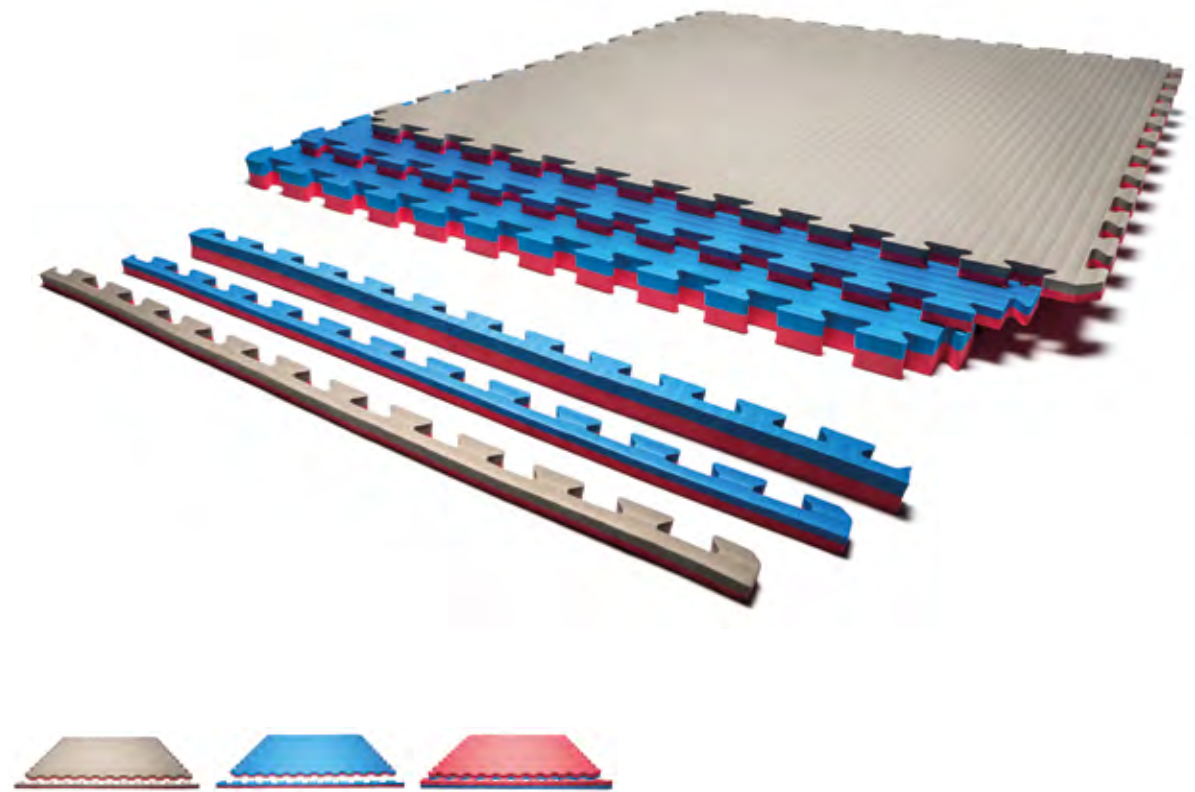


## TATAMI

EVA flooring for martial arts and sports when necessary high absorption surface with good stability and grip. The excellent relationship between absorption and stability is due to the extraordinary mechanical properties of EVA material: more resilient and resistant compared to other polymers. The good grip is guaranteed by an embossed surface, not abrasive and therefore also suitable for workouts, such as Primitive movements, where necessary body sliding work on the floor. The closed cells of EVA foam guarantee maximum hygiene. The interlocking system and the easy handling of the tiles, facilitates the laying and un-laying of tatami area when necessary; specially where the multifunctional space in gyms obliges frequent displacements of the tiles. The reversibility of the tiles defines specific working areas using colors.

- Available models:**
- cod. **9207** Tile 1000 x 1000 x 20 mm, red / grey - Interlocking
  - cod. **9207/1** Finishing Edge, red / grey
  - cod. **9205** Tile 1000 x 1000 x 20 mm, red / blue - Interlocking
  - cod. **9205/1** Finishing Edge, red / blue
  - cod. **9204** Tile 1000 x 1000 x 40 mm, red / blue - Interlocking
  - cod. **9204/1** Finishing Edge, red / blue

Density 110 kg/m³



## 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.

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

Density 110 kg/m³





ECOGYM

**Double layer: on top fine granules, under large granules.**  
The coupling of a layer formed from agglomerations of large grains with a layer formed from the finer granules allows to obtain the maximum absorption capacity and to train on a smooth surface, compact, less subject to crumble and to collect dirt.

