

1. Gravity Ab Gym

Total body workout. It uses your body weight as the training load. Includes exercise guide.
AE-01 £39.78

2. Air Step

Great for working the core muscles, improving balance and intensifying your cardio workout. Air step can be used for stepping, sit-ups, toning the legs and arms, even yoga. Complete with pump and exercise guide.
AE-02 £55.69

3. Disc 'O' Sit

For strength and stability exercises and for developing balancing skills. Creates a stable yet moving platform for standing or seated exercise. Disc can be inflated to required level of stability.

- a) Senior 39cm - **AE-03a £15.25**
 b) Junior 32cm - **AE-03b £12.95**

4. Functional Training Manual

For use with the Disc 'O' Sit, teaches how to achieve balance and strength.
AE-04 £15.00

5. Reebok Resistance Tubes

- * High quality 100% natural latex
- * Soft grip foam handles
- a) Level 1 - light **AE-05a £8.50**
- b) Level 2 - medium **AE-05b £9.55**
- c) Level 3 - heavy **AE-05c £10.60**

6. Resistance Tubes

- Latex tubing with soft grip handles.
- a) Level 1 - light **AE-06a £3.85**
 - b) Level 2 - medium **AE-06b £4.30**

7. Step Reebok

- * One piece construction
 - * Non-slip floorblocks
 - * Safe, non-slip surface
 - * 3 level adjustable, ideal for all fitness grades
 - * 90cm long x 35cm wide, weight 7.5kg
- AE-07 £36.00**



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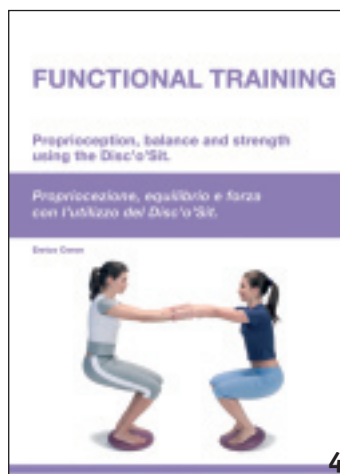
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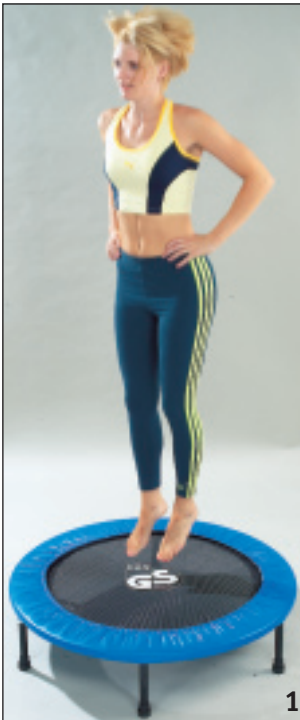
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1. Rebound Trainer

Suitable for all ages and fitness levels. A recognised low impact exercise. 100cm dia x 19cm height. Weight 10kg. **AE-08 £35.00**

2. Mini Handweights

Elasticated straps ensure they fit snugly and safely into the palm of the hand.

- a) 1.0kg - **AE-09a £6.66**
- b) 2.0kg - **AE-09b £10.00**

3. Skip Rope

Soft foam handles provide a comfortable grip. Sealed bearings for a smooth rope spin. **AE-10 £4.17**

4. Speed Rope

9ft PVC rope with contoured handles **AE-11 £4.95**

5. E.V.A. Covered Soft Grip Handweights

(Price per pair)

- a) 0.5kg - **AE-12a £5.55**
- b) 1.0kg - **AE-12b £6.55**

6. Vinyl Coated Handweights

(Price per pair)

- a) 0.5kg - **AE-13a £3.20**
- b) 1.0kg - **AE-13b £4.20**
- c) 2.0kg - **AE-13c £5.20**
- d) 3.0kg - **AE-13d £7.20**
- e) 4.0kg - **AE-13e £9.20**
- f) 5.0kg - **AE-13f £10.20**

7. Wrist / Ankle Weights

Weighted pouches in soft neoprene with Velcro fastening. Price per pair.

- a) 0.45kg - **AE-14a £3.75**
- b) 1.0kg - **AE-14b £5.35**
- c) 2.0kg - **AE-14c £8.00**

8. Gym Trainer Leather Rope

Side action durable leather skipping rope with wooden handles. Length 9'. **AE-15 £5.85**

9. Power Bags

The ultimate functional training tool for all ages and fitness levels

- a) 3kg - **AE-16a £33.60**
- b) 5kg - **AE-16b £35.20**

** for further information and weights please see Power Bags on page 38*

1. Reebok Yoga Mat

A durable non-slip and hygienic mat with a special sticky surface. 183 x 61 x 0.4cm.
AE-17 £13.55

2. Exercise Mat

Lightweight foam mat. 100 x 45 x 1cm.
AE-18 £5.45

3. Deluxe Aerobic Mat

Evafoam mat. 98 x 72 x 0.8cm.
AE-19a £6.50

4. PVC Aerobic Mat

PVC covered foam.

- a) 91 x 61 x 2.5cm **AE-19b £7.25**
b) 183 x 61 x 2.5cm **AE-19c £11.50**

5. Deluxe Exercise Mat

P.E. foam, non water absorbant, anti-sliding one side, fabric cover on other.
140 x 60 x 0.8cm
AE-19d £6.30

6. Fit Ball - Stability Ball

Can be used by all ages and fitness levels. Provides exercise for better posture, balance, body awareness and co-ordination.

- a) 55cm **AE-20a £9.75**
b) 65cm **AE-20b £12.00**
c) 75cm **AE-20c £14.00**
d) manual **AE-20d £11.00**

7. Body Balls

With support up to 300kgs, made from PVC foam, soft to the touch. An ideal therapy ball. Burst resistant quality.

- a) 55cm - Red **AE-21a £9.60**
b) 65cm - Blue **AE-21b £11.50**
c) 75cm - Yellow **AE-21c £13.60**
d) 85cm - Red **AE-21d £17.25**
e) 95cm - Blue **AE-21e £22.00**

8. Heavymed Balls

These balls bounce and have good grip. No need to inflate.

- a) 500g - 10cm dia. **AE-22a £4.50**
b) 1000g - 12cm dia. **AE-22b £5.65**
c) 2000g - 15cm dia. **AE-22c £9.20**
d) 3000g - 17cm dia. **AE-22d £13.55**
e) 5000g - 23cm dia. **AE-22e £20.45**

9. Double Grip Medicine Balls

Colour coded multi-purpose training ball.

- a) 4kg **AE-23a £28.50**
b) 5kg **AE-23b £32.65**
c) 6kg **AE-23c £37.90**
d) 7kg **AE-23d £44.75**
e) 8kg **AE-23e £52.00**
f) 9kg **AE-23f £56.75**
g) 10kg **AE-23g £64.80**

10. Powerpump

Double action, heavy duty inflator.
AE-24 £22.00



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