

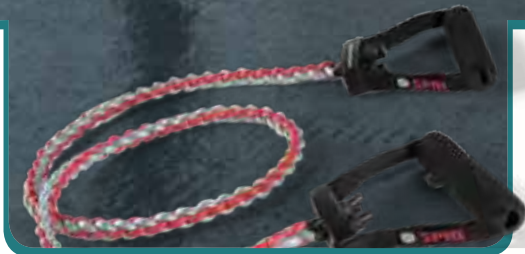
SPRI®

A  GAIAM® COMPANY

GOING FARTHER
PRO CATALOG | FALL | 2011



BRAIDED TUBING - Page 2



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GOING FARTHER

PRO CATALOG • 2011

We are so thankful for our continued prosperity and success. During even the most challenging times we continue to experience consistent and significant year-to-year growth, largely due to our loyal long-term customer base and ever increasing numbers of new SPRI customers.

Integrity, product innovation, and strong professional relationships are vital components to our company's primary mission and goal of serving our industry. We remain fully committed to a high standard of product quality and service excellence, delivering unparalleled passion and performance that our customers have grown to expect and appreciate over the years.

Some of our most recent innovations, such as our proprietary braided tubing products and Step360 Pro, continue to grow in popularity, and you will continue to see more new and improved products, including our new high end line of yoga products, Gaiam Sol.

It is very important for us to stay connected to our customers and to the fitness industry, and we know success is a team effort and our business partnerships and alliances are a vital part of who SPRI is. Those partnerships span a wide range of fitness personalities and organizations. We work with a long list of some of the industry's most respected professionals as well as alliances with the most prestigious educational conferences such as IDEA, Empower, Sara's City, and many others create a strong instructor connection. Our Team SPRI members keep us at the forefront of what is trending in the industry. Collaborative affiliations with the American Council on Exercise (ACE), IHRSA, The International Council on Active Aging, Silver Sneakers, IMG Academies, and others assist in the development of mutually beneficial cross-marketing and brand promotion into new markets.

As a SPRI customer you have our unwavering commitment to remain focused upon earning and maintaining your business. Thank you for your continued loyalty, trust, and support.



Herb Flentye

Herb Flentye
President and CEO
SPRI Products, Inc.

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SPRI CONTINUES TO LEAD THE WAY

- Top-Selling Accessory Brand for seven consecutive years! Voted on by Specialty Fitness Retailers across the U.S. as reported in SNEWS Fitness Magazine.
- 2009 Associate Member of the Year Award Winner for outstanding contributions to IHRSA and the fitness industry.
- Winner of the NOVA 7 Award for Best Free Weights and Specialized Equipment Supplier of 2006. As voted by fitness professionals across the U.S. including health club owners, managers, trainers and program directors.



The next generation in rubber resistance

Add power to your strength with SPRI's new line of Braided Tubing






Rubber resistance is redefined! SPRI has braided FOUR tubes together to bring you the ultimate dynamic full-body workout tools. Use the SPRI braided tubing indoors or out, wrap them around, under, over. They're tough enough to take whatever you throw at them.



Braided Xertube®

BRAIDED XERTUBE®

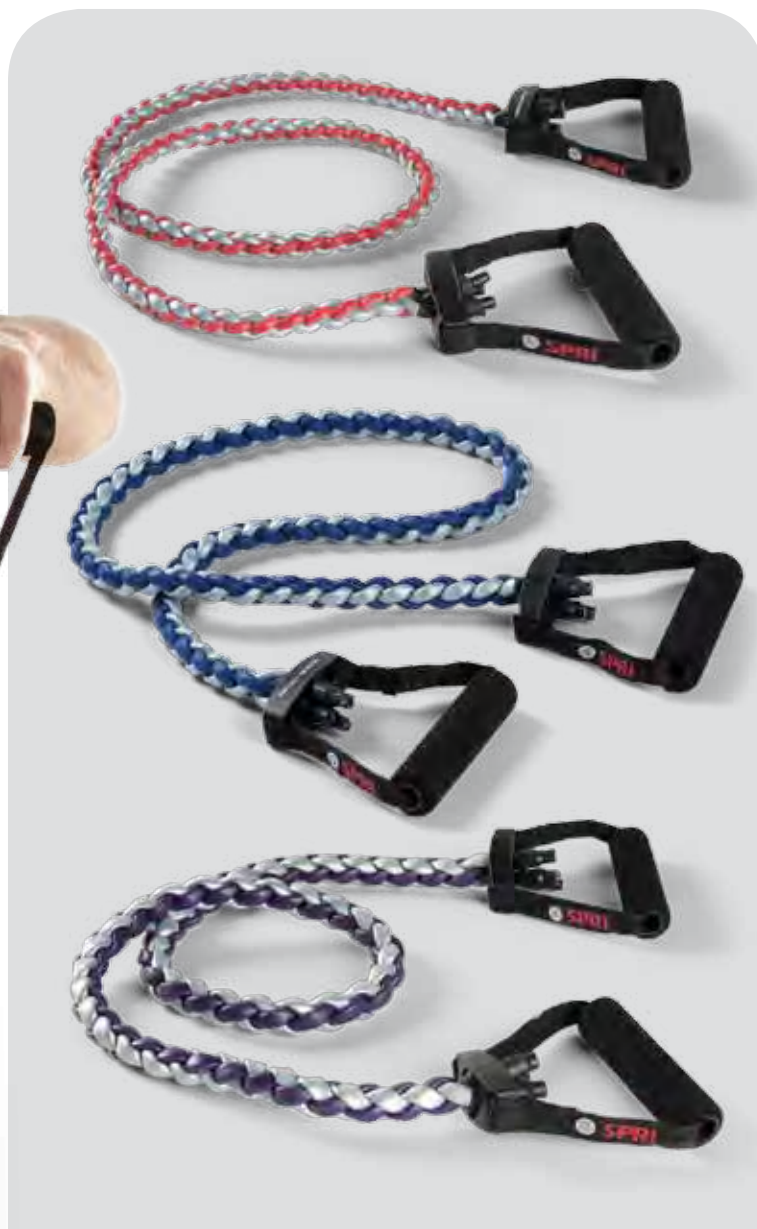
The Braided Xertube® offers all the benefits of the original SPRI Xertube® and then some. The Braided Xertube® is available in 5 different resistance levels which are color coded in the familiar SPRI colors. The braided rope-like construction makes it the toughest tube on the market. The upgraded handle not only provides comfort, but also allows all four tubes to come through the connector independently, making the Braided Xertube® durable enough for any training environment, allowing it to stand up to even the most demanding strength training.

ITEM #	COLOR	RESISTANCE
SC-1		Very Light
SC-2		Light
SC-3		Medium
SC-4		Heavy
SC-5		Ultra Heavy

UPDATED: NEW COLORS & HANDLE!








Braided Xertube®



BRAIDED XERTUBE® TRAINER

UPDATED: NEW BRAIDED VERSION!

A new generation of heavy-duty Xertube Trainer was designed utilizing SPRI's patented braided tubing technology, built specifically for dynamic, high resistance exercise. Two 36" strands of braided tubing are independently connected to a durable nylon loop that can be attached to any sturdy object, held by a training partner, or in a secure door. The Braided Xertube Trainer features SPRI's braided tubing, foam handles and a newly designed heavy duty connectors specifically designed for the braided tubing.






ITEM #	COLOR	RESISTANCE
07-70160		Very Light
07-70161		Light
07-70162		Medium
07-70163		Heavy
07-70164		Ultra Heavy



Braided Xertube® Trainer

BRAIDED XERTUBE® PLUS

All the durability of the Braided Xertube, plus an extra long length for maximum training versatility. Wrap the Braided Xertube Plus around, under, or over any stable surface for all types of dynamic integrated movement patterns. Also great for partner training. Available in 5 resistances. Colors and styles may vary.

ITEM #	COLOR	RESISTANCE
SCP-1		Very Light
SCP-2		Light
SCP-3		Medium
SCP-4		Heavy
SCP-5		Ultra Heavy



TRAININGCORD SET

Take the bench press to the next level! Use the TrainingCord with an Olympic Barbell Bench Press to increase resistance and gain added control, while decreasing unwanted momentum during explosive movement. The TrainingCord is sold as a set of three different resistances.

ITEM# TC-SET



WEIGHT TRAINING + RESISTANCE



TrainingCord Set

QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

Trust the leader in rubber resistance

Stretch fitness further





SPRI® pioneered the concept of rubber resistance more than two decades ago and continues to be the leader in providing innovative, effective and professional quality rubber resistance fitness solutions today. From the Original Xertube® to the Xering® and a variety of packaged solutions, SPRI® products deliver rapid, total-body results. Browse through the following pages to see our tried-and-true classics plus new products, accessories and educational materials. With a variety of resistance levels to choose from, there's something perfect for every client and every fitness goal.

How do our tubes measure up?

All SPRI® rubber resistance products are made using Tuff Tube,™ a SPRI® exclusive. This heavy-duty, high quality material has greater resistance to abrasion and tears to stand up to the rigorous demands of professional use. Laboratory tests have demonstrated the high quality and superior physical properties of SPRI® tubing.

Tubing resistance test

Tests show the following resistance comparisons using an elongation of 1½ times resting length, with yellow as a baseline:

- Green Tube** 
50% more resistance than Yellow
- Red Tube** 
40% more resistance than Green
- Blue Tube** 
42% more resistance than Red
- Purple Tube** 
20% more resistance than Blue



The Original Xertube®

TUBING COLOR-CODED RESISTANCE LEVELS



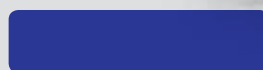
VERY LIGHT



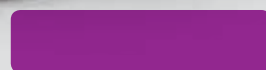
LIGHT



MEDIUM



HEAVY



ULTRA HEAVY

THE ORIGINAL XERTUBE®

The workout tool you can use anywhere, anytime. The patented Xertube® isolates targeted muscle groups and allows for a full range of motion, making it ideal for many types of exercises. This versatile tool is perfect for group exercise, personal training and traveling. The progressive resistance levels make it suitable for all fitness levels. All Xertubes come with hard handles.

ITEM #	COLOR	RESISTANCE	LENGTH
XT-VL		Very Light	44"
XT-L		Light	44"
XT-M		Medium	50"
XT-H		Heavy	53"
XT-UHP		Ultra Heavy	53"



NOTE: XT-VL is also available with soft handles under item code XT-VLS.

XERTUBE® WITH FOAM HANDLE

The foam padded handles are added to The Original Xertube® for additional comfort and easier grip.

ITEM #	COLOR	RESISTANCE	LENGTH
XT-VLU	Yellow	Very Light	44"
XT-LU	Green	Light	44"
XT-MU	Red	Medium	50"
XT-HU	Blue	Heavy	53"
XT-UHUP	Purple	Ultra Heavy	53"



DOOR ATTACHMENT

Turn your door into a home gym! This versatile attachment increases your exercise options with the Xertube®. Excellent chest, back and shoulder training tool.

ITEM# XG-DS.



DOUBLE XERTUBE®

Twice the tubing for twice the effectiveness. The 57" Double Xertube® is specifically designed to offer optimal resistance exercise load to both the joints and muscles. The dual-anchor point exercise stances provide unique bi-angular tubing resistance for upper body and rotator cuffs. All Double Xertubes® come with hard handles.



ITEM #	COLOR	RESISTANCE
DXT-VL	Yellow	Very Light
DXT-L	Green	Light
DXT-M	Red	Medium

Xertube® Exercise Guide

by Greg Niederlander

Discover 30 of the most popular Xertube® and Door Attachment exercises. 62 pages.

ITEM# EG-XT



XERTUBE® WITH SLEEVE

Get the same features and high quality construction you depend on from the SPRI® Original Xertube®, plus a **protective rubber sleeve which covers 70% of the tube**. Ideal for carpeted or rough surfaces. All Xertubes with sleeves come with hard handles.

ITEM #	COLOR	RESISTANCE	LENGTH
07-70131	Yellow	Very Light	44"
07-70132	Green	Light	44"
07-70133	Red	Medium	50"
07-70134	Blue	Heavy	53"
07-70135	Purple	Ultra Heavy	53"



THE ORIGINAL STEP TUBE™

Pump up your step workout! A rubber sleeve protects this tube from abrasive step surfaces, giving serious steppers the perfect way to add a variety of strength training options to their cardio workouts. The extra long length of the tube allows ease of use when used with the STEP.

ITEM #	COLOR	RESISTANCE	LENGTH
ST-L	Green	Light	53"
ST-M	Red	Medium	57"
ST-H	Blue	Heavy	57"
ST-UHP	Purple	Ultra Heavy	57"



The Original Step Tube™



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS






10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

ULTRA TONER™

Get lean and strong with the most effective single arm and double arm exercises for total upper body conditioning. The Ultra Toner offers five resistance levels to give you the results you're looking for.

ITEM #	COLOR	RESISTANCE
UT-VL		Very Light
UT-L		Light
UT-M		Medium
UT-H		Heavy
UT-UHP		Ultra Heavy



Ultra Toner™ Exercise Guide

by Greg Niederlander
Discover 30 of the most popular Ultra Toner™ upper body resistance exercises. 60 pages.






ITEM# EG-UT



Ultra Toner™

DOUBLE RING™

The Double Ring™ combines the benefits of an Xering and Ultra Toner into one. Use one ring as an Xering to improve overall lower body muscle tone or combine both rings to create the upper body resistance of the Ultra Toner.





ITEM #	COLOR	RESISTANCE
DR-VL		Very Light
DR-L		Light
DR-M		Medium
DR-H		Heavy
DR-UHP		Ultra Heavy






BOOT CAMP TUBES

Go military with your Boot Camp program! SPRI® offers an assortment of camo colored Xertubes with Sleeves and foam padded handles, along with Ultra Toners to add excitement to your Boot Camp classes.