<b>Dimensions</b> 980 x 980 mm	<b>Dimensions</b> 980 x 980 mm
<b>Height</b> 10 mm	<b>Height</b> 20 mm
<b>Weight</b> 7.5 kg	<b>Weight</b> 15 kg
<b>Colour</b> black - puzzle	<b>Colour</b> black - puzzle
cod. <b>9201</b> Ecogym 1 cm	cod. <b>9202</b> Ecogym 2 cm



ECOGYM GARDEN

EcoGym recycled rubber, produced by using rubber agglomerated granules.

<b>Dimensions</b> 980 x 980 mm
<b>Height</b> 15 mm (10 mm foam + 5 mm synthetic grass)
<b>Weight</b> 3.5 kg foam + synthetic grass
Puzzle. Also available in rolls.
cod. <b>9203</b> Ecogym Garden

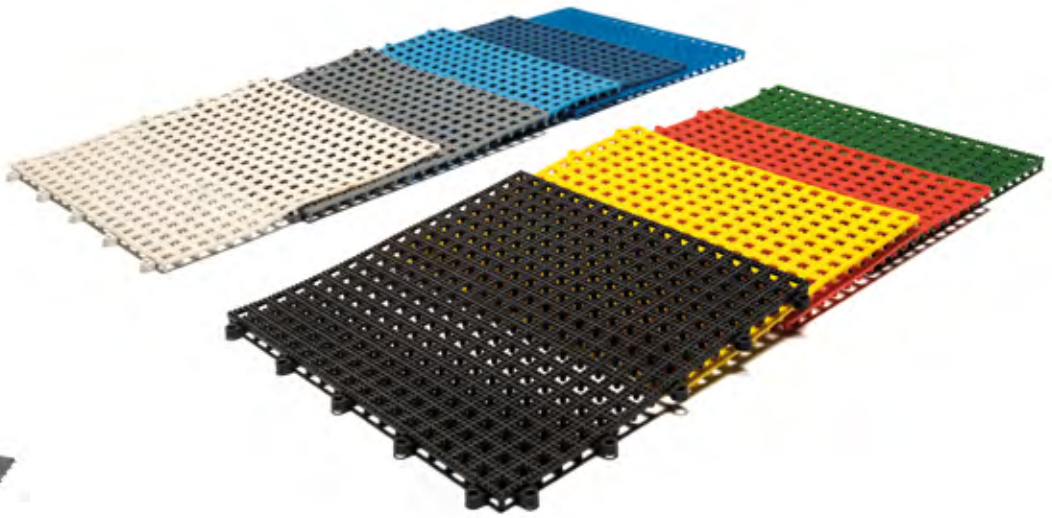


FOR MORE INFORMATION SEE THE FLOOR AREA OF [WWW.SIDEAITA.IT](http://WWW.SIDEAITA.IT)

EASYWET

EasyWet PVC interlocking modular.  
*Paving wetlands: changing rooms and showers*

<b>Available models:</b>
cod. <b>9206</b> Tile mm 333 x 333 x h 12 mm, various colors interlocking - conf. 9 pcs = 1 mq.





## FIT CHAIR

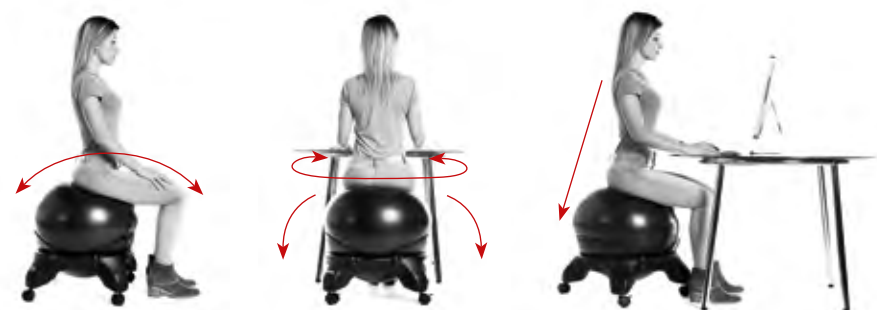
Designed to accommodate a Gym Ball as a comfortable chair with wheels. Ideal for the office the Fit Chair helps in reducing the negative effects of a sedentary lifestyle resulting from a continuous sitting position. Without excessive instability the Fit Chair obliges the user to use a moderate but steady workout of the "muscles of the trunk" (core training). The lack of backrest, requires more attention towards general posture, with possible benefits even from a cervical point of view.

**Dimensions** 550 x 550 mm, height 650 mm

**Weight** 3,5 kg

**Available model:**

cod. **0448** Fit Chair



**FIT CHAIR ACTIVE  
AND  
DYNAMIC SITTING**

## CUBE LOUNGE CHAIR

Folding, relaxation chair and puff, designed in eco leather and polyurethane foam medium density, soft but stable.

