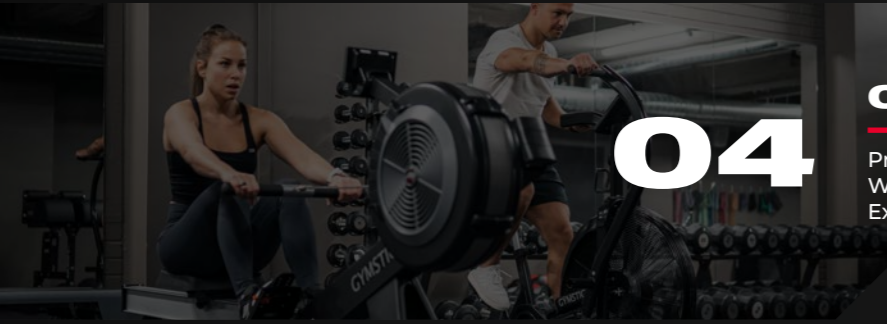




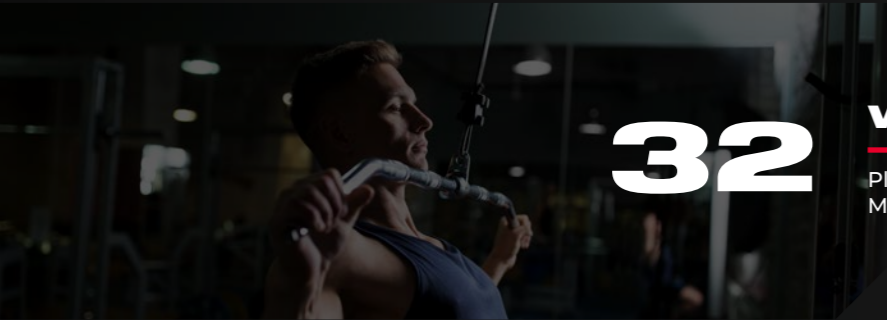
GYMSTICK™



04

CARDIO EQUIPMENT

Pro Series | Indoor Bikes | Indoor Rowers
Walking Pads | Treadmills | Crosstrainers
Exercise Bikes | Cardio Accessories



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WEIGHT MACHINES

Plate Loaded | Weight Stack
Multi-Stations | Home Gyms



46

STRENGTH EQUIPMENT

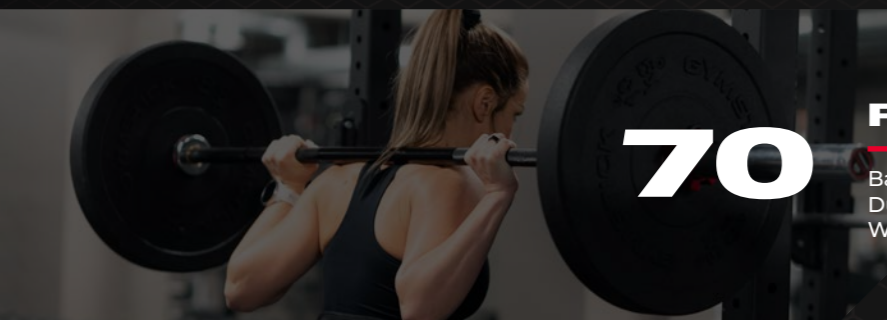
Racks & Stands | Bench Press & Incline Benches
Weight Benches | Pull-up Bars & Dip Racks



64

STORAGE SOLUTIONS

Storage Solutions



70

FREE WEIGHTS

Barbells | Weight Plates | Pump Sets & Weight Sets
Dumbbells | Kettlebells | Strength Accessories
Weightlifting Gear



90

FUNCTIONAL TRAINING

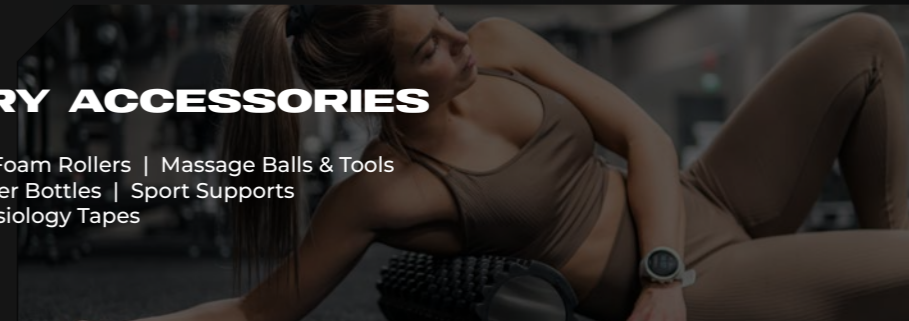
Gymstick Originals | Medicine Balls
Cross-training | Jump Ropes | Speed & Agility
Bodyweight Training



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FITNESS ACCESSORIES

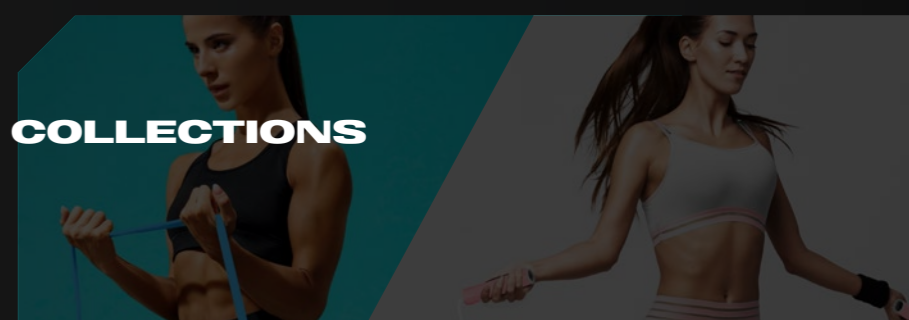
Training Mats | Flooring | Gymnastics Mats
Exercise Balls | Other Accessories | Hand Strength
Boxing Equipment | Spare Parts



124

RECOVERY ACCESSORIES

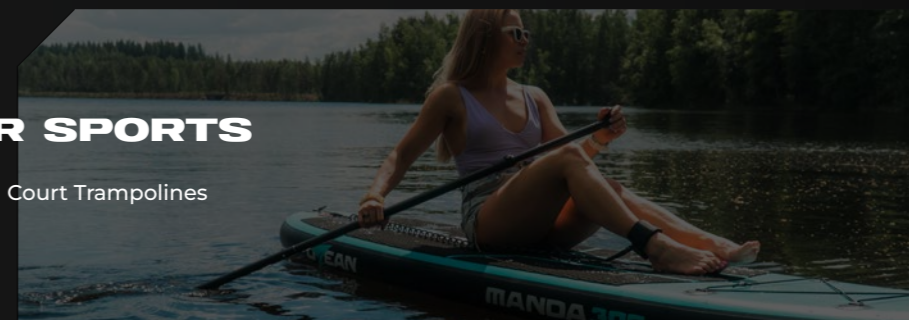
Massage Devices | Foam Rollers | Massage Balls & Tools
Mobility Tools | Water Bottles | Sport Supports
Ergonomics & Kinesiology Tapes



140

FITNESS COLLECTIONS

Active | Vivid



154

OUTDOOR SPORTS

Ozean SUP Boards | Court Trampolines

CARDIO EQUIPMENT

Cardio equipment make cardiovascular training efficient. Aerobic workouts are more pleasant with cardio machines, as they can be used indoors and provide a high level of motivation and comfort with various training programs and features.

Gymstick cardio family consists of a wide selection of cardio machines, including equipment for home workouts as well as for demanding professional training. Our home-oriented **GT GB GX and GR Series** offer high-performance machines for home training, while **PRO Series** offers top-of-the-line machines for commercial gyms and pro use.

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INDOOR ROWERS	14
WALKING PADS	16
TREADMILLS	18
CROSSTRAINERS	22
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PRO TREADMILLS

Gymstick PRO Series treadmills are built for professional training and demanding commercial use. They have been developed with the latest tech, offering extreme durability and functionality. The streamlined design and easy-to-use consoles allow these machines to be used in any space without cutting down on the user base.



	TM-PRO20.0	TM-PRO10.0
SIZE	214.5 x 93 x 168 cm	201.5 x 91.5 x 159.5 cm
WEIGHT	223 kg	195.5 kg
SPEED	1.0 - 25.0 km/h	1.0 - 22.0 km/h
INCLINE	0 - 15 %	0 - 15 %
MOTOR	AC	AC
POWER (CONT. / PEAK)	3.0 / 6.0 hp	3.0 / 5.0 hp
RUNNING SURFACE	162 x 60 cm	156 x 58 cm
MAX LOAD	160 kg	150 kg
FEATURES	Unfoldable / Wheels / Steel frame 8 x Belt cushions / Self-lubricating	Unfoldable / Wheels / Steel frame 8 x Belt cushions / Tablet holder
PACKAGE (CM)	223 x 96 x 40 cm / 128 x 98 x 37 cm	218.5 x 99 x 50.5 cm
PACKAGE (KG)	186 kg / 59 kg	219.5 kg
20' 40' 40'HC	22 / 44 / 48	20 / 44 / 55



PRO20.0 TREADMILL

TM-PRO20.0

PRO20.0 Treadmill is our top-of-the-line treadmill. Featuring a massive 15.6" touch screen, using the device is an experience in itself. With Real Scenery -training programs, you can experience real life running trails around the world in the comfort of your own home. Numerous built-in applications, features and training programs will elevate your training to the next level.



Multimedia interface with Real Scenery Mode

Experience an immersive way to train running at home by following real sceneries and running paths around the world easily right at home on your machine's screen!



PRO10.0 TREADMILL

TM-PRO10.0

PRO10.0 Treadmill brings performance and style to any commercial gym. This professional-grade treadmill offers absolute performance to any user, no matter their fitness level. The extra-large digital LED-display makes it easy to adjust your running settings and shows all important indicators with a quick glance.



Extra large easy-read LED Matrix

Track your running metrics easily with a quick glance from the extra large LED Matrix display. Equipped with a tablet holder and quick-action buttons at the bottom.

DISPLAY	15.6" TFT touchscreen	7 LED Matrix
PROGRAMS	38	38
CONNECTIONS	WIFI / USB / AUX	-
FUNCTIONS	Time / Speed / Distance / Incline Calories / HR / Steps / BF	Time / Speed / Distance / Incline Calories / HR / BF
HEART RATE	5 kHz / Contact	5 kHz / Contact
POWER SOURCE	Mains	Mains

PRO20.0 EXERCISE BIKE

EB-PRO20.0

PRO20.0 Exercise Bike is our top-of-the-line upright bike designed for professional use. Diverse training programs and super smooth pedaling to fit even the most demanding use. The bike features a massive 13.5 kg flywheel, that can offer powerful resistance levels for very intensive training.



- DISPLAY** 4 LED Matrix
- PROGRAMS** 17
- CONNECTIONS** -
- FUNCTIONS** Time / Speed / Distance
Calories / Heart Rate / RPM
- HEART RATE** 5.3 kHz / Contact
- POWER SOURCE** Self-generating



PRO20.0 RECUMBENT BIKE

RB-PRO20.0

PRO20.0 Recumbent Bike is designed for full-on commercial use. It offers performance and ease of use that you should expect from a top level recumbent. Broad adjustability, smooth pedaling and a massive 13.5 kg flywheel will offer performance to anyone ready to train.



- DISPLAY** 4 LED Matrix
- PROGRAMS** 17
- CONNECTIONS** -
- FUNCTIONS** Time / Speed / Distance / Calories
Heart Rate / RPM
- HEART RATE** 5.3 kHz / Contact
- POWER SOURCE** Self-generating



PRO20.0 CROSSTRAINER

CT-PRO20.0

PRO20.0 Crosstrainer is built for heavy commercial use, so it is constructed using high-quality parts and features a very sturdy frame. A diverse set of training programs and a bright LED Matrix display make exercising on the PRO20.0 challenging and enjoyable.



- DISPLAY** 4 LED Matrix
- PROGRAMS** 17
- CONNECTIONS** -
- FUNCTIONS** Time / Speed / Distance / Calories
Heart Rate / RPM
- HEART RATE** 5.3 kHz / Contact
- POWER SOURCE** Self-generating



PRO CARDIO

Gymstick PRO20.0 Series cardio machines are designed for heavy commercial use. They feature ultra-sturdy build-qualities and high-performance resistances, that fit all users. Equipped with a comprehensive selection of training programs and functionalities, PRO20.0 machines will serve exceptionally well in any facility.



	EB-PRO20.0	RB-PRO20.0	CT-PRO20.0
SIZE	122 x 61 x 154 cm	172.5 x 75 x 122 cm	200 x 93 x 186 cm
WEIGHT	62.5 kg	78.5 kg	105 kg
FLYWHEEL	13.5 kg	13.5 kg	13.5 kg
RESISTANCE	EMS Ergometer	EMS Ergometer	EMS Ergometer
TRANSMISSION	Belt	Belt	Belt
LEVELS	32	32	32
MAX WATT	300 W	300 W	400 W
STRIDE LENGTH	-	-	56 cm
MAX LOAD	180 kg	180 kg	180 kg
FEATURES	Adjustable seat / Quick-keys Wheels / Tablet + Cup holder	Adjustable seat / Quick-keys Wheels / Tablet + Cup holders	Quick-keys / Wheels Tablet + Cup holder
PACKAGE (CM)	123 x 36.5 x 78 cm	182 x 36.5 x 68 cm	125 x 65 x 95 cm
PACKAGE (KG)	69 kg	87.5 kg	130 kg
20' 40' 40"HC	56 / 126 / 162	54 / 112 / 132	26 / 54 / 54

AIR PRO + VAPOR

Air Pro and Vapor series are some of our top performing cardio machines, designed for professional use and heavy workouts. Air Pro series is specially designed for HIIT workouts, featuring interval and tabata programs, while the Vapor series focuses on providing smooth performance to all commercial gyms.

Bluetooth
ENABLED

kinomap
COMPATIBLE



	RW-AIRPRO	EB-AIRPRO	EB-PRO10.0
SIZE	251 x 50.5 x 115 cm	122 x 65 x 133 cm	104.5 x 56 x 152 cm
WEIGHT	42 kg	49.5 kg	45 kg
FLYWHEEL	-	-	7 kg
RESISTANCE	Air	Air	Magnetic
TRANSMISSION	Steel chain	Steel chain	V-Belt
LEVELS	10	Infinite	16
MAX WATT	-	-	300 W
MAX LOAD	227 kg	159 kg	140 kg
FEATURES	Foldable	24" Steel Fan	Ergo seat
PACKAGE (CM)	146 x 66 x 38 cm	127 x 28 x 89 cm	98 x 34 x 78.5 cm
PACKAGE (KG)	50.8 kg	51.5 kg	53 kg
20' 40' 40"HC	79 / 168 / 200	84 / 182 / 218	84

AIR ROWER PRO

RW-AIRPRO

Air Rower Pro features an air-resisted flywheel with a specially designed fan, that has been built to offer truly challenging resistance levels and extremely smooth rowing with reduced noise levels. Packed with modern features that motivate the user, and a smart foldable design that saves over 50% floor space while not training.



- DISPLAY** LCD (Blue Backlight)
- PROGRAMS** 8
- CONNECTIONS** Bluetooth / ANT+
- FUNCTIONS** Time / Distance / Calories
Pace / HR / Strokes / Watts etc.
- HEART RATE** 5 kHz
- POWER SOURCE** Battery



AIR BIKE PRO

EB-AIRPRO

Air Bike Pro is equipped with a massive 24-inch heavy-duty fan that is protected by a 27-inch housing cage, bringing practically infinite resistance to intense interval training. The bike is built with high-quality parts, making it extremely sturdy and durable. Air Bike Pro is designed for fierce HIIT workouts, fitting well for functional training and commercial use.



- DISPLAY** LCD Mono
- PROGRAMS** 9
- CONNECTIONS** Bluetooth
- FUNCTIONS** Time / Speed / Distance / Calories
Pace / Watts / HR
- HEART RATE** 5 kHz
- POWER SOURCE** Battery



VAPOR BIKE 10.0

EB-PRO10.0

Vapor Bike is designed for commercial use. The heavy-gauge steel frame and smooth high-end flywheel create the perfect base. The console offers multiple programs and 16 levels of resistance which is enough feedback information to make sure your clients never grow bored. The multi-grip handlebar, along with precision pin-locking seat mechanism, assures your client an extra-comfortable workout.



- DISPLAY** 5 LED Matrix
- PROGRAMS** 21
- CONNECTIONS** -
- FUNCTIONS** Time / Speed / Distance / Calories
RPM / Watts / HR / Recovery
- HEART RATE** 5 kHz / Contact
- POWER SOURCE** Self-generating



PRO FTR INDOOR RACER

SB-PROFTR

PRO FTR Indoor Racer is designed for pro level training and grueling indoor cycling workouts. This ultra-sturdy indoor bike is equipped with a massive 22 kg flywheel, that offers challenging resistances and smooth pedaling, that professional level riders will appreciate.

SB-WCOM Console sold separately!



FTR 7 INDOOR RACER

SB-FTR7

FTR 7 Indoor Racer is our mid-range indoor bike, designed to be the perfect option for most active indoor cyclists. Super sturdy frame with a large 20 kg flywheel can withstand some serious training. Features a console for tracking your training metrics.



DISPLAY LCD Mono
FUNCTIONS Time / Speed / Distance
 Calories / RPM / HR
HEART RATE 5 kHz
POWER SOURCE Battery



FTR INDOOR RACER

SB-FTR

FTR Indoor Racer is a trusty partner for indoor cycling at home. Smooth riding with a large 18 kg flywheel and broad adjustability for finding that perfect riding position. Comes with a simple console for tracking important training metrics.



DISPLAY LCD Mono
FUNCTIONS Time / Speed / Distance
 Calories / HR
HEART RATE 5 kHz
POWER SOURCE Battery



INDOOR BIKES

Gymstick indoor bikes are designed for cyclists and fitness enthusiasts who prefer a more realistic indoor cycling experience, compared to traditional upright exercise bikes. Our indoor bikes are highly adjustable to find the perfect riding position, and feature hi-performance braking systems for smooth and brutal riding.

	SB-PROFTR	SB-FTR7	SB-FTR
USE	Commercial	Semi-commercial	Home
SIZE	122 x 61 x 118 cm	128 x 53 x 128 cm	123 x 54 x 115 cm
WEIGHT	70.5kg	56.5 kg	42 kg
FLYWHEEL	22 kg	20 kg	18 kg
RESISTANCE	Top brake	Top brake	Top brake
TRANSMISSION	Belt	Belt	Belt
LEVELS	Stepless	Stepless	Stepless
CRANK	Chrome 3-piece	Chrome 3-piece	Chrome 3-piece
PEDALS	SPD + Cage	SPD + Cage	Cage
Q-FACTOR	190 mm	195 mm	180 mm
SEAT	Height / Distance / Tilt	Height / Distance / Tilt	Height / Distance / Tilt
HANDLEBAR	Height / Distance	Height / Distance	Height / Distance
MAX LOAD	150 kg	150 kg	125 kg
WHEELS	✓	✓	✓
PACKAGE (CM)	114 x 28 x 95 cm	106 x 21.5 x 86 cm	103 x 20.5 x 82.5 cm
PACKAGE (KG)	77 kg	61.5 kg	46 kg
20' 40' 40"HC	92 / 188 / 212	132 / 272 / 330	160 / 320 / 362

INDOOR ROWERS

Indoor rowers provide a powerful full-body workout, that is easy on the joints and a great way to strengthen your legs and upper body. Gymstick indoor rowers are built to last with sturdy bases and high-quality aluminum rails. Rowers are exceptional for home training, as they can be either stored upright or folded to save storage when not in use.

	RW-GR8.0	RW-GR6.0	RW-H2O	RW-FTR40
SIZE	197 x 50 x 56 cm	207.5 x 46.5 x 96 cm	204 x 56 x 95 cm	192.5 x 53 x 71 cm
WEIGHT	29 kg	35.5 kg	37 kg	25 kg
FLYWHEEL	-	-	-	6 kg
RESISTANCE	Water	Air + Magnetic	Water	Magnetic
TRANSMISSION	Belt	Belt	Belt	Belt
LEVELS	Infinite	16	Infinite	8
RAIL	Dual wood + PE	Dual aluminum	Monorail aluminum	Monorail aluminum
SEAT MAX DIST.	110 cm	110 cm	112 cm	107 cm
SEAT HEIGHT	30.5 cm	42.5 cm	43.5 cm	26 cm
MAX LOAD	120 kg	130 kg	135 kg	120 kg
FOLDABLE	✓	Upright	Upright	✓
WHEELS	✓	✓	✓	✓
PACKAGE (CM)	74.5 x 52.5 x 62 cm	129 x 24 x 83 cm	114.5 x 57 x 52 cm	114 x 28 x 57 cm
PACKAGE (KG)	33 kg	41 kg	48 kg	27 kg
20' 40' 40"HC	96 / 198 / 262	100 / 202 / 245	80 / 160	154 / 336 / 370

GR8.0 ROWER

RW-GR8.0

GR8.0 Rower is a unique water rowing machine, featuring a patented tri-fold system. This extremely compact indoor rower is powered by water and can be stored into a very small space after use. Stylish wooden frame with high-end metal trims. Compatible with Android/iOS fitness app.



- DISPLAY** LCD Mono
- CONNECTIONS** Bluetooth
- POWER SOURCE** Battery
- HEART RATE** -
- FUNCTIONS** Time / Speed / Distance
Cal / SPM / Strokes



TRI-FOLD SYSTEM



GR6.0 ROWER

RW-GR6.0

GR6.0 rower features a special dual-resistance type that combines both air and magnetic resistances, resulting in a powerful machine with pin-point precision. The bench moves smoothly on a dual aluminum rail, allowing a fluid and quiet rowing experience. Can be stored upright to save floor space.



- DISPLAY** LCD Color
- PROGRAMS** 15
- HEART RATE** 5.3 kHz
- POWER** Mains

- FUNCTIONS** Time / Speed / Cal / Distance
SPM / Strokes / HR / Watt



H2O ROWER

RW-H2O

H2O rower features a dynamic, infinite water resistance, which will increase exponentially as you row harder. High-quality steel fan blades ensure a smooth and powerful rowing experience. The machine can be stored upright to save space.



- DISPLAY** LCD Mono
- PROGRAMS** -
- HEART RATE** 5.3 kHz (belt incl.)
- POWER** Battery
- FUNCTIONS** Time / Speed / HR / Watt
Distance / Strokes / SPM



FTR 40 ROWER

RW-FTR40

FTR40 offers smooth and simple rowing with a steady magnetic resistance. Ergonomic seat together with the aluminum rail ensure a comfortable rowing position close to the ground. Foldable frame is quickly adjustable to save space.



- DISPLAY** LCD Mono
- PROGRAMS** -
- HEART RATE** -
- POWER SOURCE** Battery
- FUNCTIONS** Time / Strokes / Calories
Scan / Total count





WALKING PAD PRO

TM-WPAD-PRO

Walking Pad Pro is the ultimate choice for a small form-factor treadmill. The super slim design can be conveniently folded and stored horizontally or upright in a small space.

It features two training modes: running mode is active when the handlebar is turned up, allowing up to 10 kmh running speed. In walking mode the maximum speed is set to 6 kmh. Changing speeds in training is easy with the included remote.

WALKING PAD

TM-WPAD

Walking Pad is a super slim, foldable and easy to handle walking treadmill, that is designed for office and home use. Foldable frame allows it to be stored under the bed or sofa.

The device comes with a remote control which makes it easy to adjust the functions and walking speed. In addition, the device can be controlled with a mobile device (Anroid / iOS).



DISPLAY	LED
FUNCTIONS	Time / Speed / Distance / Steps
HEART RATE	-
POWER SOURCE	Mains



DISPLAY	LED
FUNCTIONS	Time / Speed / Distance / Steps
HEART RATE	-
POWER SOURCE	Mains



WALKING PAD HANDRAIL

TM-WPAD-HRL

Walking Pad Handrail is specially designed for extra support during walking on the Cymstick Walking Pad. The handrail is extremely easy to set up and can be stored away in seconds. It features two positions for different heights

Size	105 x 45 x 74 cm
Weight	7.5 kg
Max load	100 kg vertical pressure
Key features	Two height options Anti-slip handle

WALKING PADS

Walking Pads are designed for convenient daily training in the office and at home. Their super slim designs allow the devices to be used at a workstation, even during office work or other activities. Due to the foldable frames, walking pads are easy to store in tiny spaces. They feature smart functions with app-control and remote controllers.

	TM-WPAD-PRO	TM-WPAD
SIZE	145 x 70 x 81 cm	143 x 54.5 x 13 cm
WEIGHT	33 kg	28kg
SPEED	0.5 - 10.0 kmh	0.5 - 6.0 kmh
MOTOR	DC	DC
POWER (CONT. / PEAK)	1.25 / 2.5 hp	1.0 hp
WALKING SURFACE	120 x 44 cm	120 x 41 cm
MAX LOAD	110 kg	100 kg
REMOTE	✓	✓
HANDRAIL	✓	Sold separately
WHEELS	✓	✓
FOLDABLE	✓	✓
FOLDED SIZE	98.5 x 70 x 15.5 cm	82.5 x 55 x 13 cm
PACKAGE (CM)	107.5 x 22 x 77.5 cm	90 x 19.7 x 63.5 cm
PACKAGE (KG)	38 kg	31 kg
20' 40' 40"HC	138 / 298 / 328	200 / 464 / 504

TREADMILLS

Home treadmills for running, walking and everything in between. Built for performance and accessibility — Gymstick home treadmills feature large and easy to operate LED-consoles with quick-access buttons, HR sensors and a wide variety of training programs and functions.



GT7.0 TREADMILL

TM-GT7.0

GT7.0 offers numerous features that are expected from a top-performing treadmill for active home users. Shock-absorbing running surface has the user running comfortably and injury-free. Featuring an extra-large digital LED-display with all the important running data seen easily with a glance.



- DISPLAY **7 LED Matrix**
- PROGRAMS **38**
- CONNECTIONS **Bluetooth**
- HEART RATE **5 kHz / Contact**
- POWER SOURCE **Mains**



GT4.0 TREADMILL

TM-GT4.0

GT4.0 is designed with the needs of all home users in mind. The treadmill features numerous different training programs that make running more motivating and rewarding. With running speeds up to 18 kmh and an incline max of 15%, GT4.0 will offer great challenges to any home workout.



- DISPLAY **5 LED Matrix**
- PROGRAMS **38**
- CONNECTIONS **Bluetooth**
- HEART RATE **5 kHz / Contact**
- POWER SOURCE **Mains**



GT3.0 TREADMILL

TM-GT3.0

GT3.0 Treadmill offers excellent running experiences and a wide variety of features for the athlete at home, who needs just a little more from their fitness device. Due to the specially designed Soft Deck, running is nice and smooth, and reduces pressure on the joints. Integrated speakers with AUX.



- DISPLAY **3 LED Matrix**
- PROGRAMS **16**
- CONNECTIONS **Bluetooth / AUX**
- HEART RATE **5 kHz / Contact**
- POWER SOURCE **Mains**



GT1.0 TREADMILL

TM-GT1.0

GT1.0 Treadmill is designed for pleasant running experiences and comes with various features for efficient training in a compact form-factor. The compact device packs surprising punch, and is especially great for lighter running and walking workouts, as well as beginners.



- DISPLAY **3 LED Matrix**
- PROGRAMS **10**
- CONNECTIONS **-**
- HEART RATE **Contact**
- POWER SOURCE **Mains**



TITANIUM RUN 2.0 TREADMILL

TM-RUN2.0

A combination of style, performance and comfort is the best way to describe Titanium Run 2.0 treadmill. Robust frame and an excellent cushioning system for smooth and enjoyable running. Built-in speakers with AUX and USB inputs enable you to listen to your favorite tunes during your workout.



