

1. Evasion Belt

A simple but very effective training device with two belts which join together with a velcro patch. Used in one-to-one work where the attacker tries to lose the defender.

FT-01 £4.50

2. Power Speed Chute

The power chute allows the user to train using both resistance and overspeed running without the use of a partner, improving stride length and frequency so developing acceleration. Instruction manual included. **FT-02 £21.00**

3. Power Speed Resistor

A simple yet very effective speed development system. This equipment resists your sprinting by allowing your partner to hold you back making it more difficult to sprint. Instruction manual included. **FT-03 £14.20**

4. Power Speed Sled

Tow this sled behind you as you sprint, and add more resistance by placing barbell weights onto the sled. Weights not included. Instruction manual included. **FT-04 £96.00**

5. Leg Speed Tube

This flexicord is fitted with a padded cuff and is used for both slow leg motion for rehabilitation and fast movement for sprinting power and kicking training. Can be used with a partner or by fixing one end to the wall. Supplied with instruction manual and wall fixing attachment. **FT-05 £21.00**

6. Power Jumper

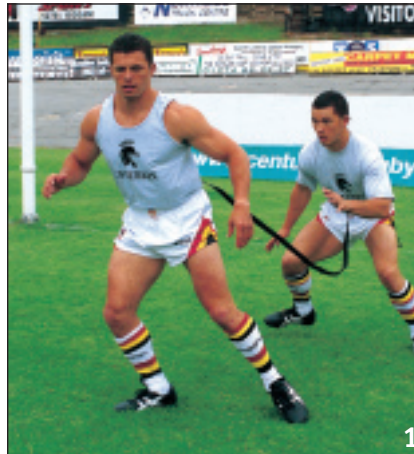
This portable power jumper includes a waist belt, two adjustable flexicords with cuffs to the ends which allow it to be held by two assistants or fixed to ground anchors. This allows many plyometric exercises to be performed, supplied with instruction manual. **FT-06 £44.00**

7. Strength Tube

An excellent aid to strength training for young athletes. This strength tube can be fixed at one end using the 'O' ring supplied or held by a training partner. **FT-07 £32.00**

8. Centurian Powerbounce

Tests speed, agility and stamina for all ages. Made with a non-slip base and comes with 15cm high central hurdle. Size 1200 x 500cm. **FT-08 £23.50**



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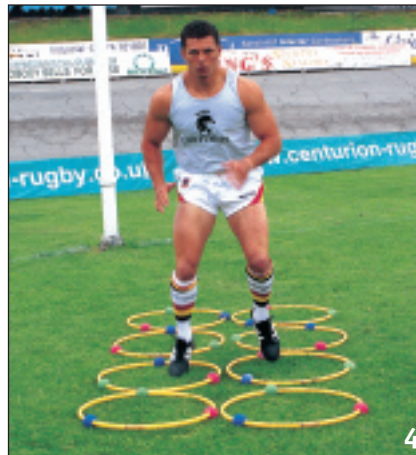
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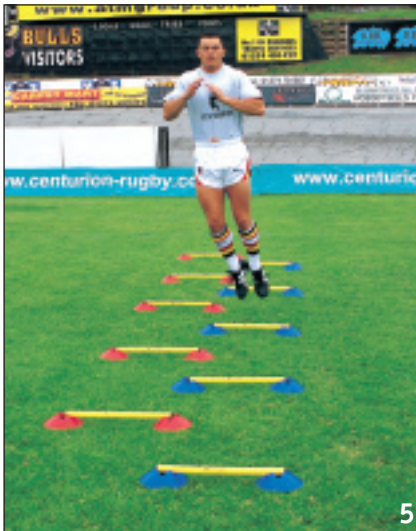
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1. Agility Cross Ladder

For unlimited combinations of sports specific direction change. Constructed of red, blue, green, yellow. Includes bag and instruction book. **FT-09 £45.00**

2. Flat Rung Ladder

For use on a hard surface. Two 4.5m ladders can be joined together using press studs. Supplied in bag with manual. **FT-10 £46.00**

3. Round Rung Ladder

Supplied in bag with manual.