**Pouf** 500 x 500 x 700 mm

**Open chair** 500 x 1350 mm

**Colour** red

**Weight** 5,3 kg

**Available model:**

cod. **0447** Cube Lounge Chair





TRICEPS ROPE

Triceps Rope 60 cm, diameter 28 mm. Standard dimension rope, for cable exercises; "ercolina". The rope diameter of 28 mm allows a better grip, especially useful in exercises for the triceps with high weight.

Triceps Rope 100 cm, is the longer model compared to the standard cod. 9000. As the cod. 9000 is made for cable exercises but the longer length of the rope allows a greater freedom of movement.

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



REVOLVING CURL BAR

Revolving Curl Bar / Lat Machine Bar  
Handgrip 72 cm.

Available model:  
cod. **9007** Revolving Curl Bar



REVOLVING STRAIGHT BAR

Revolving Straight Bar / Short Tricep Bar  
Handgrips 53 cm.

Available model:  
cod. **9001** Revolving Straight Bar



BAR COMBO

Bar Combo/ Triangle for Pulley  
Handgrips 12 cm .

Available model:  
cod. **9004** Bar Combo



AB CRUNCH CABLE

Cable grip for crunch, 38 cm each part, with handles and ring.

Available model:  
cod. **9003** AB Crunch Cable



PRO-STYLE LAT BAR

Pro-Style Lat Bar / Bar with Parallel  
Handgrips 60 cm.

Available model:  
cod. **9006** Pro-Style Lat Bar



PRO-STYLE LAT BAR

Pro-Style Lat Bar / Bar with Parallel  
Handgrips 86 cm.

Available model:  
cod. **9008** Pro-Style Lat Bar



MULTI GRIP LAT BAR

Multi-Grip Lat Bar / 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.

Available model:  
cod. **9002** Stirrup Cable Handle



STIRRUP CABLE HANDLE

Stirrup Cable Handle /  
Pair of Open Cable Handles.

Available model:  
cod. **9002/1** Stirrup Cable Handle



V-BAR

Angled Bar for Triceps  
Handgrips 30 cm.

Available model:  
cod. **9005** V-bar





# GROUP

The best way to add an extra  
workout motivaton







## GYM BAR

Simple, effective, multi-functional tool, born from the union of a training bar with two elastics with straps. With the Gym Bar it is possible to perform several exercises and training: strengthening, cardiovascular, joint mobility. Furthermore, it's possible to quickly modify the workloads, even during exercises, simply by turning the elastics around the bar. This means that the Gym Bar may be useful for any type of user; beginners or advanced and in all context; group or personal training. Gym Bar is also very practical for transport and can be used by professional trainers who need to move their equipment with them. 10 Gym Bars can be carried in a bag with a total weight of around 6 kg.

**Dimensions** Length 1370 mm - Ø 30 mm

**Elastic length** 900 mm

**Weight** 900 g

### Available models:

cod. **0751** Gym Bar

cod. **0752** Elastic standard Spare parts RED

cod. **0753** Elastic strong Spare parts BLACK



## 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 number and position of the legs allow stability even in case of breakage of one of the feet.

**Dimensions** Ø 1020 mm

**Height** 230 mm

**Max Load** 110 Kg

**Weight** 6,5 kg

### Available model:

cod. **3603** Trampoline







## PREMIUM STEP

High quality professional step distinctive by it's large size, 37 x 97 cm, high stability, sturdy plastic, absence of sharp edges and top quality finish. The plastic risers enable the option for adjusting the step into 3 different heights: 15, 20 and 25 cm. The grip on the floor is given by 12 rubber feet.

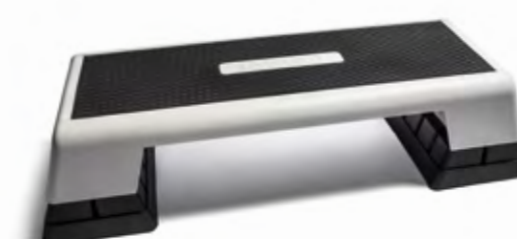
**Dimensions** 370 x 970 mm, deck 350 x 890 mm

**Height** 150, 200, 250 mm

**Weight** 8 kg

**Available model:**

cod. 0235 Premium Step



## SISTEP

Well finished professional Step, available with feet in two colors: red or white. Large size, high stability, sturdy, absence of sharp edges, are the most important factors 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.

**Dimensions** 390 x 980 mm, deck 360 x 910 mm

**Height** 150, 180, 210 mm

**Weight** 6,5 kg

**Available models:**

cod. 0212 SISTEP red

cod. 0212W SISTEP white



## ECOFIT STEP

Product of great success and diffusion thanks to its simplicity and a great affordability. Made with recycled plastic it is our entry-level price Step. Light, sturdy, with 8 rubber feet, without risers, very easy to stock and transport because of the possibility to stack one by one saving a lot of space (1 pallet contains 75 Steps). For this reason this Step is also popular in fitness events where many steps are necessary.