- DISPLAY **5" LCD (blue backlight)**
- PROGRAMS **10**
- CONNECTIONS **AUX / USB**
- HEART RATE **5 kHz / Contact**
- POWER SOURCE **Mains**



TREADMILLS



	TM-PRO20.0	TM-PRO10.0	TM-WPAD-PRO	TM-WPAD	TM-GT7.0	TM-GT4.0	TM-GT3.0	TM-GT1.0	TM-RUN 2.0
USE	Commercial	Commercial	Home / Office	Home / Office	Home	Home	Home	Home	Home
LENGTH	214.5 cm	201.5 cm	145 cm	143 cm	192.5 cm	171 cm	155 cm	145 cm	162 cm
WIDTH	93 cm	91.5 cm	70 cm	54.5 cm	92.5 cm	81.5 cm	78 cm	69 cm	75 cm
HEIGHT	168 cm	159.5 cm	81 cm	13 cm	147 cm	139 cm	125 cm	121 cm	123 cm
WEIGHT	223 kg	195.5 kg	33 kg	28 kg	105 kg	79.5 kg	61 kg	45 kg	58 kg
SPEED	1 - 25 kmh	1 - 22 kmh	0.5 - 10 kmh	0.5 - 6 kmh	0.5 - 20 kmh	1 - 18 kmh	0.8 - 18 kmh	0.8 - 12 kmh	1 - 14 kmh
INCLINE	15 %	15 %	0 %	0 %	15 %	15 %	12 %	Manual (2 levels)	15 %
MOTOR TYPE	AC	AC	DC	DC	DC	DC	DC	DC	DC
POWER (PEAK/CONT.)	6.0 / 3.0 hp	5.0 / 3.0 hp	2.5 / 1.25 hp	1.0 hp	3.0 / 2.0 hp	2.5 / 1.5 hp	2.0 / 1.25 hp	1.25 / 0.8 hp	2.0 / 1.0 hp
RUNNING AREA	162 x 60 cm	156 x 58 cm	120 x 44 cm	120 x 41 cm	153 x 55 cm	142 x 50 cm	130 x 46 cm	120 x 40 cm	120 x 43 cm
FOLDABLE	-	-	✓	✓	✓	✓	✓	✓	✓
DISPLAY	15.6" TFT-Touch	7 LED	LED	LED	7 LED	5 LED	3 LED	3 LED	5" LCD
PROGRAMS	38	38	-	-	38	38	16	10	10
CONNECTIONS	WIFI / AUX / USB	-	-	-	BT	BT	BT / AUX	-	-
MAX LOAD	160 kg	150 kg	110 kg	100 kg	130 kg	120 kg	120 kg	100 kg	110 kg
PACKAGE (CM)	223 x 95.5 x 40 / 98 x 128 x 36.5	218.5 x 99 x 50.5 cm	107.5 x 22 x 77.5 cm	90 x 19.7 x 63.5 cm	201 x 95.5 x 38 cm	182.5 x 87 x 295 cm	168 x 80.5 x 28 cm	175 x 75 x 18 cm	171 x 73 x 28 cm
PACKAGE (KG)	186 kg / 59 kg	219.5 kg	38 kg	31 kg	118 kg	91 kg	73 kg	51 kg	63 kg

CROSSTRAINERS

Save your joints with low-impact, high-performance home ellipticals! Our home crosstrainers feature smooth rolling flywheels that provide a prompt stride for cardio workouts. Choose between a front-wheel or a rear-wheel drive and connectivity for extra motivation through apps.

-  **Bluetooth**
ENABLED
-  **kinomap**
COMPATIBLE
-  **ZWIFT**
COMPATIBLE

FTR90 CROSSTRAINER

CT-FTR90

FTR 90 Crosstrainer represents the peak of quality and performance in home fitness. Everything about it demonstrates serious attitude to exercising. The computer-driven magnetic resistance produces an extremely smooth and enjoyable motion which only the "front wheel" can offer.



- DISPLAY** LCD (Blue Backlight)
- PROGRAMS** 14
- FUNCTIONS** Time / Speed / Distance
RPM / HR / Watt / Recovery
- CONNECTIONS** -
- HEART RATE** 5 kHz / Contact
- POWER SOURCE** Mains



GX8.0 CROSSTRAINER

CT-GX8.0

GX8.0 is one of our top of the line crosstrainers for home use, fitting active users at any levels of fitness. Front-driven flywheel and 32 levels of resistance allow for challenging and enjoyable training. The modern console features numerous training programs, and is compatible with various mobile apps.



- DISPLAY** LCD Color
- PROGRAMS** 17
- FUNCTIONS** Time / Speed / Distance
RPM / HR / Watt / Calories
- CONNECTIONS** Bluetooth / AUX / USB
- HEART RATE** 5 kHz / Contact
- POWER SOURCE** Mains



GX6.0 CROSSTRAINER

CT-GX6.0

GX6.0 Crosstrainer is a modern and diverse elliptical, designed for active home use. The smooth magnetic resistance has 16 levels for challenging training, easily adjustable for the user. A selection of training programs and great connectivity ensure that the crosstrainer fits all needs of an active home user.



- DISPLAY** LCD Color
- PROGRAMS** 19
- FUNCTIONS** Time / Speed / Distance
RPM / HR / Watt / Recovery
- CONNECTIONS** Bluetooth / USB
- HEART RATE** 5.3 kHz / Contact
- POWER SOURCE** Mains



GX4.0 CROSSTRAINER

CT-GX4.0

GX4.0 has been developed for home users that seek a high-quality crosstrainer at a reasonable price point. The 7 kg flywheel and computer operated magnetic resistance ensure a smooth ride for all your training hours. Easy-to-use console and training programs offer a great fit for any home user.



- DISPLAY** LCD (Blue Backlight)
- PROGRAMS** 14
- FUNCTIONS** Time / Speed / Distance
RPM / HR / Watt / Recovery
- CONNECTIONS** -
- HEART RATE** 5 kHz / Contact
- POWER SOURCE** Mains



IC3.0 CROSSTRAINER

CT-IC3.0

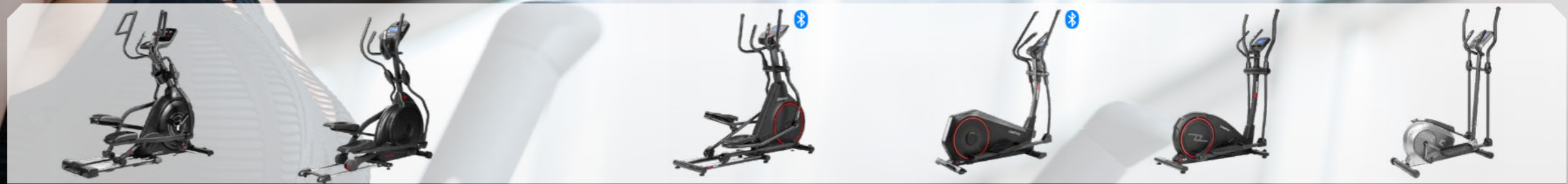
IC 3.0 has not only sporty looks, but it also feels sporty as the steady computer driven magnetic resistance offers a perfect workout every day. 16 levels of resistance and 12 preset programs are available to challenge experienced riders and allow new riders to work their way up.



- DISPLAY** LCD (Blue Backlight)
- PROGRAMS** 14
- FUNCTIONS** Time / Speed / Distance
RPM / HR / Watt / Calories
- CONNECTIONS** -
- HEART RATE** Contact
- POWER SOURCE** Mains



CROSSTRAINERS



	CT-PRO20.0	CT-90FTR	CT-GX8.0	CT-GX6.0	CT-GX4.0	CT-IC3.0
USE	Commercial	Home	Home	Home	Home	Home
LENGTH	200 cm	165 cm	175 cm	139 cm	133 cm	111 cm
WIDTH	93 cm	55 cm	69 cm	55 cm	59.5 cm	58 cm
HEIGHT	186 cm	161 cm	164 cm	163.5 cm	166 cm	158 cm
WEIGHT	105 kg	70 kg	59 kg	58 kg	47 kg	32 kg
DRIVE	Front	Front	Front	Back	Back	Back
STRIDE LENGTH	56 cm	46 cm	43 cm	40 cm	40 cm	34 cm
FLYWHEEL	13.5 kg	10.5 kg	9 kg	8 kg	7 kg	5 kg
RESISTANCE	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic
LEVELS	32	16	32	16	16	16
DISPLAY	LED	LCD (Blue Backlight)	LCD Color	LCD Color	LCD (Blue Backlight)	LCD (Blue Backlight)
PROGRAMS	17	14	17	19	14	14
CONNECTIONS	-	-	BT / AUX / USB	BT / USB	-	-
MAX LOAD	180 kg	130 kg	130 kg	120 kg	110 kg	100 kg
PACKAGE (CM)	125 x 65 x 95 cm	152 x 59 x 77.5 cm	114 x 44 x 94 cm	132 x 46 x 66.5 cm	117.5 x 44.5 x 57.5 cm	103 x 26 x 59 cm
PACKAGE (KG)	130 kg	78 kg	70 kg	64 kg	55.5 kg	35 kg

EXERCISE BIKES

Modern upright bikes for riding at the comfort of your own home. Each bike features great adjustability to serve different riders, as well as durable steel cranks with large pedals for intense training. Pair our top performing home bikes with fitness apps for more responsive rides!



GB8.0 EXERCISE BIKE

EB-GB8.0

GB8.0 has been developed for goal-oriented and motivational home training. The design combines a modern athletic look with a smooth and responsive cycling feel. If the versatile pre-set programs are not enough, connect the bike to various fitness apps through Bluetooth.



DISPLAY	LCD Color
PROGRAMS	17
FUNCTIONS	Time / Speed / Distance RPM / HR / Watt / Calories
CONNECTIONS	Bluetooth / AUX / USB
HEART RATE	5 kHz / Contact
POWER SOURCE	Mains



GB6.0 EXERCISE BIKE

EB-GB6.0

GB6.0 offers everything that a serious home user requires from an exercise bike. A broad selection of training programs and superb connectivity to fitness apps will make training on GB6.0 a true challenge. Equipped with large pedals, a comfort seat and an elbow-supported handlebar for extra comfort.



DISPLAY	LCD Color
PROGRAMS	19
FUNCTIONS	Time / Speed / Distance RPM / HR / Watt / Recovery
CONNECTIONS	Bluetooth / USB
HEART RATE	5.3 kHz / Contact
POWER SOURCE	Mains



GB4.0 EXERCISE BIKE

EB-GB4.0

GB4.0 Exercise Bike fills the needs of a quality-informed user. The machine includes numerous diverse and easy to use training programs, that will motivate to train harder. All your training sessions will feel smooth and accomplished on this mid-range upright bike!



DISPLAY	LCD (Blue Backlight)
PROGRAMS	14
FUNCTIONS	Time / Speed / Distance RPM / HR / Watt / Calories
CONNECTIONS	-
HEART RATE	5 kHz / Contact
POWER SOURCE	Mains



GB1.0 EXERCISE BIKE

EB-GB1.0

GB1.0 Exercise Bike is specially designed for the price-conscious home user. This bike offers all the basic features that most home users require from an exercise bike. While being inexpensive, the bike still has solid construction and adjustments that make it suitable for most users.



DISPLAY	LCD Mono
PROGRAMS	15
FUNCTIONS	Time / Speed / Distance Calories / HR / ODO / Scan
CONNECTIONS	-
HEART RATE	Contact
POWER SOURCE	Mains



IC3.0 EXERCISE BIKE

EB-IC3.0

IC 3.0 has not only sporty looks but it also feels sporty as the steady magnetic resistance offers a perfect workout every time. Equipped with a large seat with adjustments. 16 levels of resistance and 12 preset programs are available to challenge experience riders and allow new riders to work their way up.



DISPLAY	LCD (Blue Backlight)
PROGRAMS	14
FUNCTIONS	Time / Speed / Distance RPM / HR / Watt / Calories
CONNECTIONS	-
HEART RATE	Contact
POWER SOURCE	Mains



EXERCISE BIKES



	EB-AIRPRO	EB-PRO20.0	EB-PRO10.0	EB-GB8.0	EB-GB6.0	EB-GB4.0	EB-GB1.0	EB-IC3.0	X4
USE	Commercial	Commercial	Commercial	Home	Home	Home	Home	Home	Home
LENGTH	122 x 65 x 133	122 cm	104.5 cm	106 cm	143.5 cm	104 cm	88 cm	79.5 cm	90 cm
WIDTH	65 cm	61 cm	56 cm	64 cm	55.5 cm	54 cm	49 cm	52 cm	53 cm
HEIGHT	133 cm	154 cm	152 cm	150 cm	111 cm	141 cm	124 cm	137.5cm	148 cm
WEIGHT	49.5 kg	62.5 kg	45 kg	41.5 kg	37.5 kg	31 kg	20.5 kg	24 kg	25.7 kg
FLYWHEEL	-	13.5 kg	7 kg	9 kg	7 kg	6 kg	4 kg	5 kg	5 kg
RESISTANCE	Air	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	Magnetic
LEVELS	Infinite	32	16	32	16	16	8	16	8
TRANSMISSION	-	Auto	Auto	Auto	Auto	Auto	Manual	Auto	Manual
SEAT ADJUSTMENTS	Height + Distance	Height + Distance	Height	Height + Distance	Height + Distance	Height + Distance	Height	Height + Distance	Height + Distance
DISPLAY	LCD Mono	LED	LED	LCD Color	LCD Color	LCD (Blue Backlight)	LCD Mono	LCD (Blue Backlight)	LCD Mono
PROGRAMS	9	17	21	17	19	14	-	14	-
CONNECTIONS	BT	-	-	BT / AUX / USB	BT / USB	-	-	-	-
MAX LOAD	159 kg	180 kg	140 kg	135 kg	120 kg	110 kg	100 kg	100 kg	110 kg
PACKAGE (CM)	127 x 28 x 89 cm	123 x 36.5 x 78 cm	98 x 34 x 78.5 cm	113 x 32 x 77 cm	109 x 27 x 69.5 cm	105 x 30 x 60 cm	73.5 x 24.5 x 53 cm	60 x 28.5 x 73 cm	89.5 x 60.5 x 25.5 cm
PACKAGE (KG)	51.5 kg	69 kg	53 kg	51 kg	41.5 kg	37 kg	23.3 kg	26.7 kg	27.5 kg



CRANKBIKE X4

X4

Crankbike is an innovative cardio machine, that allows for a completely new way to build aerobic capacity. Crankbike allows you to pedal with your hands using the "crank" under the handlebar simultaneously as you cycle with the bike.

The device features an easy-read console for tracking and adjustable resistances for both hands and feet.

Size	90 x 53 x 148 cm
Weight	25.7 kg
Flywheel	5 kg
Resistance	Magnetic / Brake
Levels	8
Max load	110 kg



DISPLAY	LCD Mono
FUNCTIONS	Time / Speed / Distance Calories / HR / Odo
HEART RATE	Contact
POWER SOURCE	Battery



DESK BIKE

EB-DESK

Desk Bike is designed with health and fitness of office workers in mind. Pedaling while sitting will activate lower body muscles and blood flow, resulting in increased metabolism. Thus active pedaling will also enhance brain function and productivity.

Large padded comfort seat is height adjustable. Resistance can be easily adjusted from knob below seat.

Size	77 x 52 x 87 cm
Weight	15 kg
Flywheel	2.5 kg
Resistance	Magnetic
Levels	8
Max load	120 kg



DISPLAY	LCD Mono
FUNCTIONS	Time / Speed / Distance Calories / Scan
HEART RATE	-
POWER SOURCE	Battery



MINI BIKE 2.0

EB-MB2.0

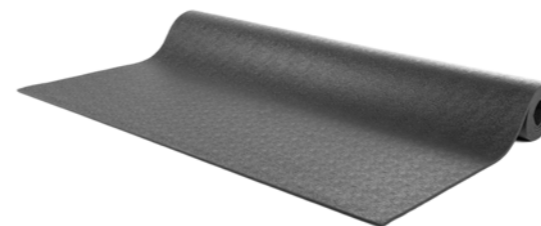
Mini Bike 2.0 is a beneficial fitness tool for home and the office. The bike is easy to setup under the desk or in front of a couch because of the tiny size and convenient carry handle.

The bike offers 5 levels of resistance that can be adjusted manually. Sturdy frame with adjustable pedal straps.

Size	54 x 48 x 40 cm
Weight	9.6 kg
Flywheel	2.5 kg
Resistance	Magnetic
Levels	5



DISPLAY	LCD Mono
FUNCTIONS	Time / Speed / Distance Calories / RPM
HEART RATE	-
POWER SOURCE	Battery



FLOOR PROTECTION MAT

61178 • 61179 • 61189

Floor Protection Mat is specially made to be used under cardio machines. The mat provides complete protection for all floor types and keeps the device in place even during hard training. Made of high-quality PVC. Available in 3 sizes.

Size	61178 / 200 x 100 x 0.6 cm
	61179 / 160 x 80 x 0.6 cm
	61189 / 250 x 80 x 0.6 cm



COMFORT SEAT

SB-CS

Comfort Seat is extra padded for comfort and fits all our spinning bikes and upright bikes. Easy tilt adjustment.



HR CHEST BELT

HR-CB5

HR Chest Belt measures your heart rate and transmits the to most compatible 5 kHz receivers. Adjustable and washable strap.



FTR CONSOLE

SB-WCOM

FTR Console is a wireless console for Gymstick Indoor Racers. Comes with a wireless RF transmitter.



TREADMILL LUBRICATION

61141

Treadmill Lubrication ensures a well working treadmill with a long lifespan. Pump bottle 200 ml with long straw.



FTR SPD PEDALS

SB-SPD

FTR SPD Pedals for all Gymstick Indoor Racers. Has two sides: SPD clips and adjustable cages.



AIR BIKE PRO WIND COVER

EB-AIRPRO-WC

Easy to attach air controller for Air Bike Pro. Minimizes wind from the bikes air resistance fan.

WEIGHT MACHINES

Weight machines build the backbone of a great commercial gym. They are highly adjustable for different levels of fitness, fitting well for a wide scale of people. Many machines have fixed ranges of motion, adjustments for optimal positions and other features that make strength training safe, effective and more approachable.

PLATE LOADED	34
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PLATE LOADED



SMITH MACHINE

PRO-508

Smith Machine is a multi-functional workout station, that features a fixed barbell on ultra-smooth sliding rods. The station doubles as a squat stand, as it has height adjustable barbell catchers and spotter arms on the front.

Made of heavy-duty steel profile to withstand high training weights, and is equipped with six plate holders on sides. Multi-angle pull up bar at top.

Max load 400 kg (50 mm plates)
Size 200 x 142 x 217.5 cm
Weight 265 kg
Frame profile 50 x 100 mm
Key features Ultra-smooth smith
 Adjustable bar holders + spotter arms
 Pull-up handles at top
 6 x Plate holders at sides

Package type Plywood box
Size / weight 223 x 123 x 37 cm / 300 kg

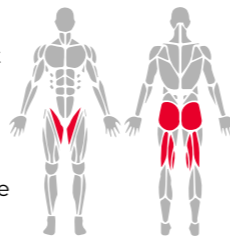


HIP THRUSTER

PRO-507

Hip Thruster is specially designed for comfortable, safe and effective hip thrust training. Train in comfort with high weights for strong glutes, legs and core.

The machine has two plate holders at sides for high training weights. Adjustable belt fits most users. Easy locking handles at sides for safety.



Max load 250 kg (50 mm plates)
Size 147 x 150 x 86 cm
Weight 65 kg
Frame profile 40 x 80 mm
Key features Fully adjustable belt with buckle
 Locking handles

Package type Plywood box
Size / weight 147 x 65 x 86 cm / 85 kg

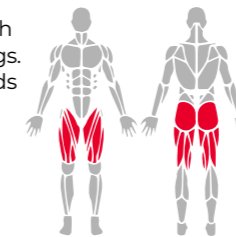


45-DEGREE LEG PRESS

PRO-514

45-Degree Leg Press is a classic strength training machine for building strong legs. The sled runs on ultra smooth guide rods and is equipped with four plate holders for heavy training.

Three starting heights with locking handles on seat sides. Bottom stopper prevents the sled from sliding too low.



Max load 450 kg (50 mm plates)
Size 228 x 70 x 155 cm
Weight 235 kg
Frame profile 50 x 100 mm
Key features Thick backrest with adjustable angle
 Handles at bench sides and sled top
 4 x Plate holders on sled
 4 x Plate holders at back

Package type Plywood box
Size / weight 228 x 73 x 39 cm / 265 kg

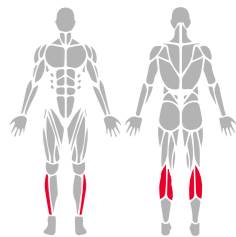


SEATED CALF RAISE

PRO-506

Seated Calf Raise machine turns calf training from a chore to a breeze. Easy to adjust for a proper position and weight.

The thigh pad is height adjustable with thick padding for comfort and dual handles for easing out those last reps. Easy locking handle on side.



Max load 280 kg (50 mm plates)
Size 126 x 59 x 99 cm
Weight 55 kg
Frame profile 40 x 80 mm
Key features Adjustable pad with handles
 Locking handle

Package type Plywood box
Size / weight 125 x 60 x 47 cm / 75 kg

WEIGHT STACK

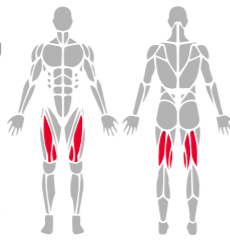


LEG CURL & EXTENSION

PRO-512

Leg Curl & Extension Machine combines two essential movements for building leg strength and size. This multi-functional combo machine is highly adjustable for effective quad and hamstring training.

The machine features multi-adjustable leg supports with dual handles, as well as an adjustable back rest.



Stack	100 kg (20 plates)
Size	130 x 98 x 155 cm
Weight	204 kg
Frame profile	50 x 100 mm
Includes	Dual-sided acrylic side panels Exercise diagram
Key features	Multi-adjustable leg supports Adjustable backrest Handles at sides

Package type	Plywood box
Size / weight	158 x 74 x 37 cm / 231 kg

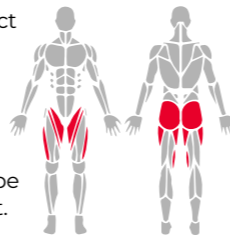


INNER & OUTER THIGH

PRO-509

Inner & Outer Thigh Machine is the perfect solution for training hip adductors and abductors. The range of movement can be adjusted to be trained both: from outwards to in, and inwards to out.

Thick thigh pads for comfort, which can be easily turned around to fit the movement. Multi-step selection for leg angles.



Stack	100 kg (20 plates)
Size	152 x 61 x 155 cm
Weight	206 kg
Frame profile	50 x 100 mm
Includes	Dual-sided acrylic side panels Exercise diagram
Key features	Multi-adjustable leg supports Handles at sides

Package type	Plywood box
Size / weight	160 x 70 x 55 cm / 232 kg

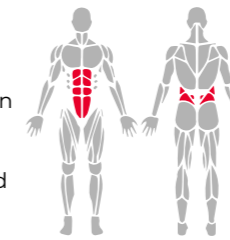


BACK & ABS COMBO

PRO-511

Back & Abs Combo is a convenient machine for training the entire core on a single machine. Switch between weighted ab crunch and hyperextension for training abs or lower back.

Comfortable padded seat, back rest and core support. Dual handles at sides and feet rest for extra support.



Stack	100 kg (20 plates)
Size	164 x 100 x 155 cm
Weight	191 kg
Frame profile	50 x 100 mm
Includes	Dual-sided acrylic side panels Exercise diagram
Key features	Multi-adjustable core support Handles at sides Dual leg rests

Package type	Plywood box
Size / weight	158 x 74 x 37 cm / 217 kg

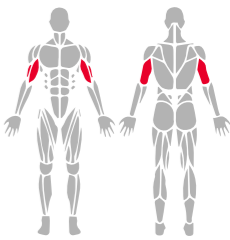


BICEPS & TRICEPS COMBO

PRO-515

Biceps & Triceps Combo will supercharge arm training. Easy to switch between preacher curl and tricep extension by adjusting the leverage arm.

Extra padded scott bench and thick seat with height adjustment. Multi-angle handles with anti-slip surface. Feet rest for extra support.



Stack	100 kg (20 plates)
Size	104 x 100 x 155 cm
Weight	191 kg
Frame profile	50 x 100 mm
Includes	Dual-sided acrylic side panels Exercise diagram
Key features	Multi-adjustable arm lever Height-adjustable seat Leg rests

Package type	Plywood box
Size / weight	162 x 87 x 39 cm / 217 kg

MULTI-STATIONS



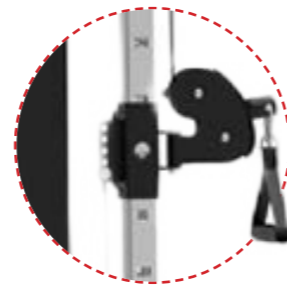
5-STATION MULTI GYM

PRO-550

5-Station Multi Gym is the ultimate workout station for your commercial gym. This massive machine has 5 separate weight stacks with numerous pulley configurations for multi-person training. Ultra durable frame with smooth cable systems and a ton of different pulley attachments included.

- Stack** 120 / 120 / 80 / 80 / 80 kg
- Size** 345 x 438 x 226 cm
- Weight** 860 kg
- Frame profile** 50 x 100 mm
- Includes** Cable pulley attachments
- Key features** Lat pulldown with adjustable leg support
Top cable pulley with standing back rest
Low row pulley with feet support
2 x Cable crossover pulleys with height adjustment
2 x Multi-grip pull-up bars

- Package type** Plywood box
- Size / weight** 230 x 78 x 70 cm / 895 kg



ADJUSTABLE CROSSOVER PULLEYS



5 SEPARATE WEIGHT STACKS



4-STATION MULTI GYM

PRO-540

4-Station Multi Gym combines all the most important cable pulley configurations in one durable commercial-grade weight station. The machine has 4 separate weight stacks for cable exercises at all levels and angles. Optimal for multi-person training in commercial gyms and training facilities.

Can be turned into 5-Station Multi Gym with pulley addon!

- Stack** 120 / 120 / 80 / 80 kg
- Size** 345 x 146 x 226 cm
- Weight** 682 kg
- Frame profile** 50 x 100 mm
- Includes** Cable pulley attachments
- Key features** Lat pulldown with adjustable leg support
Top cable pulley with standing back rest
Low row pulley with feet support
Cable pulley with height adjustment

- Package type** Plywood box
- Size / weight** 230 x 78 x 52 cm / 712 kg

LAT PULLDOWN & LOW ROW

PRO-513

Lat Pulldown & Low Row station is a compact setup combining two essential back movements. With this workout station, low pulley row and lat pulldown can be done on the one and same weight stack.

- Stack** 120 kg
- Size** 152 x 82 x 215 cm
- Weight** 214 kg
- Frame profile** 50 x 100 mm
- Includes** Side panels + Exercise diagram
- Key features** Height-adjustable leg support
Bar holders on pulleys
Feet support for low row

- Package type** Plywood box
- Size / weight** 218 x 62 x 27 cm

MULTI-STATIONS



MULTI SMITH PRO20.0

PRO-MS20.0

Multi Smith PRO20.0 is a comprehensive workout station for home use and semi-commercial facilities. The station combines a smith machine, squat stand and cable station in one. Broad set of accessories and cable handles for truly versatile workouts.

PRO20.0 edition features two weight stacks for cable pulleys.

Stack	2 x 100 kg
Max load	350 kg
Size	220 x 170 x 223 cm
Weight	395 kg
Frame profile	40 x 80 mm
Includes	Accessories + cable attachments
Key features	Smith Machine (plate loaded) 2 x Crossover Pulleys (stack / adjustable) Adj. J-Cups / Safety arms / Dip handles Low row foot plate / Barbell landmine Multi-grip pull-up bar / Adj. knee support 4 x Plate holders / 1 x Barbell holder

Package type	Plywood box
Size / weight	220 x 60 x 45 cm / 430 kg



MULTI SMITH PRO10.0

PRO-MS10.0

Multi Smith PRO10.0 bring the same diverse workout possibilities as the PRO20.0. The station combines a smith machine, squat stand and cable station in one. Broad set of accessories and cable handles for truly versatile workouts.

PRO10.0 edition is fully plate loaded including cable pulleys.

