

Sportline Weight Benches

Designed specifically for basic fitness training. Heavy duty 14 guage steel construction with pads made from 15mm plywood, 40mm high density foam and double top-stitched fitted upholstery. Weight capacities include user.

1. Vkr/Chin/Dip Station

A free-standing, 3 in 1 system offering vertical knee raise, dipping station and chin ups.

FS-01 £156.00

2. Compact Sit Up Bench

Strong 2" tubing. Extra thick rollers and upholstery for comfort. **FS-02 £48.75**

3. Flex Bench

Adjusts from decline to incline and includes a leg brace offering support when working the decline, can also be used for sit-ups. For all dumbbell and barbell workouts. 148cmL x 62cmW x 120cmH (4'10"x2'x4'), Gr. weight 24kg, Wt. capacity 270kg.

FS-03 £129.65

4. Flat/Incline Bench

An excellent multifunction bench, especially for dumbbell work. 137cmL x 62cmW x 118cmH (4'6"x2'x3'10"), Gr.weight 24kg, Wt. capacity 270kg. **FS-04 £111.00**

5. Flat Bench

Ideally suited for basic dumbbell and crunch workouts. 120cmL x 47cmW x 46cmH (4'x18 1/2"x18"), Gr. weight 14kg, Wt. capacity 270kg. **FS-05 £62.00**

6. Hyper Extension Bench

Wide stance base and strong 50mm (2") tubing. Adjustable torso length and heel holder for a correct exercise position.

FS-06 £84.00

7. Seated Preacher Curl

An adjustable, large, preacher pad and adjustable rack. Ideal for building up biceps. 75cmL x 74cmW x 98cmH (2'6"x2'5"x3'3"), Gr. weight 22kg, Wt. capacity 60kg without user.

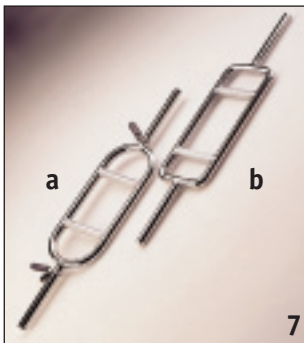
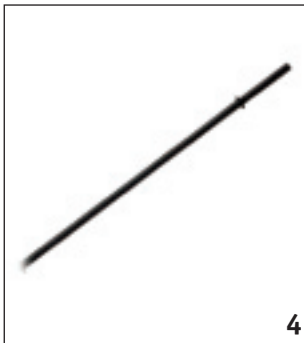
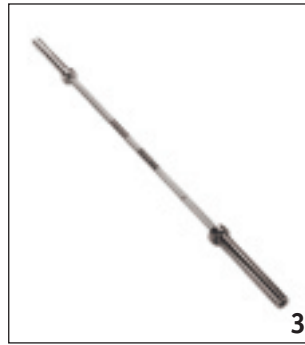
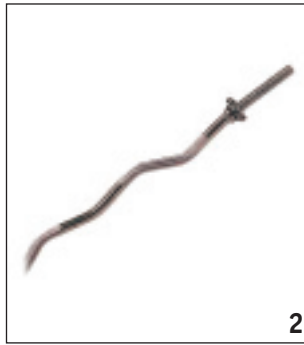
FS-07 £93.95

8. Narrow Stance Decline Bench

Adjusts from decline to incline and includes a leg brace offering support when using the decline, can also be used for sit ups.

Adjustable height barbell racks include dipping handles. **FS-08 £170.00**





1. Barbell Bars

Chrome plated, solid steel construction, fixed inner collar.

- a) 5ft (1.52m) **FS-09a** £16.00
- b) 6ft (1.8m) **FS-09b** £17.00
- c) 80" (2m) beefy bars **FS-09c** £21.30

Spinlock Barbell Bars

Chrome plated, solid steel construction, includes spinlock collars for quick plate changes and added safety.

- d) 5ft (1.52m) **FS-09d** £17.95
- e) 6ft (1.8m) **FS-09e** £19.95
- f) 80" (2m) beefy bars **FS-09f** £24.50

2. Spinlock E-Z Curl Bar

Chrome plated, solid steel construction, includes spinlock collars. **FS-10** £17.50

3. 7ft Olympic Bar

Chrome plated, solid steel construction. **FS-11** £61.95

4. Aerobic Bars

Hollow fixed inner collars, 54" length.

- a) Black **FS-12a** £9.50
- b) Chrome **FS-12b** £9.50

5. Spinlock Dumbbell Bars

Chrome plated, solid steel construction, includes spinlock collars.