DELUXE XERTUBE® WITH SLEEVE

ITEM #	COLOR	RESISTANCE
XT-LPS-FG		Light
XT-MPS-FG		Medium
XT-HPS-FG		Heavy
XT-UHPS-FG		Ultra Heavy

ULTRA TONER™

ITEM #	COLOR	RESISTANCE
UT-L-FG		Light
UT-M-FG		Medium
UT-H-FG		Heavy

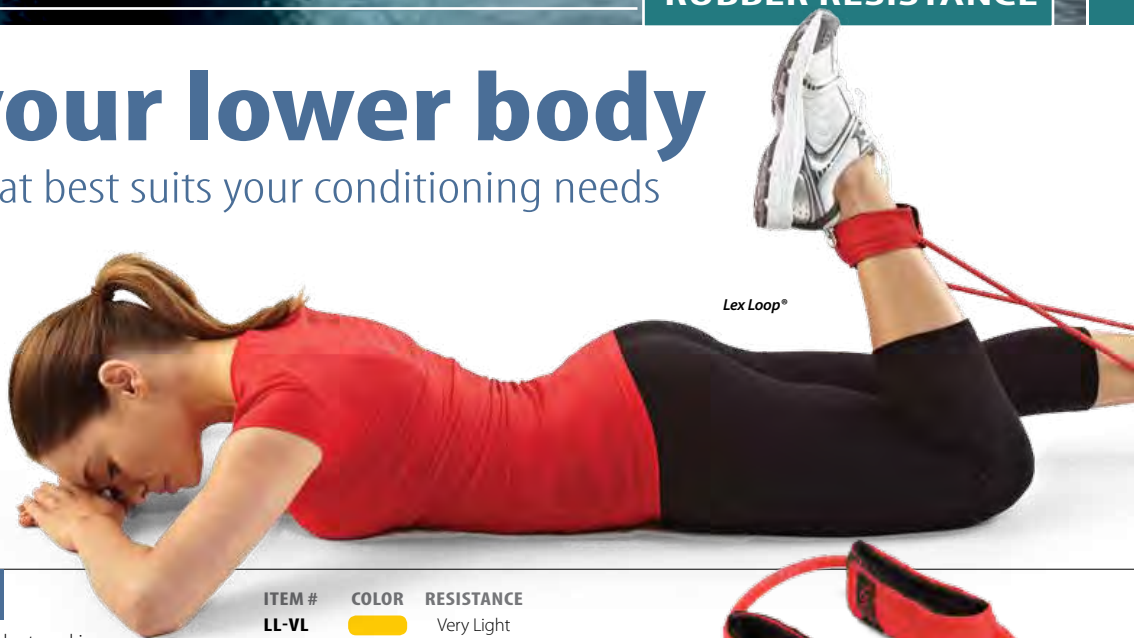


Sgt. Ken Weichert with Boot Camp Tube

Target your lower body

choose the length that best suits your conditioning needs

SPRI® offers a variety of cuffed products to target your lower body conditioning needs. The soft padded ankle cuffs stay firmly in place while providing freedom of motion in all directions. Choose from lengths that cover short range of motion to full range motion for developing strength and power. Each product was designed with function in mind.



Lex Loop®

LEX LOOP®

At 26" the Lex Loop is the shortest cuffed product, making it ideal for smaller range of motion isolation type exercises. The newly increased cuff size provides a more secure and comfortable fit for all body types.

ITEM #	COLOR	RESISTANCE
LL-VL		Very Light
LL-L		Light
LL-M		Medium
LL-H		Heavy
LL-UHP		Ultra Heavy



XERCUFF®

At 32" the Xercuff is longer than the comparable Lex Loop and is designed for full range of motion integrated movement drills and exercises. The newly increased cuff size provides a more secure and comfortable fit for all body types.

ITEM #	COLOR	RESISTANCE
XRC-VL		Very Light
XRC-L		Light
XRC-M		Medium
XRC-H		Heavy



XERCUFF® PLUS

Designed with the martial artist and kick boxer in mind, the Xercuff Plus is 4" longer than the standard Xercuff. This extra length provides increased resistive range of motion for developing stronger stances and more powerful kicks. The newly increased cuff size provides a more secure and comfortable fit for all body types.

ITEM #	COLOR	RESISTANCE
MAXRC-VL		Very Light
MAXRC-L		Light
MAXRC-M		Medium



NEW BRAIDED LATERAL RESISTOR

UPDATED: NEW BRAIDED VERSION!

The Lateral Resistor incorporates the SPRI Braided Tubing Technology making the Lateral Resistor the next level in lower body training. The braided, rope-like construction makes it the most durable tubing on the market. The larger padded cuffs make the Lateral Resistor comfortable and ideal for the development of dynamic lower body quickness and reaction. Perfect for lower body training that requires more from your tubing. Available in 5 different resistance levels.

ITEM #	COLOR	RESISTANCE
07-70170		Very Light
07-70171		Light
07-70172		Medium
07-70173		Heavy
07-70174		Ultra Heavy



Xercuffs® Exercise Guide

by Greg Niederlander

Discover 30 of the most effective and functional Xercuffs® lower body resistance exercises. 60 pages.

ITEM# EG-XRC

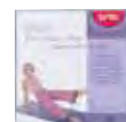


Xercuffs® Mat Training

by Marci Clark

This Pilates mat workout introduces techniques designed to strengthen the lower body and enhance core power. SPRI® Xercuffs® provide resistance for muscle toning and sculpting effects. Package includes Green Xercuffs® and 35 min. workout.

ITEM# PW-5DVD-COMBO



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

XERING®

The Xering® will shape your legs and improve overall lower body muscle tone. Features two rubber grips for added comfort.

ITEM #	COLOR	RESISTANCE
AR-VL	Yellow	Very Light
AR-L	Green	Light
AR-M	Red	Medium
AR-H	Blue	Heavy
AR-UHP	Purple	Ultra Heavy

Xering® Exercise Guide

by Greg Niederlander
Discover 30 of the most popular lower body Xering® exercises.
60 pages.



ITEM# EG-XR



Xering®

INTERCHANGEABLE TUBING SYSTEM

Perform any and all functional resistance pulley exercises with this simple, unique tubing system. The system consists of a sturdy nylon door attachment, 2' of variable resistance tubing and an easy open-close metal clip, providing a secure attachment site for tubing system accessories.

ITEM #	COLOR	RESISTANCE
07-70282	Yellow	Very Light
07-70283	Green	Light
07-70284	Red	Medium
07-70285	Blue	Heavy

UPDATED: NEW SPRING-LOADED CLIP



INTERCHANGEABLE TUBING SYSTEM ACCESSORIES

All accessories for our Interchangeable Tubing System feature comfortable, wide, padded straps, durable-stitch, nylon construction and secure attachment sites.

A. INTERCHANGEABLE DUAL-HAND STRAP

For mid-body functional exercise.

ITEM# HANDLE-D

B. INTERCHANGEABLE ANKLE STRAP

For lower body functional exercises. Includes secure Velcro® closure.

ITEM# ANKLE-S

C. INTERCHANGEABLE HANDLE

For upper body functional exercise. Includes easy-grip, padded foam handle.

ITEM# HANDLE-UB

D. INTERCHANGEABLE THIGH STRAP

For lower body functional exercises. Includes Velcro® closure.

ITEM# THIGH-S



Interchangeable
Tubing with
Dual-Hand Strap

NEW SPRI MINI BANDS

UPDATED: NEW LENGTH!

This 9" long, 2" wide flat band loop provides comfort while performing floor-based lower body conditioning exercises, with enough extensibility for moderate load standing movement drills/activities. Available in 6 different levels of resistance.

ITEM #	COLOR	RESISTANCE
07-70293	Orange	Very Light
07-70294	Green	Light
07-70295	Pink	Medium
07-70296	Blue	Heavy
07-70297	Dark Blue	Ultra Heavy
07-70298	Purple	Super Heavy



SPRI Mini Bands

NEW XERCISE BAR™

Get a full body workout with the Xercise Bar™! Stand on the tubing for standard exercises like curls, shoulder presses and squats. To change resistance levels simply roll up the tubing around the bar, change the resistance of the Xertube being used, or do a combination of both! The Xercise Bar works with the Original Xertube® by simply placing the handles of the tube inside the bar and securing the end caps. The 32" bar can come apart for easy travel and storage. The Xercise Bar is available individually, or as a kit.



XERCISE BAR

ITEM# 07-70150

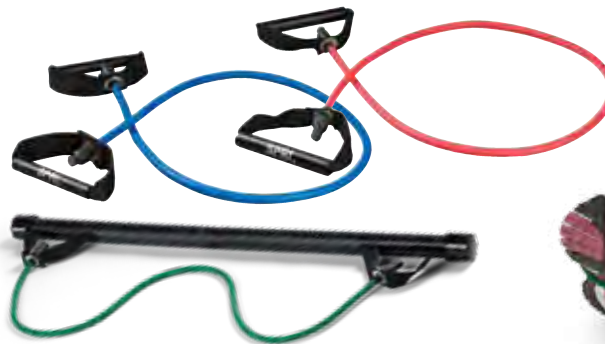
(Bar ONLY, Xertubes® sold separately)

XERCISE BAR KIT

ITEM# 07-70151

Includes three Original Xertubes® (light, medium & heavy).

*Additional Xertubes® located on page 4



Xercise Bar™

SPRI® XERCISE BANDS™

Available in a variety of lengths and widths to customize your lower body workout.

12" AND 16" XERCISE BANDS™

ITEM #	COLOR	LEVEL	SIZE
2011	Green	Average	12 x 1/2"
2012	Red	Above Average	12 x 3/4"
2014	Green	Average	16 x 1/2"
2013	Red	Above Average	16 x 3/4"

9" XERCISE BANDS™

ITEM #	COLOR	LEVEL	SIZE
2007	Yellow	Beginner	9 x 3/8"
2001	Green	Average	9 x 5/8"
2009	Red	Above Average	9 x 3/4"
2006	Blue	Intense	9 x 1"
2002	Orange	Athlete	9 x 1 1/2"
2003	Purple	Athlete	9 x 2"



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10-20 OF THE SAME ITEM
5% OFF

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10% OFF

31+ OF THE SAME ITEM
15% OFF



Chris Freytag

"I'm proud to be a SPRI® Pro trainer and have been using SPRI® products for the last 20 years. They are the leader in their market for a good reason...great quality, performance, and price. As both a personal trainer and group fitness instructor, functional training has become a big part of helping clients achieve results and SPRI® offers a full line of innovative tools to promote functional fitness... It's about building a body capable of doing real life activities in real life positions. SPRI® continues to be the leader in this niche!"



SPRI® Superband

NEW SPRI® SUPERBAND

Thick, extra strong Superbands are ideal for heavy-duty use. They work the lower leg muscles, provide resistance for walks, shuffles and lunges and help to prevent and rehabilitate sprained ankles. These 40" bands are 3/16" thick and are available in 4 different widths.

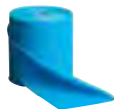
ITEM #	COLOR	WIDTH
SSB-1	Orange	½"
SSB-2	Red	1"
SSB-3	Blue	1¾"
SSB-4	Purple	2½"

UPDATED 40" LONG



SPRI® FLAT BAND

Great for group fitness, personal training, aquatics, seniors, children and travel. Our 5.5" wide flat bands are available in a variety of color-coded resistance levels. Sold in individually wrapped, 5 foot lengths.



SPRI offers flat bands in both rolls and multiple piece dispenser packs. For information on Flat Bands in rolls and multiple piece packaging see page 49.

5 FOOT BANDS

ITEM #	COLOR	LEVEL	THICKNESS
BAND508S	Orange	Medium	8 mil
BAND510S	Green	Heavy	10 mil
BAND512S	Blue	Extra Heavy	12 mil
BAND520S	Purple	Special Heavy	14 mil



SPRI® FLAT BAND LOOP

This 15" long, 4" wide closed-loop flat band fits comfortably around the upper or lower legs for resistive hip and knee movements through all planes of motion. Available in two resistances.

ITEM #	COLOR	LEVEL	THICKNESS
FBL-G	Green	Light	17 mil
FBL-P	Purple	Medium	20 mil



SPRI® Flat Band Loop



Staff Sergeant Ken Weichert

"As a Master Fitness Trainer for the Army National Guard and health and fitness columnist for the *National Guard Experience* magazine (GX®), my Soldiers depend on my advice on what exercise products to use that will help them become 'tactical athletes'. I have been using SPRI® Boot Camp tubes for several years and have obtained outstanding results! Whether deployed overseas or training at home, SPRI® Boot Camp tubes are dependable and effective exercise products that help prepare Soldiers for the rigors of combat, so that they can live long and productive lives!"

Staff Sergeant Ken Weichert

- Master Fitness Trainer

- Army National Guard

For More Info On Boot Camp Products See Page 6



TUBING STORAGE

Both of our standing tubing racks are ideal for storing a variety of your rubber resistance products. Choose from steel or PVC. Please call, additional shipping charges apply. Shipped unassembled. Tubing not included.

A. STEEL TUBING TREE

This sturdy steel rack is powder coated and perfect for storing your resistance tubing products. Rack holds 50-60 tubes. 62"H x 24"W x 24"D.

ITEM# RACK-TUBE

B. PVC TUBING TREE

A lightweight, sturdy, stationary storage rack for practically all SPRI® rubber resistance exercise products. 64"H x 30"W x 30"D.

ITEM# PVC-TREE



START FITNESS : Operation Living Fit™

By Sgt. Ken Weichert

Operation Living Fit™ utilizes highly effective physical training techniques practiced by the U.S. military. Complete with body resistance and tubing exercises uniquely arranged to target specific muscle groups, you'll burn hundreds of calories in less than an hour! SGT Ken will lead you through a series of heart-pounding military fitness exercises, cadence calls, and fierce kickboxing drills, all to upbeat music.

DVD #1: Basic Training

Operation Wake-Up Call. 30 min.

DVD #2: Intermediate Training

Operation Double Time. 47 min.

DVD #3: Advanced Training

Operation Fit to Fight. 52 min.

ITEM# FTF-DVDSET

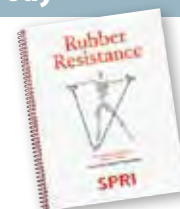


Rubber Resistance Instructor Training Manual Upper Body

by Keli Roberts

Upper body rubber resistance exercises and programming techniques for SPRI® Xertube®, Step Tube™ and Ultra Toner.™ Perfect for club programming! 43 pages.

ITEM# ITM-RRU



Rubber Resistance Instructor Training Manual Lower Body

by Keli Roberts

Lower body rubber resistance exercises and programming techniques for SPRI® Xertube®, Xering®, Xercise Bands,™ Xercuffs® and Flat Band products. Perfect for club programming! 45 pages.

ITEM# ITM-RL



The Complete Guide to Rubberized Resistance Exercises

by Mark Cibrario

Every exercise you'll need to design a complete exercise program. Featuring the Xertube®, Ultra Toner,™ Xercise Bar,™ Xering®, Door Attachment and more. 398 pages.

ITEM# RR-M



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

SPRI's Tested and Proven Xercise Balls™

Best in class - Best in value

You said you needed something that feels great and could withstand punishment. Something strong and effective — here's our answer. The SPRI® slow deflate Xercise Balls™ have an attitude that won't quit, and will stand up to the challenge. As a matter of fact, the Elite Xercise Ball,™ our top of the line, has been university tested well beyond its 500lb rating. All of our Xercise Balls™ have improved texture and durability for use in any workout environment.



Greg Niederlander

"Relationships build business. My association with SPRI over the past 25 plus years has provided me with a wonderful opportunity to establish, build and strengthen my relationships with many top noted professionals and health/fitness organizations. It is this commitment to networking and community building that defines SPRI as the company I choose to associate myself with."



XERCISE BALL SIZE CHART

45cm

Max Inflation - 16.5" (45cm)
Suggested Height - 5' and under

55cm

Max Inflation - 21" (55cm)
Suggested Height - 5' - 5'7"

65cm

Max Inflation - 25" (65cm)
Suggested Height - 5'8" - 6'3"

75cm

Max Inflation - 29" (75cm)
Suggested Height - Over 6'3"

ELITE XERCISE BALL™

Perfect for rigorous use and tough enough to withstand diverse training applications in any club environment. Slow deflate up to 500lbs.