Stack	Plate loaded
Max load	350 kg
Size	220 x 170 x 223 cm
Weight	207 kg
Frame profile	40 x 80 mm
Includes	Accessories + cable attachments
Key features	Smith Machine (plate loaded) 2 x Crossover Pulleys (plate loaded / adj.) Adj. J-Cups / Safety arms / Dip handles Low row foot plate / Barbell landmine Multi-grip pull-up bar / Adj. knee support 4 x Plate holders / 1 x Barbell holder

Package type	Plywood box
Size / weight	220 x 60 x 45 cm / 247 kg



DUAL PULLEY STATION

PRO-516

Dual Pulley Station PRO is a multi-functional cable station for semi-commercial use. Dual height-adjustable pulleys with a wide variety of cable attachments allows for a wide selection of exercises. The station also features a pull-up bar at the top and cable attachment holders built-in the frame.

Stack	2 x 90 kg
Size	158 x 104 x 210 cm
Weight	283 kg
Frame profile	40 x 80 mm
Key features	16-position adjustable pulleys Adjustable cable ratio 1:2 or 1:4 Steel weight stack cover Attachment holders Multi-grip pull-up bar

Package type	3 x Carton box
Size / Weight	210 x 37 x 16 cm 110 x 55 x 27 cm 40 x 27 x 27 cm / 310 kg total



DUAL CABLE CROSSOVER

PRO-517

Dual Cable Crossover PRO is a compact, highly adjustable cable crossover station for semi-commercial use. The machine features dual pulleys with height and width/angle adjustments for finding completely new angles for cable rows, flies, presses etc. Equipped with a sturdy foot plate for low rows.

Stack	100 kg
Size	137 x 92 x 215 cm
Weight	219 kg
Frame profile	40 x 80 mm
Key features	16-position multi-adjustable pulley Pulley arm width 24 - 163 cm Adjustable cable ratio 1:2 or 1:4 Steel weight stack cover Low row foot plate

Package type	3 x Carton box
Size / Weight	210 x 60 x 17 cm 140 x 95 x 35 cm 40 x 27 x 27 cm / 235 kg total

HOME GYM PRO12.0

PRO-HG12.0

HG12.0 is designed for professional-grade strength training, packed with high-quality features. This superior multigym comes with a 100 kg weight stack, allowing for effective full body workouts. In addition to all the basic features, the machine has a highly adjustable cable crossover pulley and a plate + cable loaded leg press machine. Extremely durable build-quality with thick, comfortable seat cushions.

Cable attachments Wide lat bar
Short straight bar
2 x Single handles with chain

Key features Plate & cable loaded Leg press
Adjustable crossover pulleys
Multi-grip pressing arms

Exercises **CABLE CROSSOVER PULLEYS**
LAT PULLDOWN **LOW PULLEY**
CHEST PRESS **SUPPORTED ROW**
LEG PRESS **LEG CURL** **LEG EXTENSION**



HOME GYM PRO10.0

PRO-HG10.0

HG10.0 is the same high-quality multigym as our top-of-the-line HG12.0, but simply without the leg press machine on the side. This superior multigym comes with a 100 kg weight stack, allowing for effective full body workouts. It also has a highly adjustable cable crossover pulley. Extremely durable build-quality with thick, comfortable seat cushions.

Cable attachments Wide lat bar
Short straight bar
2 x Single handles with chain

Key features Adjustable crossover pulleys
Multi-grip pressing arms

Exercises **CABLE CROSSOVER PULLEYS**
LAT PULLDOWN **LOW PULLEY**
CHEST PRESS **SUPPORTED ROW**
LEG CURL **LEG EXTENSION**



HOME GYM HG4.0

STR-HG4.0

HG4.0 features a 102 kg weight stack, that offers plenty of weight and adjustability for even more seasoned lifters. Extremely sturdy steel frame and the full-length steel weight stack cover add safety. Adjustable arms can be used for pressing, rowing and flyes. Foldable seat saves space.

Cable attachments Wide lat bar / Short arm bar
Single handle / Ankle strap / 2 x Chains

Key features Multi-adjustable press+pull arms
Foldable seat

LAT PULLDOWN **LOW PULLEY** **PEC DECK** **CHEST PRESS** **REVERSE FLYES**
CHEST SUPPORTED ROW **LEG CURL** **LEG EXTENSION** **KICKBACK**

HOME GYM HG3.0

STR-HG3.0

HG3.0 is a high-quality multigym offering comprehensive features for strength training. Train all main muscle groups, as well as isolating exercises with the same 70 kg weight stack. Adjustable scott bench and leg press bring more variety to training.

Cable attachments Wide lat bar / Short straight bar
2 x Long single handles / Ankle strap / Chain

Key features Adjustable leg press + scott bench

LAT PULLDOWN **LOW PULLEY** **PEC DECK** **CHEST PRESS** **STANDING ROW**
LEG PRESS **LEG CURL** **LEG EXTENSION** **KICKBACK** **PREACHER CURL**



HOME GYM HG2.0

STR-HG2B

HG2.0 is a versatile multigym designed for training a number of different exercises for legs, chest, shoulders, back and arms. The 70 kg weight stack offers great adjustability and enough resistance for effective home training. A robust steel frame and mesh weight stack cover provide safety.

Cable attachments Wide lat bar / Short straight bar
Ankle strap / Chain

Key features Lightweight design

LAT PULLDOWN **LOW PULLEY** **PEC DECK** **CHEST PRESS**
LEG CURL **LEG EXTENSION** **KICKBACK**

HOME GYMS

Home gyms a.k.a. multigyms are some of the most convenient options for effective strength training at home. A home gym combines numerous different movements using the same weight stack, allowing for full-body training with one and the same machine. Gymstick home gyms are designed for convenience, performance, durability and safety.



	PRO-HG12.0	PRO-HG10.0	STR-HG4.0	STR-HG3.0	STR-HG2B
USE	Semi-commercial	Semi-commercial	Home	Home	Home
STACK	100 kg	100 kg	102 kg	70 kg	70 kg
LEVELS	20	20	15	15	11
COVER	Steel	Steel	Steel	Mesh	Mesh
FRAME	40 x 80 mm	40 x 80 mm	65 x 65 mm	50 x 50 mm	45 x 45 mm
WEIGHT	255 kg	205 kg	170 kg	126 kg	105.5 kg
LENGTH	182 cm	158 cm	146 cm	175 cm	151.5 cm
WIDTH	175 cm	110 cm	92 cm	105 cm	107 cm
HEIGHT	205 cm	205 cm	214 cm	202 cm	204 cm
MAX USER WEIGHT	200 kg	200 kg	135 kg	125 kg	110 kg
PACKAGE (CM)	182 x 86 x 35 cm	182 x 87 x 29 cm	4 x carton	3 x carton	3 x carton
PACKAGE (KG)	285 kg	225 kg	192.8 kg	133.5 kg	129 kg

STRENGTH EQUIPMENT

Strength equipment support weight training, so that working out with heavy weights and other strength training accessories is as safe, convenient and effective as possible. All of Gymstick's strength training equipment are built to last and function flawlessly in their intended environments, so you can focus on what matters — your training.

RACKS AND STANDS	48
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RACKS & STANDS



ALPHA CAGE

PRO-ACH

Alpha Cage is the ultimate training partner for heavy lifting. This ultra-durable half power rack is made with heavy-duty steel and features matte powder coating for a stylish finish. Can be used free-standing or anchored to the floor.

Max load	500 kg
Size / Weight	188 x 125 x 239 cm / 107 kg
Frame profile	75 x 75 mm
Includes	2 x J-Cups / 4 x Band Pegs / 2 x Spotter Arms
Key features	Dual pull-up bars (50 mm & 32 mm) Adjustable spotter arms and J-Cups Adjustable band pegs / dip horns Dual plate holders at back



ALPHA RACK

PRO-APR

Alpha Rack will have your back in training. This ultra-durable full power rack is perfect for ensuring safety while training heavy. Heavy-duty steel profile and powder coating ensure durable materials. Used free-standing or anchored.

Max load	500 kg
Size / Weight	160 x 136 x 213 cm / 113 kg
Frame profile	75 x 75 mm
Includes	2 x J-Cups / 2 x Safety Pins
Key features	Dual pull-up bars (50 mm & 32 mm) Adjustable safety pins and J-Cups Dual plate holders at back



POWER RACK PR50

STR-PR50

Power Rack 50 is a versatile power rack, designed and built for home strength training. PR50 comes with a variety of add-on attachments, such as sturdy J-Cups, adjustable dip handles and weight plate holders. High-quality steel construction enables high weight capacity for home training.

Plate loaded cable pulley sold separately (STR-PR50PULL)

Max load	250 kg
Size / Weight	159 x 126 x 215 cm / 59 kg
Frame profile	50 x 50 mm
Key features	2 x Dip handles 2 x Adjustable safety pins 4 x J-Cups 4 x Weight plate holders Pull-up bar



HALF POWER RACK

STR-HPR

Half Power Rack will give you the confidence you need to push past your own limits. Made with extremely sturdy steel profile, making it the perfect companion for heavy lifting at home.

The rack features height-adjustable spotter arms and J-hooks, that have a max load rating of 350 kg. With 20 different height options, it is easy to find the correct position for each movement.

Max load	350 kg
Size / Weight	165 x 124 x 228 cm / 56 kg
Frame profile	60 x 60 mm
Key features	Multi-grip pull-up bar Mount for functional training / heavy bag 2 x Adjustable J-Cups 2 x Adjustable spotter arms 2 x Weight plate holders 6 x Band pegs Vertical barbell holder



ALPHA CAGE EXPANSION KIT

PRO-ACE

Alpha Cage Expansion Kit transforms the already versatile Alpha Cage into its full potential. The kit expands the Alpha Cage into a full-blown power rack. It is made with the same ultra-durable steel profile as the rack.

In kit 2 x Vertical Columns / 2 x Horizontal Columns
2 x Safety Pins / 1 x Pull-up Bar (32 mm)



ALPHA PLATE BAR

PRO-PBAR

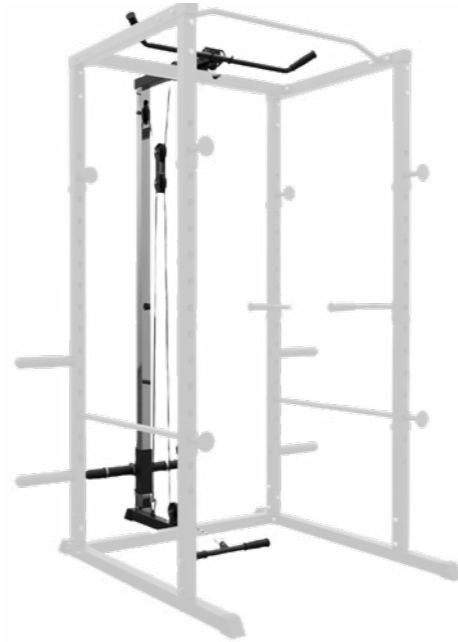
Alpha Plate Bar stores weight plates conveniently and easily accessible. Compatible with all of our Alpha series racks. Fits standard 50 mm weight plates. Safety pin included.



ALPHA LANDMINE

PRO-LM

Alpha Landmine is a versatile accessory for all out Alpha series racks. Allows easy setup for various exercises like T-bar rows, antirotational movements and push variations.



PULLEY MACHINE

STR-PR50PULL

Pulley Machine is a heavy-duty cable pulley add-on, compatible with the Power Rack 50. Integrates plate loaded high and low pulleys into the rack, taking very minimal space at the back. Fits 50 mm weight plates.

Max load 250 kg
Size / Weight 159 x 126 x 215 cm / 59 kg



ALPHA J-CUPS

SP-PRO-APR-8

Alpha J-Cups are included with all Alpha racks, but sometimes you might need an extra pair. These barbell holders are quick to attach and remove, and can hold up to 500 kg of weight.



ALPHA DIP HORN

PRO-DHR

Alpha Dip Horn is a sturdy accessory, made of durable steel profile. Dip horn allows for efficient and convenient training of various dip exercises.



SQUAT STANDS PRO

PRO-501

Squat Stands Pro are commercial grade freestanding adjustable squat stands, that feature a super sturdy structure. Heavy-duty steel build allows for heavy training weights. Comes with height-adjustable J-Cups.

Max load 350 kg
Size / Weight 67 x 51 x 183.5 cm / 47 kg
Frame profile 75 x 75 mm



PRO-501-0

PRO-501-1



PRO-501-2

PRO-501 ADD-ONS

PRO-501-0 • PRO-501-1 • PRO-501-2

PRO-501 Add-ons will maximize the versatility and performance of the Squat Stands Pro. J-Cups, Safety Bars and Dip Handle are compatible with PRO-501 squat stands, and are fully height adjustable and easy to use. Suitable for commercial use.



PRESS & SQUAT STAND

STR-PSS

Press & Squat Stand are freestanding multi-purpose stands, ideal for home gyms where maximizing space is key. The stands are fully mobile. Includes height-adjustable spotter arms and bar catchers. Plate holders for extra stability.

Max load 150 kg
Size / Weight 54 x 52 x 106 - 164 cm / 20 kg
Frame profile 50 x 50 mm



PULLEY STATION PS4.0

STR-PS4.0

PS4.0 is a smooth plate loaded cable pulley system, that can be mounted to a wall for stability. This compact height adjustable dual pulley is ideal for cable exercises in the home gym.

Max load 110 kg
Size / Weight 214 x 70 x 73 cm / 26 kg

BENCH PRESS

INCLINE BENCHES



BENCH PRESS PRO20.0

PRO-520

Bench Press PRO20.0 is a commercial level bench, built for heavy-duty use. It provides an extremely stable and sturdy platform for high weight benching. Built-in weight plate holders for quick and easy access.



BENCH PRESS PRO10.0

PRO-510

Bench Press PRO10.0 is ideal for heavy-duty commercial use and maxing out on the bench press. Adjustable bar catchers and extra-long safety arms allow for the perfect bench setup, while providing safety for benching alone.



WEIGHT BENCH WB8.0

STR-WB8.0

WB8.0 is a multi-functional incline bench with highly adjustable benching angles, a plate loaded leg developer and a scott bench for arm curls. It even doubles as a squat stand with bar catchers on the back. Premium steel frame.



WEIGHT BENCH WB6.0

STR-WB6.0

WB6.0 is a robust incline bench, that features a plate loaded leg developer at the front. Multiple benching angles from flat to incline and adjustable bar catchers for effective training.



ALPHA WEIGHT BENCH

PRO-AWB

Alpha Weight Bench is a robust weight bench for semi-commercial use. The weight bench has adjustable bar catchers and safety arms for safe benching. Features two integrated vertical barbell holders for storage.



WEIGHT BENCH WB200

WB-200B

WB200 is designed for active bench pressing at the home gym. Padded bench with durable surface material brings comfort to training. Sturdy steel frame with three barbell heights. Suitable for home use and light gym use.



WEIGHT BENCH WITH 40KG BARBELL SET

STR-WB40

WB40 is an adjustable and foldable bench for effective and versatile strength training at home. Leg developer at the front. The bench can be folded upright to save space. Multiple angles for benching. **Comes with a 40 kg vinyl weight set.**



WEIGHT BENCH WB1.0

STR-WB1.0

WB1.0 is an adjustable and foldable bench, built for versatile strength training at home. Leg developer at the front. Durable backrest with angles for flat bench and incline bench. The bench can be folded upright to save space.

BENCH PRESS & INCLINE BENCHES

The bench press is a classic weightlifting exercise, that is popular among bodybuilders, powerlifters and regular gym-goers alike. It is no wonder bench press is often considered the king of chest exercises, and why it has earned its reputation as a staple for measuring one's strength. Gymstick weight benches bring durability and safety to flat bench and incline pressing, be it at home or in the gym.



PRO20.0



PRO10.0



PRO-AWB



WB-200B



STR-WB8.0



STR-WB6.0



STR-WB40



STR-WB1.0

	PRO20.0	PRO10.0	PRO-AWB	WB-200B	STR-WB8.0	STR-WB6.0	STR-WB40	STR-WB1.0
USE	Commercial	Commercial	Semi-commercial	Home	Home	Home	Home	Home
MAX LOAD	400 kg	400 kg	400 kg	200 kg	270 kg	270 kg	180 kg	180 kg
SIZE	164 x 188.5 x 175.5cm	140 x 123 x 102 - 126cm	146 x 120 x 140 cm	149 x 131 x 120cm	202 x 120.5 x 154 cm	164 x 113 x 140 cm	150 x 56 x 167 cm	150 x 56 x 106.5 cm
WEIGHT	66.5 kg	46 kg	50 kg	37.5 kg	46.7 kg	23.5 kg	58 kg	18 kg
FRAME PROFILE	50 x 100 mm	50 x 100 mm	70 x 70 mm	70 x 50 mm	70 x 50 mm	60 x 50 mm	40 x 40 mm	40 x 40 mm
ADJUSTABLE SEAT	-	-	-	-	✓	-	-	-
ADJUSTABLE BACKREST	-	-	-	-	✓	✓	✓	✓
WEIGHT PLATE HOLDERS	✓	-	-	-	✓	-	-	-
BARBELL HOLDERS	-	-	✓	-	-	-	-	-
SPOTTER ARMS	-	Adjustable	Adjustable	-	Adjustable	-	-	-
BARBELL CATCHERS	3 levels	Adjustable	Adjustable	3 levels	5 levels	Adjustable	1 level	1 level
LEG DEVELOPER	-	-	-	-	✓	✓	✓	✓
ARM CURL	-	-	-	-	✓	-	-	-
PACKAGE SIZE	137 x 68 x 40 cm	140 x 95 x 50 cm	97 x 56 x 18.5 cm 123.5 x 35 x 15 cm	141 x 45 x 18.5 cm	157.5 x 56 x 17.5 cm	116 x 43 x 21.5 cm	111.5 x 47 x 11 cm 53.5 x 28 x 23 cm 170.5 x 8 x 8 cm	111.5 x 47 x 11 cm
PACKAGE WEIGHT	69.4 kg	54 kg	36 kg / 15.5 kg	41 kg	52.2 kg	26.5 kg	18.5 kg / 33.3 kg / 7.5 kg	18.5 kg

PRO WEIGHT BENCHES



FID BENCH PRO

PRO-503

FID Bench Pro is designed to endure heavy loads and heavy commercial use. It blends functionality and durability in one high-quality bench. Seven back rest angles from decline, flat to incline. Integrated handle and wheels.



ADJUSTABLE BENCH PRO

PRO-AB

Adjustable Bench Pro is designed for commercial gym use. The robust structure ensures optimal stability and safe training. The seat and backrest can be adjusted to multiple different angles. Cushions are covered with wear-resistant synthetic leather.



FLAT BENCH PRO

PRO-FB

Flat Bench Pro is a high quality flat bench for commercial gym use. Made of a very sturdy steel profile, providing optimal stability for training with heavy weights. Cushions are covered with wear-resistant synthetic leather.



SCOTT BENCH PRO

PRO-502

Scott Bench Pro is built for intense bodybuilding arm workouts. Comes equipped with a height-adjustable seat and high-density cushions for maximum comfort. Plastic dampeners on the J-hooks protect the barbell and reduce noise.



BACK BENCH PRO

PRO-504

Back Bench Pro is a commercial level hyperextension bench, optimized for targeting the lower-back muscles. The hip rest has six adjustable heights. Thick cushions for maximum comfort. Equipped with handles for support.



AB BENCH PRO

PRO-505

Ab Bench Pro is a heavy-duty sit-up bench built for commercial use. Adjustable angle for decreasing or increasing elevation for challenging ab workouts. Super sturdy frame with padded back rest and feet supports for comfort. Handle for support.

HOME WEIGHT BENCHES



UTILITY BENCH

STR-UB

Utility Bench is a sturdy adjustable bench with a high level of adjustability for home training. Multiple adjustable angles on the backrest and seat allow for great functionality. Integrated transport wheels and handle for easy moving.



FLAT BENCH

STR-FLB

Flat Bench is a durable and sturdy essential for home strength training. Thick back cushions for comfortable and safe training. Robust steel frame for great stability with free weights.



CORE BENCH

STR-CB

Core Bench is an all-in-one body workout machine. Train your arms, legs, core and abdominals with smooth transitions from exercise to another. Multiple easy-to-use adjustments for good training posture. Rigid steel construction and quality cushions for safe and enjoyable training.



BACK BENCH

STR-BB

Back Bench is a sturdy and compact back extension bench for strengthening the lower back safely and comfortably. Hip support can be adjusted to seven different heights. Compact design enables easy storage. Anti-slip feet.



FITNESS BENCH

STR-FB

Fitness Bench is a robust and adjustable bench for versatile dumbbell and strength training. Both the backrest and the seat are adjustable to several different positions, which makes very versatile workouts possible.



MULTI BENCH

STR-MB

Multi Bench offers multiple functions in a compact size. Multi-adjustable positions for the back support and additional functions for training abs, back and biceps. Sturdy bench is safe to use and is foldable for easy storage.



AB BENCH

STR-AB

Ab Bench with compact size offers a solid platform for effective abdominal training. Padded bench brings convenience to training at the home gym. Training challenge can be increased or decreased by adjusting the inclination of the bench.



GLUTE BENCH

PRO-GB

Glute Bench offers optimal support for hip thrusts while making training safe and comfortable. In addition to thrusts, the bench is suitable for a wide variety of exercises such as step-ups, box squats and jumps. Compact design and light weight enables easy moving and stacking.

WEIGHT BENCHES

Every gym needs a bench. Be it a commercial establishment or a simple home gym, a high-quality workout bench will diversify your training options by a ton. Gymstick benches provide you with the essentials: durable flat benches, adjustable benches and core training benches for commercial use and home gyms that are built to last.



	PRO-503	PRO-AB	PRO-FB	PRO-502	PRO-504	PRO-505	PRO-GB
USE	Commercial	Commercial	Commercial	Commercial	Commercial	Commercial	Commercial
MAX LOAD	400 kg	400 kg	400 kg	400 kg	400 kg	400 kg	300 kg
SIZE	133 x 62.5 x 48 - 132.5 cm	145 x 67 x 46.5 cm	145 x 60 x 42.5 cm	94.5 x 79 x 96 cm	127.5 x 83.5 x 88 cm	134.5 x 74 x 115.5 cm	30 x 60 x 45 cm
WEIGHT	42.5 kg	32 kg	19 kg	40.5 kg	57 kg	51 kg	3.2 kg
FRAME PROFILE	75 x 75 mm	70 x 50 mm	75 x 75 mm	50 x 100 mm	50 x 100 mm	50 x 100 mm	-
PACKAGE SIZE	119 x 48 x 21.5 cm 185 x 47 x 11.5 cm	142 x 49 x 22 cm	141 x 41 x 22 cm	105 x 70 x 30 cm	98 x 58 x 42 cm	140 x 95 x 50 cm	47 x 62 x 32 cm
PACKAGE WEIGHT	45 kg	36.7 kg	21 kg	43.5 kg	60 kg	54 kg	4 kg



	STR-UB	STR-FB	STR-FLB	STR-MB	STR-BB	STR-CB	PRO-AB
USE	Home	Home	Home	Home	Home	Home	Home
MAX LOAD	135 kg	180 kg	270 kg	180 kg	100 kg	150 kg	100 kg
SIZE	132 x 63.5 x 118 cm	122 x 63 x 117 cm	109 x 48.5 x 42 cm	147 x 43 x 53.5 - 112 cm	126.5 x 72 x 67 - 89 cm	131.5 - 139 x 43 x 65 - 94 cm	133 x 32 x 53 - 63 cm
WEIGHT	23.5 kg	13 kg	7.8 kg	16 kg	13.5 kg	14 kg	7.5 kg
FRAME PROFILE	50 x 100 mm	65 x 40 mm	50 x 100 mm	60 x 40 mm	50 x 50 mm	50 x 50 mm	40 x 40 mm
PACKAGE SIZE	133 x 63.3 x 122 cm	116 x 41 x 13.5 cm	114 x 36 x 16.5 cm	128.5 x 48 x 21 cm	93 x 55 x 16 cm	107 x 45 x 16.5 cm	10.5 x 124 x 38cm
PACKAGE WEIGHT	25.5 kg	14 kg	9 kg	19 kg	15 kg	15.5 kg	8 kg



PULL-UP & DIP RACK

STR-PUD

Pull-up and Dip Rack is a multi-functional rack, that allows for various weighted and bodyweight exercises like dips, pull-ups and leg raises.

The rack is easy to install with included wall-mounts, and does not require a lot of space compared to big bulky towers. The rack can be switched from one position to another literally in seconds, without unscrewing.



PREMIUM CHIN UP BAR

61006

Premium Chin Up Bar is a durable and secure wall-mounted pull-up bar for commercial use. The triangular design and extremely sturdy build quality allow for weighted pull-ups with high weights. Chromed bar is knurled for optimal grip.



MULTI-TRAINING DOOR GYM

62065

Multi-Training Door Gym can be attached to any standard doorway in a few seconds without any mounting brackets. Multiple grip options with anti-slip foam paddings. Can also be used for various floor exercises, like push-ups.



PRO CHINNING BAR

61118

Pro Chinning Bar provides multiple grip positions for a variety of exercise options. The bar can be mounted on wall or on the ceiling. Triangular supports and solid steel construction ensure durability. Rubber-coated grips on handles.



DOOR GYM BAR

61029-BL • 61029 • 61029-WH

Door Gym Bar is the perfect home solution for pull-up training. It can be fixed to a doorway and has detachable handles. Hexagon shaped attachment points ensure good stability in use. Max door width 91 cm.

PULL-UP BARS & DIP RACKS

Pull-ups and dips are the best of bodyweight training when it comes to developing your upper body strength and hypertrophy. Be it weightlifting, bodybuilding, calisthenics or any other field of fitness, pull-ups and dips are staples that everyone can benefit from. Gymstick selection offers racks for heavyweight commercial use, as well as convenient bars for home training.



	STR-PUD	61006	61118	62065	61029
USE	Commercial	Commercial	Commercial	Home	Home
MAX LOAD	100 kg	180 kg	130 kg	100 kg	130 kg
WIDTH	86 cm	130 cm	98 cm	93 cm	66 - 91 cm
GRIP	Anti-slip	Knurled	Anti-slip	Foam	Neoprene
MATERIAL	Steel / PU	Steel	Steel / Rubber	Steel / Foam	Steel / Neoprene
FEATURES	Multi-functional	Enforced frame	Enforced frame	Multi-functional	Adjustable width

STORAGE SOLUTIONS

Keep your workout space clutter-free with smart and sturdy storage solutions. Gymstick storage racks are designed to store your training equipment in order and easily accessible.



BARBELL HOLDER

OB-BH6

Barbell Holder is suitable for 50 mm barbells. Constructed of durable steel and has a stylish black finish that fits any gym. Storing your barbells upright saves space on the floor and makes them easily accessible for use in one convenient spot.

Dimensions	55 x 31 x 24 cm
Weight	22 kg
Key features	6 x Vertical barbell holders



MULTI STORAGE RACK

STR-MSR

Multi Storage Rack is a multi-level storage rack with plenty of space for gym equipment. The rack has 4 levels, the lowest of which is for weight plates, the second level for dumbbells, and the third and fourth levels for other gym accessories.

The rack is also equipped with a 50 mm barbell holder. Sturdy steel construction and anti-slip floor protectors on the legs.

Dimensions	140 x 59 x 130 cm
Weight	55 kg
Key features	Weight plate shelf Dumbbell shelf Two shelves for accessories Vertical barbell holder



MULTI-LAYER RACK FOR DUMBBELLS

STR-MLR

Multi-Layer Rack is an extremely sturdy rack made of high-grade steel for all kinds of dumbbells. Angled design for easy access. With 4 levels of storage, there is plenty of space for an extensive set of dumbbells. Rubber dampeners on shelves ensure good grip and reduced noise when placing dumbbells.

Dimensions	136 x 78 x 119 cm
Weight	53 kg
Key features	Four shelves for dumbbells Rubber dampeners on shelves



TOWER RACK FOR DUMBBELLS

61072-0

Tower Rack is a classic two-sided vertical rack for a 1 - 10 kg set of Chrome or HEX dumbbells. Plastic dampeners on all slots ensure good grip and reduced noise when placing dumbbells.