- a) 14" **FS-13a** £6.90
- b) 16" **FS-13b** £7.50

6. Dumbbell Bars

Chrome plated, solid steel construction, fixed inner collar.

- a) 14" **FS-14a** £6.10
- b) 18" **FS-14b** £7.00

7. Tricept Bars

- a) Hollow, includes pair of spring collars. **FS-15a** £11.50
- b) Chrome plated, solid steel construction. **FS-15b** £21.00

8. Close Grip Combi Bar

Solid close grip curl/tricept bar, includes spinlock collars. **FS-16** £17.95

9. Tri-Trip International Bar

30mm rubber grips, signature split sleeves. **FS-17** £67.00

10. Olympic Spring Collars

FS-18 £4.95

11. Olympic Bulldog Collars

FS-19 £17.25

12. Spinlock Collars

FS-20 £2.85

13. Cast Iron Outer Barbell Collar L-Type

FS-21 £2.50

14. Cast Iron Dumbbell Collar T-Bar

FS-22 £1.95

15. Vinyl Thumbscrew Dumbbell Collars

FS-23 £1.50

1. Olympic Disc Rack

Suitable for discs with a 2" hole.

FS-24 £33.90

(Also available for 1" discs).

2. Olympic Plate Tree Rack

6 storage pegs capable of storing weights from 1.25kg to 25kg. Storage area for 2 Olympic bars. **FS-25 £110.00**

3. 140kg Olympic Barbell Kit

Includes: 7' bar, 320kg max. and 2 x clamp collars, discs = 4 x 1.25kg, 4 x 2.5kg, 2 x 5kg, 2 x 10kg, 2 x 15kg, 2 x 20kg.

FS-26 £175.00

4. Olympic Disc 2" Bore Diameter (per pair)

- a) 1.25kg **FS-27a £2.90**
- b) 2.5kg **FS-27b £5.70**
- c) 5kg **FS-27c £11.20**
- d) 10kg **FS-27d £21.80**
- e) 15kg **FS-27e £32.40**
- f) 20kg **FS-27f £43.00**
- g) 25kg **FS-27g £54.50**

5. Bumper Grip (per pair)

3-Grip design, steel composite hub with rim surrounded by high quality rubber. * 5kg is cast aluminium, 10kg-25kg are cast steel.

- a) 5kg* **FS-28a £77.90**
- b) 10kg **FS-28b £44.00**
- c) 15kg **FS-28c £65.90**
- d) 20kg **FS-28d £88.00**
- e) 25kg **FS-28e £107.00**

6. Discs (per pair)

Black satin finish, cast iron, 26mm bore

- a) 0.5kg **FS-29a £1.30**
- b) 1.25kg **FS-29b £2.90**
- c) 2.5kg **FS-29c £5.90**
- d) 5.0kg **FS-29d £11.20**
- e) 7.5kg **FS-29e £17.00**
- f) 10kg **FS-29f £21.90**
- g) 15kg **FS-29g £33.80**
- h) 20kg **FS-29h £43.90**
- i) 25kg **FS-29i £53.80**

7. Pro-Style Rubber Barbells

Extremely durable barbell. Only available in club packs.

- a) 10-20kg (5 barbells) **FS-30a £252.95**
- b) 25-45kg (5 barbells) **FS-30b £552.00**
- c) 10-45kg (8 barbells) **FS-30c £655.00**

8. Barbell Rack

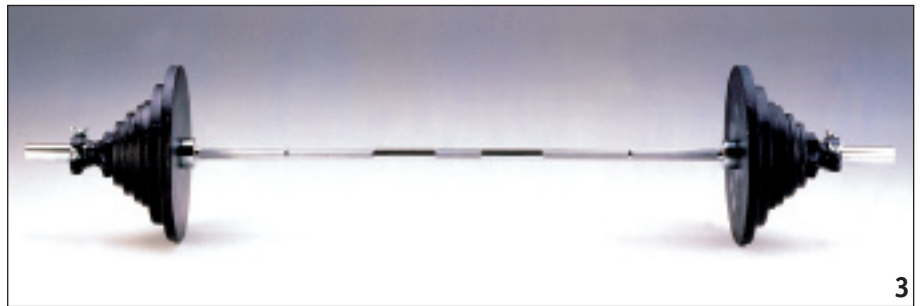
- a) Rack to hold 4 bars **FS-31a £152.00**
 - b) Rack to hold 5 bars **FS-31b £169.00**
- (Racks can be positioned back to back)