ITEM #	COLOR	SIZE
SXBE45G		45cm
SXBE55SL		55cm
SXBE65R		65cm
SXBE75S		75cm

PROFESSIONAL PLUS XERCISE BALL™

Safe, heavy-duty, slow deflate quality is durable and comfortable. Designed for heavy use in all club environments. Slow deflate up to 350lbs.

ITEM #	COLOR	SIZE
SXBPP45G		45cm
SXBPP55SL		55cm
SXBPP65R		65cm
SXBPP75S		75cm

PROFESSIONAL XERCISE BALL™

Ideal for light institutional and home use. This high-grade ball is the perfect ball for individual use. Slow deflate up to 300lbs.

ITEM #	COLOR	SIZE
SXBP45G		45cm
SXBP55SL		55cm
SXBP65R		65cm
SXBP75S		75cm



EGG BALL

This egg-shaped ball provides more stability than traditional round balls, making it ideal for beginners. Egg Ball is not available with the slow deflate feature.

ITEM #	COLOR	SIZE
EGG-55		50cm
EGG-65		60cm



BALL HOLDERS

Exercise Ball Holders are multifunctional tools for the gym. Use the smaller base to help keep stability balls organized in the functional training areas when they are not being used and help keep group classes organized by eliminating roll-away balls. Use the larger base for organization but also to help provide added stability while performing exercises for both beginner and advanced users. Exercise Balls sold separately. Assembly required for the larger base.

A. Ball Holder - Small

ITEM# RBS

B. Ball Holder - Large

ITEM# XB-BASE



AIR PUMPS

A. E-Z Air Pump

Quick, easy and compact.

ITEM# RFBP

B. Power Air Pump

Durable, dual action pump. Great for inflating multiple balls.

ITEM# RPAP

C. Electric Air Pumps

A powerful air pump with flexible hose and two tapered adaptors.

1.17 HP: ITEM# EAP-1.17

4.0 HP: ITEM# EAP-4

D. Pump with Needle

Single-action, 9" hand pump with inflation needle. Perfect for inflating the SPRI® Xerdisc™ and other small inflatable products.

ITEM# RFBP-R



BOSU BALLAST BALL

The BOSU® Ballast® Ball, is a specially designed stability ball with 2.5lbs of weight inside, helping the ball to stay in stationary during use. Use the Ballast Ball the same ways as a traditional stability ball, or lift it, shift it and shake it for all new dynamic exercise activities. The BOSU® Ballast® Ball is suitable for all populations and integrates easily with all types of fitness equipment. Includes foot pump and workout DVD.

ITEM #	COLOR	SIZE
BOSU-BB65		65cm



**Quantity discounts not applicable for BOSU® products.*



Professional Plus
Exercise Ball®

QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

STABILITY BALL STORAGE

Keep your exercise area safe and organized with these convenient storage solutions! Please call, additional shipping charges may apply. Stability balls not included.

A. Storage Stacker

Clear plastic. Set of three.

ITEM# BSS

B. 9-Ball Steel Rack

Powder coated steel. Nine 12" rings span 6 feet when filled. Shipped unassembled.

ITEM# RACK-9BALL

C. 9-Ball Club Rack

SPRI's Club Rack sleek design is attractive, functional, and space saving. Stores up to 9 stability balls. 64"H x 28"D x 87"L. Approx. 200lbs. Simple assembly required.

ITEM# 07-70288

D. 4-Ball PVC Wall Rack

Shipped unassembled.

Mounting hardware not included.

107"W x 20½"D.

ITEM# RBR4

E. 16-Ball PVC Rack

Shipped partially assembled.

82"H x 107"W x 18"D.

ITEM# RBR16

F. 12-Ball PVC Rack

Shipped partially assembled.

56"H x 107"W x 18"D.

ITEM# RBR12



A.



B.



C.



D.



E.



F.

**Pumping Rubber®
On The Ball DVD**

by Melissa Walker

Use the Xertube® and Xercise Ball™ to target upper body while conditioning lower body. 20 min.

ITEM# PRB-DVD

**Awesome Abs™
On The Ball DVD**

by Melissa Walker

Define your abs, strengthen your low back and improve your posture. 25 min.

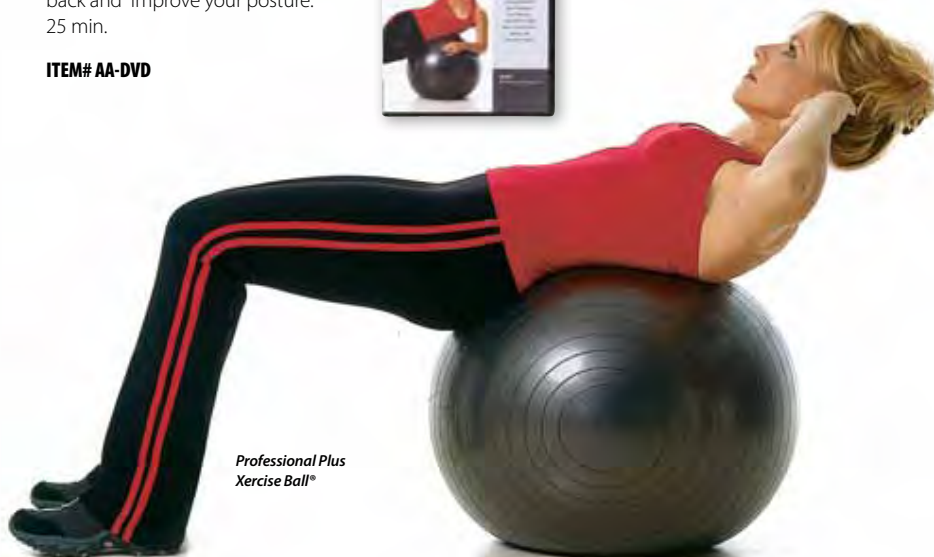
ITEM# AA-DVD

**Xercise Ball™
Exercise Guide**

by Greg Niederlander

Includes 30 of the most popular Xercise Ball™ stretches and resistance exercises. 59 pages.

ITEM# EG-SXB



Professional Plus
Xercise Ball®

XERBALL® MEDICINE BALL

IMPROVED: EVEN MORE DURABLE!

The Xerball® is a unique and versatile total body training tool that helps develop muscular strength, endurance, power, stability and joint integrity. The color-coded Xerball® will bounce and maintain its shape, and it is extremely durable. Redesigned with comfort and function in mind.

Xerball® Exercise Guide

by Greg Niederlander

Discover 30 Xerball® (medicine ball) resistance exercises. 58 pages.



ITEM# EG-PB

ITEM #	COLOR	WEIGHT
MED-2R	Yellow	2lb
MED-4R	Orange	4lb
MED-6R	Red	6lb
MED-8R	Purple	8lb
MED-10R	Dark Purple	10lb
MED-12R	Blue	12lb
MED-15R	Teal	15lb
MED-18R	Green	18lb
MED-20	Olive	20lb
MED-25	Brown	25lb
MED-30	Grey	30lb



DUAL GRIP XERBALL®

Dual-handle, easy-grip medicine balls provide plenty of med ball training options. They are the perfect choice for performing rotational abdominal exercises, upper extremity cross-body patterns, lower body dynamic and locomotor drills and explosive two-handle sport movement activities. Only available in black.

ITEM #	WEIGHT
PBDG-6R	6lb
PBDG-8R	8lb
PBDG-10R	10lb
PBDG-12R	12lb
PBDG-14R	14lb
PBDG-16R	16lb
PBDG-18R	18lb
PBDG-20R	20lb



Dual Grip Xerball®



SINGLE HANDLE XERBALL®

Single-handle, easy-grip medicine balls are perfect for dumbbell simulation, multi-plane explosive throwing drills, rotational core conditioning and sports specific training. The color-coded Single Handle Xerball® is sand-filled and will not bounce. Single handle Xerball® should not be thrown.

ITEM #	COLOR	WEIGHT
PBSH-2	Pink	2lb
PBSH-4	Yellow	4lb
PBSH-6	Blue	6lb
PBSH-8	Red	8lb



ROPE XERBALL®

Medicine ball with rope handle is the ideal tool for dynamic and propulsive rotational swinging, chopping and throwing drills and exercises.

ITEM #	WEIGHT
PBR-3	3kg (6.6lb)
PBR-4	4kg (8.8lb)
PBR-5	5kg (11lb)
PBR-6	6kg (13.2lb)
PBR-7	7kg (15.4lb)



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

DYNAMAX MEDICINE BALL

The pliable 14" Dynamax Medicine Ball is easy to catch and throw. This non-bounce medicine ball is a safe and versatile functional resistance training tool. Soft shell, heavy duty vinyl coated nylon construction holds its shape over time. Sweat and scuff resistant.

ITEM #	WEIGHT
DM-4	4lb
DM-6	6lb
DM-8	8lb
DM-10	10lb
DM-12	12lb
DM-14	14lb
DM-16	16lb
DM-18	18lb
DM-20	20lb



SOFT MINI XERBALL®

These soft, weighted, color coded mini medicine balls provide a unique strength-conditioning alternative. Durable sand filled balls fit comfortably in the palm of your hand. The Mini Xerballs® are the perfect weighted solution for rehabilitation work, joint integrity and yoga & Pilates.

ITEM #	WEIGHT
SMB-1	1lb
SMB-2R	2lb
SMB-3	3lb
SMB-4R	4lb
SMB-5	5lb
SMB-6R	6lb
SMB-7	7lb
SMB-8	8lb



DEAD WEIGHT BALL

The soft, squeezable, sand filled, color-coded Dead Weight Ball is easy to catch and throw. Ideal for exercises where rebounding or bouncing is not desired.

ITEM #	COLOR	WEIGHT
DBALL-4	Yellow	4lb
DBALL-6	Green	6lb
DBALL-8	Red	8lb
DBALL-10	Blue	10lb
DBALL-12	Purple	12lb



Soft Mini Xerball®

XERBALL® RACKS

Store and display Xerballs on these durable, light weight, high grade steel racks. All racks are fully welded and shipped assembled. *Additional shipping charges may apply. Xerballs not included with racks.*

A. 3 Ball Rack

Powder coated steel, fully welded and shipped assembled. Rack is designed to hold 3 of any size Xerballs. 39"H x 10 1/2"W x 16 1/2"D.

ITEM# RACK-MB3

B. 5 Ball Rack

The 5 Ball Rack is a solid steel rack, with a durable black finish, designed to hold a mixture of sizes of Xerballs, great for areas where room is limited. 48"H x 12"W x 12"D.

ITEM# MED-RACK5

C. 6 Ball Rack

The 6 Ball Rack is a solid steel rack, with a durable black finish. Designed to be sturdy and hold any mixture of Xerball sizes. 67"H x 24"W x 18"D.

ITEM# MED-RACK6

D. 12 Ball Rack

The 12 Ball Rack is a solid steel rack, with a durable black finish. Designed for function, this rack will hold a mixture of styles and sizes of Xerballs. 78"H x 19"W x 10"D.

ITEM# PB-RACK12



SPRI® WEIGHTED BAR & MINI SPRI® WEIGHTED BAR

Build lean body mass and muscle definition! These 4 to 6 foot long weighted bars with foam cushioned padding will give a new twist to your workout routines. Perfect for strength training, flexibility and balance in conjunction with various workout programs. Color-coded end caps indicate bar weight. The Mini SPRI® Weighted Bar is shorter and lighter than the original. These 2 foot long bars are available in 2lb, 3lb, & 4lb weights, and are ideal for single-arm resistance exercise movements, core muscle development, flexibility training and yoga exercise activities.



SPRI® Weighted Bar



A. SPRI® Weighted Bar

ITEM #	WEIGHT	LENGTH
BB-6	6lb	4ft
BB-9	9lb	4ft
BB-12	12lb	4ft
BB-15	15lb	4ft

B. Mini SPRI® Weighted Bar

ITEM #	WEIGHT	LENGTH
MBB-2	2lb	2ft
MBB-4	4lb	2ft



Weighted Bar Instructor Training Manual

by Keli Roberts

Foundational and cutting-edge exercises and programming for Weighted Bar strength training. Perfect for club programming! 45 pages.



ITEM# ITM-BB

WEIGHTED BAR RACK

The Weighted Bar Rack is constructed from sturdy steel. Perfect to keep your weighted bars organized. Rack is shipped partially assembled. 69" x 24"W x 18"D. Weighted bars sold separately. Additional shipping charges may apply.

ITEM# BB-RACK

MINI CONTOUR-WEIGHTS®

Soft, flexible, neoprene covered, 6" dumbbell-style tubes conform to your hands providing the perfect grip for upper-body resistance exercises and walking activities. Comfortably secure, stretch elastic hand strap eliminates over-gripping and hand fatigue. One free Instruction Sheet per order. Sold in pairs only.

ITEM #	WEIGHT
MCW-1R	1lb
MCW-2R	2lb
MCW-3R	3lb
MCW-4R	4lb
MCW-5R	5lb



Mini Contour - Weights®

CONTOUR-WEIGHTS®

These soft, flexible, weighted, neoprene covered, 28" barbell-style tubes wrap comfortably around your body. Soft, nylon end-stirrups may be used as handles for upper body exercises, positioned around feet for lower-body exercises, or you can buckle the ends for secure placement around the waist or over the shoulders.

ITEM #	WEIGHT
CW-6R	6lb
CW-9R	9lb
CW-12R	12lb
CW-15R	15lb



Contour - Weights®

QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS







10-20 OF THE SAME ITEM
5% OFF







21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

DELUXE VINYL DUMBBELLS

Durable, vinyl coated dumbbells. Color-coded for easy weight identification. Ideal for aerobics, step training or walking. Sold in pairs only. *Additional shipping charges may apply.*

ITEM #	COLOR	WEIGHT
DB-1		1lb
DB-2		2lb
DB-3		3lb
DB-4		4lb
DB-5		5lb
DB-6		6lb

ITEM #	COLOR	WEIGHT
DB-7		7lb
DB-8		8lb
DB-9		9lb
DB-10		10lb
DB-12		12lb
DB-15		15lb



RUBBER HEX DUMBBELLS

Premium grade, quality engineered and built to last a lifetime. Black rubber-encased hexagon dumbbells with chrome contoured handles. Sold in pairs only. *Additional shipping charges may apply.*

ITEM #	WEIGHT
HEX-3	3lb
HEX-5	5lb
HEX-8	8lb
HEX-10	10lb
HEX-12	12lb
HEX-15	15lb
HEX-20	20lb
HEX-25	25lb



Dumbbell Exercise Guide

by Greg Niederlander

Features 30 of the most popular upper/lower body dumbbell resistance exercises. 57 pages.