Dimensions	45 x 41 x 120 cm
Weight	19 kg
Key features	Fits a full set of 1 - 10 kg dumbbells Plastic dampeners on slots



2-LAYER RACK FOR DUMBBELLS

61077-0

2-Layer Rack is a simple and sturdy commercial level rack for dumbbells. Two shelves hold at least 8 pairs of dumbbells or even more depending on the sizes. Angled shelves.

Dimensions	178 x 71 x 79 cm
Weight	46 kg
Key features	Min. dumbbell handle length 12.5 cm Fits at least 8 pairs of most dumbbells



RACK FOR MEDICINE BALLS / KETTLEBELLS

61045-0

Rack for Medicine Balls / Kettlebells is a simple 3-level rack that can hold up to 5 items. Cup shaped shelves hold circular objects well in place.

Dimensions	39 x 48 x 66 cm
Weight	8 kg
Key features	Compact commercial rack



RACK FOR KETTLEBELLS

61098-0

Rack for Kettlebells is a sturdy commercial level rack that hold at least 12 kettlebells of any size. Space efficient 2-level design makes loading kettlebells very easy.

Dimensions	120 x 60 x 75 cm
Weight	30 kg
Key features	Two shelves with rubber dampeners



RACK FOR DUMBBELLS (6 PRS.)

61057-4-6B

Rack for Dumbbells (6 prs.) features an offset angle, that prevents wrist strain when loading and unloading dumbbells. Individual dumbbell cradles improves safety. Space for 6 pairs.

Dimensions	148 x 54 x 81 cm
Weight	36 kg
Key features	Individual dumbbell holders Space for 6 pairs of Pro PU Dumbbells



RACK FOR DUMBBELLS (10 PRS.)

STR-DR10

Rack for Dumbbells (10 prs.) is a sturdy, commercial grade dumbbell rack that can hold up to 10 pairs of dumbbells. Offset angle for easy loading. Individual dumbbell holders.

Dimensions	250 x 75 x 80 cm
Weight	70 kg
Key features	Individual dumbbell holders Space for 10 pairs



RACK FOR PUMP SETS

STR-RPS

Rack for Pump Sets is a steel-built vertical rack with plenty of space for 30 mm pump sets. The perfect option for fitness studios and group fitness classes.

Dimensions	86 x 64 x 147 cm
Weight	21 kg
Key features	Holds up to 10 Pump Sets Fits 1.25 / 2.5 / 5 kg weight plates (20 each) Mid section for barbells + collars Wheels at back



RACK FOR IRON PLATES

IP-RACK

Rack for Iron Weight Plates is designed to hold 30 mm weight sets for strength training. The rack has 6 holders for plates, as well as a center ring and bottom base for bars and accessories.

Dimensions	107 x 51 x 91 cm
Weight	15 kg
Key features	6 x Weight plate holders Bottom base for barbells + collars Center ring for dumbbell bars



WEIGHT PLATE TREE

STR-WPT8

Weight Plate Tree is a compact rack for storing 50 mm Plates conveniently in one spot. Features 8 plate holders on two sides for a well-balanced rack. Rubber feet for safety.

Dimensions	73 x 72.5 x 104 cm
Weight	33 kg
Key features	8 x Plate holders Sturdy commercial level structure



RACK FOR WEIGHT PLATES

STR-WR1

Rack for Weight Plates is a tree-shaped 50 mm plate rack with 5 side holders and 1 bottom holder for plates or locks. Extra holder for collars in the middle. Rubber feet for safety.

Dimensions	72 x 39 x 92 cm
Weight	9 kg
Key features	5 x Plate holders 2 x Collar holders



RACK FOR FITNESS BAGS

62055-0

Rack for Fitness Bags can hold up to 12 weight bags in 4 levels. Sturdy frame has built-in transport wheels at the bottom, which can be locked in place easily. Optimal for studios, gyms and group fitness classes with a lot of weight bags.

Dimensions	76 x 82 x 127 cm
Weight	39 kg
Key features	12 slots for Fitness Bags Slot size 42.5 x 6 cm Transport wheels with locks



MULTI-USE HANGER

STR-MUH

Multi-Use Hanger is a wall-mounted rack that holds about any lightweight gym accessory – belts, bands, chains, jump ropes etc. This simple unit helps keep a training space clutter-free, while keeping training accessories easily accessible.

Dimensions	60 x 13 x 17 cm
Weight	5 kg
Key features	10 holders for hanging



MAT RACK FIXED

61106-F

Mat Rack is a simple wall-mounted rack with dual prongs for storing mats with hanging rings. Chromed steel structure is durable and fits any gym. Storing mats has never been easier. Comes with a fitting kit.

Dimensions	51 x 8 x 37 cm
Weight	8 kg
Key features	Prongs gap 50 cm Prong length 34 cm / thickness 1 cm



PRO RACK FOR WEIGHT PLATES

STR-PROWR

Pro Rack for Weight Plates is optimal to be used next to a weightlifting platform. The rack stores a full set of bumper plates with 5 - 25 kg pairs. Sturdy steel construction.

Dimensions	89 x 37 x 34 cm
Weight	17 kg
Slot widths	9.0 cm (6 taller slots) 4.5 cm (4 shorter slots)



HORIZONTAL RACK FOR WEIGHT PLATES

STR-HWR

Horizontal Rack for Weight Plates offers plenty of room to store weight plates of many sizes and weights. The rack has a total of 16 slots for plates from 25 kg down to 1.25 kg. Built-in transport wheels and handle for easy moving.

Dimensions	140 x 32 x 28 cm
Weight	16 kg
Slot widths	8.9 / 7.0 / 6.2 / 4.3 / 3.4 cm (2 each) 4.8 / 4.1 / 3.3 cm (2 each)



BATTLE ROPE MOUNT

61090-0

Battle Rope Mount is made of heavy duty steel and has a durability of up to 200 kg. Suitable for wall and floor mounting. Perfect for battle ropes or heavy bags.

Dimensions	23 x 5 x 8.5 cm
Weight	0.5 kg



X-MOUNT

62066-0

X-Mount is a sturdy piece of hardware that provides an easy anchor point for sling trainers, gymnastic rings, heavy bags, and other hanging fitness equipment.

Dimensions	12 x 12 x 6 cm
Weight	0.6 kg

FREE WEIGHTS

Free weight training is the cornerstone of strength training. Quality weights will hold up in active use for years to come. Gymstick free weight collection has options from professional-grade weights suitable for competing, to more inexpensive options for home training, as well as a comprehensive collection of accessories for ease of use.

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COMPETITION BAR 20KG

OB-20COM

Professional grade lifting bar designed for top-level weightlifting and competitions. Made according to IWF standards.



PREMIUM BAR 20KG

OB-20PRE

Exceptional bar designed for heavy lifters with a stylish black finish and aggressive knurling. Made according to IPF standards.



TRAINING BAR 20KG

OB-20

The perfect basic barbell for any type of strength training at home or in commercial gyms.



TRAINING BAR 15KG

OB-15

Lighter and shorter basic bar for all types of strength training at home or in commercial gyms.



CURVED BAR 10KG

OB-10CURVED

A high-quality EZ bar is an essential addition to any gym for effective arm training.



HEX BAR 182 CM

OB-HB182

Well balanced trap bar for deadlifts, farmer carries and other strength training movements. Equipped with dual handles for low and high grip options.



BARBELLS

Gymstick barbells are made with precise weight tolerances and high quality-control. They feature solid carbon steel builds with minimal whip and smooth bushings/bearings for superb control. Our selection is designed to fill the needs of all barbell training, even if you train to compete at a professional level.



	COMPETITION	PREMIUM	TRAINING 20	TRAINING 15	CURVED	HEX
WEIGHT	20 kg	20 kg	20 kg	15 kg	10 kg	23.5 kg
LENGTH	220 cm	220 cm	220 cm	200 cm	120 cm	182 cm
GRIP DIAMETER	28 mm	29 mm	30 mm	28 mm	28 mm	25 mm
GRIP LENGTH	131 cm	131 cm	131 cm	134 cm	82 cm	19 cm
SLEEVE LENGTH	41 cm	41 cm	40 cm	31 cm	17 cm	44 cm
KNURLING	1.2 mm IWF standard	1.5 mm IPF standard	1.5 mm	1.5 mm	1.2 mm	1.2 mm
KNURL MARKS	81 / 91 cm	81 / 91 cm	81 / 91 cm	86 cm	-	-
MATERIAL	hard chromed steel spring	black nitride steel spring	chromed carbon steel	chromed carbon steel	chromed carbon steel	chromed carbon steel
BEARING / BUSHING	10 x needle bearing 2 x bushing	4 x thrust bearing	2 x bushing	2 x bushing	2 x needle bearing 2 x bushing	-
TENSILE STRENGTH	190k PSI	190k PSI	66k PSI	66k PSI	110k PSI	-
MAX LOAD	680 kg	680 kg	280 kg	200 kg	200 kg	200 kg
USE	weightlifting	powerlifting	training	training	training	training

WEIGHT PLATES

Weight plates come in many shapes, sizes and materials. Gymstick offers a compact yet comprehensive collection of weight plates, from high-quality plates with precise weight tolerances for professional training, to basic iron plates for home use.



	PRO PU	RUBBER	IRON	BUMPER	HI-IMPACT BUMPER
USE	Commercial	Commercial	Home	Commercial	Commercial
HOLE	51 mm	51 mm	31 mm	50.4 mm	51 mm
MATERIAL	TPU / Iron	Rubber / Iron	Iron	Rubber	SBR Rubber
DIAMETER	44.5 - 19.8 cm	43 - 16 cm	39 - 15.5 cm	45 cm	45 cm
THICKNESS	4.5 - 2.0 cm	5.3 - 2.7 cm	4.3 - 2.0 cm	8.35 - 2.54 cm	12 - 3 cm
GRIP	Quad-grip	Tri-grip	Tri-grip	Shaped	Shaped



PRO PU WEIGHT PLATES

PRO PU-

Pro Pu Weight Plates are exceptional plates covered with high-quality PU material, resulting in a nice matte surface that is easy to grip and leaves no marks on the floor. Quad grip-holes for great handling.

Available in 25 / 20 / 15 / 10 / 5 / 2.5 / 1.25 kg



RUBBER WEIGHT PLATES

RWP-

Rubber Weight Plates are high-quality plates for home and commercial gyms. Soft rubber coating reduces noise from training and protects the floor. Triple grip holes for easy handling.

Available in 25 / 20 / 15 / 10 / 5 / 2.5 / 1.25 kg



IRON WEIGHT PLATES

IP-

Iron Weight Plates are durable basic plates for 30 mm barbells, designed with home strength training in mind. Iron structure for superb durability. Triple grip holes for easier handling.

Available in 20 / 15 / 10 / 5 / 2.5 / 1.25 kg



BUMPER PLATES

BP-

Bumper Plates are professional-grade plates with precise weight tolerances (+/- 0.5 %) and a constant diameter across all weight options. heavy duty weightlifting and functional training.

Available in 25 / 20 / 15 / 10 / 5 kg



HI-IMPACT BUMPER PLATES

BPHI-

Hi-Impact Bumper Plates do not mind being dropped constantly from the top of your lifts. The SBR rubber gives the plates superior shock-absorption. Perfect for heavy duty weightlifting and functional training.

Available in 25 / 20 / 15 / 10 / 5 kg

PUMP SETS & WEIGHT SETS

Weight sets are optimal for group fitness and home training, as they include everything for starting out strength training. Our sets include high-quality pump sets and aerobic bars for group fitness classes, as well as 30 mm vinyl weight sets for home training.



PRO PUMP SET 20KG

61057PU

High quality pump set with a pleasant matte finish on the weight plates and padding on the one-piece barbell. Perfect for group fitness or home training.

In set Barbell / 5, 2.5, 1.25 plate pairs / Quick Collars

Extra weight plates and barbell available.

**61057-1,25PU • 61057-2,5PU • 61057-5PU • 61057-10PU
61057-BAR**



VINYL GRIP PUMP SET 20KG

62068-20

Stylish and practical pump set with vinyl-coated weight plates and a padded 3-piece barbell. Plates have tri-grip holes for great handling.

In set Barbell / 5, 2.5, 1.25 plate pairs / Spring Collars



PUMP SET 20KG

62053

Lively pink pump set for strength training at home or for group fitness. Soft vinyl coating on weight plates and a padded 3-piece barbell for comfort.

In set Barbell / 5, 2.5, 1.25 plate pairs / Spring Collars

Check out the Vivid Pump Set on page 152.



VINYL BARBELL & DUMBBELL SET 60KG

61210

Complete weight set for effective strength training at home. Allows for a large number of different configurations for barbell and dumbbell training.

In set Barbell / 2 x Dumbbell Bars / 8 x Spring Collars
8 x 5 kg / 4 x 2.5 kg / 4 x 1.25 kg Weight Plates



VINYL WEIGHT SET 50KG

61108

Comprehensive set for barbell training at home. Soft vinyl-covered weight plates and screw-on collars for safe training.

In set Barbell / 2 x Screw-on Collars
2 x 10 kg / 2 x 5 kg / 4 x 2.5 / 2 x 1.25 kg Plates

10KG VINYL WEIGHT PLATES

61109

Increase the weight of your training set with a pair of extra 10 kg vinyl weight plates. Fits all our 30 mm bars for home training.



CHROMED BARS

LB-10 • CB-7 • DB-2

Hard-chromed basic 30 mm bars for all types of strength training at home. All bars include a pair of spring collars. Knurled for better grip.



AEROBIC BARS

61051-3 • 61051-4 • 61051-6 • 61051-8 • 61051-10

Aerobic bars bring versatility and power to functional movements. They are perfect for group fitness classes and adding weight to body weight movements. Soft and durable EVA coating for a comfortable grip.

Available in 3 / 4 / 6 / 8 / 10 kg



DUMBBELLS

Dumbbells are essential for any commercial gyms and training facilities. The versatility of a dumbbell is unmatched when it comes to strength training. With today's tech, adjustable dumbbells have made them a convenient option even for compact home gyms.



	QUICK-LOCK	HEX	PRO PU	PRO CHROME	STUDIO	VINYL
USE	Gym / Home	Pro	Pro	Studio	Gym / Home	Home
MATERIAL	Nylon & TPR (Iron core)	Rubber & Steel	TPU & Steel	Chromed (Iron core)	Vinyl (Iron core)	Vinyl (Cement core)
HANDLE DIAMETER	35 mm	33mm	31 - 34 mm	24 - 31 mm	30 - 42 mm	32 - 41 mm
HANDLE WIDTH	12.3 cm	13 cm	13.2 cm	12.8 cm	8 - 10 cm	8.8 - 11 cm
HEIGHT	21 cm	6.5 - 23 cm	17 - 29 cm	19 - 28 cm	5 - 10 cm	8 - 14.5 cm
WIDTH	36 cm	23.5 - 49 cm	12 - 21 cm	15 - 26.8 cm	16.5 - 24.5 cm	18,5 - 27 cm
WEIGHT	4.5 - 22.5 kg	1 - 60 kg	5 - 50 kg	1 - 10 kg	1 - 6 kg	1 - 5 kg



QUICK-LOCK DUMBBELL

61031

Quick-Lock Dumbbell is an innovative and well-designed adjustable dumbbell. No need to buy a full set of dumbbells as the Quick-Lock Dumbbell offers a full set of weights in one compact training tool.

The easy to adjust Quick-Lock mechanism offers 5 choices of training weight: **4.5 / 9.0 / 13.5 / 18.0 / 22.5 kg**. Comes with a robust holder for storing and configuration.

Sold individually.



CONVENIENT HOLDER



ULTRA-COMPACT DESIGN



QUICK-LOCK MECHANISM



RACK FOR QUICK-LOCK DUMBBELLS

61031-0

A compact rack with sturdy framework that fits a pair of Quick-Lock Dumbbells. Lifts the dumbbells off the ground to a more convenient height for easy use.

Dumbbells nor plastic trays included.

Dimensions 59 x 82 x 56 cm
Weight 12 kg

HEX DUMBBELLS

61077-

HEX dumbbells give a wide range of options ranging all the way from 1 kg to 60 kg. Made of durable steel and coated with high-quality rubber. Knurled handles with varying length and thickness depending on weight. Hexagon shaped dumbbells won't roll away during training! **Sold individually.**

Available in 1 - 10 kg (1 kg increments)
12.5 - 50 kg (2.5 kg increments)
55 - 60 kg (5 kg increments)

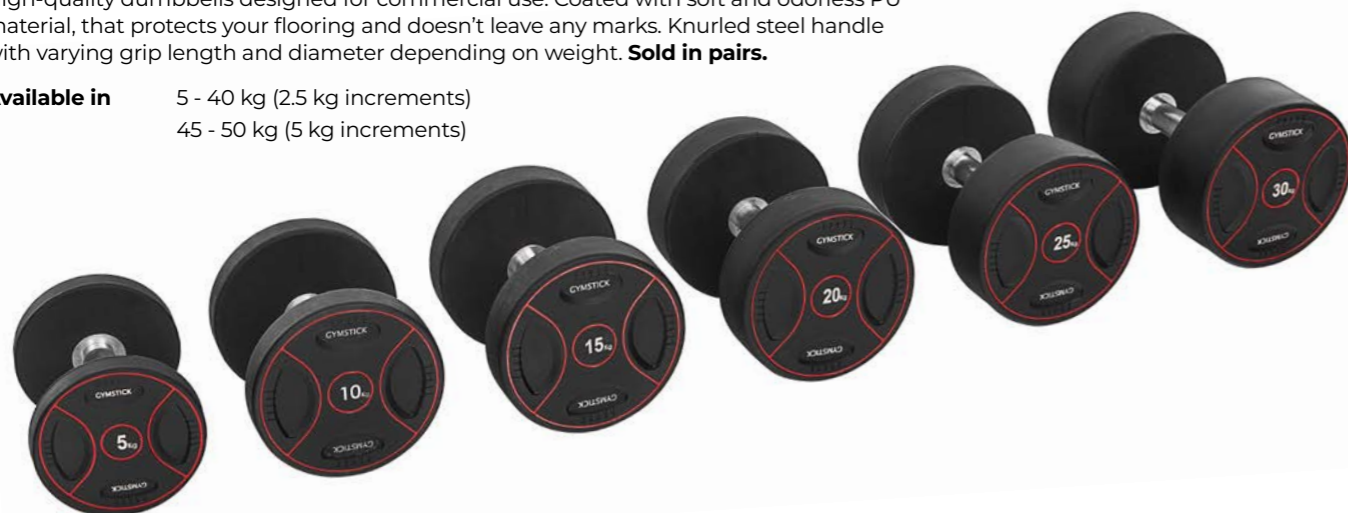


PRO PU DUMBBELLS

61030-

High-quality dumbbells designed for commercial use. Coated with soft and odorless PU material, that protects your flooring and doesn't leave any marks. Knurled steel handle with varying grip length and diameter depending on weight. **Sold in pairs.**

Available in 5 - 40 kg (2.5 kg increments)
45 - 50 kg (5 kg increments)



PRO CHROME DUMBBELLS

61072-

Stylish chromed dumbbells with a classic design, that will fit any gym or studio. Handles are ergonomically contoured and knurled for a great grip. Ultra-resistant to chipping, cracking or peeling. **Sold individually.**

Available in 1 - 10 kg (1 kg increments)
0.5 kg / 1.5 kg



STUDIO DUMBBELLS

61068-1 • 61068-2 • 61068-3 • 61068-4 • 61068-5 • 61068-6

Durable cast iron dumbbells with a soft vinyl coating, that feels great in hand and protects flooring. Red and black color codes alternating each weight. Designed for studio use and group fitness classes. **Sold individually.**



ADJUSTABLE DUMBBELL SET 20KG

61070-20

Adjustable dumbbell set with two separate dumbbells for strength training at home. Durable cast iron weight plates and steel bars. Comes with a convenient plastic carry case.

Set includes: 2 x dumbbell bars, 4 x screw-on collars, 4 x 2.5 kg / 4 x 1.25 kg weight plates



ADJUSTABLE DUMBBELL SET 15KG

61070-15

Adjustable dumbbell set with a steel dumbbell bar for strength training at home. Durable cast iron weight plates. Comes with a convenient plastic carry case.

Set includes: dumbbell bar, 2 x screw-on collars, 4 x 2.5 kg / 2 x 1.5 kg weight plates



VINYL DUMBBELL SET 15KG

61122-15

Adjustable vinyl weight set for strength training at home. Easy to change the weight with screw-on collars.

Set includes: dumbbell bar, 2 x screw-on collars, 4 x 2.5 kg / 2 x 1.5 kg / 2 x 0.5 kg weight plates



VINYL DUMBBELLS

61121-1 • 61121-2 • 61121-3 • 61121-4 • 61121-5

These soft vinyl-coated dumbbells with a contemporary design are a classic for all-around strength training at home. Octagon shaped dumbbells won't roll away! **Sold in pairs.**

KETTLEBELLS

Kettlebells are some of the most versatile functional strength training tools to exist. No wonder almost every commercial gym or home has one, as kettlebell training can target the whole body to improve strength, explosiveness, stamina and general fitness, no matter where you may be.

	QUICK-LOCK	COMPETITION	PRO	ERGO	VINYL
USE	Gym / Home	Pro	Pro	Studio	Gym / Home
MATERIAL	Cast iron (steel & tpr)	Steel	Cast iron	Cast iron (neoprene cover)	Cement (vinyl cover)
HEIGHT	30 cm	27.5 cm	16.5 – 28.5 cm	18.5 – 27.5 cm	20 – 29.3 cm
WIDTH	22.4 cm	20 cm	15.5 – 23 cm	16.5 – 21.5 cm	18 – 25.5 cm
WEIGHT	4.5 – 13.5 kg	8 – 32 kg	4 – 32 kg	4 – 20 kg	4 – 12 kg



COMPETITION KETTLEBELL

61069-8 • 61069-12 • 61069-16 • 61069-20 • 61069-24 • 61069-28 • 61069-32

Our competition kettlebells are made according to official Kettlebell Sport standards. All weights are the same size and shape. Made of high-quality steel to withstand years of heavy use. Featuring colored stripes to easily identify correct weight.



PRO KETTLEBELL

61119-4 • 61119-6 • 61119-8 • 61119-10 • 61119-12 • 61119-16 • 61119-20 • 61119-24 • 61119-28 • 61119-32

These stylish matte black cast iron kettlebells will fit any commercial gym with their contemporary design. Powder coated surface for superior durability and feel. Size of the kettlebells vary depending on the weight.



ERGO KETTLEBELL

61115-4 • 61115-6 • 61115-8 • 61115-10 • 61115-12 • 61115-16 • 61115-20

Ergo kettlebells feature an ergonomically shaped design, which eases the strain on your wrists during training. Brightly colored neoprene coating softens up the kettlebells and make the weights easy to identify. Cast iron handle.



VINYL KETTLEBELL

61050-4 • 61050-6 • 61050-8 • 61050-10 • 61050-12

Vinyl kettlebells are cost-effective and diverse training tools with numerous usabilities for strength training and functional movements. Perfect all-arounders for home fitness and light gym use. Nice and smooth vinyl surface with good grip.



QUICK-LOCK KETTLEBELL

61032

Quick-Lock Kettlebell is an innovative training tool that allows you to adjust weights quickly during training and eliminate the need to acquire multiple kettlebells. The smooth quick-lock mechanism allows you to change weights between **4.5 / 7.0 / 9.0 / 11.0 / 13.5 kg**. Durable cast iron structure.



QUICK-LOCK MECHANISM



5 KETTLEBELLS IN ONE

STRENGTH ACCESSORIES

Gymstick offers a comprehensive selection of strength training accessories, that are designed to ease the use of free weights and various strength training equipment.



DUAL LANDMINE HANDLE

PRO-DLH

Highly durable rowing handle for 50 mm barbells. Made of high-quality steel and powder coated to withstand active commercial gym use. V-shaped handle with separate neutral-position handles for each hand.



SINGLE LANDMINE HANDLE

PRO-SLH

Highly durable rowing handle for 50 mm barbells. Made of high-quality steel and powder coated to withstand active commercial gym use. L-shaped handle for one-handed rowing and other movements.



POST LANDMINE

PRO-PLM

Highly durable landmine suitable for 50 mm barbells. The landmine is placed on a 50 mm weight plate, making the barbells end fixed. Made of high-quality steel and powder coated to withstand active commercial gym use. Quick screw-lock.

FOR 50 MM BARBELLS



ALUMINUM COLLARS

OC-03BL • OC-03R

High-quality barbell collars made from aircraft-grade aluminum. Suitable for all standard 50 mm barbells. Easy to lock and load with the snappy switch-lock. Comes in red and black.



FLIP-LOCK COLLARS

OC-01

These single-action flip-lock collars clamp around the barbell effortlessly. They feature a solid frame and injection-molded pressure pads. Fits standard 50 mm barbells.



SPRING COLLARS

OC-07

Classic chrome-plated spring collars. Easy to put on and take off a barbell. Featuring 90-degree handles for convenient use. Fits 50 mm barbells.

FOR 30 MM BARBELLS



FLIP-LOCK COLLARS 30MM

61057-FL30

Quick and easy to use flip-lock collars for the Gymstick Pro Pumpset. Also suitable for most other 30 mm barbells.



QUICK SPRING COLLARS

61057-COLLARS

Steel spring collars with covered handles for easier use. Designed for the Gymstick Pro Pumpset. Also suitable for most other 30 mm barbells.



BARBELL PAD

61003

Soft high-density pad made from one-piece molded rubber foam. Very easy to use, as it simply clamps around the barbell. Ergonomically shaped neck groove.



KETTLEBELL PAD

61099

Protect your wrists and forearms when training with a kettlebell. This sleeve features a dual-layer stretchable pad, that absorbs the kettlebell's impact. Also doubles as a sweat band.



LATERAL PULL-DOWN BAR

61156

Chromed steel lat pull-down bar with rubber grips.

LATERAL PULL-DOWN BAR WITH HANDLES

61157

Chromed steel lat pull-down bar with rubber grips and neutral-position handles at ends.

TRICEPS PULL-DOWN BAR

61158

Chromed steel short bar for triceps and arm movements with rubber ball-grips at ends.



SINGLE HANDLE

61154

Solid and durable steel handle for cable machines. Features a knurled, rolling grip.



V-HANDLE

61153

V-shaped narrow steel handle for cable machines. Has two neutral-position handles with knurling.



TRICEPS ROPE

61152

A classic triceps rope with rubber stoppers at both ends. Solid construction with steel attachment.



PULLEY HANDLES PR

61184

High-quality handles with textured rubber grips, that offer a great grip. **Sold in pairs.**



LEATHER ANKLE STRAP

61151

Adjustable leather ankle strap with a durable steel D-ring and comfortable padding inside. **Sold individually.**



ANKLE STRAPS PR

61176

High-quality ankle straps with extra padding for comfort. Velcro fastening allows for easy adjustment. **Sold in pairs.**



AB CRUNCH STRAP

61239

Ab crunch strap made of strong cotton-knit fabric, making it very durable and usable in a commercial environment. Textured rubber handles offer a great grip. Steel D-ring and heavy-duty construction allows for a **max load of 80 kg.**



WRIST TRAINER

61127

Industrial-strength wrist trainer designed for building forearm and grip strength. Suitable for 50 mm weight plates. Foam padded handles with 125 cm rope. Plates not included.



GYM CHALK

61161

Professional-grade magnesium carbonate for the ultimate grip in weight training, gymnastics, rock climbing and other sports. Includes **one block of 56 g.**



CABLE PULLEY SYSTEM

61241

Cable Pulley System is a simple yet effective solution for resistance cable training in a compact form factor. This system eliminates the need for expensive cable machines, that take up a ton of space and budget. Easy to setup anywhere with the included pulley and mounting strap. **Max load 120 kg.**

Set includes: vertical plate holder, heavy duty cable (2 m), high-grade steel pulley, 3 x high-grade steel carabiners, triceps rope



POWER BAND HANDLE

61155

Expand the possibilities when training with power bands or other resistance bands. Knurled steel handle offers a great grip and a more comfortable way to perform exercises. Bands not included.



LIQUID CHALK

61160

No need to worry about leaving a mess on your clothes or on the gym floor. Use liquid chalk just like regular gym chalk to ensure the ultimate grip. Sold in a **200 ml bottle.**

WEIGHTLIFTING GEAR

Weightlifting gear supports your body during lifting, allowing you to lift more safely and comfortably. Our collection consists of straps, wraps, belts and other gear for style and comfort.