a) 1.7m **FT-11a £11.00**

b) 4.0m **FT-11b £18.95**

c) 8.0m **FT-11c £32.95**

4. Reaction Hoops

60cm diameter hoops each fitted with three sorbo balls of three colours. The ultimate footwork training device, the position of the hoops can be varied to change the drills. Pack of 5. **FT-12 £18.50**

5. Speed Agility Ladder

Used to develop fast feet, agility and co-ordination, each set contains 20 x speed markers and 10 x 50cm long poles. **FT-13 £15.75**

6. Speed Acceleration Canes

Pack of 12 1.2m x 1cm dia. canes. Develops acceleration and stride pattern from a standing start. **FT-14 £9.75**

7. Step Training Hurdles

For quick knee lift and quick stepping. The hurdles are placed as far apart as desired for agility drills and plyometric jumps. Available in 3 sizes.

a) Micro - 15cm **FT-15a £4.75**

b) Mini - 28cm **FT-15b £5.50**

b) Plyo - 50cm **FT-15c £9.25**

8. Big Markers

High visibility glo markers with cut outs to attach training poles. Suitable for indoor/outdoor use. 30cm dia x 15cm high. Colours: Red, Blue, Yellow, Green. Supplied on carry handle.

a) Set of 20 **FT-16a £14.75**

b) Set of 40 **FT-16b £28.50**

Big Marker Poles

c) Set of 10 x 100cm poles **FT-16c £12.15**

d) Set of 10 x 120cm poles **FT-16d £20.50**

1. Agility Hurdle Cones

30cm high cones each with three holes up the side for pole location at different heights. Set contains 10 cones and 5 100cm poles.

FT-17 £23.80

2. Micro Cone Training Kit

Set of 12 x 23cm cones with 12 holes, offering three height adjustments and 6 plastic cones.

FT-18 £16.55

3. Slalom Training Kit

Can be used with or without crossbars to make various workstations, offering different challenges. Contents: 12 x 160cm poles with spikes, 6 x 160cm crossbars, 12 x post/crossbar adjustable clips and 1 holdall.

FT-19 £52.00

4. Grid Training Poles

Set of 12 flexible poles 1.83m long with steel foot spikes. The poles are set out to allow evasion and side-step development. Supplied in PVC holdall.

FT-20 £79.95

5. Reaction Mat

120cm across with an anti-slip base. Used to improve foot quickness and reaction. The foam inner, which absorbs pounding reducing joint stress, has a multi-coloured outer cover.

FT-21 £58.00

6. Drill Movement Mat

Measuring 1m square, this non-slip mat is divided into 8 numbered sections. Comes with over 50 easy to follow drills.

FT-22 £35.50

7. Multi-Jump Trainer

Adjustable fitness trainer 11-50cm high which is suitable for various exercises, side jumps, bunny jumps, jogging or stepping. Each of the three posts can be adjusted to suit individual needs.

FT-23 £7.95

8. Team Starter Kit

Set contains: 12 x 15cm hurdles, 2 x 1.7m micro ladders, 2 x instruction manuals, 1 x video.

FT-24 £80.00

9. Quickness and Agility Kit 1

Set contains: 2 x 4m ladders, 12 x 30cm hurdles, 10 x 23cm pop-up cones, 1 x instruction manual, 1 x instructional video, 1 x heavy duty mesh holdall.

FT-25 £136.00

10. Quickness and Agility Kit 2

Set contains: 10 x 23cm pop-up cones, 5 x power speed resistors, 5 x evasion belts, 5 reaction balls, 1 x instructional video, 1 x drawstring bag.

FT-26 £119.00



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1. Concept II Indoor Rower - Model D

The Concept II Indoor Rower has long been established as the world's best indoor rowing machine. Its unique design allows anybody from the casual user to the professional sportsman, to duplicate the motion of on-water rowing and benefit from a safe, time efficient workout for the whole body. The PM3 monitor displays your pace, calorie expenditure, distance, target output level and time. Suitable for commercial use. Dimensions 240cmL x 100cmW (7'10"x3'3").

FT-38 £824.95

2. Concept II Indoor Rower - Model D (PM4)

With new PM4 monitor giving additional features. **FT-39 £915.00**

3. Concept Rower Model E

Similar to the Model D but with the following additional features: The frame is 6" higher, positioning you at a comfortable seat height. One-piece leg design for greater stability and solid feel. Nickel plated chain for low-maintenance and clean look. Longer monitor arm makes it easier to reach the PM4. Fully enclosed chain housing for easier cleaning. PM4 performance monitor.