**Dimensions** 800 x 400 mm, height 140 mm

**Weight** 2,5 kg

**Max load** 100 kg

**Available model:**

cod. **0239** Ecofit Step



## EASY AEREOSTEP

Particularly loved by fans of choreographic step. Large dimension, high stability and height of only 11 cm, are the main reasons for this success. The subsequent production of plastic risers, to raise the step, has also opened the way for a further diffusion of the product with different height solutions. This Easy version, however, without risers, 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, and with an anti-slip texture on the surface, that guarantees safety as well as looking good. The board has 4 points of grip, which allows the users to easily pick up the step from the ground. Despite the dimensions, AEROSTEP is light and is excellently balanced between robustness and flexibility.

**Dimensions** 1100 x 400 mm

**Height** 110 mm

**Weight** 4,5 kg

**Max load** 110 kg

**Available model:**

cod. **0231** AereoStep



## RISERS FOR AREOSTEP

Couple RISERS for Areostep cod. 0230, 0231, allow the raising by 5 cm. These are the same risers provided with the 0230 and 0230/1, therefore they can be added to the already supplied risers.

**Important: the Aerostep risers don't fasten between them and with the step.**

**Dimensions** 400 x 400 mm

**Height** 50 mm

**Weight** 1,5 kg

**Available model:**

cod. **0231/1** Risers For Areostep Pair



## AEREOSTEP

High quality step distinguished by 2 couples of risers and by the possibility to adjust in 3 different heights 11, 16 and 21cm. Like the other models excellently produced and finished, noteworthy for the absence of dangerous edges and for a pronounced slip resistant relief with all the advantages of design and safety. Important: the Aerostep risers don't fasten between them and with the step.

**Dimensions** 1100 x 400 mm

**Deck** 980 x 360 mm

**Height** 110, 160, 210 mm

**Weight** 8 kg

**Max load** 110 kg

**Available model:**

cod. **0230** AereoStep



## AEREOSTEP 16 STEPS

Similar to the step 0230 and 0231, but with a higher number of risers, 16 against the 4 of the standard step 0230. The 16 steps (8+8) allow the step to go gradually from a height of 11 cm to 50 cm. This solution makes the tool useful for all trainers who would like to perform a working program capable of many varieties of heights: beginners, elderly and all those for whom small modifications in the height may determine important changes in the difficulty of the work.

**Dimensions** 1100 x 400 mm

**Deck** 980 x 360 mm

**Height** 110 to 500 mm

**Weight** 17 kg

**Max load** 110 kg

**Available model:**

cod. **0230/1** AereoStep 16 Steps





# SUPER PUMP KIT 16 KG

- Consists of:
- 01 rubberised barbell handle 35 mm, length 1,30 m, 1 kg, Ø28 mm
  - 01 couple of springs collar, Ø28 mm
  - Colored plate series, couples: 0,5 kg - 1 kg - 2 kg - 4 kg, Ø28 mm

The plates are coated in vinyl with handgrips to be used also without barbell to increase the range of exercises.

ALL ITEMS CAN BE PURCHASED SEPARATELY

Available items and components:

cod. 1131 Kit Power Pump 16 kg

cod. 1660 Rubberised barbell, handle Ø 35 mm, length 1,30 m, 1 kg (includes couple spring collar)

cod. 1660/1 Iron barbell, handle Ø 28 mm, length 1,30 m, 1 kg (includes couple spring collar)

cod. 1657 Couple plastic collar lock

cod. 1656 Couple spring collark

cod. 0035 Single vinyl plate kg 0,5 / Ø 130 mm

cod. 0036 Single vinyl plate kg 1 / Ø 155 mm

cod. 0037 Single vinyl plate kg 2 / Ø 165 mm

cod. 0038 Single vinyl plate kg 4 / Ø 190 mm

cod. 0039 Single vinyl plate kg 5 / Ø 200 mm



cod. 1131



cod. 1657



cod. 1656



# KIT PUMP RACK

Necessary tool to help storage and protect the Pump Kits, this model is the largest unit able to hold 20 complete kits easily. The bar holder on the top is rubberized, the metal frame is sturdy and finished with anti-scratch black paint and the rack is equipped with wheels in order to move it. The equipment includes: shelf to collect spring collar plates, safety brakes on the wheels.

Stores up to 20 kit 16 kg

Dimensions: 1000 x 800 mm, height 1380 mm

Weight 40 kg

Available model:

cod. 1134 Kit Pump Rack



# SMALL KIT PUMP RACK

Compact rack space saver to store and protect the Pump Kits, this model is suitable for small studio. Holds 10 complete kits and is equipped with bar and spring collars holder.