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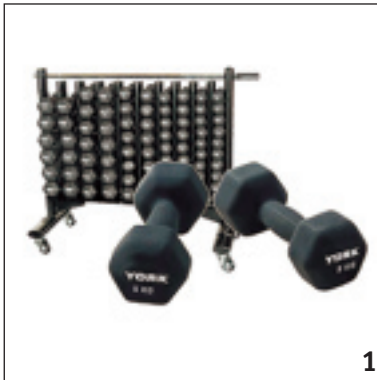
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1. Neo-Hex Dumbbells (per pair)

Neoprene coated dumbbells incorporate a unique ergonomic handle with the traditional hexagon shaped head. Ideal for aerobic/strength training workouts.

- a) 0.5kg **FS-32a £1.70**
- b) 1.0kg **FS-32b £3.20**
- c) 1.5kg **FS-32c £4.75**
- d) 2.0kg **FS-32d £6.10**
- e) 2.5kg **FS-32e £7.85**
- f) 3.0kg **FS-32f £9.00**
- g) 4.0kg **FS-32g £12.00**
- h) 5.0kg **FS-32h £14.50**

Neo-Hex Club Packs

i) Contains 44 pairs of dumbbells, 12 x 1kg, 10 x 1.5kg, 8 x 2kg, 7 x 3kg, 7 x 4kg. Will fit neo-hex rack.

FS-32i £237.00

Neo-Hex Rack

j) **FS-32j £159.00**

2. 3 Tier Dumbbell Rack

40cm deep formed steel trays. To suit rubber hex, legacy cast iron and chrome plated dumbbells. 165 x 59 x 99cm.

FS-33 £135.00

3. Chrome Dumbbells (per pair)

Solid steel dumbbells, chrome plated with a highly polished finish

- a) 1kg **FS-34a £6.30**
- b) 2kg **FS-34b £12.55**
- c) 3kg **FS-34c £18.65**
- d) 4kg **FS-34d £24.85**
- e) 5kg **FS-34e £31.50**
- f) 6kg **FS-34f £37.25**
- g) 7kg **FS-34g £42.75**
- h) 8kg **FS-34h £49.00**
- i) 9kg **FS-34i £56.50**
- j) 10kg **FS-34j £62.25**
- k) 12kg **FS-34k £75.00**
- l) 14kg **FS-34l £87.00**
- m) 16kg **FS-34m £93.00**
- n) 18kg **FS-34n £105.00**
- o) 20kg **FS-34o £118.00**

Chrome Dumbbell Club Pack

p) Contains 10 pairs of dumbbells from 1kg - 10kg.

FS-34p £325.00

4. Vertical Dumbbell Rack

2 sided vertical rack, holds 10 pairs dumbbells from 1kg - 10kg.

FS-35 £110.00

5. Legacy Welded Dumbbells (per pair)

Cast iron plates permanently welded to bar.

- a) 2.5kg **FS-36a £6.95**
- b) 5kg **FS-36b £14.00**
- c) 7.5kg **FS-36c £22.25**
- d) 10kg **FS-36d £27.50**
- e) 12.5kg **FS-36e £34.25**
- f) 15kg **FS-36f £42.00**
- g) 17.5kg **FS-36g £48.60**
- h) 20kg **FS-36h £56.00**
- i) 22.5kg **FS-36i £63.00**
- j) 25kg **FS-36j £69.25**

(We can supply welded dumbbells up to a max. of 2 x 60kg pair)

6. Double Grip Medicine Balls

Combines heavyweight action with the features of a traditional medicine ball.

- a) 4kg **FS-37a £28.50**
- b) 5kg **FS-37b £32.65**
- c) 6kg **FS-37c £37.90**
- d) 7kg **FS-37d £44.75**
- e) 8kg **FS-37e £52.00**
- f) 9kg **FS-37f £56.75**
- g) 10kg **FS-37g £64.80**

7. Max Grip Rubber Medicine Balls

Rubber multipurpose training ball.

- a) 1kg **FS-38a £10.75**
- b) 2kg **FS-38b £16.75**
- c) 3kg **FS-38c £20.95**
- d) 4kg **FS-38d £24.50**
- e) 5kg **FS-38e £29.00**
- f) 6kg **FS-38f £33.95**
- g) 7kg **FS-38g £37.95**
- h) 8kg **FS-38h £46.00**
- i) 9kg **FS-38i £50.00**
- j) 10kg **FS-38j £57.95**

Ball Stand

k) Holds 5 max. grip balls **FS-38k £33.00**