ITEM# EG-DB

JELLY BELLS™

The best looking aerobic dumbbells on the market, Jelly Bells™ are made of a colorful Gel-Grip™ urethane that makes them a pleasure to look at—and use! The ultimate in comfort and durability, Jelly Bells™ are color coded and available in 2.5lb increments from 2.5lb–15lb. Sold in pairs only. *Additional shipping charges may apply.*

**Quantity discounts not applicable for Jelly Bells® products.*

ITEM #	COLOR	WEIGHT
JB-2.5		2.5lb
JB-5		5lb
JB-7.5		7.5lb
JB-10		10lb
JB-12.5		12.5lb
JB-15		15lb



JELLY BELLS™ SET

Six pair Jelly Bells™ Set includes one pair each of the following: 2.5lb, 5lb, 7.5lb, 10lb, 12.5lb, 15lb, and vertical rack. *Additional shipping charges may apply.*

ITEM# JB-SET

**Quantity discounts not applicable for Jelly Bells® products.*



WEIGHT RACKS

A. PREMIUM WEIGHT RACK

Sturdy steel with black enamel finish, this rack holds 80 to 140 hand weights. 40"H x 46"W x 26"D. *Dumbbells sold separately.*

ITEM# DBR-D

B. A-FRAME RACK

The A-Frame Rack accommodates up to 6 pairs of Hex Head Dumbbells. The Rack featured all-steel construction with a sturdy bolt-together design. Rack size is 44 1/2"H x 27"W x 16 1/2"D. *Dumbbells sold separately.*

ITEM# DBR-A6

Racks may require special shipping requirements and additional shipping charges.



A.



B.

NEW KETTLEBALLS

Less intimidating and easier on floors than traditional kettlebells. Perfect for large and small group training. Uniform size ball with varied colors for easy weight identification. Generous, authentic kettlebell-style handle design. Flat bottom provides stability on floor and in rack.



ITEM #	COLOR	WEIGHT
07-70272	Yellow	5lb
07-70273	Orange	8lb
07-70274	Red	10lb
07-70275	Pink	12lb
07-70276	Purple	15lb

ITEM #	COLOR	WEIGHT
07-70277	Blue	18lb
07-70278	Light Blue	20lb
07-70279	Teal	25lb
07-70280	Green	30lb
07-70281	Brown	35lb

SPRI® KETTLEBELL

Use for squats, throws, cleans, jerks, snatches and rotational swings. The SPRI® Kettlebells have handles designed for comfort and fully vinyl coated iron bells to help protect floors. Ideal tool for both personal and group training.

ITEM #	KGS	LBS
KB-4	4kg	8.8lbs
KB-8	8kg	17.6lbs
KB-10	10kg	22lbs
KB-12	12kg	26.4lbs
KB-16	16kg	35.2lbs
KB-20	20kg	44lbs
KB-24	24kg	52.8lbs



SPRI® KettleBell

ART OF STRENGTH™

A. PUNCH KETTLEBELLS™

These cast iron kettlebells are 100% Made in the USA. Designed and manufactured to exacting standards assuring they move fluidly and fit naturally in your hands. Each Punch Kettlebell is powder coated and sealed to protect its finish and come pre-drilled for a 2kg Kettlebell Buddy attachment. Sizes 4kg-24kg, 32kg and 40kg. Kettlebell Buddy sold separately.

ITEM #	WEIGHT
07-70301	4kg
07-70302	8kg
07-70303	12kg
07-70304	16kg
07-70305	20kg
07-70306	24kg
07-70307	32kg
07-70308	40kg

B. KETTLEBELL BUDDY™

The Kettlebell Buddy is the perfect kettlebell training companion. Weighing in at 2kg, it is exactly half way between two kettlebell sizes. The Kettlebell Buddy screws into the base of any size of Punch Kettlebells, allowing for small progressive steps in building strength and helping to lessen the chance of injury from adding too much weight too quickly. Punch Kettlebells sold separately.



A.

B.

ITEM# 07-70300

*Quantity discounts not applicable for Art of Strength products.

QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

NEW KETTLE WEIGHT RACK

Kettle Weight Rack keeps both kettlebells and kettleballs organized and easy to access. Generous 2-tiered steel rack design handles even the largest size kettle weights. Rubber layered shelves with raised lip keeps products safely and securely in place. 55"W x 29"H x 20.5"D. Assembly required. Kettleballs and Kettlebells not included. Additional shipping charges apply.

ITEM# 07-70359

STORE:

UP TO 16
KETTLEBELLS
OR
UP TO 10
KETTLEBALLS

**KETTLEBELL STUDIO RACK**

This solid steel triangular shaped rack is the perfect solution to storing kettlebells where space is limited. The 3 shelves are designed to hold multiple sizes of kettlebells (2-3 per shelf) making them organized and easy to access. The triangular shape make the rack very stable and able to be placed in virtually any space. Rack dimensions: 42"H x 23"W x 17"D. Kettlebells not included. Additional shipping charges may apply.

STORE:

UP TO 9
KETTLEBELLS



ITEM# KB-RACK

SPRI® WEIGHTED VEST

Use the SPRI Weighted Vest to add resistance to any exercise or activity. The nylon, sweat resistant vest adjusts at shoulders and waist to comfortably fit most any adult. Hand washable. Reflective safety strips and twenty 1lb weights included.

ITEM# SWV-20R



SPRI® Weighted Vest and
Mini Contour-Weights





ART OF STRENGTH™

The Original Ropes Gone Wild®!

Ropes Gone Wild® is seen as one of the top metabolic tools the industry has to offer. This is truly metabolic training at its absolute most extreme and the "no impact" aspect makes it perfect for keeping your conditioning up while rehabbing an injury. Ropes Gone Wild® can be found in gyms all around the world being used to train everyone from the weekend warrior to some of the top collegiate and professional athletes. All Art of Strength Ropes are made in the USA.

**Quantity discounts not applicable for Art of Strength products.*

FRAY-PROOF BLACK ROPES

These non-fray ropes are designed to give you the best in metabolic and strength training. Intended for indoor use, each non-fray rope features the exclusive metal end caps assuring you you've got your hands on Ropes Gone Wild. Ropes are available in a variety of sizes. *Non-Fray Rope for indoor use only.*

ITEM #	SIZE
07-70309	1.5" x 30'
07-70310	1.5" x 40'
07-70311	1.5" x 50'
07-70316	2" x 30'
07-70317	2" x 40'
07-70318	2" x 50'



BULLDOG ROPES™

The same great metabolic and strength workout as before, now with the all weather Bulldog Cover designed to withstand the toughest indoor and outdoor conditions. Each rope features our exclusive metal end caps assuring you you've got Ropes Gone Wild. Ropes are available in 35', 45' & 55' lengths and in both 1.5" and 2" diameters.

ITEM #	SIZE
07-70323	1.5" x 35'
07-70324	1.5" x 45'
07-70325	1.5" x 55'
07-70326	2" x 35'
07-70327	2" x 45'
07-70328	2" x 55'



NEW OUTLAW 120

The Outlaw 120 is a shorter version of the Fray-Proof Black Ropes, designed to be used indoors as the ultimate heavy jump rope. Also an extremely effective and versatile strength and metabolic conditioning tool. Length 120".

ITEM #	SIZE
07-70332	1.5" x 10'
07-70333	2" x 10'



NEW OUTLAW 120 WITH BULLDOG JACKET

This version of the Outlaw 120 is a shorter version of the Bulldog Rope, with a rugged yet pliable covering designed to withstand the most rigorous indoor and outdoor conditions. May be used as a heavy jump rope, as well as a versatile metabolic strength conditioning tool. Length 120".

ITEM #	SIZE
07-70334	1.5" x 10'
07-70335	2" x 10'



ADJUSTABLE BARBELL

This 40lb adjustable barbell system includes a 5lb, 4½ foot bar, spring collars and 35lbs of Quiet Iron rubber-encased weight plates. *Additional shipping charges may apply.*

ITEM# AB-40



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

DARD COMBO

Dynamic Axial Resistance Device develops ankle and lower leg strength, stamina and stability to overcome muscular imbalances that contribute to shin splints. Accommodates all 1" diameter weight plates. Resistance can be varied in small increments by changing the size of the plates commonly used for weight training with the adaptor. Moving the weight disc toward or away from the feet in any of five preset levels also decreases or increases resistance. DARD now includes the Olympic Weight Plate adaptor Kit. *Weights not included.*

ITEM# 07-70169



DARD Combo

ANKLE & WRIST WEIGHTS

Durable, foam-padded premium nylon ankle weights feature multiple weight pockets for easy weight load adjustment. Fully adjustable, secure Velcro® closure provides the perfect fit for both ankles or wrists.

ANKLE/WRIST WEIGHTS

5lb set (Pair of 2.5lb weights)

ITEM# PL-AWW2.5R

10lb set (Pair of 5lb weights)

ITEM# PL-AWW5R

ANKLE WEIGHTS

10lb (Sold individually)

ITEM# PL-AW10R



SPRI® TRICEPS ROPE

Attach to any cable pulley machine or SPRI's Interchangeable Tubing System to perform resistive core abdominal exercises.

ITEM# PL-TRPR



LIFTING HOOKS

Get the perfect grip on barbells and dumbbells and avoid over gripping and hand grip fatigue. Adjustable wrist strap provides a comfortable and secure fit.

ITEM# PL-LHR



SPRI® LINED ANKLE CUFF

Attach to any cable pulley machine or SPRI's Interchangeable Tubing System to perform a variety of resistive leg exercises. Features extra padding, reinforced D-Ring stitching and easy on/off open-end double ring closure.

ITEM# PL-LACR



SPRI® LIFTING STRAPS

These durable, sturdy construction, looped nylon straps prevent over gripping of weight bars to reduce hand grip fatigue. Available in non-padded and padded versions.

NON-PADED: ITEM# PL-LSR

PADED: ITEM# PL-CLLSR



SPRI® BARBELL PAD

This thick, durable, nylon covered pad allows any weight bar to rest comfortably across your upper back and shoulders. Nylon cover makes cleaning easy.

ITEM# PL-BPR



The 360 Experience

The Step360 Pro combines the best in balance, strength and cardio!

The Step360™ Pro is a versatile balance training device that enhances functional stability. Balance is the foundational skill element necessary to enhance the overall performance of sport, exercise, and rehabilitative activities. The Step360™ Pro provides a safe and superior balance challenge for all balance, core, range of motion, strength, power, and performance movements through the stabilization and enhancement of 3-dimensional motion. This 360° training experience is designed to enhance the body's ability to react to a more demanding conditioning stimulus, thus heightening its training response.

NEW STEP360 PRO

The unique Step360™ Pro is an incredible training tool that compliments workout sessions for all ages, fitness levels, and skill capacities. A flat, stable platform atop two independently inflated 360 air chambers is the secret. Adjusting the air in the chambers modifies the height of the platform, while varying the degree of 360° rotational oscillation. Durable, non-slip platform surface for more demanding jumping, landing, and bounding activities. Platform tubing anchors for combined strength/balance exercise moves. Workout DVD and hand pump included. Don't miss out on the Step360™ training experience!

ITEM#05-58218

The 360 Training Experience DVD

Combining the Best in Balance, Strength and Cardio! Step360 Training challenges your stabilization while performing balance, core, range of motion, strength, power, and performance movements. This 360 training experience is designed to enhance the body's ability to react to a more demanding conditioning stimulus, thus heightening its training response. Contains two 18-minute Step360 Pro Training Sessions led by well-known fitness experts Robert Sherman and Abbie Appel. Run Time 45min.

ITEM# 07-70362



Use a barcode scanner
on your smartphone
to see a Step360
Pro Video



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

Take the Next Step

Add variety to your STEP® workouts with SPRI's new Slanted Risers

SPRI's Slanted Riser is an angled step riser designed specifically for use with the Original STEP®. From aerobic training to strength conditioning, SPRI's patented Slanted Riser will bring unlimited versatility to your workout. Not only will the Slanted Riser add new dimension to your cardio workout by transforming your flat step into an angled platform, but paired with standard risers, the Slanted Riser will also turn your STEP® into an incline/decline bench.

SLANTED RISER

SPRI's patented Slanted Riser is light weight and extremely portable, and ready to help take your workout to the next step. Perfect for personal training sessions, group classes or solo work, the Slanted Risers can create an incline/decline bench for assistive/resistive body weight training, and then can quickly be changed into an angled Step allowing you to move from cardio to strength training and back easily. Includes instructional DVD.

ITEM# SL-RISER-R

ITEM# SL-RISER6



The STEP® and Slanted Riser



THE STEP®

The Original Club STEP®, made of stable polyethylene for durability and long life includes 4 risers allowing it to adjust to 4", 6" or 8" heights and also features a platform featuring non-slip, shock absorbing ribbed platform mat for safety. The platform and the risers also include non-skid rubber feet for traction and stability. The STEP® can be used for cardio and muscle sculpting workouts. 14" x 40" stepping surface supports up to 300lbs. Available in two color options. *Please call, additional shipping charges apply.*

THE STEP®

ITEM #	COLOR
OCS	
OCS-BLACK	

THE STEP® ADDITIONAL RISERS

ITEM #	COLOR
OCSR	
OCSR-BLACK	

**Quantity discounts not applicable for STEP® products.*



The STEP® and Slanted Risers

CIRCUIT STEP®

The Circuit STEP® has a patented design for adjusting and stacking platforms together making it suitable for beginners and advanced steppers alike. The Circuit STEP® aerobic activity involves low-impact and high-intensity exercise. Adjustable to 4", 6" or 8" heights. 11"x 25" stepping surface supports up to 275lbs. Two pairs of risers included. *Please call, additional shipping charges may apply.*

ITEM# CS**ADDITIONAL RISERS ITEM# CS-RISER****Quantity discounts not applicable for STEP® products.***THE STEP® STACKABLE**

These stackable, high-density, poly-plastic steps feature non-slip bottom surface and rounded corners with a 12"x 22" stepping surface that supports up to 250lbs. 2 sizes available.

ITEM #	COLOR	HEIGHT
SS4		4"
SS6		6"

**Quantity discounts not applicable for STEP® products.***HIGH STEP™**

This multi-purpose, 16" square step platform adjusts from 4" to 12" for a variety of difficulty levels. Includes four 2" step risers and one 4" High Step™ platform that supports up to 275lbs.

ITEM# HS**Quantity discounts not applicable for STEP® products.*

Gliding™ Products and DVDs

Learn Gliding™ techniques with these dynamic products and DVDs.

The Gliding™ sliding disc exercise system allows for smooth, fluid, graceful movements. Use alone or incorporate it into virtually any class format, including Hi-Low, Step, Pilates, Yoga, Core Conditioning, Strength and many more. Learn Gliding™ techniques from the professionals with these dynamic DVDs.

GROUP EXERCISE STARTER PACKAGES

Add a new training option for your facility. The Group Exercise Starter Packs include 25 pairs of Discs with storage box, "Total Body Basics" DVD, Personal Trainers DVD, instruction manual, marketing materials on CD-ROM and a single-site licensing rights (all facilities that offer Gliding™ classes or instruction must obtain a license).

FOR USE ON CARPET FLOORING ITEM# GL146**FOR USE ON WOOD FLOORING ITEM# GL147**

Gliding™ Discs

**GLIDING™ DISC**

Two types of discs available to create a smooth sliding surface on carpeting or hardwood flooring.