Stores up to 10 kit 16 kg

Dimensions: 650 x 700 mm, height 1600 mm

Weight 32 kg

Available model:

cod. 1135 Small Kit Pump Rack







sidea



## BASE + BAG FOR FITNESS BOXING

Professional high quality product specifically for group courses in gyms and fitness centers. 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, which must be filled with sand, assures reliability and durability also in case of frequent use. The BAG, 35 cm x 100 cm, filled with polyurethane, is resistant because of high thickness PVC and strong stitched. The hooking system allows the base to be hooked up quickly, with the possibility to place it at 3 different heights, 155, 168, 181 cm.

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 colour grey

Bag colour red or black

Available models:

cod. 2095 Red

cod. 2095/1 Black



## FITNESS BOX BAG SPARE PARTS

PVC spare parts bag, 35 x 100 cm, filled with polyurethane and plastic tubular to connect the bag at the base hooking system (only compatible bases). It is sold separately to the base, as a spare part, ready to use.

Available models:

cod. 2096 Red

cod. 2097 Black



## LINING BAG SPARE PARTS

PVC lining bag, 35 x 100 cm + nylon sack for assembly. This spare part serves to cover the boxing bag maintaining the old padding and the old connection inner plastic tube. The nylon sacks is useful to slide the old padding inside the new PVC bag. Once assembled, it will be necessary to close the PVC bag with a staple gun.

Available models:

cod. 2111 Red

cod. 2112 Black





**sidea**



# EDUCATIONAL

**Scientific, efficient and adaptable training thanks to the use of singular or multiple tools which allows to growth 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)

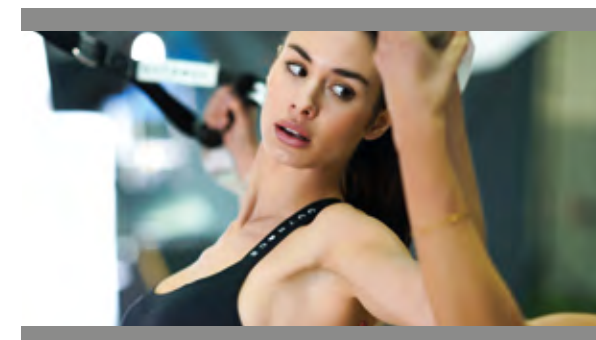
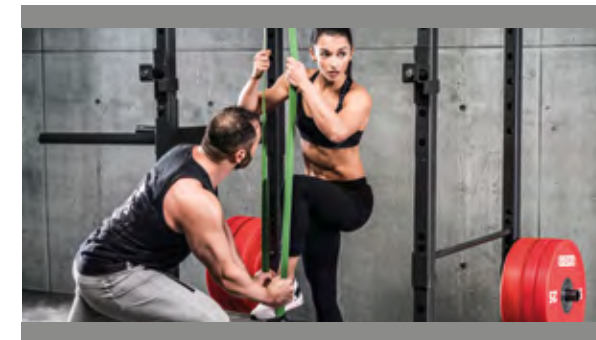
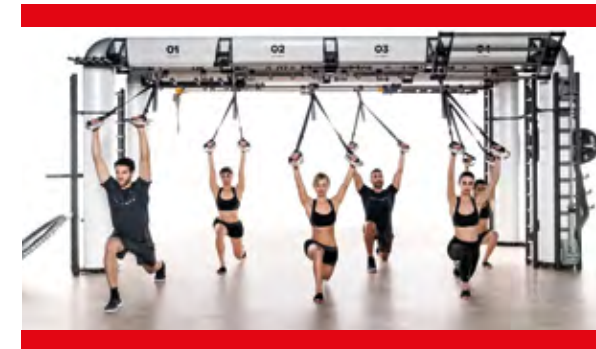
Starting from the principles of the Outrace Training System, you will learn and experience the use of the Outrace movables items and suspension tools as Trapezex/Flyo/Training Ladder/Flying Basic Exercises/Barbell Lever/Plyo Board/Dips Bar/Pull Up Bar/Ball Trampoline. This training course gives the opportunity 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 wellbeing.





## 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)

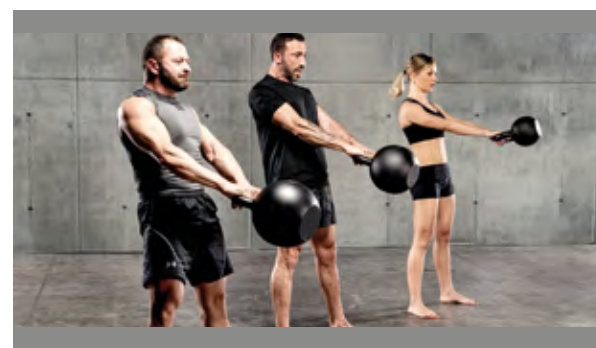
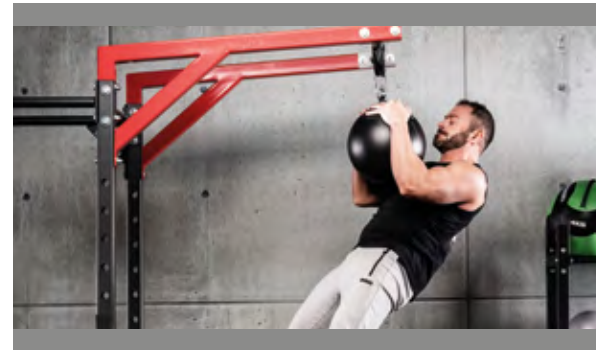
The goal of the course is to learn the 5 best barbell strength exercises (deadlift, back squat, bench press, overhead press, row), the 5 best bodyweight strength exercises (pull up, parallel dip, pistol, handstand, push up) and how to set up a training program or workouts specific for the Strength through 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.

