

COLOUR SPOTS

CHECK BODY STABILITY &
MOVEMENT



COLOUR SPOTS

IDEAL FOR QUICK DECISION MAKING &
DIRECTIONAL CHANGES

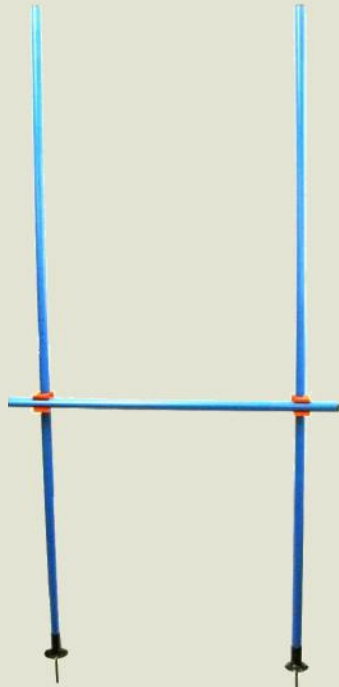


COLOUR SPOTS - 6 COLOURS IN CARRY BAG

MULTI-LINK SYSTEM

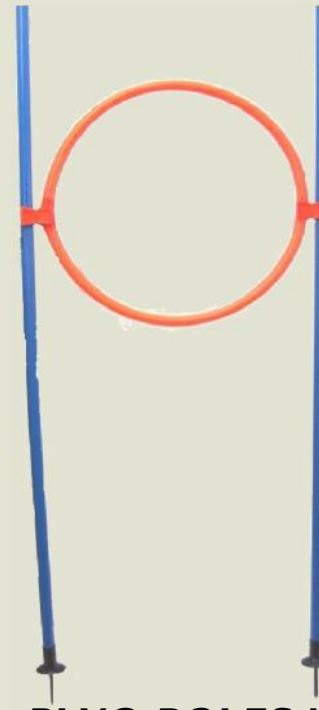
MAKE YOUR OWN OBSTACLE COURSE TO SUIT YOUR SPORT.

NEW SPORTS SPECIFIC ADDITIONS WILL FOLLOW.



PLYO POLE SET

2 POLES, CROSS BAR,
2 MULTI-CLIPS



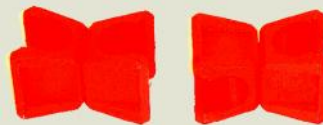
PLYO POLES WITH MULTI-HOOP



PLYO POLE SET WITH CROSS BAR



50 cm HEAVY DUTY MULTI-HOOP



25 mm ROTATING MULTI CLIPS



HEAVY DUTY RUBBER MULTI-BASE FOR COURT SPORTS

SUPER SLALOM POLE

SPECIALY FORMULATED PVC
POLE OF 25 mm DIAMETER
1.6m HIGH, WITH METAL PEG



SUPER SLALOM POLE
FLEXIBILITY

ONE PIECE

AVAILABLE IN A SET OF
12 POLES = 3 EACH OF
4 COLOURS IN A HANDY
DRAWSTRING CARRY BAG
WITH HANDLE



THE SUPER SLALOM POLES
ARE INTERCHANGEABLE
WITH THE "MULTI-LINK
SYSTEM"



HEAVY RUBBER BASE

STEEL PEG FOR FIELD OR HEAVY
RUBBER BASE FOR COURT / INDOOR

PLYOMETRIC ITEMS



12 KG WEIGHTED VEST
WITH WEIGHTS IN 1 kg
INCREMENTS



WEIGHTED VEST FITTED



PLYO CONE SET COMPRISING
OF 2 X 15 cm CONES
& 1 CROSSBAR



FOAM ROLLERS -
EXTRA HIGH DENSITY
VERY TOUGH LONG
LASTING FOAM

SUSPENSION TRAINING

HEAVY DUTY
CARABINER

HEAVY DUTY
CARABINER

Y JOINT WITH
STEEL ADJUSTER

ADJUSTABLE
TOP STRAP

Y JOINT

INDIVIDUAL
LEFT & RIGHT
ARMS - FULLY
ADJUSTABLE

STEEL
ADJUSTER

HANDLES &
STIRRUPS

HEAVY DUTY
HANDLES &
STIRRUPS

TWO MODELS AVAILABLE

SUSPENDED TRAINER - HOME USE
SUPER SUSPENDED TRAINER - PROFESSIONAL
USE WITH EXTRA STRONG 2 TON WEBBING