FOR USE ON CARPET FLOORING ITEM# GL100**FOR USE ON WOOD FLOORING ITEM# GL101****Gliding Professional Series DVDs****Total Body Basics DVD**

with Mindy Mylrea

Gliding™ total body training turns traditional exercises into smooth, consistent, flowing patterns for a unique workout experience targeting every major muscle group & transforms classic exercise staples into innovative fluid motions. Approx. 60 min.

ITEM# GL106**Gliding Beyond the Basics DVD**

with Mindy Mylrea

The Gliding™ discs alone are amazing, and by adding more common fitness equipment into the mix and offering new combinations, this DVD offers a complete kick in the pants workout from start to finish. Approx. 60 min.

ITEM# 07-70040

QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

TRX® SUSPENSION TRAINER™ PRO PACK

The TRX® is the original bodyweight-based, performance training tool that delivers an effective and efficient, total-body workout that builds strength, balance, flexibility, and core stability for people of all fitness levels- indoors and out. The TRX leverages gravity and your bodyweight to enable hundreds of exercises for every fitness goal—you're in control. Built with industrial construction, the TRX weighs less than 2lbs., Supports up to 1000 lbs., requires minimal storage space and can easily set up anywhere. The TRX® is currently being used by teams in the NFL, NBA, MLB, NHL and the NCAA, by every branch of the US military and by top training centers across the US.

ITEM# 07-70223



TRX Suspension Trainer™ Professional

**Quantity discounts not applicable for TRX® products.*

TRX® DOOR ANCHOR

Use your TRX® Suspension Trainer™ on any sturdy door, at home or on the road. Won't damage paint or wood. Safety card included.

ITEM# 07-70050



TRX® Accessories

A. TRX Education: Trainer Basics DVD

Personal trainers and fitness pros: help your clients reach their peak performance with this fast, comprehensive MINI-course in the fundamentals of TRX Suspension Training. 60 min.

ITEM# 07-70052

B. TRX Core Strength DVD & Guide

Maximum results in Minimal time. Build crucial core strength from the innermost abdominal muscles and lower back—and provide a new, healthy basis for your fitness routine. A two-workout regimen created and led by experts.

ITEM# 07-70053

C. TRX All Body Strength Poster

The perfect visual guide for when you're developing a total-body strength building regimen. Hang it wherever you train.

ITEM# 07-70051

**Quantity discounts not applicable for TRX® products.*



A.



B.



C.

HANGING AB STRAPS

Ideal for hanging leg raises and abdominal work, these sweat and rip-resistant nylon ab straps help target the abs from all angles. The generous 8" wide straps allow for even weight distribution. Straps feature extra foam cushioning for comfort and steel clips allow straps to be attached to any secure overhead bar up to 1 1/4" in diameter. Sold as a pair.

8" ARM SLING: ITEM# AB-8R

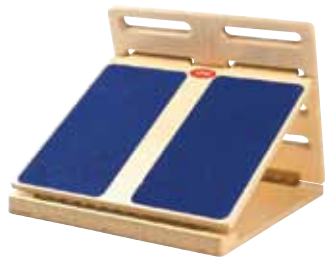


Hanging Ab Straps

MULTI-SLANT BOARD

This lower leg stretching device is highly durable and stable. Features a quick adjust tongue-and-groove locking system at 10, 20, 30 and 40 degrees and a non-slip top and bottom surface. Instructions included.

ITEM# BOARD-MS



Multi-Slant Board

PROSTRETCH™

A simple and effective way to dynamically stretch lower leg muscles. The unique rocking motion feature gently and safely increases ankle and foot mobility. Light weight and portable so you can stretch before or after your workout in the gym, on the field, in your home, or on the road.

UNILATERAL PROSTRETCH™ ITEM# PS-U



SPRI® PUSH UP BARS

Minimize hand, wrist and elbow stress. The approx. 5 1/2" high bars feature heavy gauge steel construction, foam covered hand grips and non-slip plastic end-cap protectors. Assembles easily. Sold in pairs.

ITEM# PL-PUBR



SPRI® Push Up Bars

QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

PREMIUM AGILITY LADDER

This 15 foot ladder with 10 adjustable hard plastic rungs features large ladder spaces to reduce the risk of ankle strains and provide more foot placement area than traditional agility ladders. For varied training applications try two ladders. Storage bag included.

ITEM# AL-15



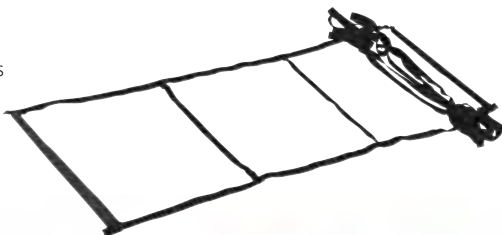
Premium
Agility Ladder

ECONOMY AGILITY LADDER

This 15 foot or 30 foot, portable nylon ladder has 22"x 22" sections and is specifically designed for agility training. Easy to fold and store.

15 FOOT: ITEM# AL-15E

30 FOOT: ITEM# AL-30E



MINI HURDLES

Perfect for agility training, PVC hurdles are 6" x 18".

SET OF 6: ITEM# MH-TP6

SET OF 12: ITEM# MH-TP12



MINI HURDLE EXTENDER

Increase the height of your hurdles by 6" with these easy, clip on hurdle extenders. Hurdle sold separately.

ITEM# MH-R

SET OF SIX: ITEM# MH-R6



CONES

Tough, durable plastic cones are perfect for speed, quickness, jumping and agility drills. One piece construction with wide, stable square base. Will not scuff or mark hardwood floors. 3 sizes available.

ITEM #	SIZE
CONE-6	6"
CONE-9	9"
CONE-12	12"



AGILITY DOTS

These 6," non-slip, flexible rubber circles are perfect for quick-foot reaction and change-of-direction drills. Agility Dots are offered as a set of 6.

ITEM# AD-SET



NEW ROLL OUT LADDER

The SPRI Roll Out Ladder resists bunching-up and stays in place on all types of indoor surfaces, and select outdoor surfaces. Made of heavy duty, durable, non-skid recycled rubber, this ladder quickly unrolls and lies flat, then rolls up for easy storage and portability. Generous 16"x 12.5" foot ladder area makes it perfect for all ages and ability levels. 15'x16"x1/8", weighing 11 lbs.

ITEM# 07-70259



AGILITY RINGS

Made of high impact plastic, these 18" rings are the perfect conditioning tool for all types of footwork drills. Heavyweight construction helps resist unwanted movement and insures that they lay flat. Agility rings sold individually.

ITEM# AR-1



Agility Rings

BRAIDED TD SPEEDCORD

A perfect training companion, the Braided TD SpeedCord will help develop sprinting strength and power, specifically in the acceleration phase. This method of contrast training will help to build top end speed as well as first step quickness. The Braided TD SpeedCord is four strands of SPRI's Tuff Tube braided together. Built for performance and comfort the Braided TD SpeedCord includes a comfort waist pad and foam handles.

ITEM# 07-70168

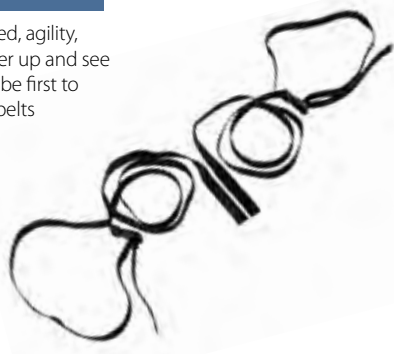


Braided TD SpeedCord

BREAK AWAY

Have fun while you improve speed, agility, balance and reaction time. Partner up and see who can move the quickest and be first to break away. Easy to adjust waist belts connect by a Velcro® strap.

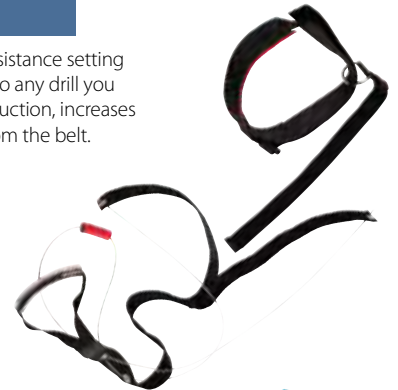
ITEM# BA



BULLET BELT™

Bullet Belt's™ patented adjustable resistance setting and breakaway design adds punch to any drill you run. Generate greater run force production, increases acceleration potential, then "pop" from the belt.

ITEM# BB-PACK1



SPRI® PARACHUTE

Increase speed, explosiveness and acceleration. The parachute provides both resistance and over-speed training. Adjustable waist belt fits a 20" to 42" waist and allows for training in any direction.

ITEM #	SIZE	MEASURES	RESISTANCE
CHUTE-S	Small	40" x 40"	15lb
CHUTE-M	Medium	48" x 48"	20lb
CHUTE-L	Large	56" x 56"	30lb
CHUTE-XL	X-Large	70" x 70"	50lb



220 Sport Timer Stopwatch

- Times all sport activities
- Time out split features
- Water and shock resistant

ITEM# 07-70252



480 TOUGH TIMER

- GripSkin outer shell: slip-proof, shock-resistant and water-tight
- Digital tally counter
- Giant oversized LCD

ITEM# 07-70253



470 300 MEMORY TIMER STOPWATCH

- 300 Lap Memory Recall
- Unlimited splits
- Large, easy to read display

ITEM# 07-70254



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM

5% OFF

21-30 OF THE SAME ITEM

10% OFF

31+ OF THE SAME ITEM

15% OFF

BASEBALL XERTUBE®

The most effective training tool for pitchers. Safely warms up and strengthens the throwing arm while preventing shoulder injuries.

ITEM #	COLOR	RESISTANCE
BXT-L		Light
BXT-M		Medium
BXT-H		Heavy

**SOFTBALL XERTUBE®**

Same features as our Baseball Xertube,® but specifically designed for softball.

ITEM #	COLOR	RESISTANCE
SXT-L		Light
SXT-M		Medium
SXT-H		Heavy

**DELUXE ADJUSTABLE SPEED ROPE**

This 10 foot speed rope easily adjusts to shorter lengths. Features black and white handles.

ITEM# JR-AS.

**SPEED ROPE**

This flexible, non-kink rope features a 9 foot length and light, extended-length plastic handles for easy gripping.

ITEM# PL-SPR






Speed Rope

GOLF GYM® POWER SWING TRAINER™

Designed by professional golfers, the GolfGym® PowerSwing Trainer™ provides a comprehensive golf-specific workout when combined with the included exercise program. Develop power and club-head speed, improve muscle strength and endurance and develop a more consistent golf swing while reducing the risk of injury. Each kit comes complete with an instruction booklet, training DVD and a durable nylon tote bag. All kits include a Right-Handed ProPerfect™ Training Grip.

**PERSONAL KIT**

ITEM #	COLOR	RESISTANCE
07-70152		Light
07-70153		Medium
07-70154		Heavy

MASTERS KIT

ITEM #	COLOR	RESISTANCE
07-70155		Multiple

**WEIGHTED SEGMENTED JUMP ROPE**

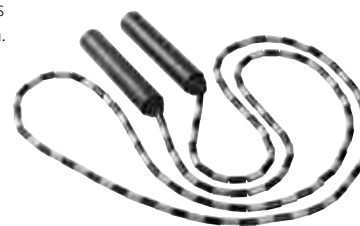
This 9 foot weighted rope features cushioned, non-slip handles with removable weights and an easy swivel design for unrestricted rope movement. Total weight is 1.5lbs.

ITEM# PL-SGR

**SEGMENTED JUMP ROPE**

SPRI's 9 foot segmented rope features foam handles and ball bearing action.

ITEM# JR-PS

**HEAVY ROPE**

Great for cardio-respiratory, endurance and strengthening. Ropes measure 8 feet long and come in a variety of weights. Includes training program.

ITEM #	WEIGHT
HR-1	1lb
HR-2	2lb
HR-4	4lb
HR-5	5lb
HR-6	6lb



REACTION BALL

The random bounces of the reaction ball improves overall coordination, reaction time and depth perception. Ball can be bounced off any hard surface. Available in two sizes, the larger size bounces higher and is easier to catch.

SMALL: ITEM# RB-S

LARGE: ITEM# RB-L



PLYO BOXES

Steel construction plyo boxes with durable non-skid rubber surfaces. Wide base and angled construction prevents tipping. Boxes are stackable for convenient storage. *Additional shipping charges apply.*

ITEM #	HEIGHT
PLYO-6	6"
PLYO-12	12"
PLYO-18	18"
PLYO-24	24"
PLYO-30	30"
PLYO-36	36"



POWER WHEEL™

Work your core and improve performance power. With either hands or feet on the wheel, perform a variety of upper body, strength training and plyometric exercises. Instruction manual and DVD included. Assembly required.

ITEM# PW-2

**Quantity discounts not applicable to the Power Wheel™.*

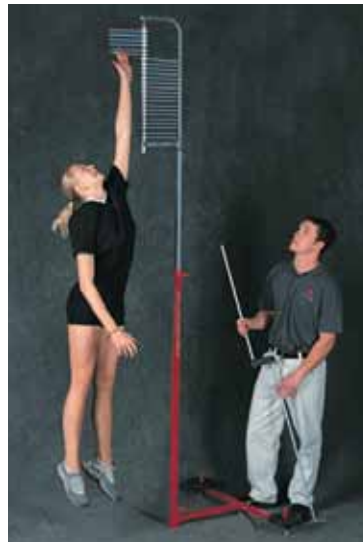


Power Wheel™

VERTEC JUMP TRAINING SYSTEM

The Vertec Jump Training System allows trainers and athletes to accurately measure jump height. The Vertec can be adjusted to measure jump heights in half-inch increments from 6' up to 12' using the color coded vanes. Vertec comes with a stable weighted base, vane Reset Tool, and Drill Instructions. Portable and easy to assemble. *Additional shipping charges may apply.*

ITEM# 07-70250



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

Balance Products

Balance Products are great balance training tools for all ages and abilities. They will safely and effectively improve stability, posture and motor-skills and are suitable for general training, rehabilitation and athletic conditioning.



36" Foam Roller

FOAM ROLLERS

Perfect for developing core stabilization, lower body balance and stamina. May also be used for gentle stretching and self-mobilization of joints and spine.

WHITE FULL FOAM ROLLERS

ITEM #	LENGTH	DIAMETER
FR-124	12"	4"
FR-126	12"	6"
FR-364	36"	4"
FR-366	36"	6"

WHITE HALF FOAM ROLLERS

ITEM #	LENGTH	DIAMETER
HR-124	12"	4"
HR-126	12"	6"
HR-364	36"	4"
HR-366	36"	6"

FOAM ROLLER KITS

ALL FOUR FULL ROLLERS: ITEM# FR-KIT

ALL FOUR HALF ROLLERS: ITEM# HR-KIT



EVA FOAM ROLLERS

Improve balance, flexibility and strength with these marble blue rollers constructed of heat sealed EVA foam, built to withstand the demands placed on them during exercise. The non-porous rollers will return to their original shape after use and prevent moisture and bacteria from penetrating the surface.