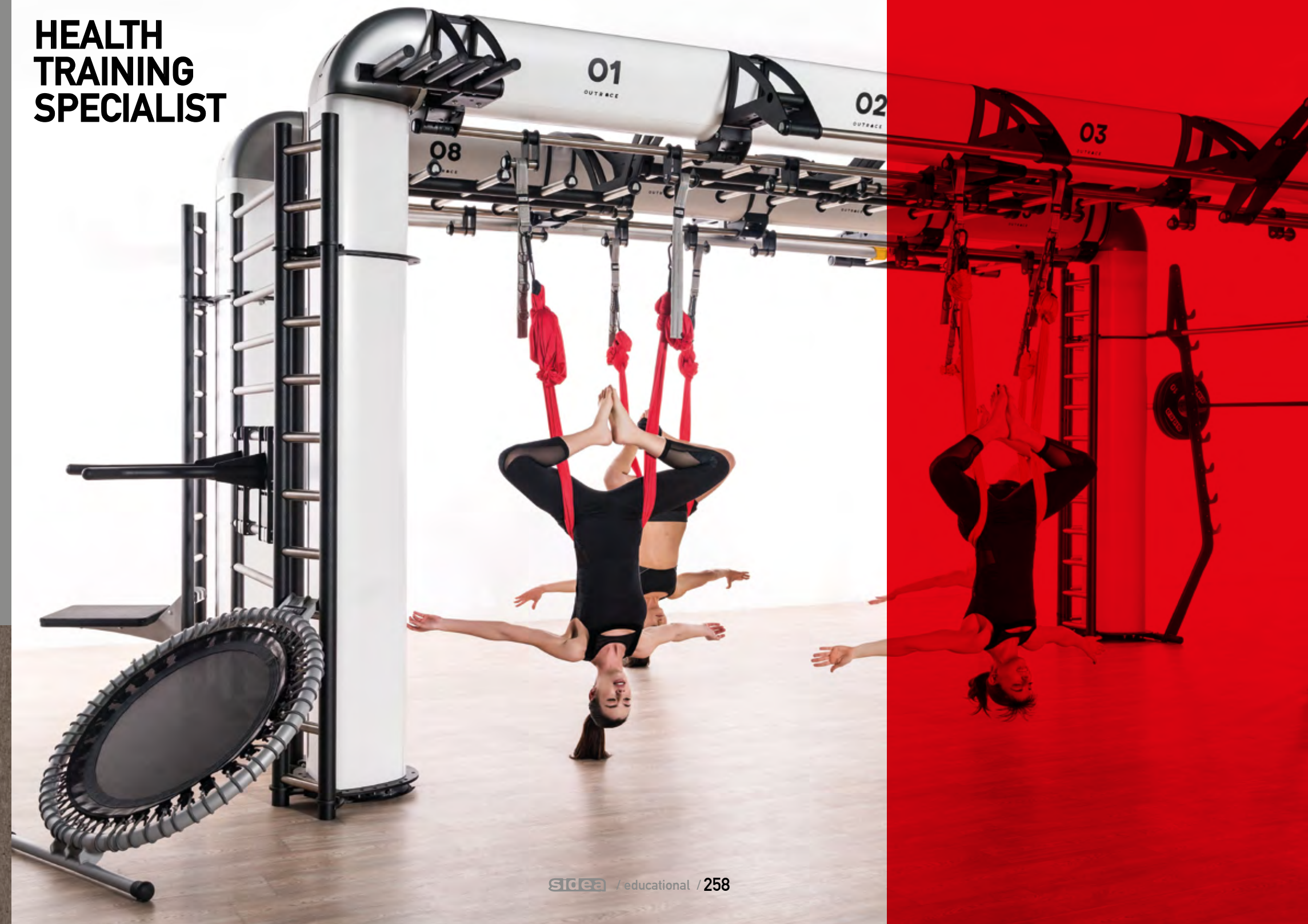


## HIGH PERFORMANCE SPECIALIST





# HEALTH TRAINING SPECIALIST



## 3) HEALTH TRAINING SPECIALIST

### - RCF, 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

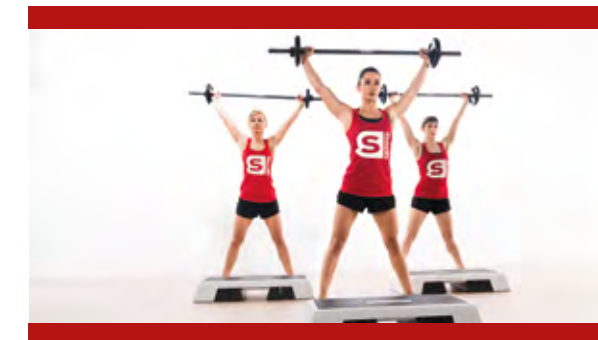
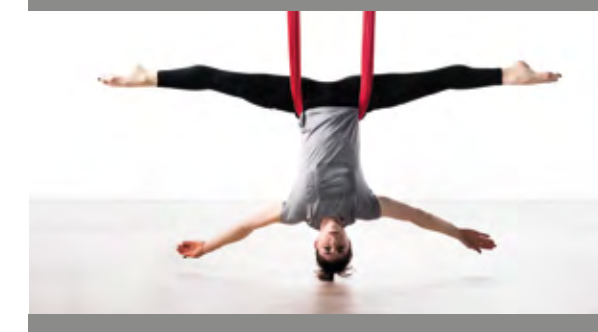
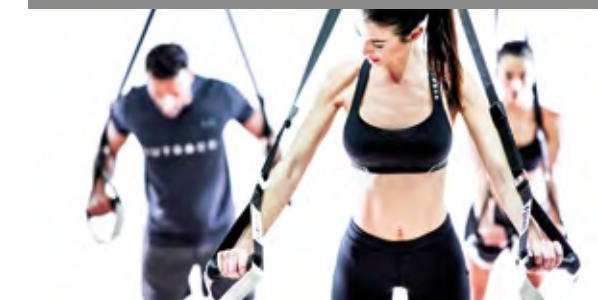