WEIGHTLIFTING BELT SHAPED

61086-105 • 61086-115

Durable weightlifting belt to support the core during heavy lifting. Shaped for comfort with padded back support. Double-prong closure with dual loops.



WEIGHTLIFTING BELT

61082-BL • 61082-OR

Adjustable weightlifting belt with strong velcro fastening to support the core during lifting. Comfortable soft nylon material. One-size-fits-all.

Available in Black / Orange



DIP BELT

61015

High-quality dip belt to add extra weight to dips, pullups and other movements. Wide and firm back panel with fully adjustable steel chain.



PRO KNEE STRAPS

61137

Wide and sturdy knee wraps to stabilize the knees during squats and other leg movements. Velcro fastening to ensure a very secure and tight fit.



PRO WRIST STRAPS

61138

Wide and sturdy wrist straps to stabilize the wrists during bench and other movements. Velcro fastening to ensure a very secure and tight fit.



FIGURE 8 STRAPS

61011

Ultra-durable and quick to use lifting aids, that are optimal for deadlifting and really locking onto the bar.



WORKOUT GLOVES

61140-S/M • 61140-L/XL

High-performance gloves to provide superior grip and support without sacrificing comfort. Reinforced palms with stiched stress areas. Velcro wrist straps for extra support.



TRAINING GLOVES

61135-XS • 61135-S • 61135-M • 61135-L

Comfortable fit and great grip. Breathable mesh backhands offer great ventilation. Reinforced palms with stiched stress areas.



TRAINING GLOVES

61318-S • 61318-M • 61318-L

Comfortable fit and great grip. Breathable mesh backhands offer great ventilation. Reinforced palms with stiched stress areas.



LIFTING GRIPS

61150

Adjustable Velcro strap with high quality materials brings comfort to training. Excellent for pull ups, rowing and weightlifting.



LIFTING STRAPS LEATHER

61123-L

Lifting straps eliminate grip failure and are great for pulling movement exercises. Size: 60cm x 4cm.



LIFTING STRAPS WITH PADDING

61123

Lifting straps eliminate grip failure and are great for pulling movement exercises. Size: 49 x 3,7cm.



GS SNAPBACK

GS-CAP-BL / GS-CAP-W / GS-CAP-R

Look stylish while using Gymstick equipment! Nice GS Gymstick logo figure with attitude and easy adjustable Snap-back closure.



GS BEANIE

GS-BEA-R / GS-BEA-BL

Warm Gymstick beanie keeps your head warm even in cold weather. Nice GS Gymstick logo figure with attitude and black color.



WRIST SWEAT BANDS

61100

Wrist sweat bands keeps the moisture away for distraction free workout. Highly absorbent material for maximum comfort and feel.

FUNCTIONAL TRAINING

Gymstick has its roots deep in functional training. Our first training accessory that the company got its name from *the Gymstick Original*, was and still is one of the simplest, most versatile functional training tools in the market.

Training the body's ability to work efficiently, will benefit anyone regardless of age and level of fitness. Functional training will not only develop all aspects of fitness, but will also carry over to everyday life as your body feels and functions better.

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GYMSTICK ORIGINAL 2.0

11001 • 11002 • 11003 • 11004 • 11005

Gymstick Original is a functional resistance training tool that does more than replicate free weight exercises; it provides resistance in virtually any direction and position, improving strength, balance, posture, coordination and endurance.

Available in five different resistance levels ranging from 1 - 30 kg. Ideal from juniors to seniors; from rehabilitation patients to world class athletes; from beginners to professionals.



POWERSLIDER & POWERSLIDER PRO

62131 • 62131-PRO • (62131-GL • 62131-SL) Gloves and Socks available separately!

Powerslider is a simple yet effective training tool, that allows you to skate and slide anywhere you want. Train with numerous movements that simulate skiing and ice-skating, improving endurance, balance and technique. The board has stoppers at both ends and the bottom is made from anti-slip material.

Includes Powerslider / 2 x Sliding Socks / Carry Bag
Size Normal 180 x 50 cm / Pro Edition 230 x 50 cm



GYMSTICK AQUA

14001 • 14002 • 14003

Gymstick Aqua is an adaptation of the Gymstick Original, specially designed to be used in water. Stationary, propulsive and travelling exercises in the water can all utilize the added resistance of the bands. Ideal for group fitness and functional training in water.

Comes in three resistance levels ranging from 1 - 20 kg.

ORIGINALS

Where it all began. Gymstick Originals are fitness products that have innovated the industry with their out of the box thinking and effectiveness to exercise. These tools are still adapted to training routines of professional athletes and fitness enthusiasts of all kinds across the globe. From widely spread group classes to acclaimed awards, we owe our early success and heritage to the Gymstick Originals.



MEDICINE BALLS

Medicine ball is a classic accessory for high-impact functional training. They are designed to be used as extra weight for various functional movements, while also being able to be thrown more safely. Optimal for functional strength and explosiveness.



	FITNESS BAG	MEDICINE BALL	MED BALL WITH HANDLES	SLAM BALL	WALL BALL
USE	Functional training	Functional training	Functional training	Slamming	Wall throws
WEIGHT	5 / 7.5 / 10 / 15 / 20 kg	1 – 10 kg	4 / 6 / 8 / 10 kg	4 / 8 / 12 / 16 kg	3 / 6 / 9 / 12 kg
DIAMETER	19 / 22.5 cm	190 mm (1 – 2 kg) 230 mm (3 – 5 kg) 286 mm (6 – 10 kg)	260 mm	230 mm (4 / 8 kg) 280 mm (12 / 16 kg)	330 mm
MATERIAL	PVC / EPE	Rubber	Rubber	Rubber Iron sand	Synthetic leather
GRIP	Best	Superior	Best	Great	Decent



FITNESS BAG

62055-5 • 62055-7,5 • 62055-10 • 62055-15 • 62055-20

Fitness Bag is an extremely versatile functional training tool, that can be contrasted to kettlebell and medicine ball training. The soft bag with various grip options allows for numerous different exercise drills, that will develop functional strength, balance, coordination and endurance.



MEDICINE BALL

61045-1 • 61045-2 • 61045-3 • 61045-4 • 61045-5
61045-6 • 61045-7 • 61045-8 • 61045-9 • 61045-10

The original, the classic. Medicine Ball is a must-have for any training facility that stands for functional training. These ultra-durable rubber balls feature textured surfaces for great grip even during vigorous training.



MEDICINE BALL WITH HANDLES

61044-4 • 61044-6 • 61044-8 • 61044-10

Medicine Balls with Handles are even more versatile than their older cousins. Can be held with one or two hands to train during fast paced exercises, when your grip matters the most.



SLAM BALL

61019-4 • 61019-8 • 61019-12 • 61019-16

Slam Balls are filled with iron sand, making them perfect for slamming to the ground, as they will not bounce or roll. Durable rubber shell will withstand slamming, but best not to throw on rough surfaces like concrete.



WALL BALL

61164-3 • 61164-6 • 61164-9 • 61164-12

Wall Balls are optimized for wall throws. Their soft and durable build is safer for throwing, and will not damage you or your floor if dropped. Perfect for fast-paced functional training when you might drop the ball.

CROSS-TRAINING

Cross-training is a mixed bag of numerous training fields. It aims to combine the benefits of multiple training focuses without overlooking one over the other. Today the term is quite loosely used, but the sport is well-known for its functional strength and plyometrics training.



WOODEN PLYOBOX

61162 • 61162-S

Wooden Plyobox is a great and simple solution for varying box heights. It provides three different heights depending on which side is placed on the floor. Rounded edges and a non-varnished surface (for grip when landing) ensures that the Plyobox is a safe tool to use for plyometric training.

Size: 61162 76 x 60 x 50cm / 61162-S 50 x 45 x 40cm



SOFT PLYOBOX 3-IN-1

61091

Soft Plyobox is a durable and steady wooden box, covered with soft padding and a pleasant anti-slip fabric. The padding makes the box safer to use if you fall during a jump. Height of the box is easily changed by simply flipping the box. The sides are clearly marked for each height.

Size: 50 x 60 x 75cm

PLYOBOXES

61076-30 • 61076-45 • 61076-60 • 61076-75

These steel-framed plyoboxes are easily stackable to save space in tight gyms. They feature an anti-slip rubber surface for great grip when landing.

Available in four heights: 30 / 45 / 60 / 75 cm.



BATTLE ROPE WITH COVER

61090-1,5 • 61090-2

Twelve meters of hard work. Battle Ropes offer fun and versatile functional training. Covered with a strong nylon sleeve that protects the rope from friction and fraying.

Comes in 1.5 and 2.0 inch grip diameters (3.8 and 5.1 cm).



POWER VEST

61048 • 61048-20

Power Vest is a very durable weight vest, that can be padded up to 10 kg or 20 kg of extra weight depending on the model. Evenly distributed weight pockets ensure stability. Wide elastic velcro straps allow for maximum comfort and fit.



WEIGHT VEST

61047-2,5 • 61047-5

Weight Vest is designed to offer superior form and fit with its adjustable size. The vest is made of comfortable neoprene material and has reflective stripes on front and back. Filled with iron sand. Adjustable straps with a plastic buckle. Available in two sizes: 2,5 kg and 5 kg.



WEIGHT BELT 2KG

61049

Weight Belt provides the same effect as a weight vest but with a smaller area of wear during use. It's ideal for adding weight to bodyweight exercises and endurance training such as running. Fully adjustable velcro closure for great fit.



ANKLE/WRIST WEIGHTS

61023 • 61024

Wearable weights for your wrists or ankles. Soft neoprene material offers a nice fit and will not restrict movement during exercise. Durable construction and easily adjustable velcro strap. Available in 2 different weights: 2 x 1 kg and 2 x 2 kg.



SPEED ROPE PRO

61124

Speed Rope Pro is a high-performance jump rope with ultra-smooth spin. The covered steel rope is perfectly weighted for maximum speed and precision. Knurled, lightweight handles for the perfect grip. Easy length-adjustment.



SPEED ROPE

61128

Speed Rope is a high-quality jump rope for reaching high skipping speeds. Covered steel rope is balanced for speed and precision. Comfortable shaped handles allow for a good grip. Quick and easy length-adjustment.



PRO JUMP ROPE

62018

Pro Jump Rope is an essential, high-quality rope for basic skipping and training. Rigid plastic handles with anti-slip padding for extra comfort. Durable rope with clips inside the handles for exactly the correct length.



LEATHER JUMP ROPE

61053L

Leather Jump Rope is a classic athlete's training rope. Featuring a durable 275 cm leather rope, precision ball bearings and comfortable foam grip handles. Perfect for long sessions at the gym or home.



WOOD JUMP ROPE

61053W

This traditional Wood Jump Rope has a durable 275 cm natural leather rope and shaped wooden handles. The handles have a soft coating for better grip and a pleasant touch. Precision ball bearings ensure a smooth spin.

JUMP ROPES

Skipping rope is one of the simplest and most effective forms of aerobic training. Known from traditional boxing footwork training to modern double-unders, the jump rope has been adapted to numerous training routines due to its brutal effectiveness to wear you out.

Gymstick jump ropes include classic leather ropes for basic workouts, as well as high-quality speed ropes for those seeking maximum performance.

	61124	61128	62018	61053L	61053W
USE	Pro / Home	Pro / Home	Pro / Home	Pro / Home	Pro / Home
MAX LENGTH	300 cm	294 cm	275 cm	275 cm	275 cm
ROPE	Coated steel	Coated steel	TPR	Leather	Leather
HANDLE	Aluminum	PP / PVC	PVC	Foam	Wood
GRIP	Knurled	Textured	Textured	Comfort	Natural
BEARINGS	Speed	Speed	Precision	Precision	Precision
ADJUSTABLE	✓	✓	✓	✓	✓

SPEED & AGILITY

Speed and agility are some of the most important attributes for any athlete. The ability to quickly start and stop moving, and executing quick changes in direction are crucial in any competitive sport. Gymstick speed and agility tools are designed for intensive drills outside on the field and inside in the gym.



SPEED ACCELERATOR

61089

Speed Accelerator features a high-quality resistance tube, protected with a durable nylon cover. The **3 meter** tube stretches against movement and pulls you along for explosive workouts with your partner or by yourself.

Includes 2 x Belts / Resistance Tube / Strap
Resistance 1 - 15 kg (max length 7.3 m)

SPEED LADDER

61077

Speed Ladder with 12 rungs for fast-paced speed and agility training. Optimal for functional training and conditioning for various sports. Combine multiple speed ladders with snap fasteners at both ends.

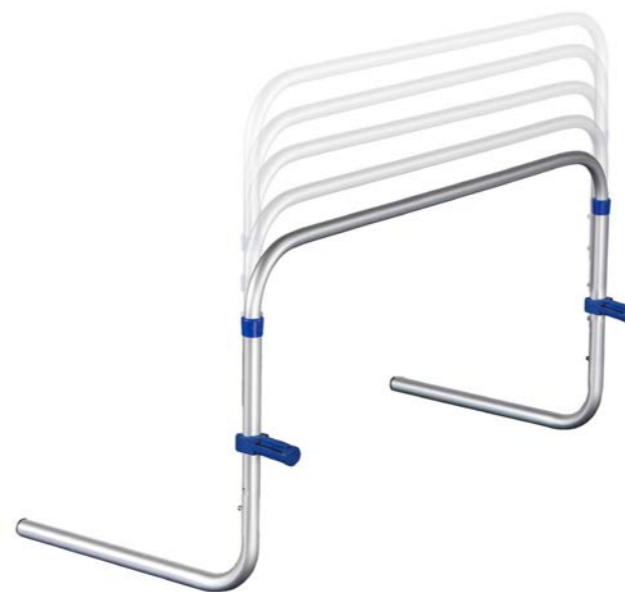
Includes Speed Ladder / Carry Bag
Size 590 x 43 cm

RUBBER SPEED LADDER

61002

Rubber Speed Ladder with 10 numbered squares for inside and outside use. Will not scratch or slide on the floor and is easy to roll away and transport.

Weight 7 kg
Size 455 x 41 x 0.3 cm



BOUNCE-BACK HURDLE

61130 • 61130-105

Lightweight height-adjustable Bounce-Back Hurdles are a great tool for training speed and power. Designed to automatically bounce back to a standing position when tipped. Can be folded for convenient storing and packing.

Available in two sizes.

Width: 78 cm **Height:** 40 - 60 cm / 66 - 105 cm



REACTION BALL

61052-7

Reaction Ball bounces unpredictably and rapidly, improving reaction time, hand-eye coordination and ability to change direction on the fly. The ball is **7 cm in diameter**, in hi-vis red color. Made with durable and soft rubber foam material.



SPEED HURDLE SET (5 PCS)

61080

Speed Hurdles are a simple and effective tool for training quick feet and maneuverability. With a **set of 5** height-adjustable speed hurdles, it is easy to create drills for various sports. Made of high-impact PVC and quickly folds up for storage

Width: 46 cm **Height:** 15 or 30 cm



SPEED DISC SET (20 PCS)

61071

Speed Discs are hi-visibility markers fit for all training fields. These **5 cm low-profile** discs are easy to stack and take to practice using the included carry handle. Set of 20 is perfect for marking and creating drills. Will not break if stepped on.



SPEED CONE SET (10 PCS)

61075

A set of 10 Speed Cones with a classic design in hi-vis red color. The cones are marked with numbers from 1 - 10, making them optimal for speed and agility drills. Made from very durable plastic, with a **height of 23 cm**.

BODYWEIGHT TRAINING

Bodyweight training is simple and effective, and can be done almost anywhere. Exercises use the athlete's own weight to provide resistance against the movement. With various accessories these movements can be supercharged, providing further difficulty and room to improve.



FUNCTIONAL TRAINER

62066

Functional Trainer is a high-quality suspension trainer, that can be used for a great number of different bodyweight exercises. Easy to attach with carabiner or door anchor. Adjustable length with handles and feet straps. Ceiling mount sold separately.

Max load 130 kg
Handle size Width 13 cm / diameter 3 cm
Strap size Max length 213 cm / width 3.5 cm



AB STRAPS

61105

Ab Straps are a great tool for developing core strength without straining the back. Simply hang them from a rack or a pull-up bar, suspend yourself with your arms and brace the core to lift your legs for reps. Sold in pairs.

Max load 100 kg
Size of one 65 x 19 x 6.5 cm
Material Heavy-duty nylon with padded slings



WOODEN POWER RINGS

61104W

Wooden Power Rings are a classic pair of gymnastics rings for challenging bodyweight training. The wooden rings provide a great grip. Adjustable straps with numbering and quick-release.

Max load 180 kg
Ring size Diameter 23 cm
Strap size Max length in use 250 cm / width 2.5 cm



POWER RINGS

61104

Power Rings are durable ABS rings for gymnastics and bodyweight training. The rings have texturized surfaces for better grip. Straps are length-adjustable.

Max load 140 kg
Ring size Diameter 23 cm
Strap size Max length in use 250 cm / width 2.5 cm

PREMIUM PARALLETES

61009-S • 61009-M • 61009-L

Strengthen the core muscles, increase the mobility and flexibility with this bodyweight training tool. The wooden bars offer sure grip and premium feel. The non-slip rubber pads to protect the floor. Super sturdy steel construction.

Max load 150 kg
Handle size Length 15 / 38 / 38 cm, Ø 4 cm
Size/weight 24 x 16 x 12 cm / 1.2 kg of one
 50 x 25 x 10 cm / 1.8 kg of one
 50 x 35 x 30 cm / 3.2 kg of one



HI-RISE PARALLETES

61010

Tall and sturdy Hi-Rise Parallettes are perfect for calisthenics and various bodyweight exercises like rows, dips and leg raises. Sturdy but lightweight construction allows for easy adjustment. Feet have anti-slip stoppers for safety and balance.

Max load 150 kg
Size of one 73 x 47 x 85 cm



JUMBO AB ROLLER

61021

Jumbo Ab Roller is a heavy-duty ab wheel, ideal for core strength training at home or in commercial gyms. Contoured hand grips ensure a comfortable grip, while the rubber wheel enhances safety. Extra-wide wheel with slight curve for turning.

Max load 120 kg
Size 38 x 19 x 19 cm



PUSH UP BARS

61034

Push Up Bars for simple and effective push-up training. Ergonomically shaped, anti-slip handles provide great grip. Exercising in a raised position expands the range of motion.

Max load 100 kg
Size of one 20 x 11 x 12 cm



EXERCISE WHEEL

61005

Exercise Wheel is a smooth rolling essential for core training at home. Textured handles allow for a nice grip. Compact size allows for a portable accessory, that can be used anywhere.

Max load 100 kg
Size 25 x 18 x 18 cm

FITNESS ACCESSORIES

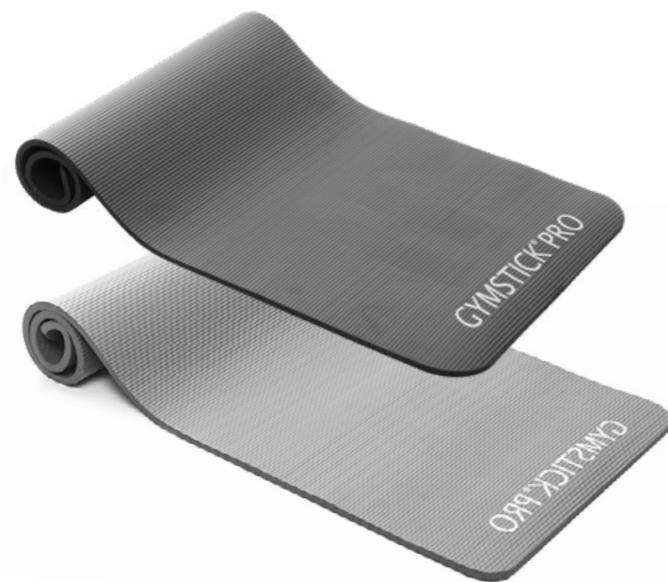
Gymstick fitness accessories are designed to elevate your training by providing support and convenience to every day workouts. If you are training at home or in the gym, these simple yet essential tools will help you reach your fitness goals more comfortably, more effectively and more stylishly!

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TRAINING MATS

Training mats provide a softer, more comfortable surface for training and stretching done on the ground. Altering manufacturing processes and materials, the feel and attributes of the mat can be modified for different preferences. Gymstick training mats are designed for intensive use to cater most preferences; from thick mats to commercial-grade to environmentally conscious home mats.

	61042-	61212-	61043-	61039	61022-	61170-	61213S
USE	Commercial	Commercial	Home	Home	Commercial	Home	Commercial
LENGTH	170 / 140 cm	140 cm	160 / 150 cm	170 cm	180 cm	172 cm	172 cm
WIDTH	60 cm	60 cm	60 cm	60 cm	61 cm	61 cm	61 cm
THICKNESS	15 / 10 mm	7 mm	15 / 10 mm	5 mm	6 mm	4 mm	3 mm
MATERIAL	NBR	PVC	NBR	Cork / TPE	PVC	PVC	PU / Natural Rubber
COLORS	Black Grey	Black-red Black-grey	Black Blue Pink	Tan	Grey Red	Black Blue Pink / Gray	Sand
HANG RINGS	✓	✓	-	-	(61022G-RING)	-	-

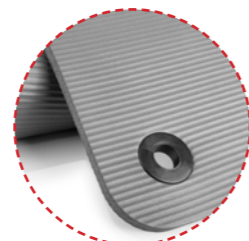


EXERCISE MAT NBR

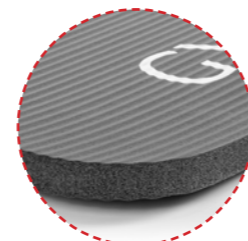
61042G • 61042GB

Exercise Mat NBR is an extra-thick anti-slip mat, designed for heavy gym use. The mat offers a comfortable and safe base for training thanks to its thickness. Made from environmentally friendly NBR material. Plastic hang rings at top.

Size 170 x 60 x 1.5 cm / 61042G
140 x 60 x 1.0 cm / 61042GB



HANG RINGS AT TOP



THICK COMPOSITION



PERFORMANCE MAT

61212-BR • 61212-G

Performance Mat is a high-quality exercise mat suited for active gym use. Made with durable materials and features a surface that prevents slipping during training. Equipped with steel hanging-rings for easy storing.



PRO YOGA MAT

61022-R • 61022-G • 61022G-RING

Pro Yoga Mat is the perfect choice for commercial studios and yoga centers. Superior wear with its **semi-closed cell surface** to keep moisture and sweat from seeping into the mat. Slip-resistance yet non-sticky and has dot pattern bottom to resist sliding on the floor. Will not peel, flake or fade.



COMFORT MAT

61043BLAC • 61043BL • 61043PI

Comfort Mat provides superior comfort for home fitness. Training is safe and pleasant on this thick, soft, anti-slip mat. Great for any kind of floor exercises or stretching routines in which you need to be on your knees or back. Made from environmentally friendly NBR material.



YOGA MAT

61170BLACK • 61170BLUE • 61170PINK • 61170GREY

Yoga Mat with included carry strap for home use. Ensures a safe and non-slipping platform for yoga routines, stretching and general fitness training. The mat is durable and easy to clean. Can be rolled up for storage.



CORK TRAINING MAT

61039

Cork Mat is made from natural cork and environmentally friendly TPE anti-slip bottom. The mat has great grip even when wet, making it a great choice for hot yoga, stretching and other training. Natural cork surface is soft and skin-friendly.

PREMIUM YOGA MAT

61213S

Premium Yoga Mat fits the needs of a serious yoga enthusiast. Premium materials and durable structure ensure that the mat will last for countless hours of training at home or in the studio. Alignment lines on the top to aid in various yoga moves.

FLOORING

Turn any room into a gym with floorings that protect your precious hardwood floors. Rubber flooring is one of the best options for commercial or professional gyms, as it provides a superb level of protection with great shock-absorption. For a more lightweight option, foam flooring will provide a reasonable amount of protection, while also dampening the noise from training very effectively.

	PRO RUBBER	INTERLOCKING PRO RUBBER	INTERLOCKING PRO	PUZZLE MAT	INTERLOCKING MAT SET
USE	Commercial	Commercial	Commercial	Home	Home
SIZE	100 x 100 cm 50 x 100 cm	102 x 102 cm	100 x 100 cm	90 x 90 cm	120 x 120 cm
THICKNESS	4 / 6 / 8 mm 30 / 40 mm	15 mm	20 mm	10 mm	12 mm
MATERIAL	EPDM Granules	SBR / EPDM	EVA	EVA	EVA
WEIGHT	5 - 15 kg	13 / 19 kg	2.4 kg	0.4 kg	1.4 kg
COLORS	Black / Grey	Reversible Black & Grey	Grey	Black	Black



INTERLOCKING MAT PRO RUBBER

61177-BR • 61177-BB • 61177-BG • 61224-22

Interlocking Mat Pro Rubber is a very durable combustion-mat, made of high-quality rubber, fit for commercial use. Easy to attach puzzle structure. Available in 4 colors with 2 thicknesses.

Color **61177-BR:** Black-Red **61177-BB:** Black Blue
61177-BG: Black-Grey **61224-22:** Black

Size 103 x 103 cm **Thickness** 15 / 22 mm



INTERLOCKING MAT PRO

61174

Interlocking Mat Pro is high-quality EVA foam flooring, that protects the floor and dampens noise from training. Convenient puzzle interlocking. Buy several mats and protect a larger area. Sold individually, comes with 4 border pieces.

Color Reversible color black and grey

Size 100 x 100 cm **Thickness** 20 mm



PRO RUBBER TILE

61225-30 • 61225-40

Pro Rubber Tile provides exceptional protection and shock-absorption with its ultra-thick structure. The underside is molded to further improve the mats attributes. Individual pieces are easy to attach to each other with 4 included pegs.

Size 50 x 100 cm **Thickness** 30 / 40 mm

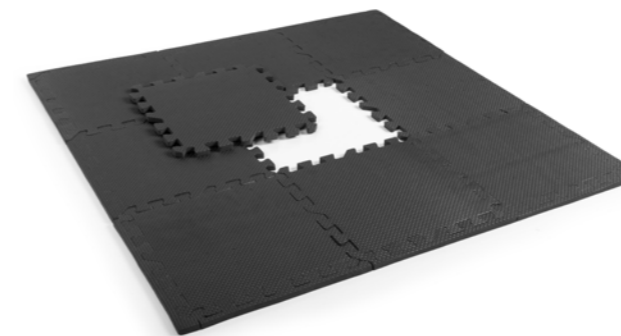


PRO RUBBER FLOORING

61223-8 • 61223-6

Pro Rubber Flooring in all-black to seamlessly fit most gyms. Ultra-dense construction made of high-quality EPDM rubber granules. Available in 8 and 6 mm thickness.

Size 100 x 100 cm **Thickness** 8 / 6 mm



PUZZLE MAT SET

61238

This handy Puzzle Mat Set is the perfect solution for protecting the floor at your home gym. Made of soft EVA foam, that absorbs impacts and reduces noise. Includes 9 separate puzzle pieces (30 x 30 cm) with detachable border pieces.

Size 90 x 90 cm **Thickness** 10 mm



PRO RUBBER FLOORING

61222-BG • 61222-LG

Pro Rubber Flooring is made from durable EPDM rubber granules. The structure is compressed into an extremely dense mat, that provides great shock-absorption as well as high durability. Available in black-grey (-BG) and light-grey (-LG).

Size 100 x 100 cm **Thickness** 4 mm

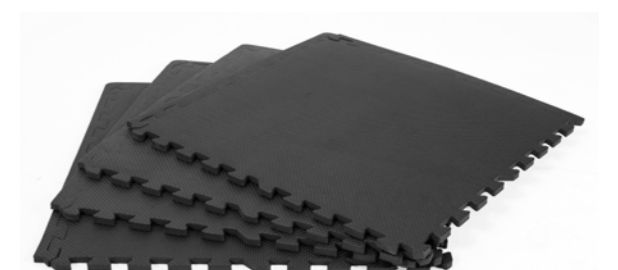


PRO RUBBER FLOORING

61226-8BG

Pro Rubber Flooring in black with gray-spots to bring some character to your gym. Ultra-dense construction made of high-quality EPDM rubber granules. Available in 8 mm thickness.