HALF FOAM ROLLERS

ITEM #	LENGTH	DIAMETER
EVA-HR12	12"	6"
EVA-HR36	36"	6"

FULL FOAM ROLLERS

ITEM #	LENGTH	DIAMETER
EVA-FR12	12"	6"
EVA-FR36	36"	6"



HIGH DENSITY FOAM ROLLERS

Ultra rigid, providing maximum firmness. Sturdy and resilient. Built to hold up to the most rigorous and demanding foam roller applications. Stays cleaner looking longer.

FULL FOAM ROLLERS

ITEM #	LENGTH	DIAMETER
FR-126BLACK	12"	6"
FR-366BLACK	36"	6"



EVA BALL

Sturdy and lightweight, this marble blue ball is made of heat sealed closed cell EVA foam.

ITEM #	SIZE
EVA-B6	6"
EVA-B8	8"



30 Minutes to Fit: Flexibility for the Inflexible DVD

With Kelly Roberts

Using a foam roller, Keli takes you through a series of stretches and techniques that will leave you feeling refreshed, leaner, stronger, and as if you have just had a deep tissue massage!

ITEM # 07-70221



On a Roll @ Home Manual

This handy spiral-bound manual of over 50 exercises takes the mystery out of the uses of the foam roller for the average exercise enthusiast. 88 pages.

ITEM# 07-70222



BOSU® SPORT BALANCE TRAINER

The sleek, compact design of the BOSU® Sport Balance Trainer allows for easy transportation and storage, and quick positioning for any type of workout. The smaller size (7" by 17.5" deep) offers a variety of configuration and stance options, and complements the original BOSU® Balance Trainer. The BOSU® Sport Balance Trainer is only available in blue, and includes foot pump. *Additional shipping charges may apply.*

ITEM# BOSU-S45



BOSU® BALANCE TRAINER

This functional exercise device provides multiple applications for standing, sitting and supported body weight conditioning activities. Platform is 12" tall with a diameter of 25" when fully inflated. Pump included. *Additional shipping charges may apply.*

ITEM# BOSU



NEW PRODUCT Step360 Pro

See Page 23



BOSU® PRO BALANCE TRAINER

Featuring a new, improved design and durability, the BOSU® PRO Balance Trainer has a bladder weight of 8 pounds, and a dually over-molded platform for extra strength. It has a smooth, non-skid, non-marking base. It has a blue dome with logo detailing, light grey clamp and platform, and includes a foot pump, Training Manual and DVD. Pump included. *Additional shipping charges may apply.*

ITEM# 07-70158



BOSU® RACK

This heavy-duty steel rack is perfect for storing up to 14 BOSU® Balls. Partial assembly required. 76"h x 25"w x 49½" deep. *Additional shipping charges may apply. BOSU® Products not included.*

ITEM# BOSU-RACK



**Quantity discounts not applicable for BOSU® products.*

QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

XERDISC™

This 14" lightweight, portable, air-filled disc is ideal for both balance and strength workouts. The thick wall construction and increased rigidity provides more stability for the novice while allowing the more experienced user to perform the most advanced of exercises. Inflate or deflate to control the level of challenge desired. Use two discs for double arm or double leg activities.

ITEM# XD-14R

**PLASTIC WOBBLE BOARD**

Improve balance and coordination, strengthen lower legs and stabilize ankles. This 14" surface has a 4½" wide beveled base that stands 2" high.

ITEM# BOARD-PR



Plastic Wobble Board

BALANCE PODS

Improve dynamic balance, body awareness and coordination. Arrange with flat-side down or up for varied levels of difficulty. Balance Pods available only as a set of six pods. Pod size is 6¼" x 3½". One free instruction sheet per order.

ITEM# BP-SET



Balance Pods

JUMBO BALANCE DOME

Large enough for the entire foot. Position flat side down for a minimal balance and stabilization challenge and flat side up for more instability. One free Instruction Sheet per order. 12½" x 7".

ITEM# JBD

**MULTI-WOBBLE BOARD**

This 20" round board adjusts to three levels of difficulty: 13, 15 or 17 degrees of tilt and 360 degrees of rotation. Non-skid surface.

ITEM# BOARD-MW

**ROUND WOBBLE BOARD**

Slightly beveled round bottom board provides multi-plane circular movement. The 15" round, ½" thick board has an angular displacement of 14 degrees. Non-skid surface.

ITEM# BOARD-W

**MULTI-BALANCE BOARD**

Premium, adjustable base board provides four levels of balance difficulty. Self-lock rotating fulcrum adjusts in just seconds with a range of 15 to 22 degree angle of tilt. ½" thick platform measures 18" x 18". Non-skid surface.

ITEM# BOARD-MB

**SQUARE ROCKER BOARD**

Slightly beveled base provides moderate single plane movement. The ½" thick board measures 18" x 15". Non-skid surface.

ITEM# BOARD-SR

**SPORT BALANCE BOARD**

This 29½" x 9½" side-to-side balance board provides a wide base for athletic stance balance positions to target the groin, quads and hamstring. Non-skid surface sits 6" high.

ITEM# BOARD-SB

**MINI TRAMPOLINE**

Tough enough to safely handle in-place jogging and low impact activities. This 38" diameter trampoline stands 8" off the floor, and is rated up to 250lbs. Protective spring-cover included.

ITEM# MT38



Beamfit™ Products and DVDs

Balance • Engage • Align • Move

Beaming™ goes beyond total body training as it is a Whole Body, mentally invigorating, core-based training "EXPERIENCE" rather than just another workout! You'll definitely get the physical benefits from the activity of Beaming™ — toned, firm muscles and a stronger core, improved balance, flexibility, posture and overall improvement in stature and appearance. Beaming™ utilizes barefoot training, the sensory systems, and a multi-discipline approach appealing to your "inner child," creating a fun yet challenging experience. The Beam is used for a multitude of exercises performed while standing, kneeling, sitting or lying down. Beaming™ will leave you feeling refreshed, renewed, inspired and "BEAMING" from within.



BEAMFIT™ BEAM

Each handcrafted BEAM is cutting edge, light weight and easy to store. It is 5 feet long, 2 inches high and 6 inches wide. It is made of a special high-density foam that 'gives' (slightly) as you work on it - cushioning your ankles, knees, hips and back. The BEAM is covered in an easy to clean, heavy duty, vinyl material.

ITEM# 07-70136



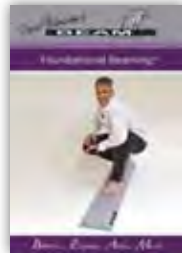
*Quantity discounts not applicable for Beamfit™ products.

Foundational Beaming DVD

Featuring David Mesirow

BEAMING goes beyond total body training as it is a Whole Body, mentally invigorating, core-based training "EXPERIENCE" rather than just another workout! You'll definitely get the physical benefits from the activity of BEAMING - toned, firm muscles and a stronger core, improved balance, flexibility, posture and overall improvement in stature and appearance.

07-70137



BEAM-LATES Basework DVD

Featuring June Kahn

Experience the BEAM-LATES program that combines Pilates principles and exercises while working on a specially designed, pliable, low grounded BEAM. The unique Pilates progressions will challenge your core in a whole new dimension by heightening sensory awareness. You'll feel your body immediately adapt and work through the balance challenges on the BEAM.

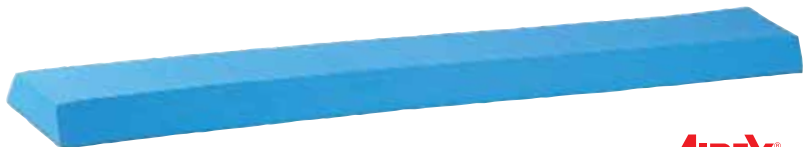
ITEM# 07-70138



AIREX BALANCE BEAM

The Airex® Balance Beam utilizes the soft closed-cell foam of the Balance Pad and extends it to create the newest balance training product. The Balance Beam provides a base for walking toe-to-toe, improving lower and upper body stabilization and coordination. Approximate dimensions: 64"L x 9.5"W x 2 1/2"H.

ITEM# AR-BEAM



AIREX®

AIREX MINI BALANCE BEAM

Perfect for single leg, static balance activities not requiring the entire length of the Balance Beam. 15"L x 9.5"W x 2 1/2"D.

ITEM# AR-POD

AIREX®



BeBalanced® Mini Beam Workout DVD

by Chrissy Ruby

Create a strong core and improved balance. Use the BeBalanced® MINI-beam to increase the challenge of 27 Pilate's exercises. 40 min.

ITEM# AR-PODDVD



AIREX BALANCE PADS

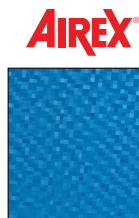
Great for balance, mobility, standing stability and motor-skill training. Improves joint stability through moderate instability. 16"L x 20"W x 1 1/2"D. Elite version features a non-slip texture.

A. Airex Balance Pad Elite

ITEM#AR-BPE

B. Airex Balance Pad

ITEM# AR-BB



A.

B.

QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

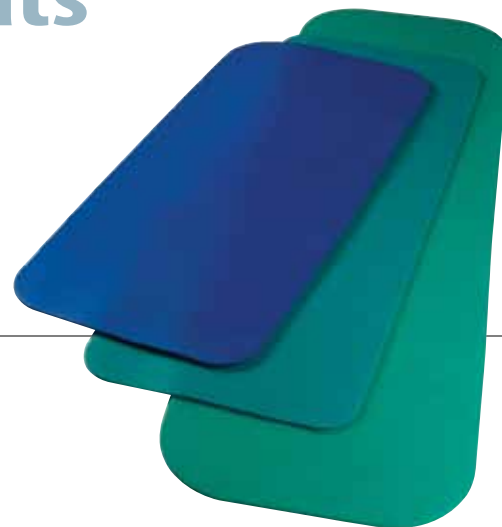
31+ OF THE SAME ITEM
15% OFF



AIREX® Fitline Mat




AIREX® Professional Exercise Mats

Airex® fitness mats are among the best in the industry for exercise, yoga, pilates, and stretching. Airex® mats are made of durable closed cell foam, and ribbed for grip and slip resistance. These mats are available in a wide range of sizes, thicknesses and colors. Airex® mats are not only used in fitness programs, but are also popular for rehabilitation applications.






AIREX® FITLINE AND FITNESS MATS

The Airex® mats are one of the most popular mats for exercise, Pilates work, Yoga poses and stretching routines. Although light weight and easy to roll-up, the mats still offer a flat, non-slip, well cushioned surface. They are a good choice for home gyms or workouts.

ITEM #	COLOR	SIZE
AR-FB		47" x 23" x 0.6"
AR-140		55" x 23" x 0.4"
AR-180		71" x 23" x 0.4"

AIREX® CORONELLA MATS

The Airex® Coronella is the most versatile personal size mat. This mat can be used for exercise, Pilates work, Yoga poses, aerobic, stretching, hydrotherapy and water rehabilitation. If you're seeking a full-length mat with extra cushioning then the Coronella should be your mat of choice.

ITEM #	COLOR	SIZE
AR-CLB		72" x 23" x 0.6"
AR-CLR		72" x 23" x 0.6"
AR-CLG		72" x 23" x 0.6"



AIREX® YOGA-PILATES MATS

Designed specifically to reduce the stress caused to the joints during Pilates and yoga workouts, this mat is soft but firm, providing cushioning and preventing excessive motion in the weight bearing joints.

ITEM #	COLOR	SIZE
AR-PP		74" x 23" x 0.3"
AR-PBL		74" x 23" x 0.3"



AIREX® HERCULES MAT





The largest, thickest, and most supportive Airex quality mat available. Generous, full-body design. 78.7" x 39.4" x 1" - 6.6 kg (14.5 lbs.)

ITEM #	COLOR	SIZE
AR-HBLK		78.7" x 39.4" x 1"



SPRI® PRO MAT




SPRI Pro Mats provide an economical solution for long lasting, quality exercise mats. $\frac{5}{8}$ " thick and available in both a 55" and 71" long version, the Pro Mat is perfect for any floor based exercise. The foams closed cell structure provides great support while also offering great cushion. The textured surface provides a non-slip surface, and yet is easy to clean. Pro Mats are able to be stored flat or rolled up.

ITEM #	COLOR	SIZE
MAT-140B		55" x 24" x $\frac{5}{8}$ "
MAT-140BLK		55" x 24" x $\frac{5}{8}$ "
MAT-180B		71" x 24" x $\frac{5}{8}$ "
MAT-180BLK		71" x 24" x $\frac{5}{8}$ "



SPRI® EXERCISE MATS

Durable $\frac{1}{2}$ " thick poly foam exercise mat is perfect for any floor exercise program. Lightweight, easy to roll-up, with convenient-carry handle.

ITEM #	COLOR	SIZE
MAT-R		48"x 20"x $\frac{1}{2}$ "
MAT-BL		48"x 20"x $\frac{1}{2}$ "
MAT-B		48"x 20"x $\frac{1}{2}$ "



SPRI® Exercise Mats



MAT RACK

This sturdy mat rack stores 35-40, $\frac{1}{2}$ " thick mats and 25, $\frac{3}{4}$ " thick mats. Made of durable steel tubing construction, the rack is set on 4 non-marking, neoprene castors for easy portability. 41"H x 31"W x 27"D. Additional shipping charges may apply. Shipped unassembled. Mats sold separately.

ITEM# RACK-MAT



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF



Kimberly Spreen

"I have relied on SPRI® for many years not only to supply me and my teams in the field with quality equipment we count on, but also to always be on the cutting edge of what equipment is new and innovative. They are dedicated, forward-thinking and dependable. Thank you SPRI!"

SPRI® TRIPLE LAYER MATS

The SPRI Triple Layer mat is a $\frac{5}{8}$ " thick, closed-celled foam mat with a sealed surface, provides firm support for exercising or stretching. The smaller size is perfect for areas where room is limited. The Triple Layer mats are light weight, durable, and easy to clean. These non-rollup mats stack and store flat.

ITEM #	COLOR	SIZE
MAT-TL-G		24" x 48" x $\frac{5}{8}$ "
MAT-TL-R		24" x 48" x $\frac{5}{8}$ "



SPRI® FOLDING EXERCISE MATS

The utmost in comfort and cleanliness, with a triple-layer construction of high-density foam for long-lasting durability and a softer center layer for comfort. Mat wipes clean easily with a damp cloth, is lightweight and folds up for easy storage. Available in both Bi-Fold and Tri-Fold versions.

A. Tri-Fold Mats

ITEM #	COLOR	SIZE
MAT-TF60		60" x 24" x 2"
MAT-TF72		72" x 24" x 2"

B. Bi-Fold Mats

ITEM #	COLOR	SIZE
TFM-1R		60" x 24" x 2"
TFM-2R		72" x 24" x 2"



A.



B.



SPRI Introduces Gaiam® Sol Yoga Mats

SOL SALUTATIONS. Surya Namaskar: the first series of the day — a moving meditation in honor of the rising sun. These flowing postures are often literally the first steps we take on an age-old path... the very foundation of the practice of yoga.

With Gaiam Sol, we salute those who have chosen this path — who make the practice of yoga a part of their daily lives, whether personal, professional or both. The products in our premium line were designed by yogis for yogis, with attention to responsibly sourced materials, mindful design and quality construction.