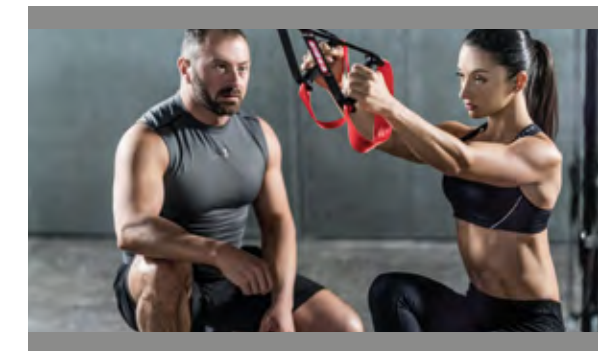
### - Hammock Training / 1 day course (8 hours)

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).

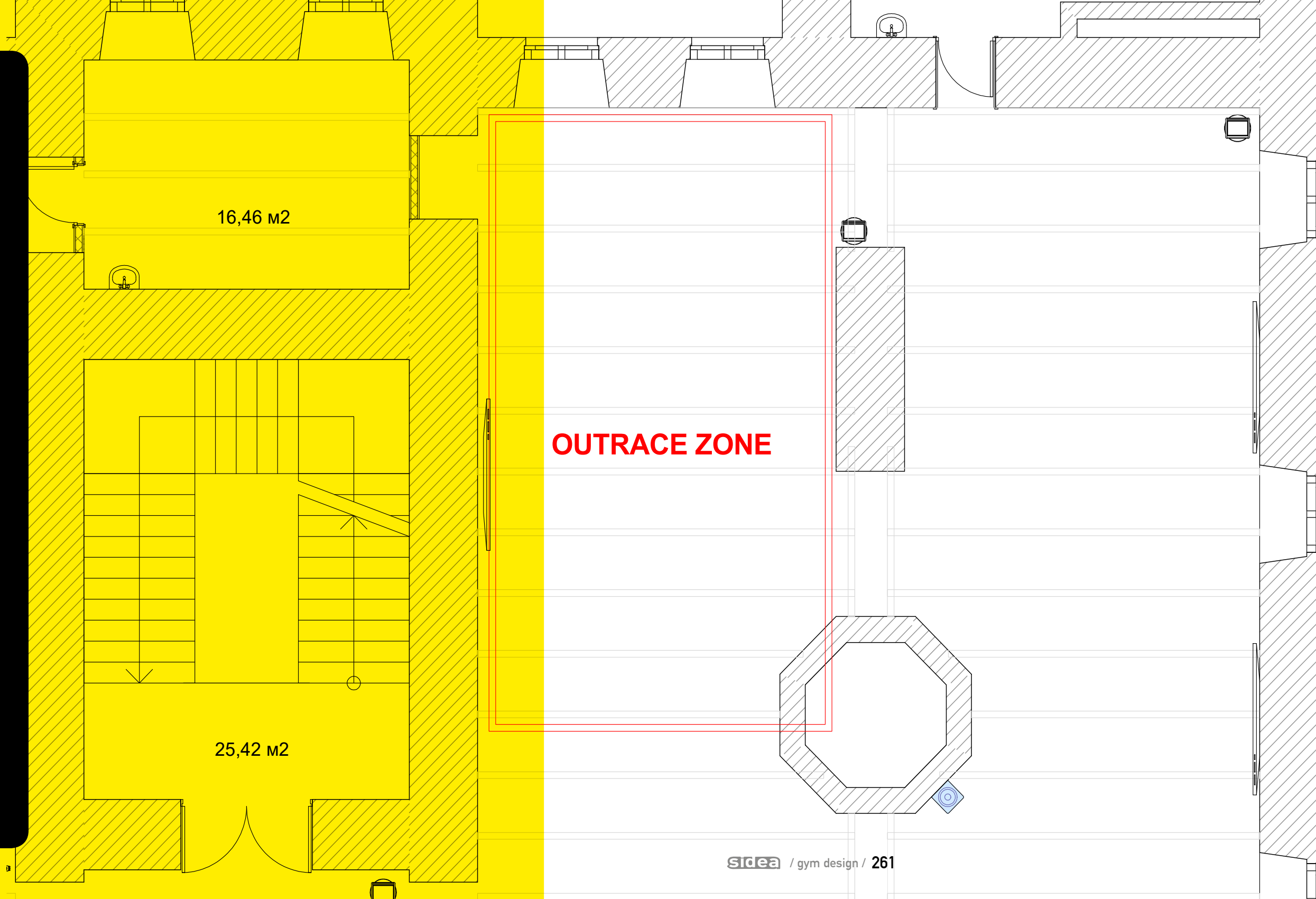
This musical training program integrates isotonic, isometric and plyometric contractions, functional exercises and high and low impact cardio.