Size 100 x 100 cm **Thickness** 8 mm



INTERLOCKING MAT SET

61083

Interlocking Mat Set is thick, firm and durable, providing good protection for the floor. The mat can be used as an exercise platform or a free weight platform to protect the floor. Includes: 4 pieces (60 x 60 cm) and 8 detachable border pieces.

Size 120 x 120 cm **Thickness** 12 mm



AIR TRACK

61200-BLU • 61200-BL

Air Track is an **inflatable gymnastics platform**, that can be adjusted for different fields of gymnastics, by increasing or reducing its air pressure. This bouncy platform is ideal for tumbling, tricking, parkour and most gymnastics disciplines.

Made of high-quality PVC and heavy-duty 1000D Polyester, with an anti-slip wear-resistant surface and convenient carry handles on both sides. Plenty of room for practicing with dimensions of **300 x 100 x 10 cm**.



HALKEY ROBERTS VALVE



INCLUDED ACCESSORIES

Included accessories: Powerful electric pump • Carry-bag • Repair kit

FOLDABLE GYM MAT

61205 • 61206 • 61207 • 61208

Foldable Gym Mats are great training platforms for various exercises. These extra-thick mats fit well for gymnastics, martial arts, stretching and other training. Made of durable materials with soft EPE padding inside. Foldable structure with carry handles on ends. **Available in various sizes and colors.**



61205-BL / -BLU 300 x 120 x 5 cm



61208-BLU 180 x 60 x 4 cm



61206-BL / -BLU 200 x 100 x 5 cm



61207-BL / -BLU 120 x 60 x 5 cm

GYMNASTICS MATS

Gymnastics mats are thicker than regular training mats, making them more resilient for jumps, flips, tumblers and other high-impact movements. The thick structure is also safer for athletes in case of a fall and make the mats bouncier, aiding in various movements.



EXERCISE BALLS

No gym – home or commercial – is complete without an exercise ball or two. Exercise balls challenge your body by destabilizing you, activating muscles and developing your balance and coordination. They are especially great for core training and as aids for stretching and rehab, as well as for simply sitting on them.



	PREMIUM	EXERCISE	FITNESS	BALANCE TRAINER PRO	OVAL	OFFICE
USE	Commercial	Light Commercial	Home	Commercial	Home	Office
DIAMETER	55 cm 65 cm 75 cm	55 cm 65 cm 75 cm	65 cm 75 cm	61.5 cm	36 cm	65 cm 75 cm
MAX LOAD	350 kg	100 kg	100 kg	300 kg	100 kg	120 kg
MATERIAL	PVC	PVC	PVC	PVC / PP	PVC	PVC Polyester cover
WEIGHT	1.3 kg 1.4 kg 1.5 kg	1 kg 1.2 kg 1.4 kg	1.2 kg 1.4 kg	5.2 kg	1.2 kg	1.55 kg 1.70 kg
PUMP	-	✓	✓	✓	✓	✓



PREMIUM BALL

70055PRE • 70065PRE • 70075PRE

Premium Exercise Ball is designed and manufactured for demanding commercial environments. The ball is tested to a Burst Resistance Rating of 350 kg and static loading of 1000 kg.



EXERCISE BALL

62009 • 62010 • 62011

Exercise Ball is made of very durable non-slip material, making it perfect for vigorous home workouts and light commercial use.



FITNESS BALL

61033-65 • 61033-75

Fitness Ball is a cost-effective option for exercise ball training at home. Durable yet low-cost material ensures a great accessory for all workouts.



BALANCE TRAINER PRO

61007

Balance Trainer Pro is developed for professional use. This half exercise ball features an extremely sturdy base with a burst-resistant textured ball top.



OVAL EXERCISE BALL

62003

Oval Exercise Ball is a specially-designed peanut ball for new training possibilities. Great for all types of training and stretching with a wide surface area.



OFFICE BALL

63024-65 • 63024-75

Office Ball is a seat that will activate your core while sitting at the office. Improves posture and prevents back issues. Can be used as an exercise ball.

Washable PE-cover with handle.

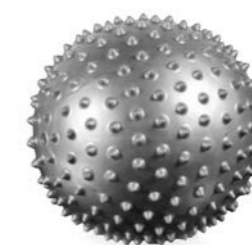


PRO CORE BALL

61113

Pro Core Ball is suitable for many different training styles. The smaller size of the ball is great at stretching, yoga, rehab and ground training.

Size Ø 22 cm



PILATES BALL

62004

Pilates Ball is specially designed for stretching, yoga, pilates and core training. Knobs on the ball will increase circulation and activate acupoints.

Size Ø 20 cm



WEIGHT BALLS

62013

Weight Balls are essentially ball-shaped dumbbells for home workouts. Soft structure allows for comfortable handling. A pair of 1 kg balls.

Size of one Ø 12 cm

STEP BOARDS & BALANCE TRAINING

Step boards, balance pads and balance boards all provide varied platforms to spice up your workouts. An elevated or an uneven surface will challenge the body in a completely new way, activating muscles you never even knew you had!



PRO STEP

61054 • 61054G

Pro Step is an ultra-sturdy commercial-grade step board that will carry you through the toughest of workouts. Has texturized rubber anti-slip surface. Board height is easily adjustable to three different heights: 15, 20 or 25 cm.

Size 97 x 36 x 15/20/25 cm
Max load 120 kg



STEP BOARD

61064

Step Board is a high-quality basic board for home fitness. It features a texturized anti-slip surface for good traction. The stepper is adjustable to two heights: 10cm or 15cm.

Size 68 x 28 x 10/15 cm
Max load 100 kg



AEROBIC STEPPER

62054

Aerobic Stepper is a solid and lively accessory for various workouts. Texturized surface provides a good grip. Adjustable height at three levels: 12, 17 or 22 cm.

Size 63 x 25 x 12/17/22 cm
Max load 100 kg



WOODEN BALANCE BOARD

61131

Wooden Balance Board is perfect for developing balance and coordination. Made from rigid hardwood, making it extremely durable. Grip tape on top.

Size 80 x 13 x 26 cm
Max load 120 kg



PERFORMANCE BOARD

61132

Performance Board is a durable wood balance board with an anti-slip grip tape surface, that provides safe use even in high-intensity training.

Size Ø 40 cm
Max load 120 kg



BALANCE BOARD

62015

Balance Board has a sturdy PP-plastic construction with a contemporary design. A classic tool for home or the office. Textured surface for good grip.

Size Ø 36 cm
Max load 100 kg



CORE TWISTER

61126

Core Twister is a rotating platform, that provides vigorous aerobic exercise and core training. Smooth and fluid motion with textured feet pads.

Size Ø 30 cm
Max load 100 kg



SLANT BOARD

61236

Slant Board is a simple tool for ankle and leg health. Can be used flat or slanted at 4 different angles. Perfect for stretching out calves and ankles.

Size 28 x 32 x 9 - 23 cm
Max load 100 kg



BALANCE DISC

61235

Balance Disc provides a challenging platform for various balance exercises. Great also for activating core muscles while sitting. With carry handle.

Size Ø 34 cm
Max load 100 kg



STABILITY AIR PAD

62035

Stability Air Pad is versatile for training and rehabilitation. Ideal for balance, core and mobility training. Great for activating the core while sitting.

Size Ø 34 cm
Max load 100 kg



BALANCE PAD

61221

Balance Pad offers a comfortable platform for training. The pad gives in just the right amount, activating the muscles effectively during exercises.

Size 50 x 40 x 5.5 cm

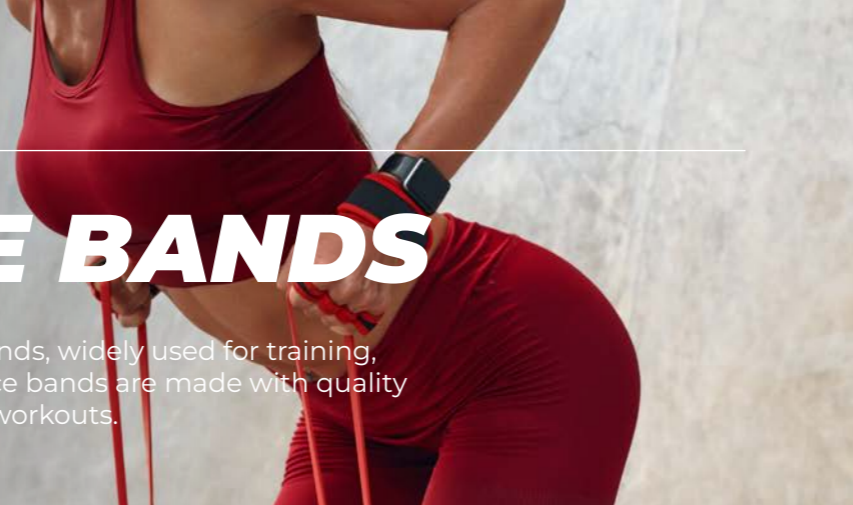


AB MAT

61220

Ab Mat is designed for effective and safe core training. Widens the range of motion and aligns the body to a natural position during movements.

Size 38 x 30 x 7.5 cm



RESISTANCE BANDS

Resistance bands are simple elastic rubber bands, widely used for training, rehabilitation and mobility. Gymstick resistance bands are made with quality rubber, ensuring long-lasting aids for various workouts.



PRO EXERCISE BAND

61095- Roll 46 meters **61096-** Band 2.5 meters

High quality Pro Bands are low in powder and low in protein improving comfort and thus avoiding latex allergy. Available in 6 different resistance level. **Max stretch 300%**.

Resistances	● X-Light	Max. 2.5 kg
	● Light	Max. 3.7 kg
	● Medium	Max. 4.5 kg
	● Strong	Max. 5.5 kg
	● X-Strong	Max. 7.7 kg
	● Super Strong	Max. 8.3 kg



POWER BAND

61111- Power Band **61120-** Mini Power Band

Power Bands and Mini Power Bands are closed-loop resistance bands. Available in 5 different resistances. (61111-) 104cm loop / (61120-) 30,5cm loop. **Max stretch 250%**.

Resistances	● X-Light	Max. 7.5 kg
	● Light	Max. 15 kg
	● Medium	Max. 30 kg
	● Strong	Max. 60 kg
	● X-Strong	Max. 100 kg

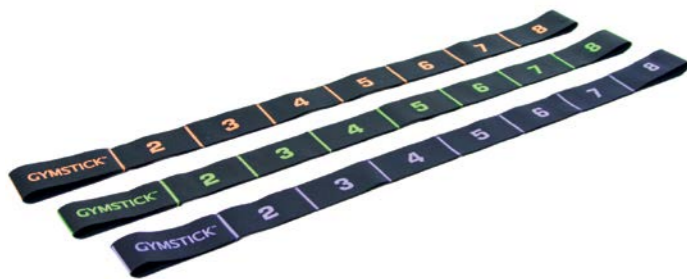


FABRIC MINI BAND

61168-1 • **61168-2** • **61168-3**

Fabric Mini Bands are covered with high-quality PE fabric, that feels great on skin and protects the elastic inside, making for durable partners for any type of training. **Max stretch 100%**.

Resistances	● Light	Max. 11 kg
	● Medium	Max. 14 kg
	● Strong	Max. 18 kg



MULTI-LOOP BAND

61004-1 • **61004-2** • **61004-3**

Multi-Loop Bands are specially-made with 8 loops, allowing for varying lengths in training. Covered with high-quality skin-friendly fabric. Machine washable. **Max stretch 200%**.

Resistances	● Light	Max. 7.0 kg
	● Medium	Max. 11.0 kg
	● Strong	Max. 13.0 kg



EXERCISE BAND SET

62021

Exercise bands are versatile tool in toning and shaping the whole body. Set includes 3 durable resistance bands and exercise chart. Material TPR. **Max stretch 300%**.

Resistances	● Light	Max. 5 kg
	● Medium	Max. 8.5 kg
	● Strong	Max. 12 kg



PRO EXERCISE TUBE

61117-1 • **61117-2** • **61117-3** • **61117-4**

Pro Exercise Tubes are high-quality resistance tubes with simple handles, allowing for comfortable training in commercial gyms or at home. Tube length 140 cm. **Max stretch 300%**.

Resistances	● Light	Max. 7.0 kg
	● Medium	Max. 9.0 kg
	● Strong	Max. 11.0 kg
	● X-Strong	Max. 13.0 kg



SPEED EXERCISE LOOP

61001

Speed Exercise Loop is a multi-purpose tool for leg training and rehabilitation. Adjustable velcro straps can be attached securely around ankles or thighs.



MINI BAND

61167-1 • **61167-2** • **61167-3**

Mini Bands are compact 25 x 5 cm closed-loop elastic bands made from high-quality latex. Available in 3 different resistances (light, medium, strong). **Max stretch 300%**.

EXERCISE TUBE SET

61028

Exercise Tube Set consists of comfortable injection-molded anti-slip handles and 3 interchangeable resistance tubes for different resistance levels. **Max stretch 300%**.

Resistances	● Light	Max. 7.0 kg
	● Medium	Max. 9.0 kg
	● Strong	Max. 11.0 kg



ROWING EXERCISER

62006

Rowing Exerciser is a simple rowing training tool that can be adapted for many exercises. Comfortable dual handle with anti-slip grips. Medium resistance fits most types of training,



MINI BAND SET

61188-SET

Mini Band Set includes 4 mini rubber resistance bands with different resistances (light, medium, strong, x-strong). Includes a handy PE carry pouch. **Max stretch 300%**.



TOTAL DOOR GYM

62064

Total Door Gym is a simple pulley system for home strength training. Easy to setup to a door with anchors. Adjustable resistance by changing the length of the pulleys.

Length 200 cm (suitable for doors over 190 cm in height)



JOINED HULA HOOP

62057-1,5P • 62057-1,2

Joined Hula Hoop is weighted (1.5 or 1.2 kg), making core training way more effective than with a normal hoop. Consists of 6 pieces that are easy to assemble and can be detached for storing. Covered with soft EVA-material for comfort.



FITNESS TRAMPOLINE

61026

Fitness Trampoline for fun and effective workouts. Compact size is great for group fitness classes. Great bounce due to 32 springs. **Foldable frame with height-adjustable handle.**

Diameter 102 cm

Max load 100 kg



PILATES RING

62005

Pilates Ring is a great addition to yoga and pilates training. This bendy ring can be pushed together with your legs or arms during various movements, to provide extra resistance. Padded handles for comfort. **Size: 54 x 28.5 x 8.5 cm**



TELESCOPIC FIT WALKERS

28000

Telescopic Fit Walkers are very durable, high-quality and height-adjustable walking poles designed for long walks in the nature. Natural cork handles with adjustable straps.

Height 83 - 135 cm

Shaft Carbon 20% / Glassfiber 80%

GO WALKERS

231105 • 231110 • 231115 • 231120 • 231125

Go Walkers are best for beginners and enthusiasts getting into pole walking. Durable and lightweight shaft with adjustable hand straps. Handles made of soft and comfortable EVA-foam.

Height 105 / 110 / 115 / 120 / 125 cm

Shaft Glassfiber 100%

OTHER ACCESSORIES & HAND STRENGTH

Accessories for your other fitness needs. We find all aspects of fitness important and therefore, we manufacture products for use of scenarios which sometimes are forgotten.



ALUMINUM HAND GRIP

61233-100 • 61233-140

Ultra-durable hand grips made of premium-grade aluminum with knurled handles for the perfect grip. Available in two resistance levels.

Resistance 45 kg (100 lbs)
63 kg (140 lbs)



ADJUSTABLE HAND GRIP WITH COUNTER

61175

Adjustable-resistance hand grip with a counter to help strengthen your grip and tone your forearms. Counter keeps track of repetitions.

Resistance 10 - 40 kg



ADJUSTABLE HAND GRIP

61055-L • 61055-S

Durable hand grippers with adjustable resistances. Shaped handles with anti-slip surfaces for great grip. Available in two resistance ranges.

Resistance 5 - 20 kg
10 - 40 kg



FINGER EXPANDER SET

61060

Finger Expander Set with **3 different resistances**, perfect for improving the extensor muscles of the hands. Work on individual fingers or all at once.



ANTI-STRESS BALL SET

61116

A set of Anti-Stress Balls, with **3 resistances** to develop the small muscles in your hands and fingers. Squeeze to relieve stress! Soft material with cheerful designs. **Ø 6 cm.**



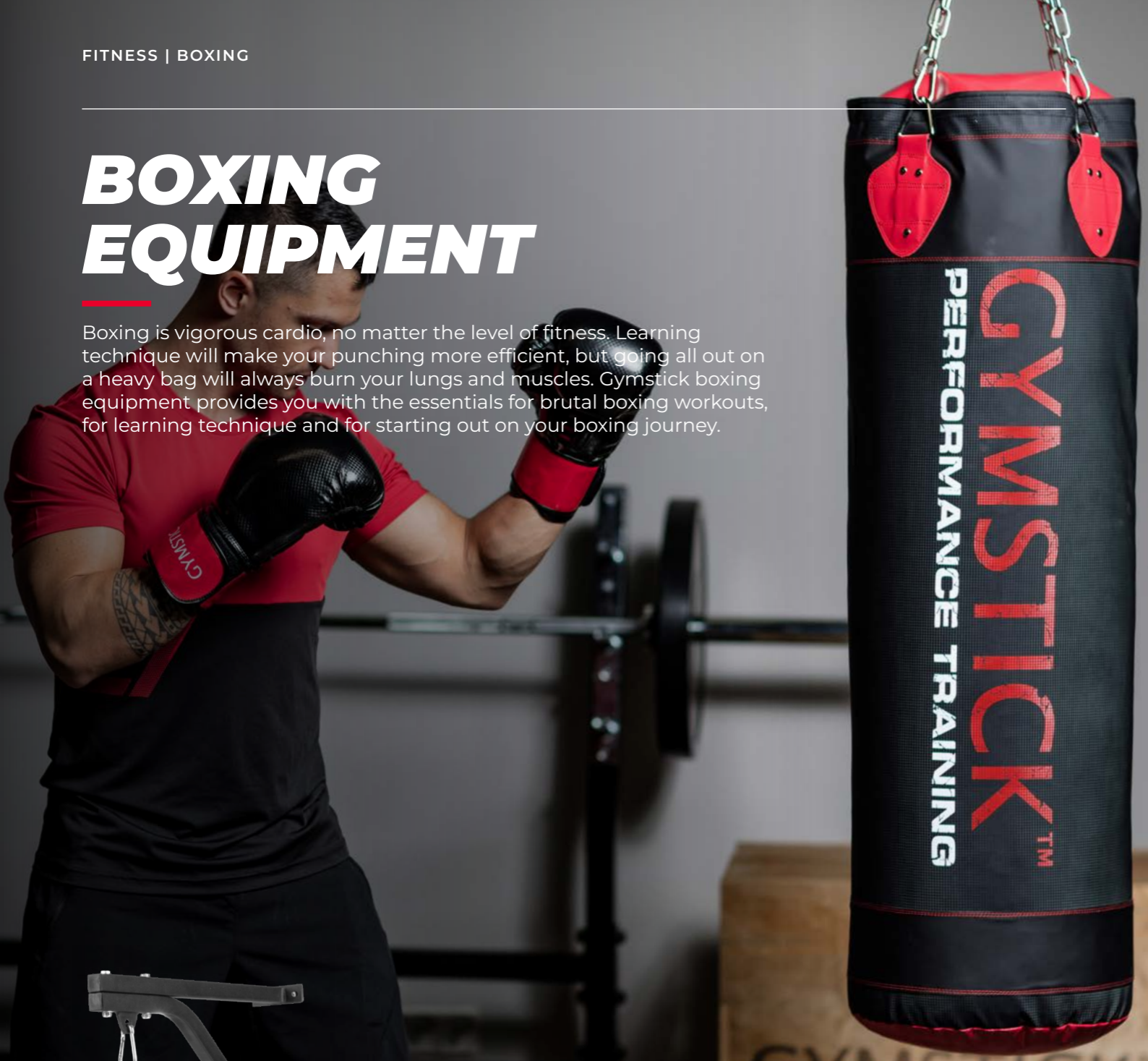
SQUEEZE BALL

61059

Squeeze Ball is a simple tool for improving hand health. Also effective at relieving stress and treating carpal tunnel syndrome. **Ø 6 cm.**

BOXING EQUIPMENT

Boxing is vigorous cardio, no matter the level of fitness. Learning technique will make your punching more efficient, but going all out on a heavy bag will always burn your lungs and muscles. Gymstick boxing equipment provides you with the essentials for brutal boxing workouts, for learning technique and for starting out on your boxing journey.



HEAVY BAG WALL MOUNT + SPRING

61183-WM
Sturdy steel wall mount keeps your heavy bag in place, while the spring minimizes noise and vibration.

Size 47 x 38 x 12.5 cm



HEAVY BAG CEILING MOUNT + SPRING

61183-CM
Robust ceiling mount with a spring. Keeps your heavy bag in place while minimizing noise and vibration.

Size 15.5 x 4 x 14.5 cm



HEAVY BAG SPRING

61183-HS
Durable spring suitable for mounting heavy bags up to 80 kg weight. Minimizes noise and vibration.

Size 11.5 x 4 x 3 cm



HEAVY BAG

61183-20 • 61183-30 • 61183-45

Heavy Bag is a durable boxing bag, made of strong and easy-to-care synthetic leather, with steel hanging chains (20 kg bag comes with durable nylon straps instead of chain). Designed for home use and light commercial use. Mounts sold separately.

Size	Weight	Dimensions
	20 kg	90 x 30 x 30 cm
	30 kg	110 x 35 x 35 cm
	45 kg	150 x 36 x 36 cm



BOXING GLOVES

61180-10 / 10oz • 61180-12 / 12oz • 61180-14 / 14oz

Boxing Gloves are durable partners for all types of boxing training like sparring, bag work or technique training. Thick foam paddings offer great shock-absorption. Ultra-wide wrist wraps with velcro fastening ensure tight fit and great support.

Includes Boxing Gloves / Carry Bag



BAG GLOVES

61186-12 / 12oz • 61186-14 / 14oz

Heavy Bag Gloves are the perfect fit for any type of bag work. With a slimmer, thumbless design and lighter padding, the gloves offer more freedom and impact in training compared to regular boxing gloves. Wide wrist straps with velcro fastening.

Includes Boxing Gloves / Carry Bag



BOXING HAND WRAPS

61182

Boxing Hand Wraps protect your wrists, fingers and knuckles in all types of boxing and martial arts activities. Thumb loop offers proper alignment, while the strong velcro fastening provides a secure fit. Slightly elastic cotton material.

Includes 1 pair of Hand Wraps
Size 350 x 5 cm



PUNCHING MITTS

61181

Punching Mitts are comfortable, thick-padded and durable boxing mitts, that you can use to catch punch combinations safely. Curved shape is ideal for catching powerful punches. Ergonomic shape on the inside with velcro fastening outside.

Includes Mitts / Carry Bag



TEAM BAG - LARGE

45002

Team Bag in size large, specially designed to hold up to 45 Gymstick Originals. Ideal for a group instructor or personal trainer, and for carrying long equipment.

Size 144 x 28 x 39 cm



TEAM BAG - SMALL

45001

Team Bag in size small, specially designed to hold 15 - 20 Gymstick Originals. Ideal for a group instructor or personal trainer, and for carrying long equipment.

Size 144 x 17 x 26 cm



GS SPORTS BAG

GS-SB

GS Gymstick Sports Bag is the perfect bag for everyone that needs a spacious and durable bag for their gym gear. Extra pockets at the end, side and inside will hold all essentials.

Size 60 x 30 x 32 cm



GS GYMBAG

GS-GB

GS Gymstick Gymbag is a lightweight yet durable string bag, ideal for your workout routine. It features a drawcord closure and a side zip pocket for storing small essentials.

Size 50 x 36 cm



DOUBLE ACTION PUMP

61214

Double Action Pump includes two different nozzles and an extension hose. Great for filling footballs and other inflatable sports equipment.



UNIVERSAL PAW & SPIKE

20008 • 20009

Universal Paw and Spike will maximise grip and comfort no matter the terrain you are pole walking. Suitable for all common Nordic Walking pole models on the market.

ACCESSORIES & SPARE PARTS



ORIGINAL 2.0 SPAREBANDS

30001 • 30002 • 30003 • 30004 • 30005

Spare bands for Gymstick Original 2.0. Sold in pairs.

- Resistances**
- 1 - 10 kg / Light (Green)
 - 1 - 15 kg / Medium (Blue)
 - 1 - 20 kg / Strong (Black)
 - 1 - 25 kg / Extra strong (Silver)
 - 1 - 30 kg / Super strong (Gold)



AQUA SPAREBANDS

34001 • 34002 • 34003

Spare bands for Gymstick Aqua. Sold in pairs.

- Resistances**
- 1 - 10 kg / Light (Green)
 - 1 - 15 kg / Medium (Blue)
 - 1 - 20 kg / Strong (Black)



DOOR ANCHOR FOR PRO EXERCISE BANDS

61103

Door Anchor allows you to mount resistance bands or tube trainers to a door easily. Made of materials that won't leave any marks on the door.



HANDLES FOR PRO EXERCISE BANDS

61102

Foam padded handles to make resistance band workouts more comfortable and effective. Designed for Gymstick Pro Exercise Bands 2.5 m. Sold in pairs.

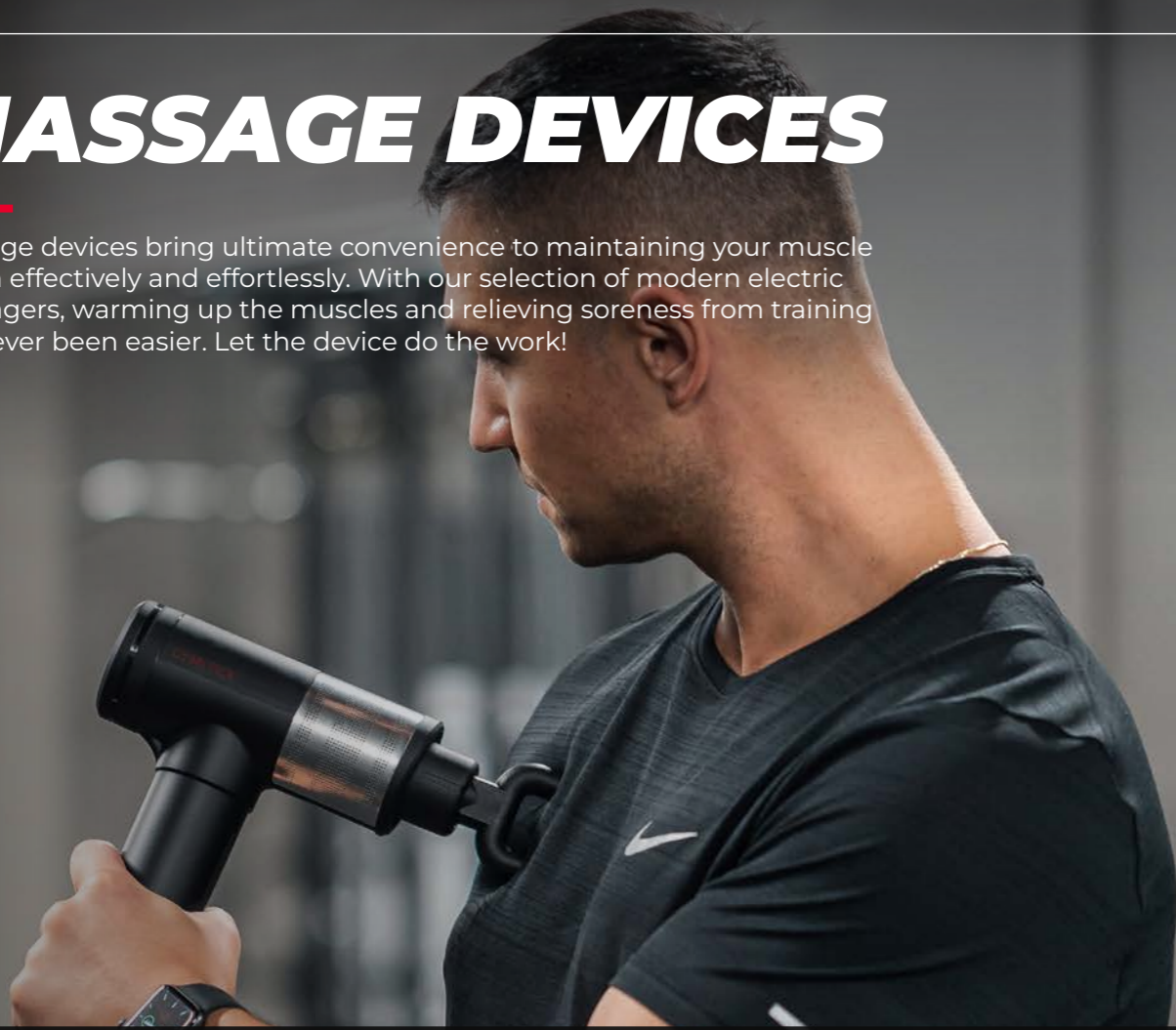
RECOVERY ACCESSORIES

Performing at the top of your game requires for your body to function properly. Without adequate recovery and body maintenance, recovery time will increase significantly. Gymstick recovery accessories offer all the necessary tools to get rid of those pains and aches that prevent you from training the way you want to. A small effort will yield big results, and these tools will make it just that much easier.