SHAKTI RUBBER MAT

shakti = power

100% natural rubber with a specialized stabilizing core. 24" x 68" x 4mm. Cranberry.

ITEM# 05-58431



ADARA RUBBER MAT

adara = respect

100% natural rubber core overlaid with durable cotton mesh. Performs well, wet or dry. 24" x 68" x 4mm. Black Olive.

ITEM# 05-58426



JALA RUBBER MAT

jala = flow

100% natural rubber Jala Mat is overlaid with a fine, open mesh for a unique and superior grip. 24" x 68" x 4mm. Indigo.

SKU: 05-58428



BHAKTI ULTRA-LIGHT MAT

bhakti = devotion

Ultra-Light Mat. Just 1mm thick and weighing in at 1lb.12oz. Folds to a slim, packable square. 100% natural rubber. 24" x 68" x 1mm. Plum.

ITEM# 05-58425



ATMAN MAT

atman = soul

72" in length. Two unique slip-resistant textures combine with high-density cushioning for unparalleled protection on a variety of surfaces. 24" x 72" x 6mm. Blueberry.

ITEM# 05-58427



UTTAMA PREMIUM MAT

uttama = excellence

Uttama Premium Mat provides the ideal foundation. 100% natural rubber with a structured core for balanced resilience, and a fabric-like surface for unmatched stability. 24" x 68" x 8mm. Green Olive.

ITEM# 05-58432



SUDDHA ECO YOGA MAT

suddha = purity

100% recyclable, 100% biodegradable and free from chemicals like latex and chlorine. Praised by devotees for requiring "zero break-in-time," TPE is slip-resistant and employs a unique closed-cell structure that locks out moisture, germs and odors. 24" x 68" x 4mm. Lavender/Grey.

ITEM# 05-58429



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM

5% OFF

21-30 OF THE SAME ITEM

10% OFF

31+ OF THE SAME ITEM

15% OFF

3mm MATS



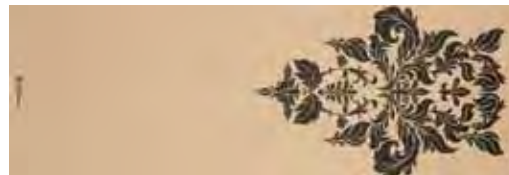
**ECO
REVERSIBLE**
100% Rubber.
ITEM# 05-54237



CHAKRA
ITEM# 05-55321



CITRUS
ITEM# 05-54234



DAMASK
ITEM# 05-52843



FERN
ITEM# 600-1301FERN68



TREE OF LIFE
ITEM# 05-53043



ZEN GARDEN
ITEM# 05-55310



FLOWER OF LIFE
ITEM# 05-52869



BLOOM
ITEM# 05-54073



DRAGONFLY
ITEM# 05-52845



WISDOM
100% Rubber
ITEM# 05-52511



Gaiam Yoga Mat

Additional assortment of Gaiam Yoga
products available at WWW.SPRI.COM

GAIAM COTTON YOGA MAT STRAPS

A distinctive, less bulky alternative to a mat bag, the supple yet durable polyester-fabric Mat Sling integrates a comfortable shoulder sling with Velcro™ closure straps. Fastens effortlessly around your mat and lets it breathe while keeping it securely rolled to and from your workout. Fits most fitness mats. Mats sold separately.

Assorted Colors
ITEM# 699-2003



GAIAM HEMP YOGA MAT STRAP

This eco friendly Hemp Yoga Mat Sling integrates natural materials with a unique design for durability and comfort. Fastens effortlessly around your mat and lets it breathe while keeping it securely rolled to and from your workout. Mat sold separately.

ITEM# 05-51985



GAIAM EMBROIDERED YOGA MAT BAGS

A chic, functional spin on a classic essential, our mat bag is roomy enough for your yoga, Pilates or fitness mat. These 100% cotton mat bags also sport a zippered front pocket to hold essentials. 100% cotton.

A. CHAKRA
ITEM# 05-58237

C. MOSAIC
ITEM# 05-55313

B. BATIK
ITEM# 05-55312



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

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10% OFF

31+ OF THE SAME ITEM
15% OFF



GAIAM YOGA BLOCKS

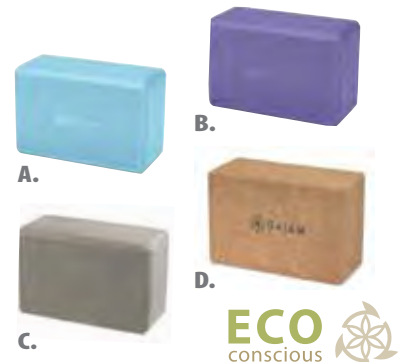
Gaiam's foam yoga block provides extra height, stability and support, and the embossed pattern adds style and extra traction. Used under hands, feet or your seat, Gaiam's lightweight block ensures proper alignment and safely assists in deepening stretches. 9"W x 6"H x 4"D.

A. ROBIN'S EGG
ITEM# 05-52842

B. PURPLE
ITEM# 05-52214

C. FLOWER OF LIFE
ITEM# 05-53235

D. CORK BRICK
Environmentally friendly
ITEM# 05-52292



MAT BAG

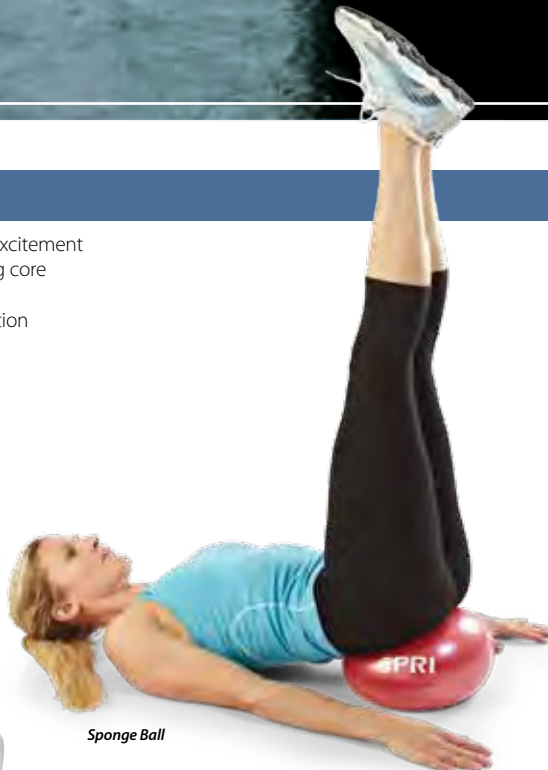
This sturdy nylon mesh Mat Bag has a convenient drawstring closure and shoulder strap. Perfect for Yoga mats.

D. SPRI MAT BAG
ITEM# MB-BL

SPONGE BALL

This soft, light, scented inflatable ball adds energy and excitement to any mat-based exercise routine. Perfect for enhancing core muscle activation, body-rolling techniques and postural re-setting activities. Approx. 9" diameter. One free Instruction Sheet per order.

ITEM# SPONGE BALL



Sponge Ball



PILATES POWER RING PRO

Use the Pilates Power Ring Pro to add resistance and assistance to many of your favorite Pilates exercises. Enhance core stability and control, improve overall flexibility and challenge core "powerhouse" strength.

ITEM# PPR-PRO



Pilates Power Ring Pro

CHIBOLSTER®

The ChiBolster® comes with easy to follow exercises based on proven Pilate's principles. Combined with the exercises, the ChiBolster® aids to builds core strength to support your spine, improves your mobility and promotes correct postural alignment. Sensory nodules, exclusive to the ChiBolster® activate specific points on the meridians to restore health and well-being, and relieve pain.

ITEM# 07-70056



Chibolster®



ChiBolster® Remedial Pilates Fundamentals Application & Class DVD

This 2-DVD package addresses terminology, posture, and recruitment patterns of each exercise in a comprehensive step-by-step format. Focus is based on establishing a sound base knowledge of body shapes & posture, movement, and exercise basics for program progression. The second part engages what you have learned into a class format exercise program. 120 min.

ITEM# 07-70057



ChiBolster® Remedial Pilates Intermediate DVD

Once you have conquered the basics, this DVD is a natural stepping stone that develops the fundamental exercises you have learned by challenging you and your clients with more advanced progressions, assisting recruitment patterns and breathing techniques. 45 min.

ITEM#07-70058



ChiBolster® Remedial Pilates Advanced DVD

This class format DVD is the most advanced in the series. Further building on ChiBolster Remedial Pilates exercises, expect to be challenged and feel the improvement in your overall core strength, health and well-being. 45 min.

ITEM#07-70059



GAIAM ECO CONSCIOUS YOGA STRAPS

Experience the mind-body satisfaction of flexing beyond your usual limits with a strap made of 100% organic cotton. This extending strap allows you to expand your range, achieve more challenging positions and sustain poses for longer periods of time. All straps are 1 1/2" wide.

6' ORGAINIC COTTON - NATURAL
ITEM# 602-2307NATU

8' ORGAINIC COTTON - NATURAL
ITEM# 05-53341

6' ORGAINIC COTTON - SAGE
ITEM# 602-2307SAGE

6' ECO HEMP - ORANGE
ITEM# 05-54228



Gaiam Organic Cotton
Yoga Strap

COTTON YOGA STRAP

These cotton straps are great for participants of all levels! Available in 6' and 8' lengths with one-piece plastic buckle that holds securely and releases easily. Both lengths are available in blue & purple. Please specify your color choice when ordering

6' PURPLE: ITEM# SC-6P
6' FOOT BLUE: ITEM# SC-6B
8' FOOT PURPLE: ITEM# SC-8P
8' FOOT BLUE: ITEM# SC-8B



Yoga: Core Cross Train DVD

with Rodney Yee
Work your entire body while increasing core strength, flexibility and alignment. 60 min.

ITEM# 05-52898



Ultimate Yoga for Beginners DVD

with Rodney Yee
Get that long, lean yoga look while centering your mind and improving posture and flexibility. 80 min.

ITEM# 05-53391



Yoga for Back Care DVD

with Rodney Yee
Through a series of stretches and postures, internationally acclaimed yoga instructor Rodney Yee teaches you to develop a stronger, healthier back. 30 min.

ITEM# 05-52888



Mari Winsor Pilates DVD

with Mari Winsor
Winsor's detailed instructions make these programs easy to follow no matter your skill level. 80 min.

ITEM# 05-53759



Pilates Core Challenge DVD

with Ana Cabán
Pilates Core Challenge strengthens and tones muscles, improves posture flexibility and balance, and creates a sleek, firm and strong body. 60 min.

ITEM# 05-52023



Prenatal Yoga DVD

by Shiva Rae
Focused on helping you feel comfortable, relaxed and fit during pregnancy, this workout will increase your energy and stamina, and build strength, flexibility and balance. 70 min.

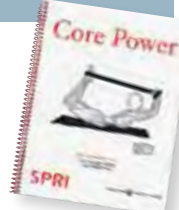
ITEM# 120-1269



Core Power Yoga Instructor Training Manual

by Baptiste Power Yoga Institute
Learn diverse yoga pose fundamentals with this introduction to Baptiste Core Power Vinyasa Yoga. 47 pages.

ITEM# ITM-YM



**For Additional
Yoga & Pilates DVD
Selections Please Visit
WWW.SPRI.COM**



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*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

Just Add Water

products ideal for aquatic exercise

These rubber resistance products have been proven to be ideal for aquatic exercise. They deliver total body conditioning, in water or out. See the Xertube®, Ultra Toner™, Xercuffs® and LEX Loops® in our Rubber Resistance section and the Aquatic Rubberized Resistance Exercise Manual for applications.



Marti Boutin

"Whether I'm training clients in the gym, or in their homes or teaching at fitness conventions, SPRI® is my "go to" equipment choice. The versatility the products offer keeps training fresh, exciting and effective giving my clients and students the results they desire. Thanks SPRI® for making my job easier!"



ADDITIONAL WATERPROOF PRODUCTS

Xering®
page 8



Xertube®
page 4



Ultra Toner™
page 6



Medicine Balls
page 15



H2O GLOVES

Lightweight, form-fitting, webbed gloves. Worn to enhance the natural resistance of water for safe and effective upper body conditioning. Sold in pairs only.

ITEM #	COLOR	SIZE
WAVE-PS	Red	Small
WAVE-PM	Blue	Medium
WAVE-PL	Black	Large



HAND BUOYS

Foam and plastic dumbbells ideal for upper body conditioning in both deep and shallow water.

ITEM #	SIZE
HB-MD	Mini
HB-SD	Regular
HB-DD	Jumbo



H2O NOODLE **UPDATED: NEW SIZE!**

The H2O Noodle can be used above water for stabilization or underwater for resistance training. Great for swim training, flutter kicking, resistance exercises, deep water running, or just floating around, and are perfect for almost all ages. Available in two sizes: Standard and Wide. Available in assorted colors only.

ITEM #	SIZE	DIAMETER	LENGTH
07-70290	Standard	2.7"	58"
07-70291	Wide	3.9"	58"



KICK BOARD

Made from three layers of durable closed cell foam, these kickboards are perfect for teaching proper kicking technique and a variety of other forms of in-the-water exercise. Kickboards are available in two sizes.

A. JR. KICKBOARD
16" L x 10" W x 1.25" D
ITEM# 07-70156

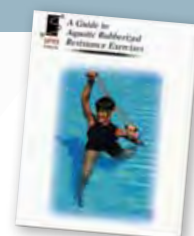
B. KICKBOARD
18" L x 14" W x 1.25" D
ITEM# 07-70157



Aquatic Rubberized Resistance Exercise Manual

Edited by June Lindle
Includes deep water training exercises and total body workout. 150 pages.

ITEM# AM



VELCRO® BOXING GLOVES

Made of artificial leather, these boxing gloves have pre-formed, high density, foam padding with Velcro® strap closing. Ideal for group exercise. Available in 12oz and 16oz. Sold in pairs.

12OZ (RED): ITEM# BGPU-F12
16OZ (BLUE): ITEM# BGPU-F16



KICK BAG GLOVES

Full finger, light weight, goat leather glove designed specifically for bag and pad work. Sold in pairs.

ITEM #	SIZE
KBG-S	Small
KBG-M	Medium
KBG-L	Large
KBG-XL	X-Large



FINGERLESS GLOVE

Ultra light foam padded leather glove with elastic wrist wrap. Perfect for training with speed bags, double end bags and punching bags. Sold in pairs.

ITEM #	SIZE
FG-S	Small
FG-M	Medium
FG-L	Large
FG-XL	X-Large



HAND WRAPS

Super strong herringbone cotton weave hand wraps are 2" wide and available in four lengths (100"-175"). Sold in pairs only.

ITEM #	COLOR	SIZE
HW-100	Red	2" x 100"
HW-125	Black	2" x 125"
HW-150	Blue	2" x 150"
HW-175	Yellow	2" x 175"



FOCUS TARGET

Punch-Kick target with a double clapper.

ITEM# FT-V



PUNCH MITTS

UPDATED: NEW SIZE

Condition like a pro! Punch mitts are the perfect trainer/client conditioning tool for high velocity punching activities. Special light-weight, high density foam dissipates the force of each punch providing comfort and safety for both trainer and participant. Available in both straight and curved versions. The pre-curved mitts provide a larger target area. The straight mitts are smaller for a more focused target area.

