

1. Multistage Fitness Test (Bleep Test)

The multistage fitness test is now established as the most reliable and easy to use field test for aerobic endurance. It is used in talent identification programmes in Australia and the UK and many club coaches use it to determine whether their fitness programmes really have been effective. The test comes with instructions and a table explaining the results. CD Version.

FH-01 £21.00

2. Sit & Reach Box

A robust steel unit with sliding finger bar. Essential for measuring trunk flexibility.

FH-02 £77.00

3. Goniometer

317mm (12") - Easily read calibrated angles.

FH-03 £12.80

4. Wall Mounted Biosignista Pulse

Just grab the loop and pulse is displayed within 5 seconds. Popular device in gyms, pools and fitness centres.

FH-04 £258.00

5. Height Measure

Portable or wall mounted, 0-200cm.

FH-05 £7.95

6. Figure Finder Measuring Tape

Non stretch fibreglass, 0-60 inches/150cm.

Retractable. **FH-06 £5.25**

7. Tip to Tip, Sergeant Jump Board

Traditional method to measure vertical jump height. Range: 10-105cm. Graduation: 1cm

FH-07 £128.00

8. Grip Dynamometer

Measures grip rate of fatigue and recover rate.

Range 0-100kg. Analogue or Digital.

a) Analogue **FH-08a £140.00**

b) Digital **FH-08b £215.00**

9. Speed Bounce

PVC covered foam mat, 4' x 2' x 3/4" complete with 8" high wedge. Tests speed, agility, coordination and stamina for all ages.

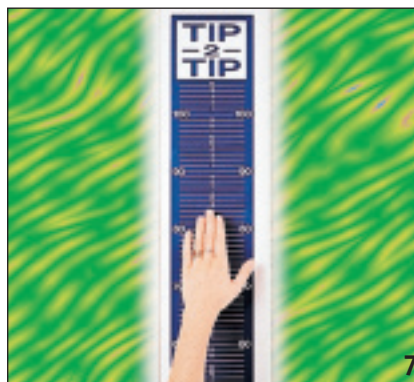
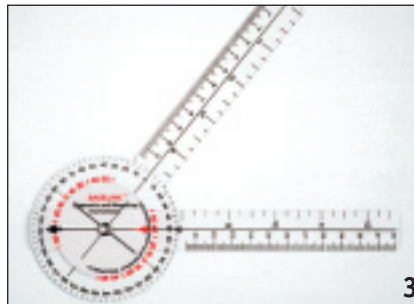
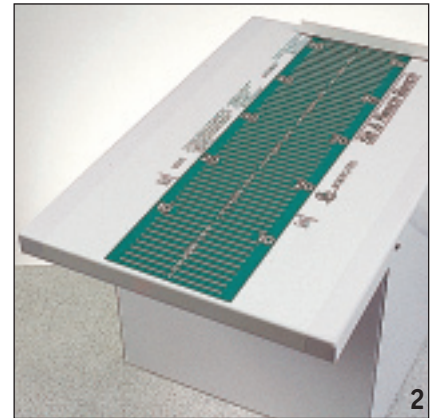
Participants jump two-footed from side to side.

FH-09 £50.00

10. Tally Counter

Hand held counter: Single count action to 9999 with twist return to zero.

FH-10 £7.50





1



2



3



4



5



6



7



8



9

1. Omron BF306 Fat Monitor

Measures body fat percentage and body mass index (BMI). Validated medical device. Quick, accurate and easy to use. **FH-11 £45.00**

2. Skinfold Calipers

Range 0-85mm. Booklet inclusive. **FH-12 £15.00**

3. Bodycare Harpenden Caliper

Industry standard for quality and accuracy. Range 0-50mm. Graduation 0.2mm. Booklet included. **FH-13 £199.00**

4. Mini Peak Flowmeter

a) Entry level measure of lung capacity. **FH-14a £11.95**
 b) Spare mouthpieces. Pack of 100. **FH-14b £6.00 pack**

5. Powerbreathe

Inspiratory lung muscle trainer. Intelligent and effective "like dumbbells for the diaphragm". It works on the concept that the unit can be adjusted on a continual basis to allow lung power connected with inhalation to continually improve. 3 levels of resistance each having its own range of adjustment.

a) Turquoise - Well being - Low. **FH-15a £36.80**
 b) Blue - Fitness training - Medium. **FH-15b £36.80**
 c) Red - Sports Performance - High. **FH-15c £36.80**

6. Seca 710 Upright Scales

The classic beam scale features easy-to-read graduations at waist height and is accurate to the nearest 100g/4oz. Capacity 150kg/23 stone. W. 510mm x H. 1055mm x D. 480mm. **FH-16 £321.00**

7. Seca Heavy Duty Scales

Slip resistant platform. Large dial face. Scale is dual graduated up to 150kg/23 stone. **FH-17a £65.00**
 Galvanised Sauna Scales. **FH-17b £85.00**

8. Seca 770 Digital Scales

Capacity 200kg/440lbs. Low power consumption. Requires 4xAA batteries (not supplied). **FH-18 £276.00**

9. Blood Pressure Monitor

Digital wrist style B.P.M. Features include measurement during inflation, large LCD display, auto inflation and deflation, 7 sets of memory, low battery indicator, storage case and instruction booklet. **FH-19 £36.00**