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MASSAGE DEVICES

Massage devices bring ultimate convenience to maintaining your muscle health effectively and effortlessly. With our selection of modern electric massagers, warming up the muscles and relieving soreness from training has never been easier. Let the device do the work!



	CAIRO PRO	MESSAGE GUN	FASCIA GUN
USE	Pro	Home	Travel
BATTERY LIFE	6.5 - 15 h	3 - 5 h	2 - 3 h
POWER	35 W (Max 80 W)	20 W	12 W
AMPLITUDE	10 mm	8 mm	6 mm
SPEED	1200 - 3200 rpm (5 levels)	1200 - 2800 rpm (3 levels)	1400 - 2800 rpm (6 levels)
WEIGHT	1 kg	0.8 kg	0.5 kg
DIMENSIONS	18 x 25 x 7.5 cm (W x H x D)	19 x 21 x 6 cm (W x H x D)	10 x 15.5 x 5 cm (W x H x D)
DISPLAY	Touch-screen + LED	LED Indicators	LED Indicators
ERGONOMICS	45° handle	90° handle	90° handle
ATTACHMENTS	5 included	5 included	4 included
CASE	✓	✓	✓
FEATURES	Modern stand + Anti-slip grip Interchangeable battery	Robust design	Mini size



CAIRO PRO

61148

CairO Pro is a professional-grade massage gun, developed for the demanding use of active athletes. The ergonomic angle makes it an excellent choice for independent use. CairO Pro features an interchangeable battery and a stylish stand for storing.



MESSAGE GUN

61147

Massage Gun is our answer for the every-day-athletes, who want to maintain their bodies easily and effortlessly. This powerful device is optimized for performance and convenience, while maintaining a nice mid-range price fit for any budget.



FASCIA GUN

61185

Fascia Gun is the perfect tool for relieving muscle tension and tightness in a tiny form factor. This pocket-sized massage gun brings surprising power for maintaining a healthy and well-performing body with portability that full-sized devices cannot match.



DRUM MASSAGER

63010

Drum Massager is a rhythmic massage device, that utilizes a unique tapping technique to relieve sore muscles and activate blood flow. The harness is comfortable to wear on your shoulders and it can be also used to massage most muscles on the body. The device is easy to adjust with a press of a button and has a LED display that shows the current setting.

- Power source** Mains
- Material** High-quality synthetic leather
- Key features** 20 different massage patterns
10 intensities of rhythmic massage
Simple LED-display and controls



CORE ROLLER

61110-45 • 61110-90

Core Roller Pro is a high-quality EVA foam roller, that is the perfect all-around solution for foam rolling. The medium firmness fits most users and the roller's durable construction makes it great for gyms and active use.



TRIGGER ROLLER

61112-33 • 61112-60

Trigger Roller has a specially designed surface texture, that can be utilized to reach deep into the muscle. The grid layout has flatter parts for regular rolling, as well as knobs for deep massage and activating trigger points.



FOAM ROLLER

61190-30 • 61190-60

The essential Foam Roller for the first-time roller and regular home use. Designed to be soft enough to be comfortable for most users, but firm enough to be effective at relieving soreness.



FASCIA ROLLER

61165

Fascia Roller can do some serious impact on your sore and tight muscles. With a hard firmness and high-profile knobs on the surface, the roller can reach truly deep into muscle tissue, relieving pain and activating trigger points.

TRAVEL ROLLER WITH MASSAGE BALL

61136

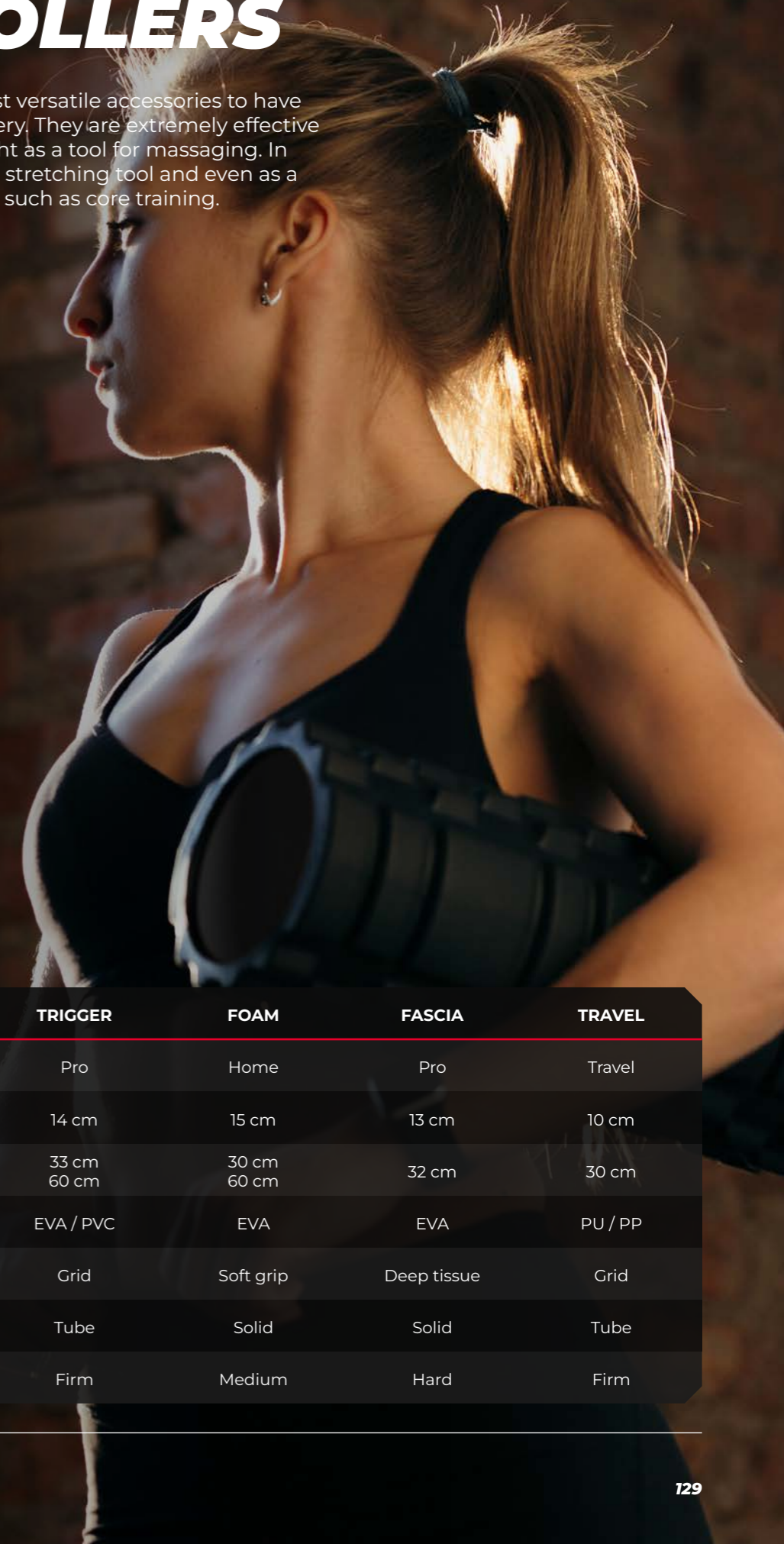
Travel Roller comes with a Massage Ball and a handy carry pouch, making it the perfect choice for travelling. The roller has a grid texture for effective rolling and the smooth-surface ball has a diameter of 6.3 cm.

Includes Travel Roller / Myofascia Ball / Carry Pouch



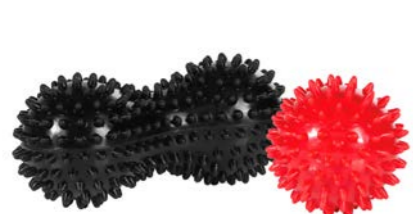
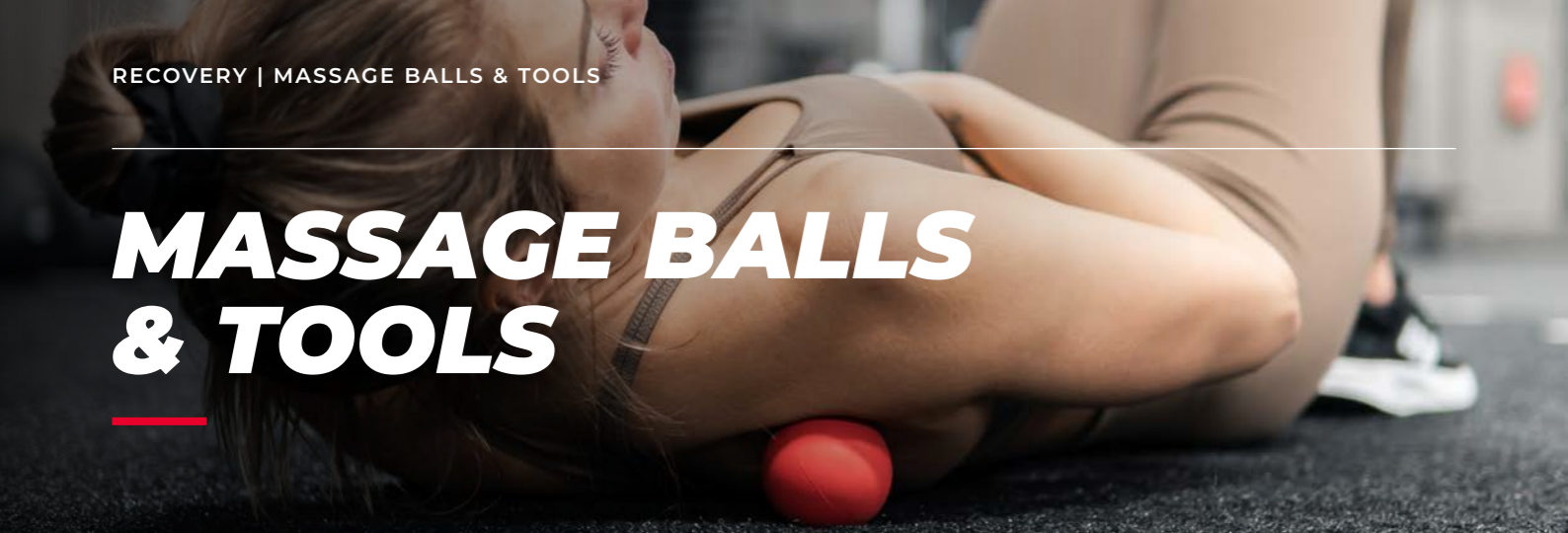
FOAM ROLLERS

Foam rollers are some of the most versatile accessories to have for body maintenance and recovery. They are extremely effective at utilizing your body's own weight as a tool for massaging. In addition, foam rollers double as a stretching tool and even as a training tool for various exercises, such as core training.



	CORE	TRIGGER	FOAM	FASCIA	TRAVEL
USE	Pro	Pro	Home	Pro	Travel
DIAMETER	15 cm	14 cm	15 cm	13 cm	10 cm
LENGTH	45 cm 90 cm	33 cm 60 cm	30 cm 60 cm	32 cm	30 cm
MATERIAL	EVA	EVA / PVC	EVA	EVA	PU / PP
SURFACE TEXTURE	Soft grip	Grid	Soft grip	Deep tissue	Grid
BUILD	Solid	Tube	Solid	Solid	Tube
HARDNESS	Medium	Firm	Medium	Hard	Firm

MASSAGE BALLS & TOOLS



SPIKEY MASSAGE BALL COMBO

63014

Spikey Massage Ball Combo includes a ball and a twin ball with surface spikes that accelerate blood flow, relieving pain and soreness effectively.

Size 16 x 7 cm / 7.5 cm (ball)



MASSAGE BALL SET

63013

A great collection of massage balls for different pain conditions. The set includes a spike ball, deep-spike ball and a smooth ball.

Size 9 cm / 7.5 cm / 6.5 cm



HOT & COLD ROLLER

63052

Hot & Cold Roller is ergonomically shaped to roll the arch of your foot. The roller can be warmed or cooled for hot and cold therapy.

Size 19 x 8 cm



FOOT & HAND MASSAGE ROLLER

63005

Relieve and roll out muscular aches and tired feet with this compact massage roller. Specifically designed for foot and forearm.

Size 17 x 7 cm



COLD MASSAGER

63051

Massage and cold treatment in one. Ergonomically shaped handle and stainless steel ball with cooling gel inside.

Size Ø 5 cm



MASSAGE BAR

63009

Massage Bar is a powerful muscle tension reliever for the whole body. Its spikes trigger muscle tension, activate muscle blood circulation and relax.

Size 42 x 6 cm



MASSAGE HOOK

63053

Massage Hook is an easy to use and durable self-massager. Simply hook it over your shoulder and massage tight, achy muscles for instant relief. Size: 35 x 7,5 x 16 cm.



MASSAGE STICK

63054

Massage stick is perfectly designed massage aid which uses leverage to do the work for you. It allows easy access to every pressure point in entire body. Size: 45 x 19 x 3 cm.

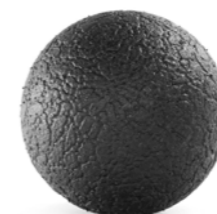


MYOFASCIA BALL

61171

Myofascia Ball is a large massage ball, that has a textured surface for better traction and improved blood flow when working issue areas of the body. An effective tool for myofascial release exercises for your body.

Size Ø 12 cm



RECOVERY BALL

61191

Recovery Ball is a medium-sized massage ball with a slightly textured surface. The ball activates metabolism and brings relief to tired and tight muscles. Great all-around tool for all sore muscles.

Size Ø 10 cm



MASSAGE BALL

63008

Massage Ball has mid-sized spikes on the surface that accelerate blood flow and reach deeper into the muscle. An easy-to-use mobility tool which is firm enough to deliver a soothing massage. Great all-around ball for fascia work.

Size Ø 9.5 cm



RECOVERY TWIN BALL

61133

Recovery Twin Ball is perfect for rolling along the back to relieve muscles around the spine. Also great for arms and legs. Slightly textured surface. Rolling on the ball activates circulation and eases muscle pains and aches.

Size 16 x 8 cm



MYOFASCIA TWIN BALL

61020

Myofascia Twin Ball is a small twin ball that can utilized to pinpoint issue areas. Great for rolling along the back, arms and legs. It allows you to target a small section of the muscle and penetrate tissue more deeply. Smooth surface.

Size 13 x 6.5 cm



MYOFASCIA ROPE BALL

61172

The rope helps you to keep the ball on the right spot either by leaning on a wall or laying down on the floor. Perfect for relieving knots, trigger points and sore muscles.

Size 65 x 6,5 cm



FASCIA BALL CORK

61037

Fascia Ball Cork is made of all-natural cork, giving it a pleasant feel and a skin-friendly surface. The ball is highly renewable and recycable.

Size Ø 6.5 cm



MYOFASCIA BALL

61163

Myofascia Ball is a small massage ball with a smooth but grippy rubber surface. Perfect all-around tool for small muscles and targeting specific areas.

Size Ø 6 cm



MINI FASCIA BALL

61230

Mini Fascia Ball is the smallest of our balls, making it effective at targeting small muscles and trigger points. Tiny knobs on the surface increase blood flow.

Size Ø 4.5 cm

MOBILITY TOOLS

Mobility is perhaps one of the most important yet forgotten aspects of fitness. Poor mobility or flexibility can be very detrimental to performance in any sport or training. Good mobility not only helps prevent injuries, but also helps maximizing other physical qualities. Gymstick mobility tools will help you keep your athletic edge by staying flexible and moving freely!



YOGA BLOCK

61027

Yoga Block made from high-density foam, making it very lightweight yet stable in use. Anti-slip surface with rounded corners and edges for a great grip. Used as support in various stretches and yoga moves.

Size 22.5 x 15 x 8 cm



YOGA BLOCK CORK

61038

Yoga Block Cork is made from all-natural cork, which is highly renewable, recyclable and comes from sustainable sources. The cork surface is skin-friendly and provides a nice surface for superior grip. Rounded corners for comfort and grip.

Size 22.5 x 15 x 7.5 cm



STRETCHING STICK

61107

Stretching Stick for various stretches and mobility drills. Helps deepen stretches and aid in numerous exercises. Ready-printed basic exercises on the surface of the stick. Lightweight fiberglass build with rubber end caps.

Size 131 x 3 cm



TELESCOPIC STRETCHING STICK

61107-TELE

Telescopic Stretching Stick is a handy tool for mobility and flexibility. The stick is only 57 cm long when folded, fitting well into your gym bag. Basic exercises printed on the stick. Lightweight fiberglass structure with plastic end caps.

Size 57 - 138 x 3 cm



STRETCHING BELT

61173

Stretching Belt is an easy-to-use whole body mobility tool that helps you to perform assisted stretches. Get greater flexibility, range of motion and reduce joint stiffness. Multiple loops allow for different grip positions and gives feedback of your progress.

Size 2.5 x 180 cm (10 loops)



GLASS WATER BOTTLE 0.60L

61143-BL • 61143-TU • 61143-PI

Glass Water Bottle is a sustainable choice for hydration on and off training. Glass keeps water fresher, while also maintaining the temperature of hot and cold liquids longer. Includes a soft silicone shell to protect the bottle. Twist cap with a carry strap. Glass bottle can be cleaned in a dishwasher.



SHAKER BOTTLE 0.60L

61142-BL • 61142-PI

Shaker Bottle is a classic accessory for mixing protein shakes and sport drinks. Has a leak-proof twist lid with a carry handle. and a flip cap that snaps securely shut. Includes a shaker ball to improve mixing. Markings on the side.



WATER BOTTLE 0.75L

61144-G • 61144-TU • 61144-PI • 61144-LI

Water Bottle made of polycarbonate, which allows for the contents to stay cooler longer. Ergonomic shape fits perfectly in the hand, providing a great grip. Twist cap is leak-proof and has a quick flip cap. Carry handle on the side.



WATER BOTTLE 0.70L

61145-BL • 61145-TU • 61145-PI • 61145-LI

A basic Water Bottle with an ergonomic shape that fits well into your palm. Easy pull-cap can be opened with one hand. Lightweight leak-proof construction.

WATER BOTTLES

Keeping hydrated is key for top performance. Drinking water before, during and after exercising is crucial in order to fuel your body and maintain performance levels. Have water or sport drinks at hand by simply bringing your water bottle to training and see the contents vanish during intense workouts.



	GLASS	SHAKER	WATER 0.75	WATER 0.70
USE	Cold or hot water	Mixing drinks	Cold water	Water
CAPACITY	600 ml	600 ml	700 ml	750 ml
SIZE	25 x 7 cm	23 x 12 x 9 cm	24 x 8 cm	21 x 8 cm
MATERIAL	Glass / Steel Silicone		Polycarbonate	PP
WEIGHT	300 g	150 g	100 g	50 g
CAP	Twist cap	Flip cap	Flip cap	Pull cap
FEATURES	Carry strap	Carry handle Mixer ball	Carry strap	

SPORT SUPPORTS

Sport supports and braces give the support your body needs for slight injuries and nagging aches, so you can keep performing optimally. Supports can promote recovery by protecting and improving stability of specific joints and muscles. Gymstick sport supports are made of pleasant, breathable materials and feature adjustable straps for the perfect fit.

Material 1.0 supports (excl. 63064) Polyester 35% / Nylon 35% / Neoprene 30%
 2.0 supports (excl. 63065) Neoprene 45% / Nylon 34% / Polyester 15% / Spandex 6%

WRIST SUPPORT 1.0

63070

Wrist Support 1.0 gives just the right level of stabilization and support to keep a sore wrist secure and feeling more comfortable. Elastic and well-breathable fabric with an adjustable velcro-strap.

WRIST SUPPORT 2.0

63068

Wrist Support 2.0 features a thumb-hole design for a very secure fit. Elastic velcro wrist strap can be adjusted for perfect support. Made of durable and breathable neoprene with great sweat-absorption. Secure wear good for busy activities.

ELBOW SUPPORT 1.0

63066

Elbow Support 1.0 is designed to give slight pressure and stabilization to your elbow and forearm. Adjustable elastic velcro strap can be tightened and loosened for the perfect fit. Soft and breathable fabric for comfort.

TENNIS ELBOW SUPPORT 2.0

63067

Tennis Elbow Support 2.0 worn on the forearm will relieve painful tennis/golf elbow symptoms. Adjustable hook and loop velcro strap for direct tendon pressure and customizable support. Made of durable and breathable neoprene.

BACK SUPPORT 1.0

63064

Back Support 1.0 compresses and supports the core, while retaining therapeutic heat. The simple design and fully adjustable velcro closure assure optimal fit. Designed to prevent and relieve back aches.

Material Neoprene 45% / Nylon 34%
 Polyester 15% / Spandex 6%

BACK SUPPORT 2.0

63065-S/M • 63065-L/XL

Back Support 2.0 features dual strong compression straps and four additional metal stays, which provide intensive pressure and support to prevent unwanted twisting and bending movements of the core. Protects from strains and pulls and is ideal for back-heavy work, sports and everyday activities.

Material Polyester 58% / Neoprene 5%
 Nylon 34% / Foam 3%

KNEE SUPPORT 1.0

63062

Knee Support 1.0 gives slight support and pressure to the knee joint, stabilizing it for better recovery. Made from elastic and well-breathable fabric with an adjustable velcro-strap on the bottom.

KNEE SUPPORT 2.0

63063

Knee Support 2.0 provides superior stabilization for the knee joint and kneecap with its reinforced patella stabilizer, holding the patella in a natural position. Relieves knee pain, strains, and arthritis. Dual adjustable velcro straps on top and bottom.

ANKLE SUPPORT 1.0

63060

Ankle Support 1.0 can be worn on the ankle like a sock to stabilize the ankle. The support has an elastic velcro strap that wraps around the ankle to give pressure and support. Soft and well-breathable material ensures comfort.

ANKLE SUPPORT 2.0

63061

Ankle Support 2.0 is made from soft, durable and breathable neoprene fabric. The support is comfortable to wear and has an open heel for better mobility. Adjustable cross-straps provide uniform compression and a well-suited fit.

ERGONOMICS & KINESIOLOGY



NECK TRACTION DEVICE

61240

Neck, shoulder and upper back tension is often caused by long periods of stationary work. Neck Traction Device helps relieve tension and pain in these problem areas by relaxing the muscles and gently stretching the neck and spine to their natural positions.

The device is easy to use by simply resting your head on it and hanging the strap from above (from a door knob for example), leaving your head afloat and muscles completely relaxed.

Includes Neck Traction Device with fixed hanging strap
Adjustable middle and side cushions
Eye mask
Carry pouch



POSTURE CORRECTOR

63069-S/M • 63069-L/XL

Improve your posture effectively and passively with the Posture Corrector. This easy to use harness helps aligning the shoulders to their nature positions, keeping the shoulder blades together, stretching the chest and deepening your breathing.

The harness is made from well-breathable material that is comfortable to wear. It features an adjustable buckle with a long strap, making it easy to adjust to each user.

Available in two sizes.



KINESIOLOGY TAPE

63026-BL • 63026-TU • 63026-PI • 63026-BE

Kinesiology tapes provide relief and support for muscles and joints, and can be used to prevent or treat hundreds of sports injuries. They are breathable, fast-drying and can be used in the shower or even during swimming. Can stay on skin up to 7 days.

Made from a latex-free, medical-grade acrylic adhesive, that doesn't irritate skin like regular tapes or supports.

Material Cotton 97% / Spandex 3%
Size Width 50 mm / Length 5 meters



SPORT TAPE

63040

Sports Tape in a set of 2 rolls. Intended for preventing and treating minor injuries such as muscle pulls. Made from a medical-grade acrylic adhesive, that won't irritate the skin.

Material Cotton 100%
Size Width 38 mm / Length 10 meters



COHESIVE BANDAGE TAPE

63041-TU

Cohesive Bandage tape in a set of 2 rolls. The tape sticks to itself and not to skin or hair so no need for pins or regular tape. Ideal for physiotherapists or sports needing a fast and effective application. Can be unwound carefully and reused if required.

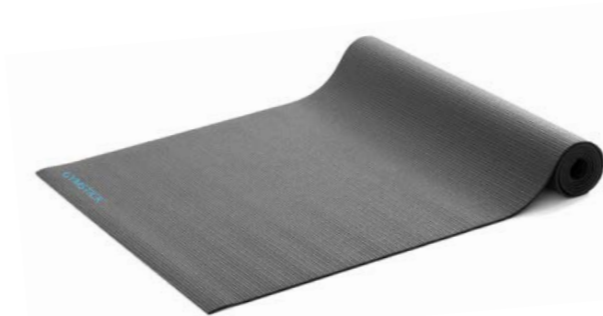
Material PP / Elastane
Size Width 75 mm / Length 4 meters



ACTIVE COLLECTION

Active Fitness Collection is designed for active home use and daily training.

Active collection is made to meet the needs of a home fitness enthusiast. The selection consists of essential accessories for effective fitness and strength training, as well as recovery and body maintenance at the comfort of your own home.



TRAINING MAT

72004-BL • 72004-BLU • 72004-PI

Active Training mat is a quality basic workout mat, that provides a safe anti-slip surface for various training. Made of durable PVC. Available in black, blue and pink.

Size 170 x 60 x 0.4 cm



2-TONE TRAINING MAT

72002-BB

Active 2-Tone Training mat ensures a reliable and safe exercise platform, bringing comfort to training with its 5 mm thickness. Durable PVC construction with anti-slip underside.

Size 170 x 60 x 0.5 cm



TRAINING MAT CORK

72001

Active Cork Mat has an all-natural cork surface, which provides exceptional grip even when wet. Cork is skin-friendly and offers a pleasant platform for training. Anti-slip TPE underside.

Size 170 x 60 x 0.4 cm



WORKOUT MAT

72003

Active Workout Mat brings superior comfort to training with its ultra-thick and soft 10 mm profile. Made from environmentally friendly NBR material, with non-slipping surface texture.

Size 180 x 60 x 1.0 cm



EXERCISE BALL

72005 • 72006

Active Exercise Ball is a durable training ball for effective core training, stretching and various functional movements. Made of durable anti-slip PVC and comes with a hand pump included.

Size Ø65 cm / Ø75 cm



PILATES BALL

72007

Active Pilates Ball suits many different stretching, yoga and pilates routines, as well as fitness training and rehabilitation. The small size is great to be used under the body.

Size Ø20 cm



WALKERS 105 - 125 CM

72042-

Active Walkers are designed for all pole walkers from beginners to advanced. The poles are made from lightweight and durable glassfiber, fitting all weather conditions. The handles are covered with soft foam, and have adjustable thumb straps.

Available in 105 / 110 / 115 / 120 / 125 cm



RUNNING BELT

72058

Active Running Belt is a comfortable and practical belt to keep your valuables safe during training. Specially designed for running and walking, but is great for all types of activities. Water-repellent material with reflectors for extra protection.

Size 69 - 100 cm
Material Lycra / PP Buckle / PE Belt



PEDOMETER WATCH

72055

Active Pedometer Watch tracks your training in style and with ease. Easy-to-read LCD display shows time, distance, steps and calories burned. Adjustable silicone strap fits most wrists and is easy to keep clean. Can be used as a normal watch.