PRE-CURVED (RED)
 13" x 8" x 2"
ITEM# 07-70258

STRAIGHT FOAM (BLACK)
 11" x 7" x 2"
ITEM# PML



FREE STANDING KICK BAG

This 6 foot high, 18oz coated vinyl commercial strength bag features heavy-duty, low-profile base that fills easily with water or sand. SDS, stress distribution system, protects against cracks and leaks. Water filled weight is 250lbs, sand filled is 305lbs. *Additional shipping charges may apply.*

ITEM# FB-6



*Kick Bag Gloves
and Punch Mitts*

QUANTITY DISCOUNT
 *PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

SPRI® Wall Product Charts

Easy to read, full color wall charts are the perfect complement for club, studio or home. Large pictures and detailed instructions help users get the most from every exercise. 18"x 24"

XERTUBE® CHART
ITEM# WC-XT

XERING® CHART
ITEM# WC-XR

XERCUFFS® CHART
ITEM# WC-XC

**XERCISE BALL™
STRETCH CHART**
ITEM# WC-XBS

**XERCISE BALL™
LOWER BODY CHART**
ITEM# WC-XBLB

**XERCISE BALL™
BACK & ABS CHART**
ITEM# WC-XBBA

XERBALL® CHART
ITEM# WC-XB

DUMBBELL CHART
ITEM# WC-D



Marvelous Muscles Workout Chart: Youth

Non-laminated chart includes 14 upper body exercises, 6 lower body exercises, and 2 trunk exercises using Quik-Fit™/Ultra Toner™ resistance products. 24"x 36".

ITEM# QF-MC



Women's And Men's Exercise & Muscle Guide Charts

Features resistance exercise recommendations for each muscle group. 24"x 36".

WOMEN'S: ITEM# WC-WMG
MEN'S: ITEM# WC-MMG



Training Heart Rate Zones Chart

Learn how to take your pulse at both the wrist and neck. 24"x 36".

ITEM# WC-HRZ



Heart Rate Training Chart

Six-second count, 10-second count, target heart rate zone calculation and perceived exertion. 22"x 30".

ITEM# WC-HRTC



Aquatic Heart Rate Chart

Determine 60% and 85% heart rate training zones. 22"x 30".

ITEM# WC-ATC



Aerobic Flexibility Chart For Male & Female

Illustrates 12 stretches for each major muscle group. 24"x 36".

AEROBIC FLEXIBILITY:
ITEM# WC-WTF
WEIGHT TRAINING:
ITEM# WC-WTM



Posterior And Anterior Muscle Charts

Detailed, anatomically accurate depictions of all major deep and superficial posterior and anterior muscles. 33"x 23".

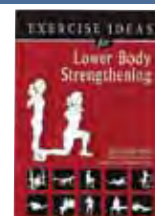
POSTERIOR: ITEM# WC-PM
ANTERIOR: ITEM# WC-AM



Exercise Ideas for Lower Body Strengthening Manual

by Dr. Irv Rubenstein
183 exercise ideas for the lower body from experts in the fitness and rehabilitation industry. Featuring Xertube®, Xercise Ball™ and dumbbells. 80 pages.

ITEM# VHI-LBS



Exercise Ideas for Core Strengthening Manual

by Dr. Irv Rubenstein
245 core conditioning and strengthening exercises designed to meet the needs of medical and fitness professionals. Features Xercise Ball™ and Xertube® 80 pages.

ITEM# VHI-CS



Exercise Ideas for Conditioning on the Ball Manual

by Dr. Irv Rubenstein
363 exercise ideas and options that can be used to train the whole body. Featuring Xercise Ball™, Xertube® and dumbbells. 128 pages.

ITEM# VHI-COB



Exercise Ideas for Upper Body Strengthening Manual

by Dr. Irv Rubenstein
500+ upper body exercises designed to meet the needs of medical and fitness professionals. Featuring Xercise Ball™, Xertube®, Xerball® and dumbbells. 176 pages.

ITEM# VHI-UBS



STAY ON TRACK

check your heart rate

Heart rate is widely accepted as a good method for measuring intensity while running, swimming, cycling and performing other aerobic activities. Exercise that doesn't raise your heart rate to a certain level and keep it there for 20 min. will not contribute significantly to cardiovascular fitness.



POLAR® HEART RATE MONITORS

Polar® heart rate monitors deliver proven quality, reliability and accuracy. All monitors include a water proof chest strap transmitter and a water resistant watch receiver (up to 30 meters.) Instructions included.

FT1 TRAINING COMPUTER



FT1
ITEM# 07-70199

RECOMMENDED FOR:

- Beginning exercisers performing simple and safe exercise

FEATURES:

- Continuous Heart Rate display in bpm
- Large Easy-to-Read Display with one-button functionality
- HR Target Zones with Alarm
- Water Resistant - 50 Meters

FT4 TRAINING COMPUTER



FT4 Female
ITEM# 07-70044



FT4 Male
ITEM# 07-70045

RECOMMENDED FOR:

- Burning calories effectively
- ##### ADDITIONAL FEATURES TO THE FT1:
- Continuous Heart Rate displays in bpm or as % of your max
 - OwnCal® displays real time calorie expenditure so you know when to refuel
 - Average and Maximum Heart Rate displayed for the total exercise
 - ZonePointer™ allows you to see where you are within your target zone range
 - Fitness Bullets displays 1 bullet for every 10 min. in your target zone
 - Full function watch with Stopwatch

FT7 TRAINING COMPUTER



FT7 Female
ITEM# 07-70046



FT7 Male
ITEM# 07-70047

RECOMMENDED FOR:

- Motivation to do your best
- Indoor and group exerciser interested in monitoring their fitness level

ADDITIONAL FEATURES TO THE FT4:

- OwnCode® ensures you receive only your heart rate signal and not others' close by
- OwnZone® automatically sets your daily target heart rate zones based on your physical condition that day
- Average and Maximum Heart Rate displays your average and maximum heart rate for the total exercise

FT40 TRAINING COMPUTER



FT40 Female
ITEM# 07-70048



FT40 Male
ITEM# 07-70049

RECOMMENDED FOR:

- The health-conscious enthusiast looking to track exercise
- ##### ADDITIONAL FEATURES TO THE FT7:
- EnergyPointer calculates the point of training where fat burning changes to fitness improvement
 - Water Resistant to 30 meters
 - User changeable battery
 - Total Training Summary calculates the total exercise files for the week
 - FlowLink™ enables you to transfer data between the training computer and polarpersonaltrainer.com
 - Connects to PC with USB connection

PEDOMETER - BEGINNER

The Beginner Pedometer includes the basic features you are looking for such as a step counter, a calorie counter and tracks the distance you have traveled. This lightweight pedometer has a large easy-to-read display and clock. Included with the pedometer is a 35 min. walking audio CD featuring professional trainer Debbie Rocker.

ITEM# 05-51979



PEDOMETER - ADVANCED

The Advanced Pedometer includes all the features the beginner version does plus a Pulse Rate, stop watch, backlight, alarm clock, and Programmable Target Steps. The advanced pedometer has an easy to read design, is lightweight, offers a sleek, flat design and includes a 60 minute audio CD workout lead by professional trainer Debbie Rocker.

ITEM# 05-51978



QUANTITY DISCOUNT
*PLEASE SEE ORDER FORM FOR FURTHER DETAILS

10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

LANGE SKINFOLD CALIPER

The most direct, simple, and accurate method for estimating leanness-fatness is measuring the thickness of skinfolds. The Lange Skinfold Caliper provides accurate measurement of subcutaneous tissue. The pivoted tips adjust for parallel measurement of skinfolds. Each unit is supplied with an individual case.

ITEM# LANGE-SC



Slim Guide Skinfold Caliper

The most widely used professional body fat caliper in the world. This accurate and easy to use pistol grip and trigger caliper is made of durable ABS plastic. Includes How to Measure Your % Body Fat manual.

ITEM# SKIN-SG



FAT TRACK® GOLD DIGITAL SKINFOLD CALIPER

The FatTrack Gold Premium package features the do-it-yourself FatTrack digital body fat caliper, which determines your body fat with digital accuracy. Included in the package are the easy to use "Body Tracker" software and the MyoTape® body tape measure, featuring a push-button retraction feature to ensure snug measurement and superior results. Instructions and measurement information included.

ITEM# FT05



BODY TAPE MEASURE

Track your body measurements—waist, biceps, thigh, calf, chest and more—and chart your progress with this easy-to-use MyoTape™. Push-button retraction and locking feature ensure snug measurement and superior accuracy.

ITEM# BTM



360 DEGREE GONIOMETER

Clear plastic construction permits observation of joint's axis of motion and range of motion. Measurements displayed in both inches and centimeters.

ITEM #	SIZE
GON06	6"
GON08	8"
GON12	12"



FLEX TESTER (SIT AND REACH)

Quickly and accurately measure hamstring and low back with clearly marked results in inches or centimeters. Metal construction. Assembly required. *Additional shipping charges may apply.*

ITEM# TRUNK-FT











Flex Tester (Sit and Reach)

SPRI® FLAT BAND

Great for physical therapy, personal practices, chiropractics, aquatics, seniors, children and travel. Our 5½" wide flat bands are available in a variety of color-coded resistance levels and lengths. Choose from 6 yard (5.5m) and 50 yard (45.5m) bulk rolls (silver and gold levels available in 25 yard rolls) or the 5 foot pre-cut lengths.







6 YARD (18 FEET) BULK ROLL

ITEM #	COLOR	RESISTANCE
BAND605		Extra Thin
BAND606		Thin
BAND608		Medium
BAND610		Heavy
BAND612		Extra Heavy
BAND614		Special Heavy
BAND620		Super Heavy
BAND625		Ultra Heavy

25 YARD (75 FEET) BULK ROLL






BAND15020		Super Heavy
BAND15025		Ultra Heavy

50 YARD (150 FEET) BULK ROLL

ITEM #	COLOR	RESISTANCE
BAND15005		Extra Thin
BAND15006		Thin
BAND15008		Medium
BAND15010		Heavy
BAND15012		Extra Heavy
BAND15014		Special Heavy



5 FOOT PRE-CUT 40 PIECE DISPENSER PACK

ITEM #	COLOR	RESISTANCE
BAND505		Extra Thin
BAND506		Thin
BAND508		Medium
BAND510		Heavy
BAND512		Extra Heavy
BAND520		Special Heavy
BAND525		Super Heavy








**For Individual Flat Band Options
See Page 10**






REP BAND® LATEX-FREE EXERCISE BANDS

Non-latex and completely powder-free, these exercise bands offer effective resistance without the concerns of latex allergies. Ideal for rehab regimens and strength training programs. Available in 6 and 50 yard lengths.

6 YARD (18 FEET) ROLL

ITEM #	COLOR	RESISTANCE
3000RP		Extra Thin
3001RP		Thin
3002RP		Medium
3003RP		Heavy
3004RP		Extra Heavy

50 YARD (150 FEET) ROLL

ITEM #	COLOR	RESISTANCE
3005RP		Extra Thin
3006RP		Thin
3007RP		Medium
3008RP		Heavy
3009RP		Extra Heavy



SPRI® Flat Band

QUANTITY DISCOUNT
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10-20 OF THE SAME ITEM
5% OFF

21-30 OF THE SAME ITEM
10% OFF

31+ OF THE SAME ITEM
15% OFF

BULK TUBING





Made from the same high-quality, durable natural rubber as our other products, bulk tubing gives you the versatility you need to cut your own desired lengths.
NOTE: Bulk Tubing is not intended as replacement for tubing products.

ITEM #	COLOR	RESISTANCE	LENGTH
5000A		Very Light	25'
5000		Light	25'
5001		Medium	25'
5002		Heavy	25'
5004P		Ultra Heavy	25'



HAND XERCISER™

This latex free material holds up to rigorous therapy to strengthen hands, fingers and forearms. Can be frozen or heated for preferred use. Available in four resistance levels, soft, medium, firm, and extra firm. Exercise sheet included.

ITEM #	COLOR	RESISTANCE
HB5231-R		Soft
HB5248-R		Medium
HB5255-R		Firm
HB5262-R		Extra Firm



XERSTRETCH® STRAP **NEWLY IMPROVED!**

This simple tool is perfect for assisted stretching of all major upper and lower body muscles. The 1" wide nylon strap includes one loop at each end for comfortable hand positioning and one loop in the middle for secure foot placement.

ITEM# STRAP



Xerstretch® Strap

SHOULDER PULLEY

Enhance your range of motion. Each handle of the Shoulder Pulley is made of black, flexible polymer that is both comfortable and ergonomically correct. The flexible, rubber coated door strap prevents it from slipping across the door. The pulley operates smoothly, and is virtually silent. Exercise instruction sheet included.

ITEM# SRP



Shoulder Pulley

NEW SPRI TIGER TAIL™

Turn sore muscles into happy muscles. The SPRI Tiger Tail Rolling Muscle Massager is a hand-held foam roller that helps with muscle compression, muscle recovery, trigger point self-help, and relieving sore muscles. The SPRI Tiger Tail is different because it has a soft, yet firm foam cover that is closed-cell, non-absorbent and very easy to clean. It won't pinch or pull out hair and it will not bend or break. Available in 3 sizes.

A. SPRI Tiger Tail – 22"

Great for full body massage and can be used with clients for perfect back massages.

ITEM# 07-70238

B. SPRI Tiger Tail - 18"

Perfect size to self-massage legs, arms, feet, the lower back and the neck.

ITEM# 07-70240

C. SPRI Tiger Tail To-Go

The SPRI Tiger Tail To-Go is a perfect travel companion, offering thick, nylon handles and a 7" rolling surface. The small size and light weight make it the perfect on-the-go tool for everything from an athletic kit to a carry-on bag.

ITEM# 07-70239



THE ORIGINAL BODY STICK®

Body Sticks are the perfect tool for self or partner massage. Increases circulation and decreases muscle stiffness. The Body Sticks are sticks with segmented rotating spindles that painlessly compress and stretch out all major muscles. Available in 3 different versions.

A. The Stiff Stick

The Stiff Stick is a stiff model that is very rigid with black dual cam grips. It is 24" in length and hosts 12 spindles. This model allows the user to deeply penetrate heavy muscle mass.

ITEM# 07-70054.

B. The Original Body Stick

This is the most popular model for the average male / female. Its 24" length and 15 working spindles address most muscle groups with ease. Comes with blue handles.

ITEM# STICK.

C. The Flex Stick

The Flex Stick is the most flexible standard model. It is 26" with 17 working spindles. Recommended for those with lean muscle mass and/or limited motion of the upper limbs. Comes with green handles.

ITEM# 07-70055



Multi-Slant Board

MULTI-SLANT BOARD

This lower leg stretching device is highly durable and stable. Features a quick adjust tongue-and-groove locking system at 10, 20, 30 and 40 degrees and a non-slip top and bottom surface. Instructions included.

ITEM# BOARD-MS



For similar items see page 26.

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