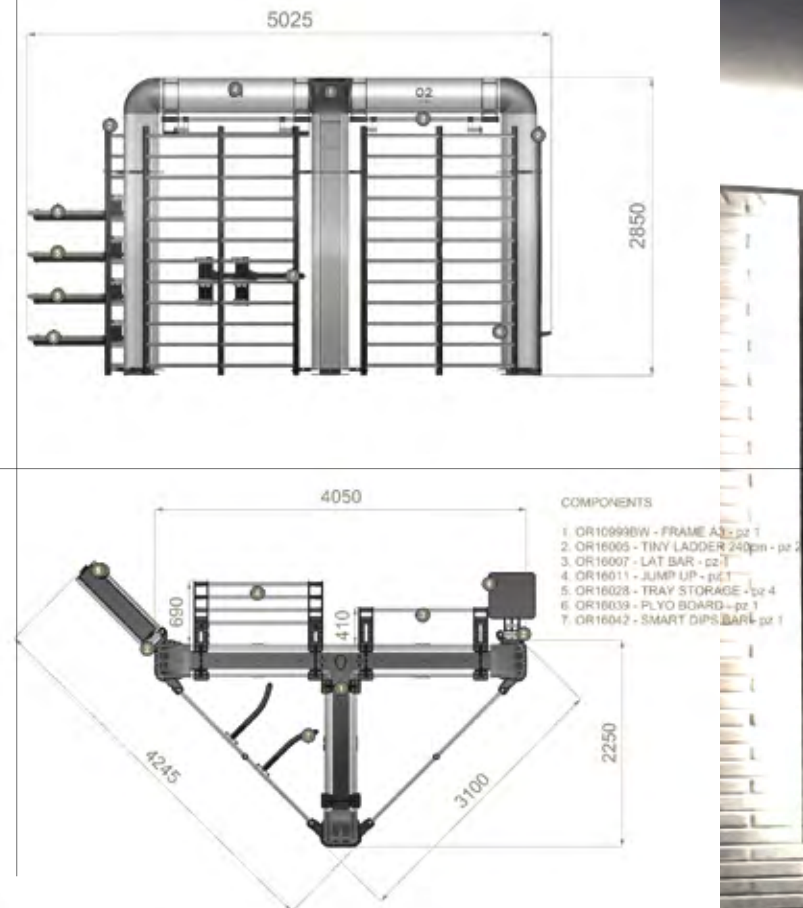


# GYM DESIGN

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







In order for our designers to be able to start a project properly, we need to know the functional area where the structure will be placed. Based on the types of training offered and on the number of users that are going to 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 see 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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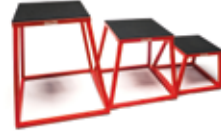
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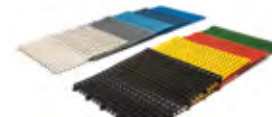
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# sidea



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