Includes Pedometer Watch / Battery 1.5V

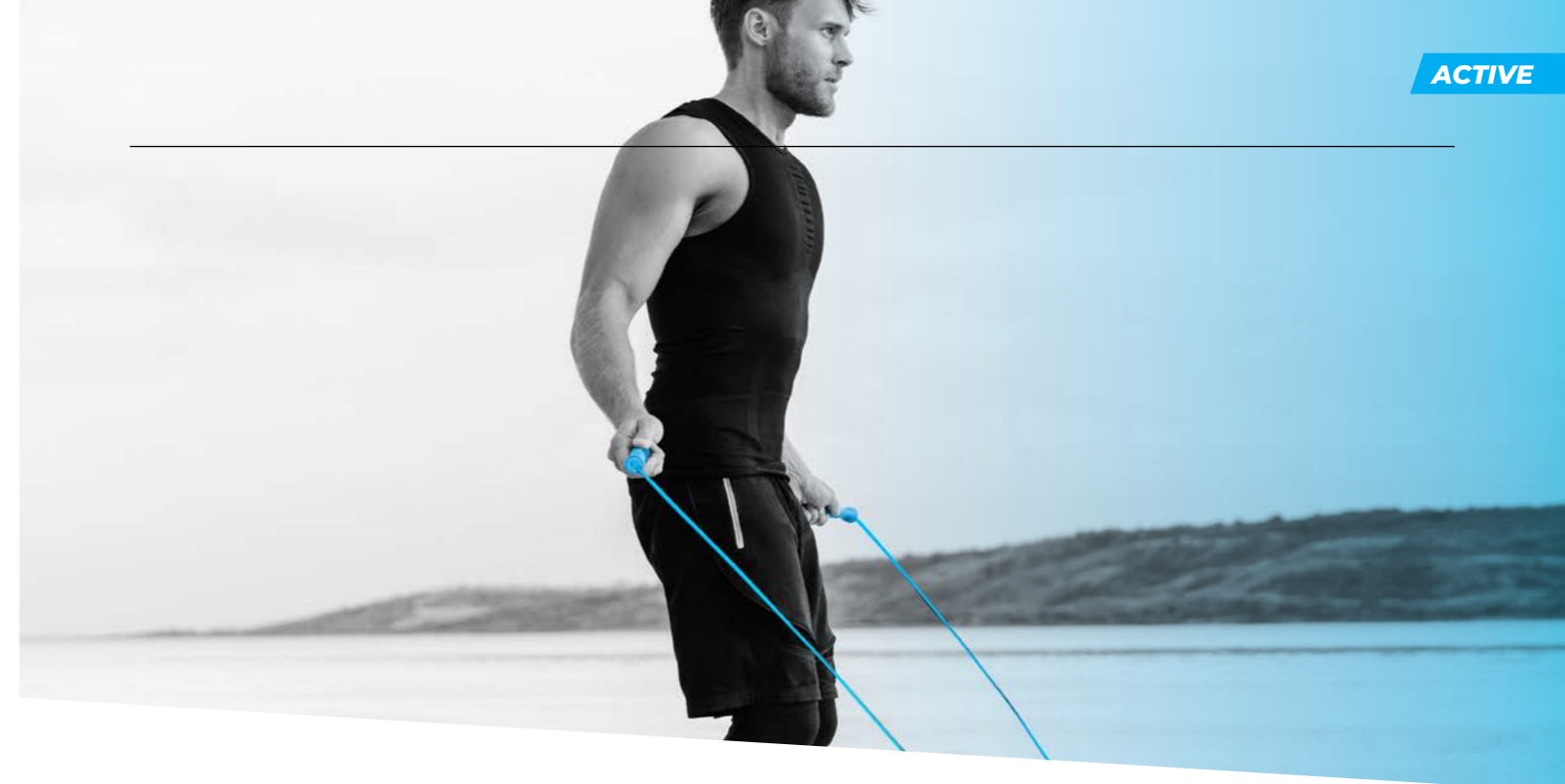


PHONE ARMBAND

72052

Active Phone Armband allows you to use your phone and listen to music during training. The case keeps your phone secure while allowing to use the touchscreen. Reflective edges allow good visibility in low light conditions. Suitable for most phones.

Size 50.5 x 17.5 cm
Material Neoprene



JUMP ROPE

72014

Active Jump Rope for fast-paced skipping and jump rope training. Easy to adjust the length with adjustable clips inside the handles. Rigid plastic handles with anti-slip padding.

Length Max. 275 cm



WORKOUT ROLLER

72012

Active Workout Roller is a compact but effective ab wheel for core training. Equipped with two easy-glide wheels and ergonomic, padded handles for effective training.

Size 25.5 x 10.5 cm



ANKLE & WRIST WEIGHT

72023

Active Ankle & Wrist Weights are easy to strap around your ankles or wrists for some extra weight during exercises. Soft neoprene material with velcro straps for perfect fit.

Weight 2 x 1 kg
Size of one 26.5 x 11 cm
Sold in pairs



MINI BAND SET

72011

Active Mini Band Set includes two compact closed-loop elastic rubber bands, that are perfect for warm-ups, general fitness and rehab. Two different resistances: medium and strong.

Size 25 x 5 cm (thickness 0.20 / 0.15 cm)



WORKOUT BAND SET

72010

Active Workout Band Set is a versatile tool with many usabilities. These elastic TPR rubber bands can be used for training and recovery. Three resistances: light, medium, strong.

Size 120 x 15 cm (thickness 0.35 / 0.50 / 0.65 mm)



WORKOUT TUBE

72009

Active Workout Tube is an excellent tool for resistance training and conditioning at home. The resistance tube has foam handles for comfort and includes a door anchor for variability.

Size 25 x 5 cm (thickness 0.20 / 0.15 cm)



POWER BAND

72008-L • 72008-M • 72008-S

Active Power Bands are durable closed-loop elastic bands, made of heavy-duty latex. Great for strength training and other uses. Available in three resistances: light, medium, strong.

Size 208 x 0.64 / 1.27 / 2.86 cm (loop 104 cm)
Max stretch 250% **Pull force** 7.5 / 15 / 30 kg

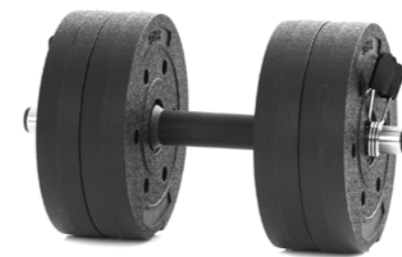


VINYL DUMBBELLS

72021-1 • 72021-3 • 72021-5

Active Vinyl Dumbbells are durable soft vinyl-coated dumbbells with a cement core, build for active home use. A classic design for strength training. Available in 1, 3 and 5 kg. Sold in pairs.

Size 18.5 x 9 cm



VINYL DUMBBELL SET 10KG

72022-10

Active Vinyl Dumbbell Set is designed for strength training at home. Up to 10 kg of weight for various movements. Soft vinyl weight plates and a padded dumbbell bar built for safety and comfort. Spring collars allow for easy adjustability.

In set 1 x Dumbbell Bar (36 x 2.5 cm)
 4 x 2.5 kg Weight Plates
 2 x Spring Collars



VINYL DUMBBELL SET 15KG

72022-15

Active Vinyl Dumbbell Set is designed for strength training at home. Up to 15 kg of weight for various movements. Soft vinyl weight plates and a padded dumbbell bar built for safety and comfort. Spring collars allow for easy adjustability.

In set 1 x Dumbbell Bar (48 x 2,5 cm)
 4 x 2.5 kg / 4 x 1.25 kg Weight Plates
 2 x Spring Collars



MULTI DOOR GYM

72020

Active Multi Door Gym is a versatile pull-up bar, that can be attached to any standard doorway in a few seconds, without mounting brackets. Durable steel structure with foam grip pads for comfort. Can also be used for floor level exercises.

Max load 100 kg
Size 93 x 42 x 17 cm



CHIN UP BAR

72019

Active Chin Up Bar is an adjustable pull-up bar for most doorways. Featuring a sturdy adjustable steel structure with foam grip pads for comfort. Hexagon shaped brackets ensure stability and safe training. Not for doorways wider than 91 cm.

Max load 130 kg
Size 66 - 91 cm length / 5 cm diameter



FOAM HAND GRIPS

72017

Active Foam Hand Grips are convenient training tools for grip force. Grip training improves strength and condition of hands and forearms. Foam handles for comfort. Sold in pairs.

Resistance Medium
Size 12.5 x 9.5 x Ø 2.5 cm (size of one)

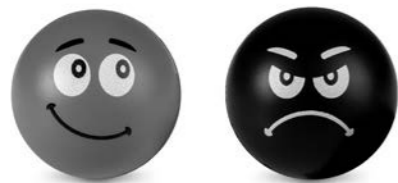


ADJUSTABLE HAND GRIP

72018

Active Adjustable Hand grip is a handy accessory for grip strength training. Easy to adjust the resistance by turning the knob for progressive overload. Anti-slip handles for a great grip.

Resistance 10 - 40 kg
Size 15.5 x 13 x 2.2 cm



STRESS BALL SET

72057

Active Stress Ball Set includes two anti-stress balls with different resistances. Helps relieve symptoms of carpal tunnel syndrome and strengthen hands and fingers.

Resistance Light / Medium
Size Ø 6.1 cm



FINGER EXPANDER SET

72056

Active Finger Expander Set comes with two latex expanders with different resistances. Develops finger mobility and force. Helps relieve pain. Train one or more fingers at a time.

Resistance Light / Strong
Size 18 x 4.5 cm (size of one)



BALANCE AIR PAD

72015

Active Balance Air Pad provides an excellent platform for versatile balance and core training. Great for rehabilitation and improving ankle's range of motion and motoric abilities. Also works as a core activating sitting cushion for office work.

Size Ø 33 x 6.5 cm



SPIKE MAT

72041

Active Spike Mat relieves sore muscles by activating blood flow with 6000+ acupressure spikes. Acupressure treatment relieves tension, promotes relaxation and can improve sleep quality. The mat is also great for stress relief.

Size 64 x 40 x 3 cm
Material 100% Cotton mat / ABS Spikes



FASCIA MASSAGER

72043

Active Fascia Massager relieves tight and achy muscles. It's equipped with two rotating balls which are fixed to a rigid stand. Anti-slip stand keeps well on its place while massaging. Suitable especially for hand, calf, neck and back areas.

Size 19 x 13 x 11.5 cm



YOGA BLOCK CORK

72050

Active Cork Yoga Block is made from all-natural cork, which is 100% biodegradable, highly renewable and comes from sustainable sources. The firm cork structure offers great support for various yoga, pilates and stretching movements.

Size 22.5 x 15 x 7.5 cm



MASSAGE HOOK

72040

Active Massage Hook is a lightweight self-massager that's easy to use. Simply hook it over your shoulder or around your body and massage tight muscles. Equipped with a roller at the end so besides direct pressure, you can roll over sore muscles.

Size 35 x 16 x 7.5 cm



MASSAGE BAR

72030

Active Massage Bar is a comfortable and effective tool for relieving sore muscles. The bar is equipped with triple spiked massage balls, that trigger tensions and activate blood flow. Soft handles for extra comfort.

Size 42.5 x Ø 6 cm



FOAM ROLLER 60CM

72024

Active Foam Roller has a medium hardness, suitable for soft tissue work and tension relief. Also great for gentle stretching and mobility work.

Size 60 x Ø 15 cm



COMPACT FOAM ROLLER 30CM

72026

Active Compact Foam Roller relieves tension and soreness in a smaller size, fit for specific areas of the body. Medium hardness.

Size 30 x Ø 10 cm



BARREL ROLLER 33CM

72025-BLA • 72025-BLU

Active Barrel Roller is suitable for myofascial treatment for better mobility and relieving soreness. Firm hardness with deep-tissue knobs. Available in two colors: black & blue.

Size 33 x Ø 14 cm



FASCIA ROLLER CORK

72049

Active Fascia Roller is made from all-natural cork. The firm cork structure is skin-friendly and offers great grip. Cork is 100% biodegradable.

Size 30 x Ø 10.5 cm



MINI BARREL ROLLER 15CM

72028

Active Mini Barrel Roller is perfect for fascia work for specific areas of the body. Firm hardness with knobbed surface reaches deep into muscle.

Size 15 x Ø 6.7 cm



MINI MASSAGER

72029

Active Mini Massager is designed for effective treatment of feet and forearms. Also great for other small muscles. Firm hardness.

Size 14 x Ø 3.2 cm



RECOVERY BALL 10CM

72036

Active Recovery Ball is an easy-to-use mobility tool, that is firm enough to deliver deep-tissue massage. Slightly textured surface. Material: EPP.

Size Ø 10 cm



MYOFASCIA BALL

72037

Active Myofascia Ball is a compact and effective tool for myofascial release. Firm rubber structure allows to target small areas and penetrate deep-tissue.

Size Ø 10 cm

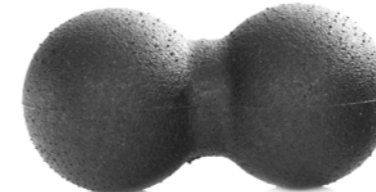


FASCIA BALL CORK

72047

Active Fascia Cork Ball is made from all-natural cork, which is skin-friendly and provides great firmness for massage.

Size Ø 6.5 cm



RECOVERY TWIN BALL

72032

Active Recovery Twin Ball is perfect for rolling along the spine to treat sore back muscles. Also great for limbs and other areas.

Size 15.7 x Ø 8 cm



MINI MASSAGE BALL

72038

Active Mini Massage Ball can treat specific small muscles and areas of the body thanks to its compact size. Knob-surface for blood flow activation.

Size Ø 4.2 cm



FASCIA TWIN BALL CORK

72048

Active Fascia Cork Twin Ball allows for effective treatment back muscles and other parts of the body. Natural 100% biodegradable cork material.

Size 15.5 x Ø 7.5 cm



SPIKEY MASSAGE BALL SET 2PCS

72039

Active Spikey Massage Balls includes two different size massage balls with spiked surfaces. The spikes activate blood flow relieving sore muscles.

Size Ø 8.5 cm / Ø 7.0 cm



SPIKEY MASSAGE COMBO

72033

Active Spikey Massage Combo consists of a spiked massage ball and a twin ball for comprehensive massaging of the whole body.

Size 15.5 x Ø 6.8 cm / Ball Ø 7.5 cm



HOT & COLD MASSAGE

72034

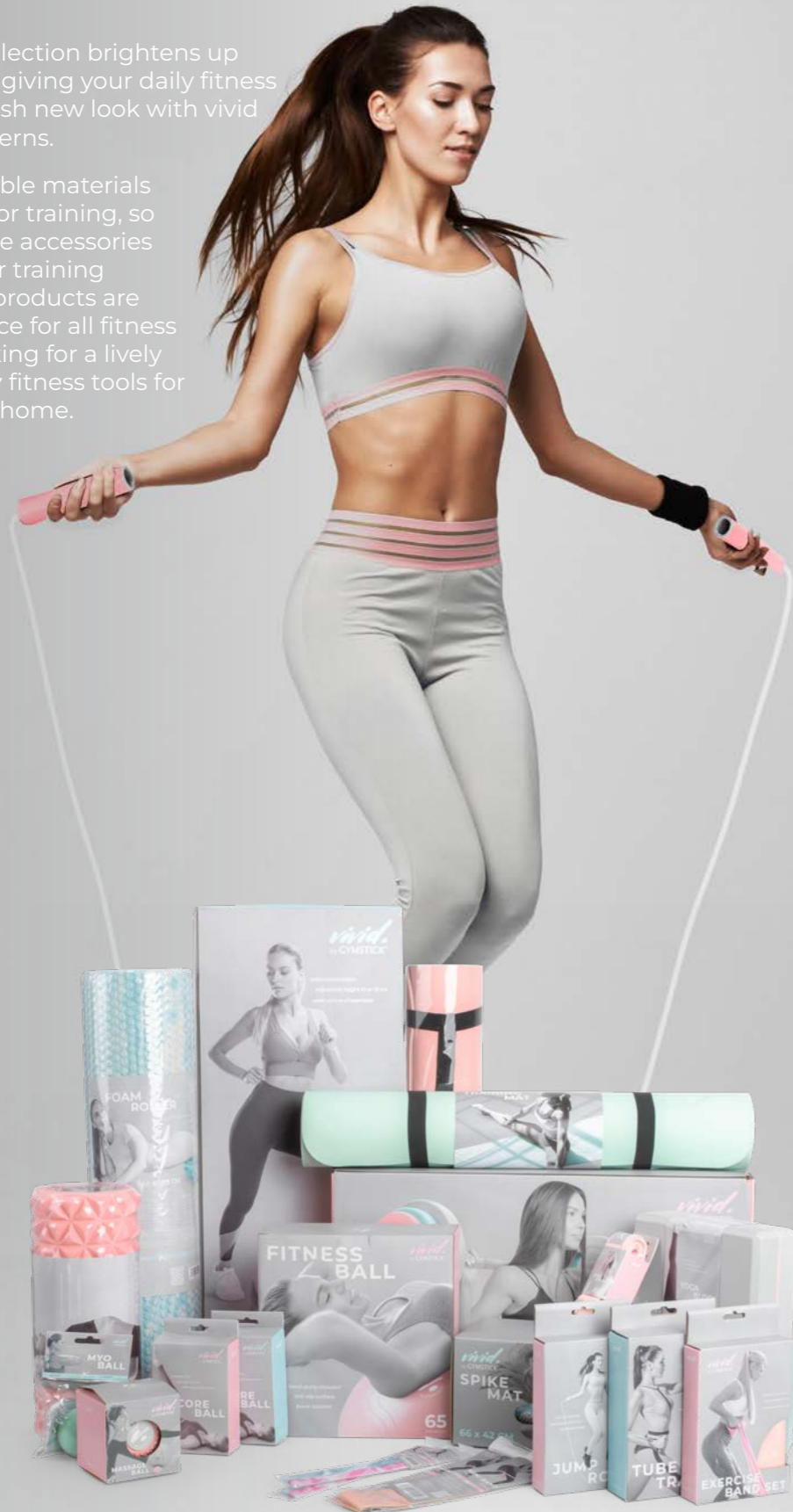
Active Hot & Cold Massage set has liquid inside that can be cooled or warmed for hot or cold therapy. Keeps temperature up to 20 minutes.

Size 18.5 x Ø 8.2 cm / Ball Ø 7.7 cm

VIVID COLLECTION

Vivid Fitness Collection brightens up your training by giving your daily fitness accessories a fresh new look with vivid pastels and patterns.

Made from durable materials and optimized for training, so that poorly made accessories won't affect your training anymore! Vivid products are the perfect choice for all fitness enthusiasts looking for a lively option of quality fitness tools for daily training at home.



TRAINING MAT

61330PU • 61330TU

This charming training mat offers a comfortable surface for any fitness activity due to its 4 mm thickness. The slip resistant underside ensures that the mat stays put under all circumstances. Two color options.

Size 170 x 60 x 0.4 cm
Material TPE



YOGA BLOCK

61331

Our lightweight yoga block gives the support you need for yoga training and stretching. The firm foam structure feels soft to the touch and has an anti-slip surface plus its corners cut for better grip.



YOGA STRAP

61332

The vivid yoga strap will help you reach even the hardest of stretches in yoga and mobility training. Made of super durable cotton canvas and stitched for long-lasting use.

Size 204 x 3,8 cm
Material Cotton & Steel



FITNESS BALL

61334-65 • 61334-75

One of the classics for a reason. A fitness ball is an extremely versatile tool for toning and maintaining a healthy body. Vivid fitness ball brings color to your training, while being very durable and resistant to punctures.



CORE BALL

61333PI • 61333TU

The little brother and sister of larger exercise balls, the core ball is especially suited for spicing up your stretching routine or deepening your yoga training. With a diameter of 20 cm, the core ball is easy to take with to a yoga class.



PUMP SET 20KG

61335

Vivid Pump Set offers a lively option for strength training at the home gym or body pump classes.

In set Barbell 2.5 kg / 131 cm
2 x 5 / 2.5 / 1.25 kg weight plates
2 x Spring collars



STEP BOARD

61336

Step Boards are a must-have for any group fitness classes. They bring variety to training by giving the option for an elevated surface. Combine with a pump set and you got a great set for any fitness activity. Adjustable for two heights.

Size 68 x 28 x 10 / 15 cm
Max load 100 kg



TUBE TRAINER

61339

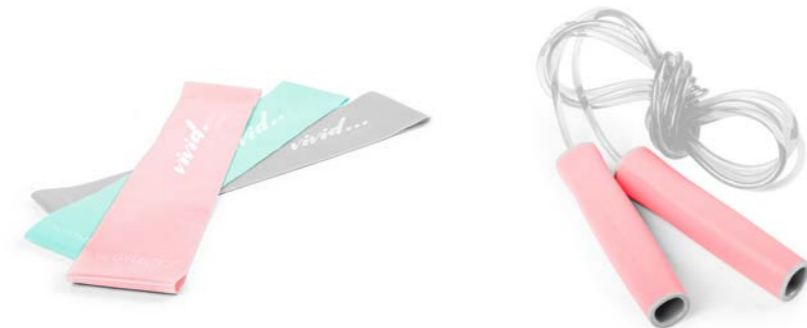
Tube Trainer with foam padded handles and a medium resistance. Comes with a door anchor, so you can easily attach it almost anywhere to do pushing and pulling exercises.



EXERCISE BAND SET

61340

Exercise Bands (TPR) can be used to make regular training routines more challenging and varied. Three different resistances suited for strength training, stretching and rehabilitation.



MINI BAND SET

61338

If you want to take your body weight exercises to the next level, then look no further and get a set of latex Mini Bands for extra resistance.

JUMP ROPE

61337

Jump Rope is another classic tool for fun and effective training. Just over 2 meters long, and can be adjusted for just the right length. Features smooth ball-bearings and anti-slip handles.



HEADBAND SET

61341

Are you eating hair when you're training? That's easy to prevent with Vivid Headband Set. Provides you with two lively bands for keeping your hair in place.



FOAM ROLLER 60CM

61342

Vivid Foam Roller wants you to be at your best and perform well. That's why it helps you relieve muscle tension and pain by simply rolling your body on top of it. The surface is optimized for the perfect soft-to-firm ratio.



TUBE ROLLER 33CM

61343

Our Tube Roller has been developed to reach those extra deep muscle tensions with its specially designed surface. Perfect fit for extra active fitness enthusiasts.



MYO BALL

61347

Handy little Myo Ball, that is firm enough to trigger even the most stubborn muscle tensions. Diameter 6 cm.



MASSAGE BALL

61346

Specially designed Massage Ball for optimal feel and texture to comfortably treat your sore muscles. Effective at reducing muscle aches and discomfort. Diameter 10 cm.



SPIKE MAT

61344

Vivid Spike Mat has more than 6000 little spikes, that are designed to revive your body by accelerating blood flow and relieving muscle tension and pain.



MASSAGE STICK

61345

Massage Stick is a sturdy little piece of equipment that can be used by hand to roll over tense spots on the body. Helps your muscles to recover. Length 45 cm.

OUTDOOR SPORTS

Outdoor sports take you out into the fresh air. Gymstick outdoor collection is a new addition to our evergrowing selection of sports and fitness equipment. We are currently focusing on fun summer sports and recreational activities. Enjoy summer to the fullest with our SUP boards and outdoor trampolines!



OZEAN SUP BOARDS	156
COURT TRAMPOLINES	158



TRITON 335 **HYDRA 320** **MANDA 305** **SIREN 305**

SKU	51004-BR	51003-BB	51002-TB	51001-LG
TYPE	TOURING	ALL-AROUND	ALL-AROUND	ALL-AROUND
MATERIAL	MULTI-LAYER	MULTI-LAYER	SINGLE-LAYER	SINGLE-LAYER
SIZE	335 x 83 x 15 cm	320 x 80 x 15 cm	305 x 76 x 15 cm	305 x 76 x 15 cm
FIN	3 FINS	3 FINS	3 FINS	3 FINS
MAX PSI	20 PSI / 1.3 BAR	20 PSI / 1.3 BAR	15 PSI / 1.0 BAR	15 PSI / 1.0 BAR
MAX LOAD	150 KG	135 KG	100 KG	100 KG

ACCESSORIES

All boards come with a selection of accessories for ease of use and maintenance. The accessories are also sold as separate products for extra and spare parts.

- SP-SUP-2** Basic Paddle
- SP-SUP-10** SUP Pump
- SP-SUP-15** Safety Leash Basic Style
- SP-SUP-20** Board Carry Bag
- SP-SUP-30** Black Plastic Fin
- SP-SUP-30** SUP Patching Kit



EXTRAS

A selection of additional accessories are available for even more comprehensive watersporting experiences.

- SP-SUP-1** Halfcarbon Paddle
- SP-SUP-3** Kayak Paddle
- SP-SUP-40** Deluxe Seat



Gymstick OZEAN collection is dedicated to bringing you sporting experiences that will last you for a lifetime. With our high-tech stand up paddle boards, new territories can be explored and next levels can be reached, all the while having a ton of fun on water.

All SUP boards are designed with **safety**, **portability** and **ease of use** in mind, and feature the latest tech for **optimal performance**.



COURT

Gymstick Court will help you up your game on the field and in practice. With a focus on field sports and outdoor training, Court products are designed for the competitor in you. High-end materials and optimized designs ensure usability even on a professional level of training.

For now the collection features high-quality trampolines, that allow you to bring the court to your own backyard.

PREMIUM 430

SKU 53023

With Premium 430 trampoline, there will always be enough room for huge jumps, tricks and spins. Premium 430 features a durable powder coated frame, high-quality safety net and an ultra-dense mat. It comes with superior springs for extra bounce and ladders for easy access.

SIZE Ø 430 CM	MAT SIZE Ø 380 CM	SAFETY NET HEIGHT 180 CM	FRAME PROFILE 42 MM
SPRINGS 96 PCS	SPRING SIZE 210 MM	POWDER COATING ✓	MAX USER WEIGHT 180 KG
PACKAGE SIZE 170 x 56 x 43 CM		PACKAGE WEIGHT 120 KG	CONTAINER LOAD 20' 220



PREMIUM 370

SKU 53022

Premium 370 has all the same premium features as it's big brother 430, but in just a little smaller form factor. Premium 370 features a durable powder coated frame, high-quality safety net and an ultra-dense mat. It comes with superior springs for extra bounce and ladders for easy access.

SIZE Ø 370 CM	MAT SIZE Ø 320 CM	SAFETY NET HEIGHT 180 CM	FRAME PROFILE 42 MM
SPRINGS 80 PCS	SPRING SIZE 210 MM	POWDER COATING ✓	MAX USER WEIGHT 180 KG
PACKAGE SIZE 150 x 56 x 43 CM		PACKAGE WEIGHT 85 KG	CONTAINER LOAD 20' 252



VECTOR 370

SKU 53014

Vector 370 offers a similar durable frame as our premium models, but excludes the black powder coating. Vector 370 also features the same ultra-dense mat, with more compact springs. It comes with a simple high-quality safety net that has a quick-zip closure.

SIZE Ø 370 CM	MAT SIZE Ø 320 CM	SAFETY NET HEIGHT 180 CM	FRAME PROFILE 38 MM
SPRINGS 72 PCS	SPRING SIZE 165 MM	POWDER COATING -	MAX USER WEIGHT 150 KG
PACKAGE SIZE 150 x 56 x 37 CM		PACKAGE WEIGHT 62 KG	CONTAINER LOAD 20' 285



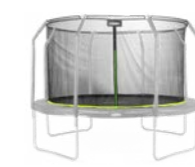
ACCESSORIES



PREMIUM 430 SAFETY NET
SP-TR-1



PREMIUM 370 SAFETY NET
SP-TR-2



VECTOR 370 SAFETY NET
SP-TR-3



SPRING T-HOOK
SP-TR-70



TRAMPOLINE LADDER
SP-TR-60



PREMIUM SPRING SET 8 PCS
SP-TR-65



VECTOR SPRING SET 8 PCS
SP-TR-66



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