FT-40 £974.00



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XLR8™

If you are serious about your sport you are in the right place! Our team of experienced professional trainers has customised a series of value added sports specific XLR8™ packs that offer world class training at amazing value for money. Step by step comprehensive instruction guides are complemented by best selling videos to guide your speed and agility training every step of the way. Add that to a selection of discounted equipment and you have an unbeatable training pack guaranteed to fire up your sports performance.



The instruction guides include specific training session outlines to guide you through beginner, intermediate and advanced training levels. Session planning and monitoring sheets are also included to round out a complete training, assessment and monitoring package.



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1. Netball Team Pack

Netball team pack includes: 1 x multi-coloured 8m footspeed ladder • 8 x quicken micro hurdles 15cm • 6 x power speed resistors • 2 x power jumper • 6 x evasion belts • 6 x reactive ball • 1 x quickness and agility DVD Vol.1 • 1 x quickness and agility DVD Vol.2 • 1 x multi-coloured ladder DVD • 1 x XLR8 branded kitbag • 1 x XLR8 PVC folder • 1 x SPSS Team XLR8 Guide-Netball.

FT-31 £175.00

2. Soccer Team Pack

Soccer team pack includes: 2 x multi-coloured 8m footspeed ladders • 12 x 15cm micro hurdles • 9 x evasion belts • 1 x quickness and agility DVD Vol.1 • 1 x quickness and agility DVD Vol.2 • 1 x multi-coloured ladder DVD • 1 x XLR8 branded kitbag • 1 x XLR8 PVC folder • 1 x SPSS Team XLR8 Guide-Soccer.

FT-32 £219.00

3. Basketball Team Pack (not illustrated)

Basketball team pack includes: 1 x multi-coloured 8m footspeed ladder • 12 x 15cm micro hurdles • 6 x evasion belts • 6 x reactive balls • 1 x quickness and agility DVD Vol.1 • 1 x quickness and agility DVD Vol.2 • 1 x multi-coloured ladder DVD • 1 x XLR8 branded kitbag • 1 x XLR8 PVC folder • 1 x SPSS Team XLR8 Guide-Basketball.

FT-33 £195.00

4. Junior Rugby Team Pack (not illustrated)

Junior rugby team pack includes: 2 x multi-coloured footspeed ladders • 12 x 15cm micro hurdles • 10 x evasion belts • 1 x quickness and agility DVD Vol.1 • 1 x quickness and agility DVD Vol.2 • 1 x kitbag • 1 x folder • 1 x rugby team training guide.

FT-34 £225.00

5. Senior Rugby Team Pack (not illustrated)

Senior rugby team pack includes: 2 x multi-coloured footspeed ladders • 12 x 30cm mini hurdles • 10 x evasion belts • 10 x power speed resistors • 1 x quickness and agility DVD Vol.1 • 1 x quickness and agility DVD Vol.2 • 1 x multi-coloured ladder DVD • 1 x kitbag • 1 x folder • 1 x rugby team training guide.

FT-35 £345.00

6. Primary School XLR8® Fitness Pack (not illustrated)

A quality entry kit with hours of teaching ideas and numerous drills. For up to 26 students. Kit includes: 2 x multi-coloured footspeed ladders • 12 x 15cm micro hurdles • 10 x evasion belts • 10 x reactive balls • 1 x quickness and agility DVD Vol.1 • 1 x quickness and agility DVD Vol.2 • 1 x multi-coloured ladder DVD • 1 x kitbag • 1 x folder • 1 x instruction set.

FT-36 £225.00

7. Secondary School XLR8® Speed and Quickness Pack (not illustrated)

This quality entry kit comes packed with hundreds of teaching and training ideas. For up to 30 students. Kit includes: 2 x multi-coloured footspeed ladders • 6 x power resistors • 18 x 30cm mini hurdles • 6 x evasion belts • 6 x reactive balls • 1 x quickness and agility DVD Vol.1 • 1 x quickness and agility DVD Vol.2 • 1 x multi-coloured ladder DVD • 1 x kitbag • 1 x folder • 1 x instruction set.

FT-37 £310.00